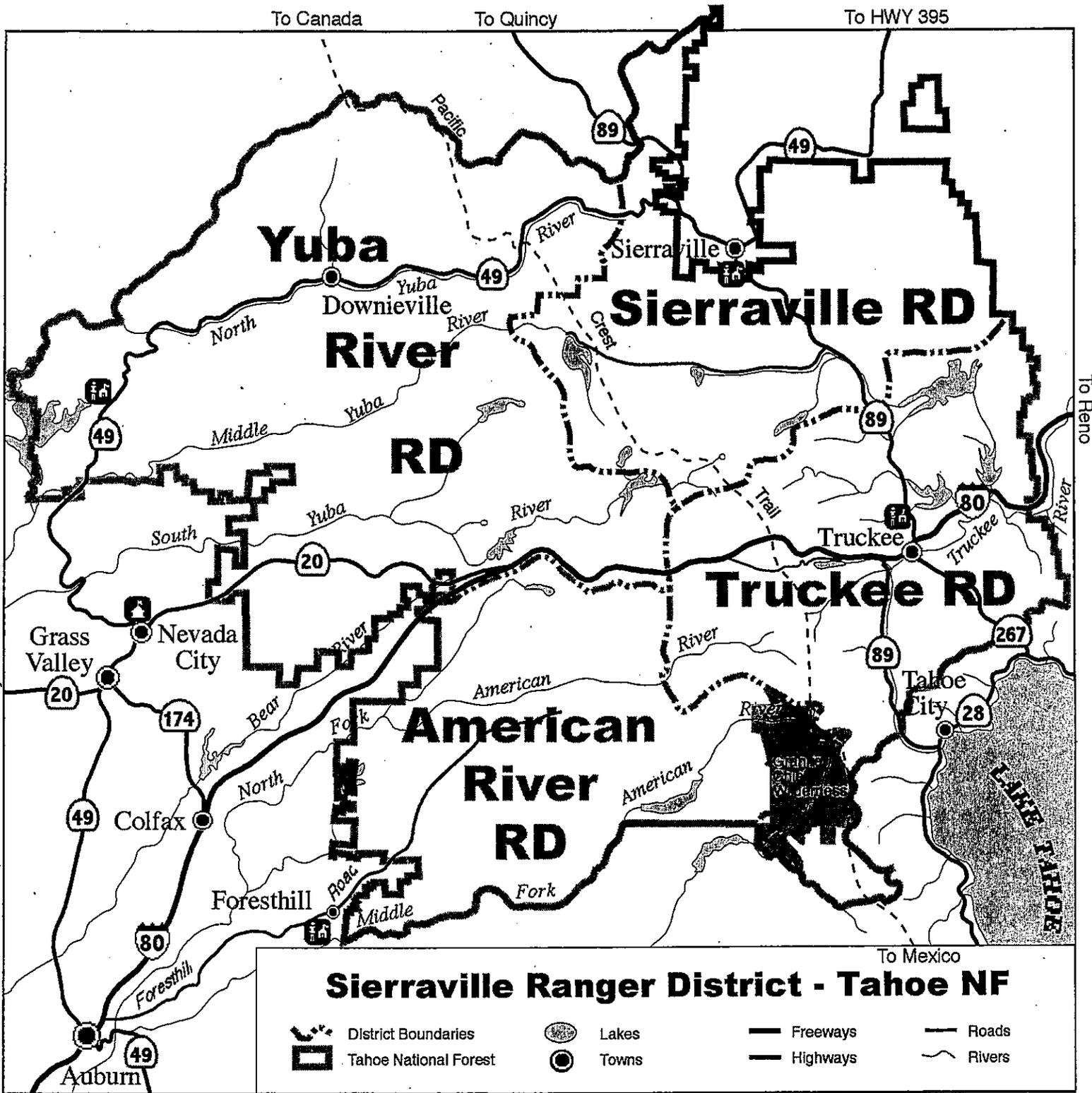


# Trails - Sierraville Ranger District

Tahoe National Forest



To Sacramento To Placerville



Forest Service  
Pacific Southwest Region  
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Tahoe National Forest  
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# Trails—Sierraville Ranger District

Tahoe National Forest



## Welcome

From the heights of the Sierra Buttes to the solitude of the American River Canyon, visitors to the Tahoe National Forest will be rewarded with beautiful scenery, occasional glimpses of wildlife, and trails suited to every taste and ability. Some of the trails have been used for thousands of years by Indians and, in more recent times, by miners traveling to and from their claims. The trails have been built and maintained to help you explore and enjoy the Tahoe National Forest - but please do so with care.

## Keep the Back Country Beautiful

Over five million visitor days are spent exploring the Forest each year, so it is important to minimize impacts while using the trails.

- Remember the motto: **Pack-it-in pack-it-out** It takes from four months to thirty years for trash to decompose. Littering has always been a problem in the Forest and currently the Forest Service has few personnel to manage our trails. There are no trash bins in the back country, so please carry out what you bring in.
- Stay on trails and don't cut switchbacks
- Pets must be kept under control.

## Seasons of Use ... Be Prepared

Summers in the Forest are hot and dry, and campgrounds are frequently full. Spring and fall are ideal times to beat the heat and the crowds. However, the cooler temperatures also bring occasional snow or rain showers.

Plan properly, even for short day trips. Let someone know where you are going and when you will return. Always take the 'ten essentials, - extra food and water, clothing, map, dark glasses, compass, first aid kit, waterproof matches or lighter, flashlight, and knife. Since weather in the mountains is so changeable, you should have clothing that will keep you warm and dry. Bring along a waterproof poncho and warm outer clothing. Although the valley swelters in summer, nights in the Sierra can be very cold.

## Maps and More Maps

Recreation maps of the Forest can be purchased at any Ranger Station. For backcountry travel, topographic maps are recommended. They can be purchased from most sporting goods stores in the area.

## If Lost

If you are lost: take it easy, keep calm, and don't panic. Sit down and try to figure out where you

are. Use your head - not your logs. As you hike try to be aware of prominent landmarks. These will help you find your **way back**. Carry a whistle for emergency use. Three of anything (shouts, whistles, etc.) are a sign of distress.

## Trail Wise

It is never wise to travel alone, but if you must - stick to frequently used trails in case you become sick or injured. An illness which is normally minor can become serious at higher elevations. If you get sick, try to get out of the mountains, or at least to a lower elevation, while you can still travel.

Poison oak grows most often in wooded canyons ..up to about 5000 feet in elevation. It is a beautiful green plant in summer, turns red in the fall, and loses its leaves in the winter. Learn to identify its changing appearance throughout the year.

Rattlesnakes, an important predator in the mountain ecosystem, may be found up to 9000 feet in elevation.

## Smokey Says

At certain times of the year the danger of wildfire is high. During these times building campfires and smoking may be restricted in some areas. Before you leave, check with a Forest Service Ranger Station for current fire danger conditions Beginning around May 1 a campfire permit is required for all campfires and stoves outside developed campgrounds. The permits are valid until the end of the year issued.

If you wish to smoke, stop and clear an area three feet in diameter down to bare mineral soil before lighting up. Crush out your smoke completely in the bare soil. Be sure to pack the remains out.

## The Water May not be Safe

For day trips, carry sufficient water from home. Water from Sierra streams or lakes may be contaminated with an organism called "Giardia lamblia." Drinking untreated water can make you quite ill. If you do drink water from streams or lakes, be sure to boil it for three to five minutes.

## Private Land

Many parcels of private land will be found within the National Forest boundary. Please respect the rights of landowners.

**Persons of any race, color, national origin, sex, age, religion, or with any handicapping condition are welcome to use and enjoy all facilities, programs, and services of the USDA. Discrimination in any form is strictly against agency policy, and should be reported to the Secretary of Agriculture, Washington, DC 20250.**



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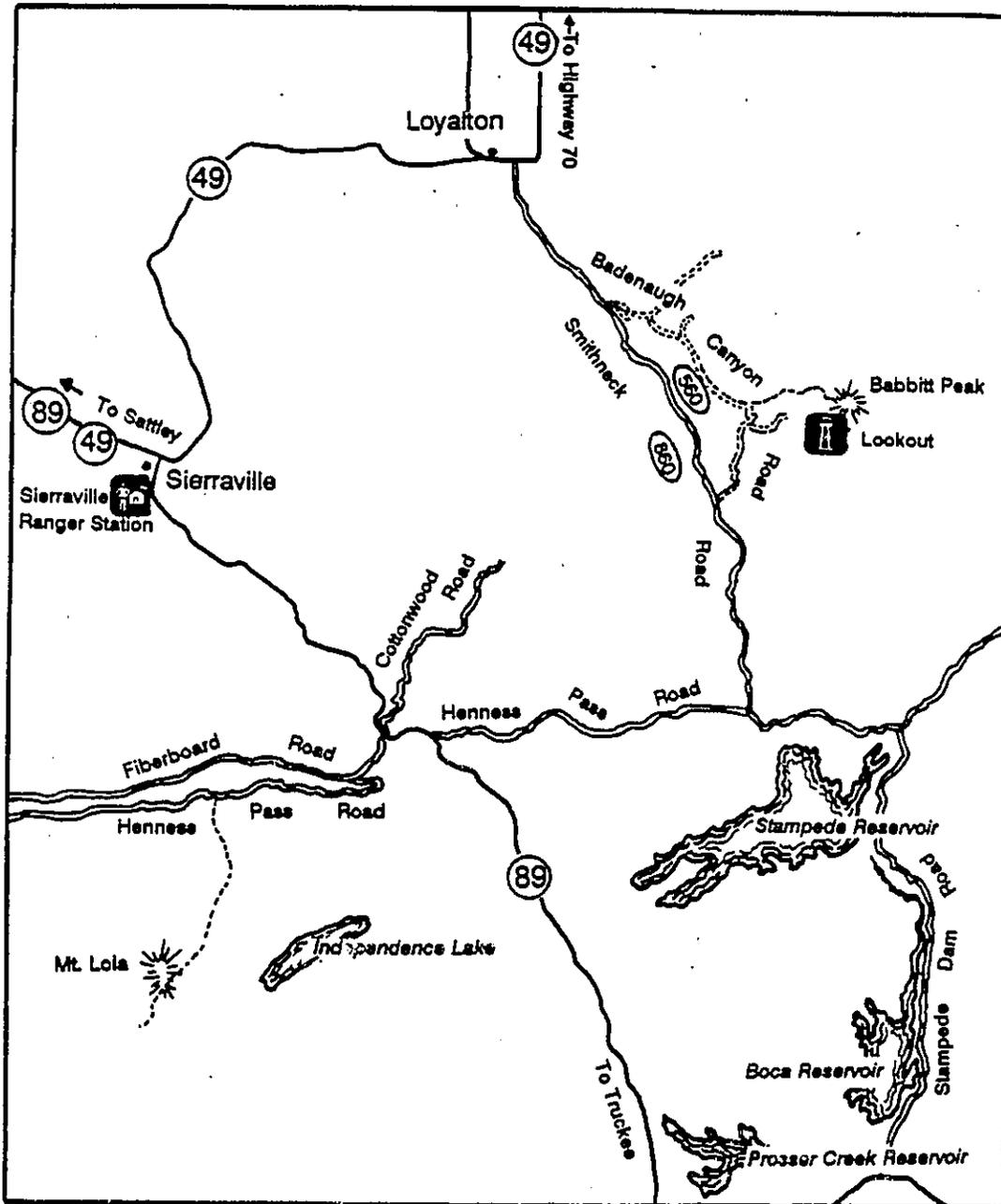
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# Trails - Highway 89 - North of Truckee

Sierraville Ranger District

Tahoe National Forest



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Region

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National  
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# Mt. Lola Trail - Highway 89 North Area

## Sierraville Ranger District - Tahoe National Forest



### General Information

Mileage: 9½ miles one way  
 Elevation: 6640 to 9148 feet  
 Difficulty: Most Difficult  
 Use Level: Medium  
 Topographic Map: Independence Lake, Webber Peak

Sierraville Ranger District  
 P.O. Box 95, Highway 89  
 Sierraville, CA 96126  
 (916) 994-3401

### Access

From State Highway 89 north follow Forest Service Road 07 (road to Jackson Meadow Reservoir) west for approximately one and three-tenths mile. Turn left on the Independence Lake Road south approximately one-half mile to the junction with Sierra County Road S301. Turn right at the first intersection and continue west for approximately three miles to the trailhead.

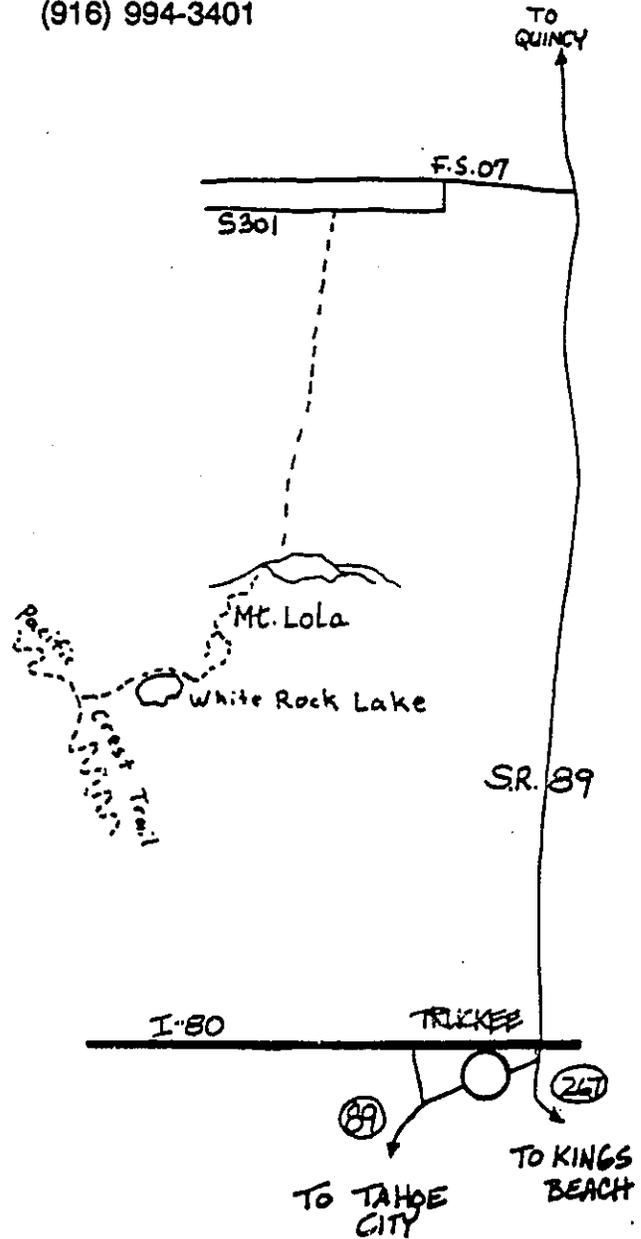
### Trail Description

This beautiful trail climbs moderately upward through thick coniferous forests, through open meadows, along Cold Stream, to the top of Mt. Lola (the highest peak on the Tahoe National Forest). Panoramic views of the Sierra Divide can be seen from this vantage point. The trail continues down the south side of Mt. Lola to White Rock Lake and then on to the Pacific Crest Trail where it terminates.

Campsites with water are abundant for hiker or equestrian use, except within the last three-quarters mile of the trail ascending Mt. Lola's summit. Fishing for native trout along the trail is good. Plants and wildlife are plentiful.

### Note

"Only water from developed systems at recreation sites is maintained safe to drink. Open water sources are easily contaminated by human or animal waste. Water from springs, lakes, ponds, and streams should be properly treated before drinking. One recommended method of treatment is to bring clear water to a rolling boil for five minutes."



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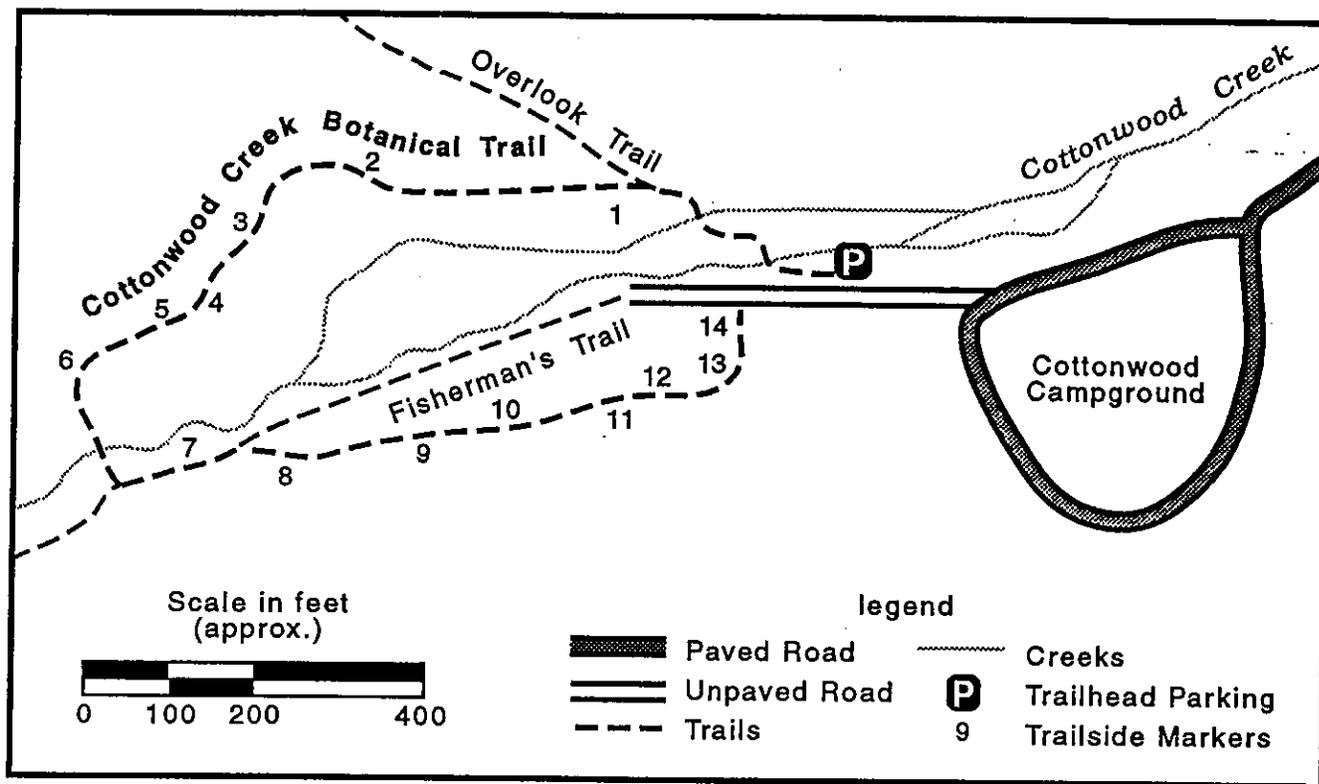
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Tahoe  
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 Forest

# Cottonwood Creek Botanical Trail

Tahoe National Forest



## Welcome to Cottonwood Cr. Botanical Trail

Along this half-mile trail, common trees and plants can be identified using this brochure and the numbered trail markers.

### 1. White Fire

(*Abies concolor*)

This fir is very common and widely distributed in the western states. Grown under the right conditions, they become nice Christmas trees. Mature trees reach heights of 200 feet and diameters of 6 feet. The wood is used for lumber, boxes, and pulp.

### 2. Mountain Alder

(*Aldus tenuifolia*)

Mountain Alder may grow in a shrub or treelike form to heights of 8 to 14 feet. Thickets become almost impenetrable by people but offer protection to small animals and birds.

### 3. Green Manzanita

(*Arctostaphylos patula*)

Green Manzanita is found mainly in the yellow pine belt, which ranges from 2,500-9,000 feet in the Sierra Nevada. There are 38 species of Manzanita in California. The berries of this shrub are eaten by birds and bears and the seeds are relished by chipmunks.

### 4. Black Cottonwood

(*Populus trichocarpa*)

This tree, a native to the Pacific Coast, is found from southern Alaska to southern California at elevations from sea level to 8,000 feet. It prefers moist places. Its reddish-yellow buds are covered with a fragrant resin called "Bee Glue" with which honey bees fasten their honey combs in hives, or in the hollows of trees.



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Pacific Southwest Region

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**5. Incense Cedar**  
(*Calocedrus decurrens*)

The distinguishing features of this species are frond-like sprays of foliage, tapered trunk, fragrant wood, and the cinnamon-colored, fibrous bark of mature trees. The wood is highly durable and used for the making of pencils, fence posts, shingles, and decorative interior finish for homes.

**6. Quaking Aspen**  
(*Populus tremuloides*)

The most conspicuous tree of high elevations, especially in the fall of the year. Its autumn foliage is golden yellow and presents a magnificent spectacle of shimmering masses along streams and around meadows and lakes. Beaver in the Sierras rely on Aspen bark for food.

**7. Western Juniper**  
(*Juniperus occidentalis*)

This tree, sometimes called Sierra Juniper, reaches heights of 10 to 30 feet, with a trunk diameter of 1 to 5 feet or larger. It has a strong root system. The tree is found on rocky summits exposed to fierce winds and winter storms, which influence its development into spectacular shapes.

**8. Jeffrey Pine**  
(*Pinus jeffreyi*)

This pine resembles Ponderosa Pine but is a distinct species. It will endure greater extremes of climate than ponderosa, and is better adapted to this area on the east side of the Sierras.

A major timber producer here, the tree reaches heights of 180 feet and diameters of 4 to 7 feet. During a warm day, smell the bark on the sunny side of the tree.

**9. Bitterbrush**  
(*Purshia tridentata*)

Bitterbrush is one of the most widely distributed of all western shrubs. It is one of the chief browse plants for deer, being especially significant as winter and early spring feed. Deer were an important source of food and clothing for the early-day Indians in this area.

**10. Rabbit Brush**  
(*Chrysothamnus nauseosus*)

There are approximately 70 species of this shrubby plant. The occurrence of a rubbery quality in some rabbit brush has long been known to the Indians, who masticated the woody stems and bark into a crude chewing gum.

**11. Intermediate Wheatgrass**  
(*Agropyron intermedium*)

Intermediate wheatgrass is a hardy, coarse-leaved, sod forming grass that is easily established here. These characteristics make the species popular for erosion control, while providing feed for livestock. Thousands of acres were seeded with intermediate wheatgrass in this area.

**12. California Wild Rose**  
(Genus-Rosa)

Distribution of the California wild rose occurs on both sides of the Sierra Nevada, from the foothills to elevations over 10,000 feet. They are found scattered or in thickets in damp places, such as open meadows or along shaded water courses. The flowers are abundant and fragrant. The small, hard fruits or "hips" are food for some birds and mammals.

**13. Squaw Carpet**  
(*Ceanothus prostratus*)

Squaw carpet is a mat-like shrub that ranges from Washington, to Western Idaho and California. It is probably most abundant in the northern Sierras and southern Cascades. The buds and the current year's growth have some value as deer feed, especially in winter or early spring when more palatable species are not available.

**14. Common Mullein**  
(*Verbascum thapsus*)

Mullein has stems from 3 to 6 feet tall, erect and woolly to the touch. The distribution of mullein is primarily in the yellow pine belt above 4,000 feet. It grows in poor sites where many other plants won't grow.

We hope you have enjoyed your hike along the trail. We invite you to come back during your next visit to the Sierraville Ranger District. Keep this leaflet if you wish; otherwise, return it to the box for use by other visitors.

**Note:**

Only water from developed systems at recreation sites is maintained safe to drink. Open water sources are easily contaminated by human or animal waste. Water from springs, lakes, ponds, and streams should be properly treated before drinking. One recommended method of treatment is to bring clear water to a rolling boil for five minutes.

**Sierraville Ranger District**

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