

## Tuolumne Meadow to Yosemite Valley Via the John Muir Trail

**Distance:** 21.7 miles

**Type of trip:** Point to point.

**Difficulty:** Moderate

**Elevation:** +2189, - 6743.

**Hiking Time:** 2 – 4 days.

**Begin at:** The trip starts/ends at the Cathedral lake trailhead (bus stop # 7) and end/starts at Happy Isles trailhead (bus stop #16).

**Seasonality:** Typically from mid-May until early November.

**Trail Notes:** Follow the signs for the John Muir Trail, this is the northern section of the John Muir trail. The John Muir Trail is a 211 mile trip that travels through the Sierras north/south. The terminus of the trail are Happy Isle's in the north, and the summit of Mount Whitney in the south.

From Cathedral lakes trailhead start hiking south as you climb past Cathedral Lakes to broad Cathedral Pass (4.3 miles). You will descend through the headwaters of Echo creek then start a gentle climb up the east flank of Tresidder Peak to the actual high point of this trip (9940 feet). From here you will descend to Long Meadow where the gradient switches to a gradually sloping valley where you reach the junction with Echo trail. Stay on the JMT south to Sunrise High Sierra Camp, another 3.5 miles. Continue through the south arm of Long Meadow then start climbing the east slope of Sunrise Mountain where you will reach a broad south-east running ridge before descending steeply into a rocky canyon to Sunrise Creek. You will pass the trail junctions for Clouds Rest then Half Dome, stay on the JMT. Continue on to Little Yosemite Valley (9 miles) through the burn from 2014, a hot and dry section.

From Little Yosemite Valley you will descend to Nevada Falls (1.3 miles). From here you can stay on the JMT (2.7 miles) or the Mist Trail (1.6 miles). The JMT offers an excellent view of Half Dome, Liberty Cap, and Nevada Falls. The mist trail is steep with large steps and wet due to the mist from the falls. The two trails meet back up 1.2 miles below Clarks Point. Continue on (0.8 miles) to Happy Isles trailhead (3.5 miles) (Shuttle stop #16).

Compiled from “Yosemite National Park a complete hikers guide Jeffrey P. Schaffer”, Trip #44.



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