



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —

Yosemite National Park – Valley Floor

11K/21K Rated: 3C Y0727

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COVID-19 NOTICE

This route is subject to all restrictions and safety guidelines by government and Park directives in effect at time of visit including but not limited to:

1. Park (or portions thereof) closed or limited hours
2. Capacity limits – reservations required even if you have season pass
3. Closure of one or more sections of this route
4. Pedestrian direction (one way) restrictions
5. No Valley shuttle bus operations in 2020
6. Wearing face protection
7. Enforced social distancing
8. Any other mitigation measures that would prevent you from completing this route or require you to make on the spot adjustments/changes

Refer to <https://www.nps.gov/yose/planyourvisit/covid19.htm> for information on current restrictions or visit requirements prior to your intended visit.



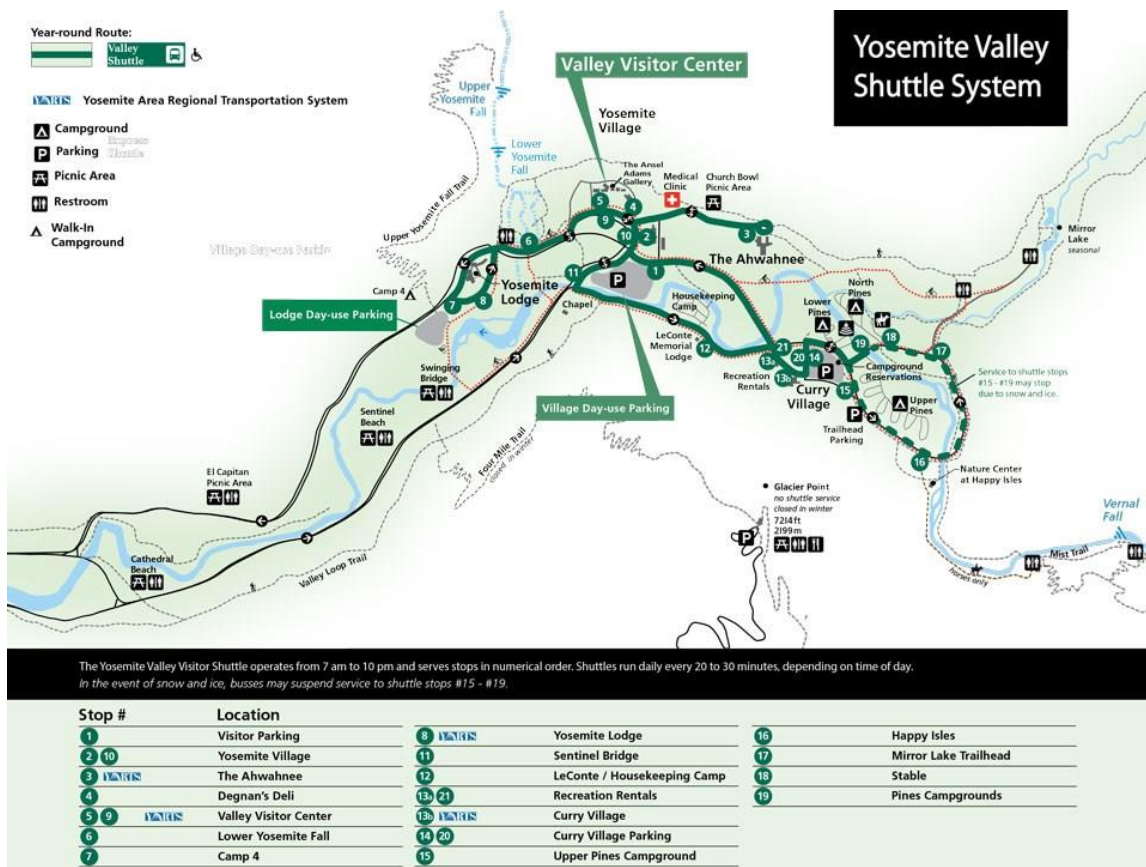
Special Programs – None

Start: Yosemite National Park, CA. *GPS units do not always provide accurate directions for Park. If you do use a GPS unit, just keep in mind that if there's a conflict between what the road sign says and what your GPS unit says, the road sign is correct (and your GPS unit isn't).*

Directions: Coming from Mariposa, CA Drive EAST on CA-140, to Yosemite National Park (40 miles). Snow occasionally blankets the Valley, but it is open year-round. Page 5 has various mileages to CA and NV cities. **Gas is not available in Yosemite Valley! Fill up ahead of arrival.**

Note: *You will need to pay an entry fee or have a National Parks pass to enter Yosemite National Park. Get the latest NPS slick map entitled "Yosemite" (black top border) from the entry gate or a Visitor Center. This publication has the best map for the Valley Floor Walk.*

CA-140 East becomes Southside Drive once inside the park. The first bridge you drove over is Pohono Bridge. Note that this bridge is the halfway point for the 21k route. Keep following signs for Yosemite Village and day parking. The second bridge you cross just before Yosemite Village is Sentinel Bridge (Shuttle Stop 11). This is the official start for the Valley Floor walk. If possible, park at Sentinel Bridge. If the lot is full, drive ahead and turn Right into the main parking lot and backtrack to the bridge. If the main parking lot is full, you can park in any of the other lots and take the free Park Shuttle to Sentinel Bridge.





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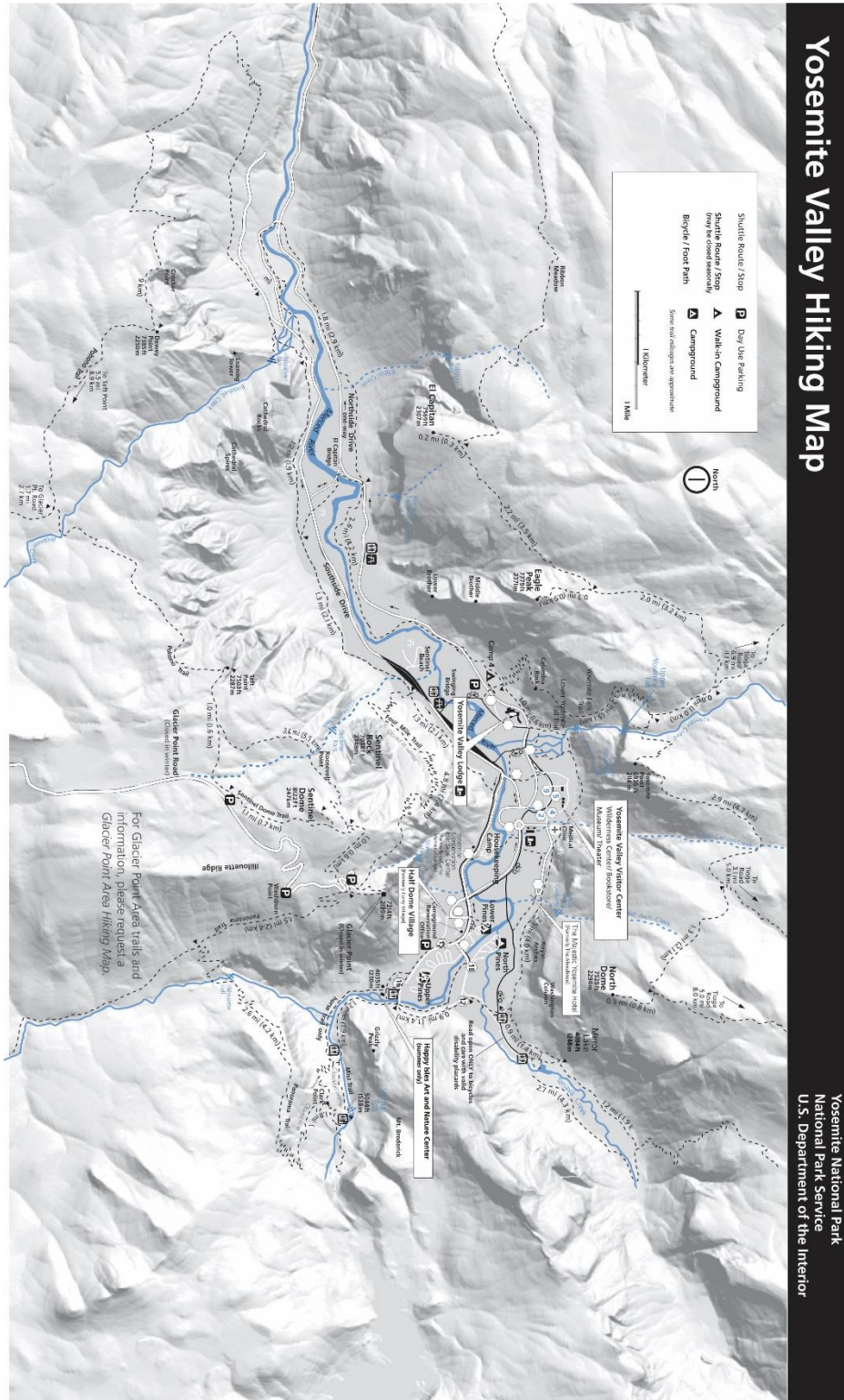
1. Walk begins at Sentinel Bridge and will take you on a scenic clockwise loop around Yosemite Valley Floor. You will pass many of the famous landmarks within the park. Carry water, sunscreen and insect repellent. There are a few restrooms along the route.
 2. Cross the bridge and head right on the bike path. The Merced River will be on your right. After a short time go left into the picnic area, with restrooms.
 3. Carefully cross Southside Drive go right on trail. Follow signs for Bridalveil Falls (5 miles) and Pohono Bridge (6.5 miles). Avoid Four Mile Trail that forks left.
 4. Watch for a sign on the right to El Capitan. Turn right off the main trail, re-cross Southside Drive, cross river, turn right on river trail, and follow signs to Yosemite Village. Trail will cross Northside Drive near Sentinel Beach.
- For 11 km walk, skip instruction #5, go to #6.**
5. **21 km option:** Cross the river at Pohono Bridge at the halfway point and continue heading clockwise up the valley. At this point you will be following signs toward El Capitan (9 miles) and Yosemite Village (11 miles).
 6. Pass through a campground (Camp #4); stay left through the parking lot. Soon you will see Yosemite Falls on your left, the longest falling falls in America and the 5th longest in the world. Continue through Yosemite Village to the Sentinel Bridge start point.
 7. Just before reaching the end point at Sentinel Bridge, be sure to visit the Park Museum.

Event related assistance or suggestions for improvement please contact:

Carl Cordes (702) 540-6632 or email:

pa_rd@ava.org

Be sure to log back into the OSB system (my.ava.org) to finish/complete your online registration after doing the walk. The OSB system does not deduct any walking fee from a walker's Event Bank until they have submitted walk completion info including the date the event was walked, the distance walked, and the selection of applicable special programs that walker is participating in. (NOTE: The \$2 fee for event PDF Download is deducted from the user's Event Bank when the pdf is downloaded. This prepaid fee is applied against the credit fee(s) at the OSB "Finish Table" when you submit the walk completion info. However, the \$2 "coupon" for the downloaded PDF expires 60 days from download.)





Yosemite Valley Hiking Map

Yosemite National Park
National Park Service
U.S. Department of the Interior



Easy (flat and short)

Bridalveil Fall 0.5 miles/0.8 km round-trip; 20 minutes

Begin at the Bridalveil Fall parking area. A paved trail leads from the parking area to the base of the waterfall, which flows all year. Walk back to the parking area via the same trail. Expect lots of spray in spring and early summer. Trail is icy in winter.

Lower Yosemite Fall 1.1 miles/1.7 km loop trail; 30 minutes

Begin at the Lower Yosemite Fall trailhead. This short, easy walk rewards visitors with spectacular views of Upper and Lower Yosemite Falls. This waterfall may be dry in late summer and early fall. Expect lots of spray in spring and early summer.

Cook's Meadow Loop 1 mile/1.6 km; 30 minutes

Begin at **shuttle stop #6**. This short walk offers stunning views of Half Dome, Glacier Point, and the Royal Arches. At shuttle bus stop #6, cross the street (watch for traffic!) and follow the bike path, bearing left as the path forks. At the Sentinel Bridge parking area, walk out onto the bridge to enjoy a classic view of Half Dome (photographed by Ansel Adams) before returning to the parking area. Follow the boardwalk back across the meadow, cross the street, and turn right to get to the Visitor Center (stop #5).

Mirror Lake/Meadow 2 miles/3.2 km round-trip to lake; 1 hour

(dry in summer and fall) 5 miles/8 km loop around the lake; 2 hours. Full loop is moderately difficult. Flat and long. Begin at Mirror Lake Trailhead (**shuttle stop #17**). From the shuttle stop, a paved trail leads directly to Mirror Lake. Hikers may access a loop trail from the paved path. This loop follows Tenaya Creek beyond the lake, crosses two bridges beyond the Snow Creek intersection, and returns past Mirror Lake. When filled in winter and spring, the lake offers beautiful reflections of surrounding cliffs. This is a great place to see wildlife. Exhibits detail the story of the area's lake-to-meadow succession.

Hiking Safety and Etiquette

- Wading and/or swimming upstream from waterfalls is extremely dangerous.
- Each year, unsuspecting visitors drown or are swept over to their deaths.
- Stay on trails; taking shortcuts causes trail erosion—and is both dangerous and illegal.
- Carry (and drink) plenty of water; a leading cause of injuries on the trail is dehydration.
- Be sure to treat river, stream, lake, or spring water before drinking.
- Be prepared for sudden changes in weather and conditions.
- Bears and other wildlife can be present on trails at any time of the day or night. Feeding and approaching wildlife is dangerous and illegal. Keep food within arm's reach.
- Rocks in and around waterways are often slippery. Use caution when crossing streams.
- Pets and bicycles are only permitted on paved bike paths.
- Horses and mules have the right of way on trails.
- Pack out what you pack in, including toilet paper.
- Trails are often rocky and steep. Travel carefully and at your own risk.

Moderate (flat & long)

Valley Loop trail

The trail follows many of the Valley's first earthen trails and wagon roads. The half-loop trail crosses the Valley on El Capitan Bridge. Continue on to Bridalveil Fall for the full loop. The Valley Loop Trail provides solitude with occasional route-finding difficulty. Hike through meadows, forests, and along the Merced River. Along the way, enjoy striking views of Sentinel Rock, Cathedral Rocks, Bridalveil Fall, El Capitan, Three Brothers, and Yosemite Falls. Bikes and pets not permitted on the Valley Loop Trail.

Strenuous (steep and long) *Strenuous trails may be considered moderate if a portion of the trail is hiked*

Four Mile trail

In summer months, take the **El Capitan Shuttle** to the trailhead. Trail can also be accessed from year-round shuttle stop #7, adding about 1/2 mile to the total distance. This trail begins near the base of Sentinel Rock and climbs to the top of Yosemite Valley at Glacier Point. To make this a one-way trip, make a reservation (required) at any tour desk for a one-way ticket on the Glacier Point tour (5), then hike down. Do not expect to return to Glacier Point or the Valley by bus without reservation.

Panorama Trail

As its name implies, this trail offers some incredible panoramic views of Yosemite Valley. The trail crosses Illwacoette Fall after 7 miles (3.2 km) and continues partially uphill along the Panorama Cliff. At the top of Nevada Fall, the trail joins the Mist and John Muir Trails to Happy Isles. You can make a reservation (required) at any tour desk for a one-way ticket on the Glacier Point tour (5), then hike down.

Upper Yosemite Fall

One of Yosemite's oldest historic trails (built 1873 to 1877), the Yosemite Falls trail leads to the top of North America's tallest waterfall, 2,425 feet (739 m) above the Valley floor. Do not stray off the marked path, as you will find steep drops adjacent to the trail. Enjoy spectacular views from Columbia Rock (located one mile (and dozens of switchbacks) from the trailhead).

Vernal & Nevada Falls

You can see Vernal Fall from the footbridge at 0.8 miles (1.3 km). Beyond the bridge, at 0.2 miles, the Mist Trail and the John Muir Trail diverge. To proceed directly to the top of Vernal Fall, follow the Mist Trail 0.5 mile (0.8 km) up a steep granite stairway of over 800 steps. Prepare for slippery footing and a tremendous amount of waterfall spray in spring and early summer. The top of Nevada Fall may be reached by continuing 1.3 miles (2.1 km) along the Mist Trail. Nevada Fall may also be reached via the John Muir Trail (bypassing Vernal Fall). Portions of the John Muir and Mist Trails are closed in winter due to hazardous conditions.

Half Dome

A permit is required to summit Half Dome
(Cables typically up from late May to early October) via **Mist Trail** 14 m/22.5 km round-trip; via **John Muir Trail** 16.3 m/26.3 km round-trip; via **Mist and John Muir Trails** 15.2 m/24.4 km round-trip; 10 to 12 hours; 4,800 ft/1,463 m elevation gain. Begin at Happy Isles (**shuttle stop #16**) **DO NOT BEGIN THIS ASCENT IF: 1) the cables are down, 2) there is any chance of rain (moisture makes the granite too slick for safety), or 3) there is any chance of lightning.** Follow the Mist Trail or John Muir Trail to Nevada Fall. Continue on the trail, following the signs to Half Dome. The last 900 feet (275 m) of trail is a very steep climb up the east side of Half Dome. Cables assist hikers on the final 400 feet (122 m). They consist of two steel cables, about 3 feet apart and suspended waist high from pipes set in the rock. The top of Half Dome is a fairly large and level open surface. Camping is not permitted on top of Half Dome.



Mileage and Driving Time from Yosemite Valley Visitor Center
Estimated times vary depending on road and weather conditions

Destination	Time	Distance	Destination	Time	Distance
Ancient Bristlecone Pine Forest (Schulman Grove)	4 h 15 m	180 mi/288 km	Hetch Hetchy parking	1 h 15 m	38 mi/61 km
Arch Rock Entrance Station	20 m	11 mi/18 km	<i>Kings Canyon National Park</i>		
Badger Pass	45 m	20 mi/32 km	Grant Grove via Highway 41	3 h 30 m	150 mi/242 km
Bakersfield via Highway 41	4 h	201 mi/324 km	Cedar Grove via Highway 41	4 h	180 mi/290 km
Bakersfield via Highway 140	4 h 15 m		Lake Tahoe via Highways 120 and 49	5 h 15 m	200 mi/322 km
Bass Lake	1 h 30 m	57 mi/98 km	Lake Tahoe via Highway 140 and Sacramento	5 h 45 m	265 mi/426 km
Big Oak Flat Entrance Station	45 m	25 mi/40 km	Lake Tahoe via Tioga Road	4 h 30 m	198 mi/319 km
Big Oak Flat/El Portal Roads junction	10 m	6 mi/10 km	Las Vegas via Tioga Road and Highway 95	8 h	399 mi/642 km
Bishop via Tioga Road	3 h 15 m	146 mi/235 km	Las Vegas via Bakersfield and Highway 15	8 h 30 m	475 mi/764 km
Bishop via Bakersfield	7 h 30 m	428 mi/685 km	Lee Vining via Tioga Road	2 h	74 mi/119 km
Bodie SHP	2 h 45 m	107 mi/171 km	Lee Vining via Highways 88 and 395	6 h 15 m	276 mi/444 km
Bridalveil Creek Campground	45 m	25 mi/40 km	Lone Pine	4 h 30 m	200 mi/322 km
Bridalveil Fall parking	10 m	6 mi/10 km	Los Angeles via Highway 41	6 h	313 mi/504 km
Carson City via Tioga Road	3 h 30 m	188 mi/303 km	Los Angeles via Highway 140	6 h 15 m	276 mi/444 km
Chinquapiin	30 m	14 mi/23 km	Los Angeles via Tioga Road	8 h	410 mi/670 km
Crane Flat	30 m	16 mi/26 km	Mammoth Lakes via Tioga Road	2 h 30 m	106 mi/161 km
Crescent City	10 h 30 m	536 mi/863 km	Mammoth Lakes via Highways 58 and 14	9 h	464 mi/747 km
Death Valley via Tioga Road	6 h 15 m	270 mi/435 km	Mammoth Lakes via Highways 88 and 395	7 h	340 mi/547 km
Death Valley via Highways 58 and 14	8 h 30 m	447 mi/715 km	Manteca via Highway 120	2 h 45 m	117 mi/188 km
Devils Postpile National Monument	3 h	112 mi/180 km	Manteca via Highway 140	2 h 45 m	133 mi/214 km
El Portal	30 m	14 mi/23 km	Mariposa (town)	1 h 15 m	44 mi/71 km
Eureka via Highway 101	9 h	451 mi/726 km	Mariposa Grove	1 h 15 m	37 mi/60 km
Fish Camp	1 h 15 m	39 mi/63 km	May Lake parking	1 h 20 m	43 mi/69 km
Fresno via Highway 41	2 h 15 m	94 mi/151 km	Merced	2 h	81 mi/130 km
Fresno via Highway 140	3 h	136 mi/219 km	Merced Grove	40 m	21 mi/34 km
Glacier Point	1 h	30 mi/48 km	Modesto via Highway 120	2 h 30 m	112 mi/180 km
<i>Grand Canyon National Park</i>			Modesto via Highway 140	2 h 30 m	117 mi/188 km
North Entrance via Highways 120 & 6	12 h 15 m	636 mi/1024 km	Mono Lake (South Tufa)	2 h 15 m	78 mi/125 km
South Entrance via Highways 120 & 95	13 h	718 mi/1155 km	Monterey via Highway 140	4 h 30 m	204 mi/328 km
South Entrance via Bakersfield	11 h 30 m	705 mi/1135 km	Napa	4 h 30 m	204 mi/328 km
Groveland	1 h 15 m	49 mi/79 km			
Oakdale	2 h 15 m	96 mi/155 km			
Oakhurst via Highway 41	1 h 30 m	55 mi/89 km			
Oakhurst via Highways 140 and 49	2 h	70 mi/113 km			
Oakland via Highway 120	3 h 45 m	186 mi/300 km			
Oakland via Highway 140	3 h 45 m	202 mi/325 km			
Placerville via Highways 120 and 49	3 h 30 m	153 mi/246 km			
Porcupine Flat Campground	1 h 10 m	38 mi/61 km			
Redwood National Park (Orick)	12 h	493 mi/789 km			
Reno via Highways 140 and 80	6 h	322 mi/515 km			
Reno via Tioga Road	4 h	218 mi/351 km			
Sacramento via Highway 120	4 h	160 mi/257 km			
Sacramento via Highway 140	4 h	195 mi/314 km			
San Diego via Highway 41	8 h	441 mi/710 km			
San Diego via Highway 140	8 h 15 m	484 mi/779 km			
San Francisco via Highway 120	4 h	195 mi/314 km			
San Francisco via Highway 140	4 h	211 mi/340 km			
San Jose via Highway 120	4 h	182 mi/293 km			
San Jose via Highway Highways 140 & 152	4 h 15 m	196 mi/315 km			
Santa Cruz via Highway 140	4 h 30 m	200 mi/322 km			
<i>Sequoia National Park</i>					
Lodgepole/Giant Forest via Highways 41 & 180	4 h	175 mi/282 km			
Lodgepole/Giant Forest via Visalia	4 h	185 mi/298 km			
Sonora	2 h	76 mi/122 km			
South Entrance	1 h	35 mi/56 km			
Stockton via Highway 120	3 h 15 m	115 mi/185 km			
Stockton via Highway 140	3 h 15 m	146 mi/235 km			
Tamarack Flat Campground	45 m	23 mi/37 km			
Tenaya Lake	1 h 15 m	47 mi/76 km			
Tioga Pass	1 h 45 m	62 mi/100 km			
Tunnel View	15 m	8 mi/13 km			
Tuolumne Meadows	1 h 30 m	55 mi/89 km			
Tuolumne Grove	30 m	17 mi/27 km			
Wawona	45 m	27 mi/44 km			
White Wolf	1 h	31 mi/50 km			
Yosemite Creek Campground	1 h 15 m	34 mi/55 km			



September 2007