

High Sierra Loop Hiking Information

All travel times given are dependent on fitness level! Times calculated by an average hiker speed of 2 mph for moderate trails, and 1.5 miles for strenuous trails. Do NOT drink water from streams or lakes without using proper filtration.

From	To	Difficulty	Distance	Time	Elevation Change	Notes
Tuolumne Meadows Lodge	Glen Aulin	Moderate	8 miles	3 to 4 hours	920 ft descent	The trail is gradually downhill in the first 5.5 miles. The last mile descends 500 feet into camp on a trail that is cut and built with stone step and rocks. This section is slightly technical to new hikers. Water is available at the Delaney Creek crossing and from the Tuolumne River.
Glen Aulin	May Lake	Strenuous	8 miles	5 hours	1,470 ft ascent	The trail climbs 200' out of Glen Aulin to McGee Lake in under a mile. There is a 200' elevation loss over the 2nd mile to Cathedral Creek. From there the trail climbs 1450' over the next 6 miles before reaching May Lake. Water is available at McGee Lake, the Cathedra Creek crossing (seasonal), and Raisin Lake
May Lake	Sunrise	Strenuous	8.5 miles	4.5 hours	1,260 ft descent followed by 1,680 ft ascent	The trail descends 1200' over the first three miles to Tenaya Lake through a combination of granite and forested sections of trail. After a meandering walk for the next two miles, the trail begins to climb switchbacks from Mile 5 to Mile 6. It gains nearly 900' in one mile where it meets the Clouds Rest junction. Stay left and continue 2.5 miles to Sunrise HSC. This segment will climb to nearly 9800' in elevation before descending 300' into camp over the last 1/2 mile. Water is available at Tenaya Creek (seasonal) and the Sunrise Lakes.
Sunrise	Merced	Moderate	9.5 miles	4.5 to 5 hours	2,500 ft descent	The trail begins with an easy 1.5 miles and then descends almost 2500' over nearly six miles. The final two miles of trail pass through lush Echo Valley and then over granite before pacing alongside the Merced River at its outlet from Merced Lake. Parts of trail are forested while others are over granite. Water is available at the Echo Creek crossings (seasonal) and along the Merced River.
Merced	Vogelsang	Very Strenuous	7.8 miles	5.5 hours (Fletcher Creek) to 6 hours (Lewis Creek)	2,950 ft ascent	The Fletcher Creek route is slightly shorter and gains about 800' less elevation overall. This trail has short segments of flat trail interspersed with steep climbs. It offers the chance to see Babcock Lake and Emeric Lake by walking .3 and .4 miles, respectively, from the trail. Water is available at the Fletcher Creek crossing (seasonal) and the aforementioned lakes. The Lewis Creek route is slightly longer and gains 800' more elevation because it climbs over Vogelsang Pass at nearly 10,700 feet before descending into camp. It is a steady uphill climb gaining over 3000' in six miles. There is a one mile spur to Bernice Lake from this trail. Water is available from Lewis Creek and at the Florence Creek crossing (seasonal).
Vogelsang	Tuolumne Meadows Lodge	Moderate	6.8 miles	3.5 hours	1,380 ft descent	The trail is almost entirely downhill. It passes through meadows and forested areas. Water is available at a couple of seasonal creeks and a crossing of Rafferty Creek
Tuolumne Meadows Lodge	Sunrise	Moderate	7.5 miles	4 hours	1,340 ft ascent	The trail begins with a steep climb to 9000' in elevation and then has flat trail interspersed with gradual climbs for the next four miles. It passes near Lower and Upper Cathedral Lakes and hugs right below Cathedral Peak. The last 2.5 miles are downhill through Long Meadow into camp. Water is available along some seasonal creeks and from the aforementioned lakes.
Merced	Yosemite Valley	Strenuous	14 miles	6 to 7 hours	3,150 ft descent	THIS ROUTE IS NOT RECOMMENDED FOR INEXPERIENCED HIKERS This trail begins with 1000' elevation loss over five miles of granite before leveling off for the next four miles as it travels into and through Little Yosemite Valley. This section is often sandy. The final four miles descend another 2000' to the Valley Floor through forested sections. The trail travels through the Merced River canyon and is often hot and sunny. Water is available at several points from the Merced River.