

John Muir Trail Itinerary locations: Inyo National Forest - Wilderness Permits

Listed from North to South.

Itinerary locations are general area you plan to camp, not specific campsites.

Mileage and elevation are approximate for trip planning, not intended for navigation.

Landmarks, resupply points, and trails near access roads are in BOLD

JMT Southbound from Happy Isles			PCT Northbound from Mexico Border	
JMT Mile	Landmark	Itinerary Location Name	Notes	PCT Mile
0	Happy Isles, Yosemite Valley the north end of the John Muir Trail			Not on PCT
4 to 9		Yosemite - John Muir Trail- Little Yosemite	Little Yosemite Valley to Sunrise Creek	
13 to 17		Yosemite - Cathedral Lakes	Sunrise trail junction, High Sierra Camp to Tuolumne.	
23.9	Tuolumne Meadow, store, mail, bus stop for YARTS bus (Highway 120). No Camping within 4 miles of Highway 120.			942.5
28 to 37		Yosemite- Tuolumne Meadows/ Lyell Canyon	Tuolumne Meadows to Donohue Pass, inc. Lyell Canyon.	929.5 - 942
37	Donohue Pass: 11,050 ft. elevation. Yosemite / Inyo NF boundary			929.5
39		Marie Meadows JMT- (Rush Creek)		927
Rush Creek Trail, 9.25 miles to June Lakes Loop Road.				
41	Island Pass: 10,225 ft. elevation			924.5
41		Island Pass JMT- Thousand Island Lake	Upper Rush Creek, south of Donohue Pass	924
43	High Trail/ River Trail, 7 miles to Agnew Meadows, Reds Meadow Road shuttle.			No Camping along PCT from Devils Postpile to Agnew Meadows. Use area campgrounds.
43		Thousand Island Lake JMT- (River & High Trail)	JMT - PCT separate, rejoin at Devils Postpile	
43.5		Emerald Lake JMT- Thousand Island Lake	On JMT near Agnew Meadows	
44		Ruby Lake JMT- Thousand Island Lake	On JMT near Agnew Meadows	
44.5		Garnet Lake JMT- Thousand Island Lake	On JMT near Agnew Meadows	
48	Shadow Creek Trail, 3.75 mi. to Agnew Meadows, Reds Meadow Road.			
48		Shadow Creek & JMT (Shadow Creek trail)	On JMT near Agnew Meadows	
50		Rosalie Lake (JMT- North of Devils Postpile)	On JMT north of Devils Postpile	
51		Gladys Lake (JMT- North of Devils Postpile)	On JMT north of Devils Postpile	
52.5		Trinity Lakes (JMT- North of Devils Postpile)	On JMT north of Devils Postpile	
55		Johnston Meadow (JMT- North of Devils Postpile)	On JMT north of Devils Postpile.	
57	Devils Postpile and Reds Meadow, shuttle bus, store, food.			906.5

JMT Southbound from Happy Isles			PCT Northbound from Mexico Border	
JMT Mile	Landmark	Itinerary Location Name	Notes	PCT Mile
61	Red Cones	Trail (Mammoth Pass), 2.5 mi. to Mammoth Lakes Road		903.3
61		Crater Meadow, Upper (JMT South of Devils Postpile)	nearest camp location to Reds Meadow.	903
63		Deer Creek JMT Junction (South of Devils Postpile)		901
	Duck Pass	Trail, 7 miles to Mammoth Lakes Road		
68		Duck Creek JMT Junction (Duck Pass)	no camping at Duck Lake outflow	895.5
71		Purple Lake JMT (Duck Pass)	no camping at Purple Lake outflow	893
72.5		Virginia, Lake JMT (Duck Pass)		891
74.5		Tully Hole JMT- Upper Cascade/McGee Pass	includes Upper Fish Creek between Tully Hole and McGee Pass	887 - 889
	McGee Pass	Trail, 11.5 miles to McGee Creek Road.		889.5
78		Chief Lake JMT- Silver Divide	includes Goodale trail junction, Papoose Lakes	886
78		Lake of the Lone Indian JMT- Silver Divide		886
78		Warrior Lake JMT- Silver Divide	no campsites at Squaw Lake	885.5
80	Silver Pass:	10,950 ft. elevation		885
80.5		Silver Pass Lake JMT- north of Lake Edison		884.5
81		Silver Pass Creek JMT- north of Lake Edison		883
85	Mono Pass	Trail junction, 15 mi. to Rock Creek Road via Mono Pass		878.5
87		Quail Meadows JMT-Mono Creek (Lake Edison)	Near Lake Edison -Vermilion Resort (VVR) resupply, mail	877
97		Bear Creek Meadows, Upper JMT- (Lake Edison)	no camping within 2 miles south of Bear Creek trail junction	869
97		Rosemarie Meadow JMT- Seldon Pass		868
98.5		Marshall Lake JMT- Seldon Pass		867
99		Marie Lake JMT- Seldon Pass		866
100.5	Seldon Pass:	10,900 ft. elevation		865.5
101		Heart Lake JMT- Sallie Keys near Florence Lake		865
102		Sallie Keyes Lakes JMT near Florence Lake		864
104		Senger Creek JMT- Sallie Keys near Florence Lake		862

JMT Southbound from Happy Isles			PCT Northbound from Mexico Border	
JMT Mile	Landmark	Itinerary Location Name	Notes	PCT Mile
108	<i>Muir Trail Ranch: mail resupply. Camping not recommended at Blayney</i>			
109		San Joaquin-JMT PiuteCreek	San Joaquin /Muir Trail Ranch	856
110	<i>Piute Pass Trail junction, 17 mi. to North Lake Road, 20 mi to Pine Creek</i>			
110 to 114		SEKI - Goddard (28)	Aspen Meadow & Goddard Creek Junction	851 to 855
114 to 121		SEKI - McClure Meadow (33)	Evolution Valley, McClure, and Colby Meadows	845 to 851
121 to 127		SEKI - Evolution Basin (34)	Evolution Lake, Wanda Lake, to Muir Pass	838.5 to 845
127.5	<i>Muir Pass: 11,955 ft. elevation</i>			838.5
127.5 to 140		SEKI - LeConte Canyon (39)	Helen Lake, Big Pete, Grouse, and Deer Meadow	822 to 838.5
135	<i>Bishop Pass Trail junction, 10 miles to South Lake</i>			
		SEKI - Dusy Basin (42)	between Bishop Pass and LeConte	
140 to 149		SEKI - Palisade Basin (45)	Palisade Lakes to MatherPass	817 to 822
149.5	<i>Mather Pass: 12,080 ft. elevation</i>			
149.5 to 159		SEKI - Upper Basin(46)	Mather Pass to Pinchot Pass; SF Kings River, Lake Marjorie	807 to 817
155	<i>Taboose Pass Trail junction, 8.75 miles to trailhead</i>			
159	<i>Pinchot Pass: 12,100 ft. elevation</i>			
159 to 166		SEKI - Twin Lakes (56)	Pinchot Pass to Castle Domes; upper Woods Creek	800.5 to 807
162.5	<i>Sawmill Pass Trail junction, 13.5 miles to trailhead.</i>			
166 to 171		SEKI-Woods Creek JCT(58)	Woods Creek, south fork	796.5 to 800.5
170.5	<i>Baxter Pass Trail junction, 13 miles to trailhead.</i>			
171 to 175.5		SEKI - Rae Lakes (62)	Dollar Lake to Glen Pass, including Rae Lakes. 1 night limit per lake.	791 to 796.5
175.5	<i>Glen Pass: 11,980 ft. elevation</i>			
178	<i>Kearsarge Pass Trail junction, 6.5 miles to Onion Valley Road.</i>			
178*		SEKI - Kearsarge Lakes(64)	No camping at Bullfrog Lake	788.5
175.5 to 179		SEKI - Charlotte Lake (63)	Glen Pass to south of Kearsarge trail	787 to 791
179.5	<i>Bubbs Creek Trail junction, 12 miles to Roads End in Kings Canyon NP</i>			
		SEKI - Bubbs Creek (66)	Junction Meadow, Bubbs Creek Trail to Cedar Grove-Roads End	not on PCT
179 to 187		SEKI - Center Basin -Vidette (65)	Vidette Meadow to Forester Pass	779.5 to 787
187	<i>Forester Pass: 13,200 ft. elevation</i>			
187 to 195		SEKI - Tyndall Creek (80)	Forester Pass to Bighorn Plateau; Shepherd Pass junction	773 to 779.5
192	<i>Shepherd Pass Trail junction, 13 miles to trailhead.</i>			
195 to 200		SEKI - Wallace Creek (81)	Wallace Creek drainage	770 to 773
203		SEKI - Crabtree (83)	inc.Guitar Lake, Whitney Creek, PCT from Sandy Meadow to Guyot	763 to 770

Mt Whitney Trail: Summit to Whitney Portal (Trail Crest Exit)

JMT Southbound from Happy Isles			Northbound from Whitney Portal	
JMT Mile	Landmark	Itinerary Location Name	Notes	NOBO Mile
203	PCT -JMT junction	SEKI - Crabtree (83)	Summit of Mt. Whitney to Crabtree, including Guitar Lake	19
209.5	John Muir Trail junction (2 miles to the summit; 6.3 miles to PCT)			12.7
211	Summit of Mt Whitney is south end of JMT (8.4 miles from PCT)			10.7
213.7	John Muir Trail junction (2 miles to the summit; 6.3 miles to PCT)			8.7
214	Trail Crest elevation 13,600 ft. (2.5 miles to the summit)			8.2
216.5		Trail Camp (Mt. Whitney Trail)	12,000 ft. level below the 99 switchbacks; 6 miles to TH	6
217.5		Consultation Lake (Mt. Whitney)	11,000 ft. level	5.5
219		Outpost Camp (Mt. Whitney Trail)	10,400 ft. level; 4 miles to TH	4
220		Lone Pine Lake (Mt. Whitney Trail)	9,900 ft. level; 3 miles to Whitney Portal TH	3
222.5	Mt. Whitney Trailhead at end of Whitney Portal Road			0

Alternate route to John Muir Trail via Pacific Crest Trail adds 20-33 miles

Southbound from JMT/PCT junction			PCT Northbound from Mexico Border	
SOBO Mile	Landmark	Itinerary Location Name	Notes	PCT Mile
0	Crabtree Meadows PCT / JMT junction (6.3 miles to Mt Whitney summit)			767
0 - 3		SEKI - Crabtree (83)	Sandy Meadow to Guyot, includes Crabtree, Whitney Creek, and Guitar Lake	763 to 770
3 - 13		SEKI - Rock Creek (84)	Rock Creek Canyon to Guyot	754 to 763
13	Sequoia National Park boundary			753.9
16.2		Chicken Spring Lake (PCT-Cottonwood Pass)	Golden Trout	750.8
16.8	Cottonwood Pass: 11,140 ft. elev, 3.5 miles to Horseshoe Meadows			750.2
20.5	Cottonwood Pass Trailhead at Horseshoe Meadow Road			

Pacific Crest Trail in Golden Trout and South Sierra Wilderness

PCT Northbound from Mexico Border

SOBO Mile	Landmark	Itinerary Location Name	Notes	PCT Mile
3.5		<i>Cottonwood Pass: 11,140 ft. elev, 3.5 miles to Horseshoe Meadow</i>		750.2
		Poison Meadow PCT- Golden Trout Wilderness	Golden Trout	747
2		<i>Trail Pass: 10,050 ft. elevation. 2 miles to Horseshoe Meadows Road</i>		745
4		Dutch Meadow (PCT)- Golden Trout Wilderness	Golden Trout	743
5.5		Diaz Creek (PCT)- Golden Trout Wilderness	Golden Trout	741.5
8		Ash Meadow (PCT)- Golden Trout Wilderness	Golden Trout	739
16		Death Canyon (PCT)- Golden Trout Wilderness	Golden Trout	731
18		Big Dry Meadow (PCT) - Golden Trout Wilderness	Golden Trout	729
19		Gomez Meadow (PCT)- Golden Trout Wilderness	Golden Trout	728
21		Buck Meadow (PCT)- Golden Trout Wilderness	Golden Trout	726
26		Brush Meadow PCT- (Olancha Pass)	South Sierra	721
27		Bear Trap Meadows PCT- (Olancha Pass)	South Sierra	720
28		Cow Canyon PCT- (Olancha Pass)	South Sierra	719
33.5		Beck Meadows PCT (Kennedy Meadows - South Sierra)	Sequoia NF- South Sierra	713.5
38		Clover Meadow PCT (Kennedy Meadows - South Sierra)	Sequoia NF- South Sierra	709
42.3		<i>Kennedy Meadows Campground</i>		704.7
		<i>Kennedy Meadows Store, food, mail resupply point</i>		702.2