

# Fall Color Foray



Aspens in full gold

Nora Livingston

## **October 4, 2019 • Nora Livingston**

\$90 per person / \$80 for Mono Lake Committee members  
enrollment limited to 9 participants

Every fall, quaking aspen trees famously paint the Eastern Sierra landscape with golden hues as their leaves change. During peak season, this half-day seminar will hit the hotspots of colorful groves to enjoy the glittering golden, ruby, and emerald forests while learning about aspen ecology. This is a great seminar for photographers.

This seminar will involve easy to moderate hiking at elevations ranging from 6,400 to 9,600 feet above sea level. We will hike 1–3 miles over the course of the day, mostly on level terrain, but with the possibility of steeper sections of trail.

Nora Livingston is the Mono Lake Committee's Lead Naturalist Guide. She has spent ten years exploring the many unique nooks and crannies of the Mono Basin. Before moving to Lee Vining permanently, she bounced around California for eight years as a field biologist, studying birds on the Channel Islands, the Farallon Islands, and in the Eastern Sierra.

### **ITINERARY**

**Friday, October 4 at 9:00am:** Meet at the Mono Lake Committee Information Center & Bookstore in Lee Vining. After brief introductions, we will carpool to our first destination. Possible locations

include Lee Vining Canyon, Parker Creek, the June Lake Loop, and a few lesser-known patches. The itinerary may vary with the timing of leaf color change, weather, or the instructor's whims. This class will end at 12:00pm.

***Altitude and Dehydration Cautions:*** Remember to bring (and drink!) lots of water because your body loses more water at the higher altitudes of the Mono Basin. Experts recommend that you begin drinking extra water as you drive to higher elevation in order to prevent dehydration and headaches. Also, the sun is rather fierce at high elevations, capable of burning even on cool and cloudy days, so be sure to protect yourself thoroughly using sunscreen, sunglasses, and hat.

## **TO BRING**

- camera
- notebook/pencil (optional)
- sturdy footwear
- appropriate field clothing: hat, sunglasses, warm layers, rain gear
- day pack including plenty of water, sunscreen, insect repellent, etc.
- snacks and plenty of drinking water



**Mono Lake Committee Field Seminars**

P.O. Box 29 • Lee Vining, CA 93541 • (760) 647-6595 • [monolake.org/seminars](http://monolake.org/seminars)