

Crew A will go from Tuolumne Meadow to Sunrise High Sierra Camp to Clouds Rest to Little Yosemite Valley down the Mist Trail past Nevada and Vernal Falls to Yosemite Valley, up Yosemite Falls trail to North Dome and out past Indian Ridge to Tioga Road at Porcupine Flat. This is exactly the route our troop took in 2000.

Crew B will go from Tenaya Lake past Olmstead Point to Indian Ridge to North Dome, down Yosemite Falls Trail to Yosemite Valley, up Mist Trail past Nevada and Vernal Falls, to Little Yosemite Valley, up to Clouds Rest and out to Tioga Road at Tenaya Lake.

Both crews will camp together in Tolumne Meadow on the night prior to Day 1 of the treks, in Yosemite Valley on the third night of the trek, and in Yosemite Valley at the end of the trek (ie camp together on days 0, 3 and 5; camp separately on days 1, 2 and 4).

Per day verticals and distances

Crew A:

<i>Day</i>	<i>Vert UP</i>	<i>Vert DOWN</i>	<i>Distance (miles)</i>	<i>Camp/Altitude</i>
1	1600	900	7.2	Tol Mead 8600
2	1700	3800	10.1	Sunrise 9300
3	200	3300	7.2	Trail 7200
4	4400	800	8.4	Valley 4000
5	1500	900	7.3	North Dm 7500
TOTAL	9400	9700	40.2	Valley 4000

Crew B:

<i>Day</i>	<i>Vert UP</i>	<i>Vert DOWN</i>	<i>Distance (miles)</i>	<i>Camp/Altitude</i>
1	600	2100	7.9	Tol Mead 8600
2	1700	800	6.9	Trail 6700
3	800	4400	8.4	North Dm 7500
4	3300	200	7.2	Valley 4000
5	3200	2200	9.9	Trail 7200
TOTAL	9600	9700	40.3	Valley 4000