

Time and Mileage Table									
Southern Sierra High Route, SoSHR									
					Cumulative				
	Hours	Miles	Gain	Loss	Hours	Miles	Gain	Loss	Comment
South Lake Trail Head									
Bishop Pass	2.5	5.6	2200	150	2.5	5.6	2200	150	
Kapsack Pass	1.9	3.7	864	1162	4.4	9.3	3064	1312	
Potluck Pass	1.7	2.9	896	479	6.1	12.2	3960	1791	
Mt Sil (round trip, Cirque L)	4.5	3.8	2500	2500	10.6	16.0	6460	4291	Side trip
Cirque Pass	1.0	1.3	482	542	11.6	17.3	6942	4833	
Lower Pal. Lake	1.2	1.7	72	1441	12.8	19.0	7014	6274	
Upper Pal. Lake	0.6	1.2	286	59	13.4	20.2	7300	6333	
Mather Pass	1.3	2.6	1221	55	14.7	22.8	8521	6388	
Leave SHR (Up. Basin)	0.5	1.4	0	338	15.2	24.2	8521	6726	
Pinchot Pass	3.8	8.6	1966	1437	19.0	32.8	10487	8163	
"Mt. Baxter High Route"		Route is purple on the map							Alternative to "Woods Hole"
Jct Sawmill Pass Trail	1.4	4.3	209	1438	20.4	37.1	10696	9601	Woods Creek @ el 9,600 ft
"Woods Hole"	1.5	3.8	103	1782	21.9	40.9	10799	11383	
Upper Rae Lake	2.9	7.0	2342	236	24.8	47.8	13141	11619	
Glen Pass	1.2	2.1	1382	52	26.0	49.9	14523	11671	Mt. Baxter HR rejoins here
Upper Vidette Meadow	2.9	6.0	720	2386	28.9	55.9	15243	14057	
Junction Pass	2.8	6.4	3246	56	31.7	62.3	18489	14113	
Shepherd Pass	2.7	3.8	1056	2214	34.4	66.1	19545	16327	
"Wright Lakes Pass"	1.1	2.6	532	480	35.5	68.7	20077	16807	
Wallace Creek	2.3	4.4	328	1433	37.8	73.1	20405	18240	
Russell Carillon Col	2.9	5.1	2420	177	40.7	78.2	22825	18417	
Boy Scout Lake	1.2	1.6	1	1851	41.9	79.8	22826	20268	
Mt. Whitney Summit	2.6	2.6	3000	0	44.5	82.4	25826	20268	
Upper Crabtree Lake	2.2	3.3	310	2692	46.7	85.7	26136	22960	
Spring near Soldier Lake	3.9	7.1	1131	2318	50.6	92.8	27267	25278	
New Army Pass	1.2	3.0	1391	0	51.8	95.8	28658	25278	
Long Lake	0.7	2.0	10	1037	52.5	97.8	28668	26315	
Cottonwood Lakes TH	2.2	6.2	210	1307	<b>54.7</b>	<b>104.0</b>	<b>28878</b>	<b>27622</b>	
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