

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>	
				Tol Mead	8600
1	1600	900	7.2	Sunrise	9300
2	1700	3800	10.1	Trail	7200
3	200	3300	7.2	Valley	4000
4	4400	800	8.4	North Dm	7500
5	1500	900	7.3	Valley	4000
TOTAL	9400	9700	40.2		

### Crew B:

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