



# OCTOBER 2017 RECREATION & ACTIVITIES

*(schedule and activities subject to weather and changing conditions – visit Recreation Desk for updates)*



# GUIDED RECREATION



## TOURING & HIKING



### 'Range of Light' Yosemite Valley Tour

Have an incredible day exploring the many wonders of Yosemite National Park while learning about the natural processes that sculpted this landscape and the people who shaped its legacy. This half day tour showcases breathtaking vistas, takes short walks through serene meadows and explores the many iconic landmarks of Yosemite Valley.

*Advance reservations recommended, 9am-3pm, \$105 per adult, \$65 per youth (4-12)*

### Yosemite Valley & Glacier Point Tour (With Optional 4.6 Mile Hike)

Enjoy unparalleled views of Glacier Point, and then continue on with a memorable tour of the Valley floor, visiting the famous attractions. You'll have the option to enjoy an invigorating self-guided hike down the famous Four Mile Trail to the Valley floor on this trip, or ride along with our Naturalist Guide for a shorter walk.

*Advance reservations recommended, 9am-5pm, \$135 per adult, \$85 per youth (4-12)*

### Yosemite High Country Naturalist Tour

Experience the unforgettable, breathtaking and serene High Country. This distinctive tour explores the Park's less traveled High Country, where we visit scenic vistas, take short walks and relax among pristine lakes, meadows, rivers, granite domes and peaks.

*Advance reservations recommended, 8:30am-5pm, \$135 per adult, \$85 per youth (4-12)*



### 'Wonders of Yosemite' Hike and Tour

This two-in-one offers a remarkable Yosemite experience, from a 3-mile hike into the grandeur of a Giant Sequoia grove to the dramatic beauty of Yosemite Valley and its stunning panorama views, ensuring you see the sites that made us a National Park.

*Advance reservations recommended, 9am-5:30pm, \$135 per adult, \$85 per youth (8-12)*

### Hetch Hetchy Wapama Falls Naturalist Hike

Explore Yosemite's hidden gem. Hetch Hetchy is a dramatic, crowd-free jewel – a smaller version of Yosemite Valley, complete with domes, waterfalls and an idyllic, serene feel. You'll learn about Hetch Hetchy's long and storied history on our gentle hike among granite, creeks and small meadows to beautiful 1,000-foot Wapama Falls, with its two-tiered falls tumbling into the Hetch Hetchy Reservoir.

*Advance reservations recommended, 10am-2:30pm, \$80 per adult, \$50 per youth (8-12)*



### Yosemite Valley Stagecoach Road Naturalist Hike

Come see Yosemite Valley at its autumn finest with this combination Valley tour and guided hike along an abandoned stagecoach route to one of Yosemite's most spectacular, historic and least known vistas! We'll visit the Valley's most famous vistas and enjoy a variety of stops along the way.

*Advance reservations recommended, 9:30am-5pm, \$125 per adult, \$75 per youth (8-12)*



### Mono Pass Naturalist Hike

Join us for an adventure in the very heart of the Yosemite High Country. This 7.4-mile hike takes you through pristine Lodgepole Pine forests and alpine meadows to the edge of the timberline, and places you on the crest of the Sierra Nevada range with views of Mono Lake and the Eastside, on one of the oldest Native American trails in the Park.

*Advance reservations recommended, 8:30am-5:30pm, \$145 per adult, \$85 per youth (12-15)*



### North Dome Naturalist Hike

A day hiking in the high country is unforgettable, and the view atop North Dome is an absolute jaw-dropper – among the finest in the Sierra. This guided 9-mile hike visits one of Yosemite's premier destinations, taking you through lush old growth forest to a breathtaking perch on the north rim of Yosemite Valley directly across from Half Dome.

*Advance reservations recommended, 8:30am-5pm, \$135 per adult, \$85 per youth (9-12)*



### Cloud's Rest Journey

This 13.5-mile hike is not for the faint of heart, taking you up to 9,900 feet in elevation, but offers an extraordinary view of Yosemite Valley and the high country, as well as a great perspective of Half Dome, 1,000 feet below you.

*Advance reservations recommended, 8:30am-7pm, \$155 per adult, \$95 per youth (12-16)*

**VISIT THE RECREATION CENTER ACTIVITY DESK FOR TRIP DETAILS AND BOOKING.**

*HOMEMADE SANDWICHES & SALADS ARE AVAILABLE IN THE GENERAL STORE  
FOR YOUR GUIDED TRIPS OR SELF-GUIDED ADVENTURES!*

# GUIDED RECREATION & WELLNESS



## SUNSET



### Sunset Vista Happy Hour Tour

Join us for this popular two-hour tour and happy hour to view the sun setting over the Tuolumne River Canyon. We provide chairs, a glass of wine (or soda) and hors d'oeuvres for you to enjoy while you savor the serenity.

*Advance reservations required, departure time varies, see Recreation Desk for details, \$45 per adult, \$25 per youth (12 and under)*

## WELLNESS



### Therapeutic Massage

After a hard day of play in the great outdoors, enjoy an indulgent full body massage by our certified massage therapist, who offers a blend of traditional European modalities as well as deep tissue massage, pregnancy massage, hand/foot/scalp massage, reflexology massage, & stretching.

*Advance reservation required; 25, 50 and 80 minute sessions available.*

*Visit Recreation Desk for availability and details.*

### Yoga

Join us for a peaceful Hatha Flow featuring a blend of strength building, flexibility, slow and fluid movement, and deep stretches. We'll cycle between building heat and cooling down for a practice that is uplifting and strong, leaving you with more energy than when you began. Our classes are designed for all ability levels.

*Offered Saturday mornings at 9am, and Sunday evenings at 7pm (Except October 8<sup>th</sup>). Advance reservation required. 60 minute classes, \$25 per person. Private sessions are also available. Contact the Recreation Desk for availability and details.*



## FLY FISHING



### Private Full & Half Day Fly Fishing Trips

Our Private Fly Fishing trips allow every experience level to find just what they need in order to obtain the upper hand in the Yosemite area. Our knowledgeable guides get you away from all the crowds of Yosemite's main tourist attractions, as you fly fish in pristine locations around the park.

*Advance reservation required, visit the Recreation Desk for details.*

*Private Half Day prices start at \$300, Private Full Day Fly prices start at \$450*

## PHOTO TOURS



### Full Day & Half Day Photo Workshops

Join professional photographer, biologist and naturalist Robb Hirsch on a private customized photography expedition. A variety of trips are available based on the goals and abilities of the participant(s). Trips are suited for moderate to advanced amateurs who want to improve their photography skills and capture some of the most beautiful and lesser known locations in and around Yosemite.

*Advance reservation required; visit the Recreation Desk for pricing and details.*

## RENTALS, ETC.



- **Mountain Bike, Kids Trailer and Tag-Along Rentals**
- **Child Carrier Backpack and Mountain Stroller Rentals**
- **Trekking Pole, Daypack and GPS Device Rentals**
- **Portable DVD Player Rentals and DVD Lending Library**
- **Onsite Geocaching Circuit, Local Geocaching Information and Nature Trail**

## SPECIAL EVENTS



- **California Craft Beer Tasting:** Join our local beer expert to learn about and taste four California Craft Beers! Includes souvenir tasting glass and snacks.

*Fridays, 6pm, Sign up at Recreation Desk. \$20 per person, ages 21+.*

- **Halloween Festivities:** *October 31, see alternate daily activities flyer.*

# DAILY ACTIVITIES



## Monday

- **Nature Bugs:** 3-5pm, Tuolumne Hall. Make your favorite creepy crawly out of modeling clay!
- **Natural History Film Series:** 5pm, Tuolumne Hall Theater. Bears: In Our National Parks
- **Intro to Yosemite:** 6pm, Recreation Center. Join our knowledgeable naturalists for information about our favorite hikes, directions to the best sightseeing spots and local treasures. Get updated weather and road conditions as well as details on our guided hikes and tours available during your stay!
- **Adventure Film Series:** 7pm, Tuolumne Hall Theater. Vertical Frontier – A History of Rock Climbing in Yosemite
- **S'mores:** 7-9pm, Outdoor Fireplace. A treat of marshmallow, chocolate and graham cracker!

## Tuesday

- **Natural History Film Series:** 5pm, Tuolumne Hall Theater. Hetch Hetchy: Yosemite's Lost Valley
- **Intro to Yosemite:** 6pm, Recreation Center. See Monday's description
- **Adventure Film Series:** 7pm, Tuolumne Hall Theater. Alone on the Wall: The story of free soloist climber and Yosemite rock climbing royalty, Alex Honnold
- **Bingo:** 7:30pm, Recreation Center. Come have fun with the whole family and win a prize!
- **S'mores:** 7-9pm, Outdoor Fireplace. A treat of marshmallow, chocolate and graham cracker!

## Wednesday

- **Owl Pellets:** 3-5pm, Recreation Center. Join one of our naturalists and determine what an owl has eaten by dissecting a pellet, while learning about the California Great Grey Owl. (\$10 per pellet – See Recreation Desk for details)
- **Natural History Film Series:** 5pm, Tuolumne Hall Theater. Ordinary Extraordinary Junco
- **Intro to Yosemite:** 6pm, Recreation Center. See Monday's description
- **Adventure Film Series:** 7pm, Tuolumne Hall Theater. El Capitan: Climbing the Wall
- **S'mores:** 7-9pm, Outdoor Fireplace. A treat of marshmallow, chocolate and graham cracker!

## Thursday

- **Natural History Film Series:** 5pm, Tuolumne Hall Theater. Counting Sheep: Restoring the Sierra Nevada Bighorn
- **Intro to Yosemite:** 6pm, Recreation Center. See Monday's description
- **Adventure Film Series:** 7pm, Tuolumne Hall Theater. Return to Balance: A Climber's Journey
- **S'mores:** 7-9pm, Outdoor Fireplace. A treat of marshmallow, chocolate and graham cracker!

## Friday

- **Spider Web Craft:** 3-5pm, Tuolumne Hall. Find a twig and create a spider and web in this self-guided craft.
- **Natural History Film Series:** 5pm, Tuolumne Hall Theater. The Mono Lake Story: Explore the east side of the Sierra Nevada range and the intriguing story behind Mono Lake
- **California Craft Beer Tasting:** 6pm, Sign up at Recreation Desk, \$20 per adult, ages 21+. See "Special Events" section for more information
- **Intro to Yosemite:** 6pm, Recreation Center. See Monday's description
- **Adventure Film Series:** 7pm, Tuolumne Hall Theater. Yosemite: A Gathering of Spirit
- **S'mores:** 7-9pm, Outdoor Fireplace. A treat of marshmallow, chocolate and graham cracker!

## Saturday

- **Yoga:** 9-10am, Cedar Room (\$25 per person). Sign up in advance at the Recreation Center
- **Intro to Yosemite:** 6pm, Recreation Center. See Monday's description
- **Bat Craft:** 7-8pm, Coyote Hill. Create a bat that flies, eats, and sleeps!
- **Ghost Stories:** 8-9pm, Coyote Hill. Join us around the campfire for some classic spooky stories
- **Campfire S'mores:** 7-9pm, Coyote Hill Fire Pit. A treat of marshmallow, chocolate and graham cracker!

## Sunday

- **Nature Crafts:** 9-11am, Tuolumne Hall
- **Natural History Film Series:** 5pm, Tuolumne Hall Theater. The Giant Sequoias of Mariposa Grove
- **Intro to Yosemite:** 6pm, Recreation Center. See Monday's description
- **Yoga:** 7-8pm, Cedar Room (\$25 per person). Sign up in advance at the Recreation Center (Except Oct. 8)
- **Adventure Film Series:** 7pm, Tuolumne Hall Theater. Tell it on The Mountain: Tales from the Pacific Crest Trail
- **S'mores:** 7-9pm, Outdoor Fireplace. A treat of marshmallow, chocolate and graham cracker!