

Ancient Bristlecone Pine Forest Hike

(September 22, 2012)



Lone Pine Lodging: I'll be staying in Lone Pine Friday and Saturday night with my family. If you need to reach me, my cell is 661.993.7874.

Saturday Itinerary: (9.22.12)

- 8:00 AM: Breakfast @ Alabama Hills Café across from Dow Villa Hotel in Lone Pine
- ~9:00 AM: Leave for 395/Bristlecone Forest Turnoff-Hwy 168
- ~9:30 AM: Meet at 395/Bristlecone Forest Turnoff-Hwy 168
- ~10:00: Arrive Bristlecone Forest Visitor Center
- ~10:00-11:00: Ranger Orientation
- ~12:00-1:30: Organized Hike led by Ranger
- **Directions:** Proceed on 395 just north of Big Pine to State Highway 168. Meet group at pull out on 395/168 at 9:30 AM. Take 168 east for 13 miles to White Mountain Road. Turn left on White Mountain Road and proceed 10 miles to *Schulman Grove Visitor Center*. **All roads are paved, so regular cars are fine—no SUV is required.*
- **Cost:** \$3.00/adult or \$6.00/vehicle. Children under 18 are free. Golden Eagle, Golden Age, and Golden Access passes accepted.
- **Late Afternoon Swim Option:** *Keogh's Hot Springs Swimming Pool* is a great chance to have fun swimming in heated mineral water while stepping back into time as the facility is around 90 years old. I'll probably be there around 4:00-6:00PM?

Sunday Itinerary-Optional: (9.23.12)

- 8:00 AM: Breakfast @ Alabama Hills Café if you're interested.
- 9:00-11:00: Explore *Alabama Hills*. GREAT place for photos with friends and family, so bring your cameras! Majestic backdrop views of Mt. Whitney along with incredible rocks in hill areas. Meet us at 9:00AM outside Alabama Hills Café if you're doing breakfast on your own.
- *This is an open morning for fun. No big fitness challenges—just walking around rocks and taking photos.

Weblinks:

- For more details, visit my [Ancient Bristlecone Pine Forest Hike page](#).

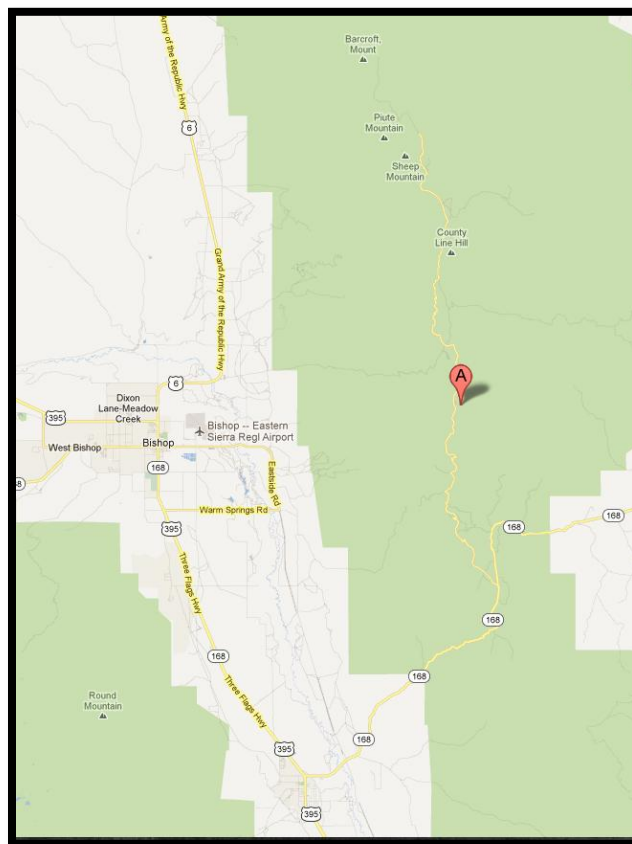
RSVP & Information Contact: Ron Jones • Aera Wellcoach
661.993.7874 • rjhones@aeraenergy.com

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Safety & Preparations:

- **Elevation:** Bristlecone Forest is 10,000'. Despite our hike being shorter and easier, it will still be difficult to breathe. **People with high blood pressure concerns should seek medical advice before exertion at extreme elevations.*
- **Gear:** As always when hiking, refer to the “**Ten Essentials**” and make sure you have them especially if you plan to separate from the group.
- **Weather:** Be Prepared! In late September, it can be warm or a storm could blow in with extreme weather—quickly as we are at 10,000' elevation! Take plenty of fluids AND whatever food you need for the day.
- **Shoes:** You can hike with tennis shoes, but I'll be using light and low-top hiking shoes with two layers of socks.
- **Clothing:** Take layers of clothing in case it gets cold, windy, and wet. Make sure you have a waterproof outer layer even if a cheap plastic parka or trashbag.
- **Communications:** Cell phone service is possible in certain areas. I'll have my two-way radios for our group so we can communicate if separated.
- **Fall Potential:**
 - **Bristlecone Forest:** While all outdoor activities and hiking have some fall potential, our hike is going to be minimal in terms of open edges or drop offs. The trail is well marked. We are hiking in a group led by experience ranger, so should be fine.
 - **Alabama Hills:** Basically walking and ascending some of the easier and lower portions of rocks, but please be careful because there is fall potential if you exceed your ability without rock climbing equipment. The rocks in Alabama Hills are VERY ROUGH and SHARP—not smooth like many other granite climbing areas. Be aware of the laceration risks if you bump or fall.



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