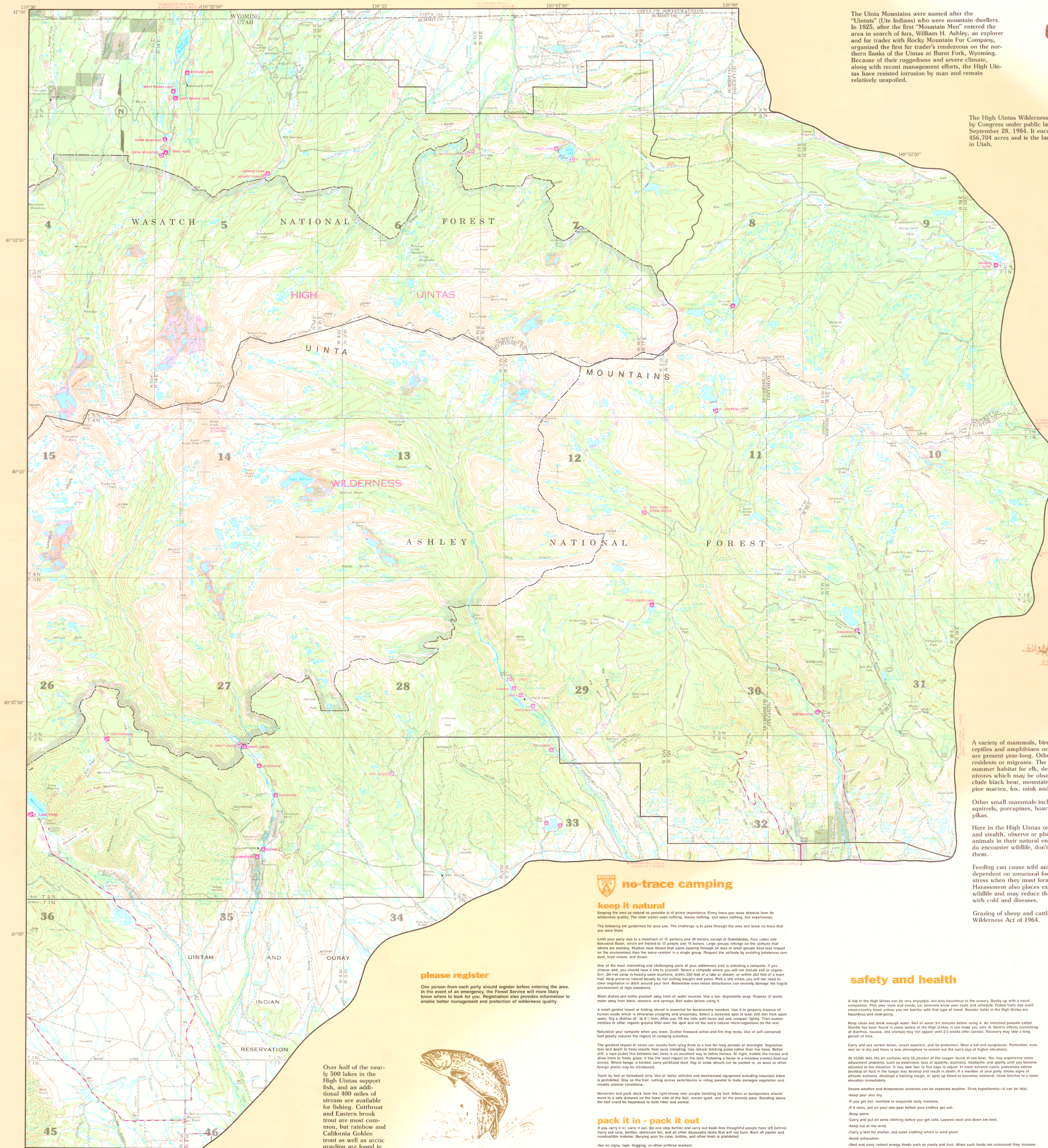


high Uintas • east half



The Uinta Mountains were named after the "Uintans" (Ute Indians) who were mountain dwellers. In 1825, after the first "Mountain Men" entered the area in search of furs, William H. Ashley, an explorer and fur trader with Rocky Mountain Fur Company, organized the first fur trader's rendezvous on the northern flanks of the Uintas at Burnt Fork, Wyoming. Because of their ruggedness and severe climate, along with recent management efforts, the High Uintas have resisted intrusion by man and remain relatively unspoiled.



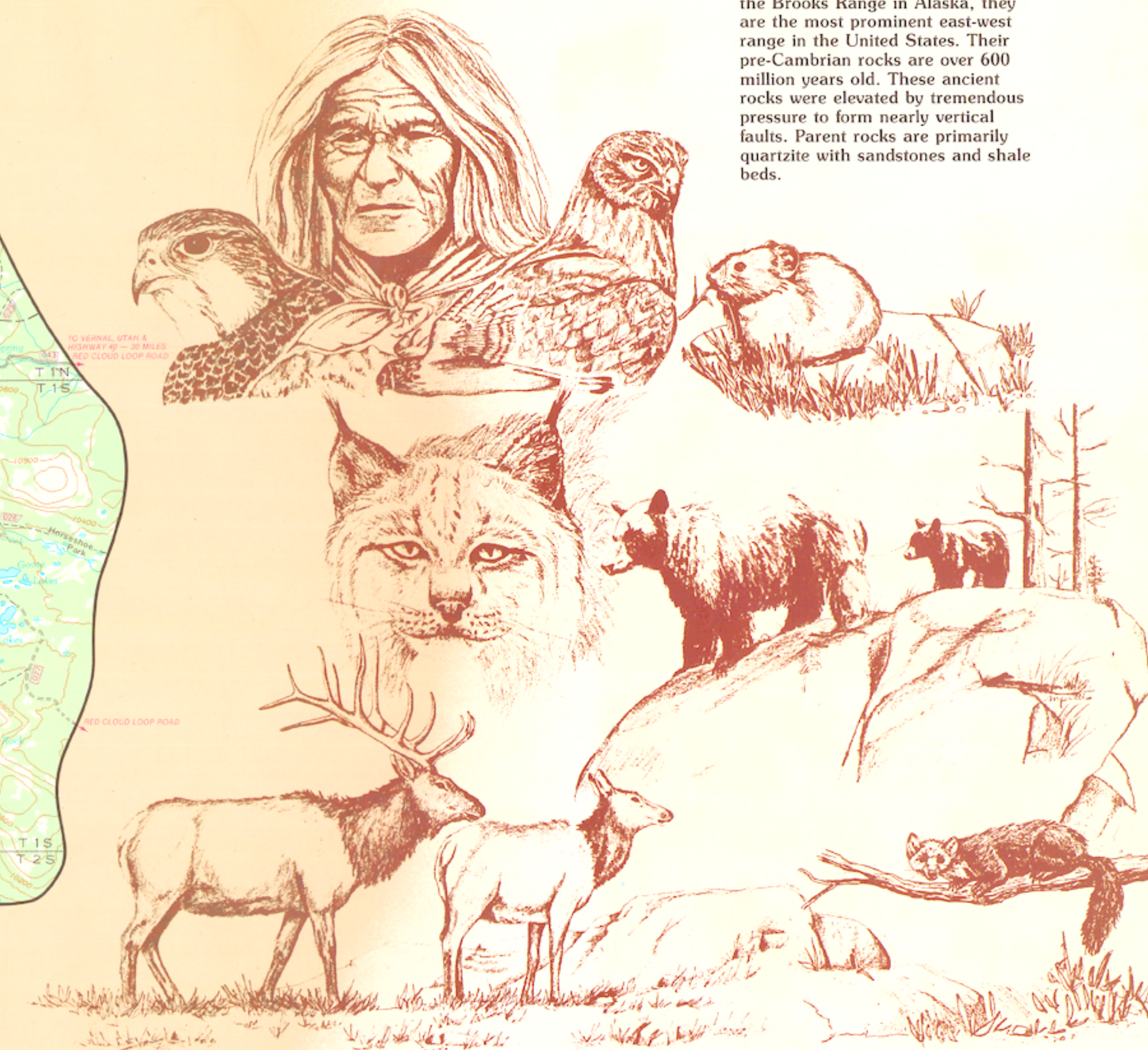
The High Uintas Wilderness was established by Congress under public law 98-428 on September 28, 1984. It encompasses 456,704 acres and is the largest Wilderness in Utah.

Elevations vary from 8,000 feet in the lower canyons to 13,528 feet atop Kings Peak, the highest in Utah. Ridges divide the area into large, scenic basins interspersed with glacial moraines and drifts. These basins are in spectacular contrast to the abrupt ridges which may rise several thousand feet above them.

About 40 inches of precipitation fall annually, mostly as snow. The growing season is short. Temperatures in areas above 10,000 feet are seldom above 80 degrees during summer days. Night temperatures during summer are 30-40 degrees with freezing weather possible at any time. Summer afternoon thunderstorms may occur with little warning.

About one-half the area is forested. Coniferous trees (lodgepole pine, Engelmann spruce, Douglas-fir, subalpine fir) occur in large continuous stands on lower slopes. Quaking aspen occurs in scattered patches throughout most of the lower elevations of the area. Alpine and subalpine plant communities which contain many unique sedges and cushion (mat type) plants, cover about one-third of the area. Variety is added by isolated meadows and willow fields which occur throughout the timber. The remaining area is talus slopes, boulder fields, and water.

The Uinta Mountains have outstanding wilderness qualities and are geologically unique as the highest mountain range in Utah. Other than the Brooks Range in Alaska, they are the most prominent east-west range in the United States. Their pre-Cambrian rocks are over 600 million years old. These ancient rocks were elevated by tremendous pressure to form nearly vertical faults. Parent rocks are primarily quartzite with sandstones and shale beds.



A variety of mammals, birds, fish, and a few reptiles and amphibians occupy this area. Some are present year-long. Others are seasonal residents or migrants. The High Uintas furnish summer habitat for elk, deer, and moose. Carnivores which may be observed in the area include black bear, mountain lion, bobcat, coyote, pine marten, fox, mink and weasel.

Other small mammals include a variety of squirrels, porcupines, hoary marmots, and pikas.

Here in the High Uintas one can, with patience and stealth, observe or photograph these animals in their natural environment. When you do encounter wildlife, don't feed them or harass them.

Feeding can cause wild animals to become dependent on unnatural foods and cause them stress when they must forage for themselves. Harassment also places excessive stress on wildlife and may reduce their ability to cope with cold and diseases.

Grazing of sheep and cattle is authorized by the Wilderness Act of 1964.



no-trace camping

keep it natural
Keeping the area as natural as possible is of prime importance. Every trace you leave detracts from the wilderness quality. The better your wilderness use, the less you leave behind, but experiences.

The following are guidelines for your use. The challenge is to pass through the area and leave no trace that you were there.
Limit your party size to a maximum of 15 persons and 50 horses, except at Granddaddy, Four Lakes and Naturalist Basin, which are limited to 12 persons and 15 horses. Large groups lodge on the roadside that affects the setting. Scatter your camp sites that users passing through an area in small groups have less impact on the environment than the same number in a single group. Respect the solitude by avoiding boldness, campfires, food storage, and noise.

One of the most interesting and challenging parts of your wilderness visit is selecting a campsite. If you choose well, you should have a site to yourself. Select a campsite where you will not disturb soil or vegetation. Do not camp in heavily used locations, within 200 feet of a lake or stream, or within 200 feet of a riparian trail. Help preserve natural beauty by not cutting branches and poles. Pick a site where you will not need to clear vegetation or disturb natural soil. Remember even minor disturbance can severely damage the fragile environment of high elevations.

Wash dishes and bathe yourself away from all water sources. Use a biodegradable soap. Dispose of waste water away from lakes, streams, and springs. Boil water before using it.
A small garden trowel or folding shovel is essential for backcountry travelers. Use it to properly dispose of human waste which is otherwise unsightly and unsanitary. Select a screened spot at least 200 feet from open water. Dig a shallow 6" to 8" hole. After use, fill the hole with loose soil and compact lightly. These scatter needles or other organic ground litter over the spot and let the soil's natural micro-organisms do the rest. Neutralize your campsite when you leave. Scatter firewood ashes and fire ring rocks. Use of self contained toilet greatly reduces the impact of camping activities.

The greatest impact of human use results from tying them to a tree for long periods or overnight. Vegetative loss and death to trees results from such tramping. Use natural hitching posts rather than tie trees. Better still, a rope girth tie between trees is an excellent way to tether horses. At night, hobble the horses and allow them to freely graze. If the horse impact on the land. Picketing a horse in a meadow creates dead spots. Where hedges are needed, carry picketed feed. Hay or straw should not be packed in, as weed or other foreign plants may be introduced.

Travel by foot or horseback only. Use of motor vehicles and mechanized equipment including mountain bikes is prohibited. Stay on the trail, cutting across scrublands or riding parallel to trails damages vegetation and creates erosion conditions.
Horsemen and pack stock have the right-of-way over people traveling by foot. Hikers or backpackers should move to a safe distance on the lower side of the trail, remain quiet, and let the animals pass. Standing above the trail could be hazardous to both hiker and animal.

pack it in - pack it out
If you carry it in, carry it out. Do not rely on people traveling over people thoughtless people have left behind. Carry out cans, bottles, aluminum foil, and other disposable items that will not burn. Burn all papers and combustible material. Bury your tin cans, bottles, and other trash is prohibited.
Use no signs, tape, flagging, or other artificial markers.

please register

One person from each party should register before entering the area. In the event of an emergency, the Forest Service will more likely know where to look for you. Registration also provides information to enable better management and protection of wilderness quality.



Over half of the nearly 500 lakes in the High Uintas support fish, and an additional 400 miles of stream are available for fishing. Cutthroat and Eastern brook trout are most common, but rainbow and California Golden trout as well as arctic grayling are found in a few lakes.

safety and health

A trip in the High Uintas can be very enjoyable, but also hazardous to the unwary. Budy up with a travel companion. Plan your route and needs. Let someone know your route and schedule. Follow trails and avoid cross-country travel unless you are familiar with that type of travel. Boulder fields in the High Uintas are hazardous and slow-going.

Keep clean and drink enough water. Boil all water 3-5 minutes before using it. An intestinal parasite called Giardia has been found in some waters of the High Uintas. It can make you very ill. Gastric effects (consisting of diarrhea, nausea, and cramps) may not appear until 2-3 weeks after contact. Recovery may take a long period of time.

Carry and use sunburn lotion, insect repellent, and lip protection. Wear a hat and sunglasses. Remember, summer air is dry and there is less atmosphere to screen out the sun's rays at high elevations.

At 10,000 feet, the air contains only 65 percent of the oxygen found at sea level. You may experience some adjustment problems, such as weakness, loss of appetite, dizziness, headache, and dizziness until you become adjusted to the elevation. It may take four to five days to adjust. In more extreme cases, pulmonary edema (backlog of fluid in the lungs) may develop and result in death. If a member of your party shows signs of altitude sickness, develops a hacking cough, or spits up blood or becomes irrational, move him/her to a lower elevation immediately.

Severe weather and temperature extremes can be expected anytime. Think hypothermia—it can be fatal.
-Keep your skin dry.
-If you get hot, ventilate to evaporate body moisture.
-If it rains, put on your rain gear before your clothes get wet.
-Keep warm.

-Carry and put on extra clothing before you get cold. Layered wool and down are best.
-Keep out of the wind.
-Carry a tent for shelter, and other clothing which is wind proof.

-Avoid exhaustion.
-Feed and sleep. Resist energy foods such as candy and fruit. When such foods are consumed they increase blood sugar which enables the body to manufacture heat.
-Avoid drinking excessive amounts of cold water.

HIGH UINTAS WILDERNESS



Forest Service
Bureau of Land Management
Ogden, Utah

"The richest values of Wilderness lie not in the days of Daniel Boone nor even in the present, but rather in the future."
 Aldo Leopold

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