

# Download John Muir Trail Data Book

The John Muir Trail is an epic 211 mile trail in the Sierra Nevada mountains that extends from Yosemite to Mt. Whitney — the tallest peak in the lower 48 states. The JMT is named after naturalist John Muir, founding member and original president of the Sierra Club. Construction on the trail began in 1915 – a year after Muir’s death – and took 46 years to complete. The original guide is Starr's Guide to the John Muir Trail and the High Sierra Region, written by Walter Starr Jr. in 1933 and published by the Sierra Club. It is still available in revised form. Nicknamed Peter, the author vanished during a trip to the Minarets in 1933, his body was found after an intense search, and his book was published posthumously. When I began to plan a solo thru hike of California’s 220 mile John Muir Trail it was overwhelming at first. There was so much to do and I had to do a lot of digging from many different resources to prepare for my journey. Muir Woods National Monument was created in 1908 by President Theodore Roosevelt, making it one of the earliest national monuments in the country. It’s only 30 minutes away from San Francisco, but transports you to another time and place. For that same reason, it’s also a very popular park.