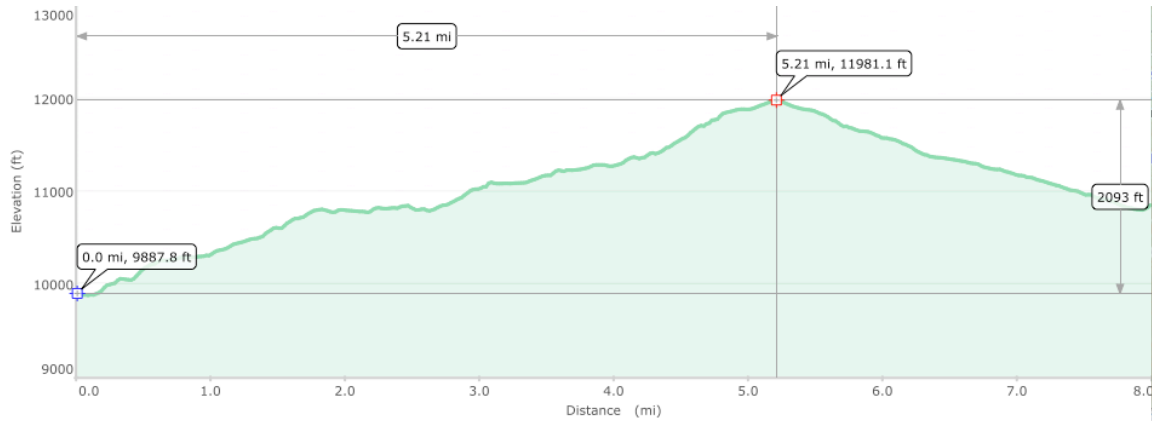


Backpack Trip on John Muir Trail (JMT) 2016 Trail Details

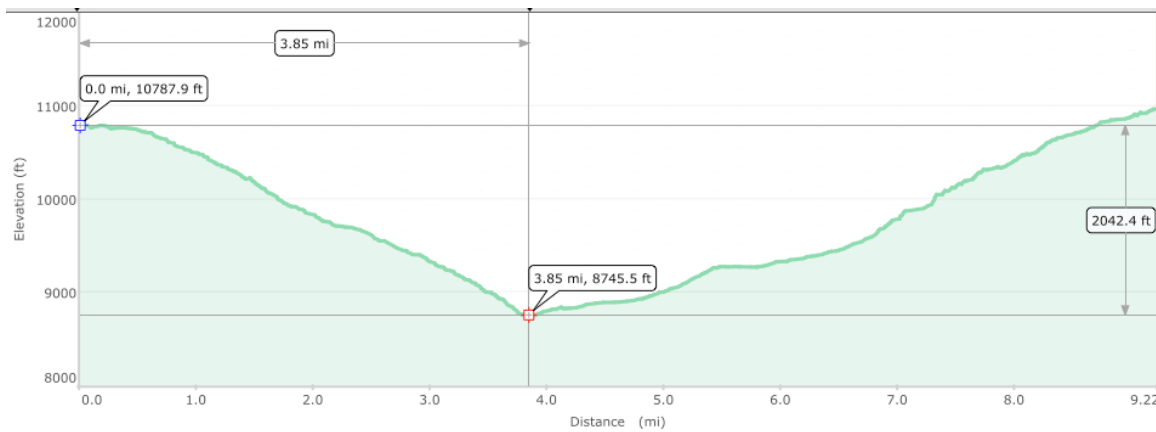
Rev Sept 5, 2015

Hike Day 1



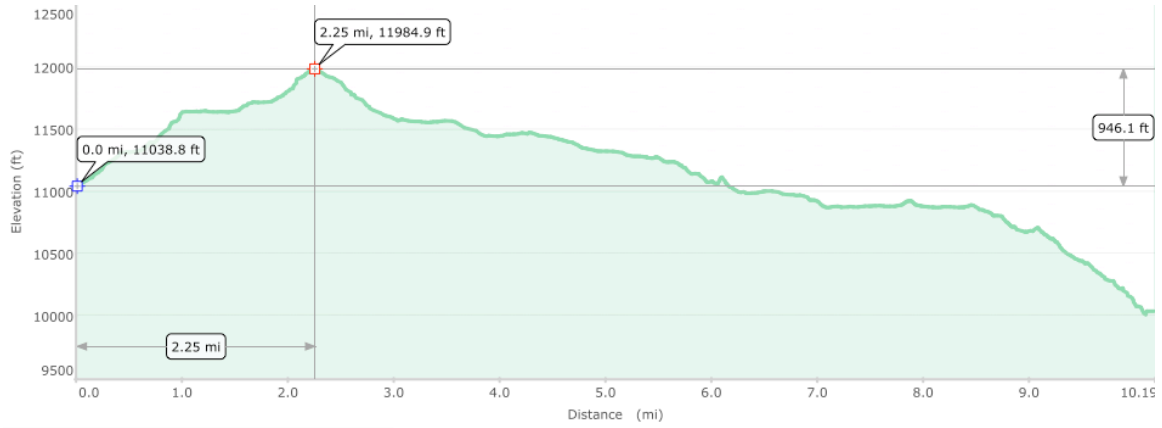
Distance 8.0 miles
Ascent 2432 ft
Descent 1405 ft
Avg Grade 2.4%

Hike Day 2



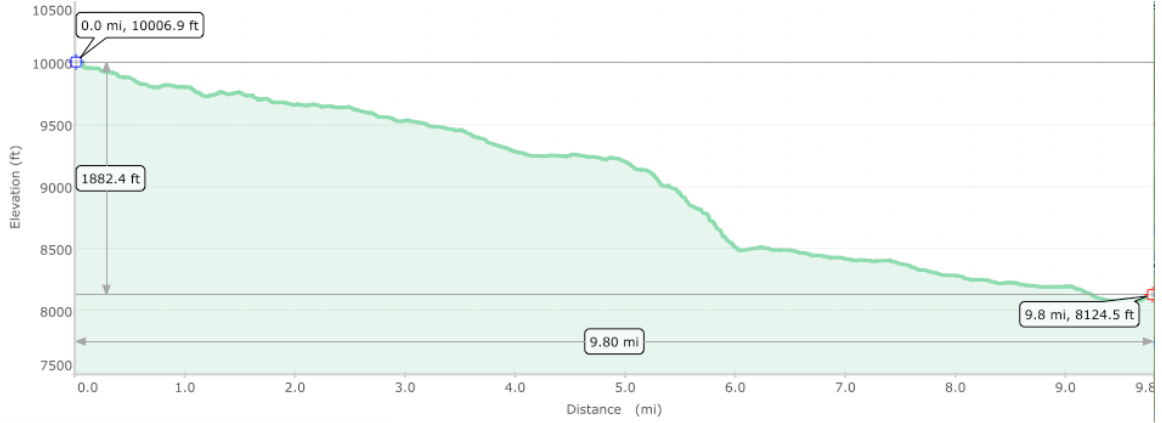
Distance 9.2 miles
Ascent 2406 ft
Descent 2281 ft
Avg Grade 0.3%

Hike Day 3



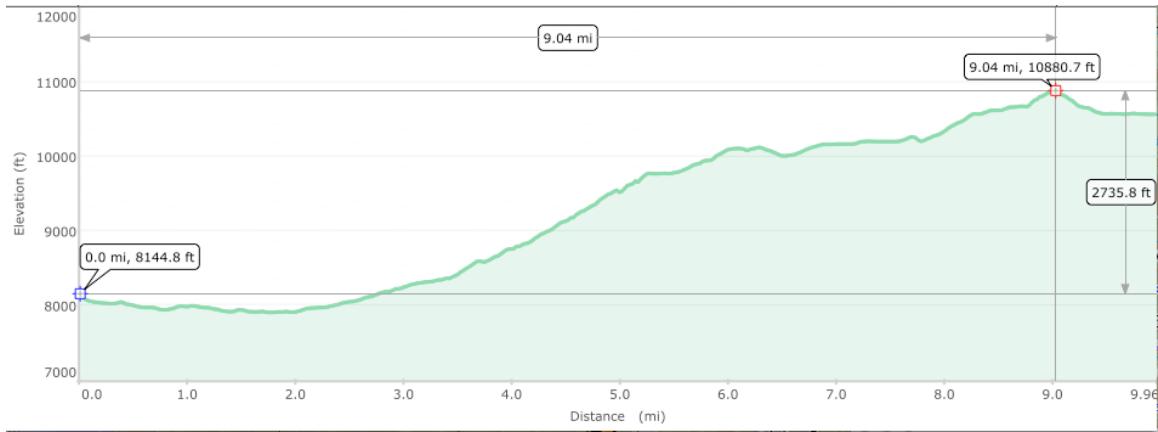
Distance 10.2 miles
Ascent 1470 ft
Descent 2435 ft
Avg Grade -1.8%

Hike Day 4



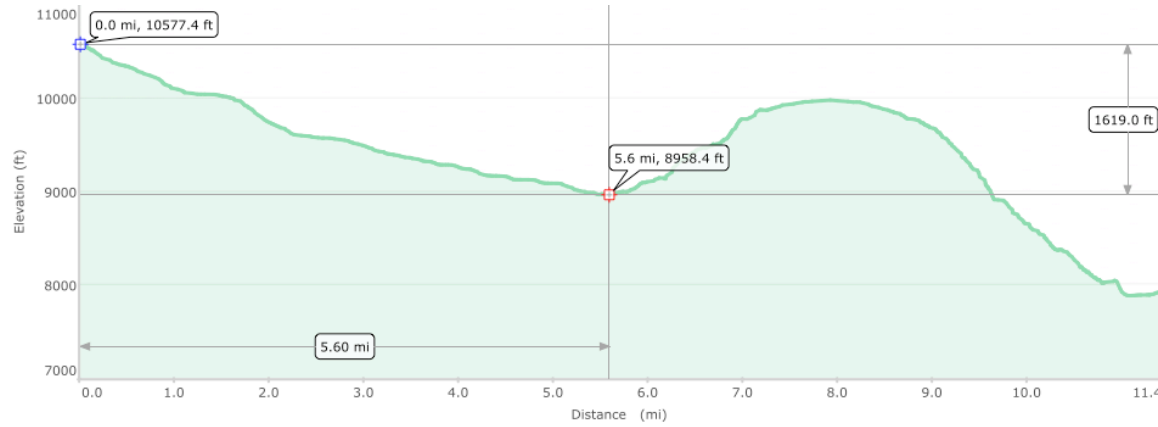
Distance 9.8 miles
Ascent 372 ft
Descent 2349 ft
Avg Grade -3.8%

Hike Day 5



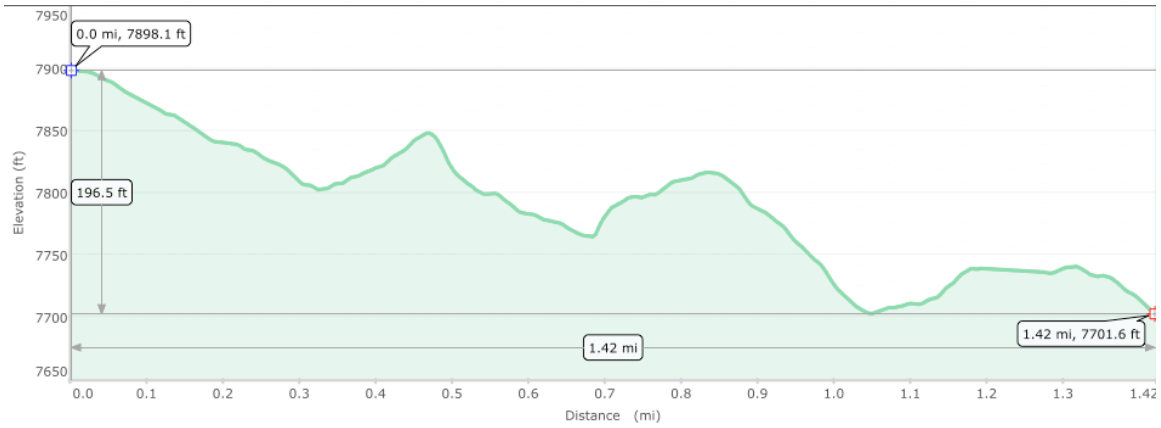
Distance 10.0 miles
 Ascent 3298 ft
 Descent 927 ft
 Avg Grade 4.5%

Hike Day 6



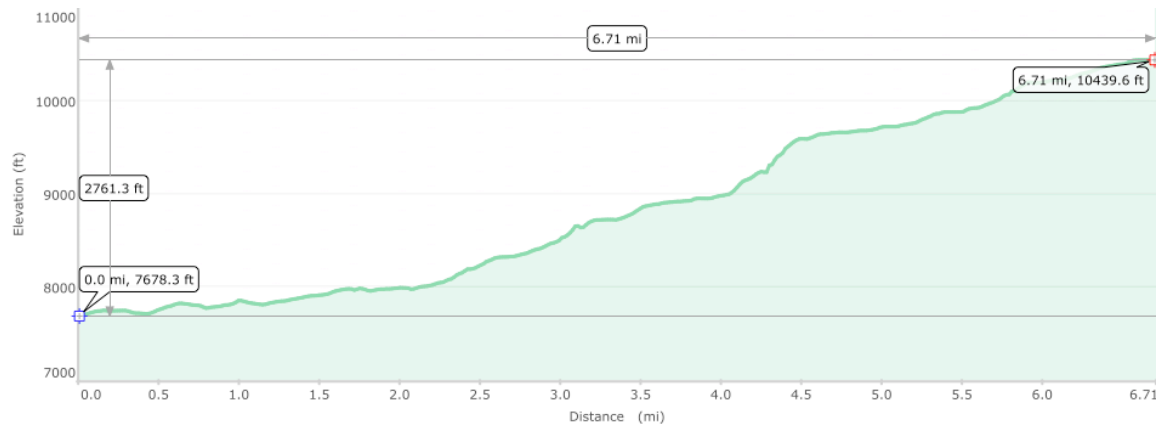
Distance 11.4 miles
 Ascent 1191 ft
 Descent 3912 ft
 Avg Grade -4.5%

Hike Day 7



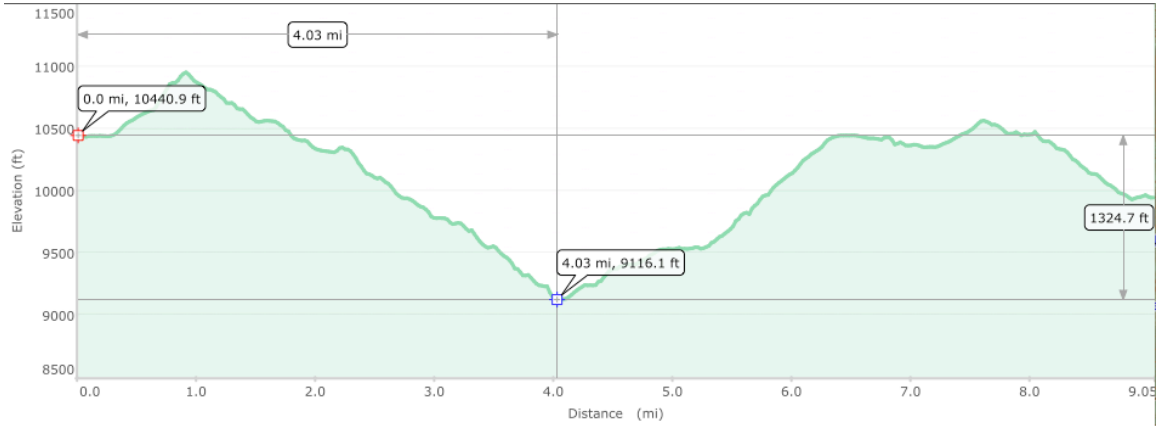
Distance 1.4 miles plus Ferry 5 miles
 Ascent 123 ft
 Descent 308 ft
 Avg Grade -2.6%

Hike Day 8



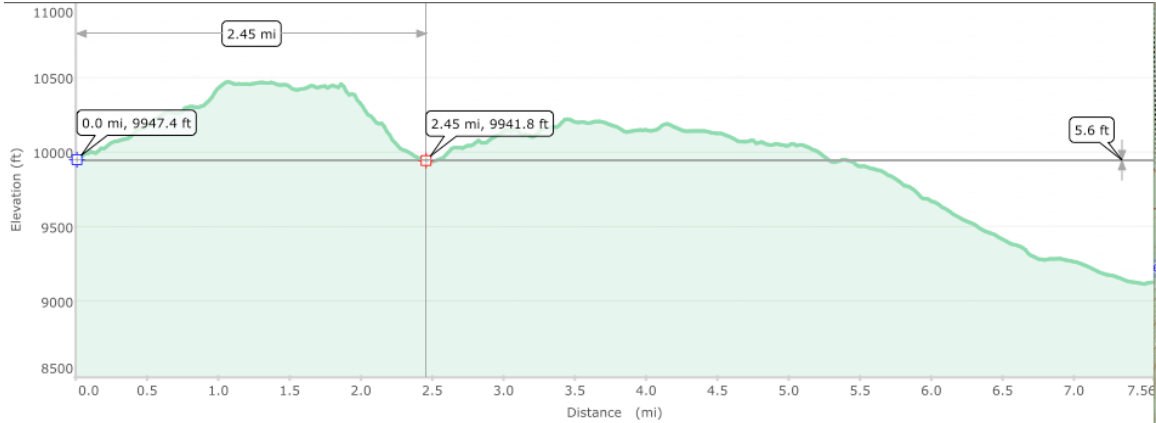
Distance 6.7 miles plus Ferry 5 miles
 Ascent 2947 ft
 Descent 187 ft
 Avg Grade 7.8%

Hike Day 9



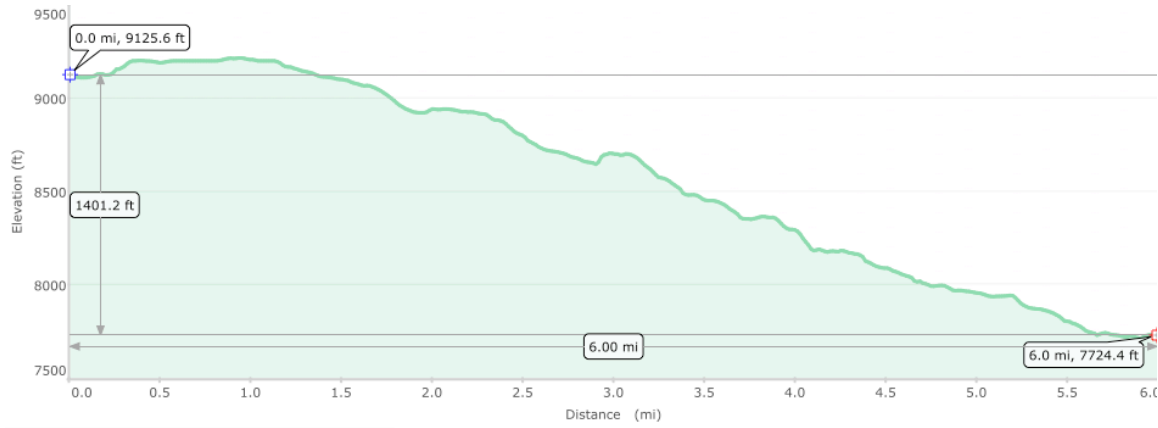
Distance 9.1 miles
 Ascent 2267 ft
 Descent 2759 ft
 Avg Grade -1.0%

Hike Day 10



Distance 7.6 miles
 Ascent 948 ft
 Descent 1783 ft
 Avg Grade -2.1%

Hike Day 11



Distance 6.0 miles Lunch Red's Meadow
 Ascent 242 ft
 Descent 1641 ft
 Avg Grade -4.4%

Summary

Hike Day	Miles	Ascent	Descent	Comment
1	8.0	2432	1405	
2	9.2	2406	2281	
3	10.2	1470	2435	
4	9.8	372	2349	
5	10.0	3298	927	
6	11.4	1191	3912	
7	1.4	123	308	Ferry 5.0 miles
8	6.7	2947	187	Ferry 5.0 miles
9	9.1	2267	2759	
10	7.6	948	1783	
11	6.0	242	1641	Lunch Red's Meadow
Totals	89.4	17696	19987	