

# Wildflower Wander



Lewis's Monkeyflower

Nora Livingston

## July 21, 2024 • Nora Livingston

\$145 per person / \$130 for Mono Lake Committee members  
enrollment limited to 8 participants

Working on your wildflower identification? July is the perfect month to practice—the flowers will be out in abundance, taking advantage of plentiful sunlight and peak runoff. On this field seminar we will scour meadows and canyons for the plethora of blooms that grace the trails. We will focus on identification and natural history of the flowers we see. This seminar is great for photographers and wildflower enthusiasts.

Nora Livingston is the Mono Lake Committee's Lead Naturalist Guide. She has spent sixteen 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

**Sunday, July 21 at 8:00am:** Meet at the Mono Lake Committee Information Center & Bookstore in Lee Vining. After brief introductions, we will carpool to our destinations. Possible locations include Lee Vining Canyon, Bohler Canyon, the Tioga Pass area, Rattlesnake Gulch, and a few lesser-known patches. The itinerary may vary with wildflower bloom locations, weather, or the instructor's whims. This class will end around 2:00pm.

## **ACTIVITY LEVEL: MODERATE**

This seminar's activity level: *moderate*. We will be walking up to two miles at a leisurely pace, much of which will be over uneven terrain, off trail, and will include stepping up and over obstacles. This type of walking requires good balance, some agility, and stamina. We will be gaining altitude steadily throughout the day.

## **WEATHER & ALTITUDE**

Temperatures in summer will be hot during the day and drop to chilly at night, with possible windy conditions and afternoon thunderstorms. Average temperatures in July in Lee Vining are 85°F (max) and 54°F (min).

This seminar will take place at elevations ranging from about 6,000 to 10,000 feet above sea level. It is a good idea to acclimate at the elevation of Lee Vining for at least 24 hours prior to the start of the seminar. Those with a history of heart, ear, or respiratory problems should consult their doctors before attending. Anyone restricted to lower elevations should not enroll.

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

## **TO BRING**

- field guide (optional)
- notebook and pen/pencil (optional)
- camera (optional)
- sturdy footwear
- appropriate field clothing: hat, sunglasses, warm layers, rain gear
- day pack including plenty of water, sunscreen, insect repellent, etc.
- packed lunch, snacks, and plenty of drinking water



**Mono Lake Committee Field Seminars**

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