

ジョン・ミューア・トレイル ルート日程表 (Yosemite~Mt.Whitney~WhitneyPortal)

2013

	名前	side trip	標高	距離	標高差	累積距離	残距離
1	Happy Isles		4,035	0.0	0	0.0	207.5
2	Merced River Bridge		4,430	1.0	395	1.0	206.5
3	Glacier Point Trail		5,970	1.8	1,540	2.8	204.7
4	Nevada Fall		5,940	0.2	-30	3.0	204.5
5	Merced Lake Trail (LYV Ranger Sta.)		6,100	1.4	160	4.4	203.1
6	Half Dome Trail		7,000	1.7	900	6.1	201.4
7	Clouds Rest Trail		7,200	0.5	200	6.6	200.9
8	Sunrise Creek Crossing		7,760	1.3	560	7.9	199.6
9	Tenaya Lake and Merced Lake Trails		8,100	1.2	340	9.1	198.4
10	Sunrise Creek Crossing		8,400	0.9	300	10.0	197.5
11	Sunrise Lakes Trail		9,360	3.4	960	13.4	194.1
12	Sunrise High Sierra Camp		9,360	0.3	0	13.7	193.8
13	Mered Lake Trail		9,400	1.0	40	14.7	192.8
14	Cathedral Pass	Cathedral	9,700	2.6	300	17.3	190.2
15	Lower Cathedral Lake Trail		9,480	1.0	-220	18.3	189.2
16	Budd Lake Trail		8,900	2.3	-580	20.6	186.9
17	Tuolumne Meadows Campground Trail		8,640	0.9	-260	21.5	186.0
18	Soda Springs		8,590	0.7	-50	22.2	185.3
19	Young Lakes and Lambert Dome Trails		8,600	0.7	10	22.9	184.6
20	Bridge over Highway 120	Labert Dome	8,600	0.1	0	23.0	184.5
21	Tuolumne Meadows Ranger Station		8,660	0.5	60	23.5	184.0
22	Dana Fork Bridge		8,670	0.5	10	24.0	183.5
23	Lyell Fork Bridge		8,640	0.9	-30	24.9	182.6
24	Vogelsang Trail		8,700	0.5	60	25.4	182.1
25	Evelyn and Ireland Lakes Trail		8,880	4.2	180	29.6	177.9
26	Lyell Base Camp		9,040	3.2	160	32.8	174.7
27	Lyell Fork Bridge		9,700	1.3	660	34.1	173.4
28	Climbers' Route to Mt. Lyell		10,480	1.5	780	35.6	171.9
29	Donohue Pass	Donaphue	11,056	1.4	576	37.0	170.5
30	Marie Lake Trail	Marie Lake, Davis	10,000	2.5	-1,056	39.5	168.0
31	Silver Lake Trail		9,650	0.8	-350	40.3	167.2
32	Island Pass		10,200	1.3	550	41.6	165.9
33	Agnew Pass Trail		9,960	1.4	-240	43.0	164.5
34	Outlet of Thousand Island Lake		9,950	0.2	-10	43.2	164.3
35	Pass above Ruby Lake		10,150	1.3	200	44.5	163.0
36	Outlet of Garnet Lake		9,760	1.0	-390	45.5	162.0
37	Lake Ediza Trail		9,000	2.1	-760	47.6	159.9

8月6日

8月7日

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	名前	標高	距離	標高差	累積距離	残距離	
	side trip						
38	Inlet of Shadow Lake	8,780	0.7	-220	48.3	159.2	
39	Rosalie Lake	9,300	1.7	520	50.0	157.5	
40	Gladys Pass	9,700	0.8	400	50.8	156.7	
41	Trinity Lakes	9,180	1.6	-520	52.4	155.1	
42	Minaret Lake Trail	8,120	1.7	-1,060	54.1	153.4	8月8日
43	Beck Lakes Trail	8,080	0.5	-40	54.6	152.9	
44	Middle Fork Bridge	7,550	1.2	-530	55.8	151.7	
45	Devils Postpile National Monument	7,550	0.2	0	56.0	151.5	
46	Rainbow Falls Trail	7,600	0.3	50	56.3	151.2	
47	Rainbow Falls Trail	7,600	0.8	0	57.1	150.4	
48	Reds Meadow and Mammoth Pass Trails	8,650	2.8	1,050	59.9	147.6	
49	Mammoth Pass Trail	9,080	1.2	430	61.1	146.4	
50	Deer Lakes Trail	9,590	1.8	510	62.9	144.6	
51	Duek Pass Trail	10,160	5.5	570	68.4	139.1	
52	Fish Creek Trail at Purple Lake	9,900	1.9	-260	70.3	137.2	
53	Inlet at Lake Virginia	10,200	1.9	300	72.2	135.3	8月9日
54	Tully Hole and McGee Pass Trail	9,540	1.9	-660	74.1	133.4	
55	Fish Valley Trail	9,100	1.5	-440	75.6	131.9	
56	Squaw Lake	10,260	1.9	1,160	77.5	130.0	
57	Edison Lake Trail over Goodale Pass	10,500	0.4	240	77.9	129.6	
58	Chief Lake	10,530	0.3	30	78.2	129.3	
59	Silver Pass	10,900	0.8	370	79.0	128.5	
60	Silver Pass Lake	10,360	1.0	-540	80.0	127.5	
61	Mott Lake Trail	9,000	2.8	-1,360	82.8	124.7	
62	Pocket Meadow	8,880	0.2	-120	83.0	124.5	
63	Mono Pass Trail	8,250	1.3	-630	84.3	123.2	
64	Edison Lake Trail	7,750	1.5	-500	85.8	121.7	
65	First Water Source	9,160	2.3	1,410	88.1	119.4	
66	Bear Ridge Summit	9,980	2.3	820	90.4	117.1	
67	Water Soree	9,600	0.9	-380	91.3	116.2	
68	Bear Creek Trail	9,600	1.5	0	92.8	114.7	
69	Lake Italy Trail	9,290	2.1	-310	94.9	112.6	8月10日
	Seven Gables						
70	Seven Gables Lakes Trail	9,530	1.3	240	96.2	111.3	
71	Rose Lake Trail	9,960	1.2	430	97.4	110.1	
72	Sandpiper Lake Trail	9,960	0.2	0	97.6	109.9	
73	Marie Lake	10,600	1.4	640	99.0	108.5	
74	Selden Pass	10,860	0.9	260	99.9	107.6	

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	名前	標高	距離	標高差	累積距離	残距離	
	side trip						
75	Heart Lake	10,550	0.7	-310	100.6	106.9	
76	Sally Keyes Lakes	10,200	0.8	-350	101.4	106.1	
77	Unmaintained Trail to the South Fork	10,140	0.6	-60	102.0	105.5	
78	Senger Creek Crossing	9,750	1.7	-390	103.7	103.8	
79	Florence Lake Trail	8,400	2.2	-1,350	105.9	101.6	
80	Florence Lake Trail	7,890	1.5	-510	107.4	100.1	8月11日
81	Piute Pass Trail	8,045	1.8	155	109.2	98.3	
82	South Fork Bridge	8,380	3.1	335	112.3	95.2	
83	Hell-For-Sure Pass Trail	8,470	1.2	90	113.5	94.0	
84	Evolution Creek Crossing	9,260	1.7	790	115.2	92.3	
85	McClure Meadow and Ranger Station	9,600	2.1	340	117.3	90.2	
86	Colby Meadow	9,740	1.4	140	118.7	88.8	
87	Lamarck Col Trail	10,660	2.0	920	120.7	86.8	8月12日
88	Evolution Lake	10,850	0.6	190	121.3	86.2	
89	Sapphire Lake	11,000	2.0	150	123.3	84.2	
90	Outlet of Wanda Lake	11,500	2.0	500	125.3	82.2	
91	Muir Pass	Black Giant	2.0	455	127.3	80.2	
92	Helen Lake Outlet	11,800	1.1	-155	128.4	79.1	
93	Big Pete Meadow	9,260	5.0	-2,540	133.4	74.1	
94	Little Pete Meadow	8,850	0.8	-410	134.2	73.3	
95	Bishop Pass Trail/ LeConte Ranger Station	8,710	0.8	-140	135.0	72.5	
96	Grouse Meadows	8,200	2.7	-510	137.7	69.8	
97	Tehipite Vally Trail	8,020	1.0	-180	138.7	68.8	8月13日
98	Deer Meadow	8,860	3.8	840	142.5	65.0	
99	Golden Staircase	10,400	2.5	1,540	145.0	62.5	
100	Lower Palisade Lake	10,600	1.0	200	146.0	61.5	
101	Mather Pass	12,100	4.0	1,500	150.0	57.5	
102	Head of Upper Basin	11,300	2.0	-800	152.0	55.5	
103	Cartridge Pass Trail	10,030	1.0	-1,270	153.0	54.5	
104	Taboose Pass Trail	10,780	4.3	750	157.3	50.2	8月14日
105	Bench Lake Trail	10,800	0.1	20	157.4	50.1	
106	Lake Marjorie	11,160	1.3	360	158.7	48.8	
107	Pinehot Pass	Crator	1.8	940	160.5	47.0	
108	Twin Lakes	10,600	3.4	-1,500	163.9	43.6	
109	Sawmill Pass Trail	10,350	0.4	-250	164.3	43.2	
110	Cedar Grove Trail	8,495	3.6	-1,855	167.9	39.6	
111	Woods Creek Bridge	8,495	0.1	0	168.0	39.5	

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	side trip						2013
112	Baxter Pass Trail at Dollar Lake	10,220	3.1	1,725	171.1	36.4	
113	Arrowhead Lake	10,300	0.4	80	171.5	36.0	
114	Rae Lakes Ranger Station	10,600	1.6	300	173.1	34.4	8月15日
115	Dragon Lake Trail	10,560	0.2	-40	173.3	34.2	
116	Sixty Lakes Basin Trail	10,550	0.4	-10	173.7	33.8	
117	Glen Pass	11,978	1.9	1,428	175.6	31.9	
118	Charlotte Lake Trail	11,000	1.1	-978	176.7	30.8	
119	Kearsarge Pass Trail	10,800	0.8	-200	177.5	30.0	
120	Kearsarge Pass Trail	10,720	0.2	-80	177.7	29.8	
121	Bullfrog Lake Trail	10,500	0.4	-220	178.1	29.4	
122	Cedar Grove Trail	9,600	0.9	-900	179.0	28.5	
123	Vidette Meadow	9,550	0.5	-50	179.5	28.0	
124	Center Basin Trail	10,520	2.9	970	182.4	25.1	
125	Tarn 12248	12,248	3.2	1,728	185.6	21.9	
126	Forester Pass	13,150	1.4	902	187.0	20.5	
127	Lake South America Trail	10,970	4.3	-2,180	191.3	16.2	
128	Ford of Tyndall Creek	10,920	0.2	-50	191.5	16.0	8月16日
129	Shepherd Pass Trail	10,920	0.0	0	191.5	16.0	
130	Kern River Canyon Trail	10,880	0.2	-40	191.7	15.8	
131	Bighorn Plateau	11,430	1.8	550	193.5	14.0	
132	High Sierra Trail and Wallace Lake Trail	10,380	2.5	-1,050	196.0	11.5	
133	Sandy Meadow	10,650	2.8	270	198.8	8.7	
134	Crabtree Lakes Trail	10,870	0.8	220	199.6	7.9	
135	Crabtree Lakes Trail	10,630	0.8	-240	200.4	7.1	
136	Crabtree Ranger Station	10,650	0.1	20	200.5	7.0	
137	Timberline Lake	11,100	1.2	450	201.7	5.8	
138	Guitar Lake	11,450	1.3	350	203.0	4.5	8月17日
139	Junction of Mt. Whitney Trail	13,600	2.4	2,150	205.4	2.1	
140	Summit of Mt. Whitney (End of JMT)	11,955	2.1	-1,645	207.5	0.0	
141	Trail Crest	13,777	2.3	1,822	209.8	(2.3)	
142	Trail Camp	12,040	2.1	-1,737	211.9	(4.4)	
143	Mirror Lake	10,680	1.9	-1,360	213.8	(6.3)	
144	Outpost Camp	10,365	0.2	-315	214.0	(6.5)	
145	Spur to Lone Pine Lake	10,100	0.8	-265	214.8	(7.3)	
146	Whitney Portal	8,350	2.9	-1,750	217.7	(10.2)	8月18日







