



Welcome! This guide may help you to determine how to best see these magnificent parks. For more details, see [www.nps.gov/seki](http://www.nps.gov/seki), call 1-559-565-3341 (TDD available), or stop by any visitor center.

## Entrance Fees

The America the Beautiful Interagency Access Pass is free with appropriate documentation. It admits blind or permanently disabled U.S. citizens and permanent residents to federal agency lands that require entrance fees. This non-transferable lifetime pass covers the pass-holder plus companions in a non-commercial vehicle. It also provides a 50% discount on park camping fees, but does NOT reduce fees charged by concessionaires. Get one at any visitor center.

## Getting Around

**Parking** spaces marked with “♿” are reserved for those with mobility impairment. If you do not have a license plate or placard for parking in marked spaces but have a real need to use one, get a temporary permit at the nearest visitor center.

All **shuttles** in the Giant Forest area (run late May to early September) provide wheel-chair lifts; the full-size buses can also “kneel” for easier access to the door.

All **visitor centers and campgrounds** offer accessible restrooms. Some campsites have accessible spaces with extended picnic tables.

**Service animals** are allowed in all park facilities and on all trails (except areas closed to all by the superintendent for safety and protection of park resources). Animals must be on leashes 6’ or shorter at all times.

**Wheelchairs** are available to borrow at Kings Canyon Visitor Center (in Grant Grove), Lodgepole Visitor Center, and Giant Forest Museum.

## Trails

Two in the Giant Forest are paved, easily accessible, have benches along the route, and have their own accessible parking areas: the Big Trees Trail (includes some boardwalk) and the General Sherman Tree Trail that starts at the Generals Highway. The paved General Grant Tree Trail is more sloped, though not steep. Other paved trails vary in smoothness and grade: Beetle Rock, Crescent Meadow, and Tharp’s Log in Giant Forest, and Roaring River Falls in Cedar Grove.

## **Programs**

Many free, **ranger-led programs** begin or stay close to visitor centers on level pavement. Many demonstrations, talks and campfires are generally accessible. Most amphitheaters (campfire circles) are easily accessible; those at Dorst, Cedar Grove, and Mineral King are not due to unpaved surfaces (Mineral King has several steps). Some programs might be enjoyed for some time before the group moves to more challenging terrain. Check at visitor centers for more information regarding the accessibility of specific programs. If the access symbol appears next to the program in any publication or posting, it is fully wheelchair accessible.

Audio support equipment or sign language for hearing-impaired visitors is not available in these parks yet. The film in Grant Grove's Kings Canyon Visitor Center is captioned in English and Spanish.

## **Environmental conditions**

**Ground surface:** Gravel, twigs, cones, and uneven terrain cause uncertain footing.

**Temperatures** vary widely depending on season, elevation, and time of day. Conditions can change rapidly and unexpectedly. Summer daytime temperatures generally range from the high 90s in the foothills (Cedar Grove is a bit less warm) to the high 70s near the sequoia groves. Carry and drink plenty of water and rest. Winter includes snowy, rainy, or sunny days. Dress for the season, preferably in layers. Beware of icy patches on walkways and roads.

**Elevation:** The air at higher altitudes has less oxygen, causing your body to work harder to get the oxygen it needs. Symptoms such as headache, shortness of breath, and rapid heartbeat on exertion can result. If these symptoms occur, stop exercising, drink fluids, and rest. If they persist, call 911 or contact a ranger at the nearest visitor center. Elevations: Foothills Visitor Center - 1700' (518m); Giant Forest - 6400' (1950m); Grant Grove - 6600' (2008m); Cedar Grove - 4600' (1410m); and Mineral King - 7800' (2380m).

**Poor air quality** may influence breathing. Especially in summer, ozone pollution rises into the Sierra on warm winds; the amount peaks in late afternoon. State and federal standards for "unhealthy" air are exceeded occasionally and respiratory problems can result. Smoke from fires may affect breathing. Check the air-quality boards in the visitor centers and ask for information.

## **Lodging in the Parks**

The two year-round lodges, Wuksachi (in Sequoia) and John Muir Lodge (Kings Canyon Park), have some rooms with accessible features. Ask for details to be certain that they can accommodate your needs: Wuksachi 1-888-252-5757; John Muir Lodge 1-866-522-6966.

