enjoyable trip.

- Plan for your trip:
  - Appropriate topographic maps as well as a blazed trail and may remain under snow until late May in some sections.

- Why we need your help:
  - Constant need of maintenance and monitoring due to increased demand for recreation.

- Bears and Food Storage:
  - Be aware, human carelessness can spell death to bears. When bears repeatedly obtain human food and garbage, they quickly learn to seek these items over natural food sources. Canisters are required in many areas and are essential to prevent bears from entering campsites.

- Information and Publications:
  - Pacific Crest Trail Association: www.pcta.org
  - Contact: PCTA, P.O. Box 9597, Leavenworth, WA 98826. Phone: (206) 748-6218
  - National Scenic Trails, 1801 K Street, N.W., Washington, D.C. 20520. Phone: (202) 408-4000

- Safety and Administrative Information:
  - Leave a copy of your itinerary with a friend.
  - Think before you drink! No matter how hot it may be, dehydration can result in hypothermia.

- Volunteering:
  - Volunteer to extend trails so they can be followed at all times to reduce the impact on the environment.

- Leave No Trace:
  - Follow the principles of Leave No Trace to ensure that building a trail from Mexico to Canada would benefit generations to come. It is essential for us to maintain the trail's integrity for future hikers.

- The Trail Today:
  - The Pacific Crest Trail (PCT) runs through California, Oregon, and Washington. It is a national scenic trail that stretches from the Mexican border to the Canadian border, passing through some of the most beautiful and rugged terrain in the United States.

- Community, Magic, and Culture of the PCT:
  - The PCT is a unique experience that offers a range of challenges and rewards.

- Bears and Food Storage:
  - Food and garbage management plays a critical role in maintaining the trail's integrity and protecting wildlife.

- Safety and Administrative Information:
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Rich in nutrients, the volcanic soils here south of Donner Summit (elev. 7,989’), old volcanic flows and sediments bury most of the northern California and retrieve a 3600-foot ascent to Cottonwood Pass. To the north is the majestic, glaciated High Sierra. The glaciers formed shallow basins that filled with precipitation has produced about 750 perennial snowfields and small permanent snowbanks. The trail traverses popular Alpine Lakes, Henry M. Jackson Wilderness, and then embarks on a 3,300-foot ascent to Cottonwood Pass. To the north is the majestic, glaciated High Sierra. The glaciers formed shallow basins that filled with permanent snowbanks. The trail traverses popular Alpine Lakes, Henry M. Jackson Wilderness, and then embarks on a 3,300-foot ascent to Cottonwood Pass. The vegetation includes lodgepole pine, aspen, sugar pine, and various hardwoods. The flora consists of spikemoss, ferns, and meadows with flowers such as lupine, penstemon, and goldenrod. The fauna includes black bear, coyotes, and cougars. Hummingbirds can be seen darting about, gathering nectar.

Starting with a lengthy climb out of the Columbia River Gorge, the trail eventually reaches the crest of the Blue Mountains, often under welcome forest shade. It passes near Big Bear Lake on the east side of the San Bernardino Mountains, and then traverses the often-brushy landscape of the Sierra Pelona. It continues through the San Andreas Fault Zone, passing near Basket Lake and then through the San Jose watershed. The Baja California Desert provides a stark contrast to the lush green forests of the Sierra Nevada. The trail then descends through the San Jacinto Mountains, passing Big Bear Lake, where you can enjoy the view of the surrounding mountains and the Pacific Ocean. The final section of the trail winds through the Anza-Borrego Desert, one of the most biologically diverse deserts in the world, with unique plants such as the Joshua tree and the Joshua tree cactus. The trail ends near Campo, where you can explore the California Desert National Park and the Anza-Borrego Desert State Park.