Healthy Parks, Healthy People

You knew that amazing scenery awaited you in these parks. But did you consider the possible health benefits of your visit?

Across the country, people are making the connection between outdoor activity and their health. Enjoy that activity in the inspirational setting of a national park, and your benefits grow:

“Nature’s peace will flow into you as sunshine flows into trees,” said naturalist John Muir back in 1898. “The winds will blow their own freshness into you, and the storms their energy, while cares will drop away from you like autumn leaves.”

Not only that, Muir might have added, you’ll feel healthier!

“Studies are showing there are unique benefits in getting outside and getting active,” says John Jarvis, director of the National Park Service. “Being outdoors can have a positive effect on everything from stress to attention disorders to healing.”

Some doctors are even writing “park prescriptions” to get their patients out and active in nature.

Let Sequoia and Kings Canyon remind you of how good it feels to move outside. You don’t have to go far or go fast. Ask any ranger about the range of trails here, from paved and level to rugged and steep. How the smells and sounds change with each environment.

As you go, some aspect of this special place is likely to stir your interest. Stop at any visitor center, where rangers will be happy to help find answers to questions you may have. As Director Jarvis says, “National parks are amazing places where exercise is disguised as adventure, and we sneak in some learning too.”

Here’s to your health!
Land of giants… and more

You expect giant trees and huge canyons—and you won’t be disappointed. Yet the whole of these parks is even greater than the sum of its famous parts.

Rising from 1300’ to 14,494’ (the highest elevation in the lower 48 states), these parks protect a spectacular elevational range. This span from low to high means dramatic shifts from warm foothills to cool forests to the cold High Sierra. It means diverse plants and animals living in extremely varied conditions. It means steep roads and trails that climb mountains, and cold rivers that plunge down from their heights.

The caretakers of this landscape are also diverse. A national monument, which is part of a national forest, borders these two national parks. The U.S. Geological Survey conducts research here. The Sequoia Natural History Association runs bookstores at visitor centers and contributes to education and research. The Sequoia Parks Foundation supports important park projects.

Other partners, public and private, cooperate with the Park Service to meet a challenging mission—providing for public enjoyment while keeping the parks unimpaired for future generations. You are an important partner, too! Experience these parks, learn all you can, and help to preserve them. Thank you!

YOUR FEES HELP YOUR PARKS!

Most of your entrance and camping fees stay right here. The parks invest them in projects that improve visitor facilities and protect park resources. Fees have paid for repairing and upgrading roads, campgrounds, trails, picnic areas, and restrooms. They have also improved visitor centers, updated exhibits, and modernized slide programs offered by rangers!

ENTRANCE FEE OPTIONS

• 7-day pass for Sequoia & Kings Canyon and Hume Lake District of Sequoia National Forest/Giant Sequoia National Monument (GSNM): $20 per vehicle (private, non-commercial) or $10 per person on foot, bicycle, motorcycle, or bus.

• 12-Month Pass for Sequoia & Kings Canyon and Hume Lake District of Sequoia National Forest/GSNM: $30 admits all passengers in a private vehicle for one year from month of purchase. Not valid at Crystal Cave.

• 12-Month: America the Beautiful Interagency Annual Pass: $80. Valid for entrance fees at Federal recreation sites including National Parks, National Forests, FWS, BLM, & Bureau of Reclamation. Admits all passengers in a single private non-commercial vehicle where per-vehicle fees are charged, or the passholder plus up to 3 persons (age 16 & older) for per-person fee areas, for 12 months. Not valid at Crystal Cave.

• Seniors: America the Beautiful Interagency Pass: $10 one-time fee buys a lifetime pass for entrance fees for U.S. citizens & permanent residents 62 or over. (Previously issued Golden Age passes remain valid.) Not valid at Crystal Cave.

• Accessibility: America the Beautiful Interagency Access Pass: Free to blind or permanently disabled U.S. citizens and permanent residents. Take appropriate documentation to any park entrance station or visitor center. (Previously issued Golden Access passes remain valid.) Not valid at Crystal Cave.

WELCOME to SEQUOIA & KINGS CANYON

PARK, FOREST, OR MONUMENT?

What is the difference between Sequoia and Kings Canyon National Parks, Sequoia National Forest, and Giant Sequoia National Monument? Each is on federal land. Each exists to benefit society. Yet each has a different history and purpose. Together they provide a wide spectrum of uses.

National parks strive to keep landscapes unimpaired for future generations. They protect natural and historic features while offering light-on-the-land recreation. Park rangers work for the National Park Service, part of the Department of the Interior.

National forests, managed under a “multiple use” concept, provide services and commodities that may include lumber, cattle grazing, minerals, as well as recreation with and without vehicles. Forest rangers work for the U.S. Forest Service, an agency in the Department of Agriculture.

Both agencies manage wilderness and other areas where they maximize protection of natural resources. For example, part of Sequoia National Forest has been designated Giant Sequoia National Monument to emphasize protection of sequoias. Parks, forests, and monuments may have different rules in order to meet their goals. Read “Where can I...” on the next page to learn what activities are permitted where. Despite confusion over names, we get a wide range of benefits from these diverse areas.
Tour Sequoia’s amazing Crystal Cave!

No tickets are sold at the cave, only at Lodgepole and Foothills visitor centers. Buy tickets at least 1 1/2 hours in advance (see traffic-delay information on back page).

White nose syndrome is a disease that has killed millions of bats in other states. This summer, the parks may have simple screening and decontamination steps at park caves in order to protect these amazing mammals. Learn more about the benefits of bats and support their protection!

Crystal Cave Road: 15 miles from Sequoia Park entrance at Hwy 198, 3 miles south of the General Sherman Tree (see back page). Maximum vehicle length is 22’ (6.7 m) on this road.

Use parking-lot restrooms; the cave has none. Wear sturdy shoes; the 1/2-mile trail (.8 km) to the cave is steep. Wear a jacket; it’s 50°F (10°C) inside. No baby backpacks, strollers, or tripods. No wheelchair accessible. Ask about group reservations and wild cave tours: 1-559-565-3759.

45-minute Cave Tours daily starting May 14th

Note: Opening depends on snow. Tours are subject to change.
• Starting 6/25: Weekdays 10:30am - 4:30pm. Saturday, Sunday & July 4th weekend (7/1-4) 10am-5pm.

Fees: Age 5-12 $7; age 13-61 $13; age 4 and under free; Golden Age (age 62 & up) and Golden Access passholders $12. National Park and Interagency passes do not apply. Discount for SNHA members! Flashlight versions of the tours may be substituted for regular tours.

1 1/2-hour Discovery Tours start June 20th

Weekdays only, 4:15pm. Enjoy a more in-depth tour of this fabulous cave. Limited to 18 people aged 12 & up. Fee: $16 each.

1 1/2-hour Historic Candle-Light Tours start June 23th

Thursday-Friday, 5:30 pm; Saturday-Sunday 6pm. Experience the cave in (see back page)!

Details). Know which area in the Park Activities that are illegal a National Forest (USFS).

Your visit may include both a National Park (NPS) and a National Forest (USFS). Activities that are illegal in the Park may be legal in the Forest (see page 2 for details). Know which area you are in (see back page)!

• WALK A PET - In the Parks: Not on any trails. It’s ok 100 feet from roads in developed areas (picnic areas, campgrounds). In the National Forest: Pets can go on trails. In both areas: Pets must be on a leash less than 6 feet (1.8m) long. Never leave pets in cars when it’s warm as they overheat quickly.

• COLLECT THINGS TO TAKE HOME - Not in Parks: Leave things where you find them to play their natural role in the ecosystem. In the National Forest: Keeping a few cones or rocks for personal use is permitted. In both areas: Archeological sites and artifacts are protected by law.

• HUNT - Not in the Parks: Visitors are responsible for understanding and complying with all applicable state, local, and federal firearms laws before entering this park. It is prohibited to discharge a firearm in the parks. In the National Forest: Only during the season with a license: 1-559-243-4005.

• GO CAMPING - In the Parks: Only in designated sites in designated campgrounds. In the National Forest: In campgrounds or, unless posted otherwise, near roadsides. Pull a safe distance off the road but no further.

• DRIVE OHVs OFF-ROAD - Not in the parks. Stay on roads. In the National Forest: Off-highway-vehicle (OHV) routes are available. Get details at USFS Hume Lake office in Dunlap on Hwy 180 or Kings Canyon Visitor Center at Grant Grove.

• CUT WOOD - Not in the Parks. In the National Forest: Call Hume Lake Ranger District for permit and guidelines: 559-338-2251.

activities

WHERE CAN I...

• GO PICNICKING - See picnic symbols on back-page map. Due to bears, never leave food unattended! Most sites have tables, restrooms and fire grills, except: No fire grills at Foothills and Sandy Cove. No fires permitted at Lodgepole & Crescent Meadow. No water at Halstead, Powdercan, Lodgepole, and Crescent Meadow.


• HAVE A FIRE In the Parks: Only in fire grills in campgrounds & some picnic areas. In National Forest: Free fire permits required, even for gas stoves and lanterns. Some areas are more restricted than others. Get permits at Kings Canyon Park Visitor Center (in Grant Grove) or USFS office in Dunlap on Hwy 180.

• GO FISHING - In both areas: Permitted during fishing season. California fishing licenses are required for ages 16 & up. Ask for copies of park regulations.

• RIDE BICYCLES - In the Parks: Keep bikes on roads only, not on any trail (other than the designated bike trail in Cedar Grove). In the National Forest: Ask a ranger which trails permit bicycles. In both areas: Be careful. You are sharing the narrow road with wide RVs. Be careful & courteous near pedestrians & horses. People younger than 18 must wear helmets.

• RIDE HORSEBACK Spring opening dates depend on weather. Rides, backcountry spot trips, or guided trips.

• Cedar Grove - late May 1-559-565-3464 summer 1-559-337-2314 off season

• Grant Grove - early June 1-559-335-9252 summer 1-559-799-7247 off season

• Horse Corral - early June at Big Meadows in Sequoia National Forest 1-559-565-3404 summer 1-559-679-3573 cell
Change: Natural & unnatural

We often think of parks as outdoor museums. Caretaking a living ecosystem, however, is very different than protecting unchanging objects.

Both natural features and human facilities may be different each time you visit. Both are changing all the time. How we take care of those features and facilities may also affect your visit. You won’t notice the ozone monitor that works 24 hours a day, but you will see other activities such as revegetation, road work, painting, or trail maintenance. Some activities may unavoidably affect you, such as smoke from a prescribed fire, campsite closures due to revegetation, or bear management.

The park staff uses such activities as tools to maintain the landscape and protect its inhabitants and visitors. Your visit gives you but a snapshot of this process; Nature decides the timing of many of these actions. They all share one goal: preservation of these parks for us all, now and in the future.

Fire: A natural change

Years ago, we tried to banish fire from the landscape, believing it was destructive. In sequoia groves, that meant putting out lightning-caused fires that naturally start as frequently as every 5 to 15 years.

As time passed, we saw unanticipated consequences from this. Fire suppression blocked important ecological processes and caused many problems. Two problems were glaring:

First, sequoias were not reproducing. We learned that fires create the conditions that sequoias need to regenerate: Fires leave behind a seedbed fertilized with ash and they open the forest canopy, allowing sunlight to reach the seedlings.

Second, the amount of dead wood and dense growth of small white-fir trees increased tremendously. Natural fires used to burn these away frequently. Now, after fire’s long absence, these fuels feed bigger, hotter blazes that are more dangerous for people, plants, and wildlife.

For over 40 years at Sequoia and Kings Canyon, we have studied fire and its effects on the land. Now, to protect human safety and benefit giant sequoia trees, the National Park Service works with fire to restore the benefits it brings.

We still put out fires that threaten life and property but, when and where it’s appropriate, we may ignite prescribed fires or allow lightning fires to spread naturally, reducing fuels and improving resource conditions. Strong evidence shows that we are succeeding.

Why is this important? The National Park System exists to conserve resources “unimpaired for the enjoyment of future generations.” We once thought that aggressive fire suppression met this goal. A more complete understanding of fire tells us that excluding this important natural agent of change only hurts what we are trying to protect.

Unnatural change: Alien invaders!

Plants and animals evolve together in communities over time. Often they keep each other in check. When species get brought in from other places, the newcomers may multiply wildly since the competitors, predators, and diseases they evolved with in their home communities are not here. They break links in the local web of life, badly disrupting species that depend on each other. Sometimes they completely replace native plants and animals.

Practice alien hygiene! Look for seeds and tiny animals attached to shoes, clothes, waders, equipment, tires, and pet fur. Wash mud from under cars and on tires before coming into the parks. The natives will thank you!

Two immediate threats:

- **Star thistle** is one of the most damaging non-natives in the state. Dense, thorny patches completely exclude native plants and limit wildlife movements. It is not yet established here! If you recognize it from your home or travels, make sure not to bring it in.

- **New Zealand Mud Snails** completely take over and change waterways that they invade. Due to their biology, just one snail can start a huge population! They stick on gear; check boots & waders thoroughly for this tiny invader. Common just east of the parks, they could easily be carried into the High Sierra.

WILDERNESS OVERNIGHTS

A permit is required for all overnight wilderness trips into these parks. Between late May and late September (the quota season), each park trail has a daily entry quota for overnight trips and a wilderness camping fee of $15 is required. The quota and fee are tools to help protect your wilderness environment and experience (they are not required for day hikes, or for overnight trips in the adjacent US Forest Service Monarch and Jennie Lakes wildernesses, but a free fire permit is required for any open flame on USFS land).

Outside the quota season, permits are still required, but are on a self-issue basis. Get self-issue permits at the station nearest your trailhead (see pages 8 & 9). Trail condition information is limited; be careful and expect winter conditions.

Requests to reserve a permit for a certain date within the quota season are accepted beginning March 1 and at least 2 weeks before your trip’s start date.

Permits must be picked up either the afternoon before, starting at 1pm, or by 9am on the day of departure at the park permit station/visitor center nearest your trailhead. If delayed, call the Wilderness Office or you may lose the permit.

If the quota for your preferred trail is full, you can choose another trail for that day or another day to start, if space is available. Permits are not issued after mid-afternoon as minimum distances must be reached before you camp.

Camping in the park’s “frontcountry” is permitted only in campgrounds. Camping or sleeping in vehicles is not allowed in parking lots, pull-outs, picnic areas, or trailheads in the park.

Wilderness Permit Reservations

Sequoia & Kings Canyon N.P.
47050 Generals Highway #60
Three Rivers, CA 93271
1-559-565-3766; Fax 565-4239

For more details, visit Wilderness Information at www.nps.gov/seki/planyourvisit/wilderness.htm or call.

HIGH SIERRA LODGE

- **BEARPAW HIGH SIERRA CAMP**
  (DNCPR) 1-888-252-5757

©NPS Photo

Fire in the Sierra usually hugs the ground. Its low flames clear dangerous built-up fuels. Without it, these fuels would feed intense, hard-to-control wildfires. The natural burn pattern includes occasional hot spots. These leave important openings in the forest — the sunny, bare places where sequoia trees regenerate best.

©NPS Photo
Natural areas present hazards. Rocks roll, trees topple, and limbs drop without warning. Icy or uneven ground, wild animals, and changing weather pose dangers. People may create other hazards through campfires, traffic, snowplay, and poor decisions.

Water is the main cause of death here. Many drowning victims were walking or climbing near rivers and unexpectedly fell in.

The Park Service works to reduce risks, but your safety is in your own hands. Keep alert. Read warnings and ask a ranger for advice.

DROWNING: The #1 cause of death in national parks! Be extra careful around water, falling in is as dangerous as swimming. Once in a river, getting out can be nearly impossible: Rocks are smooth and slippery; swift, cold water rapidly saps your strength. Currents are always stronger than they appear.

PLAGUE: Please do not feed or touch ANY park animals. Fleas on rodents can carry plague. Deer mice feces can carry hantavirus.

POISON OAK: This common shrub grows up to 5000 feet elevation: Red leaves with whitish berries in fall; bare in winter; shiny green leaves in groups of three in spring. If you touch any part of the plant, wash skin and clothes right away.

HUMANS AT RISK:

\[\text{Rattlesnakes, found in much of these parks, are especially common in the foothills and near water. Watch where you put your hands and feet! Do not harass or kill them; this is when most bites occur. Bites are rarely lethal, but tissue damage can be severe. If bitten, avoid panic; call a ranger or 911.}\]

\[\text{Lightning: See dark clouds or lightning or hear thunder? Get inside a large building or a vehicle (not convertible), if possible. Do not stand under trees or in shallow caves. Avoid projecting above the surrounding landscape such as standing on a ridge, on Moro Rock, or in open meadows. Stay away from open water, wire fences, and metal railings, which can carry lightning from a distance.}\]

\[\text{West Nile Virus is passed by bites from infected mosquitoes. Human illness is not common, but take steps to avoid mosquito bites.}\]

\[\text{Carbon Monoxide: This odorless, colorless gas can be fatal. Never burn charcoal in closed spaces, e.g. a tent, camper, or RV.}\]

\[\text{Ozone Pollution: See air-quality forecasts in visitor centers. Most ozone rises into the Sierra on warm winds. Levels of this colorless gas are highest May to October, peaking in late afternoon. The peaks sometimes reach “unhealthy” state/federal standards, and can affect respiratory systems. Ozone forms from gases in car and factory exhaust.}\]

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GIANT FOREST ROUTE (green): Free. Starts 5/26. Giant Forest Museum to Sherman Tree to Lodgepole. Every 15 minutes. First bus 9am, last bus 6pm. ½-hour ride one way. Ask about the 7:30am hiker shuttle from Lodgepole to Wolverton and Crescent Meadow, and the 6:30pm pickup at Wolverton bound for Lodgepole. Kneeling buses.

- Giant Forest Museum / Transfer Point
- Sherman Tree wheelchair-accessible trail [P] Parking with disabled-placard only.
- Sherman Tree - Main Trail & Parking. Park here to walk down to tree.
- Lodgepole Visitor Center [P], Lodgepole Campground (2 stops)

MORO ROCK / CRESCENT MEADOW ROUTE (gray): Free. Starts 5/26. Leaves Giant Forest Museum every 15 minutes; stops at Moro Rock only on the outbound trip. First bus 9am, last bus 6pm. 15-minute ride one way. On weekends & holidays, this road is closed to private vehicles without handicapped placards. Park at any shuttle stop and ride a bus. On holidays (5/28-30, 7/2-4, and 9/3-5), you can also park at Wolverton; the shuttle will stop there regularly.

- Giant Forest Museum [P]
- Moro Rock - See description below.
- Crescent Meadow- See description below.


- Lodgepole Visitor Center & Market [P], Lodgepole Campground (3 stops)
- Wukaschi Restaurant & Lodge [P]
- Starting 6/25 - Dorst Creek Campground (3 stops)

GIANT FOREST TO VISALIA ROUTE: $15 round trip. No additional park entrance fee. Reservations required; call 1-877-BUS-HIKE or www.sequoia shuttle.com. Two-hour ride each way. Buses leave Visalia for Giant Forest at 6, 7, 8, 9, & 10am. Buses leave Giant Forest for Visalia every hour starting 2:30pm through 6:30pm. 5/26 through 9/25.

CONGRESS TRAIL: A fairly level 2-mile loop (3.2 km) from the Sherman Tree into the grove.

MORO ROCK/ CRESCENT MEADOW

Read shuttle information above. No drinking water is available on this 3-mile, dead-end road starting at Giant Forest Museum. From 5/26 through 9/25, use a shuttle. During that time, single vehicles more than 22 feet long and those towing anything are prohibited, except those displaying valid disabled-parking placards. Road is closed to vehicles without placards on weekends & holidays. Highlights:

MORO ROCK: A granite dome with a steep 1/4-mile (.4 km) staircase to the summit (300 feet /91 m elevation gain) and a spectacular view. Two miles (3.2 km) from the General’s Highway. Shuttle stop.

TUNNEL LOG: A fallen sequoia that was tunneled through; the only “tree you can drive through” in these parks. There is a by-pass for larger vehicles. 2.7 miles (4.3 km) from the Museum.

CRESCENT MEADOW: A meadow of summer flowers. Use only fallen logs to walk into meadows. Try the 1-mile (1.6 km) route to Tharp’s Log, a cabin in a fallen sequoia, or the High Sierra Trail (71 miles/114 km to Mt. Whitney, 14,494 feet /4417 m). Shuttle stop.

NEARBY TRAILS

TOKOPAH FALLS: 1.7 miles (2.7 km) along a river, ending at cliffs & a waterfall. Be careful by the water! Start in Lodgepole Campground (a shuttle stop). For the 500-foot/152-meter elevation gain, allow 2-1/2 to 3 hours.

THE FOOTHILLS

The low elevations host more different plants and animals than the rest of the parks. Watch for ticks and poison oak.

HOSPITAL ROCK PICNIC AREA:

Exhibits about the Western Mono people who once lived here and a very short trail built by the Civilian Conservation Corps leads to a cascade. Careful; dawnings often occur here! Always store food from bears.

MARBLE FALLS TRAIL: climbs 3.7 miles (6 km) to a waterfall. Park across the main road from Potwisha (no non-camper parking in campground). From the trailhead near site #14, follow the dirt road across the concrete ditch; the trail starts along the steep bank to the right.

PARADISE CREEK: At Buckeye Flat Campground, take the path across from site #28 across the footbridge over the Middle Fork. Follow Paradise Creek (not the Middle Fork) for 1-1/2 miles (1.6 km) until the trail grows faint.

MINERAL KING

See page 8 for information.
BE CAREFUL: Snow or ice may still make some trails slippery and difficult to follow. Review safety advice on page 5. You are on your own in the parks, so travel safely!

GRANT GROVE

GENERAL GRANT TREE:
One of the world’s largest living trees. President Coolidge proclaimed it the Nation’s Christmas Tree in 1926. It is also a National Shrine, the only living memorial to those who died in war. Visit historic Gamlin Cabin and the Fallen Monarch along this ½-mile (.5 km) paved trail. A trail guide is sold at the visitor center. North and west of the visitor center parking, left around the meadow, right at the sign “Panoramic Point, 2.3 miles (3.7km).” From the parking lot, walk ½ mile (.4 km) up to viewpoint. Trailers/RVs not recommended. The 4-mile (6.4 km) round-trip Park Ridge Trail begins here.

NEARBY TRAILS & POINTS OF INTEREST

CANYON VIEW:
The Kings River Bridge to Cedar Grove is being replaced this summer. Detours will be available. Be very careful near the water!

ROCK VIEW:
This 1.5-mile (2.4 km) trail passes granite walls, lush meadows, and the Kings River. First ½ mile offers universal access. Trailhead parking is 4 ½ miles (7.2 km) east of Cedar Grove Village road. Purchase a trail guide at visitor center or at trailhead. Allow 1 hour.

REDWOOD MOUNTAIN OVERLOOK:
Six miles (9.6 km) south of Grant Grove, across the Generals Highway from Quail Flat junction, it looks west over one of the world’s largest sequoia groves. Studies here proved the positive relationship between fire and sequoia reproduction.

THE KINGS CANYON & CEDAR GROVE

The Kings River Bridge to Cedar Grove is being replaced this summer. Detours will be available. Be very careful near the water!

CANYON VIEW:
The “U” shape of this canyon, apparent from this viewpoint, reveals its glacial history. 1 mile (1.6 km) east of Cedar Grove Village road.

KNAPP’S CABIN:
During the Roaring ’20s, a Santa Barbara businessman commissioned lavish fishing expeditions here, storing gear in this small cabin. A short walk from a turnout 2 miles (3.2 km) east of Cedar Grove Village road.

ROARING RIVER FALLS:
A very short, shady walk to a powerful waterfall rushing through a granite chute. 3 miles (4.8 km) east of the Village road. Paved, accessible with assistance.

ZUMWALT MEADOW:
This 1.5-mile (2.4 km) trail passes granite walls, lush meadows, and the Kings River. First ½ mile offers universal access. Trailhead parking is 4 ½ miles (7.2 km) east of Cedar Grove Village road. Purchase a trail guide at visitor center or at trailhead. Allow 1 hour.

ROAD’S END:
High granite walls and trails to the river, Muir Rock, and the High Sierra. East of the Village turnoff 5-1/2 miles.

TAKE A HIKE!

MIST FALLS: One of the park’s largest waterfalls. Allow 4-5 hours; 9 miles (14.4 km) round trip. Fairly flat at first; 600-foot elevation gain in the last 2 miles (3.2 km). Park at Road’s End.

DON CECIL TRAIL: The main route into the canyon prior to the 1939 completion of Highway 180. It starts .2 miles (.3 km) east of the village, climbs a north-facing slope past Sheep Creek Cascade (1 mile/1.6 km up) to good views. Lookout Peak (13-mile/21-km round trip, 4000 foot/1220 m elevation gain) has a great panorama. Strenuous; allow all day.

HOTEL CREEK TRAIL: Starts .2 mile (.3 km) north of the market at the intersection with the parkation road. Climbs through chaparral to forest and views from Cedar Grove Overlook. 5 miles (8 km) round trip; 1200-foot/365 m elevation gain. Strenuous; allow 3-4 hours. Return via Lewis Creek Trail for an 8-mile (12.9 km) loop.

USFS NATIONAL FOREST

Explore Giant Sequoia National Monument, part of Sequoia National Forest (see page 2 for Park or Forest).

CONVERSE BASIN: Virtually every mature sequoia in this huge grove was felled early in the 1900s. Walk the 2-mile (.3 km) Boole Tree loop to see a monarch they spared (6 miles north of Grant Grove), or the ½-mile (.8 km) loop to the Chicago Stump, a tree cut for the 1893 World’s Fair (2 miles north of Grant Grove).

INDIAN BASIN: A one-mile accessible trail and one-mile unpaved trail. Take Highway 180 7 miles north of Grant Grove; turn into Princess Campground. Trail begins by the host’s site.

HUME LAKE, formed by a rare, historic, multiple-arch dam, supplied water to a flume that floated lumber 67 miles (108km) to Sanger. An easy 2 ½-mile (4 km) trail circles it. Page 9 lists facilities. Eight miles (12.8 km) north of Grant Grove on Highway 180; 3 miles (4.8 km) south on Hume Lake Road.

BUCK ROCK LOOKOUT: A 1916 tower, still used for spotting fires, offers 360° views. Approximately 6 miles (9.6 km) off Big Meadows Road 14511, then take Forest Road 13504.

Photo courtesy of E. Matter
Giant Forest Sequoia Grove
6400’ elevation. Home of the world’s biggest trees, with 40 miles (64 km) of trails. Highlights, page 6. Traffic-delays, back page.

- Giant Forest Museum (NPS): Open 5/13, 9am-5pm. Starting 5/27, 9am-6pm (Lodgepole Visitor Center is open year-round). No payphone; closest are at Lodgepole & Wolverton.
- Giant Forest Shuttle (NPS): Operates 5/26-9/25, from 9am to approximately 5:30pm. Stops include Wuskski, Lodgepole, Sherman Tree, Giant Forest Museum & Moro Rock. Details on page 6.

Crystal Cave

Lodgepole Village
6700’ elevation. Just north of Giant Forest along the Marble Fork of the Kaweah River.

- Visitor Center: Daily 9am-4:30pm, 8am starting 5/14. Starting 5/27, 7am-6pm. Bears of the Sierra movie; exhibits on geology & forest life; books; maps. Pay phone. 1-559-565-4436.
- Wilderness permits required for overnight trips: Self-issue outside to the left of the front door of the visitor center through 5/26, then issued inside visitor center. See page 4. 1-559-565-3766.

FOOD, OTHER SERVICES
- Market, Gift Shop, & Laundry (DNCRP): Daily 9am-6pm through 5/26, then 8am-8pm. Groceries, sandwiches, bear canisters, ice cream, souvenirs. Last laundry in 1 hour before closing.
- Snack Bar (DNCRP): Weekends only 9am-6pm through 5/22. Daily 8am-7:45pm starting 5/27.
- Deli (DNCRP): Starting 5/27, daily 11am-6pm.
- Showers (DNCRP): Daily 9am-1pm & 3-5:45pm through 5/26, then 8am-1pm & 3-7:45pm.
- Post Office: Year-round. Weekdays 8am-1pm & 2-4pm. 1-559-565-3678. Lobby open 24 hours. Address mail to visitors: c/o General Delivery, Sequoia National Park, CA 93262.
- Lodgepole Campground (NPS): Open all year. See page 11.
- Pay Telephones: Outside visitor center & market.

Wolverton
7200’ elevation. North of Sherman Tree 2 miles. Picnic area.

- Wolverton BBQ & Dinner Theater (DNCRP): Nightly 6/12-9/5, weather permitting, 6-7pm. All-you-can-eat dinner outdoors while you hear family-friendly tales of park history. Tickets at Lodgepole Market or Wuskski Lodge.

Foothills Area
1300-3500’ elevation. Oaks, chaparral, & river canyons; hot summers & snow-free winters. Park headquarters is at Ash Mountain.

- Visitor Center (NPS): Daily 8am-4:30pm through 5/26, then 8am-6pm. Exhibits, books, maps, bear canisters, first aid. Local wilderness permits self-issued outside visitor center through 5/26. 1-559-565-4212.
- Camping (NPS): At Potwisha. Details on page 11.
- Pay Telephones (cell phone signals are usually poor): Foothills Visitor Center near front door; Potwisha Campground, Hospital Rock Picnic Area (on restroom wall).

Mineral King Area
Road to this area opens 5/27, weather permitting.
7800’ elevation. A steep, narrow, twisting road leads to this sub-alpine valley. No RVs, buses, or trailers. No electricity or gasoline.

- Ranger Station (NPS): Opens 5/27, daily 8am-4pm. Until then, self-register for wilderness permits on the porch. Ask about free ranger-led programs. 1-559-565-3768.
- Pay Telephones: Cold Springs Campground, Sawtooth parking area. Cell phone signals are usually poor.
- Camping (NPS): No RVs or trailers. Details: page 11.

Wuskski Lodge & Dining
7200’ elevation. Year-round lodging & food service (DNCRP) in Sequoia, 4 miles (6.4 km) north of Sherman Tree.

FREE NATURE PROGRAMS
Join us for ranger-led walks, talks, and campfire programs! Check bulletin boards and visitor centers for details.

IN THE FOOTHILLS
Watch for weekend wildflower walks & Potwisha evening campfire programs.

IN GIANT FOREST & LODGEPOLE
In May, look for walks and talks on weekends & holidays. In June, Sherman Tree talks & Lodgepole campfires begin.

IN MINERAL KING
Rangers start offering programs in late May.

Delaware North Companies Parks & Resorts (DNCRP) and the National Park Foundation make it easy for Wuskski Lodge guests to contribute to these parks. Ask about the Guest Donation Program when you check in!

- Dining Room: Daily 7:30-9:30am, 11:30am-2:30pm, 5-8:30pm through 5/26, then 7-10am, 11:30am-2:30pm, 5-10pm. Dinner reservations required. Box lunches available. 1-559-565-4070. Lounge 5-8:30pm through 5/26, then 5-10pm.
- Gift Shop: Daily 8am-5pm. Souvenirs, clothing, crafts.
- Wuskski Lodge: See page 10 for details. Front desk 24 hours.
- Pay Telephones: At main lodge. Cell-phone signals are poor.
Grant Grove Village
6600’ elevation. Here you find both a pristine grove & one that was logged in the 1880s. Horseback riding — see page 3.

- Kings Canyon Park Visitor Center (NPS): Daily 9am-5pm through 5/26, then 8am-6pm. Exhibits, movie in English & Spanish. Books, maps, first aid, bear canisters. Local wilderness permits issued until 1/2 hour before closing. 1-559-565-4307.

**FOOD, LODGING & OTHER SERVICES**
- **Restaurant (KCPS):** Daily 9am-2pm & 5-7pm (8pm Friday-Saturday) through 5/26, then 7am-2pm & 5-9pm.
- **Gift Shop & Market (KCPS):** Daily 9am-7pm (8pm Friday-Saturday) through 5/26, then 8am-9pm. Souvenirs, clothing, ATM. Food, supplies, sandwiches, bear canisters, emergency gasoline.
- **Camping & Lodging:** Lodge desk 7am-10pm (midnight starting 5/27). See page 10-11. Showers open 5/26, 11am-4pm.
- **Post Office:** Hours may vary. Monday-Friday 9am-3:30 pm; Saturday 10-noon. Lobby open 24 hours. Send mail for visitors to: c/o General Delivery, Kings Canyon NP, CA 93633. 1-559-335-2499.
- **Pay Telephones:** Kings Canyon Visitor Center (booth by front door) & outside gift shop & market. Cell phone signals are poor.

Cedar Grove Village in Kings Canyon
Road into the canyon open 4/29, weather permitting.

4600’ elevation. This glaciated valley features towering granite cliffs, tumbling waterfalls, and the powerful Kings River.

- **Wilderness Permits (NPS):** At Road’s End, 6 miles (9.6km) east of the village. Self-issue through 5/26, then 7am-3pm daily.

**FOOD, LODGING & OTHER SERVICES - Opens May 12**
- **Restaurant (KCPS):** Counter-service meals & snack bar; not full service. Starting 5/12-6/9, weekdays 8-10:30am & 5-7pm; weekends 8am-2pm & 5-7pm. Lunch supplies available at market. Starting 9/10, daily 7am-2pm & 5-8pm.
- **Gift Shop & Market (KCPS):** Open 5/12-6/9 daily 8am-7pm, then 7am-8pm. Salads, sandwiches, supplies, bear canisters, gifts.
- **Camping & Lodging:** See pages 10-11. Lodge opens 5/12.
- **Showers:** 5/12-6/9, 8am-1pm & 3-6pm, then 7am-1pm & 3-7pm.
- **Pay Telephones:** Outside lodge & ranger station.
- **Horseback Riding:** Details on page 3. Open late spring.

**Friends of the South Fork Kings River** holds river cleanups on 6/4, 7/8, and 9/10. Drop-ins welcome.

**FREE NATURE PROGRAMS**

**Check bulletin boards and visitor centers** for details on these and other ranger-led programs.

**In GRANT GROVE:**
- Walks or talks may be offered on weekends in April and May. Starting late May - Grant Tree Walks at 10am daily. Starting 6/3 - evening programs nightly at the amphitheater by Azalea Campground. Check locally for times and topics.

**In CEDAR GROVE:**
- Walks, talks, and campfire programs begin 5/27!
CAMPING DOs & DON'Ts: These rules protect the park & you!

NOTE: Rules may vary between the Park and the National Forest. Check page 3 for details.

**KEEP FOOD FROM BEARS!**
It’s required all year! Learn how to do it correctly — see box below.

**CAMPGROUND RESTRICTIONS**
Always check bulletin boards. Gather only dead & down wood; do not cut limbs off trees. Better yet, buy wood locally. Fires must be out cold before you leave.

In the national forest & monument you must get a free camping permit from the Hume Lake District Office, Kings Canyon Visitor Center (Grant Grove), or a Forest Service ranger.

**ROADSIDE CAMPING**
It’s not permitted in the park. Camp only in designated sites in campgrounds. In the National Forest & Monument, roadside camping is permitted unless posted otherwise. Ask a ranger for possible locations.

**PROPANE CANISTERS**
Do not put propane or other fuel canisters in park trash cans or leave them in the parks. Take them with you and recycle at home.

**NO HOLDING CAMP SITES**
You may not hold a site for someone who has not arrived. Sites not occupied for 24 hours are considered abandoned; property may be impounded.

**GROUP SITES & MAXIMUM GROUP SIZES**
UP TO 6: Many campgrounds allow only one vehicle & six people per site. Check locally for slight variations in these limits & parking locations for extra vehicles.

7 TO 19: In summer, Crystal Springs (Grant Grove) has first-come, first-served sites for groups of 7-13. Canyon View in Cedar Grove has sites for 7-19; $35/site.

LARGER: Call in advance for information on requesting summer group tent-camping sites: For Sunset or Canyon View 1-559-565-4335 (5/1-10/31: 565-3792 for Canyon View). To reserve a group site at Konza or in the national forest/monument: 1-877-444-6777 or www.recreation.gov.

**TIME LIMITS ON CAMPING**
Camping stays are limited to 14 days between June 14 and September 14, with 30 days total per year.

**RVS & TRAILERS**
Length limits & advisory: See *Rules of the Road* (page 3) and *Road Delays* & Detours (back page) for vehicle-length limits and advisories. Dump stations: See chart on page 11. Trailers are permitted in all but four park campgrounds; check the chart on page 11. Many sites are not suitable for trailers or RVs. Sites may not be level. Vehicles over 30 feet long can fit in a small number of sites. No hookups are available.

**QUIET & GENERATOR HOURS**
10pm-6am. Generator use: At Lodgepole & Dorst only 8-11am & 5-8pm; at other campgrounds 9am-9pm only. Music should be audible in your campsite only.

**BE A VOLUNTEER HOST!**
Live in the park, take care of campground & resources, & meet great people! Learn about volunteer opportunities here and nationwide at www.volunteer.gov.

**SALES OF SAVE-A-BEAR KITs & PINS IN VISITOR CENTERS DIRECTLY SUPPORT BEAR MANAGEMENT.**

**PROPER FOOD STORAGE IS THE LAW!**

**BEARS**
often get unattended food and even break into cars that have food in them. They become bold and sometimes aggressive in attempts to get more. Too often these bears must be killed.

This is why you may be fined if you do not store food properly. The following reduces, but does not eliminate, the risk of a bear break-in:

- **DRIVERS** - Never leave any food or scented item in cars.

- **CAMPER S** - Store food day and night in the metal boxes provided (see page 11 for box sizes; avoid bringing coolers that won’t fit). Store ALL food, coolers, related items, and anything with an odor (even if it’s not food) — including unopened cans and bottles. Latch the box completely. Food not stored properly will be impounded. Where boxes are not provided, seal food to reduce odors, cover it well, and close the windows. Keep a clean campsite. Deposit garbage immediately in bear-proof containers or store it like food. Take infant seats out of cars; the smells they absorb may attract bears.

- **PICNICKERS** - Never leave food unattended.

- **LODGE GUESTS** - Keep cabin doors closed any time you leave.

- **BACKPACKERS** - Hanging food is not effective in these parks! Store all food in a portable canister. Less than 3 pounds, it holds up to 5-day’s food for one and fits in a pack. Metal boxes in a few backcountry locations offer backup storage. Rent or buy a canister at park visitor centers or markets.

- **EVERYONE** - Don’t let bears approach you or your food. Wave your arms, make loud noises, and throw small rocks toward them (avoid hitting the face or head). Keep a safe distance but be persistent.

Abandoning your food teaches bears that approaching humans is acceptable, but if a bear does get food, never try to take it back.

**SALES OF SAVE-A-BEAR KITs & PINS IN VISITOR CENTERS DIRECTLY SUPPORT BEAR MANAGEMENT.**

**B E A VOLUNTEER HOST!**
Live in the park, take care of campground & resources, & meet great people! Learn about volunteer opportunities here and nationwide at www.volunteer.gov.

**SALES OF SAVE-A-BEAR KITs & PINS IN VISITOR CENTERS DIRECTLY SUPPORT BEAR MANAGEMENT.**
Each campsite has a table & fire ring with grill; no hook-ups.

Food storage is required! Always read & follow instructions on bulletin boards to help save a bear! See other rules on page 10.

*Summer reservations for Dorst & Lodgepole (in Sequoia NP) & for reservable campgrounds (marked * below) in the National Forest (USFS) may be made up to 6 months in advance of the date desired. Contact www.recreation.gov or 1-877-444-6777 (7am - 9pm PST from 3/1-10/31). Customer service: 888-448-1474.

CAMP GROUNDS

KEY TO SYMBOLS:
- *Nearby*: Within 2 miles/ 3.2
- Year-round
- Summer only

FOOD STORAGE: Avoid bringing items that won’t fit.

Symbols on the chart tell the size of bear-proof food storage boxes available in each campground:
- One small box per site (47" long x 17" deep x 16" high);
- One large box per site (at least 47" long x 33" deep x 28" high);
- A mix of box sizes;
- Additional boxes available for sites to share.

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<th># of sites</th>
<th>Daily Fee</th>
<th>Restrooms</th>
<th>Food within 2 miles</th>
<th>Showers within 2 miles</th>
<th>Laundry within 2 miles</th>
<th>Dump Station Nearby</th>
<th>Nature Programs Nearby</th>
<th>Pay Phone</th>
<th>Riding within 2 miles</th>
<th>River within 2 miles</th>
<th>Sequoias within 2 miles</th>
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FOOTHILLS AREA

Elevation 2100’-3600’. Lowest in elevation, therefore hottest.

Potwisha: * Open all year. 40 $18 Flush

Buckeye Flat: * No trailers or RVs. 28 $18 Flush at Potwisha

South Fork: # Open all year. No drinking water. 10 $12 May-Oct. Vault

MINERAL KING AREA

Elevation 6650’ - 7500’. No RVs or trailers. ROAD OPENS 5/27, SNOWMELT PERMITTING.

Atwell Mill: # Earliest open 5/27. Opening may be delayed due to snow. 21 $12 Vault

Cold Springs: # Earliest open 5/27. Opening likely delayed due to snow. 40 $12 Vault at Silver City at Silver City

LODGEPOLE AREA

Elevation 6700’. * = reservable in summer up to 6 months in advance (see Reservations above.)

* Lodgepole: # + Open all year. Reservation period 5/25 through 9/29. 205 $20/18 Vault $20 during summer reservation period then $18.

*Dorst: # + Open 6/24 through 9/7. 210 $20 Flush

IN KINGS CANYON NATIONAL PARK (NPS)

GRANT GROVE AREA

Elevation 6500’. Opening dates depend on snowmelt.

Azalea: * Open all year. 110 $18/10 Vault

Crystal Springs: * Opens with snowmelt. Sites for groups of 7-15 (see page 10): 36 $18 Flush $135

Sunset: # Opens with snowmelt. 157 $18 Vault

CEDAR GROVE AREA (ON THE FLOOR OF THE KINGS CANYON)

Elevation 4600’. Area opens April 29.

Sentinel: 4600’ * + Open 4/29, weather permitting. 83 $18 Vault

Sheep Creek: 4600’ * + First night 5/18. 111 $18 Vault

Canyon View: 4600’ * + First night 5/18. All sites are for groups of 7-19 people. 12 $35 Vault

Moraine: 4600’ * Open as needed. 120 $18 Vault

SEQUOIA NATIONAL FOREST/GIANT SEQUOIA NATIONAL MONUMENT (FS)

HUME LAKE AREA

Opining dates depend on snowmelt. Elevation 4000’ - 5900’. * = reservable in summer.

*Princess: Campground & dump station May open by 5/27, weather permitting. 88 $18 Vault $18 single 67 Vault Dump station not recommended for vehicles over 30 feet long.

*Hume Lake: # Open 5/27. 74 $20 Vault

Tennmile: No water. Open 5/27. 13 $16 Vault

Landslide: Open 5/27. 9 $16 Vault

Convict Flat: Open 4/29. No water. 5 Vault

BIG MEADOWS & STONY CREEK AREAS

Opening dates depend on snowmelt. Elevation 6400-7500’. * = reservable in summer.

* Stony Creek: # May open by 5/27. 49 $20 Vault

*Upper Stony: # May open by 5/27. 18 $16 Vault

Horse Camp: No water. May open by 6/15. 5 Vault

Buck Rock: No water. May open by 6/15. 11 Vault

Big Meadow: # No water. May open 6/15. 45 Vault

& SEQUOIA NATIONAL FOREST / GIANT SEQUOIA NATIONAL MONUMENT

SPRING 2011 11
**PARK ROADS**
- Campground
- Picnic Area
- Lodging
- Horses/riding
- Gas station

**Major paved road**
**Minor paved road**
**Unpaved road**

**Park boundary**

**STEEP ROADS:**
Grades of 5-8%, Downshift to avoid overheated or failed brakes. See page 5.

**DRIVING TIME IN GOOD WEATHER:**
- From Footills to: Giant Forest - 1 hour.
- Cedar Grove - 1 hour.
- Visalia - 1 hour.
- Mineral King - 1 1/2 hours.
- Road closed Nov 1 to late May.
- From Giant Forest to Grant Grove - 1 hour.
- From Grant Grove to: Cedar Grove - 1 hour.
- Road closed mid-Nov to late April.
- Fresno - 1 1/2 hours.
- Yosemite south entry via Hwy 41 - 3 hrs.

**LIFE ZONES:**
- **High Sierra** - 5,000 to 14,500 feet.
  - Summer: Warm to chilly days; nights down to low 30s. Winter: frigid.
  - Conifer zone - 5,900 to 8,000 feet.
  - Summer: Warm days & cool nights. Winter: deep snow, cold days.
  - Foothills zone - 1,500 to 5,000 feet.
  - Mild, wet winters; hot, dry summers. Cedar Grove is cooler than the foothills, but hotter than Grant Grove.

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**ROAD DELAYS & DETOURS**
- New Cedar Grove Bridge - expect detours through 11/2011: The bridge between Hwy 180 and Cedar Grove Village is closed. The village and lodge are accessible via detour on Northside Road. Use Lewis Creek Trailhead as a turn-around for large vehicles and trailers.
- Generals Highway reconstruction Amphitheater Point to Deer Ridge - expect delays through 5/2012:
  - **Daytime** through 5/22 - Expect delays up to 2 hours on weekdays. Starting 5/23 - Expect delays up to 1 hour on weekdays.
  - **Night**: Possible night closures 5pm-Sam Monday night - Friday morning with one pass-through at 11:30pm. Traffic signals control passage during non-working hours.
  - Vehicles longer than 22’ long cannot travel between Hospital Rock and Giant Forest Museum due to Federal Highways construction limits; vehicles more than 22’ long cannot make the tight curves in the one-lane construction zone. For most recent construction schedules, see bulletin boards or www.nps.gov/leki/parknews/newsreleases.
- Other Road Repairs - through 11/2011: Expect intermittent delays on weekdays in areas of the parks. 1-2 day closures may affect some single-lane roads and campgrounds. Beware of narrow, rough roads. See bulletin boards at visitor centers for updates and details. Thank you for your patience while we work to improve park roads.

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**SPRING 2011**
**SEQUOIA & KINGS CANYON NATIONAL PARKS**
47050 Generals Highway
Three Rivers, CA 93271-9651

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**EXPERIENCE YOUR AMERICA!**