

DIY South Lake Tahoe Getaway July 7 – 8

Moderate Pace Hikes

Emerald Bay Tuesday, July 7, Winnemucca and Frog Lakes July 8

RSVP to Gay Mackintosh mackintoshbg@msn.com, 916-209-3628

DIY one-night mini-getaway! It is up to you to carpool, reserve a room, and get to the specified trailhead before the listed start time.

Book your reservation now in South Lake Tahoe for the night of July 7

Two budget options are:

High Country Lodge, 1227 Emerald Bay Rd. About \$183

Apex Inn, 1771 Emerald Bay Rd. About \$158

Both south of town on Route 50. Basic two stars with good reviews. Fridge and microwave.

No breakfast. Approximately 35 minutes to Winnemucca trailhead. We will check in after the July 7 Emerald Bay hike.

More upscale choices available on Expedia and Booking.com for Emerald Bay in South Lake Tahoe

**Be sure your reservation is refundable by July 4--
predicted thunderstorms will cancel hikes.**

Day 1: Emerald Bay South Shore to Eagle Falls to Vikingsholm

Moderate/Moderate Pace

Tuesday, July 7, 2026

GENERAL LOCATION: Emerald Bay, South Lake Tahoe

HIKE DISTANCE: About 4½ miles, in-and-out, with optional 1½ mile extension

DIFFICULTY: Moderate. Good acclimating hike for higher altitudes at Lake Winnemucca.

ELEVATION GAIN: Start at 6500 ft. – 594 ft. gain. Initial descent from Upper Eagle Point Campground so most of gain is return trek to cars.

PACE: Moderate

TRAIL CONDITIONS: Mostly single-track soft-bed trail, paved around Vikingsholm

DESCRIPTION: Hike along beautiful Emerald Bay south shoreline with great views of Fannette Island. Nesting osprey. Eagle Falls overlook. Vikingsholm visitor center. Bring trail lunch. Optional extension along north shoreline to Boat Camp.

FACILITIES: Restrooms at trailhead Upper Eagle Point Campground, Vikingsholm, and Boat Camp.

TRAVEL TIME/DISTANCE: About 112 miles, 2½ hours. Bring California State Parks Pass if you have one (or \$10 parking fee).

MEETING TIME: Meet in parking lot at end of Upper Eagle Point Campground by **10:30 AM.** There is often a lot of traffic in this area so allow extra time for parking. Hike departs promptly at 10:45. (Drive time from SCLH is about 2½ hours.)

HIKE LEADER/SWEEP: Gay Mackintosh/Tess Devenish

HIKE ROUTE: ALLTRAILS map: [Emerald Bay South Shore to Eagle Falls to Vikingsholm](#)

PREPARATION FOR HIKE:

- Being prepared physically as well as having the right equipment makes for a better experience, not only for you, but for your fellow hikers.
- If you have any health issues, please consider your condition before hiking at high altitude.

WHAT TO BRING:

- PLENTY OF WATER! Recommend 50 oz. /1.5 liters minimum for 5-mile hike – more if longer. Electrolytes suggested. Higher altitudes are dehydrating even when cool.
- Hiking boots/shoes, hat, sun protection, insect repellent, small first aid kit, lunch. Wind/rain jacket always advisable in the mountains. Trekking poles recommended.
- ID (driver's license), health insurance card, and emergency contact/phone number.

QUESTIONS: Gay Mackintosh, mackintoshbg@msn.com, 916-209-3628 (cell 530-786-8654)

DRIVING DIRECTIONS:

Navigate to: Upper Eagle Point Campground, Lake Tahoe

About 112 miles, 2½ hours, either I-80 to south on Rte. 89 or Rte. 50 to north on Rte. 89. Check traffic for fastest route.

Day 2: Winnemucca and Frog Lakes

Moderate+ with Relaxed/Moderate Pace

Wednesday, July 8, 2026

GENERAL LOCATION: Kit Carson Pass

HIKE DISTANCE: About 6 miles, in-and-out with Frog Lake loop

DIFFICULTY: Moderate+ due to altitude

ELEVATION GAIN: Start at 8600 ft. – 682 ft. gain

PACE: Relaxed/Moderate to enjoy the scenery and take lots of photos

TRAIL CONDITIONS: Large rock steps, several stream crossings, short off-trail sections at Frog Lake.

DESCRIPTION: Spectacular views and carpets of wildflowers. Starting at the Carson Pass Ranger Station, we hike a section of the Pacific Crest Trail, with two 300' ascents and rocky steps. A side trip circumnavigating Frog Lake has a great vista overlooking Hope Valley/Red Lake and, with luck, a meadow full of iris. Next we hike through more lush meadows to our lunch spot on the shore of lovely Lake Winnemucca.

FACILITIES: Restrooms at trailhead. (Safeway in Pollock Pines suggested for fast enroute rest stop on way home if taking Rte. 50.)

TRAVEL TIME/DISTANCE: About 35 minutes from lodging in South Lake Tahoe. Bring your National Parks/Federal Lands Pass if you have one (or \$10 parking fee).

MEETING TIME: Meet at **8:45 AM AT THE LAKE WINNEMUCCA TRAILHEAD** at the Carson Pass Information Station (Ranger Station). Allow extra time for parking in case lot is full—if lot is full park alongside gravel road just east of Information Station. Hike departs promptly at 9:00 AM. Return directly to SCLH after hike.

HIKE LEADER/SWEEP: Gay Mackintosh/Tess Devenish

PREPARATION FOR HIKE:

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- If you have any health issues, please consider your condition before hiking at high altitude.

WHAT TO BRING:

- PLENTY OF WATER! Recommend 50 oz. /1.5 liters minimum for 5-mile hike – more if longer. Electrolytes suggested. Higher altitudes are dehydrating even when cool.
- Hiking boots/shoes, hat, sun protection, insect repellent, small first aid kit, lunch. Wind/rain jacket always advisable in the mountains. Trekking poles recommended.
- ID (driver's license), health insurance card, and emergency contact / phone number.

HIKE ROUTE: ALLTRAILS: <https://www.alltrails.com/explore/map/afternoon-hike-at-lake-winnemucca-from-carson-pass-via-pacific-crest-trail-82c2559>

DRIVING DIRECTIONS:

Navigate to: Carson Pass Information Station (Ranger Station)

Use National Parks/Federal Lands Pass for parking (or \$10 parking fee).