
Loch Leven Lakes
Tahoe National Forest

Friday, August 23, 2024

Limited to 8 strong hikers. Signups required

Difficulty (Rating): VERY Strenuous

Hike Distance: 8 Miles, Out & Back

Elevation: Start: 5800' / Highest: 6946' / Gain: 1538'
1100' elevation gain in first 2 ½ miles

Pace: Moderate-Fast. Moving pace up the trail averaged 1.7 mph due to terrain. Max speed 3.1 on the pre-hike.

Trail Conditions: Steep rocky step-ups, rocky trail, mild stream crossing, mild mosquitos, rocky technical descent (poles a must, slower coming down). These conditions mixed with beautiful flat dirt trails through ferns, trees and wildflowers make the climb worth it!

Description: See three beautiful glacially formed Sierra alpine lakes nestled in granite basins. There are several fallen trees and many parts of the trail are quite rocky making it a challenge at times. There is also plenty of sun with little shade around the lakes. We return on the same trail - not a loop.

We start with an initial climb of 250' and then a down & up to get to a small bridge then the UPRR tracks. After crossing the tracks, the trail becomes steeper, going up 900' in 1.25 miles with nice scenery, a seasonal pond, tiny streams and distant views.

After arriving at the Lower Lake, the hike becomes easier though there are still ups and downs. We hike along the gorgeous Lower and Middle Lakes then ascend to the Upper 3rd Lake for lunch. We return using the same trail.

Wildflowers, shade, views, lakes, ferns, rocks. Swimming possible!

Lunch at the 3rd lake.

Facilities: Restrooms at the trailhead.

Drive Time/Miles: 1.5 hours, 60 miles

Donation: \$10

Hike Leader/Sweep: Lisa Mariotti, / Joanie Rubino, sweep

Meetup/Leave Time: Meet 6:30 AM / Leave 6:45 AM

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 2L minimum plus electrolytes. Higher altitudes are dehydrating even when cool.
- Hiking boots/shoes, hat, sun protection, insect repellent, small first aid kit. Wind/rain jacket always advisable in the mountains. Trekking poles recommended due to lots of rocks.
- 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 Link:

<https://www.alltrails.com/trail/us/california/loch-leven-trail--2>



DIRECTIONS TO LOCH LEVEN TRAILHEAD

Take I-80 East to Soda Springs - Exit 166, Turn left (East) onto Hampshire Rocks Rd. Drive 0.4 miles - Parking facilities are on the left (North) side and Trailhead on the right.