

# Shady Rest Hill Climb

**Distance:** 7.8 mi

**Elevation Gain/Loss:** 725 ascent / 725 descent

**Location:** Mammoth Lakes

**Time Of Year:** April to Nov

**Directions From Bishop:** Take Highway 395 north about 45 miles to the Mammoth Jct and head into town. Turn right onto Sawmill Cutoff road (opposite McDonald's) proceed about a mile to Shady Rest Park.

**Route Description:** Start in the parking lot and run back to Sawmill Cutoff road; turn right onto the dirt; follow Sawmill Cutoff about 3/4 to 1 mile and turn left (there are 3-4 roads that take off to the left, don't worry they all lead to the same place); follow this road through the some Jeffrey pine flats; then through a Jeffrey pine/fir forest as it switchbacks up a steep hill to a lodgepole flat; stay to the right in the flat and then the road climbs radically until you hit another intersection and flat ground; turn right and climb a short easy hill and you're at the top of this run; go straight at the 4-way intersection and follow this road as it works it way back down to Sawmill cutoff. Turn right on Sawmill cutoff; after 1.5 miles, turn left off Sawmill cutoff and follow this road to the backside of Shady Rest Park and return to the parking area.

## **Odds & Ends:**

- 1) The Forest Service has thinned throughout this area for forest health and fire protection.
- 2) At the top, you'll see the old Mammoth Burn (1987), which was replanted in 1988.
- 3) This run is popular with the High Sierra Striders.

