

Full Moon Hike



Full moon rise at the lakeshore

Nora Livingston

July 16, 2019 • Nora Livingston

\$90 per person / \$80 for Mono Lake Committee members
enrollment limited to 9 participants

There is no better way to deeply immerse yourself in the majestic calm of the Mono Basin than to experience it by moonlight. On this special evening seminar, we will take a natural history hike as the sun sets and the full moon rises. We will find a perch to enjoy moonrise and hear stories about the night. *Sunset 8:18pm; moonrise 8:27pm; full dark 8:48pm.*

This seminar will involve easy to moderate hiking at high elevation (7,000–9,000 feet above sea level). We will hike 2–3 miles over the course of the evening, on a mixture of flat and moderately steep sections of trail. Good physical fitness is required for this field seminar.*

Nora Livingston is the Mono Lake Committee's Lead Naturalist Guide. She has spent ten years exploring the many unique nooks and crannies of the Mono Basin. Before moving to Lee Vining permanently, she bounced around California for eight years as a field biologist, studying birds on the Channel Islands, the Farallon Islands, and in the Eastern Sierra.

ITINERARY

Tuesday, July 16 at 7:00pm: Meet at the Mono Lake Committee Information Center & Bookstore in Lee Vining. After brief introductions, we will carpool to our destination. Possible locations include Lee Vining Canyon/Warren Bench, Bohler Canyon, Panum Crater, or a few lesser-known areas. The itinerary may vary with local wildlife activity, weather, or the instructor's whims. We will return to the Mono Lake Committee by 10:00pm.

***PLEASE NOTE:** This seminar may require off-trail travel through sagebrush-scrub habitat, where participants will be required to watch their footing and carefully maneuver around rocks, sticks, and shrubs on the ground. Please be prepared to hike off-trail with long pants and sturdy shoes.*

Altitude and Dehydration Cautions: Remember to bring (and drink!) lots of water because your body loses more water at the higher altitudes of the Mono Basin. Experts recommend that you begin drinking extra water as you drive to higher elevation in order to prevent dehydration and headaches. Also, the sun is rather fierce at high elevations, capable of burning even on cool and cloudy days, so be sure to protect yourself thoroughly using sunscreen, sunglasses, and hat.

MEALS

Please eat dinner before the trip or bring plenty of snacks.

TO BRING

- headlamp (required) and extra batteries**
- sturdy footwear
- appropriate field clothing: hat, sunglasses, warm layers, rain gear
- day pack including plenty of water, insect repellent, etc.
- camera (optional)
- binoculars (optional)
- hiking poles (optional)
- snacks



Mono Lake Committee Field Seminars

P.O. Box 29 • Lee Vining, CA 93541 • (760) 647-6595 • monolake.org/seminars