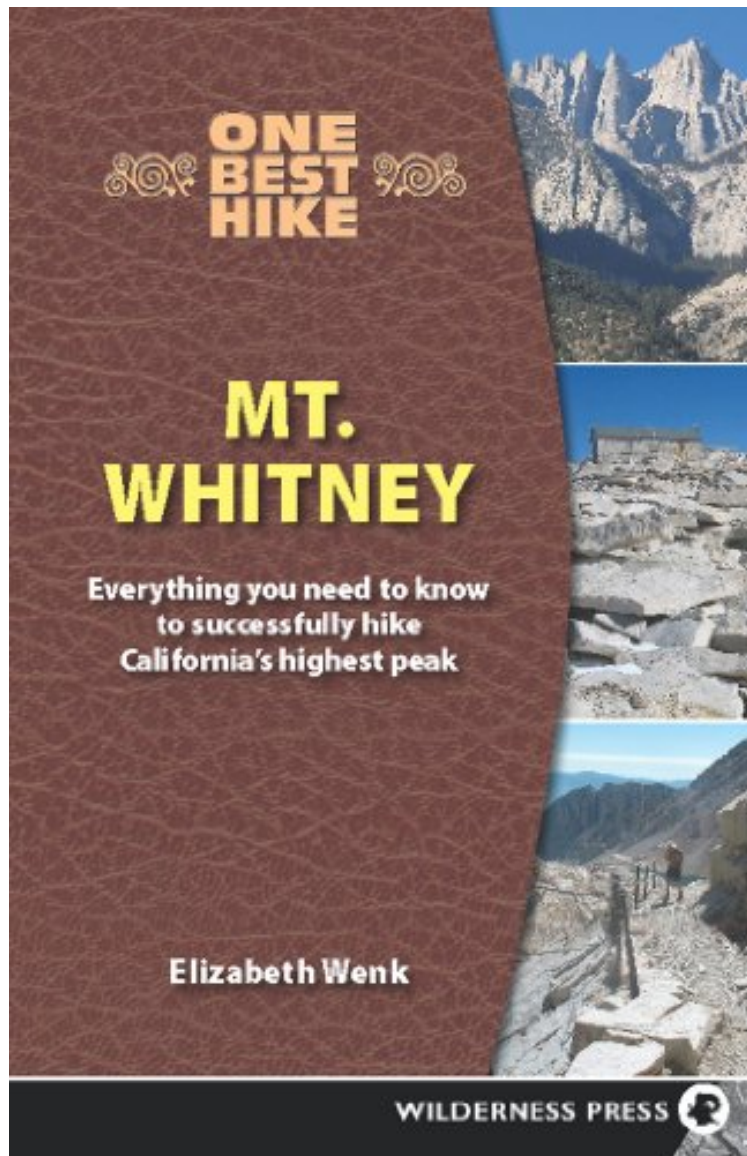


[Download] One Best Hike: Mt. Whitney

One Best Hike: Mt. Whitney

Elizabeth Wenk

*ePub | *DOC | audiobook | ebooks | Download PDF*



[Download](#)

[Read Online](#)

#207090 in Books Wilderness Press 2008-09-15 Original language: English PDF # 1 8.50 x .34 x 5.50l, .48
#File Name: 0899974643142 pages | File size: 71.Mb

Elizabeth Wenk : One Best Hike: Mt. Whitney before purchasing it in order to gauge whether or not it would be worth my time, and all praised One Best Hike: Mt. Whitney:

1 of 1 people found the following review helpful. Great guide, if you also research online supplemental information By Douglas Clark Used this and a couple of websites to prepare for a one-day hike up the Whitney trail. Success! The info and preparation tips were solid, paired with online (most current) information. The three warm-up hikes at altitude were good suggestions. ModernHiker.com has a great supplement for other information, including training hikes in

months before your trek up to Whitney. Citizen beware: The government red tape and maddening multiple steps to get a day pass is a lesson in perseverance. Step one: Register for the lottery. Step two: accept your spot if you win. Step three: pay. Don't miss STEP FOUR: CONFIRM that you really, really want the pass you've already paid for two weeks-two days before you hike date. Step five: pick up your pass within two days of your hike. Miss any of these steps and you lose your spot. 1 of 1 people found the following review helpful. Everything we needed, and then some, for our trip. By TG Berkeley This book was especially helpful because we were doing this exact hike (down South Kaibab (sp?) and up Bright Angel Trail) but the book would be useful regardless. Great sections on what to pack, how to think about and prepare for a strenuous hike, what to expect, ideas on how to train and pace yourself and then good info about the canyon itself. There is a lot about geology as the author seems particularly interested in that, history of the canyon, etc. We mostly used it for logistics and planning and it was terrific for that. 1 of 1 people found the following review helpful. Required reading prior to this hike By Coyote Bob Selected this book to prepare for this hike in my 70th year. It has provided the information regarding how to train for the hike, equipment needed, food and water requirement, weather conditions to consider, length of time to complete the Kaibab and the Bright Angel trails, the trail conditions and actual hiking experience. The geology and flora and fauna information is a bit too detailed, suggesting skip the 51 page introduction after reading about the actual hiking preparation and experience.

The most popular route to Mt. Whitney's summit is the 22-mile round-trip Mt. Whitney Trail. Although the hike is non-technical, would-be hikers need to be prepared for the altitude, long distance, elevation gain, mountain weather, and other potential dangers. Author and seasoned Sierra hiker Elizabeth Wenk provides the authoritative, step-by-step guide to planning and completing this superb hike with safety advice, insider information, detail, and reassurance found nowhere else.

About the Author From childhood, Lizzy Wenk has hiked and climbed in the Sierra Nevada with her family. 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 for others and completed her own Ph.D. thesis research on the effects of rock type on alpine plant distribution and physiology. But much of the time, she hikes simply for leisure. Wanting to explore every bit of the Sierra, she has hiked thousands of on- and off-trail miles and climbed nearly 500 peaks in the mountain range. She is also author of the Wilderness Press book John Muir Trail.