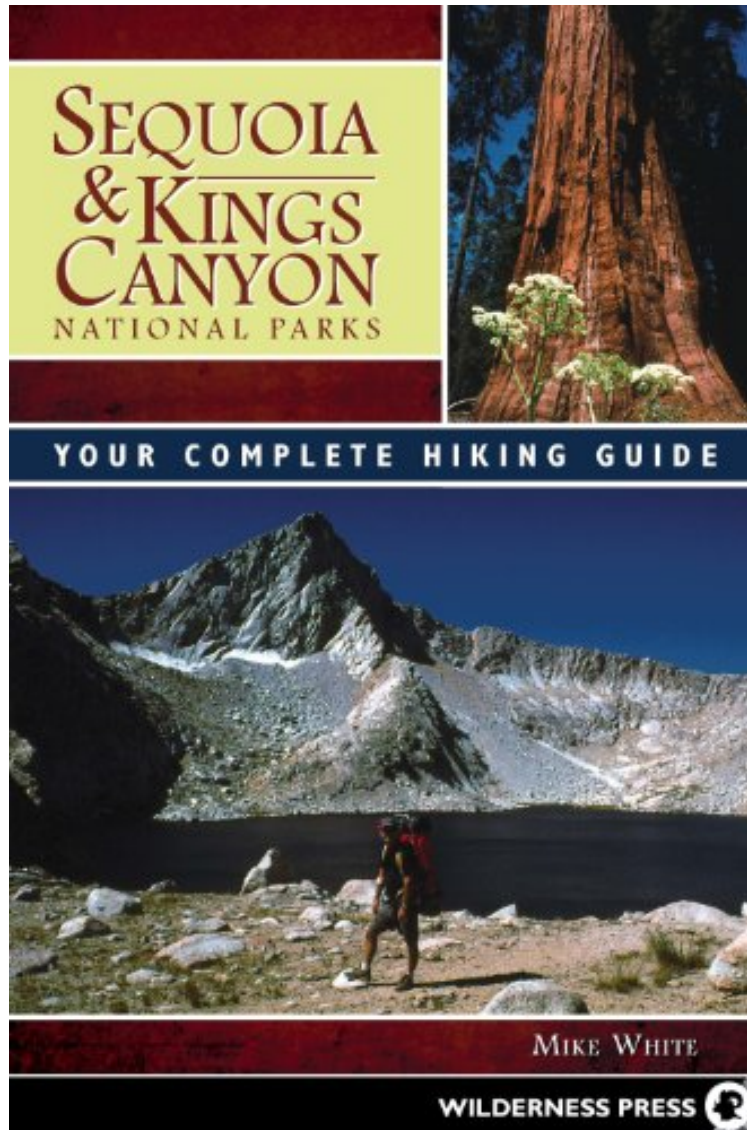


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# Sequoia and Kings Canyon National Parks: Your Complete Hiking Guide

Mike White

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The southern High Sierra, including Sequoia and Kings Canyon National Parks and the surrounding John Muir, Jennie Lakes, and Monarch Wildernesses, is one of the most magnificent natural areas in the world. Blessed with the largest trees on earth (giant sequoias), one of the deepest canyons in North America (Kings Canyon), and the highest mountain in the continental U.S. (Mt. Whitney), the greater Sequoia-Kings Canyon region offers unparalleled mountain majesty. Along with such superlatives, hundreds of miles of trail provides access to a boundless number of high mountain lakes, wildflower-covered meadows, cascading streams, deep forests, and craggy peaks. Mike White's guide is the only comprehensive guide to this portion of John Muir's Range of Light.

About the Author Mike White learned to hike in the Cascade Mountains and honed his outdoor skills while obtaining a B.A. from Seattle Pacific University. After college, Mike and his wife, Robin, relocated to the high desert of Reno, Nevada, where he was drawn to the majesty of the Sierra Nevada. In the early 1990s, Mike began writing about the outdoors, expanding the third edition of *The Trinity Alps*. His first solo publication for Wilderness Press was *Nevada Wilderness Areas and Great Basin National Park*. Fifteen more titles followed, including the *Snowshoe Trails* series, national park books for Sequoia, Kings Canyon, and Lassen Volcanic, *Backpacking Nevada*, and *Afoot Afield Reno-Tahoe*. Two of his books have won national awards, *Top Trails Lake Tahoe* and *50 Classic Hikes in Nevada* (University of Nevada Press). Mike has also contributed to *Sierra South*, *Sierra North*, and *Backpacking California*. In addition to his book projects, Mike has written articles for *Sunset*, *Backpacker*, and the *Reno Gazette Journal*. He is also a contributor to the *Pneuma Project* blog. A former community college instructor, Mike is a featured speaker for outdoor groups.