



Mt. Baldy Day Hike:

(summer)

DETAILS:

DIFFICULTY: Upper intermediate to advanced. Challenging, but not technical.

DISTANCE: Between ~ 8-12 miles (depending on route)

TIME: 5 to 7 hours

ELEVATION GAIN: 3,900'

WHERE TO MEET:

Trailhead:

- Manker Flat Trailhead (6,000')

Parking:

- Manker Flats Parking (or [Baldy Ski Lift parking lot](#) if parking is full)

- In Google Maps, look up "[Mt Baldy Trailhead](#)" by Manker Flat Campground.

THE PLAN:

Plan for an awesome 6-7 hour event, with almost 4,000' of elevation gain,

Spectacular 360° views from the summit at 10,064"

Ascent Route:

- Ski Hut Trail to the summit (10,064')

Descent Route 1:

- Devils Backbone trail to "[Top of the Notch](#)" restaurant (7,800') (the chair-lift down to the parking lot)

Bring \$10 for the chairlift.

Descent Route 2:

- Devils Backbone trail to "[Top of the Notch](#)" restaurant. Then walk 2 miles down the dirt service road

back to the parking lot (2 miles)

Descent Route 3:

- Ski Hut Trail (out and back the way we came)

CHECKLIST

(Type One Specific items in Red)

GEAR:

Footwear:

- Well broken in trail runners or lightweight hiking boots (Trail runners work well on this trail)

- (sneakers are ok for this trail too)

- Light-weight to Mid-weight socks ... (be familiar with the brand/style)

- Gators are 'optional' for the descent which can get loose and gravelly. Your choice.

- (NO BRAND NEW FOOTWEAR)

Sun Protection:

- Hat (cap or wide brim hat)

- Sunscreen (SPF 50+)

- Chapstick or Carmex

- Buff / Bandanna

- Sunglasses

Pocket Calories:

- Trail treats... Things that can fit in your pockets but won't melt: ([more ideas here](#))

- Energy Gels

- Starburst

- Tic Tacs

- Whatever you bring on a race... bring that!

Clothing:

- Sports shirt (moisture wicking) ... it will get sweaty

- Shorts (or convertible hiking pants)

Trekking Poles:

- Recommended - Not a requirement, but they really help

WHAT GOES IN THE PACK:

Capacity/Size:

- 13 liters to 18 liters will be fine. (Any larger will be overkill)

- A trail running vest also works if you want to go fast and light (just minimize contents to bare minimum)

Water:

- 1.5 liters

- Bring an EMPTY 1 liter bottle (like a Nalgene) or bladder (like a Platypus) which we will fill at the

spring half way up the ascent.

- Bring a FULL .5 liter (12oz bottle) or accessory bottle to drink along the way from the trailhead to the

spring.

- A 32oz bottle of gatorade (full sugar) can take care of most your water and glucose needs.

It's just extra weight to bring from the bottom.

We will refill all the empty bottles at the spring and will carry the heaviest water load from there to the

summit. This will give us enough for the complete descent regardless of our descent route.

Food:

- Bring a snack like an apple or a granola bar

- Bring a small lunch item like a wrap or sandwich

- (optional extras) like trail mix or cookies, something with high calories but keep it small

- Pack extra emergency glucose, like gels, glucose tabs, or candy that won't melt in the heat.

Layers:

- Wind jacket

- Beanie

- Light gloves

- Mid-layer (anything with long sleeves will work, just nothing too bulky)

- Extra pair of socks (light weight)

It might be windy and chilly at the summit. We can add or subtract layers as needed.

Other Pack Essentials:

(Just to be safe...)

- Headlamp

- Batteries

- Knife

- Tylenol

- Antacid

- Camera

- TP

- Glucose meter + strips

- CGM backup

- Emergency insulin (in cooling pack like a frio) either pen or vial+syringe

At least 1 person in the party should carry:

- First Aid Kit (small)

- Blister Treatment

- Phone

- Charger+Cords

- GPS

- Map

- Emergency Blanket(s)

- Water Filter

- Emergency glucose

OTHER NOTES:

Parking requires a [National Forest Adventure Pass](#).

\$5 for a day pass (these can be picked up at the [Mt. Baldy Visitors Center](#) in town)

\$30 for an annual pass (these can be purchased on-line, in town at the visitors center, at REI, at

Adventure 16, Dick's Sporting Goods, and most sporting goods stores in southern California)

On the weekends, Parking fills up pretty quick at the trailhead. If you arrive at the trailhead at 9am,

you might be out of luck, however, theres usually more parking up the hill a bit further at the Baldy Ski

Lifts. You just have to walk an extra 10 minutes downhill to the trailhead.

Theres a restroom at the trailhead, and at the [Baldy Ski Lifts building](#)

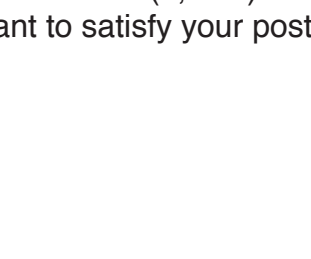
[The Baldy Notch](#) ("Top of the Notch" restaurant (7,800') has a full bar with delicious cold beer on tap

and in bottles, as well as a full restaurant to satisfy your post hike hunger and thirst. (they take credit

cards too)

For more info or questions, email:

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