

Spring edition 2024

SIERRA REC

2024
Spring Gear
Guide

Go Explore

Spring Adventures in Death Valley National Park. A Guide to Sand dunes, Canyons and Wildflowers



Also in this Issue

Backpacking Vogelsang to Yosemite Valley

Spring Adventures Plumas-Eureka State Park

El Dorado County:

Gateway to Tahoe Adventures

GO EXPLORE

DISCOVER MORE

DESTINATION
Plumas County
an angler's dream



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We are a locally-owned media company out of the Carson Valley. We look forward to serving you.

Sierra Rec Magazine was inspired by the locations, destinations, people, and events in the Sierra Nevada.

We bring you this quarterly guide as a passion project of ours for helping others discover the beauty and magic of mountain living in the Sierra Nevada. Please consider supporting local journalism by visiting our advertisers or becoming a subscriber.

We look forward to bringing you more adventures. Look for our next edition in May 2024.

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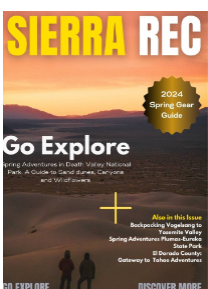


Letter from the Publisher

How is winter 2024 treating our adventure family? We didn't have much time to think between our First issue in January 2024 until now.

I found this photo, which I took in the Carson Valley in January, which reminded me how, no matter how fast time seems to be moving, I am always striving to experience and learn new things. Disc Golf, the new hobby for 2024? Well, maybe. It was a fun day in the winter season when the snow was not yet in excellent condition in the Sierra.

Luckily we had our traditional March Blizzard to lay down a solid line of snow on the Sierra before spring. It is about now that the itch for dirt hiking and granite crawling starts to kick in for me. I am ready to tackle the summer season, but only after I find some Spring waterfalls and wildflower hikes. We hope you enjoy this edition, The New Spring Gear guide is a labor of love. Let us know what you think. And "Go Explore" something new in the Sierra. See you in May for the summer issue!



The Cover image of Death Valley National Park is courtesy of Wesley Shryock. Wesley and all his work can be seen at @ www.daddoesadventure.com/

SIERRA REC



06 5 STEPS TO START EACH DAY STRONG

SPRING GEAR, ADVENTURE & TRAVEL

03 PUBLISHER'S NOTE

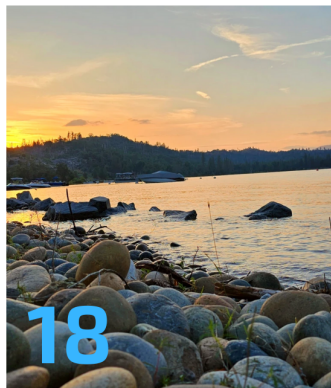
10 6 TIPS TO IMPROVE SLEEP QUALITY FOR OVERALL WELL-BEING 

33 **SPRINGTIME SPECTACLE IN EL DORADO COUNTY: GATEWAY TO TAHOE ADVENTURES**



12 **A SPRING ADVENTURE AWAITS AT PLUMAS-EUREKA STATE PARK**

After the Longboard Skis are Stored Away Spring Comes to Life in this Historic corner of the Northern Sierra...



18 **BASS LAKE: A SPRING OASIS FOR OUTDOOR ENTHUSIASTS**

As winter bids farewell and spring nature comes to life, the tranquil shores of Bass Lake welcome a new season of adventure and exploration

36 **EMPOWER YOURSELF AND CONNECT WITH NATURE: LASTING ADVENTURES' WOMEN'S PROGRAMS**

Looking for an unforgettable adventure this summer? Are you seeking to challenge yourself, connect with nature, and forge lasting bonds with like-minded women? Look no further than Lasting Adventures' empowering lineup of Women's Backpacking Trips and Young Women's Summer Camp Programs.



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March 2024 | Vol. 2

CONTENTS

FEATURE

40 **BACKPACKING TUOLUMNE TO YOSEMITE VALLEY- VIA VOGELSANG HIGH CAMP**

One of the most diverse and exciting Backpacking routes in Yosemite is the route from Tuolumne Meadows to Yosemite Valley via the Vogelsang High Camp and Rafferty Creek. Backpackers looking to experience a little bit of everything Yosemite is known for will find this 27-mile-plus route filled with options, including Lakes, rivers, plateaus, meadows, forests, and canyons shooting toward the sky.

76 **TEXPLORING THE ANNUAL WILD AND SCENIC FILM FESTIVAL**

78 **EXPLORING THE SIERRA NEVADA? LEARN HOW TO BEAT ALTITUDE SICKNESS**

89 **SIERRA REC MAGAZINE MARKETPLACE- AFFILATE SPECIAL OFFERS**





5 Steps to Start Each Day Strong

(Family Features) How you begin each day affects more than whether you make it to work on time. In fact, those early morning hours are often the foundation for your entire day.

Set yourself up for success with these tips to help you maximize your mornings. Whether you're an early bird or a night owl, starting the day the right way can help you power through your to-do list.

Wake Up On Time

Set your alarm for a reasonable hour that gives you ample time to get ready for the day ahead. If you have a commute or children or pets who need attention, be sure to factor in time for unexpected events like traffic jams or accidents. Avoid setting your alarm early and hitting snooze repeatedly; the quality of sleep you'll add is poor and you'll likely end up feeling more

tired than if you'd just risen with the alarm.

Get Your Body Moving

Even a light workout is a great way to rev up for a new day. Prioritizing your health to start the morning can put you in a healthier mindset. Completing a workout before the day is even fully underway gives you something to be proud of, which helps boost your mental well-being. What's more, an early workout gets your blood pumping, which supports stronger cognition and produces more energy.

Treat Yourself

It's never too early to give yourself a little TLC, and a delicious coffee-based drink is a great way to perk up your morning with a tasty treat. The best indulgent coffee beverages start with quality coffee. Consider options from Eight O'Clock Coffee, which has selected and roasted high-quality, 100% Arabica coffee for more than 100 years. The rich, smooth flavor means you can drink it black, but it's also the perfect base for a decadent latte with maple and vanilla or a classic iced caramel macchiato.



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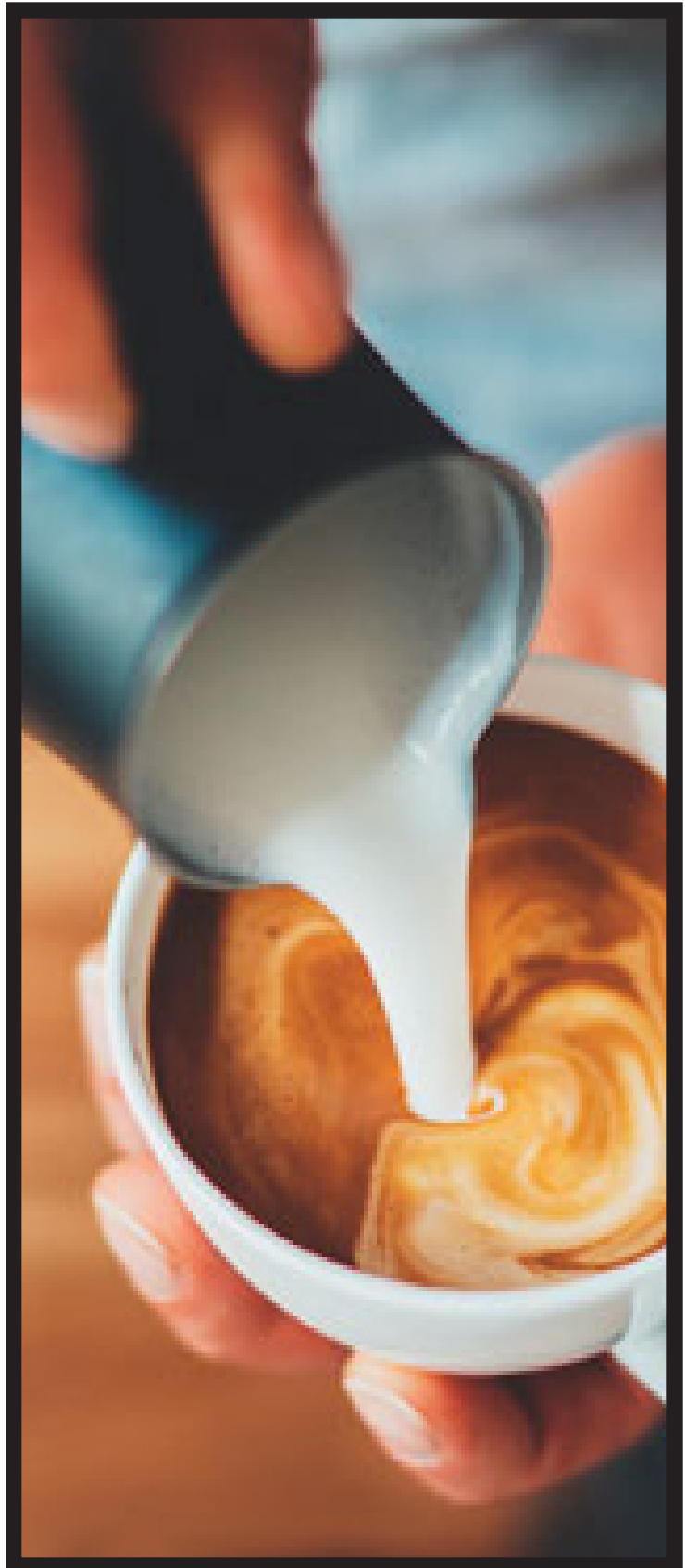
Establish a Self-Care Routine

While you're still working toward being fully awake, a routine that lets you dive into daily preparations on autopilot can be helpful. Making time to take care of yourself can give you greater confidence to tackle the day, so find a pattern that fits and run with it. Aside from basic hygiene, take time to moisturize your skin and apply sunscreen. Also build in time to focus on your mental health, whether you make some notes in a gratitude journal or meditate to manage stress.

Eat a Healthy Breakfast

Countless studies support the benefits of eating a nutritious breakfast. It's good for your metabolism and digestive health. It also gives your body the fuel it needs to help you push through the day. You're likely to think faster and be a more effective problem-solver when your body has proper nourishment. Eating early in the day also affects your mood; you're less likely to be irritable if you're not hungry.

Find more inspiration to





Maple Vanilla Latte

1 1/2 cups milk, divided

1/2 cup strong-brewed Eight O'Clock French Vanilla Coffee

1 tablespoon maple syrup

1/4 teaspoon vanilla extract

ground cinnamon, to taste

In microwave, heat 1 cup milk.

Pour coffee into mug and, using milk frother, top with warm milk.

Stir in maple syrup, vanilla extract and cinnamon, to taste.

Using milk frother, foam remaining milk then add to mug.

Salted Caramel

Macchiato Iced Coffee

1/2 cup Eight O'Clock Caramel Macchiato Coffee, chilled

1 cup milk

1/2 cup ice

squeezable caramel sauce

1 pinch sea salt

Stir together chilled coffee and milk.

Pour over ice into glass.

Drizzle caramel sauce on top and sprinkle with sea salt.



6 Tips to Improve Sleep Quality for Overall Well-Being

(

Family Features) Despite a rising number of people searching for the term "sleep" in 2023, nearly 1 in 3 U.S. adults report not getting enough of it, per the Centers for Disease Control and Prevention.

As a foundation for overall well-being, getting quality sleep is key to achieving goals and being present in daily life. Without it, you're more likely to lack the stamina and energy to follow through on your ambitions.

To help people realize the foundational role sleep plays in everyday successes, Natrol - a leading sleep, mood and stress supplement brand based on Nielsen data - alongside Dr. Jess Andrade are working

together to help people improve their sleep quality and habits so they can conquer their wellness goals this year and beyond.

"From consistent exercise to eating healthy and even daily journaling, it may seem like all your priorities are in order, but without sleep, you won't be able to reap the full benefits of your hard work," Andrade said. "Often overlooked, getting quality sleep is a fundamental piece to improving overall wellness and it doesn't have to be complicated. Creating small, achievable changes in our daily sleep routines can lead to long-lasting lifestyle habits for the better."

Consider these tips from Andrade to help improve your sleep quality so you can achieve your goals.

1. Prioritize Movement and Light Exposure in the Morning

Whether you're a yogi or prefer a simple stretch when your feet hit the floor, movement and light during the day can help stimulate quality sleep later that night.

2. Understand Sleep Gains are Just as if Not More Important Than Gym Gains

If you're focusing on fitness goals, you'll need adequate sleep to see successful results. If you're a morning workout warrior, schedule earlier bedtimes to ensure you get the recommended 7-8 hours of sleep. For evening workouts,

aim to end your sweat session as early in the evening as possible; too much physical activity before bed can keep you up at night.

3. Make Your Bedroom a Sanctuary

Make your bedroom a sleep sanctuary. Keep the room dark, noise-free and comfortable with the thermostat set at 65-67 F for better sleep conditions.

4. Set Nightly Rituals to Unwind

Create nightly rituals that activate circadian rhythms and allow your body to unwind. Consider activities that relax you the most, like taking a bath, reading a book, journaling or sipping decaffeinated nighttime tea.

5. Try Incorporating a Drug-Free Sleep Aid

If you follow good bedtime habits but still occasionally struggle to fall or stay asleep, try a low-milligram melatonin supplement, like those from Natrol, that are designed to help you get a good night's sleep so you wake up refreshed and ready to conquer your goals.

6. Follow the 10-3-2-1-0 method

To help you fall asleep and wake up feeling revitalized, Andrade recommends the 10-3-2-1-0 method: Decrease caffeine intake at least 10 hours before



A Spring Adventure Awaits at Plumas-Eureka State Park

After the Longboard Skis are Stored Away Spring Comes to Life in this Historic corner of the Northern Sierra

Graeagle California – Spring paints Plumas-Eureka State Park in a vibrant palette. Lush greenery replaces winter's stark beauty, wildflowers burst forth in meadows, Jamison Creek roars to life and the crisp mountain air invigorates the soul. Here, amidst the towering Sierra Nevada peaks, history whispers through

remnants of the gold rush era, while nature beckons with outdoor adventure and a camping season adventure to come. Plumas-Eureka State Park awaits adventurers seeking a springtime escape. Whether you hail from the bustling streets of San Francisco, the historic charm of Sacramento, or the vibrant energy of Reno, this hidden gem is a mere drive away, ready to whisk you into a world of towering peaks, gushing rivers, and a rich native history. Located just minutes from Graeagle California and a multitude of fishing and mountain biking opportunities in Plumas county. Plumas Eureka State park quickly becomes a base camp for spring adventure travel.



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Imagine yourself stepping back in time, following the footsteps of the Maidu people who inhabited these lands for millennia. Hike the Museum Trail, a gentle meander that winds through forests and wetlands, perhaps spotting the flash of a hummingbird or the rustle of a deer. At the park museum, housed in the miners' bunkhouse, delve into the park's rich past. Explore exhibits showcasing the grueling yet fascinating world of gold mining, with its clanking machinery and labyrinthine tunnels (safely sealed for your exploration!). Plumas-Eureka State Park was established in 1959, and provides visitors with a glimpse into a fascinating period of California history, as well as opportunities for quiet recreation in a beautiful high Sierra mountain setting.

But Plumas-Eureka is more than a history lesson. Spring awakens the park, inviting you to embrace its outdoor offerings. Lace up your hiking boots and conquer the Eureka Lake Trail, a moderate trek rewarding you with breathtaking vistas of the surrounding peaks. For a more leisurely stroll, the Madora Lake Loop offers a

serene path perfect for families and nature enthusiasts alike. Keep your eyes peeled for vibrant wildflowers, like the cheerful leopard lilies and elegant columbines.

Feeling adventurous? Channel your inner pioneer and embark on a whitewater rafting expedition down the rushing waters of the nearby Feather River. As the spring melt swells the rapids, navigate through exhilarating twists and turns, the spray of cool water a refreshing contrast to the warm spring sunshine.

As dusk descends, gather around a crackling campfire at the Jamison Creek Campground. Share stories under a canopy of stars, so bright and clear thanks to the park's remote location. Listen to the nocturnal symphony of crickets and owls, a soothing lullaby for your adventurous spirit.

Plumas-Eureka State Park offers a unique blend of history, adventure, and natural beauty. This spring, let it be the backdrop for your unforgettable escape.



WINTER IN THE PARK

Plumas-Eureka is transformed into a winter paradise during the winter months. Visitors can drive the well-cleared roads to enjoy the various cross-country ski loops, including the 2.5-mile groomed Jamison Canyon Ski Trail, which starts and ends near the museum. Or you can follow the road until it ends at the Eureka Ski Bowl to access more backcountry skiing.

The Plumas-Eureka Ski Bowl is known worldwide for the annual longboard races held on the third Sunday of each month in January, February, and March. The area is home to the first downhill skiing competition in the western hemisphere, starting in 1861. The prize money could be as high as \$1,000 back in those days! It is also reported that Snowshoe Thompson, who carried the mail on snowshoes over the Sierra Nevada mountains between Placerville and Genoa, attended one of these races. However, he failed to capture the top prize.

The Plumas Ski Club organizes the Historic Longboard Ski Revival Series Races. Learn about DOPE as the secret to winning the races.

KNOW BEFORE YOU GO

The Park is open from sunrise to sunset for Day Use (there's camping too!)

Dogs are only permitted on roads within the park (on leash). Dogs are not allowed on the groomed Nordic ski courses or on most trails.

Plumas-Eureka is in a rural setting and

some areas of the part are remote. Know your routes, be prepared, and travel with a buddy. In summer months, the park offers interpretive programs including guided walks, historical reenactments, and activities for children.

Check road conditions before you travel in the winter. Carry chains and be prepared.

FUN FACTS

The first ski race in the Western Hemisphere was recorded in 1861 at what is now Plumas-Eureka State Park. Miners used 12' skis Norwegian-style skis called "longboards". The tradition continues today.





10 Best Tahoe Beaches

- Lester Beach - West Shore
- Baldwin Beach - South Lake Tahoe
- Kiva Beach - South Lake Tahoe
- Secret Cove* - Glenbrook
- Pope Beach - South Lake Tahoe
- Vikingsholm - South Lake Tahoe
- Kings Beach - North Lake Tahoe
- Commons Beach - Tahoe City
- Calawee Cove Beach - West Shore
- Nevada Beach - South Lake Tahoe

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Bass Lake: A Spring Oasis for Outdoor Enthusiasts

As winter bids farewell and spring nature comes to life, the tranquil shores of Bass Lake welcome a new season of

adventure and exploration. Centrally located on the Western Slopes of the Sierra, an hour from Fresno, this fantastic destination is a haven for those seeking a perfect blend of outdoor recreation and cinematic nostalgia. Surrounded by towering pine trees and stunning mountain vistas, Bass Lake offers a serene and scenic escape. The lake itself spans over 1,200 acres and is renowned for its crystal-clear waters, making it a popular spot for swimming, boating, and fishing. Spring brings vibrant wildflowers and cascading waterfalls to the region, creating a breathtaking backdrop for



outdoor adventures before the summer crowds collect on its shorelines.

The Great Outdoors Legacy: Where Film and Nature Collide

Bass Lake, forever etched in the annals of cinematic history as the backdrop for “The Great Outdoors,” invites visitors to relive the magic of the iconic John Hughes film featuring John Candy and Dan Aykroyd. Embrace your own “great outdoors” experience by immersing

yourself in the beauty that captivated audiences on the silver screen. Opt for a cabin rental along the lakefront with private docks, offering a cozy retreat where the lines between reel and reality blur.

Spring Into Action: Outdoor Adventures Galore

As the resort community comes to life, March marks the re-opening of two esteemed pillars: The Forks Resort celebrates its 75th season, while Miller’s Landing Resort marks its 41st year. Indulge in delicious breakfasts, lunches, and dinners while soaking in the breathtaking views of Bass Lake. The Pines Resort, a year-

round gem, boasts a variety of dining options, including Ducey’s Bar & Grill, Ducey’s on the Lake Restaurant, and the Pines Bar.

Bass Lake offers an array of water activities for those seeking aquatic delights. Bring your watercraft or rent a boat from the three marinas—Bass Lake Boat Rentals (year-round), Miller’s Landing Resort, or The Forks Resort. Whether it’s a leisurely cruise on a patio boat or the thrill of stand-up paddleboarding, the lake has something for everyone.



Gateway to Yosemite: Proximity to Wawona Wonder

Beyond the confines of Bass Lake lies easy access to the majestic wonders of Yosemite National Park's Wawona region. Spring ushers in an opportunity to explore the awe-inspiring landscapes, diverse wildlife, and iconic landmarks that define Yosemite. Embrace the synergy of Bass Lake's serenity and Yosemite's grandeur for an unforgettable outdoor escapade. Spring Hiking along the Chilnualna Falls is a great way to see the rugged beauty of the region as the lower section of these falls will remind some of the Mist trail while taking the full 8.4 mile hike up to the top and back will give visitors a similar feel of Yosemite Valley hikes.

Camping and Accommodations: Where Comfort Meets Wilderness

For those enchanted by the allure of camping under the stars, designated campsites dot the landscape around Bass Lake. Sierra Recreation stands ready to assist in navigating the options and securing reservations for a seamless outdoor retreat. If the call of a comfortable stay beckons, consider the lakefront rental homes and cabins, ensuring a cozy abode with nature as your neighbor.

Best of Local Gems: Where to Dine, Stay, and

Play

Indulge in the local charm with a visit to renowned dining establishments like Ducey's Bar & Grill, Ducey's on the Lake Restaurant, and the Pines Bar.

Experience the warmth of hospitality at The Forks Resort and Miller's Landing Resort, each with its unique offerings. Whether you're camping, renting a cabin, or seeking upscale accommodations, Bass Lake caters to a spectrum of preferences, ensuring a memorable and personalized spring retreat.

Explore the Sierra Vista Scenic Drive

The Sierra Vista Scenic Byway, also known as California State Route 168, is a breathtaking route that winds through the Sierra National Forest near Bass Lake, California. Stretching approximately 100

miles, this scenic byway offers travelers stunning vistas of the Sierra Nevada Mountains, alpine meadows, and dense forests. It's renowned for its panoramic views, diverse ecosystems, and opportunities for outdoor recreation.

In the spring season, the Sierra Vista Scenic Byway typically opens up as the snow begins to melt, usually around late spring or early summer, depending on snowfall levels and road conditions. The exact timing can vary each year and is subject to weather conditions and road maintenance efforts.

Spring is a wonderful time to explore the Sierra Vista Scenic Byway. As the snow melts, wildflowers begin to bloom, creating vibrant splashes of color against the backdrop of the mountains. Waterfalls are also at their peak flow during this time, adding to the scenic beauty of the landscape.



BEYOND HEAT



A wide-angle photograph of a desert landscape. The foreground is a rocky, gravelly plain with sparse, dry vegetation. In the middle ground, there are several rounded, light-colored hills or mountains. The background shows a range of darker mountains under a vast, bright blue sky with wispy white clouds. The overall scene is bright and clear.

ND THE

**Unraveling
the Delights
of Death
Valley's
Refreshing
Spring
Escapes**

Death Valley conjures images of scorching heat and endless stretches of cracked earth, but in 2024 Death Valley is a new discovery, as Rain and Regional Snow packs over the past two years have transformed this wild scarred land into a must see experience in 2024. From The return of Lake Manly to the rain carved canyons Death Valley will be an adventure like no other this year. Still this park holds a surprising secret: a world of towering sand dunes and volcanic craters waiting to be explored. For adventurous travelers seeking to venture beyond the iconic vistas, Death Valley and the Eastern Sierra offer a unique opportunity to delve into a landscape sculpted by wind, fire, and time.

Dancing Dunes: A Desert Playground

Death Valley's sand dunes are like fragmented pieces of a golden sea, scattered across the valley floor. The Mesquite Flat Dunes, easily accessible near Stovepipe Wells, are a great starting point. Here, the wind whispers secrets through the rippling sands, and footprints disappear as quickly as they appear. Climb to the crest of a dune and be rewarded with a panoramic vista of the valley stretching out before you, a stark yet strangely beautiful contrast of color and texture. For the young (or young at heart) sandboarding



is permitted on these dunes, offering a thrilling way to experience the desert's playful side.

Venture further afield and discover the Saline Valley Dunes, gently rising from the edge of salt flats with the colossal Inyo Mountains as their backdrop. These remote dunes offer a sense of solitude, perfect for those seeking a tranquil desert experience.

Mesquite Flat Dunes

These dunes are the best known and easiest to visit in the national park. Located in central Death Valley near Stovepipe Wells, access is from Hwy. 190 or from the unpaved Sand Dunes Road.

Although the highest dune rises only about 100 feet, the dunes actually cover a vast area. This dune field includes three types of dunes: crescent, linear, and star shaped. Polygon-cracked clay of an ancient lakebed forms the floor. Mesquite trees have created large hummocks that provide stable habitats for wildlife. Sand boarding is permitted on these dunes.

Eureka Dunes

Eureka Dunes are accessible by most standard vehicles via the Death Valley / Big Pine Road. From the Ubehebe Crater Road you must travel 44 miles of graded dirt to the dunes. From the town of Big Pine



An advertisement for Trusted Housesitters. On the right side, there is a photograph of a man in a grey t-shirt sitting on a couch and petting a black and white dog. The dog is lying on a white blanket. On the left side, there is a teal background with white text that reads "Vacation pet sitting, with love." Below this text is an orange button that says "Join us". At the bottom left, there is the Trusted Housesitters logo, which consists of a house icon with a heart inside, followed by the text "Trusted Housesitters™".

there are 28 miles of paved road and 21 miles of graded dirt to the dunes. The final 10 miles of both routes is the narrow South Eureka Road. During inclement weather, all access to Eureka Dunes can be closed or limited. No water or services are available along this route. Sand boarding is prohibited on these dunes. More...

Saline Valley Dunes

Gently rippling up from the edge of salt flats, these low dunes cover a large area, yet go unnoticed by most visitors to this remote valley. The Inyo Mountains tower nearly 10,000 feet above. The long, rough drive into Saline Valley limits casual visits, so come prepared. Winter snows and flash floods can temporarily limit access. Sand boarding is permitted on these dunes.

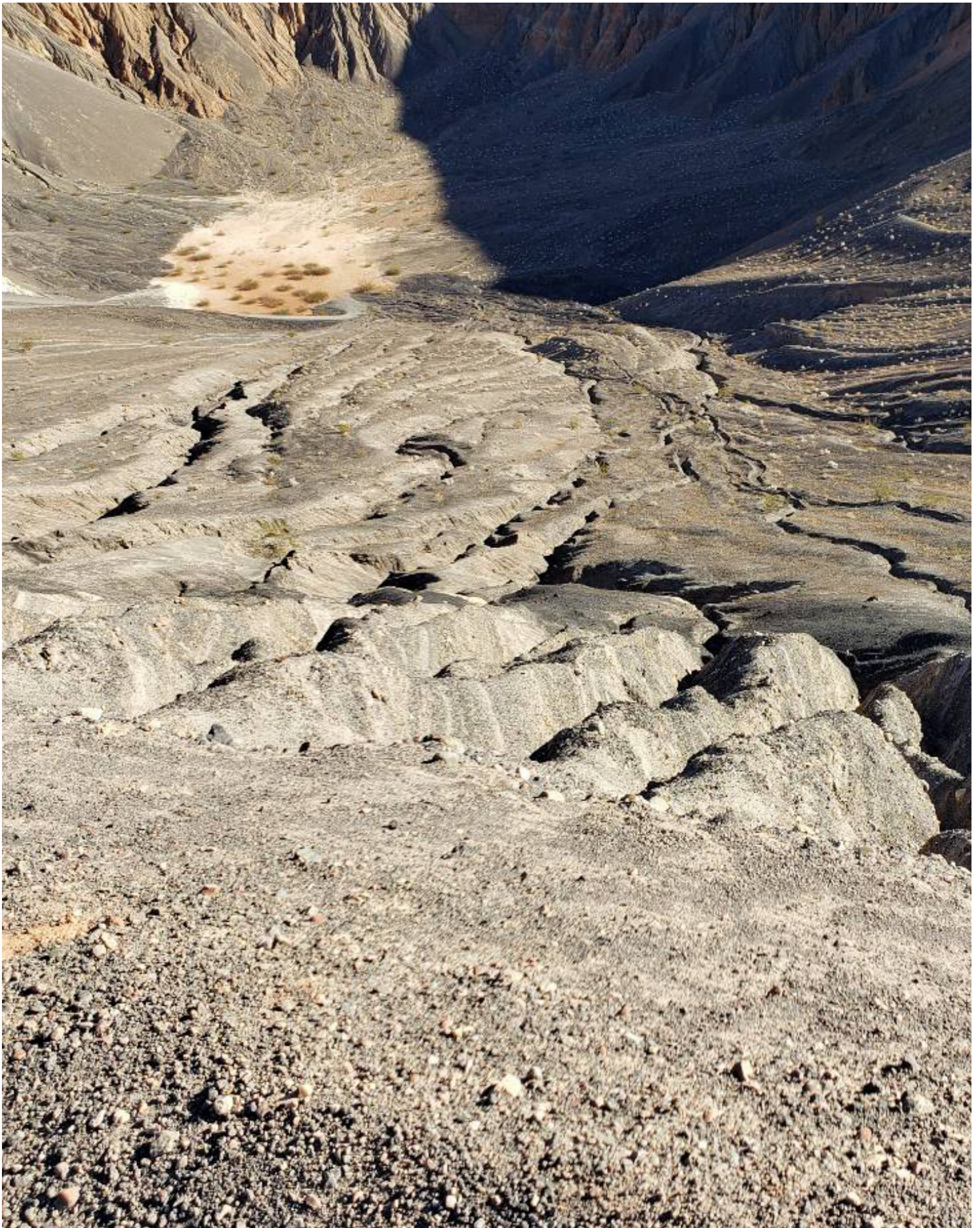
Panamint Dunes

Travelers crossing Panamint Valley on Hwy.190 may view these dunes as a distant, pale smudge to the north. Those wanting a closer look must drive 5 miles down the unmarked dirt road leading past Lake Hill, then hike cross-country 3 miles. The other dunes of Death Valley are all situated on flat valley floors, but these are perched on a slope. The view from the summit of these dunes reveals their star shape and an impressive view down the valley. Sand boarding is prohibited on these dunes.

Ibex Dunes

Visitors to Saratoga Springs may notice these dunes, but they are shielded from paved roads by rocky desert hills. Hike about one mile





from the Saratoga Springs Road for access. An old talc mine at the base of the Saddle Peak Hills overlooks the dunes from the east. The Mojave fringe-toed lizard lives on these dunes. Sand boarding is prohibited on these dunes.

Craters of Fury: A Volcanic Legacy

Standing at the rim of Ubehebe Crater, peer down 600 feet into a vast expanse of ash and cinders, a silent testament to the power of volcanic forces. This dramatic crater, estimated to be between 2,000 and 7,000 years old, is the youngest and largest of several Maar volcanoes scattered across the Ubehebe Volcanic Field. Maar volcanoes are formed by violent steam explosions that occur when hot magma meets groundwater near the surface. The intense heat instantly vaporizes the water, causing a powerful eruption that

blasts a crater into the earth's crust.

Hike the rim trail for breathtaking views of the surrounding landscape, dotted with other, smaller craters. These celestial wounds in the earth offer a glimpse into the fiery underbelly of Death Valley's past. Explore the colorful layers visible in the crater walls, each one a record of volcanic spewing and time's relentless march. For a truly immersive experience, consider the challenging hike down into the crater itself. Just remember, the climb back up can be strenuous, especially in the desert heat. So come prepared with plenty of water and wear sturdy shoes with good traction on loose scree.



A Burst of Color: Spring Wildflowers

Death Valley's springtime isn't just about warm days and clear skies. With a little luck, you might witness a spectacular wildflower bloom, transforming the desert floor into a vibrant tapestry of color. While these "super blooms" only occur roughly once a decade (with the last ones in 2016, 2005, and 1998), even an average year offers a chance to spot a variety of desert wildflowers.

Predicting the Palette:

For the best chance of catching a wildflower show, aim for your visit sometime between late February and April, depending on the specific elevation. Keep an eye out for news reports mentioning above average rainfall and an El Niño

weather pattern, which can significantly increase the likelihood of a vibrant bloom.

Desert Blooms Begin Low:

The floral display starts at the lower elevations, like Death Valley, and works its way up into the Eastern Sierra over the following weeks. So, if you miss the blooms in Death Valley, head towards the Eastern Sierra for a later wildflower season.

Where to See the Show:

Death Valley National Park: The best wildflower viewing areas in Death Valley include Furnace Creek Wash, Badwater Basin near the Badwater Boardwalk, and Artist's Drive. Death Valley National Park also has a wildflower hotline at 760-786-3856 that provides updates on current wildflower



conditions.

Eastern Sierra Nevada: As the spring progresses, the wildflower display moves up into the foothills and mountains of the Eastern Sierra. For a later season bloom, check out the Owens Valley, Alabama Hills, or Manzanar National Historic Site.

Respecting the Delicate Ecosystem:

Remember, these wildflowers are a vital part of the desert ecosystem. Never pick wildflowers within the National Park so they can reproduce and ensure future blooms.

Eastern Sierra Majesty: A Bonus Adventure

Eastern Sierra Nevada complements Death Valley's stark beauty with a touch of alpine splendor. Crater Mountain, a volcanic peak rising from the Owens Valley, offers stunning panoramic views and a chance to encounter diverse wildlife, including majestic tule elk. For those seeking an off-road adventure, Olancho Dunes OHV Recreation Area provides a playground of rolling dunes, perfect for exploring by

motorcycle or ATV.

Planning Your Adventure

Death Valley is a land of extremes. Be sure to plan your trip accordingly, bringing plenty of water, sun protection, and sturdy shoes. Check weather conditions before you go, especially if you're planning to hike or explore remote areas.

Death Valley and the Eastern Sierra offer a captivating blend of otherworldly landscapes, each whispering tales of the earth's dramatic history. So, lace up your boots, grab your sense of adventure, and get ready to discover a side of Death Valley that goes beyond the salt flats, with sand dunes to climb, craters to explore, and maybe, just maybe, a dazzling wildflower display to witness.



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Springtime Spectacle in El Dorado County: Gateway to Tahoe Adventures

While skiers and snowboarders might chase the powder, spring brings a different kind of magic to the mountains surrounding Lake Tahoe. For those who appreciate the sight of rushing rivers and cascading waterfalls, the winter's generous snowfall translates to a season bursting with natural beauty. El Dorado County, nestled along the way to Tahoe, offers a treasure trove of day adventures perfectly suited for the whole family.

Lace up your boots and get ready to explore! Here are just a few of the unforgettable spring hikes that await you:

Bassi Falls:

A short and sweet adventure ideal for all ages. This 2.6-mile round trip hike through the Eldorado National Forest leads you to a 100-foot waterfall – a sight that won't disappoint. Keep an eye out for lingering snow patches can be expected on trail to Bassi Falls in early spring! (Easy to moderate, dog-friendly).

Eagle Falls

Witness the crown jewel of Emerald Bay on this easy to moderate hike. A short walk from the trailhead leads you to a bridge where you can get up close and personal with the cascading falls. Feeling more adventurous? Continue up the trail for another .25 mile to Eagle Lake, a granite-encircled gem. (Easy to moderate, dog-friendly)

Cascade Falls

Another gem located near Emerald Bay, this moderate 2-mile round trip

hike rewards you with breathtaking views of the rushing 200-foot falls. Gaze down at Cascade Lake and beyond to the vast expanse of Lake Tahoe itself. Experienced hikers can extend their adventure past Cascade Lake into Desolation Wilderness for a visit to Snow or Azure Lake.

(Moderate, dog-friendly) If you decide to venture back into Desolation wilderness a free permit is required at the kiosk and general map navigation will be required as there are no official trails to these lakes.

Horsetail Falls

Pyramid creek provides possibly the most stunning waterfall experience in the Central Sierra. A Robust 2 mile stroll up and across the granite off highway 50 will lead you to the base of the regions tallest waterfall. The south facing slopes of this

waterfall canyon also provide quicker snow-melt, providing access up to Avalanche Lake at the top of the falls for those willing to climb the 500 feet scramble to the top.

But wait, there's more! Spring isn't just about waterfalls. As the temperatures rise, wildflowers burst into vibrant life, painting the hillsides in a kaleidoscope of colors. Follow scenic trails and soak in the beauty of nature's springtime awakening.

Here are some other springtime delights to discover in El Dorado County and beyond:

Kayaking and Paddleboarding:

Glide across the crystal-clear waters of Lake Tahoe and soak in the stunning



scenery from a unique perspective. Rentals are readily available, making it easy to hit the water. The Clear Water Kayaks in Tahoe are a crowd favorite for rental opportunities.

Mountain Biking:

For the thrill-seekers, a network of exciting singletrack trails awaits. Rent a bike and explore the surrounding terrain at your own pace, or challenge yourself on legendary routes like Saxon Creek Trail.

Spring Skiing:

Ditch the bulky winter gear and experience the exhilaration of carving turns down the slopes in a t-shirt. Spring skiing at Lake Tahoe is a tradition unlike any other.

Spring Golf:

South Lake Tahoe typically offers some of the earliest mountain golf opportunities. Locals count Golf as one of the triple crown if you want to Ski, Golf and Bike or Kayak all in

the same day. one of the true Eldorado County accomplishments.

El Dorado County

serves as the gateway to your Tahoe adventure, offering a treasure trove of experiences that go beyond the slopes. So, embrace the spring sunshine, lace up your boots, and discover the magic that awaits!





Lasting Adventures Women's Backpacking trips

Empower Yourself and Connect with Nature:

Lasting Adventures' Women's Programs

Looking for an unforgettable adventure this summer? Are you seeking to challenge yourself, connect with nature, and forge lasting bonds with like-minded women? Look no further than [Lasting Adventures' empowering lineup of Women's Backpacking Trips](#) and Young Women's Summer Camp Programs.

Women Backpacking Yosemite

Lasting Adventure Women's only backpacking trips For Women of All Ages: Adventure Awaits in Yosemite and Olympic National Parks

In Celebrating Women's History in March, Lasting Adventures invites women of all experience levels and ages to embark on transformative journeys through breathtaking landscapes. Whether you're a seasoned backpacker seeking the camaraderie of fellow adventurers or a curious newcomer eager to explore the wilderness, their expertly guided trips offer the perfect opportunity to:

Embrace the challenge: Traverse breathtaking trails and soak in the awe-inspiring beauty of Yosemite and Olympic National Parks.

Connect with nature: Immerse yourself in the tranquility of the wilderness, reconnect with the natural world, and discover the profound sense of peace and rejuvenation it offers.

Build lasting friendships: Forge deep connections with other women who share your passion for adventure and create memories that will last a lifetime.

Empower yourself: Push your limits and conquer new challenges on the trail and beyond, and gain confidence and a sense of accomplishment.

Beyond the Hike: Shared Experiences and Lasting Memories

These trips extend far beyond the thrill of the hike. Imagine evenings under the starlit sky, sharing stories and laughter



LEGENDS OF THE VALLEY
RAY AND TONI
★ **VAN WINKLE** ★
FULL-TIME EXCAVATORS
part-time escape artists

FOLLOWING UP A DAY OF ROCKS, DUST AND DIRT
WITH AN EVENING OF ROCKS, DUST AND DIRT.
SOUND LIKE HEAVEN OR WHAT?

THEY'RE MODERN DAY ROUGH RIDERS SADDLED UP ON 1000 CC'S OF CREATURE COMFORT, COMMANDING FRONT ROW SEATS TO THE RAW PAGEANTRY THAT UNFOLDS IN THE HILLS BEYOND THEIR HOME. THAT'S HOW THE BUGGY BOUNCES IN THE BACKYARDS OF CARSON VALLEY.

CARSON VALLEY
NEVADA
visitcarsonvalley.org

around a crackling campfire, fostering a unique camaraderie and shared experience. You'll leave feeling empowered, inspired, and ready to take on the world with newfound confidence.

Inspiring the Next Generation: Young Women's Summer Camp Programs

Lasting Adventures is passionate about nurturing the next generation of female explorers and leaders. Their Young Women's Backpacking Summer Camp Programs, offered in both Yosemite and Olympic National Parks, allow girls aged 13-17 to embark on transformative 6-day or 13-day backpacking adventures.

Empowerment

Through Adventure

These unique summer camps go beyond teaching practical skills like backcountry navigation and outdoor safety. They foster a spirit of adventure, encouraging young women to turn their dreams into action, develop perseverance, and discover their true potential.

Throughout their journey, campers delve into the stories of influential female adventurers, sparking discussions about women's roles throughout history and their place in the outdoors and society today.

A Legacy of Inspiration

Inspired by the legacy of these remarkable women, these young explorers embark on journeys through



Lasting Adventures Guided Women's Adventures



Lasting Adventures Young Women's Backpacking trips

breathtaking landscapes, fostering a deep sense of self-empowerment and confidence that they can carry with them into every aspect of their lives.

Fuel Your Summer Adventure with Lasting Adventures

If you're seeking an unforgettable experience that combines the thrill of adventure with the power of connection and personal growth, look no further than [Lasting Adventures' Women's Programs](#). Visit their website or contact them today to learn more and reserve your spot for an experience that will leave a lasting impact.

Lasting Adventure is offering a **15% discount** for the month of March with the promo code 'FierceFemale15'.

2024 Women's Summer Calendar

5/31-6/2 – Yosemite Yoga & Backpacking Retreat

6/28-6/30 – Yosemite Yoga & Backpacking Retreat

7/2-7/5 – Yosemite – Glacier Point to Half Dome (Celebrate Independence Day on Half Dome!)

7/5-7/9 – Olympic- Hoh Rainforest & Blue Glacier

7/26-7/28 – Yosemite Yoga & Backpacking Retreat


7/31-8/4 – Yosemite Yosemite Icons

8/24-8/27 – Yosemite May Lake to Snow Creek

8/30-9/1 – Yosemite Yoga and Backpacking Retreat



TUOLUMNE TO YOSEMI
VIA THE VOGELSANG H



WHITE VALLEY HIGH CAMP



Backpacking Itineraries Yosemite National Park Wilderness

One of the most diverse and exciting Backpacking routes in Yosemite is the route from Tuolumne Meadows to Yosemite Valley via the Vogelsang High Camp and Rafferty Creek. Backpackers looking to experience a little bit of everything Yosemite is known for will find this 27-mile-plus route filled with options, including Lakes, rivers, plateaus, meadows, forests, and canyons shooting toward the sky. What they are likely not to find is a trail consumed by the masses (Until the last few miles, anyhow)

The Rafferty Creek Trail into the Vogelsang High Camp region is one of the prettiest trails out of Tuolumne meadows as it includes part of the Lyell Canyon start, a rich forest landscape for the first half of the climb, then opens up into this stunning Alpine meadow landscape with Vogelsang and Fletcher's peaks filling the skylines above as you approach the high country. From here, the wild of Yosemite comes to life in every direction.

Day 1

Rafferty Creek to Vogelsang (7-10 miles on day one)

Rafferty Creek flows down from Evelyn Lake and several tributary streams in the basin leading up to Vogelsang Base Camp. It joins the Lyell fork of the Tuolumne River just East of the Two

Bridges Trail crossing.

Seasonally, on this hike, you will see water coming down near the Trail from snow melt from Johnson's Peak and other snow-impacted zones. The flows from Fletcher Lake and Boothe Lake do not flow into Rafferty Creek. Once you hike past the junction at the PCT a couple of miles, the Trail will break into a beautiful open meadow slope up to the High Camp Peaks. Backpackers can either stay at the high Camp on night one or choose from a lake; Boothe, Emeric, or Babcock Lakes are popular first-night choices.

From the Vogelsang high camp, you can climb over Vogelsang Pass and into the Lewis Creek drainage or travel down towards Babcock Lake and traverse the Trail, following Fletcher Creek down to the Lewis Creek area.

Day 2 - Options

Vogelsang to Merced Lake (8-12 miles)

After choosing your route for Day 2 (







assuming you are not staying for an extra day at high Camp to explore some beautiful lakes), most backpackers will travel at least 8 miles to Merced Lake. Depending on how many days you make your 27-mile adventure, you have options for shorter hiking to lakes like Bernice Lake, located off-trail just South of Lewis Creek. Or, further down Trail, an excursion into Washburn Lake instead of Merced Lake for an evening in the high country.

“Washburn Lake in Yosemite. This is one of my favorite places; the stark beauty of the granite valley juxtaposed with the lush green and deep clear blue of the lake is quite spectacular” ~Eric Schmitt

Lewis Creek is one of the best streams in the Sierra. It has beautiful clear water pools, smooth granite rocks, grassy meadows, and magical forests. The Waters flow from the glacial lakes south of Vogelsang Near the Lyell Glaciers. Fletcher is also friendly, with expansive views, but the creek itself could be more charming. Along Lewis, you keep finding spots where you just want to stop, drop your bag, and Camp for the night. Crossing Lewis further up from where it meets the Bernice Lake Trail is pretty easy, even when the water's high. Crossing Florence Creek might get your feet wet, but it's not very deep and typically safe. When you have to cross Lewis again near Merced Lake, it splits into several smaller streams.

(Note: there is no camping allowed West of the Lake to Yosemite Valley, so find a

location in the high Camp or before you reach the Lake)

No Camping Zones

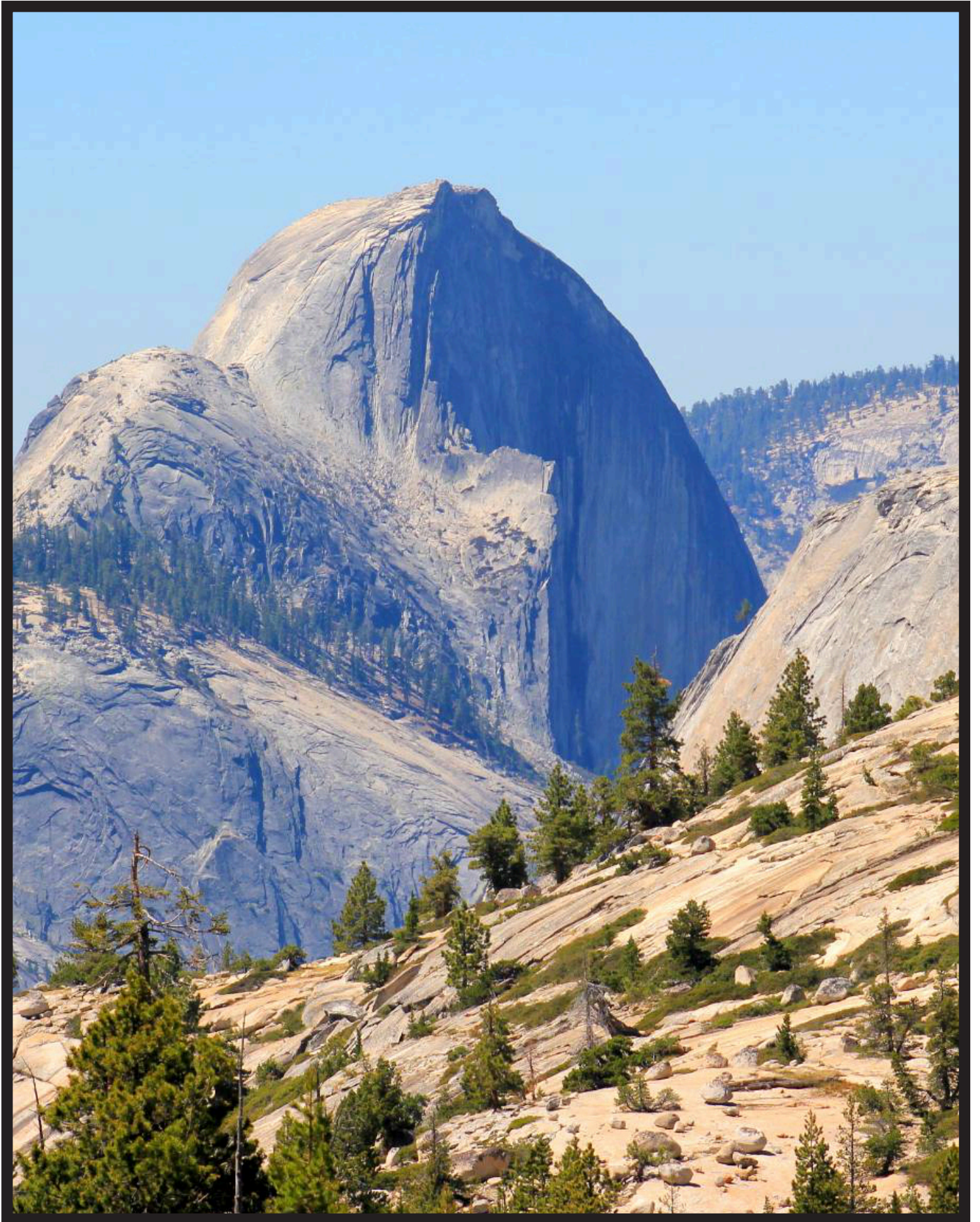
Camping in the Half Dome and Little Yosemite Valley area is permitted only in the Little Yosemite Valley Campground. Camping is not permitted between Yosemite Valley and Little Yosemite Valley. If you would like to camp in a dispersed wilderness setting, you must camp beyond the Half Dome/John Muir Trail junction or beyond Moraine Dome (toward Merced Lake). Camping is not permitted on top of Half Dome or at Lost Lake.

Day 3 - Option

Merced Lake to Half Dome or Yosemite Valley

Merced Lake, nestled in the heart of Yosemite's High Sierra, holds the distinction of being the first established High Sierra Camp, dating back to 1916. Positioned near the serene waters of Merced Lake, it stands as the most secluded of the High Camps, drawing hikers seeking a tranquil retreat. With its relatively low elevation of 7,150 feet, Merced Lake enjoys milder temperatures, making it accessible for longer stretches of the hiking season compared to its higher-altitude counterparts.

Upon reaching Merced Lake after



trekking from Vogelsang High Camp, backpackers often find themselves compelled to linger, indulging in activities such as swimming, fishing, or simply unwinding amidst the peaceful ambiance of its shores. This respite serves as a rejuvenating pause before the onward journey, perhaps towards the iconic Half Dome.

As backpackers depart from Merced Lake, their path leads towards the legendary Half Dome, a pinnacle of Yosemite's natural beauty. The trek towards Half Dome promises breathtaking vistas and challenging terrain, rewarding intrepid adventurers with unparalleled views of the park's majestic landscapes. Half Dome Permits are Required if you plan to traverse this epic Yosemite Peak on your trip.

I hear of some that will adjust course here and head to Clouds rest before traveling back down to Half Dome and the Valley.

The journey from Vogelsang High Camp to Merced Lake and on wards to Half Dome before returning to the Valley encapsulates the essence of Yosemite's backcountry experience. It is a pilgrimage through pristine wilderness, where every step unveils the grandeur of nature and the spirit of exploration thrives.

Skipping Half Dome

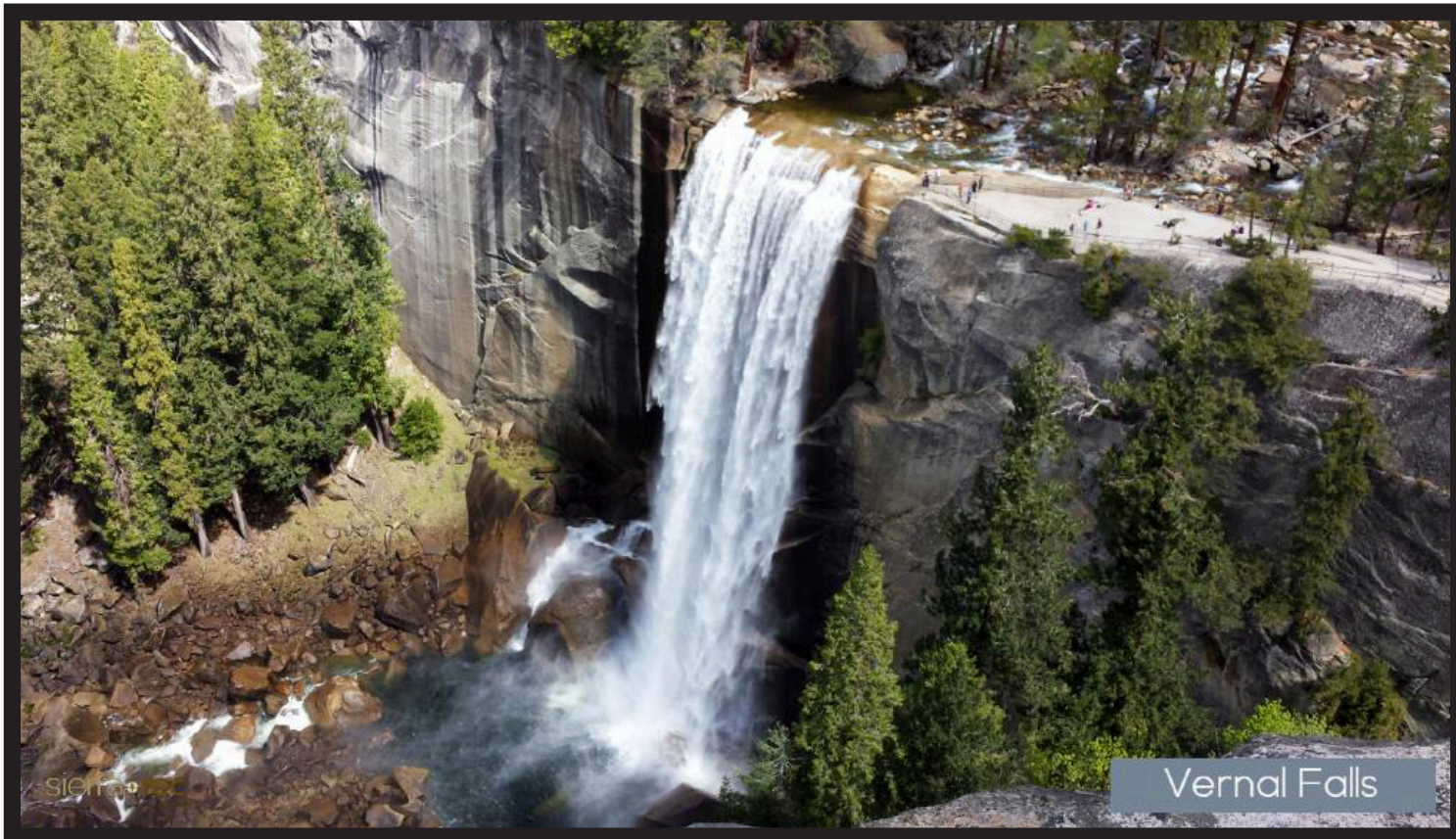
For Bunnell and Merced Cascades (10 miles)

Looking to Avoid the crowds a bit longer, then turning at Echo Valley and traveling the Merced River down through the Brunnell burn Scar to See the Cascades at Bunnell and Mercer Falls is an excellent alternative trip that shows you the effects of Fire and natural recovery inside of a wilderness area, as well as two fantastic pools to enjoy below the cascades.

Once you join the JMT again, more people will be on the Trail, most stopping and turning around at Nevada Fall Vista Point or coming up from Vernal Falls past Clark's Point to the JMT before returning to the Valley.

Shuttle back to Tuolumne

There is a shuttle in the summer season up to Tuolumne from the Valley. So check the schedules and plan according to your trip needs. Stay another night, enjoy the Valley, and stay in the backpacker's Camp before heading out—no need to hurry. You are in Yosemite, so wander and enjoy a trip only you can take! Note: you will notice on our trip itinerary that the mileage does not add up. This trip begs for off-trail excursions and wandering routes for another view. This trip can be done in 2-5 days you choose the pace.



Preparing for Your Backpacking Adventure

Before embarking on your journey from Tuolumne Meadows to Yosemite Valley via the Vogelsang High Camp and Rafferty Creek, it's essential to adequately prepare. Here are some tips to ensure a safe and enjoyable experience:

three men standing in a field with a lake in the background

Gear Check: Make sure you have all the necessary gear for your backpacking trip, including a reliable backpack, tent, sleeping bag, stove, and appropriate clothing for varying weather conditions.

Navigation: Familiarize yourself with the route using maps, guidebooks, or GPS devices. Ensure you know how to use them effectively during the hike.

Permits: Obtain permits for your backpacking trip, as they are required for

overnight stays in the backcountry of Yosemite National Park. Reserve permits well in advance, especially during peak season, to secure your desired itinerary.

Physical Conditioning: Prepare physically for the demands of hiking in the High Sierra. Gradually increase your fitness level through regular exercise, including hiking with a loaded backpack to simulate the conditions you'll encounter on the trail.

Food and Water: Plan your meals and pack lightweight, high-energy foods. Ensure you have an adequate supply of water or water purification methods to stay hydrated throughout the journey.

Leave No Trace: Practice Leave No Trace principles to minimize your impact on the environment. Pack out all trash, minimize campfire impacts, and respect wildlife and other hikers.

Tuolumne meadow mountains with snow

Frequently Asked Questions (FAQ) on



2024 Gear Bag

The gear that we are adding to and reviewing for our outdoor adventures in 2024



February 2024 was a blur. We were invited to join industry leaders and gear experts in Denver for the OMA media event, where brands from the outside adventure industry introduced new gear lines for the Fall season of 2024 and helping us touch, hold and experience the new lines just released for spring of 2024.

As content creators talking about travel, hiking and outdoor recreation experiences, it may be complicated to understand how I have yet to really dive into Gear reviews much in our ten years of delivering authentic Sierra Nevada adventure. Gear seems to fall into two buckets for outdoor

adventure seekers. Either you are always seeking the newest and most excellent Gear from brands that have earned your trust. Or you are a functionality and comfort brand user, meaning that you only carry Gear that serves a purpose, and it's likely you only change Gear or brands when needed or you discover

something that might be a better solution. (Yes, I know that is an over-generalization, but I don't think it is wrong)

I typically fall in the Later category, keeping functionality, price and durability top of mind in most of my selections. So, I am only sometimes looking for the latest and most improved products. So, the OMA media event was unique in that I was introduced to entire lines of products that I had yet to try or even knew existed. So, for the remainder of this article, I will not attempt to sell you on any brand, but I want to share with you some of the highlights I saw for both the Spring of 2024 that are available now and the Fall of 2024 that you can start planning for after the summer hiking season. And along the way, highlight the new Gear I will be adding to my Outdoor

adventures for 2024.



NEW Gear in 2024



Hest Down Comforter -

Designed to provide the comfort and warmth of your home comforter in a more packable, outdoor-ready design, the new Down Comforter pairs perfectly with HEST's mattresses of all sizes or shines all on its own.

The [HEST Down Comforter](#) is now available for purchase in 2024 in two sizes on HEST's website: the single for \$299 and the double for \$399. The NEW HEST Top Sheets are also available: the single for \$89 and the double for \$109. For more information, visit www.hest.com.



Picnic+ Cutlery Complete Set with No.08 Folding Knife



The Picnic+ cutlery inserts are smart and durable accessories for on the go meals and camp cooking. Part of our Nomad Cooking Collection

From [OPINEL KNIVES](#)



Thule Outset – Experience the revolution in outdoor living

Discover a new standard in outdoor living with the [Thule Outset](#) – the first hitch-mounted tent on the market that is tailored for comfort and designed for adventure. Thule Outset will be available in the late spring of 2024.



MSR launches Paradigm™ bindings on Explore Series snowshoes for Fall 2024

Mountain Safety Research (MSR) announces the launch of new Paradigm™ bindings on their Explore Series snowshoes, as well as new colorways, available Fall of 2024. The Explore Series snowshoes are designed for intermediate to advanced-level snowshoers exploring intermediate to technical, variable terrain.



MSR - Hubba Hubba™ Bikepack 1-Person Tent

A three-season solo tent with ultimate on-off bike performance and comfort. Designed for the adventurous cyclist whether they ride dirt or pavement.

MSR Titan™ Kettle 900mL



[Ultralight and durable cook pot for one doubles as bowl or mug.](#)

Perfect for a solo backpacker or anyone looking to shave some pack weight, the updated Titan Kettle 900mL punches well above its ultralight weight packability. Also available in 1400mL & 450mL mug.



Falcon Cylindrical Zeiss Lens Ski Goggles

Falcon lens by ZEISS Snow Goggles, featuring a falcon-inspired strap and ZEISS lenses for unmatched clarity. Enjoy high contrast vision, a magnetic lens changing system, and a bonus low light lens.

By Outdoor Masters



OutdoorMaster Mustang Dirt Bike Goggles

Best Dirt Bike Goggles Elevate your riding experience with OutdoorMaster dirt bike goggles that seamlessly enhance your vision. Featuring anti-fog and scratch-resistant coatings, these goggles guarantee uninterrupted immersion in every moment of your adventure.



Discover Unmatched Clarity with Outdoor Master's Falcon Cylindrical Zeiss Lens Ski Goggles

Experience the Sierra Spring with Outdoor Master's Falcon Ski Goggles

In the heart of the Sierra Nevada, where the sun kisses the snow-capped peaks, lies a world of adventure waiting to be explored. As winter fades into spring, the slopes transform into a playground for skiers and snowboarders alike. Amidst this breathtaking landscape, Outdoor Master's Falcon Ski Goggles come to life, offering a glimpse into a world of unmatched clarity and performance.

Crafted with precision and innovation, these goggles are more than just gear—they're a gateway to experiencing the beauty of spring skiing like never before. With ZEISS SONAR Technology, the Falcon lenses provide crystal-clear

vision, enhancing contrast and clarity even in the ever-changing light conditions of spring.

As you glide down the slopes, the frameless design of the goggles provides a seamless connection to the terrain, allowing you to navigate with confidence and precision. Whether you're carving through freshly groomed runs or exploring off-piste adventures, the toric lens design offers an expansive field of view, capturing every moment of the exhilarating journey.

But what truly sets Outdoor Master's Falcon Ski Goggles apart is their ability to adapt to the elements with ease. With MagKlick's one-second lens swap, you can effortlessly transition between lenses, ensuring optimal visibility no matter the conditions. And with VS Treatment providing superior anti-fogging capabilities, you can focus on the thrill of the descent without worrying about obscured vision.

As you bask in the warmth of the spring sun and the crisp mountain air, Outdoor Master's Falcon Ski Goggles become more than just a piece of equipment—they become a trusted companion, guiding you through the exhilarating adventures that await in the Sierra Spring. So why settle for anything less? Elevate your spring skiing experience with Outdoor Master's Falcon Ski Goggles and embrace the beauty of the Sierra in all its glory.




**VIBE- SUPER
SOFT**

**Boxer Brief /
Hyperactive
Stripe- Multi**

Experience The BallPark Pouch™

Designed to reduce friction, the patented BallPark Pouch™ keeps everything in place.



ULTRA 
SUPER SOFT
Boxer Brief

QUEST
QUICK DRY MESH
Boxer Brief



The innovation that started it all. Every pair of SAXX Underwear comes equipped with our patented BallPark Pouch™ technology. Designed to reduce skin-on-skin friction, this 3D hammock-shaped pouch holds everything in place.

PRIMUS



ULTI Stove System

PRIMUS is launching the ULTI Stove System. The most Wind resistant and powerful backcountry cooking stove ever made.

This All-in-one cooking system will be the most reliable cooking system for expedition chefs in the extreme environments



EXPED MEGAMAT AUTO

MegaMat Auto is the ultimate vehicle sleeping mat fitting many mid-size trucks, compact SUVs & wagons, and Tesla models.

Like other sleeping mats in the [MegaMat product line](#), the MegaMat Auto features 4 inches of open-cell polyurethane foam for support and warmth and a brushed, stretch tricot nylon surface for cradling comfort. New for 2024: Our updated MegaMat Auto now features two inflate and two deflate valves for even faster setup and take down.

eagle creek



No Matter What™ Duffel

100% recycled materials, packs into its own front pocket, new patterning means virtually no fabric waste in production.

Newly utilizing eagle creeks "Chasing Zero" design philosophy, the innovative No Matter What Duffel 90L sets a new standard for sustainability, functionality, and versatility.

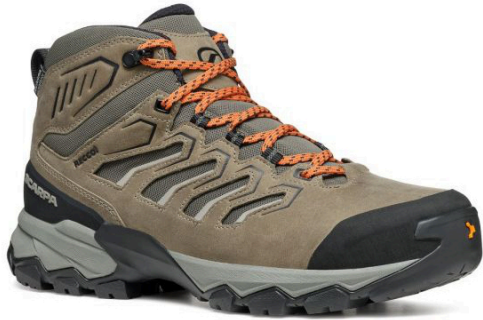
Gear Warrior XE luggage

Built to roll smoothly through any travel adventure, the Gear Warrior collection combines rugged design and construction with go-anywhere style and ease. 4 wheels, 2- wheels and 2-wheeled convertible. Carry-on and checked sizes



Disco™ Endless Promise® Down Sleeping Bags - Mens and Womens

The reigning favorite down bag for backpackers, Disco™ features the best-of-all-worlds Classic Spoon® silhouette for ultimate side-sleeping comfort. Along with this suite of top features, Disco now boasts the purpose-driven Endless Promise® designation, meaning it was designed specifically to stay out of the landfill and on the trail, forever. With a shell manufactured fully from PET, this sleeping bag is 100% recyclable at the end of its life.



MORAINE MID WP MEN'S ❤️ (NEW)

Perfect for novice or veteran alike, the Moraine MID WP is a super versatile hiking shoe that delivers comfort, support and traction in a nimble package.



MORAINE MID WP WOMEN'S (NEW)

Perfect for novice or veteran alike, the Women's Moraine MID WP is a super versatile hiking shoe that delivers comfort, support and traction in a nimble package.



MESCALITO PLANET MEN'S

The Mescalito is a premium approach shoe designed for technical hikes into remote alpine objectives. With rugged, reinforced construction, full rand protection and a sticky rubber outsole, the Mescalito is the ultimate combination of durability and lightweight performance.



MESCALITO PLANET WOMEN'S

The Mescalito is a premium approach shoe designed for technical hikes into remote alpine objectives. With rugged, reinforced construction, full rand protection and a sticky rubber outsole, the Mescalito is the ultimate combination of durability and lightweight performance.



Scrambler Mid II - Ultra-Light Hiker With Michelin Fiberlite Sole



The Lightest, Most Technical Hiking Boot Ever. Don't be fooled by the heavier look from Xero Shoes. The new Scrambler Mid is as light as ever. - Keep your feet protected from dirt, debris, and mud with the Scrambler Mid II's upgraded abrasion-resistant, vegan-friendly, breathable upper and welded sidewalls.

Kona - Your Barefoot Beach-Style Slip-On



A Casual minimalist moccasin by XERO Shoes.

Kona – Your Barefoot “Dude” Beach-Style Slip-On

Slip into the Kona, and you'll instantly feel the essence of the Hawaiian beach it's named after. With moccasin-inspired construction, this slip-on gives you a “barely there” feel in a casual shoe that looks great with your favorite outfit.

H-Trail - Huarache-Style Hiking Sandal

A Super-Light Huarache-Style Trail Sandal by Xero Shoes.

H-Trail – A Trail-Ready Huarache-Style Sandal

Five years in developing this sandal to give you the ultimate performance, comfort, and freedom of a huarache-style sandal.

The H-Trail is your perfect companion for all your outdoor adventures, from warm-weather hikes to water sports.





PHANTOM GLIDE
Apply Once, Glide Forever.

Experience Ultimate Performance with PHANTOM Glide

Introducing PHANTOM Glide: PHANTOM Glide is a revolutionary base treatment for skis and snowboards, offering predictable glide over various snow conditions while addressing environmental concerns.

Enhanced Performance: PHANTOM Glide increases hydrophobicity and glide performance, ensuring optimal performance on the slopes every time.

Evolutionary Technology: With constant refinement, PHANTOM offers a comprehensive toolkit for base care, including specialized Nordic formulas for

non-gravity initiated skiing.

Simplified Base Care: PHANTOM Glide provides a permanent solution, eliminating the need for frequent reapplication and simplifying base care for winter sports enthusiasts.

Environmentally Conscious: PFAS-free and eco-friendly, PHANTOM Glide is handmade in the U.S.A, minimizing environmental impact while delivering superior performance.

Elevate your skiing and snowboarding experience with PHANTOM Glide. Experience predictable glide, simplified base care, and environmental sustainability on the slopes today.

dpsskis.com/products/phantomglide



Sustainability, Technology, Inclusivity Drive Spring 2024 Outdoor Research Apparel, Gear Collection

New Sustainable Tech and Inclusive Designs : Outdoor Research 2024

Outdoor Research (OR) is hitting the ground running this spring with a collection driven by three key pillars: sustainability, technology, and inclusivity. From eco-conscious materials to innovative fabrics and a wider range of sizes, OR is ensuring everyone can comfortably explore the outdoors this season.

Sustainable Solutions:

OR is serious about safeguarding the environment. They've upped their use of recycled materials and begun phasing out harmful PFAS chemicals from their products. The new Stratoburst line, for example, is completely PFAS-free and boasts a recycled polyester build. They've also outlined ambitious climate action goals based on scientific targets.

Tech on the Move:

Innovation is at the heart of OR. From the groundbreaking Duraprint, a 3D printed technology that boosts durability in high-wear areas, to the new **Shadow Wind Hoodie**, a category game-changer, OR is constantly pushing boundaries. This ultralight wind shell uses a stretchy, breathable fabric perfect for active pursuits.

Inclusivity for All:

OR is a leader in offering a wide range of technical apparel in inclusive sizes. Their commitment continues this season with the expansion of their **Freewheel mountain biking collection**.



The Spring 2024 collection offers a variety of options for outdoor enthusiasts. Here's a quick look at some highlights:

Outerwear: The **Shadow Wind Hoodie** is a game-changer for active users, offering wind protection in a comfortable, ultra-light package. The

Stratoburst rain jacket and pants provide excellent weather protection at a competitive price point.

Technical Apparel: The **Astroman Air collection** provides excellent sun protection with a cool, comfortable feel. The new **Vantage crop top and leggings** are a versatile

option for active women.

Essentials: The **Essential Fleece Crew and Pullover Hoodie** are perfect layering pieces, while the **Ferrosi Joggers** offer comfort and durability for a variety of activities.

Hats, Duffels and

Packs: The new **Swift hat collection** offers a variety of options for sun protection and performance. The CarryOut Duffel is a versatile travel companion, while the Heyday 20-liter pack is a great choice for everyday use.



Shadow Wind Hoodie

Beyond the Apparel:

The collection extends beyond apparel with a focus on versatile functionality. The CarryOut Duffel gets a durability upgrade with a new PU-coated material, while the Heyday 20-liter Pack offers a streamlined design perfect for everyday adventures.

A Brand Built on Values:

Since 1981, OR has been a trusted source for outdoor gear. Their commitment to sustainability, innovation, and inclusivity ensures everyone can comfortably explore the world around them.

THE ULTI STOVE SYSTEM

Ulti Stove System is the most wind-resistant and powerful cooking solution we've ever made. With the goal to excel in even the harshest environments, this all-in-one system offers the most reliable cooking solution for expedition chefs worldwide. This compact system easily holds everything needed to prepare a hot meal pretty much anywhere.

Set up this high-efficiency kitchen with ease, as this system was designed and developed to be used with gloves on. Unpack and set-up the burner with three sturdy legs on any type of ground, the low center of gravity creates a stable unit. Next simply lock the sturdy pot handle to the open position and nest the hard-anodized aluminum pot with the integrated heat exchanger on the burner and you are ready to cook.

The burner boasts of combination of catalytic combustion and infrared radiation that produces a 10,200 BTU (3000W) heat source that boils water in under 4 minutes regardless of the weather conditions. The reliable burner also offers a pressure regulator to cook at the most extreme environments from high-alpine snow melting to dry desert expeditions.

When done cooking, the powerful burner legs fold under to hold the hose and valve into the base of the burner and then easily packs back into the pots. Place the lid on and fold the handle over to lock the system together for a rattle-free, packable kitchen. Packed all together, this offers a robust shell for the burner.

Available in two sizes, both optimized for the best packability. Ulti Stove System 1L feeds 1-2, while the 1.7L version is best for 2-3 people. A larger 2.5L pot is also available which is suitable for a slightly larger group or when melting snow is important. All three pot sizes can nest together with the burner.



EASY COOKING

Sturdy handle allows you to easily hold the pot. The handle also folds over the lid to lock the stove system together in an impact protected package.

EFFICIENT

Hard-anodized aluminum pot and lid with pour spout has integrated heat exchanger and webbing handle.

WIND-RESISTANT

Catalytic combustion and infrared radiation burner has no blue flame to be extinguished.

COMPACT

Legs fold under and into the burner base to lock in hose and valve into a compact unit.

ALL-IN-ONE

Fuel-efficient pot system securely sits on burner when in use and holds/protects a 100g / 230g fuel canister and burner for easy packing.

VERSATILE

Remote canister hose system allows the fuel canister to be flipped upside down for use in colder weather.

POWERFUL

Pressure regulator enhances efficiency and ensures consistent heat output.

STEADY

Disk burner with low center of gravity and sturdy legs can be used on a variety of ground cover and provides a stable cooking base.



To help encourage you to get outside, we have pioneered a global content hub where we gather and share recipes, inspiration, and information relevant to our passion – cooking in nature.

PRIMUS

INTRODUCING RAMBLAS AVENTON'S NEW ELECTRIC MOUNTAIN BIKE



Aventon, a California-based electric bike company, is thrilled to announce its first-ever electric mountain bike. [Ramblas comes equipped with a mid-drive motor](#) that was designed exclusively by Aventon, allowing riders to adjust their riding settings, providing a more natural and personalized feel. In addition, this hardtail eMTB is ready to carve out the uncommon route on trail and on the road with quality components from well-known brands such as: Rockshox 35 suspension with 130mm of travel, Sram DB8 mineral 4 piston hydraulic disc brakes, Sram 12sp NX drivetrain & Maxxis tires. Get ready to roam, ramble, and revel in the more dynamic side of the ride. With Ramblas, it's mountain time, all the time.

Aventon's mid-drive motor, named the A-100, was designed to give riders full control over their riding experience. By

fine-tuning Ramblas' three pedal assist levels in the Aventon app, rider's can customize how the bike performs, giving them a personalized and more natural riding feel similar to that of a traditional bike.

"As enthusiasts ourselves, we believe that the joy of cutting-edge electric mountain biking should be an experience accessible to all, not just a privileged few," says Aventon CEO, JW Zhang. "We at Aventon are on a mission to revolutionize this landscape. Our Ramblas eMTB is not just a bike, it's a testament to breaking barriers. The Ramblas delivers superior technology with a proprietary mid-drive motor, premium features, and a durable alloy frame. This ensures the thrill of our eMTB is accessible to all without sacrifice."

Ramblas' A-100 motor delivers 100 Nm of torque ensuring steady, natural acceleration and smooth climbing compared to other mid-drive motors, such as Bosch, Brose, Yamaha and Shimano that delivers only 90Nm. The torque gradually decreases as pedal speed increases, aiming to replicate the sensation of riding without motor assistance, preventing a sharp drop-off in torque. The motor is also IP67 waterproof rated, meaning it has complete protection against dust and immersion in water for short periods of time, ensuring protection in wetter, dirtier riding conditions.

Ramblas Features

Available in four sizes, including small, medium, large, & extra large, as well as a dynamic colorway: Borealis Green

Ramblas' hardtail frame is a workhorse for the all-terrain. It's lightweight, durable, and reliable, giving riders the confidence they need on mountain trails and rough roads.

Ramblas is a class I ebike out of the box, that reaches 20 MPH with pedal assist & up to 80 miles in range.

Three adjustable pedal assist settings to better maneuver on trail and road: Eco, Trail, and Turbo.

Full Color Display with Bluetooth app connectivity that has been upgraded and downsized to protect it from unforeseen circumstances while riding on trail or road. The Ramblas' display provides riders with current speed, battery life and pedal assist level, as well as connects to a larger Aventon community. Aventon App can be downloaded in Android and IOS

app stores.

Sram DB8 mineral 4 piston hydraulic disc brakes provide superior modulation, meaning more brake fluid is distributed across a larger surface area, allowing riders to stop when they need to most.

Ramblas comes equipped with a Sram NX 12-speed drivetrain for more efficiency to climb hills, roll around on trails and ride faster on flat surfaces.

Ramblas' dropper post enhances control and comfort right from the handlebars using the dropper lever. Drop it low for more room in the cockpit while navigating steep or technical terrain, or raise it up for a more efficient riding position.

Ramblas' 29" x 2.4" Maxxis tires for M-XL frames & 27.5" x 2.4" Maxxis tires for S frames, provide the ultimate traction when cutting through rough terrain on trail or road.

Battery made with 21700 LG cells that is hidden nicely inside the bike's frame. The battery provides up to 80 miles per charge and is TUV certified, compliant to the UL 2849 standard. For security purposes, a key is required to remove the battery.

At an unbeatable MSRP of \$2,699, riders get so many valuable features, including incredible quality and peace of mind from all Aventon's products.

Aventon's 2-year standard warranty comes with the purchase of the new Ramblas, covering all manufacturer defects of the frame and components prior to assembly.



ALPACKA RAFT RELEASES THREE NEW MODELS FOR 2024

The innovate brand is launching two new tandem packrafts and an update to the Refuge

Alpacka Raft, the [packrafting industry leader](#), announced three new models for 2024. The Colorado-based brand is releasing two new tandem packrafts, the Tango and the Rendezvous, and is updating the Refuge, one of the company's most innovative models.

“As packrafting continues to grow in popularity, we want to make sure that we are making packrafts that fit the diverse needs of a wide variety of paddlers,” said Thor Tingey, CEO of Alpacka Raft. “This year, we are continuing to push the limits of the sport with performance

improvements to the Refuge and the Valkyrie. And, we are also developing products for more casual users, with new tandem models like the Tango and the Rendezvous, which are perfect for family trips, fishing, and exploring new landscapes with a partner.”

[The Tango is a two-person, kayak-style packraft](#) ideal for serene lakes, meandering rivers up to class II, and gentle coastal areas. Its 13.1-inch cargo hull and inflatable floor are designed for stability and comfort, making it an excellent option for longer days. The Tango features a built-in cargo fly, inflatable backrest support for both paddlers, and ample leg room for kayak-style paddling, allowing for comfort and adaptability during all-day excursions.

This model features a low-profile hull and is the brand's fastest tandem packraft. The tandem design is ideal for couples and families looking to explore the backcountry together. The extra speed also makes it an ideal adventure racing packraft. Available in an eye-catching Banana Split color, the packraft weighs 12.9lb and sells for \$1,900.

[The Rendezvous is an innovative packraft-style canoe](#) that uses a unique design, integrating a central thwart instead of traditional seats to help make the packraft fast and stable when paddling or fishing on flat water. This packraft is Alpacka's most comfortable two-person model, and the new construction helps to cut down on weight and bulk, making it easy to pack and carry. The one-size, two-person Rendezvous replaces the brand's previous Oryx model and comes equipped with a cargo fly zipper for hauling gear inside the tubes. With a weight of 10.0lb and a price tag of \$1,700, the Rendezvous is perfect for long days on lakes and rivers and is the best fishing packraft in the lineup.

The Refuge is Alpacka Raft's ode to backcountry enthusiasts and wilderness travelers. The 2024 Refuge is the third iteration of the packraft, and this new model optimizes the best features of the prior versions. The new version weighs in at a mere 6.5lb and offers a blend of agility and durability that allows it to excel in all types of conditions. The fabrics pair the brand's lightweight 210d nylon hull with a full-strength 840d floor for maximum abrasion resistance in shallow backcountry rivers. A whitewater deck

keeps paddlers dry, while the Cargo Fly internal storage system allows users to pack gear inside the tubes. Alpacka also added a lightweight 2-point thigh strap system, giving paddlers control of the packraft when navigating smaller backcountry whitewater. The new Refuge is priced at \$1,325 and is available in medium and large sizes. Bringing backpacking to a new level. Packrafts for any adventure. Alpacka Raft makes inventive, lightweight, tough and dog friendly packrafts for your next adventure.

These new models are available at alpackaraft.com.



Alpacka - Refuge

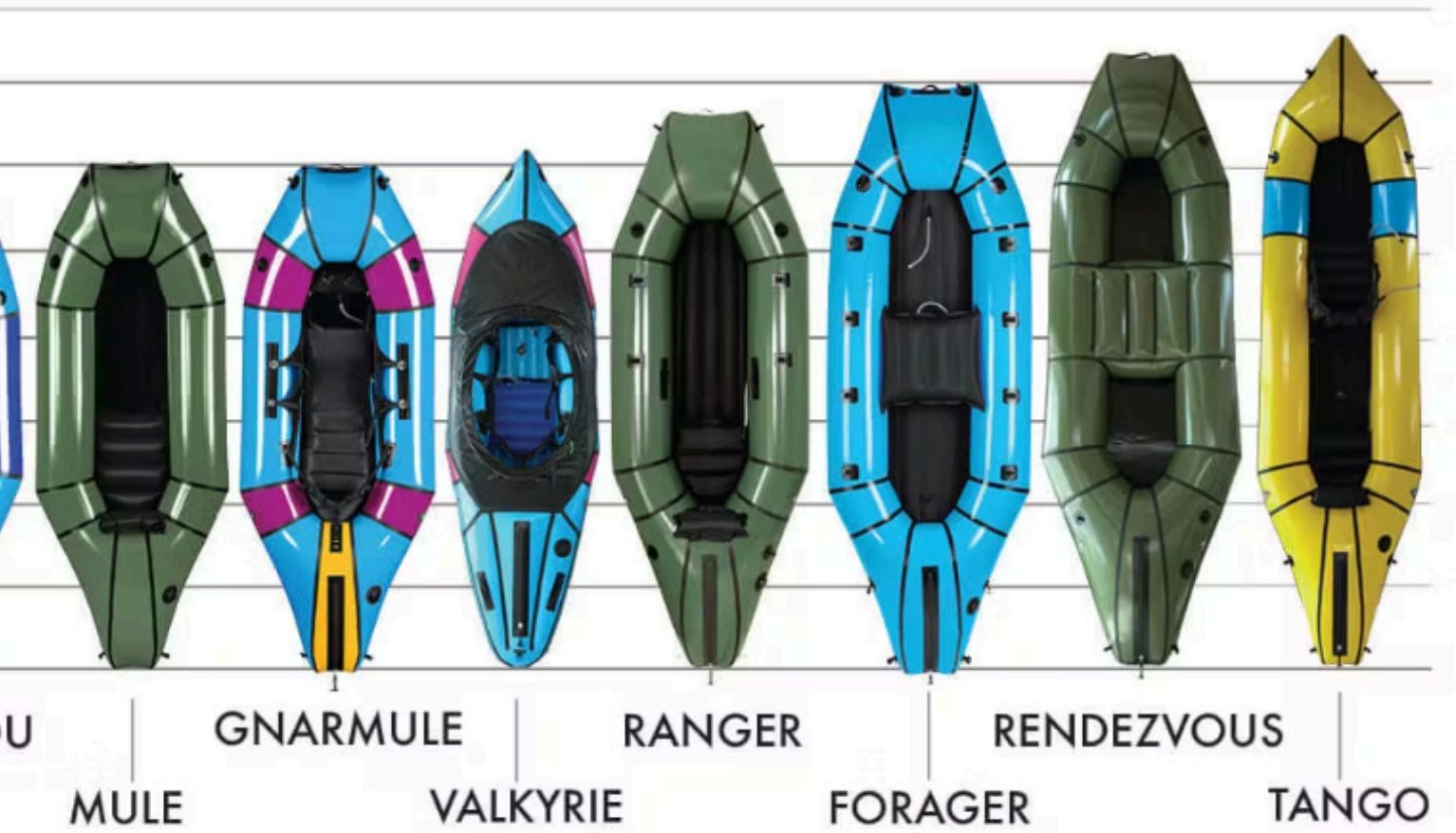
Compare packrafts side by side to choose the right packraft for your adventure.



Rendezvous



The Rendezvous seats two paddlers like a traditional canoe and is ideal for long days on flatwater lakes and rivers.



Tango



The Tango is a full-sized, two-person kayak style packraft for speed and comfort on lakes, coastal areas, and rivers up to class II.

Most Accurate Fly Rod Ever Manufactured

Orvis the fly-fishing pioneer and purpose-led outdoor retailer launches the 4th generation Helios, a rod four times more accurate than its predecessor.

Orvis, the family-owned and operated outdoor retailer that pioneered the modern

fly rod, announces its next generation of Helios rods. The new Helios is four times more accurate than its ground-breaking predecessor the Helios 3 (H3) and is 25 percent stronger and 10 percent lighter in hand. The result is an intuitive fly rod that is defining a new era in fly rod manufacturing.

"Helios rods are what people think of when they think of Orvis innovation and leadership in fly fishing," said Orvis

YOUR BEST IS NOW

4X

BETTER.

ORVIS INTRODUCING THE ALL NEW
HELIOS™
IT'S WHERE ACCURACY COMES ALIVE.



President Simon Perkins. “We had something really special with the Helios 3, and we wanted to challenge ourselves with something better. Because the team in our Rod Shop is the best in the world, the result is revolutionary.”

Conceived and built by designers, engineers and rod builders in Manchester, Vermont, the new Helios is the most advanced fly rod in fishing and an unprecedented leap forward in the industry. The new rod displays dramatically increased hoop strength and a radical reduction in rod tip displacement when casting. The result is a rod that is able to deliver a cast that is measurably more accurate than the competition, tracking four times better than the industry-leading Helios 3. It is endorsed by Orvis’s vast network of professional guides and anglers many of whom part of the official testing process across seven countries.

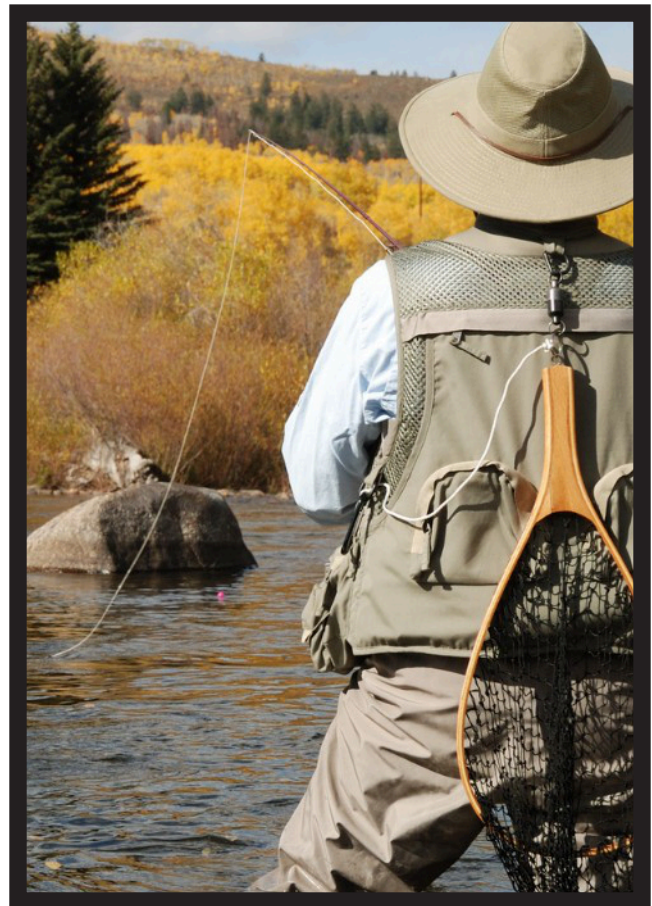
“The new Helios is a re-imagining of what’s possible in a fly rod and its ability to deliver the best experience for an angler. Four times more accurate than the industry-benchmark H3 is not hyperbole,” said Shawn Combs, director of fishing design and development. “We’ve built the tools to quantify what’s been measured historically in our industry through feel. This rod is where instinct and innovation meet. The result is the most accurate rod in the world. We know it when we cast it, and we see it in the data.”

The Helios is available in two distinct series, Distance (D) and Finesse (F). The D-Series offers increased line speed, lifting power and stored energy and is available in a variety of sizes, from 4-weight for small stream trout to 14-weight for billfish in saltwater. The F-Series features increased sensitivity optimized for delicate presentations and tippet protection and is available in sizes ranging from 2 weight

to 8 weight.

“It’s fun to think of Orvis as a start-up in the 1850s and how Charles F. Orvis wanted to give someone the tool that would introduce them to the natural world in a way that would change their life,” said Perkins. “That’s really what this new generation of Helios does. It makes any angler their best. And when you’re your best, you want to get out and live for more unforgettable moments on the water.”

The Helios fly rod collection (MSRP \$1098-\$1198) is available online and at select independent fly shops and Orvis retail stores. To explore the Helios collection, please go to www.orvis.com/helios-fly-fishing-rods.





Aerogel: The Superhero of Insulation

How New Tech Keeps You Toasty in the Sierra Nevada

Conquering the Sierra Nevada's breathtaking peaks and valleys requires preparation. Packing the right gear, especially for staying warm, is crucial for a safe and enjoyable adventure. But with so many options available, how do you choose what's best? Look no further! This guide unveils the science behind innovative technologies like Solarcore, empowering you to make informed decisions for your next Sierra escapade.

Shedding the Bulk: The Science of Warmth

Traditional outdoor gear often relies on bulky layers to trap heat. While effective, this approach can limit mobility and comfort. Thankfully, advancements in material science are

changing the game. Enter Solarcore and its revolutionary Aerogel technology.

Aerogel: The Superhero of Insulation

Imagine a material so light it can hold a flower without crushing it, yet capable of stopping extreme temperatures in their tracks. That's Aerogel. This NASA-inspired substance boasts the lowest thermal conductivity of any solid, making it a game-changer in thermal insulation.

Solarcore: Putting Aerogel to Work

Solarcore integrates Aerogel into its gear, creating products that are:

Warmer: Experience exceptional warmth with significantly less bulk compared to traditional down or synthetic materials.

- **Packable:** Shed the extra weight! Solarcore's compressible insulation allows you to pack more efficiently for your trek.
- **Durable:** Built to withstand the Sierra's challenges, Solarcore gear promises long-lasting performance.
- **Beyond Solarcore: Spotlighting Other Tech-Driven Advancements**

Solarcore is just one example of how science is revolutionizing outdoor warmth. Here's what to look for when shopping for gear:

- **Hydrophobic Materials:** Water-resistant down or synthetic insulation retains warmth even when wet, crucial for unpredictable Sierra weather.
- **Advanced Fabrics:** Look for materials that offer breathability to prevent sweat build-up and ensure a comfortable micro-climate.
- **Reflective Technology:** Certain fabrics incorporate reflective particles that bounce back radiant heat, keeping you warm in chilly conditions.
- **Gear Up for Success: Choosing the Right Tech for Your Needs**

Understanding the science behind thermal technology empowers you to make informed choices. Consider factors like:

- **Activity Level:** High-exertion activities require breathable gear,

while for colder pursuits, prioritize insulation.

- **Weather Conditions:** Research expected temperatures and precipitation to choose appropriate insulation levels and water resistance.
- **Personal Preferences:** Comfort is key! Try on different gear options to find what fits and feels best for you.

Embrace the Sierra, Prepared and Warm

By incorporating tech-driven advancements like Solarcore and understanding the science of warmth, you can conquer the Sierra Nevada with confidence. Pack smart, stay warm, and experience the beauty of this awe-inspiring mountain range to the fullest.

Solarcore partnered with Merrell to insulate the footwear brand's MTL Thermo Rogue 4 Boot, which won an ISPO Award in 2022. The boot was recognized for incorporating Sc_Foam, which maintains excellent conductive thermal properties even under compression, while offering a lightweight, high-performance solution for cold weather. Solarcore will continue to prioritize the expansion of partnerships with footwear, apparel, and accessory brands that recognize the remarkable advantages of the Solarcore 'More Warmth. Less Bulk' promise.

[Solarcore has been granted an ISPO Textrends Award for Fall/Winter](#)

Brands and Products that currently use Solarcore AeroGel in their design include:

- Merrell ColdPack 3 Thermo Moc Waterproof
- Merrell Thermo Rogue 4 Mid
- L.L. Bean Women's Storm Chaser Boots 5, Zip
- SKADI Unisex GOAT Glove



An advertisement for Outdoor Research. On the left, there are two pairs of gloves: a pair of tan and olive green camouflage gloves with black accents, and a pair of black gloves with a textured palm side. In the center, the "OR OUTDOOR RESEARCH" logo is displayed in white on a black background. Below the logo is an orange button with the text "SHOP NOW" in white. On the right, there is a vertical photograph of a scenic landscape featuring a river, a forest of evergreen trees, and mountains in the background under a blue sky with clouds.



MUSHROOM RAVIOLI IN CREAMY CHANTERELLE AND PESTO SAUCE

SERVINGS: 2 COOKING TIME: 20

INGREDIENTS

- 1 Pack MUSHROOM RAVIOLI
- 0.5 Onion
- 2 Garlic cloves
- 0.5 Cup CHANTERELLES
- 1 tbsp Red Pesto
- 0.5 Cup Fresh spinach
- 2 Cup Whipping cream

Mushroom ravioli in the forest while picking fresh mushrooms for the sauce, doesn't that sound delicious?

Ok, maybe a quick trip to Trader Joe's for Mushrooms before you hike, still this is definitely better than freeze dried! We promise the creamiest meal in the mushroom woods!

COOKING OUTSIDE

Step 1 - Slice the mushrooms into strips and sauté to remove all the moisture.

Step 2 - Chop the garlic and yellow onion. Sauté in plenty of butter along with the mushrooms.

Step 3 - Add pesto, whipping cream, and baby spinach. Season with salt. Let the sauce reduce until it becomes nicely creamy.

Step 4 - Cook the ravioli in the sauce until it's tender (stir well!). When the pasta is ready, turn off the camping stove.

Step 5 - Add the cheese and mix until it melts.

Primus Stoves Recipes are developed and written by actual hikers. [This recipe is courtesy of Pontus Karén](#)



Pasta Rosso By Nathalie Spjälle

SERVINGS: 2 COOKING TIME: 10

INGREDIENTS

- **1.3 Cup Macaroni - 0.8 Cup Water**
- **1 tbsp Dried oregano - 2 tbsp Red Pesto**
- **0.5 Cup Vegan Parmesan cheese**
- **2 tbsp Sun-dried tomatoes**
- **Handful Walnuts - Salt (To taste)**
- **1 Canned black beans**
- **Parsley and Garlic Garnish**

A beautiful Pasta dish for all outdoor excursions. Vegan Pasta Rosso, a savory delight perfect for refueling during your Sierra backpacking adventures! In just 10 minutes, you'll whip up a hearty meal bursting with flavor and nutrition.

COOKING OUTSIDE

Step 1 - Boil the macaroni in water until the water has evaporated.

Step 2 - Stir in red pesto, oregano, Parmesan, and black beans.

Step 3 -Add chopped walnuts and sun-dried tomatoes.

Step 4 - Season with salt and parsley.

Primus Stoves Recipes are developed and written by actual hikers. [This recipe is courtesy of Nathalie Spjälle](#)



WILD & SCENIC

where activism ge

April 22, 20

Valhalla Tah

South Lake Taho

Exploring the Annual Wild and Scenic Film Festival

In celebration of Earth Day, [Valhalla Tahoe will host the Annual Wild and Scenic Film Festival](#) on Tour on Monday, April 22, 2024. This renowned event promises an evening of inspiration and advocacy, bringing together filmmakers, activists, and conservationists to shine a spotlight on environmental issues.

A Feast for the Senses

The festivities commence with the Spring Bounty Dinner at 5:00 p.m. in the Grand Hall. Executive Chef Darren Weston will showcase locally sourced ingredients, highlighting the region's culinary richness. Attendees will have the opportunity to enjoy a delectable meal while listening to insights from Jessica Jane Robinson, a local filmmaker, activist, and educator.

Throughout the dinner, guests can explore the Earth Day Fair, featuring booths by local conservation partners and a silent auction in support of Sierra Nevada conservation efforts.

Lights, Camera, Action

At 7:00 p.m., the Boathouse Theater will come alive with the Wild and Scenic Film Festival. Curated selections of environmental and adventure films will captivate audiences, offering

perspectives on pressing ecological challenges and showcasing stories of resilience and activism. From breathtaking landscapes to thought-provoking narratives, each film serves as a catalyst for meaningful dialogue and action.

Empowering Communities for Conservation

Since 2006, the Sierra Nevada Alliance has been instrumental in hosting the Wild & Scenic Film Festival On Tour, in collaboration with the South Yuba River Citizens League (SYRCL). Through these screenings, communities are inspired to address environmental issues and contribute to positive change. By fostering connections and promoting awareness, the festival empowers individuals to become stewards of their local environments.

Preserving the Sierra Nevada

As one of California's most iconic landscapes, the Sierra Nevada is home to diverse ecosystems and abundant wildlife. However, the region faces ongoing threats from climate change, habitat loss, and

resource extraction. Organizations like the Sierra Nevada Alliance are dedicated to protecting and preserving this natural heritage, ensuring a sustainable future for generations to come.

Taking Action

Tickets are available for the film festival and dinner, offering attendees the chance to engage with thought-provoking content and connect with fellow conservation enthusiasts. By participating in this event, individuals can contribute to ongoing efforts to safeguard the Sierra Nevada and promote environmental stewardship.

The Annual Wild and Scenic Film Festival on Tour at Valhalla Tahoe promises to be an enlightening and inspiring event. Through the power of film and community engagement, attendees will gain new perspectives on environmental issues and be inspired to take action in their own lives and communities.





Exploring the Sierra Nevada? Learn How to Beat Altitude Sickness

By Julia Hansel

Embarking on an adventure to explore the breathtaking landscapes of Sierra Nevada is an experience of a lifetime. But while the majestic mountain range promises scenic beauty and thrilling escapades, it also poses the risk of altitude sickness. The Sierra Nevada backpacking routes boast an average elevation of over 8,000 feet, presenting a breathtaking challenge for adventurers. With peaks and passes reaching heights upwards of 14,000 feet, acclimatization

becomes crucial. Back in 2020 my sons and I embarked on a 29 mile three day backpack trip in the Cathedral Range of Yosemite National Park. Living near the mountains I never considered Altitude sickness for a hike that would peak out near 11,000 feet for an extended part of the day being a serious issue. However after making a slight mistake of not eating breakfast and then hiking Vogelsang Pass & onto multiple high Sierra lakes, my youngest son started complaining of headaches and



Altitude sickness: What is it?

Altitude sickness, also known as Acute Mountain Sickness (AMS), is a negative health effect that can occur when you ascend to a high altitude too quickly. It typically presents after reaching altitudes above 2,500 meters (8,000 feet). This condition is caused by reduced air pressure and lower oxygen levels at high altitudes.

The human body requires a certain amount of oxygen to function properly. At sea level, the concentration of oxygen is about 21%. However, as you ascend to higher altitudes, the percentage of oxygen in the air remains the same, but the number of oxygen molecules per breath is reduced.

This means you have to work harder to get the oxygen you need, and this can put strain on your

body, leading to the symptoms of altitude sickness.

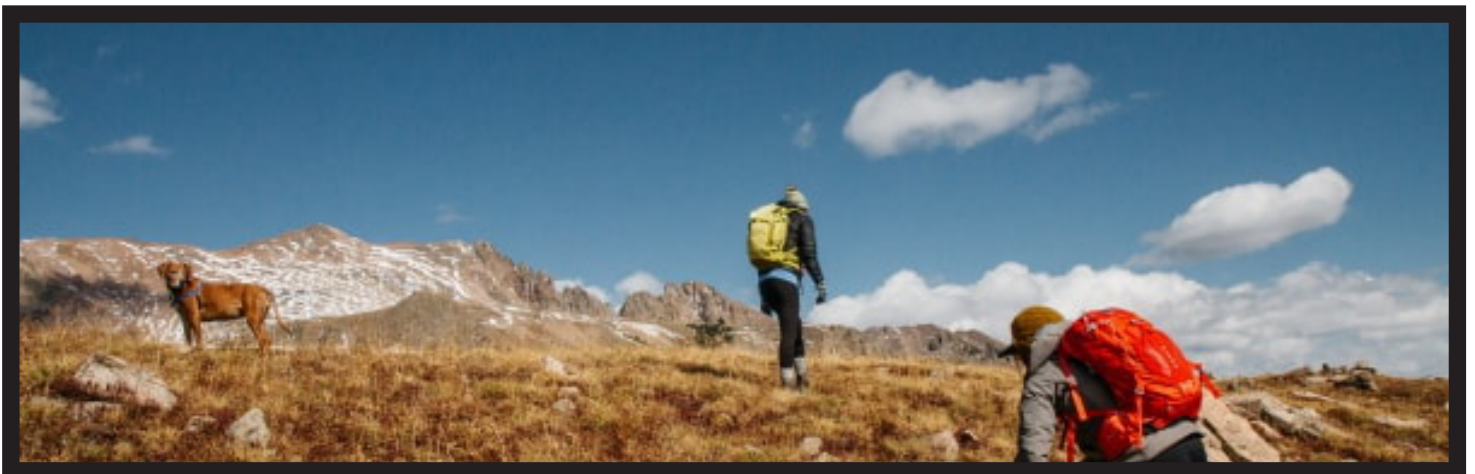
The key points to remember about altitude sickness include:

- Altitude sickness typically occurs above 2,500 meters or 8,000 feet.
- It's caused by reduced air pressure and lower oxygen levels at high altitudes.
- The human body requires a certain amount of oxygen to function properly and may struggle to get this at higher altitudes.
- Rapid ascent without proper

acclimatization can increase the risk of altitude sickness.

Understanding what altitude sickness is and how it affects the body is the first step in preventing and treating this condition. In the next sections, we will delve deeper into the symptoms, causes, and prevention strategies for altitude sickness, particularly when exploring the Sierra Nevada Mountains.

The Sierra Nevada: Altitude and its Effects on the Body



HIGH ALTITUDE SICKNESS



RECOGNIZING THE SYMPTOMS OF ALTITUDE SICKNESS

Recognizing the symptoms of altitude sickness is the first step to ensuring your safety while exploring the majestic Sierra Nevada. Altitude sickness, also known as Acute Mountain Sickness (AMS), can present a range of symptoms, some mild and others potentially life-threatening.



50%



ACUTE MOUNTAIN SICKNESS (AMS)

Acute mountain sickness (AMS) is the most common of the altitude diseases; it occurs in approximately 40 to 50 percent of people who live at a low altitude and sleep at an altitude above 10,000 feet (3000 m), and in approximately 25 percent of those sleeping above 8000 feet

-Source: UpToDate - Scott A. Gallagher, MD, Peter Hackett, MD



The altitude in the Sierra Nevada ranges from approximately 1,000 feet to over 14,000 feet at the highest point, Mount Whitney. Many of the Eastern Sierra Passes crossover 10,000 feet really quickly and many popular destinations and lakes are easily 4,000 to 5,000 feet above the altitude that many visitors come from in a weekend trip. As you ascend, the air becomes thinner, meaning there are fewer oxygen molecules per breath. This lower oxygen availability can have significant effects on the body, including:

* Breathing Difficulty: At

high altitudes, you might find yourself panting even with mild exertion. This is because your body is trying to take in more air to compensate for the lower oxygen levels.

* **Altered Metabolism:** Your body may start to use energy differently, relying more on carbohydrates than fats as a source of energy, which can deplete your energy stores quickly.

* **Fluid Imbalance:** The body tends to produce more urine at high altitudes, which can lead to dehydration - a risk factor for altitude sickness.

Understanding these physiological changes is crucial when preparing for any adventure in the Sierra Nevada. It allows you to take appropriate measures to prevent

altitude sickness and ensure a safe and enjoyable trip. In the next sections, we will provide you with some useful strategies to avoid altitude sickness, including acclimatization, hydration, nutrition, and medication.

Recognizing the Symptoms of Altitude Sickness

Recognizing the symptoms of altitude sickness is the first step to ensuring your safety while exploring the majestic Sierra Nevada. Altitude sickness, also known as Acute Mountain Sickness (AMS), can present a range of symptoms, some mild and others potentially life-threatening. These symptoms tend to occur within a few hours of moving to higher altitudes, typically above 8,000 feet.

Knowing what to look out for is critical for your wellbeing, especially if you're planning to hike or camp in high-altitude areas.

The symptoms of altitude sickness can be categorized into three main groups: mild, moderate, and severe.

Mild Symptoms:

- * Headache: This is usually the first sign of altitude sickness and often feels similar to a hangover.
- * Fatigue or weakness: A sense of tiredness beyond what would be expected from physical exertion alone.
- * Dizziness or lightheadedness: This can be a feeling of being off-balance or a sensation of spinning.
- * Loss of appetite: You may find that you're not hungry, even after physical activity.
- * Difficulty sleeping: Despite feeling

tired, you might have trouble falling asleep or staying asleep.

Moderate Symptoms:

- * Persistent headache: Unlike mild symptoms, the headache does not improve with over-the-counter pain medication.
- * Increased fatigue: You may find it difficult to participate in any physical activity.
- * Shortness of breath: This can occur with minimal exertion and may be worse when lying down.
- * Nausea or vomiting: This can occur with or without an accompanying headache.

Severe Symptoms:

- * Altered mental state: This can include confusion, difficulty maintaining balance, or even hallucinations.
- * Shortness of breath at rest: Unlike moderate symptoms, here,



shortness of breath persists even when you're not physically active.

* Inability to walk in a straight line: If asked to walk in a straight line, you may sway or veer.

* Chest tightness or pain: This can be a sign of high-altitude pulmonary edema, a potentially life-threatening condition.

In the event of severe symptoms, immediate descent and medical

attention are necessary to prevent potentially fatal complications.

Recognizing these symptoms early and taking appropriate action is the key to preventing altitude sickness from spoiling your adventure in the Sierra Nevada.

Prevention Strategies for Altitude Sickness

Altitude sickness can be a formidable adversary on your

journey through the Sierra Nevada. However, with the right steps, you can significantly lessen your chances of falling prey to this condition. Here are some tried and true prevention strategies:

- * **Climb Slowly:** Your body needs about two to three days of slowly going higher in order to adjust to the changes. Avoid ascending more than 1,000 feet a day.

- * **Stay Hydrated:** Dehydration is a key factor in altitude sickness. Drink water regularly, and remember that your need for water increases with altitude.

- * **Avoid Alcohol:** Alcohol can dehydrate you and make you more susceptible to altitude sickness. While you're adjusting to the altitude, it's best to abstain.

- * **Eat a High Carb Diet:** It's recommended to have a diet that

consists of 70% carbohydrates to reduce the symptoms of altitude sickness.

- * **Sleep at Lower Altitudes:** If possible, try to sleep at an altitude that is lower than the highest point you reached during the day.

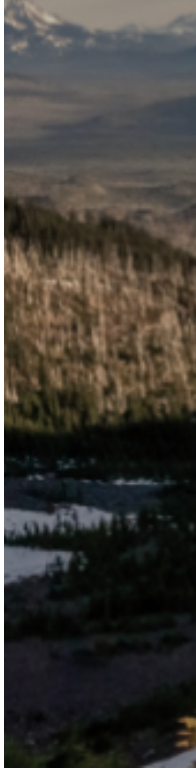
- * **Exercise Regularly:** Regular exercise before your trip will allow your body to acclimate more easily to the decreased oxygen levels at higher altitudes.

- * **Use Preventive Medications:** For very high altitudes, your doctor might prescribe medications such as Diamox that can help prevent altitude sickness.

backpackers on trail in Mokelumne Wilderness

Acclimatization: The Body's Way of Adapting to Altitude

Acclimatization is your body's





natural process of adjusting to the decrease in oxygen concentration at a higher altitude. This process helps minimize the symptoms and risk of altitude sickness. The body undergoes several changes, such as:

* **Increased Breathing Rate:** You might notice that you're breathing faster and deeper. This is your body's immediate response to get more oxygen.

* **Increased Production of Red Blood Cells:** Over time, your body

will start producing more red blood cells to carry more oxygen to your muscles and organs.

* **Increased Urination:**

Acclimatization also causes an increase in urination. This is a natural response to the changes in your body's chemistry due to altitude.

* **Changes in Metabolic Function:** Your body may start to use more carbohydrates for energy as they require less oxygen to metabolize.

The best way to acclimatize is to

ascend gradually and give
Importance of Hydration and
Nutrition in Preventing Altitude
Sickness

When it comes to preventing altitude sickness, proper hydration and nutrition are paramount. These two factors are crucial in maintaining the body's regular functionality and can significantly reduce the risk of experiencing

altitude sickness symptoms.

Hydration

Staying hydrated is one of the most effective ways to combat altitude sickness. The air at higher altitudes is much drier than at sea level, which can lead to increased water loss from your body. Hence, drinking enough water and other fluids is vital to replace the lost moisture.

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Fischer Announces new Freestyle ski — Nightstick

The New Nightstick Collection. Crafted To Play More.

Even before the new Fischer Nightstick line was presented to the public, it already made big waves in the freestyle world. This innovative family of skis has been specially developed for playful park, slopestyle, and backcountry action. Every model is incredibly durable and versatile, making the Nightstick the best choice for those who demand the best from their equipment and have a long list of ski requirements due to their creative style on snow.

Nightstick 90

With a waist width of 90mm, the Nightstick 90 is the narrowest ski in the Nightstick family and is an ideally balanced all-mountain ski for regular and switch skiing. This is usually the competition ski of choice for our slopestyle and big air athletes at every level, including the World Cup. The Sandwich Sidewall Construction, Poplar wood core, Air Tec, Ti-reinforcement, Fiber Tech and Sintered Bases ensure a robust, high-performance freestyle ski. Lengths: 159, 168, 177, 184 Waist: 117-90-115 Radius / SL: 18m / 177cm Weight: 1950g

Nightstick 97

The most versatile ski in the Nightstick family is the perfect



Arcade Belts Announces POW x

Keeping Powder Days Alive: Mountain Design on Arcade Adventure Belt Supports POW's Efforts to Protect Our World

Arcade , a brand on a mission to revolutionize the way a belt functions and allows you to move freely, today announces the POW x Joseph Toney belt, a collaboration that supports the efforts of Protect Our Winters (POW)

POW x Joseph Toney Belt Features:

- New A2 Buckle (Ridge Only): The next evolution designed for durability, comfort,
- Performance Stretch – Performance webbing firmly stretches and moves with your body.
- Easy On & Off – New tapered buckle design feeds easily through belt loops and releases with less pressure.
- Contoured Buckle – Molded to follow the curve of your form to maximize comfort and secure fit.
- Custom Fit – **Micro-adjustability** lets you dial in an exact fit
- Travel Friendly – Metal-free, durable buckle makes travel security easy. Machine washable.



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