

# Wildflower Waltz



Lewis's Monkeyflower

Nora Livingston

## July 5, 2019 • Nora Livingston

\$110 per person / \$100 for Mono Lake Committee members  
enrollment limited to 9 participants

Working on your wildflower identification? July is the perfect month to practice—the flowers will be out in abundance, taking advantage of plentiful sunlight and peak runoff. On this half-day seminar we will scour meadows and canyons for the plethora of blooms that grace the trails. We will focus on identification and natural history of the flowers we see. This seminar is great for photographers and budding botanists.

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, July 5 at 8:00am:** Meet at the Mono Lake Committee Information Center & Bookstore in Lee Vining. After brief introductions, we will carpool to our destination. Possible locations include Lee Vining Canyon, Bohler Canyon, the Tioga Pass area, Rattlesnake Gulch, and a few lesser-known

patches. The itinerary may vary with wildflower bloom locations, weather, or the instructor's whims. This class will end around 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**

- field guide (optional)
- notebook and pen/pencil (optional)
- camera (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)