High Sierra Loop Hiking Information

All travel times given are dependent on fitness level! Times calculated by an average hiker speed of 2 mph for moderate trails, and 1.5 miles for strenuous trails. Do NOT drink water from streams or lakes without using proper filtration.

Tuolumne Meadows Lorge Glen Aulin Moderate Smiles Strenuous Smiles Strenuous Smiles Shours Sh	From	То	Difficulty	Distance	T drink water from streams Time	Elevation Change	Notes
Toulume Meadows lodge Meadows lodge Meadows lodge Glen Aulin May Lake Strenuous 8 miles 5 hours 1,470 ft socent 1,470 ft socen			2	2.000.000			
The trail climbs 200 out of Glen Aulin to McGee Lake in under a mile. There is a 200 elevation loss over the 2nd mile to Cathedral Creek. From there the trail climbs 1450 over the next 6 miles before reaching May Lake. Water is available at McGee Lake, the Cathedra Creek crossing (beasonal), and Raisin Lake Water is available at McGee Lake, the Cathedra Creek crossing (beasonal), and Raisin Lake Power and the Court of Cou		Glen Aulin	Moderate	8 miles	3 to 4 hours	920 ft descent	on a trail that is cut and built with stone step and rocks. This section is slightly technical to new hikers.
Sunrise Strenuous 8 miles 5 hours 1,470 ft ascent loss over the 2,7 miles to Cathedral Creek From there the trail climbs 1450 over the next 6 miles of Cathedral Creek Crossing (seasonal), and Raisin Lake Water is available at McGee Lake, the Cathedra Creek crossing (seasonal), and Raisin Lake Water is available at McGee Lake, the Cathedra Creek crossing (seasonal), and Raisin Lake Water is available at McGee Lake, the Cathedra Creek crossing (seasonal), and Raisin Lake Water is available at McGee Lake, the Cathedra Creek crossing (seasonal), and Raisin Lake Water is available at McGee Lake, the Cathedra Creek crossing (seasonal), and Raisin Lake Water is available at Cathedra Creek (seasonal) and the Sunrise Moderate Polys miles to Sunrise Moderate Polys miles to Cathedra Creek (seasonal) and the Sunrise Lakes. The trail begins with an easy 15 miles and then descends almost 2500 over nearly ski miles to Cathedra Creek (seasonal) and the Sunrise Lakes. The trail begins with an easy 15 miles and then descends almost 2500 over nearly ski miles to Cathedra Creek (seasonal) and the Sunrise Lakes. The trail begins with an easy 15 miles and then descends almost 2500 over nearly ski miles to Cathedra Creek (seasonal) and the Sunrise Lakes. The trail begins with an easy 15 miles and then descends almost 2500 over nearly ski miles to Cathedra Creek (seasonal) and the Sunrise Lakes. The trail begins with an easy 15 miles and then descends almost 2500 over nearly ski miles to Cathedra Creek (seasonal) and the Sunrise Lakes. The trail begins with an easy 15 miles and then descends almost 2500 over nearly ski miles to Cathedra Creek Creek Trail and the Creek Creek Trail and the Creek Creek Trail and Sunry Lakes through the Merced River at its outside the Merced River at its			<u> </u>				
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May Lake Sunrise Strenuous 8.5 miles 4.5 hours A.5 hours 1.200 r descent followed by 1.680 ft ascent followe	1	Sunrise	Strenuous	8.5 miles	4.5 hours	followed by	The trail descends 1200' over the first three miles to Tenaya Lake through a combination of
May Lake Sunrise Strenuous Sunrise Merced Moderate 9.5 miles 4.5 hours 4.5 to 5 hours 4.5 to 5 hours Strenuous Sunrise Sunrise Merced Moderate 9.5 miles 4.5 to 5 hours 4.5 to 5 hours Strenuous Strenuous Strenuous 5.5 hours (Fletcher Creek) To the Inal two miles of trail pass through lush Echo Valley and then over granite before pacing along side the Merced River. The fletal two miles of trail pass through lush Echo Valley and then over granite before pacing along side the Merced River. The fletal two miles of trail pass through lush Echo Valley and then over granite before pacing along side the Merced River. The fletal two miles of trail pass through lush Echo Valley and then over granite before pacing along side the Merced River. The fletal two miles of trail pass through lush Echo Valley and then over granite before pacing along side the Merced River. The fletal two miles of trail pass through lush Echo Valley and then over granite before pacing along side the Merced River. The fletal two miles of trail pass through lush Echo Valley and then over granite before pacing along side the Merced River. The fletal two miles of trail pass through lush Echo Valley and then over granite before pacing along side the Merced River. The fletal two miles of trail pass through lush Echo Creek crossing (seasonal) and along the Merced River. The fletal trail interspersed with steep climbs. It offers the chance to sea Babocok Lake and Emeric Lake by walling, 3 and A miles, respectively, from the trail was short segment of flat trail interspersed with gradual before the valley of seasonal and along single the Echo Creek crossing (seasonal) and the fletcher Creek crossing (seasonal) and the fletcher Creek rouse is slightly shorter and gains about 800' less elevation overall. This trail begins with an early of the trail begins with a strength of flat trail interspersed with gradual climbs of the nead work							granite and forested sections of trail. After a meandering walk for the next two miles, the trail
1,680 ft ascent 1,680 ft a	May Lake						· ·
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