

2PACE Winnemucca and Frog Lakes

Relaxed/Moderate Pace Option

Wednesday, July 16, 2025

Overnight Adventure Option with Easy/Moderate Tahoe hike July 17.

RSVP Required – Email djknowls@yahoo.com.

**Make your own room reservation NOW in South Lake Tahoe with 24-hour cancellation.
Predicted thunderstorms will cancel hikes.**

GENERAL LOCATION: Kit Carson Pass

HIKE DISTANCE: About 6 miles, in-and-out

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: It's a long drive for a fairly short hike—but well worth it for 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 large rock 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, where we'll meet up with the Fast Pace hikers.

FACILITIES: Restrooms at trailhead. Safeway in Pollock Pines suggested for fast enroute rest stop

TRAVEL TIME/DISTANCE: 2 1/4 hours – 110 miles. \$20 donation to driver. Bring your Golden Age (Federal Lands) Pass if you have one.

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).

MEETING/LEAVE TIME: Meet at 7:00 AM, far right rear of Orchard Creek parking lot, Rows 12-13. Leave at 7:15 AM. Return to SCLH about 6:00 PM if not stopping for dinner.

HIKE LEADER/SWEEP: Gay Mackintosh mackintoshbg@msn.com/TBD

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 or at a fast pace.

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/rainjacket always advisable in the mountains. Trekking poles recommended.
- ID (driver's license), health insurance card, and emergency contact / phone number.
- Extra pair of shoes to change into after hike and a plastic bag for muddy/dusty hiking boots to keep your driver's car clean.

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

- 1) 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 lunch, plenty of water, sun protection, and insect repellent. Wind/rain jacket always advisable in the mountains.

QUESTIONS: call Gay Mackintosh, 916-209-3628

DRIVING DIRECTIONS:

Navigate to: Carson Pass Information Station (Ranger Station)

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. \$20 suggested donation to drivers.

Gay's cell 530-786-8654