0.8 8,890 North Fork Lone Pine Creek xing - at low-mid flows walk across on rocks; at highest flows some of the rocks will be submerged and this will be a wade (rock_nat). Dist. to next 2 mi.

2.8 10,080 Lone Pine Creek xing near Lone Pine Lake - cross on a series of log bridges; at highest flows the approach at either side will be under water, possibly even parts of the logs will be submerged (log_const). Dist. to next 0.8 mi.

3.8 10,380 Outpost Camp - main xing - cross creek on solid intentionally-placed rock blocks; I’ve never seen these submerged (rock_const). Dist. to next ~100 yards.

3.8 10,410 Outpost Camp - Mirror Lake outlet xing - cross on large intentionally-placed rock blocks (rock_const). Dist. to next 0.4 mi.

4.2 10,700 Mirror Lake outlet - xing on large intentionally-placed rock blocks; a few of the rocks may be submerged at the highest flows (rock_const). Dist. to next 1.4 mi.

5.6 11,850 Lone Pine Creek xing 1 - cross on large intentionally-placed rock blocks (rock_const). Dist. to next 8.9 mi. (4.5 miles if you skip the summit)

14.5 11,630 near Hitchcock Lakes - small step-across stream (step_x). Dist. to next 0.5 mi.

15.0 11,470 Arctic Lake tributary - small stream; there requires a big step across at high flows; otherwise a few steps balancing on rocks (rock_nat). Dist. to next ~20 yards.

15.4 11,490 Arctic Lake outlet - reasonably broad crossing usually requires balancing across rocks; a wade at peak flows (rk_nat lg). Dist. to next 2.4 mi.

17.4 10,760 tributary near Crabtree - usually dry creek; but if flowing at peak melt will be broad and require brief wade (or head a little upstream to where it narrows) (wade_jmp). Dist. to next 0.5 mi.

17.9 10,690 water from spring - spring water Crabtree Ranger uses; good to drink. Head south across Crabtree Creek to the Crabtree camping area. Then walk 0.1 mile east along a spur trail to the cabin. Spring outlet is 200 feet NW from the ranger cabin; important to stay on use trail to avoid dirtying the spring water (spring). Dist. to next 1.4 mi.

Note – if northbound after an entry at a Cottonwood trailhead, you join the JMT at its NoBo mile 18.7, Dist to next 0.8 mi.

19.3 10,650 Sandy Meadow crossing 2 - generally a small step-across stream (or dry); but at highest flows may be broad enough to require balancing on rocks or a big leap (step_x). Dist. to next 0.4 mi.

19.7 10,680 Sandy Meadow crossing - small stream; generally 1-2 hops between rocks - and often dry (rock_nat). Dist. to next 0.6 mi.

21.5 10,700 Mt Young tributary - generally can cross between a few large rocks; only at the highest flows might they be submerged (rock_nat). Dist. to next 0.8 mi.

22.1 10,400 Wallace Creek crossing - relatively long, deep crossing that is almost always a wade; only at the lowest flows can you easily balance across on wobbly rocks; rocks on stream bed not too big (WallaceCk). Dist. to next 0.8 mi.

22.9 10,710 Wright Creek crossing - broad relatively deep crossing that is usually a wade; but good place to cross, because slower current and small rocks underfoot; lowest flows can balance across on rocks (WrightCk). Dist. to next 3.1 mi.

26.0 11,070 Tyndall frog ponds outlet - small step-across creek (step_x). Dist. to next 0.6 mi.

26.6 10,950 Tyndall Creek xing - usually a wade; bottom uneven and rocky; current swift; only at low flows possible to balance across on large, often wobbly rocks; but not too deep; take care (TyndxCk). Dist. to next 0.6 mi.

27.2 11,120 Forester tributary 4 - small step-across stream (step_x). Dist. to next 1.8 mi.

29.0 11,920 Forester tributary 3 - small step-across stream (step_x). Dist. to next 1.5 mi.

30.5 12,490 Forester tributary 2 - balance across on large rocks; shouldn't ever be submerged (rock_const). Dist. to next 0.2 mi.

30.7 12,500 Forester tributary 1 - small step-across stream (step_x). Dist. to next 2.1 mi.

32.7 12,280 Lake 12250 outlet - generally dry outlet; but can be at highest flows (rock_nat). Dist. to next 0.7 mi.

33.4 11,980 Bubbs Creek tributary 7 - small stream; requiring a few steps balancing on rocks; these rocks might be submerged at highest flows (wade_rck). Dist. to next 0.3 mi.

33.7 11,710 Bubbs Creek tributary 6 - small stream; requiring a few steps balancing on rocks; these rocks might be submerged at highest flows (wade_rck). Dist. to next 1.5 mi.

35.2 10,970 Bubbs Creek tributary 5 - small step-across stream (step_x). Dist. to next ~35 yards.

35.2 10,570 Bubbs Creek tributary 4 - small step-across stream (step_x). Dist. to next 0.3 mi.

35.5 10,810 Bubbs Creek tributary 3 - small step-across stream (step_x). Dist. to next 0.6 mi.

36.1 10,570 Center Basin Creek xing - at lower flows balance across rocks and small logs; at high flows a rocky-bottom wade; water swift, but not too deep or too long of a crossing (wade_rck_d). Dist. to next 0.2 mi.

36.9 10,880 Bubbs Creek tributary 2 - log across small creek (log_fall). Dist. to next 0.5 mi.

36.8 10,400 Bubbs Creek tributary 1 - small seasonal stream; step-across or - a big leap at highest flows (step_x). Dist. to next 2.6 mi.

38.4 9,540 Bullfrog Lake outlet xing 4 - broad crossing; can balance on rocks at lower flows; but a wade at high flows (wade_rck_d). Dist. to next ~75 yards.

39.4 9,540 Bullfrog Lake outlet xing 3 - seasonal tributary of main creek; cross on log (log_fall). Dist. to next 0.8 mi.

40.2 10,070 Bullfrog Lake outlet xing 2 - relatively short crossing on rocks; generally dry feet (rockNat). Dist. to next 0.4 mi.

40.6 10,430 Bullfrog Lake outlet xing 1 - relatively short crossing on rocks; generally dry feet (rockNat). Dist. to next 4 mi.

44.6 11,110 Rae Lakes tributary 12 - broad crossing on rocks; at high flows the rocks may be submerged; look slightly upstream for narrower options (rockNat). Dist. to next 0.3 mi.

44.9 10,880 Rae Lakes tributary 11 - this stream requires a large step across when full (step_x). Dist. to next 0.2 mi.

45.1 10,790 Rae Lakes tributary 10 - small step-across stream; seasonal (step_x). Dist. to next 0.1 mi.

45.2 10,710 Rae Lakes tributary 9 - small step-across stream; seasonal (step_x). Dist. to next 0.3 mi.

45.5 10,550 Upper Rae Lake outlet - cross on a collection of logs and boulders; should always be a dry crossing (rockNat). Dist. to next 0.8 mi.

46.2 10,560 Rae Lakes tributary 8 - small step-across stream; but often wet trail (step_x). Dist. to next ~100 yards.

46.3 10,590 Rae Lakes tributary 7 - marshy area; trail often wet (marshy). Dist. to next ~35 yards.

46.7 10,570 Rae Lakes tributary 6 - small stream; but broad marshy meadow that is likely to mean wet shoes (marshy). Dist. to next 1 mi.

47.8 10,370 Rae Lakes tributary 5 - small step-across stream (step_x). Dist. to next 0.3 mi.

48.9 10,300 Arrowhead Lake outlet xing - cross on pair of logs; slightly awkward crossing (log_const). Dist. to next 1.6 mi.

49.6 9,560 Rae Lakes tributary 4 - broad crossing on rocks at low-mid flows; at high flows likely to be a wade (wade_rck_d). Dist. to next 0.3 mi.

50.1 9,470 Rae Lakes tributary 3 - marshy area with boardwalk; trails through meadows beyond will still be wet (marshy). Dist. to next 0.9 mi.

50.9 9,080 Rae Lakes tributary 2 - small bridge or log here? (log_fall). Dist. to next 0.2 mi.

51.0 9,060 Rae Lakes tributary 01 - broad crossing on rocks at lower flows; moderately deep wade at high flows; rocky underfoot, but not large boulders (wade_rck_d). Dist. to next 1.3 mi.

52.3 8,520 Woods Creek bridge - sturdy bridge; but bounce (bridge_big). Dist. to next 0.7 mi.

53.0 8,810 Woods Creek tributary 6 - small step-across stream (step_x). Dist. to next 0.3 mi.

53.3 8,910 Woods Creek tributary 5 - broad; shallow crossing that will flow over trail at high flows; easy crossing on rocks at lower flows (wade_rck). Dist. to next 0.2 mi.

53.5 9,010 Woods Creek tributary 4 - small step-across stream (step_x). Dist. to next 0.3 mi.

53.8 9,080 White Fork crossing - broad boulder channel; at low-mid flows cross on rocks; at high flows becomes a wade; it can be very wide; swift flowing stream with a boulder base; take care (WhiteFkr). Dist. to next 0.2 mi.

55.8 10,140 Woods Creek tributary 3 - small step-across stream (step_x). Dist. to next 0.3 mi.

56.0 10,260 Woods Creek tributary 2 - broad, shallow tributary; cross on rocks at lower flows; wade at higher flows; rocky underfoot (wade_rck). Dist. to next 0.7 mi.
67.3 11,150 South Fork Kings tributary 3 - cross on rocks that will be submerged at high flows; some bigger rocks a little downstream (wade_rck). Dist. to next 0.7 mi.
68.0 11,440 South Fork Kings tributary 2 - cross on large intentionally-placed rock blocks (rock_const). Dist. to next 0.2 mi.
68.2 11,490 South Fork Kings tributary 1 - cross on large intentionally-placed rock blocks; possibly submerged at high flows (rock_const). Dist. to next 2.9 mi.
71.1 11,260 Palisade Lakes tributary 9 - small stream; but water will be flowing across trail at high flows (wade_imp). Dist. to next 0.3 mi.
71.4 11,050 Palisade Lakes tributary 8 - small stream - step (step_x). Dist. to next 0.9 mi.
72.3 10,800 Palisade Lakes tributary 7 - cross on rocks (lower flows) or on make-shift log pile (rock_nat). Dist. to next ~125 yards
72.9 10,770 Palisade Lakes tributary 6 - small stream - seasonal (step_x). Dist. to next 0.3 mi.
72.6 10,750 Palisade Lakes tributary 5 - small stream - step (step_x). Dist. to next 0.8 mi.
73.4 10,630 Palisade Lakes tributary 4 - small stream - seasonal (step_x). Dist. to next 0.1 mi.
73.5 10,610 Palisade Lakes tributary 3 - small stream - step (step_x). Dist. to next ~35 yards
73.6 10,610 Palisade Lakes tributary 2 - sandy channel often too broad to jump; get wet feet instead of destroying nearby vegetation (wade_imp). Dist. to next 0.2 mi.
73.7 10,580 Palisade Lakes tributary 1 - small stream; flows under small bridge (brdg_sml). Dist. to next 3.1 mi.
76.8 8,920 beyond Deer Meadow tributaries - lots of small side tributaries; trail well built; but likely to be wet (marshy). Dist. to next 0.8 mi.
77.1 8,830 Deer Meadow - cross Deer Meadow on big rocks; don't have notes indicating if these likely to be submerged at high flow (rock_nat). Dist. to next ~50 yards
77.1 8,830 Palisade Creek tributary 2 - small stream - seasonal (step_x). Dist. to next 1.6 mi.
78.7 8,530 Palisade Creek tributary 1 - small stream - seasonal (step_x). Dist. to next 1.8 mi.
80.5 8,030 Palisade Creek xing - NOT ON JMT; on side trail to Middle Fork Kings and Devils Washbow; this is a dangerous crossing under high water; deep; fast flowing and bouldery; old bridge washed out long ago (PalCrk). Dist. to next 1.2 mi.
81.7 8,290 LeConte tributary 3 - small stream - step (step_x). Dist. to next 2.1 mi.
83.8 8,700 LeConte Canyon bridge - sturdy bridge (brdg_big). Dist. to next 0.1 mi.
83.9 10,130 Lower Dusy Basin bridge - sturdy bridge (brdg_big). Dist. to next 0.9 mi.
84.8 8,880 LeConte tributary 2 - 2 small stream channels; both crossed by jumping between rocks at high flow; perennial (rock_nat). Dist. to next 0.4 mi.
85.2 9,090 LeConte tributary 1 - small step-across stream (step_x). Dist. to next 0.5 mi.
85.7 9,230 Big Pete xing - series of logs to walk across (log_const). Dist. to next 1.6 mi.
87.3 10,070 blasted area below Starrs Camp - one of the more dangerous areas if still snow covered - trail blasted into steep cliffs; will have water running down trail if melt from above (notes). Dist. to next 0.5 mi.
87.9 10,350 Starrs Camp tributary - small step-across creek; tiny bridge here? (step_x). Dist. to next 0.6 mi.
88.5 10,670 Middle Fork Kings xing 1 - broad crossing on large well-intentionally-placed rocks; rocks submerged at high flows (rock_const). Dist. to next 0.5 mi.
88.9 10,860 Lake 10840 inlet - very broad crossing on flat; stable rocks; definite wade at high flow, although you can head upstream ~100 feet for possibly dry options requiring jumps between rocks (rock_const). Dist. to next 0.4 mi.
89.4 10,990 Echo Col tributary - fairly broad crossing on large rocks; if main crossing submerged, alternative rocks just upstream (rock_const). Dist. to next 0.5 mi.
89.9 11,300 Lake 11280 outlet - jump between large boulders that should always be above water; take care, because cascades below crossing (rock_nat). Dist. to next 0.1 mi.
90.0 11,310 Lake 11280 inlet - very broad, flat fan of rocks; submerged at high flows, but easy wade (wade_rck). Dist. to next 0.5 mi.
90.5 11,530 Helen Lake outlet - bouldery crossing; most rocks will be submerged at high flow requiring bigger leaps or wade; also holds snow late (wade_rck). Dist. to next 1.6 mi.
92.4 11,600 Lake McDermind inlet 2 - broad, shallow crossing on smaller intentionally-placed rock blocks; main crossing will be below water at times, but can balance on nearby boulders (rock_const). Dist. to next 0.1 mi.
92.5 11,560 Lake McDermind inlet 1 - broad, shallow crossing on large blocks of rock; I think these will always be above water (rock_const). Dist. to next 0.3 mi.
92.8 11,530 Lake McDermind outlet - broad, shallow crossing on boulders; water will submerge many of the boulders at high flow (wade_rck). Dist. to next 1.2 mi.
94.0 11,410 Wanda Lake outlet part 2 - broad, fairly shallow crossing on packed rocks; water will flow over rocks at high flow (wade_rck). Dist. to next 0.4 mi.
94.4 11,320 Sapphire Lake tributary 2 - small seasonal creek, but broad in full flow; narrows just below trail (wade_imp). Dist. to next 1.4 mi.
95.8 10,990 Sapphire Lake tributary 1 - small step-across stream; seasonal (step_x). Dist. to next 0.5 mi.
96.3 10,880 Evolution Lake inlet - long crossing on large intentionally-placed rock blocks; I've never seen these submerged (rock_const). Dist. to next ~35 yards
96.3 10,880 Evolution Lake tributary 5 - small step-across stream; perennial (step_x). Dist. to next 0.3 mi.
96.7 10,890 Evolution Lake tributary 4 - small step-across stream; seasonal (step_x). Dist. to next 0.2 mi.
96.8 10,870 Evolution Lake tributary 3 - small step-across stream; seasonal (step_x). Dist. to next 0.6 mi.
97.4 10,880 Evolution Lake tributary 2 - small step-across stream (step_x). Dist. to next 0.2 mi.
97.6 10,890 Evolution Lake tributary 4 - small step-across stream; seasonal (step_x). Dist. to next 0.4 mi.
98.0 10,840 S of Evolution tributary - cross on large intentionally-placed rock blocks (rock_const). Dist. to next 0.1 mi.
98.1 10,820 N of Evolution tributary - small step-across stream (step_x). Dist. to next 1.4 mi.
99.5 9,950 Darwin Bench drainage - broad; relatively shallow crossing; rocky underfoot; at mid-flows rocks and collection of logs to cross on; but wade at higher flows (wade_rck). Dist. to next 0.4 mi.
99.9 9,870 Colby Meadow - small step-across stream (step_x). Dist. to next 1.1 mi.
100 9,740 Colby tributary 2 - small step-across stream (step_x). Dist. to next 0.2 mi.
101 9,710 Colby tributary 3 - small step-across stream (step_x). Dist. to next 0.4 mi.
101 9,680 McClure tributary 2 - small step-across stream (step_x). Dist. to next ~35 yards
101 9,660 water from spring - run-off from spring McClure Mdws Ranger uses; good to drink (spring). Dist. to next 0.9 mi.
102 9,510 Evolution Mdw tributary 3 - small tributary; but significant flow at times; should always be able to cross on rocks (rock_nat). Dist. to next ~35 yards
102 9,530 Evolution Mdw tributary 2 - small step-across stream (step_x). Dist. to next crossing 1.6 mi.
102 9,530 Colby Meadow - small step-across stream (step_x). Dist. to next 0.4 mi.
115.9 9,870 Senior Creek xing - cross on rocks; flat wade with rocky bottom under high flows (wade_rck). Dist. to next 0.3 mi.

115.9 10,120 Senger Creek tributary - long jump or sandy-bottomed wade at high water; often only a trickle at drier times (wade_imp). Dist. to next 1.3 mi.

117.2 10,190 Sallie Keyes outlet xing - currently a log to cross entire flow at lake outlet; otherwise water spreads into diffuse channels to jump across; additional log slightly downstream across main channel; shallow-knee-high wade if uncomfortable with logs (log_fall). Dist. to next 0.3 mi.

117.5 10,200 Sallie Keyes inlet xing - usually possible to cross on rocks; but a flat, shallow wade under high water (wade_rck). Dist. to next 0.3 mi.

117.6 10,290 Heart Lake outlet xing 2 - cross on rocks (rock_nat). Dist. to next 0.1 mi.

117.9 10,340 Heart Lake outlet xing 1 - cross on rocks (rock_nat). Dist. to next 2.2 mi.

120.1 10,560 Marie Lake outlet xing - cross on large rocks; usually very shallow (rock_nat). Dist. to next 1.7 mi.

121.8 10,000 Rosemarie Meadow xing - currently a decomposing log to cross on - in similar conditions in both 2006 and 2013; wade under high water if log disappears; rock hop at lower water levels (log_fall). Dist. to next 1 mi.; Note Andrew Skurka has suggested that you can avoid the potentially dangerous mile 122.8 crossing (see below) by taking Lou Beverly Trail east (starting just before this crossing) to the first lake; cross the Middle Fork of Bear Creek just below the lake outlet; then cross-country NE to cross the East Fork of Bear Creek, then Seven Gables Trail to rejoin the JMT just N of the mile 122.8 crossing.

122.8 9,570 Bear Creek - a challenging wade, with cobble and small boulders underwater; can be very deep and fast-flowing; shoes recommended (BearCrk). Dist. to next 1.1 mi.

123.9 9,330 Hilgard Fork xing part 2 - wade at high water; balance on rocks when water lower; no obvious logs (wade_rck_d). Dist. to next ~35 yards

123.9 9,330 Hilgard Fork xing part 1 - wade at high water; balance on rocks when water lower; no obvious logs (wade_rck_d). Dist. to next 1.6 mi.

125.5 9,080 Bear Creek tributary - 3 notes... (unknown). Dist. to next 0.9 mi.

126.4 9,030 Bear Creek tributary 2 - broad, shallow, fast-flowing creek spills across the trail; balance on a collection of logs and rocks; wet feet likely under high flows (wade_rck). Dist. to next 0.1 mi.

126.6 9,070 Bear Creek tributary 1 - small bridge (brdg_sml). Dist. to next 1.3 mi.

127.9 9,750 Bear Ridge spring - spring - good drinking water (spring). Dist. to next 4.6 mi.

132.5 7,850 Mono Creek tributary - small step-across stream (step_x). Dist. to next 0.2 mi.

186.4 10,250 Lyell Basecamp xing - balance across rocks at low flows; at high flows a long, cold wade (wade_rck_d). Dist. to next 0.9 mi.
### 187.3 9,690 Lyell Fork bridge - sturdy bridge (brdg_big). Dist. to next 4 mi.

### 191.3 8,940 Ireland Creek xing - logs and rocks to cross on - often slippery and part submerged at highest flows; wading not dangerous (log_fall). Dist. to next 3.9 mi.

### 195.1 8,750 Lyell Fork creek - area often wet early season; wet feet or cross on logs; don't make new tracks (marshy). Dist. to next 0.5 mi.

### 195.6 8,740 Rafferty Creek bridge - sturdy bridge (brdg_big). Dist. to next 0.7 mi.

### 196.3 8,670 Lyell Fork twin bridge 2 - sturdy bridge (brdg_big). Dist. to next ~35 yards

### 196.4 8,670 Lyell Fork twin bridge 1 - sturdy bridge (brdg_big). Dist. to next 0.6 mi.

### 196.9 8,720 Tuolumne bridge - sturdy bridge (brdg_big). Dist. to next 1.9 mi.

### 198.8 8,570 Parsons bridge - sturdy bridge (brdg_big). Dist. to next 1.3 mi.

### 200.1 8,610 unknown - small channel; not sure about crossing (unknown). Dist. to next 0.1 mi.

### 200.2 8,630 Budd Creek bridge - sturdy bridge (brdg_big). Dist. to next 1.5 mi.

### 201.7 9,250 Cathedral Creek xing - small rocky creek; balance on large rocks; never dangerous (rock_nat). Dist. to next 0.2 mi.

### 201.9 9,390 spring - spring near headwaters of Cathedral Creek (spring). Dist. to next 1.6 mi.

### 203.5 9,620 Upper Cathedral Lake xing - broad sandy channel; often dry; under high flows wet feet, a long jump or searching for rocks or logs (wade_jmp). Dist. to next 4.1 mi.

### 207.6 9,330 Long Meadow xing - usually dry; under full flow a broad crossing; long jump or wet feet; never dangerous; sandy bottom (wade_jmp). Dist. to next 0.1 mi.

### 207.8 9,340 Sunrise HSC xing - broad crossing; never dangerous; sandy bottom, but possibly wet feet under high flows - or a long jump (wade_jmp). Dist. to next 2.8 mi.

### 210.5 8,620 Sunrise Creek xing 2 - generally an easy step across crossing; otherwise logs around (log_fall). Dist. to next 3 mi.

### 213.6 7,600 Sunrise Creek crossing 1 - generally an easy step across crossing; otherwise logs around (log_fall). Dist. to next 0.8 mi.

### 214.3 7,250 Sunrise Creek tributary - generally an easy step across crossing; otherwise logs around (log_fall). Dist. to next 4.1 mi.

### 218.4 6,000 Nevada Fall bridge - sturdy bridge (brdg_big). Dist. to next on JMT proper is 1.5 mi.

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Note: Mist Trail is an alternate routing - shorter and more scenic descending from Nevada Fall, but is often very wet early season; be prepared for a shower.

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### 219.9 4,630 Mist Trail western junction (marshy). Dist. to next 0.2 mi.

### 220.1 4,400 Vernal bridge - sturdy bridge (brdg_big).