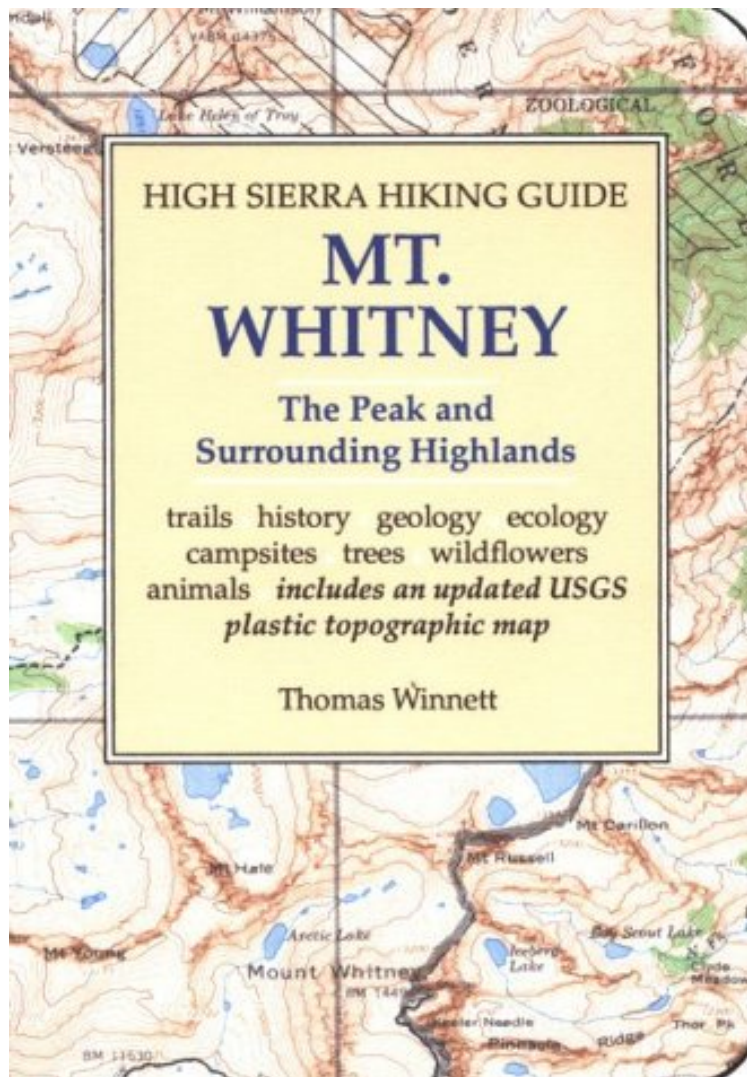


(Ebook pdf) High Sierra Hiking Guide to Mt Whitney: The Peak and Surrounding Highlands (High Sierra hiking guide ; 5)

High Sierra Hiking Guide to Mt Whitney: The Peak and Surrounding Highlands (High Sierra hiking guide ; 5)

Thomas Winnett

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Thomas Winnett : High Sierra Hiking Guide to Mt Whitney: The Peak and Surrounding Highlands (High Sierra hiking guide ; 5) before purchasing it in order to gage whether or not it would be worth my time, and all praised High Sierra Hiking Guide to Mt Whitney: The Peak and Surrounding Highlands (High Sierra hiking guide ; 5):

29 of 29 people found the following review helpful. A Must Have prior to the AscentBy Candace ScottThis is an excellent book for first-time climbers of Mt. Whitney. The author explains the perils, pitfalls and also the exhilaration

of climbing the highest peak in the lower 48 states. The book is especially strong on maps, even though finding Mt. Whitney is not at all difficult; there is only one stop light in Lone Pine, turn there and head up the 14 miles to the portal. A word of caution though, for a first-time climber reading this review. Please do not attempt this hike unless you are supremely physically fit. I have seen many sobering cases of hikers on Whitney who were simply not prepared for the rigors of this climb. Most physically fit people should be able to do the 21 miles in 12-13 hours. If it takes you 24 hours you will suffer and it will be a miserable experience. Train for at least six months before attempting to summit. Be sure and run 25-40 miles a week, hike every weekend at altitude (if practicable) and invest in a good stairclimber. You must have strong quads and calves in order to enjoy the hike and the descent will be brutal on your knees, no matter how fit you are. Also go out for several 10 hour hikes in order to prepare yourself mentally for this challenge. The mental part of Whitney is as difficult as the physical, particularly on the descent when you've been on the trail for a long time already. In addition, plan to spend at least two nights sleeping at altitude prior to the ascent. Many people simply sleep in their car at Whitney Portal, but if this is an uncomfortable thought, stay at gorgeous Mammoth Lakes, about 150 miles North of Whitney. Mammoth is at 8,500 feet and there are several perfect hikes of 10-12 miles there to prepare for altitude (Duck Pass is my favorite). Climbing Whitney can be a defining moment in your life. I return every year and look forward to it with relish. If you are fit, properly acclimated and mentally ready, you will find Whitney to be one of the best and most fulfilling things you've ever done in your life. Good luck!

19 of 22 people found the following review helpful. Best book on Mt Whitney
By A Customer
If you want to hike Mt Whitney or the area you don't have a choice-you must buy this book. It comes with a topo map and the book describes every trail on the quadrangle, along with historical and natural information. Don't bother going to Mt Whitney without this book.

This quadrangle contains the climax of the High Sierra, with 5 peaks over 14,000'. Five maintained trails access this wilderness, and numerous cross-country routes. The hikes in this book are best done as backpacks. Includes Mt. Whitney map.

What is a High Sierra Hiking Guide? It's a small, compact book that covers all the trails and trailheads in a popular area in the High Sierra. In each guide there is a minimum of 100 miles of trail described. Their compact size (4.5" x 6") makes them easy to carry. Each book has at least 96 pages of information, an index, and photographs. If you're going backpacking, each guide covers the amount of area you're likely to venture through on a backpacking trip. Or if you're camping in a particular area, the High Sierra Hiking Guides will give you lots of options for dayhikes. Save money-you don't need to buy any other maps because each hiking guide comes with an updated, accurate topographic map.