



California Coast to Crest Women's Adventure

8 Days



The Adventure Company | EST. 1969

MT·SOBEK™

MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ California Coast to Crest Women's Adventure

Venture off to a land of golden hues, giant sequoias, rugged cliffs, and ocean views. Start in the fog-shrouded coastal redwoods and make your way towards Yosemite. High on Sonoma Mountain, long trails call for camaraderie amidst historic orchards, ancient redwoods, and winery ruins. Come evening, step into El Dorado Kitchen and treat yourself to pickled strawberries with goat cheese or bouillabaisse with homemade chorizo. Marvel at the depths of the Yosemite Valley beckoning ever deeper into its endless beauty and wrap up the adventure with fine dining and theater.

Details

Arrive: San Francisco, California

Depart: San Francisco, California

Duration: 8 Days

Group Size: 8-12

Minimum Age: 16 Years Old

Activity Level:



Testimonials

"I have taken 12 trips with MT Sobek. Each has left a positive imprint on me—widening my view of the world and its peoples."

Jane B.

"I have traveled extensively around the world. The experience with MT Sobek was by far the best I have ever had. Thank you for such excellence."

Marianne W.

GOT QUESTIONS? SPEAK WITH AN EXPERT.

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Why Take This Trip With Us?

REASON #01

MT Sobek has crafted a collection of 7 unique women's hiking adventures that inspire confidence and camaraderie.

REASON #02

Experience the Golden State's natural wonders from Point Reyes National Seashore to Yosemite National Park in the company of expert guides.

REASON #03

We have been a trusted leader in group adventures for 50 years and our home base is in Emeryville, California. This trip is in our back yard!

What to Expect



ACTIVITIES

Hiking through a variety of ecosystems, touring mountain vineyards, exploring giant sequoia groves, dining out in style, and a theater performance.



LODGING

We stay in boutique hotels and lodges selected for their ideal location, common areas for gathering, and comfortable sleeping accommodations.



CLIMATE

Temperatures on the coast of Northern California tend to be cooler, with some fog and wind expected even in summer. Inland temperatures can be quite warm, but will be cool in the evenings.

Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

A self-described adventurer, Meredith has spent the greater part of three decades exploring the world, both, professionally and personally. The National Outdoor Leadership School in Lander, WY offered her a way to channel her deep connection with nature into an educational skill set. Today, Meredith can be found riding the first class mountain bike trails Arizona offers, shredding the gnar anywhere snow falls, backpacking with her family and friends. She currently lives in Phoenix with her husband, Tyler, and their two sons, Jake and Andrew. Meredith is a certified Wilderness First Responder.

Meredith Francis

Born and raised in southern Minnesota, Cimarron left the flatland at age 17 and fell in love with the wild, rugged lands of the western United States. While spending most of her time hiking, climbing, paddling, spelunking, and canyoneering in Utah and Colorado, she managed to make classes often enough to earn a Bachelor's degree in Environmental Studies and participate in research studying climate change, fire ecology, and wildlife biology. Cimarron is also a yoga instructor, massage therapist and holistic health coach and is fascinated by how the principles of a healthy body and a healthy planet align. Cimarron is a Wilderness First Responder and has called Arizona home for the past 8 years.

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Itinerary

DAY 1

ARRIVE IN SAN FRANCISCO

Arrive in San Francisco by 2pm to catch the shuttle through the heart of San Francisco, stopping to walk across the Golden Gate Bridge before continuing on to our hotel in Mill Valley. Along the way, the guides introduce the "City by the Bay" and Marin County. If you wish to forego the airport shuttle, rendezvous with the group at 5pm at the Acqua Hotel. After a brief trip orientation, we go to dinner where you get to know your guide and fellow travelers.

Meals: D

DAY 2

EXPLORE MUIR WOODS NATIONAL MONUMENT & MUIR BEACH

After breakfast, take a short shuttle ride to Muir Woods where we'll have some time on our own to stroll through this fog-shrouded biome of coastal redwoods before beginning our trek to the Pacific Ocean at Muir Beach. After lunch in an English pub, enjoy free time to explore Muir Beach where steelhead and endangered coho salmon move up Redwood Creek to spawn. Transfer back to Mill Valley and explore the town's galleries and boutiques before meeting the group for dinner.

Activity: 3-hours/4 miles hiking with 365' elevation gain and 390' loss

Meals: B, L, D

DAY 3

HIKE POINT REYES NATIONAL SEASHORE

Today travel north to Point Reyes National Seashore, with subtle natural features nestled over a variety of ecosystems. Take in the overriding presence of the San Andreas Fault which bisects the peninsula from the rest of the California mainland. Intermittently edged by beaches, sea cliffs, and intertidal zones cascading into the Pacific Ocean, explore the peninsula and its beaches on this hike from the rift zone to the beach on the Pacific. Actual hikes may vary, depending on weather. Bond with your fellow hikers over a special dinner in Point Reyes Station before shuttling back to Mill Valley.

Activity: 4-5 hours/9.5 miles hiking with 1,177' elevation gain and loss/shorter options available

Meals: B, L, D

DAY 4

HIKE JACK LONDON STATE PARK

Explore Jack London State Park today, a hikers' paradise perched high on Sonoma Mountain with over 1400 pristine acres and 26 miles of backcountry trails. Visit the fascinating London's Cottage and nearby winery, soak in the distant views of Mount Diablo, hear birdsong along Graham Creek, loop through historic orchards and

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ancient redwoods past London's Lake, and have a picnic beneath the eucalyptus planted by Jack himself. Tour Benziger, the region's most distinctive vineyard, and wrap up over pickled strawberries and goat cheese and bouillabaisse with homemade chorizo at El Dorado Kitchen.

Activity: 2.5 hours/3 miles hiking with 600' elevation gain and loss

Meals: B, L, D

DAY 5

EXPERIENCE THE WONDERS OF YOSEMITE VALLEY

This morning, journey through California's central valley and into the foothills of the Sierra Nevada. After a casual lunch, continue into John Muir's beloved Yosemite Valley. See the awe-inspiring place of rugged beauty that he described as a paradise on earth, with "noble walls, sculptured into endless variety of domes and gables, spires and battlements." Stop beneath El Capitan to spot climbers high on its ramparts before hiking along the Merced River past Yosemite Valley's most iconic features, directly to tonight's accommodation.

Activity: 1.5 hours/2 miles hiking with 200' elevation gain and loss

Meals: B, L, D

DAY 6

MARVEL AT YOSEMITE VALLEY & GIANT SEQUOIAS

Today shuttle out of the Yosemite Valley on the Glacier Point Road. Here it is easy to see Muir's source of inspiration, as the gaze drifts from the depths of the valley and towering Yosemite Falls to majestic Half Dome in profile. The loop hike will take in some of Yosemite's most jaw-dropping vistas and geologic features, plus a special picnic served near Taft Point. Spend the rest of the afternoon soaking in the beauty in Yosemite Valley.

Activity: 4 hours/5 miles hiking with 1,100' elevation gain and loss

Meals: B, L, D

DAY 7

HIKE UPSTREAM TO AHWAHNECHEE

Today hike upstream along the Tenaya River past a little-known Ahwahnechee historic site, with birds calling, the creek gurgling, and Half Dome looming high above. Enjoy the afternoon to relax or take the adventurous option to hike up along one of the valley's iconic waterfalls. Tonight, dress up to experience the crown jewel of award-winning Yosemite dining: a meal at The Majestic Yosemite Dining Room, its 34-foot-high beamed ceiling complementing the room's granite pillars, floor-to-ceiling windows, and chandeliers.

Activity: 3 hours/4.5 miles hiking with 100' elevation gain and loss

Meals: B, L, D

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DAY 8

EXPLORE TUOLUMNE GROVE & RETURN TO SAN FRANCISCO

After an optional sunrise stroll and a final breakfast at the Ahwahnee Dining Room, take a walk among the Tuolumne Grove of sequoias, learning more about these stately and rare giants of the sierra. After that return to San Francisco. Along the way, stop in the gold rush town of Columbia, to enjoy lunch, and say goodbye to your fellow hikers. Expect to arrive to the airport by 4pm; make sure you don't schedule your flight any earlier than 6pm.

Activity: 1.5 hours/2.5 miles hiking with 400' elevation gain and loss

Meals: B, L

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Dates

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.

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Pricing

2019

\$ 5,495 per person

Additional Cost

\$ 1,500 Single Supplement

PRICE INCLUDES

- Expert leadership from experienced adventure guides
- Accommodations as noted in the itinerary
- Meals as noted in the daily itinerary
- Potable water and snacks throughout
- A limited amount of wine at dinner
- All tips and gratuities for support staff with the exception of your lead adventure guide(s)
- All necessary equipment and gear for planned activities
- All group entrance fees, activities, and ground transportation
- Arrival and departure day group airport transfers

PRICE DOES NOT INCLUDE

- International airfare, any airport taxes, or excess baggage charges
- Optional tips to your lead adventure guides
- Personal expenses such as medical immunizations, phone calls, laundry, or souvenirs
- Airport transfers if arriving outside of the group transfer
- Travel protection other than the basic medical and evacuation protection noted above

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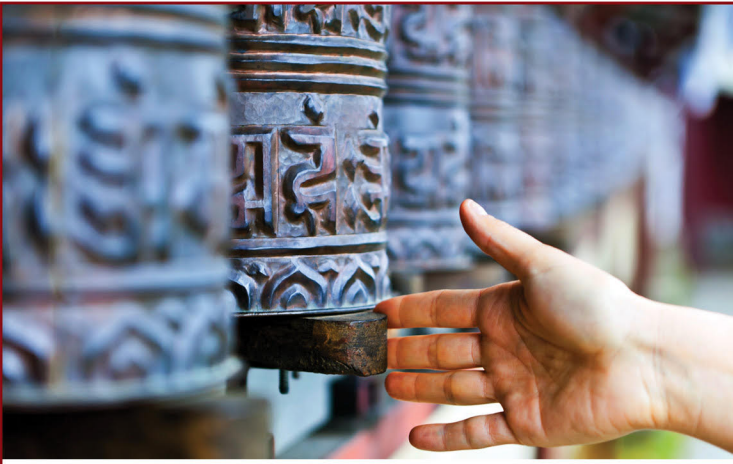
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➤ **The World of MT Sobek**

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

Awards



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