

## Time and Mileage Table

Southern Sierra High Route, SoSHR

					Cumulative				Comment
	Hours	Miles	Gain	Loss	Hours	Miles	Gain	Loss	
South Lake Trail Head									
Bishop Pass	2.5	5.6	2200	150	2.5	5.6	2200	150	
Kapsack Pass	1.9	3.7	864	1162	4.4	9.3	3064	1312	
Potluck Pass	1.7	2.9	896	479	6.1	12.2	3960	1791	
Mt Sil (round trip, Cirque	4.5	3.8	2500	2500	10.6	16.0	6460	4291	Side trip
Cirque Pass	1.0	1.3	482	542	11.6	17.3	6942	4833	
Lower Pal. Lake	1.2	1.7	72	1441	12.8	19.0	7014	6274	
Upper Pal. Lake	0.6	1.2	286	59	13.4	20.2	7300	6333	
Mather Pass	1.3	2.6	1221	55	14.7	22.8	8521	6388	
Leave SHR (Up. Basin)	0.5	1.4	0	338	15.2	24.2	8521	6726	
Pinchot Pass	3.8	8.6	1966	1437	19.0	32.8	10487	8163	
Jct Sawmill Pass Trail	1.4	4.3	-209	1438	20.4	37.1	10278	9601	
"Acrodetes High Route"									Alternative to "Woods Hole"
"Woods Hole"	1.5	3.8	103	1782	21.9	40.9	10381	11383	
Upper Rae Lake	2.9	7.0	2342	236	24.8	47.8	12723	11619	
Glen Pass	1.2	2.1	1382	52	26.0	49.9	14105	11671	
Upper Vidette Meadow	2.9	6.0	720	2386	28.9	55.9	14825	14057	
Junction Pass	2.8	6.4	3246	56	31.7	62.3	18071	14113	
Shepherd Pass	2.7	3.8	1056	2214	34.4	66.1	19127	16327	
"Wright Lakes Pass"	1.1	2.6	532	480	35.5	68.7	19659	16807	
Wallace Creek	2.3	4.4	328	1433	37.8	73.1	19987	18240	
Russell Carillon Col	2.9	5.1	2420	177	40.7	78.2	22407	18417	
Boy Scout Lake	1.2	1.6	1	1851	41.9	79.8	22408	20268	
Mt. Whitney Summit	2.6	2.6	3000	0	44.5	82.4	25408	20268	
Upper Crabtree Lake	2.2	3.3	310	2692	46.7	85.7	25718	22960	
Spring near Soldier Lake	3.9	7.1	1131	2318	50.6	92.8	26849	25278	
New Army Pass	1.2	3.0	1391	0	51.8	95.8	28240	25278	
Long Lake	0.7	2.0	10	1037	52.5	97.8	28250	26315	
Cottonwood Lakes TH	2.2	6.2	210	1307	<b>54.7</b>	<b>104.0</b>	<b>28460</b>	<b>27622</b>	