# Tuesday, May 22 – Home to San Francisco to Sequoia and Kings Canyon National Park (252 miles; 5 hours)

Fly to San Francisco (Herb, Lorry, and Tommy)

Meet Andrew at airport

Pickup rental car

Drive 5 hours to John Muir Lodge in Kings Canyon

Past San Luis Reservoir and through rich agricultural lands of central California

Drive (boys run) the 2.3 windy road up to Panoramic Point

Great views of Kings Canyon and the Great Western Divide

Drive to Grant Grove and hike the ½-mile paved walk to the General Grant Tree

Stay at John Muir Lodge in Kings Canyon National Park

## Wednesday, May 23 – Sequoia and Kings Canyon (94 miles; 2.25 hours)

Drive Generals Highway into Sequoia National Park

Stop at Lodgepole Visitor Center to watch film on bears in the park

Hike the 400 steps to the top of Moro Rock for spectacular 360 degree views

Drive through Tunnel Log on the way to Crescent Meadow

Hike the 1.8 mile round trip trail through Crescent Meadow

Stop at Tharp's Log, a tiny cabin built from a fallen, fire-hollowed sequoia

Head back north on Generals Highway

Stop at General Sherman Tree (largest living thing on the planet)

Drive towards Kings Canyon

Stop at Hume Lake for a Swim

Stop to eat at the Kings Canyon Lodge

Drive the spectacular 31-mile Kings Canyon Scenic Byway to Cedar Grove

Hike the short ¼-mile trail to Roaring River Falls

Stay at Cedar Grove Lodge

#### Thursday, May 24 – Kings Canyon (10 miles; .5 hours)

Drive to trailhead at Roads End

Hike the beautiful 8-mile round trip trail to Mist Falls

Take Gaidus annual Christmas photo

Have dinner at Cedar Grove Lodge – eat on picnic table beside Kings River

After dinner, hike 1.5-mile loop trail around Zumwalt Meadow

Stay at Cedar Grove Lodge

#### Friday, May 25 – Kings Canyon to Sebastopol (331 miles; 5 ½ hours)

Stop at Muir Rock before leaving Kings Canyon

Drive towards Sebastopol

Stop for lunch at In-N-Out Burgers

Stop for provisions at Trader Joes

Picnic dinner at Emery Point with view of the San Francisco Oakland Bay Bridge

Stay in Sebastopol

### Saturday, May 26 – Sonoma County (38 miles; 1 hour)

Run/Hike Annadel State Park

Shop for brick-oven baked bread and scones at Wild Flour Bakery

Hike Willow Creek and have a picnic of bread, cheese, and wine

Stay in Sebastopol

### Sunday, May 27 – Sebastopol (0 miles; 0 hours)

Go to the Sebastopol Farmers' Market

Walk along Florence Street, enjoying the whimsical, cartoon-like junk-art sculpture on many front lawns (done by Sebastopol resident sculptor Patrick Amiot)

Run at Ragle Ranch Regional Park

Stay in Sebastopol

# Monday, May 28 – Mill Valley, Stinson, Beach, and Point Reyes Elk Refuge (126 miles; 3 ½ hours)

Drive to Mill Valley and buy a picnic lunch in the Mill Valley Market

Hike/Bike the steep steps and trails of the Dipsea Trail

Drive Panoramic Highway through Mt. Tamalpais State Park to Stinson Beach

Have picnic (freezing) on the beach

Drive to Point Reyes Elk Refuge (end of Pierce Point Road)

Hike the Tomales Point Trail

Stay in Sebastopol

#### Tuesday, May 29 – Bodega Bay, Sonoma Wineries, and Healdsburg (88 miles; 2 hours)

Drive to Bodega Bay

Hike the Bodega Bay Headlands 3 mile loop from Salmon Creek Beach

Go Wine Tasting at the Hop Kiln and Arista Wineries

Go to Healdsburg evening concert in the Healdsburg Plaza

Have dinner at Diavola Pizzeria and Salumeria in Geyserville

Stay in Sebastopol

#### Wednesday, May 30 – San Francisco (121 miles; 2 ½ hours)

Drive to San Francisco to see sights

Fort Point National Historic Site - Civil War era fort that is now a National Historic Site and part of the Golden Gate national Recreation Area

Tour Coit Tower, 210-foot art deco, concrete tower atop Telegraph Hill

#### Golden Gate Park

Drive down Lombard Street

Picnic and walk around Golden Gate Park – go to top of DeYoung Museum for great views of the city

Stop at Golden Gate Bridge scenic viewpoint

Stay in Sebastopol

# Thursday, May 31 – Armstrong Redwoods, Pacific Coast Highway, Mendocino 124 miles; 3 hours)

Boys fly to start their internships and Herb and I head out on our own

Stop at Armstrong Redwoods State Natural Reserve – hike the 1.5 mile Pioneer Nature

Trail

Drive a 100-mile section of the spectacular Pacific Coast Highway from Jenner to Mendocino

Stop at Point Arena Lighthouse

Have a picnic dinner on the Mendocino Headlands

Stay at the Didjeridoo Dreamtime Inn in Mendocino

## Friday, 6/1 – Mendocino and Lake Tahoe (300 miles; 6 hours)

Have a delicious breakfast at the Didjeridoo Dreamtime Inn

Walk out on the Mendocino Headlands to catch the morning light

Drive to Lake Tahoe (south end of lake)

Stop for a picnic lunch along the way at Clear Lake

Have wine and cheese at El Dorado Beach picnic tables and watch the sunset

Have dinner at the Brewpub on Lake Tahoe Blvd

Stay at Super 8 Motel on Lake Tahoe Blvd

#### Saturday, 6/2 - Lake Tahoe to Mono Lake and Yosemite Valley (185 miles; 4 hours)

Drive to Yosemite via Mono Lake

Hike the mile long trail in the Mono Lake South Tufa State Reserve

Have lunch at Whoa Nellie's Deli, located in a Mobil gas station overlooking Mono Lake

Drive to Yosemite – including the spectacular 56-mile Tioga Road from the East Gate through Tuolemne Meadows to Crane Flat

Have wine and some cheese in the Ahwahnee Meadow watching the sun set on Half Dome

Stay in Yosemite Housekeeping Camp

### Sunday, 6/3 – Yosemite Valley

Hike the strenuous 7.2 mile round trip trail to the top of Yosemite Falls, 2,425 feet above the Valley floor

Hang out and swim in the Merced River from the nice sandy beach in Housekeeping Camp

Have wine and some cheese in the El Cap Meadow watching the sun go down on the tiny, tiny climbers on the wall

## Monday, 6/4 – Yosemite Valley to Hayward (172 miles; 3 ½ hours)

Have lunch at the amazing Ahwahnee Hotel Drive to Hayward (near SFO) and stay at the Days Inn

# Tuesday, 6/5 – Fly Home

Drive to San Francisco International Airport Fly back to New Jersey

Total Trip Mileage: 1851 miles

Average Miles per Day: 123 miles per day