

# THE JOHN MUIR TRAIL

Through the Californian Sierra Nevada

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A guidebook to The John Muir Trail, which runs for 216 miles through the Sierra Nevada mountains of California, from Yosemite Valley to the summit of Mount Whitney (14,496ft), the highest peak in the USA outside Alaska. Described in 21 day stages, the trail runs entirely through the unspoilt wilderness of the American West and passes through three national parks: Yosemite, Kings Canyon and Sequoia National Parks.

To walk the John Muir Trail successfully thorough planning is required, and this guide provides all the information needed, from obtaining trekking permits to buying trek food and forwarding food caches along the trail. Abundant advice is given on such topics as dealing with bears, coping with altitude, negotiating river crossings, as well as tips on booking transport to and from the trailheads and equipment needed.

In addition there are a number of appendices covering bear box locations, camping sites, escape routes, key contact details and good coverage of the wildlife of this remarkable region.

## Key marketing points

- The classic trek in the American West
- 216 miles in 21 daily stages, from Yosemite Valley through three national parks
- Information on preparation, permits, health issues, wilderness, transport and camping sites
- Illustrated with the author's stunning photographs

## About the author

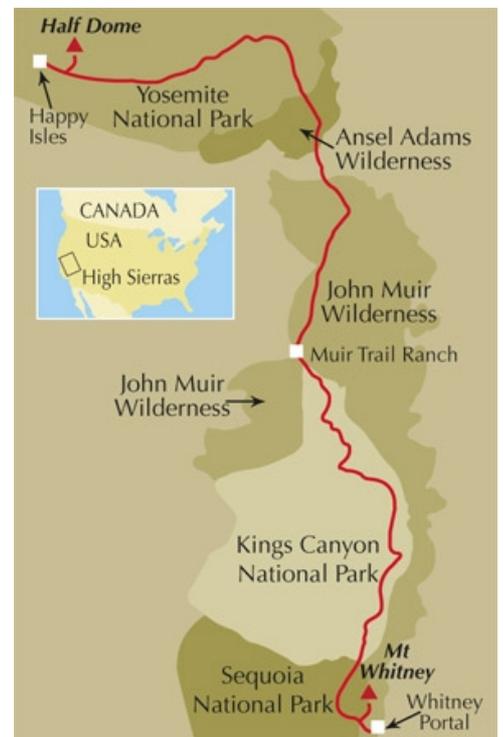
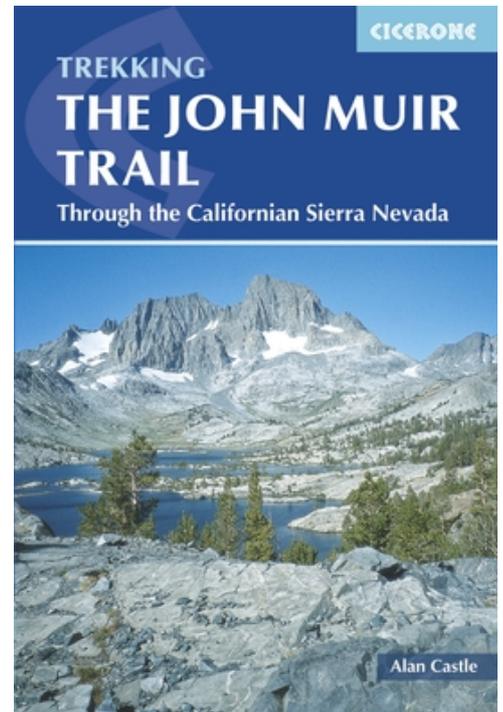
Alan Castle has trekked and cycled in over 30 countries within Europe, Asia, North and South America, Africa and Australasia. A member of the Outdoor Writers and Photographers Guild, he has written 18 guidebooks, several on long-distance mountain routes in France. An erstwhile national secretary and long-distance path information officer of the Long Distance Walkers Association, Alan now lives at the foot of the Moffat Hills in Scotland.

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