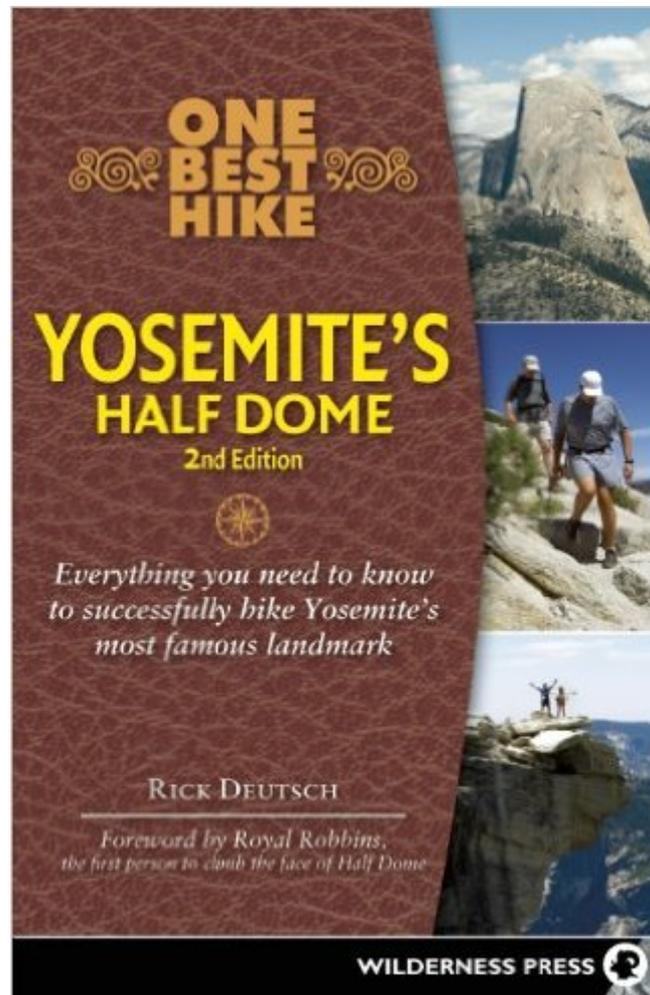


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# One Best Hike: Yosemite's Half Dome



## Synopsis

This is the only guide for hiking to the top of Half Dome - the signature landmark of Yosemite National Park, CA. It provides a history of the original Indian inhabitants of the area. The unique geological formations are explained. The focus of the book is to provide information on safe hiking practices to complete this extremely strenuous hike of 16-miles round trip that is climaxed by a harrowing 400 foot vertical ascent to the top of the 8,842 foot high granite monolith with the aid of a pair of steel cable banisters set at 45 degrees incline. Included is an extensive trail description with photos and narration of 16 points of interest. The author has completed this hike over 41 times and is a recognized expert source of information about the hike. This is not a topographic map intensive guide; rather it tells historical vignettes to interpret the hike so readers identify with events of the mid 1800's. He relates the story of the interaction of the Miwok and Mono Paiute Indians with the hordes of white invaders during California's Gold Rush. The reader is aware of how Yosemite developed after the white man's "discovery." The explanation of how odd geologic formations arose from ancient magma flows provides the reader with an understanding of what happened to the "missing part" of Half Dome. The full day hike up to the top of Half Dome is one of the most popular in the country. It is not easy. The book prepares the reader for the adventure with an extensive discussion of the equipment required, the training needed and a detailed "walk through" of the entire trail. Photographs and descriptions of salient features take the apprehension out of doing the hike. Sections with descriptions of 16-Points of Interest - waterfalls, historical areas, flora and fauna, drinking water sources and the actual cables provide readers with the "real deal" information to safely prepare for and complete this "bucket list" Adventure. Readers are given specific information on the gear needed. This includes a boots/foot care, use of hiking poles and a summary of water filter usage clothing selection and food suggestions.

## Book Information

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## Customer Reviews

This book is an education for anyone considering the Half Dome hike. This hike is NOT a "stroll in the park" or something to do "spur of the moment". It requires physical training/endurance, proper gear & attitude (the cables are not the place to fool around, they require your full attention). If you are physically fit, properly outfitted & ready to give it the attention it demands, almost anyone COULD do it & do it safely. If you want to experience the hike of a lifetime, enjoy every step of the way, then read then re-read Rick's book, follow his advice & he'll get you there safely! We followed his advice & found our recent hike easier than anticipated (we trained wearing our packs loaded w/ more weight than we knew we'd actually carry). We (Mom age 56, Dad age 58, son age 27) have 3 suggestions in addition to all of Rick's. #1. Full finger, tacky (good gripping) gloves would make pulling yourself up the very smooth cables easier & more secure. #2. Do some upper body strength training, simulate the action of pulling your weight up a 45 degree incline. #3. Check the weather. The day we did Half Dome was perfect! Next day began cloudy, we had hiked the 1.1 mile to Sentinel Dome (a spectacular 360 degree view!) & were waiting for clouds to move to get a clear picture of Half Dome, instead, around noon, low dark clouds moved in very quickly, became very windy & chilly & it started to sprinkle. We felt bad for all those who were doing the dome that day. We just got back to the trailhead/parking lot & in the car when it started to rain. It rained off & on all day. His brief history of Yosemite & the hike (trail, cables & first hikers) makes for an interesting, quick read. The information on accommodations, preparations & the pictures are right on!

I had an opportunity to hike up to Half Dome recently and purchased this book to help me be prepared for what was ahead. A failed attempt 30 years ago became a bucket list reality with the help of this book. Overall, I like the book. Lots of good history information on Yosemite and Half Dome but what is most important is information regarding preparing for and executing the hike itself. The book does a great job in breaking the hike down into sections, what to look for, bathrooms, water stops, trail markers, etc. The author's timeline for the various stops along the way is pretty spot on. Unfortunately my Garmin GPS watch distances did not match up with the author's, no biggie though. At the start I found myself to be way ahead of his schedule but by the time I reached

Sub Dome and the top of Half Dome, his schedule was inline with my own. Using this schedule should give one a good idea of where they need to be. Two Huge Recommendations from this book helped me "Hike Half Dome." An Early Start - The author recommends departing at 0530 in the morning. I highly agree with this. With headlamp in place I departed around this time and was thankful because when I headed back down the cables before noon, the crowds or the line going up looked like a miserable wait. Little Spring Recommendation - I was able to fill up with water from this small spring and thanks to the author's recommendation of leaving water at the base of the cables I had less water to carry to the top and plenty of water for the trek back down the hill. My only complaint or more like what the book could have used are charted training plan examples.

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