

Chapter 1 : Pacific Crest Trail Planning

Pacific Crest Trail includes an additional section addressing the diverse weather conditions and their effect on the dozens of ecosystems along the route. Highlighted sidebars, scattered throughout both texts, contain quotes from hikers, historical information, and safety advice concerning the climate and wildlife.

A way to get an overview of this wonderful trail without being bogged down with lots of info! From a high point of feet in the High Sierras to a low point of nearly sea level at the Columbia River it is a trail of extremes. A thru-hiker on the PCT will go from deserts to snow fields. Will see glaciers, old growth forests, and volcanoes. It will also be an adventure that will not be forgotten. This handout will help you prepare for the basics of a journey for this trail. But, as always, you should consult with other resources before heading out on an extended trek in the mountains. Pacific Crest Trail The PCT is open to both hikers and horses More gradually graded, easier tread Almost no shelters Goes through more extreme environments Longer days and miles between re-supplies Due to the easier tread way and more gradual grade, tend to do more miles per day on the PCT than the AT Narrower window of hiking. Miles per day typically goes up after the High Sierra Fewer towns.. Call it a wash vs the AT. Typically they involve desert hiking sun exposure, heat, water situation , travel through the High Sierras ice axe use, bear canister regulations, snow field travel and re-supply. This section will touch upon those concerns. In brief, in the desert section of the PCT: Pay attention to your resources! I highlighted all the water sources in bright yellow. I found one liter of water for every five miles of hiking was how much I drank. In recent years, trail angels have been putting out water caches. These caches are stashed by the generosity of volunteers. If something happens and they cannot stash water, then you may be in trouble. Water cache info will be available via online or other sources. I held off initially listing it as too many people are relying on caches. Plus other resources already list the non-cached water resources. OTOH, there is some good info in there. So here it is. And on a similar vein, these caches are done by the generosity of others. Off my soap box. Though it is easier to do big miles, take it easy at first. Feet tend to swell up in the heat and all those big mile days from the start can be murder on the feet Sun exposure is a major concern. Sunglasses and sun protection are a must! Note that there really is a difference between a dry, Western heat and a humid Eastern heat. Different strategies may be required. Your experience may be different. Crossing snow fields, dealing with bears on a regular basis, and using an ice axe are all issues typically new for most people who have done the AT. In brief, the High Sierra issues are: Going over the high passes and the snow fields typically on the passes when thru-hikers come through are best done in late morning or early afternoon. The snow is slushier and less icy. Makes for safer and easier travel. Many thru-hikers bring an ice axe. Typically, a thru-hiker will pick up an ice axe at Kennedy Meadows and mail it back at Tuolumne Meadows. If you do bring an ice axe, know how to use it. Otherwise it is just a piece of equipment you are bringing for no reason. Take a class, practice or at the very least read how to use it. Stealth camping is used by many thru-hikers in bear country. A thru-hiker will cook dinner, hike an additional two-three miles and camp in a spot that gets little to no use. Look at the various guidebooks for current bear regs. As a side note , there is a bear canister loan program that has been posted on various hiker bulletin boards in recent years. As with desert hiking, sun protection is a must! The UV radiation is intense at high elevations. Also, wearing sunglasses is esp. Chap Stick is very useful in the colder, drier and intense UV radiation of the High Sierra Speaking of altitude, most thru-hikers have adopted to altitude by the time they have hit the High Sierras. For example, many thru-hikers will buy their food in Ashland, OR and mail it ahead to such places as Crater Lake. Also, new commercial enterprises are mailing out food, gear, and other sundries to hikers. They regularly post on forums and Facebook advertising their services. Some hikers are using Amazon Pantry Service or the Walmart equivalent, too. A larger period of time between re-supplies. Some hostels are stock denatured alcohol for thru-hikers Fuel canisters are popular in use. Various towns stock them. A good, rough equation for overall expenses is this idea: Or is this your first long hike and buying all new lightweight gear? Do you live in Seattle with relatively easy and cheap transport up and down from either termini or are you coming from Boston and need to get some expensive flights to and from each terminus or a long ass bus ride!

This figure includes food, town stops, and some typical gear replacements shoes and socks come immediately to mind. These numbers are for a middle of the road hike. People who want more luxurious accommodations vs hostels take side trips with car rentals Hey! And, as always, I am sure there are exceptions. The PCT is where lightweight backpacking seems to work well. Most nights I slept under the stars. Only had to set up my tarp seven times in a little over four months. On the same theme, the easier tread of the PCT makes hiking in sneakers very feasible. Most PCT thru-hiker I know hiked in trail shoes or sneakers. You will want to make sure the shoes are well ventilated for the desert section. Make sure the shoes have enough wiggle room as well. My feet grew half a size in the desert section! Again, light weight hiking has taken off very much so on the PCT more so versus the more traditional AT. The town culture is not as established. Go to the desert when it is cool. Hike the national park units on your own and not have to worry about shuttling and kenneling options. If your dog and YOU! Hiking five miles to a camp and then relaxing all weekend is a much different pace than a long hike. This is good advice for any backpacker, really. This permit eliminates the need to get separate permits for all the national parks, wilderness areas, etc. For PCTA members, the permit is free. You can get a permit by going to: As the highest point in the Lower 48 , it is a side trip most PCT hikers cannot pass up. With the appropriate permit, you do not need to reserve a day to hike Whitney though an estimated day of arrival is requested when filling out the permit. Only needed if exiting via Whitney Portal. It is only one mile long, so it should not have an effect on most PCTers. Note that no additional permit is needed to hike this mile. This permit is free from the Canadian government. If you take an alternate route due to snow, keep that in mind too. Many thru-hikers will mail themselves their passport to Stehekin. The US Govt is very serious about this restriction. Please read this info from the PCTA site for more info. Some earlier text that is descriptive: They are free and valid for one year. The purpose of the permit is to ensure that people using the back country have all the proper information about safe use of fire in the backcountry. These permits should be acquired before the start of your hike or ride. Please see this doc I wrote earlier for more information. Please pay attention to the stove bans. Courtesy of Jester! Often hand in hand with these stove bans are frequent trail closures due to wildfires.

Chapter 2 : Pacific Crest Trail - Wikipedia

Find helpful customer reviews and review ratings for Step By Step Along the Pacific Crest Trail at calendrierdelascience.com Read honest and unbiased product reviews from our users.

The following is a simple step by step synopsis for the average hiker planning a northbound through hike on the PCT. Learn about the trail, train for it. Download and print CA Fire Permit. Be sure it arrives before you. Arrive at southern terminus near Campo, CA and start your hike! Be sure your box arrives before you. Synopsis Section 1 - First Steps 1. Absorb as much as you can from all available sources. There are plenty of good journals and gear lists to learn from. Taking long walks regularly will prepare your body and mind for those many miles on the trail. Knowing your gear preferences, weather and terrain abilities and having developed your own hiking style can only be developed from doing. Section 2 - Things to know 2. Estimate your start date and Canadian border crossing date, neither has to be exact. Begin the process about mid-February or 2 months before your start date. You can also print out your self-issued California Fire Permit. Be completely flexible with your start date if at all possible. The single most important criteria for a start date are the Sierra snow conditions and your ability to deal with mountainous spring snow conditions. A big winter snow means a later start date, a mild winter means an earlier start date. The PCT northbound departure window is typically April-May with the majority leaving about May 1st during a normal snow year. This means an arrival at Kennedy Meadows in the southern Sierra about mid-June. The importance of this cannot be overstated. You must make it to the next water source without running out of water. This has a direct impact on your daily mileage and thus your overall plan. The main criteria is enough food to get you to your next resupply. Be sure to label your packages correctly! Many towns exist on or near the trail. Many of these have stores that range from full-service to adequate for resupply. Yes, they know you are coming! You may find these depleted from time to time though. Only on a few occasions will you want to mail a resupply. These are some places, depending on your plan: This requires you or someone at home to create all of your resupply packages and then mailed at the appropriate time. This can be dozens of packages. Every year a few hikers like to dehydrate food and mail it. This is the preferred method for them. You can also use it for resupply with food, then just mail it ahead to a post office somewhere up the trail. Be sure to label your box correctly! Section 3 - Making a plan 3. Think generally in terms of daily mileage and days between resupply. How many hours of the day do you want to hike? How aggressive is your hiking speed? Is the terrain full of ups and downs? How hot will it be? Is the snow coverage intense? How many days food do you want to carry 2. All of those questions need to be considered. It will give you a very good idea of your daily mileage and number of days between resupply stops. Plan to arrive earlier or later. There are no rules, have fun with it. Planning is part of your journey. Have a great hike!

The journey begins. From the very first step onto the PCT I was stoked. From a group of about thirty we broke off into a group of 7 or 8. Our core group is Atlas, Jason, WhyNot, poco loco. Continue reading.

Yet carefully planning your PCT food resupply strategy is critical to accomplishing a thru-hike. During her 5-months on the Pacific Crest Trail, she resupplied more than 30 times; including 22 boxes that were sent to her along the trail. Make sure to check out our other posts on the Pacific Crest Trail, including a Pacific Crest Trail gear list , how to train for a thru-hike , and 20 inspirational photos of the Pacific Crest Trail. There are numerous options for designing your Pacific Crest Trail resupply strategy: The only reason I would do this is if you have any serious dietary restrictions. Given that some of the trail towns are rather small resupplying in towns can be very expensive. So which strategy is the best? Determine what your average daily miles on the Pacific Crest Trail will be In order to break down all 2, miles of the Pacific Crest Trail into resupply sections, you need to figure out how many miles you plan to cover in a day. I assumed I would hike for 8 hours a day. So this was a high average. I added in 30 zero days. I picked 30 because this was 1. So then 2, total miles divided by days equals an average of 19 miles a day. I decided to be very safe and pack my boxes based on a 15 mile per day estimate. I finished the Pacific Crest Trail with an average of 18 miles a day, which explains why in a few locations I had a bit of extra food. Plus, numerous people I hiked with were more than happy to take some of my excess food vs. Where should you start? You can find this online in numerous locations. Other cities listed I chose to resupply in town. I made additional notes on the charts to help you with your resupply strategy. Insider Tip About Resupplying in Town One thing to keep in mind with buying food in town is that it takes time. You have to get to the store, shop, and then deconstruct packaging and repack your food bag. You will be burning a ton of calories and will be hungrier than you think. Here are ideas of what I purchased for my resupply boxes. You can generally find really good bulk purchases on Amazon or at Costco.

Chapter 4 : How to Hike the Pacific Crest Trail: 5 Steps (with Pictures)

Step by Step: Step by Step along the Pacific Crest Trail by Tricia Andryszewski (, Hardcover).

The route is mostly through National Forest and protected wilderness. The trail avoids civilization and covers scenic and pristine mountainous terrain with few roads. Clarke, as a trail running from Mexico to Canada along the crest of the mountains in California, Oregon, and Washington. From through, YMCA groups explored the miles of potential trail and planned a route, which has been closely followed by the modern PCT route. The PCT was then constructed through cooperation between the federal government and volunteers organized by the Pacific Crest Trail Association. In, the PCT was officially declared finished. Thru-hiking Thru hiking is a term used in referring to hikers who complete long-distance trails from end to end in a single trip. Successfully thru-hiking all of these three trails is known as the Triple Crown of Hiking. The Pacific Crest Trail Association estimates that it takes most hikers between six and eight months to plan their trip. In a normal weather year, northbound hikes are most practical due to snow and temperature considerations. Additionally, some hiker services are seasonal and may be better timed for northbound hikers. However, it is not currently possible to legally enter the United States from Canada by using the Pacific Crest Trail. Resupply points are towns or post offices where hikers replenish food and other supplies such as cooking fuel. Hikers can ship packages to themselves at the U. Post Offices along the trail, resupply at general and grocery stores along the trail, or any combination of the two. Thru hikers have to make sure they complete enough miles every day to reach the opposite end of the trail before weather conditions make sections impassable. For northbound thru-hikers, deep snow pack in the Sierra Nevada can prevent an early start. The timing is a balance between not getting to the Sierra too soon nor the Northern Cascades too late. Since the creation of the Pacific Crest Trail there has been a large movement by hikers to get away from large heavy packs with a lot of gear. There are three general classifications for hikers: Traditional, Lightweight, and Ultralight. His personal congratulations came by telegram from Edward P. Cliff, Chief of the U. Ryback carried a pound pack on his thru-hike. He had only five resupply packages on the entire trip and was loaded with 40 pounds of food at the start of each leg. He often ran out of food and foraged or went hungry. Sierra Burror, who completed a continuous thru-hike of the trail in at the age of 9, is the youngest girl to thru-hike the trail. She completed her hike with her mother, Heather Burror. She was one of the first women to hike the trail alone. The first two reported deaths on the Pacific Crest Trail were in November, when thru-hikers Jane and Flicka Rodman were killed during a detour down California State Route in Southern California, when they were struck by a motorist who lost control of his vehicle. They were less than miles from their goal of reaching the Mexico-US border. She completed the entire PCT in 60 days, 17 hours, 12 minutes, [40] beating the previous record by almost 4 days. The distance was covered in 53 days, 6 hours, and 37 minutes. He covered the distance in a total time of 52 days, 8 hours, and 25 minutes, averaging over 50 miles a day and shaving almost a day 22 hours off the previous record set by McConaughy. More concept than footpath, the trail was an oft-broken, high-ridge track disappearing regularly from map and terrain. On April 19, , on an empty scrub sage plain seven miles east of Tijuana, with four horses, Don and June Mulford began their journey north to the Washington-Canada border. The Mulfords went to Hollywood for three months immediately after the ride and were featured on network television. Even after they had returned home to the Northwest, there was continued TV coverage. The Mulfords even made a minute movie and showed it around 12 western states for 10 years. While an agreement was reached, the realignment is a long-term project; many details remain to be determined, as well as an Optimal Location Review—a lengthy process through which the ideal path for the new section of trail is specified. Actual relocation of the trail is unlikely to happen before. Currently, PCT hikers and equestrians must cross the bridge walking in vehicle traffic lanes—a potential danger which the new lane will eliminate. A completion date for this project is unknown. Notable locations[edit] The following notable locations are found along or adjacent to the route of the Pacific Crest Trail. They are listed from south to north to correspond with the itinerary typically followed by thru-hikers to take advantage of the best seasonal weather conditions. The numbers in parentheses correspond to the numbers on the PCT

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overview map above.

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Chapter 5 : Step By Step Along the Pacific Crest Trail by Tricia Andryszewski ()

An overview of the natural history of the Pacific Crest Trail and of historical events related to the route, an imaginary hike up the trail, and a description of what can be seen and experienced along the way.

The RV park is currently for sale and some hikers had issues in Added note that Overnight camping with stock is not allowed in Lassen Volcanic National Park mile Updated information about camping restrictions: Camping restrictions are strictly enforced in Crater Lake National Park. Essentially, you have to be a mile from a road to disperse camp which can sometime be difficult to know when on the PCT. Added campsite icon for Dutton Camp, updated camping restriction information. Fixed typo in the name of Howlock Mountain. CS, added missing campsite icon. WA location moved in app about. Elk Lake Resort no longer does laundry. Added the following camping restriction information: Camping restricted at North Matthieu Lake to 7 first come first serve sites marked by a post in the ground. If occupied, camp at least a quarter mile away. Camping restricted at South Matthieu Lake to 3 first come first serve sites marked by a post in the ground. Updated directions to Big Lake Youth Camp. The youth camp does accept packages but does not offer camping. Added note about camping restrictions for the Pamela Limited Entry Area: Pamela Limited Entry Area, mile to No camping, including at Shale Lake, without a special permit. Added information about new campsite reservation system: A new campsite reservation system for Jefferson Park [mile Camping within feet of lakes between Memorial Day and October 31st is allowed only at designated sites, which must be reserved in advance via a special permit. Designated campsites will be marked with numbered posts. Check with the Willamette National Forest for more info. Warm Springs Reservation [mile Please stay on the PCT right-of-way, which is feet wide. Trespassing and hunting are prohibited on tribal lands. Corrected name of Richard L. Added camping restriction for Blue Lake: At Blue Lake [Mile Fixed RD is incorrectly marked as RD on maps page. Added reminder about Yakama Indian Reservation tribal land: In the Yakama Indian Reservation, please stay on the trail. Trespassing and hunting prohibited on tribal lands from mile Added camping and grazing restrictions for Shoe Lake Basin: TR, corrected trail at junction to Updated Stevens Pass information: Stevens Pass [mile

Chapter 6 : Halfmile's PCT Maps | Pacific Crest Trail Maps, Apps, GPS Data & More

I've often been asked how the death on the Pacific Crest Trail of my husband, "No Way Ray" Echols, has changed me. Ray and I were approximately miles into a northbound PCT thru-hike when he apparently lost his footing and fell about feet to his death.

Chapter 7 : Oregon PCT Running Project

Step 2: Determine what your average daily miles on the Pacific Crest Trail will be. In order to break down all 2, miles of the Pacific Crest Trail into resupply sections, you need to figure out how many miles you plan to cover in a day.

Chapter 8 : Four Pennies â€“ Curing childhood brain cancer starts with one step

Keith ("Spreadsheet") and Gina ("Mulch") trek from Mexico to Canada over the course of days on the PCT in this documentary video. Putting our jobs, normal lives, and the comforts of home on.

Chapter 9 : How to Plan Your Pacific Crest Trail Resupply Strategy - Bearfoot Theory

The Pacific Crest Trail (PCT) is a 2, mile (4, km) trail that runs from the US/Mexico border all the way into British Columbia, Canada. Crossing through California, Oregon, and Washington, the PCT passes through twenty-five national forests and seven national parks.