

	A	B	C	D	E	F	G
1			Distance (miles)				
2			From	Total	Elevation (feet)		
3	Place / Feature	Elev.	prev pt	Total	Change	Daily Gain	Daily Loss
4	Onion Valley Trailhead	9,200	0.0	0.0			
5	Gilbert Lake	10,417	2.2	2.2	1,217		
6	Flower Lake	10,531	0.3	2.5	114		
7	Kearsarge Pass	11,823	3.0	5.5	1,292		
8	Middle & Lower Kearsarge Lake	10,850	1.0	6.5	-973	2,623	-973
9	John Muir Trail	10,530	1.3	7.8	-320		
10	Bubbs Creek Trail	9,550	1.5	9.3	-980		
11	Vidette Meadow	9,600	0.7	10.0	50		
12	Center Basin / Junction Pass Trail	10,500	2.8	12.8	900	950	-1,300
13	Lake 12,248	12,248	3.5	16.3	1,748		
14	Forester Pass	13,180	1.0	17.3	932		
15	JMT X outlet stream	11,180	3.6	20.9	-2,000		
16	Lake 11,400	11,400	0.4	21.3	220	2,900	-2,000
17	JMT X outlet stream	11,180	0.4	21.7	-220		
18	Lake South America Trail Jct.	11,160	0.7	22.4	-20		
19	Tyndall Creek	10,900	0.3	22.7	-260		
20	Shepherd Pass Trail	10,930	0.1	22.8	30		
21	Bighorn Plateau / rest break	11,400	2.0	24.8	470		
22	Wright Creek	10,790	1.5	26.3	-610	500	-1,110
23	Wallace Creek	10,390	1.1	27.4	-400		
24	Saddle	10,964	1.6	29.0	574		
25	Sandy Meadow / lunch break	10,636	0.8	29.8	-328		
26	Pacific Coast Trail Jct.	10,880	0.9	30.7	244		
27	Rock Creek Trail Jct	10,640	1.3	32.0	-240		
28	Meadow / water break	10,858	1.2	33.2	218		
29	Timberline Lake	11,070	0.7	33.9	212		
30	Campsite above Guitar Lake	11,630	0.9	34.8	560	1,808	-968
31	Guitar Lake	11,483	0.2	35.0	-147		
32	John Muir / Mt. Whitney Trail Jct.	13,560	3.0	38.0	2,077		
33	Mt. Whitney summit	14,494	2.4	40.4	934	2,077	-147
34	John Muir / Mt. Whitney Trail Jct.	13,560	2.4	42.8	-934		
35	Trail Crest Pass	13,600	0.2	43.0	40		
36	Trail Camp	12,000	2.2	45.2	-1,600		
37	Mirror Lake	10,645	2.0	47.2	-1,355		
38	Outpost Camp	10,365	1.0	48.2	-280		
39	Lone Pine Lake Trail	10,080	0.6	48.8	-285		
40	Whitney Portal	8,361	2.3	51.1	-1,719	40	-6,173
41					<b>Total</b>	<b>10,898</b>	<b>-12,671</b>

Sierra 1997 Backpack - Distance vs Elevation

