

5. CAVING/SPELUNKING

Explore a magnificent cavern with many varieties of natural speleothems, including rare "shield" formations. 45 minute tour available daily and suitable for the entire family.

Where it's rock'n:

Boyden Cavern,
Church Cave (By appt. with guide only)

6. NATURE/HISTORY TRAILS/BIRDING

Approximately 550 miles of recreational trails await the enthusiastic hiker in the Monument. Join an interpretive ranger lead walk and learn about historical sites or strike out on your own adventure. Bird watch for piliated woodpeckers, california quail, redbill hawks or peregrine falcons.

Where it's rock'n:

Converse Basin, Bearskin Grove,
Boole Tree Trail, Chicago Stump Trail,
Hume Lake Trail, Indian Basin Trail
Trail of 100 Giants

Fire Lookouts:

Buck Rock, Needles

7. HIKING/BACK COUNTY WILDERNESS

Wilderness is a special place where visitors can get away from noise and machinery and find peace, solitude, and natural beauty. No motorized vehicles, bicycles, wheeled deer carriers or other such equipment are permitted. Camping is not allowed within 100 feet of streams or lakes to protect habitat. Within wilderness, travel is allowed only by foot or horseback and permits are required for the Golden Trout Wilderness.

Where it's rock'n: Wilderness Areas: *Monarch, Golden Trout, Jennie Lakes, Kiavah & Dome Land*

8. MOUNTAIN BIKING/OHV

There are hundreds of power-packing non-wilderness trails open to cycle use with some restrictions. Bicycle use in wilderness areas is prohibited. Trail difficulties vary, check with District offices prior to riding. OHV, check web site for maps. Please respect the environment.

Where it's rock'n: *Rincon Trail - parallels Kern River, Black Gulch Rabbit Ramble,
Forest service road 13S05 - near Hume Lake, Cannell Trail - Kernville*

9. KAYAKING/RAFTING

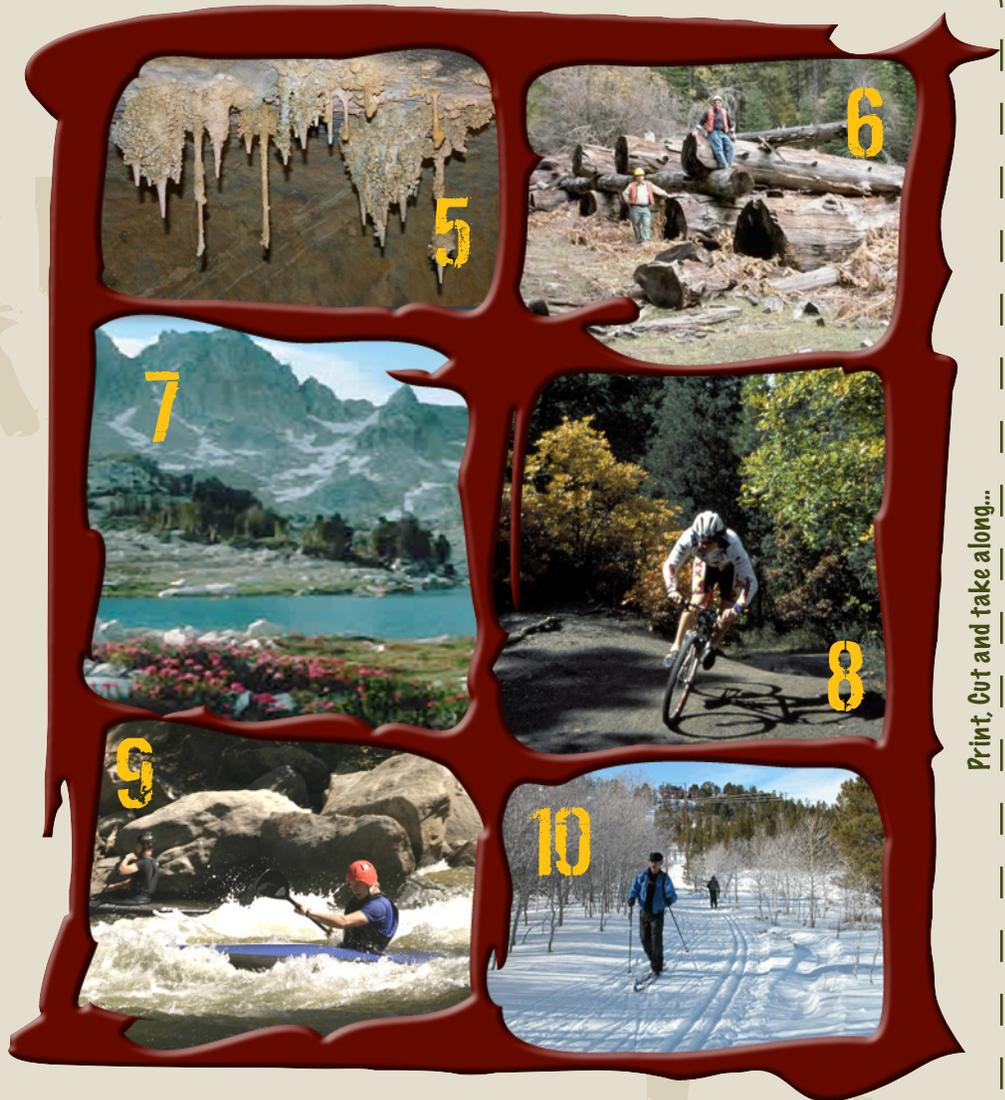
Welcome to white water paradise! Our wild and scenic rivers offer miles of exciting beautiful country suitable for rafts and kayaks. Commercial raft companies have trips available from easy to advanced. Canoes and inner tubes are not recommended. Be safe!

Where it's rock'n: *Kern River - North and South Fork, Kings River - Main and South Fork*

10. CROSS COUNTRY SKIING/SNOWSHOEING

Winter is one of the best times to visit the Monument. Cross-country skiing, snowshoeing and snowmobiling are popular activities. Snowmobiling is limited to roads in the Giant Sequoia National Monument.

Where it's rock'n: *10 Mile Road, Cherry Gap, Big Meadows area*



Print, Cut and take along...

For more information & maps go to: www.fs.fed.us/r5/sequoia
or www.fs.fed.us/r5/sequoia/recreation



Sequoia National Forest
Giant Sequoia National Monument
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