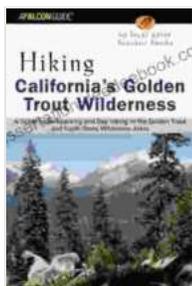


# The Ultimate Guide to Backpacking and Day Hiking in the Golden Trout and South Sierra

The Golden Trout and South Sierra region of California is a hiker's paradise, with towering mountains, pristine lakes, and lush forests. Whether you're looking for a challenging backpacking trip or a leisurely day hike, this region has something to offer everyone.

In this guide, we'll provide you with everything you need to know to plan your backpacking or day hiking trip in the Golden Trout and South Sierra. We'll cover topics such as trail conditions, campsites, permits, and safety. We'll also provide detailed descriptions of some of the most popular trails in the region.

So whether you're a seasoned backpacker or a first-time hiker, read on for all the information you need to have an amazing adventure in the Golden Trout and South Sierra.



## Hiking California's Golden Trout Wilderness: A Guide to Backpacking and Day Hiking in the Golden Trout and South Sierra Wilderness Areas (Regional Hiking Series)

by Suzanne Swedo

★★★★☆ 4.7 out of 5

Language	: English
File size	: 7419 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 256 pages
Lending	: Enabled
Item Weight	: 9.2 ounces

Screen Reader : Supported  
Paperback : 225 pages  
Dimensions : 5.24 x 0.47 x 8.23 inches



Backpacking in the Golden Trout and South Sierra is a great way to experience the region's stunning scenery and abundant wildlife. There are several different trails to choose from, ranging from easy day hikes to challenging multi-day treks.

## **Trail Conditions**

The trail conditions in the Golden Trout and South Sierra vary depending on the trail and the time of year. In general, the trails are well-maintained and easy to follow. However, some trails may be rough or have steep sections. It's important to check the trail conditions before you go and be prepared for anything.

## **Campsites**

There are several established campsites in the Golden Trout and South Sierra. These campsites are typically located near water sources and have fire rings and picnic tables. It's important to reserve your campsite in advance, especially if you're planning to hike during peak season.

## **Permits**

A wilderness permit is required for all overnight backpacking trips in the Golden Trout and South Sierra. You can obtain a permit at the ranger

station or online.

## Safety

Hiking in the wilderness can be dangerous, so it's important to take precautions. Be sure to let someone know where you're going and when you expect to return. Carry a map and compass, and be prepared for changing weather conditions. Drink plenty of water and eat nutritious foods. Be aware of your surroundings and be careful of wildlife.

## Popular Trails

There are many popular backpacking trails in the Golden Trout and South Sierra. Some of the most popular trails include:

- **John Muir Trail:** This is a classic backpacking trail that traverses the Sierra Nevada mountains. The trail is 211 miles long and takes an average of 14 days to complete.
- **Pacific Crest Trail:** This is a long-distance hiking trail that runs from Mexico to Canada. The trail passes through the Golden Trout and South Sierra, and it takes an average of 5 months to complete.
- **High Sierra Trail:** This is a loop trail that takes you through some of the most beautiful scenery in the Sierra Nevada mountains. The trail is 75 miles long and takes an average of 5 days to complete.

Day hiking is a great way to experience the Golden Trout and South Sierra without having to spend the night in the wilderness. There are several different day hiking trails to choose from, ranging from easy walks to challenging climbs.

## Trail Conditions

The trail conditions on day hiking trails vary depending on the trail and the time of year. In general, the trails are well-maintained and easy to follow. However, some trails may be rough or have steep sections. It's important to check the trail conditions before you go and be prepared for anything.

## Permits

A wilderness permit is not required for day hikes in the Golden Trout and South Sierra. However, some trails may require a permit if you're planning to enter a sensitive area or camp overnight.

## Safety

Hiking in the wilderness can be dangerous, so it's important to take precautions. Be sure to let someone know where you're going and when you expect to return. Carry a map and compass, and be prepared for changing weather conditions. Drink plenty of water and eat nutritious foods. Be aware of your surroundings and be careful of wildlife.

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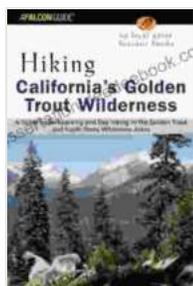
- **Horseshoe Lake Trail:** This is a short and easy trail that leads to a beautiful lake. The trail is 1.5 miles long and takes about 1 hour to complete.

- **Trail:** This is a moderate-difficulty trail that leads to a stunning viewpoint. The trail is 2.5 miles long and takes about 2 hours to complete.
- **Shepherd Pass Trail:** This is a challenging trail that leads to a high mountain pass. The trail is 5 miles long and takes about 4 hours to complete.

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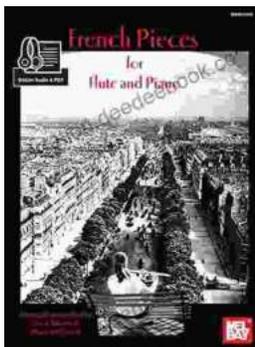
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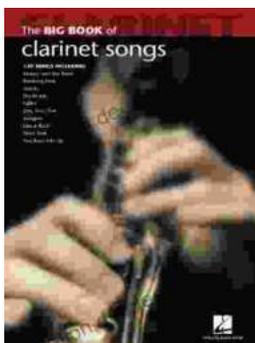
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