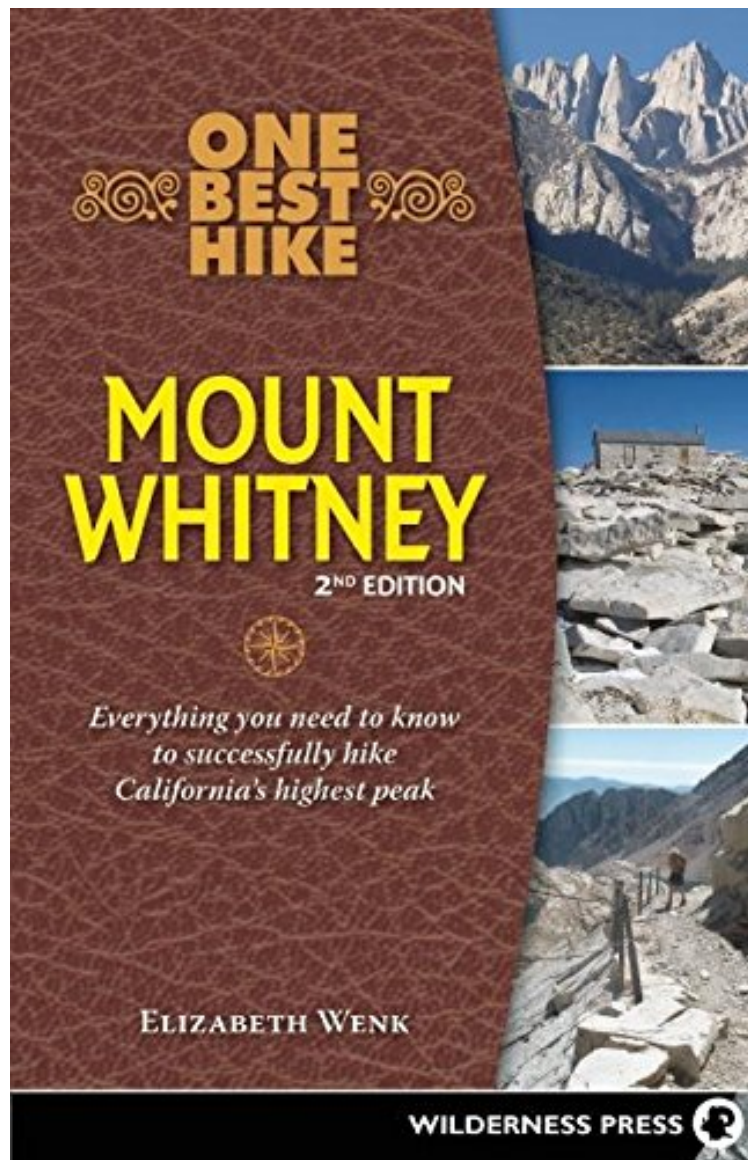


(Free pdf) One Best Hike: Mount Whitney: Everything you need to know to successfully hike California's highest peak

## One Best Hike: Mount Whitney: Everything you need to know to successfully hike California's highest peak

*Elizabeth Wenk*

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**Elizabeth Wenk : One Best Hike: Mount Whitney: Everything you need to know to successfully hike California's highest peak** before purchasing it in order to gauge whether or not it would be worth my time, and all praised One Best Hike: Mount Whitney: Everything you need to know to successfully hike California's highest peak:

0 of 0 people found the following review helpful. A good basic book.By Marvin D CopeIt was a good book. The author offers good suggestions and provides good information on the flora, geology and fauna of the mountain. She provided good information for day and multi-day hikers. Instead of carrying a copy of the book, a suggestion to download an ebook version to carry would make good sense. Any reference information would then be available on one's smartphone.0 of 0 people found the following review helpful. Outstanding!By Maj. L. WaltonIf you don't make the lottery, this book is almost as good as climbing the mountain. If you do, you'll find it invaluable.3 of 3 people found the following review helpful. Superb guide for summiting Mt. WhitneyBy Kenneth MeyerThis is the 2nd edition of Elizabeth's Wenk's Mount Whitney book. It's a thin volume, clearly written, well organized, extremely well researched and jammed with practical information for summiting Mount Whitney.Wenk writes from first hand experience. There's the expected maps and highly-detailed description of the hike itself, but there's also encyclopedic knowledge of what to expect when you get there. For example there's tips on hiking times, camping sites and even privacy expectations. That's just a start. There is a informative history of the exploration of the southern Sierra, a useful guide to the flora and fauna, guidance on precautions to consider, information about how to get there, how to get a permit, what to pack, which acclimatization hikes to take and listing of where to eat and stay in Lone Pine before or after your hike. If she left something out, I don't know what that could be.I was particularly impressed by Wenk's section on Altitude Sickness. I have a special interest in the topic; I get sick at altitude. I think Wenk has written perhaps the best section on altitude illness in any of the hiking books I know (and I have too many.) I may be biased. I reviewed an early draft. I know she worked hard to get the information about altitude illness right and to the best of my knowledge she did.One warning: after you read her book, you'll probably want to make the hike and you'll be prepared to succeed.If you are thinking about hiking Whitney, I strongly recommend this book.

As the highest mountain in the lower 48 states, California's 14,505-foot Mt. Whitney is on the "life list" for many hikers. And it's no wonder: the views from the top of the 21-mile round-trip Mt. Whitney Trail are unbeatable, extending across the jagged granite peaks of the Sierra Nevada to the expansive Owens River Valley and beyond.While tremendously rewarding, this hike is demanding even for experienced trekkers. Would-be hikers need to be prepared for the altitude, long distance, elevation gain, mountain weather, and other potential dangers. One Best Hike: Mt. Whitney by experienced hiker and author Elizabeth Wenk is a step-by-step guide that will tell you exactly how to tackle this trip with confidence.

About the AuthorElizabeth Wenk has hiked and climbed in the Sierra Nevada with her family since childhood. After she started college, she found excuses to spend every summer in the Sierra, with its beguiling landscape, abundant flowers, and near-perfect weather. During those summers, she worked as a research assistant and completed her Ph.D. thesis research on the effects of rock type on alpine plant distribution and physiology. She lives in Sydney, Australia.