

# Winnemucca and Frog Lakes

**Thursday, July 18, 2024**

**DIFFICULTY:** Moderate / Strenuous. Trailhead is at 8,600 feet and the hike will include a mixture of dirt and rock trail, with some steep sections with large rocks, rough off-trail areas at Frog Lake, and several stream crossings.

**ELEVATION GAIN:** The trailhead is at 8,600 feet altitude –Lake Winnemucca is about 500 feet higher (9,100'). Total elevation gain is about 670 feet.

**HIKE DISTANCE:** About 6 miles, not a loop

**PACE:** Moderate

**GENERAL LOCATION:** Carson Pass on Highway 88

**DESCRIPTION:** It's a long drive—but well worth it for spectacular views and carpets of wildflowers if we're lucky. Starting at the Carson Pass Ranger Station, we hike a section of the Pacific Crest Trail, with two 300 feet; ascents and large rock steps. A side trip to Frog Lake partly off-trail 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 Winnemucca Lake. The pace of the hike will allow for appreciating the scenery and taking photos. Some hikers may wish to stop on the way home for dinner so pick your carpool accordingly. Papa Gianni's in Cameron Park is suggested (opens 5:00 PM).

**TRAVEL TIME:** 2 1/4 hours – 110 miles. \$18 donation to driver. Bring your Golden Age (Federal Lands) Pass if you have one.

**SPECIAL NOTES:** Rain, smoke, excessive heat or other weather conditions may cancel hike. Check the website the night before the hike.

**RESTROOMS:** There are restrooms at the trailhead. No restrooms at the lunch area. We will plan a stop at Pollock Pines on Highway 50 going up.

**PREPARATIONS FOR HIKE:**

1) IF YOU HAVE ANY HEALTH ISSUES, PLEASE CONSIDER YOUR CONDITION BEFORE HIKING AT HIGH ALTITUDE.

2) Bring your ID (driver's license), Health Insurance Card, and an emergency contact name and phone number with you when you hike.

3) Always bring 2 pairs of shoes, along with a plastic bag to store your muddy/dusty hiking boots after the hike so as not to get your driver's car dirty.

4) BRING PLENTY OF WATER! 50 ounces/1.5 liters recommended. Higher altitudes are dehydrating even in cool weather.

5) Bring lunch, sun protection, and insect repellent. Wind/rain jacket always advisable in the mountains.

6) Trekking poles recommended—rocky areas and stream crossings

**HIKE LEADER/SWEEP:** Bruce Quick (lead), TBD (sweep)

**RETURN TIME:** Approximately 6:00 pm arrival at OC, unless we stop for dinner.

**MEETING TIME:** 6:30 am at Orchard Creek right rear of parking lot past gym, departure by 6:45 am

**QUESTIONS:** Call Bruce Quick

**DIRECTIONS TO CARSON PASS—LAKE WINNEMUCCA HIKE** Stoneridge Blvd. to Sierra College, which becomes Hazel, all the way to US 50 East. Go 38 miles to Pollock Pines. Take Exit 60 to Sly Park Rd but turn left to Safeway on the left for good restrooms. Return to right on Sly Park Rd. for 4.6 miles. Turn left onto Mormon Emigrant Trail for 25 miles. Turn left onto CA-88 for 17 miles to Carson Pass Ranger Station. Use Golden Age/Federal Lands Pass for parking. 110 miles total, about 2¼ hours.

\$18 suggested donation to drivers.