

Yosemite and Sierra Multisport Tour

An Epic Deluxe Camping, Hiking, Mountain Biking, Whitewater Rafting (June), Horseback Riding (September) & Rock Climbing Adventure

Encompassing towering peaks, churning rivers, and stands of majestic Sequoia trees (Earth's largest living thing!), Yosemite National Park provides a stunning landscape for our California Sierra Nevada escape. Astounding natural beauty surrounds us, whether we are biking in the backcountry of the Sierra, whitewater rafting on the tumbling Merced River, rock climbing in Yosemite Valley, or hiking alongside cascading waterfalls. So join us for a week of active days and restful nights that is sure to quench your appetite for adventure and relaxation!

Day 1. Mountain Biking in Sierra National Forest and Hiking at Mariposa Grove, Crane Valley Campground

We depart from Fresno for Sierra National Forest for a thrilling downhill mountain bike ride through the rolling oak- and pine-covered foothills of the Sierras. Enjoy these quiet, seldom traveled backroads, with magnificent views and an exciting descent.

After lunch at Bass Lake, we shuttle to the southern boundary of Yosemite National Park and hike in Mariposa, the Park's largest of three groves of Giant Sequoias. Mariposa Grove contains several hundred of these monarchs, including two of the 25 largest trees in the world.

We begin the hike at The Fallen Monarch which fell more than three hundred years ago and continues to resist the process of decay.

The Bachelor and Three Graces are a group of four trees, three of them growing very close together with the fourth a little more distant. Their roots are so intertwined that if one of them were to fall it would likely bring the others along with it.

The Grizzly Giant is the grove's oldest tree and most commonly thought to be the largest but that title goes to a less inspiring tree named The Washington Tree. Estimated at 2700 years old, the Grizzly giant is 209 feet tall and 25-1/2 feet in diameter.

The California Tunnel Tree was cut in 1895 to allow coaches to pass through it (and as a marketing scheme to attract visitors to the grove) and is now the only living tree with a tunnel in it since the fall of the Wawona Tunnel Tree in 1969.

The Faithful Couple is a rare case in which two trees grew so close together that their trunks have fused together at the base.

The Telescope Tree has been left completely hollow by decades of repeated fires. In spite of that, the tree is still living, as Giant Sequoias do not require a whole trunk to survive. It is possible to walk inside the tree and to look

up at the sky. The Columbia Tree: The tallest tree in the grove and in Yosemite National Park.

We camp tonight at Crane Valley Campground in Sierra National Forest.

- Shuttle [2 hours]
- Biking from Cold Springs Meadow on the Central Camp Road [distances & elevation change variable; up to 20 miles, 1,200 feet of elevation loss]
- Mariposa Grove Hike [4 miles, 800 feet of elevation gain/loss]

Day 2. Hike the Panorama Trail from Rim to Valley in Yosemite National Park, Hodgdon Meadow Campground

You couldn't ask for a better way to experience the majestic splendor that Yosemite has to offer than by hiking the Panorama Trail. As its name implies, this trail offers incredible views of Yosemite's cascading waterfalls, soaring granite monoliths and of the verdant valley floor below.

Beginning with views of Half Dome and Clouds Rest from Glacier Point, the trail crosses behind Illilouette Fall after two miles and continues partially uphill along the Panorama Cliff. At the top of Nevada Fall, we descend past Vernal Falls on the Mist Trail, concluding at Happy Isles Nature Center.

We camp tonight (and tomorrow night) outside the hubbub of Yosemite Valley at Hodgdon Meadow.

- Panorama Trail Hike [8.5 miles, 3200 feet of elevation loss]

Day 3. Whitewater Rafting on the Merced River (June); Horseback Riding to Mirror Lake and Mountain Biking on the Yosemite Valley trail system (September), Hodgdon Meadow Campground

For our June trip, we raft the wild and scenic Merced River today. The Merced tumbles and twists out of Yosemite Valley, gradually mellowing into a runnable whitewater river just below the town of El Portal. It is here that our trip begins. Offering abundant whitewater confined by a narrow corridor, this river is a must for the whitewater enthusiast and one of the best paddle-boat trips in California.

For Reservations and Information call 800-488-8483 or Reserve 24 hours a day at
www.TheWorldOutdoors.com

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For part of its course, the Merced follows the old Yosemite Railroad bed, passing abandoned gold mines and water flumes. We run the famed "Quarter Mile Rapid"--over 500 yards of exceptional white water. Just below this intense section is a 20-foot waterfall which we must portage (a portage necessitates "lining" or carrying the rafts around the obstacle).

Our full-day trip covers 16 river miles and includes a great deli lunch. With its clear sparkling water fresh from the Sierra headwaters, intensely exciting rapids and steep slopes covered in wildflowers, the Merced River Canyon is an uplifting place to be!

- Rafting the Merced River [16 miles, Class III-IV rapids]

For our September trip, we saddle up this morning for a relaxing horseback ride to Mirror Lake. Mirror Lake has been gradually filling up with silt, so it is not as mirror-like as it once was, but the lake's banks do provide a glorious view of Half Dome. We return to our campsite for a sumptuous lunch.

Following a sumptuous lunch back at our campsite, we switch to our two-wheeled steeds for a loop ride through the entire length of Yosemite Valley. We follow the Merced River and pedal beneath Yosemite Falls, El Capitan, Bridalveil Falls, and Glacier Point along the route. We'll have plenty of time to check out photogenic Stoneman Bridge and the Swinging Bridge and to dip our toes in the Merced.

There are 12 miles of paved trails—lengthening the ride requires us to share the road with auto traffic. You'll have time for an ice cream and a little shopping in Curry Village near the end of the ride.

- Horseback Riding to Mirror Lake [2 hours]
- Biking in Yosemite Valley [slightly downhill going out and slightly uphill coming back, up to 17 miles, 2-3 hours]

Day 4. Rock Climbing in Yosemite Valley, Tuolumne Tent Cabins (801) 559-4884 / shared baths / http://www.yosemitepark.com/accommodations_tuolumnemeadowslodge_lodgingdetails.aspx

This morning, we learn the basics of rock climbing on the lower granite walls of the spectacular Yosemite Valley. The "Go Climb a Rock" class with the Yosemite Mountaineering School is an excellent introduction to rock climbing where we learn the basics and do a bunch of climbing and rappelling (up to 60 feet high). Our local experts facilitate a fun day of excitement and learning, appropriate for first timers and intermediate climbers alike. Topics to be demonstrated include: setup, equipment, belaying, climbing and rappelling techniques.

For those who choose not to climb, explore the trails of the Valley by foot or bicycle.

Following a shuttle from the Valley to the high country of Tuolumne Meadows, we stay tonight in the Tuolumne Meadows Tent Cabins. Our stay here evokes the early days of travel to Yosemite. The canvas-covered tents are

wood-framed on a cement platform. There is no electricity but candles are provided for lighting. Shower and restroom facilities are located in the center of camp. Depending on the number of tent cabins available (we have to reserve these a year in advance) and guests on the tour, there is a likelihood that up to 4 guests may need to share a cabin.

The dining room, situated alongside the Tuolumne River, provides rustic a la carte dining for breakfast and dinner.

- Full day of rock climbing & rappelling [7 hours]
- Shuttle from Yosemite Valley to Tuolumne Meadows [1-1/2 hours]

Day 5. Hike to Lower Cathedral Lake from Tuolumne Meadows, Yosemite National Park, Tuolumne Tent Cabins

Following a short shuttle, we begin our hike to Lower Cathedral Lake. The trail is an ancient Indian path and is now part of the John Muir Trail, a famed backpacking thoroughfare. Lower Cathedral Lake is among the most impressive of Yosemite's granite-wrapped High Sierra lakes. It's surrounded by Cathedral Peak to the east and by Echo and Tressider Peaks along the southern shore, all over 10,000 feet in elevation.

The eastern shore of the lake is a wide rock shelf that, besides being picturesque in its own right, makes a great place to hang out and recover from the swamp crossing we executed to reach it. If you trek to the far end of the lake and look west, Tenaya Lake lurks below.

- Lower Cathedral Lake Hike [7 miles, 790 feet of elevation gain/loss]

Day 6. Hike from Tioga Road to Yosemite Falls and Yosemite Valley in Yosemite National Park, Fresno

Our final hike provides a spectacular conclusion to our fun-filled week together. Beginning at Porcupine Creek Trailhead off of Tioga Road, we hike through red fir and lodgepole forest, follow Lehamite Creek and cross Indian Canyon Creek before arriving at Yosemite Point. From here we have a commanding view of Yosemite Valley and of Yosemite Creek hurling over the edge of the hanging valley in a spectacular and deafening show of force. At 2,425 feet, Yosemite Falls is North America's highest waterfall.

We then cross Yosemite Creek on a footbridge and begin the steep descent past the Upper Falls (1,430 feet, alone one of the world's 20 highest), "the cascades" (675 feet) and finally the Lower Falls (320-foot drop).

Following a shuttle to Fresno, we say our farewells at approximately 5:30 p.m. in Fresno.

- Hiking [9.5 miles, 4000 feet of elevation loss]
- Shuttle to Fresno [2 hours, 15 minutes]

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Tour Details

Trip Type: Camping & Tent Cabin

Trip Length: 6 days/5 nights

2012 Departure Dates: June 17-22 (singles; rafting on Day 3), September 2-7 (singles--horseback riding and biking on Day 3)

2013 Departure Dates: June 16-21 (singles; rafting on Day 3), September 8-13 (horseback riding and biking on Day 3)

Price: \$2098

Single Supplement: N/A

Bicycle Rental: Included

Tent Rental: \$60

Sleeping Bag/Pad Rental: \$40

Trip Rating: Moderate

Activities: hike (3-1/2 days), bike (1/2 day—June; two ½ days--September), rock climb (1 day), raft (1 day—June only); horseback ride (1/2 day—September only)

Gateway City: Fresno, CA

Gateway City Transfer: Public transportation is available between Fresno Yosemite International Airport and various hotels in Fresno by calling Casey's Yellow Cab 559-268-2222. Reservations are recommended. The Courtyard Fresno Airport has a complementary shuttle from the airport to the hotel.

Meeting Time & Place: 7:30 a.m. at the Courtyard Fresno Airport, 1551 North Peach Avenue, Fresno, CA, 559-251-5200. Please plan to arrive at the inn at the designated meeting time, and not earlier, for the convenience of the innkeeper. We recommend that you have a big breakfast before you arrive, and come prepared to hike following a short orientation and a shuttle. We suggest that you wear comfortable hiking boots with ankle support and wool socks coupled with a thin liner sock.

Trip Conclusion: 5:30 p.m., Courtyard Fresno Airport, 1551 North Peach Avenue, Fresno, CA. *Shuttle services should be scheduled no earlier than 6:00 p.m. and airline departures should be scheduled no earlier than 8:00 p.m.*

Trip Fees Include: whitewater rafting trip, rock-climbing, all meals (lunch Day 1-lunch Day 6), national park entrance fees, campground fees, one night accommodation (double occupancy), T-shirt, water bottle, support vehicle, professional guides, and mountain bike riding instruction.

Trip Fees Exclude: Airfare, personal insurance, miscellaneous hotel expenses (phone, fax, laundry, etc.), additional optional tours, services not specified in the tour itinerary, and guide gratuities (an appropriate gratuity to *each* trip leader is \$75-\$100 per guest).

The Next Step...

References Don't take our word for it that The World Outdoors trips are the finest in the adventure travel industry. Ask our past guests. *Call about any of our trips and we'll be happy to refer you to someone who's been there with us.*

The Best Value in Active Travel Guarantee: *We commit to you that all of our trips are of the highest quality at the best value.* If you find a trip of equal quality that matches our itinerary and inclusions at a lower fare within 30 days of booking your trip with us, we will gladly refund the difference. A simple guarantee that assures you of the best trip at the best fare!

How do I join this trip? Call The World Outdoors at (800) 488-8483 and a Trip Consultant will reserve your space(s) or register online at www.TheWorldOutdoors.com. Your travel agent can also book your trip at no extra cost and provide other helpful assistance.

Special Requests: If you have any special dietary needs or any special request that will make your trip more enjoyable, please be sure to notify your Trip Consultant or travel agent upon booking.

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Then Leave the Rest to Us... Before you go, we provide you with extensive pre-departure information, including your reservation payment receipt and confirmation, travel insurance application, suggestions for preparing for your trip, a packing list, information on pre- and post-trip arrangements, a guest questionnaire and a liability release agreement.

Travel Protection: To make your trip with The World Outdoors even more carefree, we strongly recommend the purchase of our travel insurance plan. Offering comprehensive coverage and peace of mind, our travel insurance plan is designed to protect you in case of lost or damaged luggage, a sudden illness or death in the family, emergency medical expenses and transportation costs, and flight delays. We'd be happy to arrange travel insurance coverage for you, so contact us at (800) 488-8483 with any questions.

How do I book airfare for this trip? Call our in-house travel agent, Sherry Marriner, at 800-488-8483 from 8:00 a.m. to 5:00 p.m. Mountain Time Monday through Friday or you can email her at sherrym@theworldoutdoors.com. Sherry is also available to assist you with pre- and post-lodging needs. If Sherry is unavailable and your needs are urgent, please call Frosch Travel, a local travel agency, at 800-538-7461 and ask for Georgia (ext 251) or email her at Georgia.Terry@frosch.com. Be sure to tell her you are traveling with The World Outdoors. Alternatively, you are welcome to book your airfare online, directly with the airline or through your personal travel agent.

General Information, Questions & Answers

What type of weather can I expect? You can expect daytime temperatures to be in the 60's-80s, with evening temperatures being up to 30° F cooler. As in other mountainous regions, weather conditions in the Sierras are extremely variable... Be prepared for anything!

How will the change in altitude affect me? This is a difficult question to answer as altitude physiologically affects different people in different ways. The Sierra Mountains range from 5,000 feet to over 14,000 feet elevation, and have an extremely dry climate. Thus, to prevent altitude sickness we recommend that you always remain well hydrated, gradually expose yourself to higher elevations, exercise moderately until altitude acclimatized, eat a diet consisting of at least 70% carbohydrates beginning 1 to 2 days prior to ascent, and get plenty of rest. Furthermore, we suggest that you arrive at our gateway city *at least* 1 to 2 days prior to the first day of your trip.

How difficult is this trip? ... Really. This trip is more challenging than our Easy tours. It is intended for the average active adult who feels comfortable being active 4-6 hours a day. Hikes of 4-8 miles with options of up to 12 miles, and with climbs of 1350 feet, with options of up to 2200 feet. The bike rides are 13-30 miles/day with an option of up to 40 miles where some shuttling may be involved.

Emergency Contact Information: Our office in Boulder, Colorado is open Monday to Friday from 8:00 a.m. to 5:00 p.m. Mountain Time 1-800-488-8483. For emergencies outside of our normal business hours call Bill Marriner at 720-289-0460, Sherry Marriner at 303-915-9660, Darcie Carr at 303-595-8561 or Eric Wagner at 303-324-7795.

Driving to the Meeting Place: Fresno is northwest of Los Angeles approximately 3-1/2 hours by car. It is located on Highway 99, which is best approached on I-5 from the north or south. To get to the Courtyard from Rt. 99, take the exit for Rt. 41, then take a left on Chestnut and a right on McKinley. Courtyard is located between the cross streets of McKinley and Peach. Rental cars may be left in the hotel parking lot for the week you are on your TWO tour. Please notify the front desk if you are going to do so.

Pre & Post Trip Accommodations: The World Outdoors recommends the following hotels if you arrive early or stay after your trip.

- Courtyard by Marriott Airport 1551 North Peach Avenue, 559-251-5200 [rate: \$99-\$149] <http://www.marriott.com/hotels/travel/fatcy-courtyard-fresno-yosemite-international-airport/>
- Piccadilly Inn-Express (Airport) 5113 East McKinley Avenue, 800-445-2428 / 559-456-1418 [rate: \$85-\$110] <http://www.piccadillyinn.com/>
- Radisson Hotel 2233 Ventura, 559-268-1000 [rate: \$129-\$199] <http://www.radisson.com/fresnoca>

We're Always Improving! While the information presented here details this trip's planned activities, routes, accommodations, departure and conclusion times, we are consistently seeking new opportunities to enhance this itinerary and your experience. Our actual activities and sites may vary due to season, special events, or weather. As a result, we reserve the right to alter the itinerary since unforeseen circumstances that mandate change may arise. Naturally, we will keep you up-to-date on any changes that may affect your arrival or departure times.