



Big Pine Car-Camp
Hiking the Eastern Sierra
July 3 – July 6, 2009

Perhaps the most thrilling hikes of the High Sierra are found its shear eastern flank, where the mountains rise steeply from the Owens Valley and retreating glaciers have left an abundance pocket lakes and tiny alpine meadows. On this holiday weekend we'll experience both the thrill and challenge of hiking the Eastern Sierra.

G/O has reserved the Big Pine Group Camp Site. This comfortable group site set among towering Jeffery pines sits at about 7,000 feet above sea level. It boasts water taps and pit toilets. It's located near the trailhead for two spectacular High Sierra treks ...the Big Pine Lakes Loop and the Brainard Lake trail. These are challenging hikes, but we'll set a leisurely pace, with stops to rest and soak in the mountain scenery. The hikes may be the highlights of this Independence weekend get-away, but we'll also enjoy star filled nights, roaring campfires, games, and of course the company of G/O friends.

What to Bring

Bring a tent (with a rain fly) & ground sheet, a sleeping bag and pad, cooler, food and utensils and camp stove. Also pack comfortable cloths and sturdy boots for hiking, and a warm jacket or fleece for cold nights that may dip into the 40s, a flashlight, toiletries, camera, and insect repellent, and a folding chair to sit on. Summer showers are possible in the Sierra. Each vehicle should bring one bundle of fire wood for our campfire.

Logistics

We are limited to 8 vehicles and 10 tents, so carpooling is required. For those not registering with a friend, I'll circulate a list of registered campers so you can coordinate carpooling. I know this is tough; but I appreciate your cooperation; park rangers can be stern; excess vehicles will be charged a daily parking fee.

Getting There

Take the 5 north from Los Angeles to the 14 (towards Palmdale/Lancaster) to the 395 (towards Lone Pine). Continue north on the 395 to Big Pine. In Big Pine, turn west at the flashing yellow traffic light and continue west on Crocker St-Big Pine Road for 9 miles. Our group campground, Big Pine Canyon, is just above the Upper Sage Flat Campground on the left. It is about 235 miles from Los Angeles.

Itinerary

Friday (7/3) – Arrive any time after 3PM – Flat pads for tents are a first-come first-serve basis. We'll have a get acquainted campfire Friday evening.

Saturday (July 4th !!!) – **9AM** – Be ready to hit the trails for this spectacular day hike up to 8 miles RT. Our destination includes the first three lakes on the Big Pine Lake Trail. Ambitious hikers may complete a 13 mile 7 lake loop (and tell the rest of us all about it!) Those feeling less fit may drop out at the first lake. Pack lunch, water, and layer clothing. Consider bringing a suit and towel if you're up for an icy dip.

Saturday evening – Prepare a dish to share for our Independence Day pot-luck, campfire and games.

Sunday (July 5th) 9AM- We'll hit the trail again; our destinations Willow and Brainard Lakes. This is a steep, High Sierra trek. Swampy Willow Lake is an admirable destination at 8.4 miles RT. Secluded Brainard Lake, which sits at 10,260 feet above sea level (can you feel it!) is 11.4 miles RT.

Monday – Departure by noon.

Registration

To register for this outing, mail in the completed registration form and check. To receive a complete refund, you must cancel two weeks prior to departure (June 19. '09). After that date GO withhold a \$10 site reservation fee. .

Please contact Timothy Stirton at *ts709 @ roadrunner.com* with any questions about this trip

Trip Leader's Use Only	
Received: _____	Cash: _____
Check #: _____	Amount: _____

Big Pine Registration Form

Great Outdoor/Los Angeles

Members
\$ 20

Non-members
\$35 (includes GO e-membership)

Make check payable to **Great Outdoors** and mail to: **Timothy Stirton**
1328 N Occidental Blvd
Los Angeles, CA 90026

Personal Information: (Couples, please register on one form)

Name 1) _____ **Name 2)** _____

Great Outdoors Member? **Yes** or **No** Chapter: _____ Membership # _____

Address: _____ City/State/Zip: _____

Phone: () _____ **E-mail address :**

Do you have a carpool companion? Yes or No If yes, who? (name)

WAIVER, MEDICAL RELEASE AND ASSIGNMENT

I am aware that my participation in the GREAT OUTDOORS may include potentially hazardous activities, and I am voluntarily participating in these activities with that knowledge and understanding that I will use my best judgment to avoid injury to others and myself. I agree to follow the directions of the trip leader and abide by the rules of the facility I am using. I hereby release GREAT OUTDOORS, including its officers, trail or trip leaders, agents or other persons working with GREAT OUTDOORS from any liability for injuries, physical or mental, which I may suffer by reason of any participation in these activities. I recognize in waiving this liability that I am assuming sole responsibility for my actions and cannot blame any injuries on any other persons connected with GREAT OUTDOORS. I hereby agree to assume full financial responsibility for any bills incurred by me for medical treatment as the result of my participation in this GREAT OUTDOORS activity. In the event that I am unable to consent to medical care, I hereby authorize the trip leader to consent to emergency medical treatment for me, including hospitalization and surgery, as may be best determined under the circumstances.

Signature(s) 1 _____ 2 _____ Date _____

In case of emergency contact: _____ **Relationship** _____ **Phone** _____

Your Medical Insurance Carrier _____ **Group/Policy No.**

Physician _____ **Phone** _____

Health problems / Allergies _____

Prescriptions that you are presently taking: _____