



Outdoor Experiences Program  
Watershed • Education • Conservation

## Outdoor Experiences at Mono Lake

This Outdoor Experiences Program Packet is designed to help you plan and prepare for your trip to Mono Lake and the Eastern Sierra.

The Outdoor Experiences (OE) program is an education partnership between school and community groups, the Los Angeles Department of Water and Power, and the Mono Lake Committee. Combining curriculum-based education, outdoor recreation, and stewardship projects, the OE program teaches participants about natural and urban watersheds and ways that human activities can negatively or positively impact them.

In 1994 OE began by connecting watershed education with two separate Los Angeles Department of Water and Power (DWP) projects related to Mono Lake: restoration of its tributary streams, and the City-sponsored Ultra Low Flow Toilet (ULFT) Distribution Program. The OE program grew along with the success and evolution of water conservation programs throughout Los Angeles and California.

Participants in OE program experience a dramatic setting, develop a better understanding of how water flows to their taps, and see that there are solutions that balance the water needs of people with those of their environment. Watershed is the focus, but the OE program is also about new experiences, personal growth, outdoor recreation, and stewardship.

For more information about the OE program, to learn more about scheduling, or to arrange a local education program for your students or group please contact us below:

***Outside Southern California:***

OE Program Manager, Santiago Escruceria ([santiago@monolake.org](mailto:santiago@monolake.org)) (760) 647-6595 ext.136.

***Southern California:***

Los Angeles Education Coordinator: Jennifer Odum ([jennifer@monolake.org](mailto:jennifer@monolake.org))  
(661) 305-5636.

***For more information on OE program activities, news, and highlights:***

<http://www.monolake.org/mlc/oe>



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## Introduction and Overview

The Outdoor Experiences (OE) program is a watershed education partnership between school and community groups, the Los Angeles Department of Water and Power, and the Mono Lake Committee. Combining curriculum-based education, outdoor recreation, and stewardship projects, the OE program teaches participants about natural and urban watersheds and ways that human activities can negatively or positively impact them.

The OE program base camp is located six miles south of Lee Vining, just off Highway 395, and approximately six miles from Mono Lake. Known as the Cain Ranch, the house and its surrounding grounds are part of a larger, historic ranch, purchased by DWP before the Los Angeles Aqueduct was extended to the Mono Basin watershed. Today the property is used for aqueduct maintenance and operations, and education. Mono Lake Committee leases a portion of the historic ranch from DWP for the OE program.

Two streams flow through the Cain Ranch and down to Mono Lake. Sagebrush and meadows surround the Cain Ranch base camp and they provide unbroken views to the surrounding geography. To the west you can see wooded canyons, the 12,000+ foot Sierra Nevada Crest, and the boundary of Yosemite National Park and the Ansel Adams Wilderness. To the southeast you can see the Mono Craters, an 11-mile long volcanic mountain range, the youngest in North America. There are adventures and program opportunities in every direction.

A typical day in the OE program is spent in the field. We spend mornings and afternoons, and some evenings in the field on hikes, programs, or stewardship programs. All meals are prepared at the Cain Ranch house. Participants sleep outside under the stars, and rely on the house for shelter when the weather is stormy. There is no furniture in the house. There are two bathrooms (both with showers), and a kitchen with a gas stove, refrigerator (two more in the garage), cupboards, basic cooking and eating utensils. Three staff work full time with the OE program. At least one OE staff leader is present 24 hours a day at the base camp when a group is visiting.

***Participating groups must provide all their own food and transportation to, from, and during their stay at Mono Lake.***

There is a limited amount of camping gear that can accommodate approximately 25 people (sleeping bags, sleeping pads). If participants have their own sleeping bags and pads they are welcome to bring them.

Our program is flexible, offering a variety of educational outdoor activities—night hikes, canyon and mountain hikes, walks by the lake, canoeing, poetry, water testing, and birding to name a few. There are also opportunities for local stewardship projects providing an opportunity to “give something back” to the land and watershed. Scheduled down-time is included in the program to allow for relaxation and other activities. Some of your own program and activities can be coordinated with the OE program, please contact us before your trip to the Mono Basin to arrange for changes. A list of the activities we offer is enclosed.



## Programs and Activities

### South Tufa Walk

This naturalist-led walk takes you through the famous tufa grove at the lakeshore. Catch brine shrimp, taste “kutsavi,” see “scuba-diving” flies, California gulls and other birds, plants, tufa, and discover what has happened to Mono Lake as a result of water diversions, and what is happening today now that the lake is rising. **One easy mile (2 hours)**

### Bennettville Hike

This is a chance to get to the source of your water near Tioga Pass (nearly 10,000 feet elevation). Snow often lingers well into the summer, and you will get to visit the historic mining settlement of Bennettville. On the return hike you will get fantastic views of Dana Peak (over 13,000 ft.) and Tioga Pass area. **Two moderately strenuous miles at high elevation (3-4 hours)**

### Night Walk in the Jeffrey Pine Forest

This is an easy hike in the forest *without a flashlight*. You will discover that your night vision and other senses work better than you realize! We’ll do a few Environmental Education activities and you will have the chance to see many stars, walk by yourself in the forest, experience new smells, howl for coyotes, and hoot for owls. **One easy mile along a dirt road (2+ hours)**

### Star Talk

See stars like you’ve never seen before beneath the dark skies of the Mono Basin! OE staff will share with you some unforgettable star stories and point out some stars, planets, and other objects that grace the night sky. **One hour and no walking or hiking!**

### Naturalist-guided Canoe Tour

The most popular event at Mono Lake: A canoe tour of the south shore! Participants help to paddle the boats, and get a chance to see the lake from a bird's eye view. Look down into crystal clear waters, underwater springs, and tufa. See and learn about Mono Lake in a whole new way. **A canoe tour must be arranged well before your trip, and can only be arranged during weekdays.** Availability of canoes depends on date and length of stay. All canoe and safety equipment is provided. **(1+ hour paddle)**

### Panum Crater Hike

Panum Crater is a dormant volcano near the shore of Mono Lake.

If you've never been inside a volcano before, here's your chance! This short, moderate hike to the volcanic plug has a variety of fascinating rocks with great views of Mono Lake and the mountains. Sorry, no molten lava to touch! **Easy to moderate 2 miles over pumice/ash trail (2 ½ hours)**

## Lower Lee Vining Creek Hike

Lee Vining Creek, one of Mono Lake's main tributaries, was re-watered in 1989. Since that time, the local community has worked together to clear a trail along its path so that the public can enjoy it. The northern end of the Los Angeles aqueduct diverts water from this stream. Much of the riparian habitat was once destroyed by water diversions. Now the water has returned and the creek is being restored! The walk combines a solo walk, an Environmental Education teaching activity, and a visit to the Forest Service Visitor Center. **This is an easy 3-mile round trip hike (2 ½ to 3 hours)**

## Lembert Dome & Dog Lake Hike

Hike to the top of a 9,450 ft. granite dome above alpine meadows in Tuolumne Meadows, Yosemite National Park. We will see the work of past glaciers, and gain some perspective on the neighboring watershed of San Francisco! There is a trail up the rock face or up the back. An exciting, safe, non-technical hike with outstanding views! There is an alternate, challenging route that is good team-building experience for the right group. After the climb we will visit Dog Lake for lunch. **5 miles, moderate-difficult (All day hike)**

## Top of the Mountain!

Ever been to the top of a Sierra Nevada peak? This activity is a good peak-bagging experience. There are spectacular views of the Yosemite National Park and the central Sierra Nevada. This is a challenging hike and total miles are dependant on the peak we choose to climb. The hike is a great team and self-esteem building experience, but it requires physical fitness and commitment. There is no technical climbing involved. There may be limitations on group size depending on the exact peak and location. **You can count on a strenuous hike on the last full day of your stay after proper acclimatization has occurred. Total distance is dependent on location and fitness level of group. (All day hike)**

## Middle Lee Vining Creek and Canyon Hike

This is a beautiful hike up the middle part of the glacial carved Lee Vining Canyon surrounded by the Sierra Mountains. We'll first stop by the intake to the Los Angeles Aqueduct, and then will go up the south side of the canyon past several terminal moraines to a Jeffrey Pine and Lodgepole forest. This is an easy to moderate walk that will give you a chance to learn about glacial carved canyons and moraines, solo walks, guided meditations, and other Environmental Education activities.

**A moderate 3-mile round trip hike (3 hours)**

## Restoration Projects

Help restore riparian habitat on Mono Lake's creeks! Much of the land bordering these creeks is owned by the City of Los Angeles. Once seriously damaged by water diversions, these creeks now have water in them year-round and there is still work to be done either planting or watering trees. In partnership with the Forest Service there is also the opportunity for other restoration projects in adjacent canyons. This is a **3 to 4 hour** opportunity to give something back to a place connected to Los Angeles by over three hundred miles of aqueduct. We will write poetry by the creek!

## Macro-Invertebrate Search & Hike at Lower Lee Vining Creek

Discover and learn about the creatures that inhabit the fast flowing waters of Lee Vining Creek. Afterward we will walk to the lakeshore, watch the fresh creek water mix with the salty waters of Mono Lake and observe the abundance of bird life that inhabits the delta area and the shoreline. **Easy to moderate walk -2 to 3 hours**

## Gardisky Lake and Tioga Peak

Hike to a beautiful high elevation lake in the mountains of the Tioga Pass region. This route is steep, but short. If your group is well acclimated and willing, we might continue on to 11,513' Tioga Peak. With this hike there is the chance to see Bighorn sheep and Golden Eagles on the surrounding peaks and slopes. **2-4 miles, moderate-strenuous (All day hike)**

## Bodie State Historic Park

The official Ghost Town of California! This excursion is a chance to see one of the best preserved ghost towns in all of North America! Gold was discovered in Bodie in 1859, and the rush began. Today, the gold fever is gone, but the spirit of Bodie lives on! A trip to Bodie is a trip back in time to glimpse some of this region's unique human cultural history. There may also be a chance for a ranger-guided tour of one of the old stamp mills. A 45-minute drive, one way.

**This is an easy 1-2 mile walk over level ground around the old town (Half day).**

## And more...

Including, a guided bird walk at County Park, hikes to Black Point volcano, Gaylor Peak and Lake, Saddlebag Lake, and Tioga Crest. The Mono Basin offer so many hikes and activities that we can't cover them all here. Our hikes and activities are geared to meet a variety of fitness levels and group sizes. If there are other programs or destinations you would like to explore, please let us know so that we can arrange the right combination of activities for your group.





## OE Program rules and restrictions

The following rules must be observed while staying at the Cain Ranch Base Camp and participating in the OE program. Groups are asked to follow these rules in order to provide an enjoyable experience for all. After each group arrives, we have an opening, ice-breaking circle where we get to know each other, and carefully explain the *Cain Ranch Constitution*, our simple, base camp rules that will allow us to all get the most out of our experience. Here are the most important ones:

### The Magnificent Seven

- **NO DRUGS, NO SMOKING, NO ALCOHOL.** Any group or individual in possession of drugs or alcohol will be asked to leave immediately.
- **SIGNED WAIVER/RELEASE AND MEDICAL FORM IS REQUIRED FOR ALL OE PROGRAM PARTICIPANTS AND LEADERS.** Paperwork makes the world go round.
- **NO PETS** We love Fido, but he can't come with us. No dogs and other pets are allowed in the OE program or at base camp.
- **Access beyond the base camp fence boundary is restricted.** Groups must have OE staff permission and be accompanied by an adult or OE staff person to go beyond our base camp grounds.
- **No gum, no candy.** We all love sugar, but gum and sticky stuff in the base camp house causes cosmic imbalance.
- **No electronic equipment, including: cell phones, personal music players/video games, etc.** We slow down and unplug with the OE program. Texting while hiking down a mountain is dangerous! And you miss a lot! Group leaders and adult docents may bring their cell phones for emergency use.
- **Minimum age for the OE program is 7 years young.**

### Group Responsibilities

- **Keeping the Cain Ranch house and grounds in a clean and orderly condition.**
- **Helping with set-up and breakdown of camp and cleaning the house and grounds before departing.**
- **Cooking and cleaning (with OE staff help and guidance).**
- **Unless the weather is bad, groups sleep outside under the brightest stars and darkest skies in California.**

You help us keep the OE program affordable by doing your own cooking and cleaning and leaving the Mono Base Camp in as good of condition as when you found it.



## Health and Safety

The Mono Basin is a high altitude, arid environment bordered by deep valleys, mountains, dormant volcanoes, and pine forests. Each summer thousands of people visit the region to camp, hike, fish, visit Mono Lake, Yosemite National Park, and more. The OE program involves moderate physical activity along trails in the Inyo National Forest and Yosemite National Park. The surrounding environment is a safe place to hike and explore as long as you follow some very basic rules of common sense.

### Dehydration

This is the most common and easily avoided problem for OE participants. Program activities occur at 6,400 feet above sea level and higher. High elevation and its lower relative humidity dehydrates the body much faster than at sea level. **It is essential that you drink more water than you normally would at home.** As long as you are drinking plenty of water (not soda) there is no threat of dehydration. Symptoms of dehydration are fatigue, irritability, headache, and nausea. If any of these symptoms occur alone or in combination you may already be dehydrated. Resting and drinking plenty of water is the most effective cure.

- It takes you a few days to adjust your thirst to a drier climate, so drink more water than you are thirsty for.
- Drink plenty of liquids on the ride up to the Mono Lake, even if it means more bathroom stops.
- Plain water is **better** than juice or soda.
- If you must drink something besides water, then a Gatorade-type drink is the best alternative.

### Sun Protection

**Because of this high altitude the sun is more intense. Regardless of your skin color you can get sunburned if you do not protect yourself.** Hat, sunscreen, and lip balm/sunscreen are essential to bring.

### Altitude

Mono Lake rests at an elevation that is 6,000 feet higher than Los Angeles. Some hiking in the area will be 7,000 – 12,000 feet elevation in the surrounding mountains and canyons. Some special hikes are even higher. You will minimize any problems adjusting to this altitude as long as you drink plenty of water and hike or walk slowly. At most you will feel more winded than usual while hiking. If anyone in your group has a history of health problems, please consult with a doctor before traveling to this elevation and inform one of the OE staff of your condition.

### Cool Weather

Because of the region's proximity to the mountains and high elevation, cold, wet, and windy weather is possible any month of the year, especially in May, early June, and September through November. We urge all participants to **bring a thick warm jacket, gloves, and hat.** A fleece jacket and some type of nylon shell jacket are ideal for layering. Certain hikes at higher elevations, the traditional night hike, mornings and evenings at the

Cain Ranch require warmer clothes. A jacket and hat could make the difference between an enjoyable program and being uncomfortably cold. We also strongly encourage all participants to have hiking shoes (**with shoelaces**)—something to give support, warmth and comfort to your feet during hikes. Street shoes do not work for hiking, and they will get damaged and dirty.

## Wildlife

The most dangerous animals in the Mono Basin stand on two legs and typically drive around in large, metal machines. They prefer box-like habitats. They forage for food in strange, well-lit, box-like caves where they stand in line. They then travel to other box-like caves where they sit and stare at a flashing box after which, they then return to yet another box-like cave to watch a flashing box while in a reclined position. They occasionally escape their four-cornered existence to visit mountains and use their legs. They are called humans.

Deer, bear, mountain lions, bobcats, beavers, skunks, coyotes, lizards, and birds make their home in the Mono Basin. They *all* prefer to avoid the humans.

Insects can be a nuisance. Both mosquitoes and “no-see-ums” (biting gnats) are common at certain locations in the Mono Basin at different times of the summer. There are few, if any, at the Cain Ranch. Bring insect repellent in case we run into mosquitoes or “no-see-ums” while hiking.

Please inform OE staff ahead of time if anyone in the group is allergic to bee or wasp stings (see enclosed medical form). Stinging insects are present in the Mono Basin, so participants **must** bring their own allergy medications if they are allergic to stinging insects.

## Special needs, medicines, allergies, etc.

Youth with special medicines and needs must be the responsibility of the adult leaders, not the OE staff. **Don't forget to fill out the enclosed medical form and please inform OE staff of any participants with allergies, prescription medicines, physical limitations, or pre-existing medical conditions that may affect a participant's ability to take part in the program.**





## Planning for your trip

### Water

The water at the Cain Ranch is very good. It is from a local well and it is as good or better than most bottled water. You can drink the water right from the tap; so don't plan on bringing enough water for your stay. *However*, it is important to bring water bottles (one liter size is ideal) for everyone to use for hikes and trips out in the field. You can refill them at the Cain Ranch. It is important to drink plenty of water during your visit to Mono Lake and the mountains. Due to the high elevation and low humidity your body loses water much faster than normal. Drink more water than normal and avoid dehydration.

### Food

Participating groups in the OE program are responsible for buying and preparing their own food. The OE staff is happy to assist you in planning your menu if you are uncertain what to bring. We encourage you to shop for food in your own community. Prices are much cheaper and bulk food easier to find outside the Eastern Sierra. Often you can solicit food donations from community businesses by simply asking. Community businesses are often happy to help with food when it involves educational youth trips.

If you forget or run out of any items during your trip there is a small market in Lee Vining (6 miles up the road, a ten-minute drive) that has all the basics. There is also a Vons supermarket in Bishop and Mammoth Lakes in case you need to stop for additional items on the way up.

### Meal Preparation

The Cain Ranch House has a basic kitchen that includes refrigerator, stove, running water, basic cooking and eating utensils, and cupboard space. There is a small microwave. We encourage you to bring coolers to keep perishable food cool during the trip up and to store food that doesn't all fit in the refrigerator once you arrive. One or two OE staff will be camping with you during your stay and they are willing to help with food preparation and cleanup, but we cannot be responsible for food preparation. The staff recommends that youth participants help with the cooking and cleanup of each meal with the supervision of your group leaders/chaperones. **Meals are best cooked and served in a community/family-style atmosphere.** OE staff shares meals with the group. The OE staff will be available and remains onsite for helping with meals and clean up.

## Menu Suggestions

Below are a few options you might consider when planning your menu. Consider meals that do not require a lot of preparation or clean-up time. The most important thing is to bring healthy food that you like and that will provide your group with the sustained energy they need to complete rigorous activities at higher elevations. **No candy, gum, or sodas.** These cause blood-sugar spikes that increase inflammation, deplete energy, weaken the immune system, and contribute to Type 2 diabetes and obesity. The second most important thing is to bring food that does not require a lot of time and effort to prepare. The staff recommends you plan on one picnic lunch that can be easily prepared in the field after a hike or activity.

BREAKFAST	LUNCH	DINNER	SNACKS
Low-sugar Cereals	Sandwiches	Salad	Snack Bars
Eggs	Chips and Salsa	Spaghetti	Fruit
Sausage	Snack Bars	Burritos	Dried Fruit
Whole grain	Fruit	Carne Asada	Nuts
Toast/Tortillas	Salad	Tacos	Popcorn
Fruit	Raw Vegetables, like	Stir Fry	
Waffles	baby carrots and	Burgers	
Breakfast Burritos	grape tomatoes	Rice Dishes	
Plain yogurt and	Hummus	Fruit Salad	
granola with honey	Peanut butter and jelly	Steamed Vegetables	
		Instant Soups	

## Kitchen Items to Bring

Previous OE groups often leave some of the listed items below. Please check with the OE staff to see what items you might need to bring. The Cain Ranch kitchen is equipped with several large cooking pots, pans, and eating utensils, plates and bowls for up to 30 people.

Do not bring **paper plates** and **plastic utensils**; we are trying to cut down on the amount of trash we generate. In addition to your food, you want to plan on bringing these items:

- specialized pots/pans or utensils (if menu requires it—e.g. rice cooker for stir fry)
- large (40 + gallon) heavy-duty trash bags
- paper towels
- toilet paper
- dish soap
- sponge and scouring pads



## Transportation

For many groups, this is the greatest cost when considering a trip to Mono Lake. Groups are required to provide their own transportation both to and from Mono Lake, and during their visit. The Cain Ranch is centrally located in the Mono Basin allowing for quick and easy access to many of the program destinations. Nearly all our activities are within 25 minutes driving time of the Cain Ranch. We will occasionally travel on 2WD dirt roads for some OE activities. Twelve to fifteen-passenger vans work best, and most groups use these. Smaller groups have managed well with a combination of minivans and cars. School buses are discouraged.

## Weather

Mono Lake and the surrounding Mono Basin lie along the east slope of the Sierra Nevada at about 7,000 feet. Hot summer days rarely reach 90 degrees. Night temperatures typically drop into the 40's and 50's. Temperatures sometimes drop to freezing or slightly below in the late spring (through mid June), and September through November. Once the sun rises the temperature rises dramatically. Rain is uncommon in summer, but thunderstorms can bring brief, heavy downpours. Wind is common and will often pick up in the afternoon.



# Clothing and equipment checklist

The Mono Basin is an exciting place, and your experience is bound to be a good one if you take the time and effort to bring the right gear. Most of the items below you probably have in some form. Here's a list of stuff that you need to bring:

## \_\_\_ Sturdy Footwear

Good hiking shoes are a must! When visiting Mono Lake we do plenty of hiking in a variety of terrain including canyons, pine forests, volcanic landscapes, and mountaintops. Hiking will be much more enjoyable in sturdy, comfortable shoes with **shoelaces**. Don't bring your nicest pair of shoes -they will probably get dirty. Bring an additional pair of shoes that you can lounge around in if you want.

## \_\_\_ Socks

Wool or wool/synthetic socks keep your feet warm even if wet, they are better than cotton socks for hiking. If all you have is cotton socks, make sure you bring an extra pair or two just in case they get wet.

## \_\_\_ Water Bottle

High altitude desert **requires** that you drink lots of water. Bring at least one large bottle (one liter minimum).

## \_\_\_ Sun Protection

This is a must regardless of your skin color. Everyone can get sunburned in the high desert and mountains.  
\_\_\_sunscreen \_\_\_lip balm with sunscreen \_\_\_hat \_\_\_sunglasses

## \_\_\_ Warm Clothes

Mono Lake is in the high desert and it can get cold in the morning and evenings. Late spring, early summer and autumn can bring unpredictably cool weather. Hiking in the mountains can also be much colder than down by Mono Lake.

\_\_\_warm hat \_\_\_jacket \_\_\_"long" pants \_\_\_sweatshirt or fleece pull-over \_\_\_gloves

## \_\_\_ Hiking Clothes

Bring clothes you don't mind getting dirty. \_\_\_two pair of shorts \_\_\_three t-shirts

## \_\_\_ Bathing Suit & Towel

Mono Lake is saltier than the ocean, and you can float easily. Even if you have never been swimming before, this might be a good chance to try it out. There are also other freshwater lakes nearby that we might swim in.

## \_\_\_ Please don't Forget!

\_\_\_shampoo/soap \_\_\_toothbrush and toothpaste \_\_\_insect repellent \_\_\_towel

Optional:

- \_\_\_ camera
- \_\_\_ writing/drawing journal
- \_\_\_ ball point pen/pencil
- \_\_\_ binoculars

**Bring 'em if you got 'em:**  
**-day pack**  
**-sleeping bag**  
**-sleeping pad**



An OE group at the Cain Ranch “Mono Base Camp.”



## Directions

### From Los Angeles/Southern California:

Take Interstate 5 North through the San Fernando Valley and then merge onto Highway 14 North until it merges with US 395 North near Inyokern. You will remain on US 395 the rest of your trip (except for the last 200 yards).

Continue on US 395 North past dry Owens Lake, Lone Pine, Independence, Big Pine and Bishop. After Bishop you will drive up a long grade out of the Owens Valley, gaining elevation as you continue north. Not long after you pass Crowley Reservoir (LA water) you will pass the turn-off to Mammoth Lakes, Highway 203.

About 20 minutes after the turn off to Mammoth Lakes, you will come to the **south** entrance of the June Lake Loop. There will be a Shell Gas Station on the left. Stay on 395 and continue past the Shell Station for another 10 miles.

Turn left at the **north** June Lake Loop entrance, Highway 158. You will cross Rush Creek just before you have to turn left. The Cain Ranch will be the **second house** on your right, about 200 yards past the turn onto Hwy 158, and 100 yards past the first house (**the first house behind the pine trees is NOT the Cain Ranch house**). A low chain link fence surrounds the Cain Ranch house. Turn right into the driveway and you've made it!

Total driving time is about 6 to 7 hours. Your drive time will depend on traffic and rest/food stops.

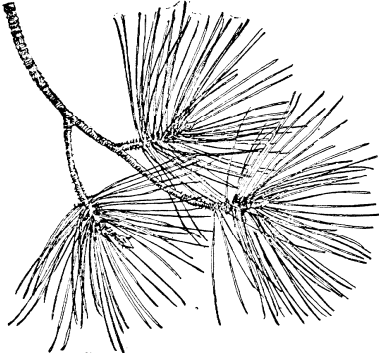
### From San Francisco Bay area:

You have different route options to Mono Lake from this region. Tioga Pass (Hwy 120) is perhaps the most convenient and efficient of the trans-Sierra routes from the Bay area. If you choose this route note that the road travels through Yosemite National Park and the Park Service will charge a \$20 fee for private vehicles and more for school/community group vans or buses. Hwy 108, Sonora Pass, is not recommended for buses. If you don't want to pay a fee, the best options are Hwy 88 and Hwy 50 to connect with Hwy 395.

Once you have reached Hwy 395, travel south to Lee Vining. Then proceed 6 miles beyond the junction of Hwy 120 West (Tioga Pass road) to the north junction of Hwy 158 (**north** end of the June Lake Loop). Turn right at Hwy 158 and the Cain Ranch will be the **second house** on your right, about 200 yards past the turn onto Hwy 158, and 100 yards past the first house (**the first house behind the pine trees is NOT the Cain Ranch house**). A low chain link fence surrounds the Cain Ranch house. Turn right into the driveway and you've made it!

Total driving varies from 6 to 7 hours. Your drive time will depend on traffic, route selection, and rest/food stops.

If you have questions about which route to take, and have not traveled to the Eastern Sierra in the past, please don't hesitate to contact Mono Lake Committee staff in Lee Vining. You can also check the updated road and highway conditions on our website at [www.monolake.org](http://www.monolake.org).



**PARENT'S RELEASE OF LIABILITY AND ASSUMPTION OF RISK  
BY PARTICIPANT IN MONO LAKE TRIP**

The undersigned is a participant, or the parent or legal guardian of the participating minor named below, who will be participating in The Mono Lake Committee's trip to Mono Lake. The trip will involve traveling to, and camping in, the Mono Lake area of the Eastern Sierra region of California for educational and recreational purposes.

By reading and signing this Release, I acknowledge and appreciate that during my, or the minor's, participation in the trip certain specific risks and dangers exist which are inherent in traveling and camping outdoors in a remote region. I acknowledge and appreciate that these risks include: injury or fatality due to collision with a vehicle or object; equipment failure; encounters with animals; slipping and falling; exposure to heat and sun, wind, rain, harmful and unknown materials; accident or illness in a remote place without immediate access to medical facilities, physicians, or nurses; and damage to personal property and gear due to inclement weather or dust.

In consideration of and as partial consideration for the right to participate in this trip, I hereby release and hold harmless The Mono Lake Committee, its agents, employees, volunteers, contractors, consultants, and associates. I acknowledge that I am, or the minor is, voluntarily participating in this trip and the related activities with, in the minor's case, my permission and in either case with knowledge of the dangers and risks involved, as stated above, and I hereby agree to accept any and all of the risks including the risk and danger of injury or fatality.

I have carefully read this Release and fully understand its contents. I am at least 18 years of age. I am aware that this is a release of liability on behalf of myself and my, or the minor and her or his, family, and a contract between me and The Mono Lake Committee and I am signing of my own free will. I hereby specifically and freely waive any and all rights we may have under California Civil Code §1542, which states:

A general release does not extend to claims, which the creditor does not know or suspect to exist in his favor at the time of executing the release, which if known by him must have materially affected his settlement with the debtor.

Dated: \_\_\_\_\_ at: \_\_\_\_\_, California

\_\_\_\_\_  
Participant's, Parent's or Legal Guardian's Signature

\_\_\_\_\_  
Print Participant's, Parent's or Legal Guardian's Name

\_\_\_\_\_  
Print Participating Minor's Name      Date of Birth

**RENUNCIA DE LA RESPONSABILIDAD PATERNA Y AFIRMACION DEL COMPROMISO DE RIESGO DE PARTE DEL PARTICIPANTE EN EL VIAJE A MONO LAKE**

El que firma es un participante, o el padre o guardián legal del menor participante nombrado mas adelante, quien va a participar en el viaje del Comité de Mono Lake a Mono Lake. El viaje consiste en trasladarse allá y en acampar en la zona de Mono Lake que se encuentra en el este de la Sierra Nevada de California con propósitos educacionales y recreativos.

Leyendo y firmando esta Renuncia de Responsabilidad, yo reconozco y entiendo que durante mi participación o la del menor en este viaje, ciertos riesgos y peligros existen que son naturales en cualquier viaje y acampamiento en las afueras de una región remota. Yo reconozco y entiendo que estos riesgos incluyen: daños o fatalidad por choque con otro vehículo u objeto; mal funcionamiento de equipo; encuentro con animales; resbalones y caídas; el estar expuesto al calor y al sol, vientos, lluvia, materiales desconocidos o dañinos; accidentes o enfermedades en lugares remotos sin acceso inmediato a facilidades medicas, doctores o enfermeras y daños a la propiedad privada y equipo debido al polvo o a cambios del tiempo.

En consideración y como consideración parcial por el derecho a participar en este viaje, yo renuncio a la responsabilidad y mantengo sin daño alguno al Comité de Mono Lake, a sus agentes, a sus empleados, a sus contratistas y asociados. Yo reconozco que yo estoy, o el menor esta voluntariamente participando en este viaje y en las actividades relacionadas con, en el caso del menor, mi permiso y en cualquier caso el conocimiento de los peligros y riesgos envueltos, como se ha dicho anteriormente y por lo tanto estoy de acuerdo y acepto cualquier y todos los contratiempos incluyendo el riesgo y el peligro de daños graves o fatalidad.

Yo he leído detalladamente esta Renuncia de Responsabilidad y entiendo completamente su contenido. Yo tengo por lo menos 18 años de edad. Estoy conciente que esto es una Renuncia de Responsabilidad de mi parte y de mi, o el menor con su familia y un contrato entre el Comité de Mono Lake y que yo estoy firmando este contrato bajo mi propia voluntad. Yo por la tanto específicamente y libremente renuncio a todos mis derechos que podría tener bajo el Código Civil de California §1542, el cual dice:

Un poder general para renunciar la responsabilidad no se extienda a reclamos, el cual el acreedor no sabe o sospecha que existen en su favor en el momento de implementar esta renuncia, la cual si hubiera sido conocido por el, pudiera haber afectado materialmente su arreglo con el deudor.

Fecha: \_\_\_\_\_ en: \_\_\_\_\_, California

\_\_\_\_\_  
Firma del Participante, Padres o Guardián Legal

\_\_\_\_\_  
Escriba en letra de imprenta el Nombre del Participante, Padres o Guardián Legal

\_\_\_\_\_  
Imprente el Nombre del Participante Menor                      Fecha de Nacimiento

**OUTDOOR EXPERIENCES PROGRAM**  
**PARTICIPANT HEALTH FORM**  
Mono Lake Committee

This form must be completed and signed by the participant, or parent(s) or legal guardian(s) of a minor participant (under 18 yrs. of age).

This information is for private use only and it will remain confidential!

**DATES IN THE MONO BASIN:** \_\_\_\_\_

**NAME OF SCHOOL OR GROUP:** \_\_\_\_\_

**PARTICIPANT NAME AND AGE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**Person to call in the event of an Emergency:**

**NAME:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**Health Information necessary for participant's protection and care:**

**ALLERGIES:** Do you have any allergic reactions, e.g., to bees, drugs, or foods? If so, what are they? Do you carry an Epi-Pen?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**MEDICATIONS:** Are you taking medication, e.g., Tylenol, Ibuprofen, Antibiotics, etc.?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**CHRONIC ILLNESS:** Do you have any chronic illnesses, e.g., diabetes, epilepsy, asthma, etc.? Do you carry medication?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
**PARTICIPANT'S NAME**

\_\_\_\_\_  
**PARENT OR GUARDIAN'S NAME**

\_\_\_\_\_  
**PARTICIPANT'S SIGNATURE**

\_\_\_\_\_  
**PARENT OR GUARDIAN'S SIGNATURE**

**DATE:** \_\_\_\_\_