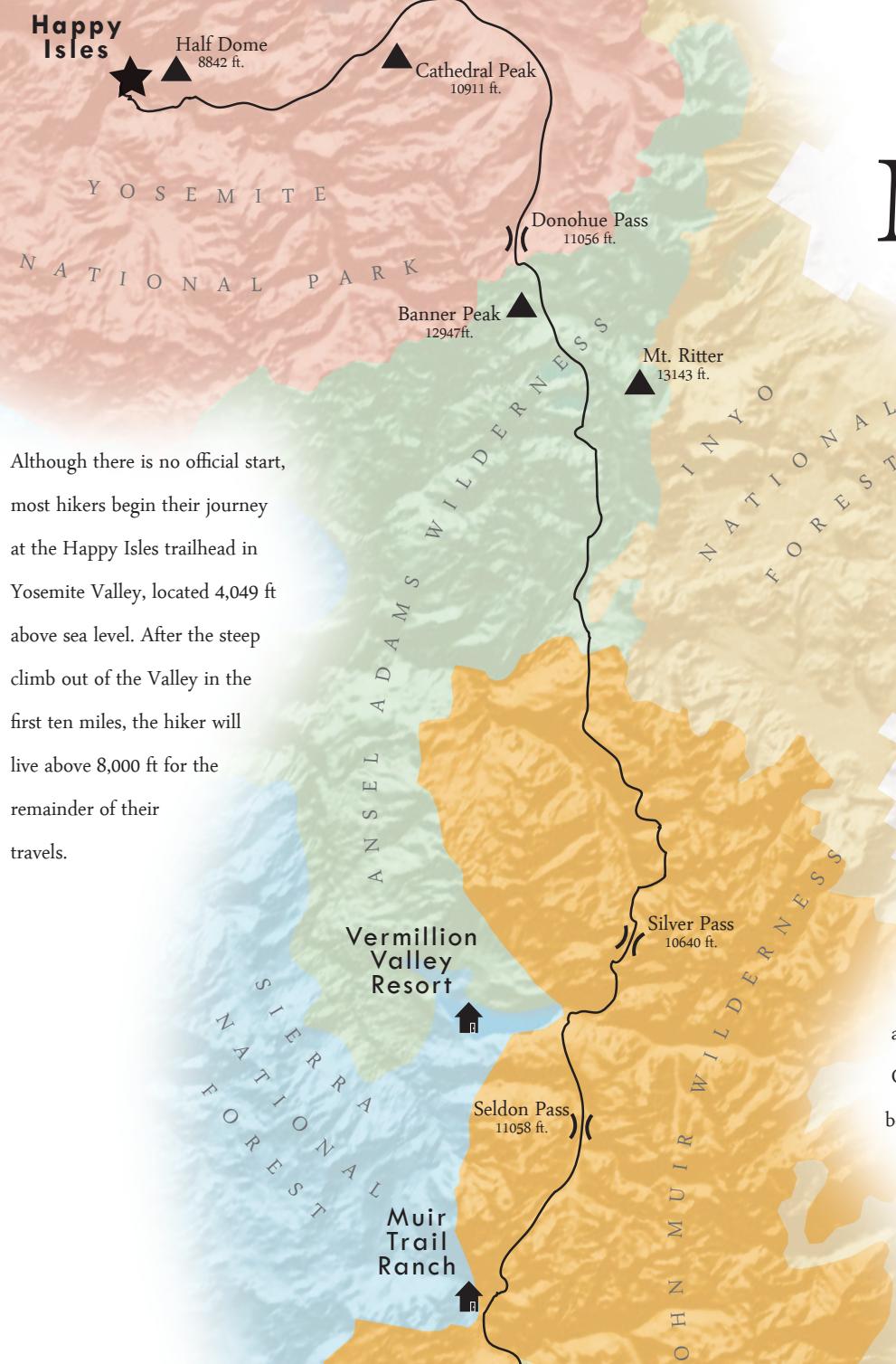


The John Muir Trail



Although there is no official start, most hikers begin their journey at the Happy Isles trailhead in Yosemite Valley, located 4,049 ft above sea level. After the steep climb out of the Valley in the first ten miles, the hiker will live above 8,000 ft for the remainder of their travels.

For 160 miles, the JMT follows the much longer Pacific Crest Trail. 2,650 miles in length, this trail runs from the northern border of Washington to the southern border of California.



Whereas the JMT typically takes around 20 days to complete, the PCT takes five to six months, if averaging 20 miles per day.

Though named after conservationist John Muir (1838-1914), the JMT was actually pioneered by Theodore Solomons, an explorer and mapper of the Sierras. Construction of the trail began after Muir's death in 1915 and took the Sierra Club he founded some 23 years to complete.

After hiking 211 miles, the trail ends atop the highest point in the lower 48 – the summit of Mt. Whitney. However, a 6,160 ft descent over 12 miles remains between you and the nearest trailhead.