adventure women

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Yosemite, Sequoia, and Kings Canyon: Exploring California's National Parks

DURATION | 7 Days

TRIP LEVEL | Level 3 - Dynamic

Trip Overview

Journey through three of California's legendary national parks: Sequoia, Kings Canyon, and Yosemite on an unforgettable adventure designed for women who love the outdoors. Hike among the world's largest trees, stand in awe of Yosemite Valley and cascading waterfalls, and explore alpine meadows and crystal-clear streams. With expert local guides and a welcoming group of fellow travelers, you'll dive deep into the natural beauty and fascinating history of these iconic landscapes. Enjoy a mix of active exploration and moments of connection, from hiking to sharing stories around the table. This is Northern California at its best!

Trip Highlights

• Marvel at the General Sherman Tree, the largest living tree on Earth, and hike through the Giant Forest, where ancient sequoias tower above fern-filled groves.

• Hike through the serene beauty of Zumwalt Meadows, where waterfalls cascade over granite cliffs. Enjoy a scenic picnic and take in panoramic views of the Sierra Nevada, including Mount Whitney.

• Witness the iconic mist trail, hike through alpine meadows and forests, and experience Yosemite Valley's unforgettable beauty, like the towering El Capitan.

Map View



Arrival: Arrive at Fresno, CA airport (FAT) by 2 PM local time.
Departure: Depart Fresno, CA airport (FAT) after 2 PM local time.

Trip Itinerary



Day 1

Welcome to California!

Arrive at Fresno, CA airport (FAT) by 2 PM local time, greeted by your local guide and transfer to your hotel in Three Rivers, just outside of Sequoia National Park. Enjoy a home-cooked welcome dinner where you can connect with your fellow travelers. Share stories and discover the unique reasons each woman in your group is excited to explore Yosemite, Sequoia & Kings Canyon National Parks

Meals: dinner | Overnight: Buckeye Tree Lodge & Cabins



Buckeye Tree Lodge & Cabins

Just a quarter mile from the entrance to Sequoia National Park, this 3-star Buckeye Tree Lodge & Cabins offers a peaceful eco-retreat with rooms overlooking the scenic Kaweah River. The sound of rushing water and sweeping river views welcome you into instant relaxation.

Amenities: complimentary toiletries, refrigerator, microwave, air conditioning, Wi-Fi

Trip Itinerary



Day 2

Hiking in Sequoia National Park!

Start your day with breakfast before heading into Sequoia National Park for a full day of hiking and exploration. Learn about the park's iconic giant sequoias—including the General Sherman Tree, the largest living tree on Earth—as your guide shares insights into their history and ecology. Walk the scenic Congress Trail and, weather permitting, climb Moro Rock for sweeping views of the Sierra Nevada. Enjoy a picnic lunch among the trees before returning to the lodge. Dinner is on your own tonight with local recommendations available.

Hiking Details: Moro Rock: 0.5 miles, less than an hour, 150 feet of elevation gain & loss. This hike is weather-dependent and an alternative will be offered if necessary, General Sherman & Congress Trail: 3 miles, about 90 minutes, 500 feet of elevation gain & loss

Meals: breakfast, lunch | Overnight: Buckeye Tree Lodge & Cabins

Trip Itinerary



Day 3

Venture into Kings Canyon

Today, delve into the natural wonders of Kings Canyon National Park. Hike through tranquil Zumwalt Meadows and visit Roaring River Falls, where lush scenery and rushing water create a postcard-perfect backdrop. Enjoy views of Mount Whitney, the tallest peak in the lower 48, and savor a picnic lunch amid the beauty of the canyon. If time allows, take an additional short hike as you journey back toward Three Rivers. This evening, unwind over dinner with your group at your accommodation.

Hiking Details: Zumwalt Meadows & Roaring River Falls: 4 miles, about 2 hours, 400 feet of elevation gain & loss, Additional hike (time permitting): 0.5 to 1.5 miles, maximum one hour, with minimal elevation changes.

Meals: breakfast, lunch, dinner | Overnight: Buckeye Tree Lodge & Cabins

Trip Itinerary



Day 4

Mariposa Grove Hike

Today, travel north to legendary Yosemite National Park. Make a stop in Mariposa on your way to your accommodation for a scenic hike through the beautiful Sierra Nevada forests. Enjoy lunch in Oakhurst at Bee's Bakery, founded by a grandmother, now run by her daughter, and with the third generation working alongside her. Afterwards, head to your cozy cabin and enjoy a relaxing evening surrounded by nature. Dinner is on your own tonight, with delicious options available at your lodge.

Meals: breakfast, lunch | Overnight: Rush Creek Lodge

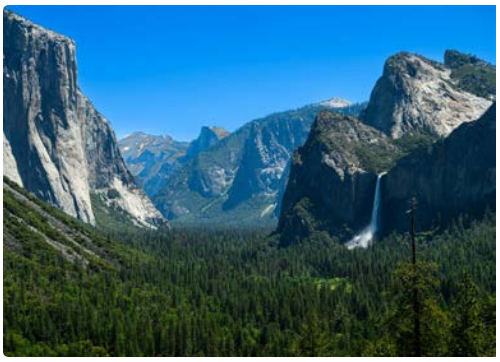


Rush Creek Lodge

Nestled at the Highway 120 entrance to Yosemite National Park, Rush Creek Lodge & Spa offers a unique blend of rustic mountain charm and modern comfort. Designed as a true "destination within a destination," the lodge provides the perfect base for exploring Yosemite while enjoying exceptional amenities and relaxing accommodations surrounded by the beauty of the Sierra Nevada mountains.

Amenities: complimentary toiletries, refrigerator, air conditioning, Wi-Fi, hair dryer, in room safe, outdoor pool, spa

Trip Itinerary



Day 5

Exploring Yosemite Valley

Today, you'll immerse yourself in one of the most breathtaking landscapes on Earth: Yosemite Valley! Surrounded by towering 3,000-foot cliffs, you'll wander past cascading waterfalls and hike alongside peaceful, meandering rivers. Embark on a challenging hike on the Mist Trail where you can soak in the natural beauty and iconic vistas of this unforgettable valley. Enjoy a well- deserved picnic or packed lunch with your group. Dinner will be on your own tonight.

Hiking Details _ Mist Trail: 6.5 miles, about 4 hours, 2,200 feet of elevation gain & loss

Meals: breakfast, lunch | Overnight: Rush Creek Lodge

Trip Itinerary



Day 6

Hiking and (optional) Fly Fishing in Yosemite Valley

Today, you can choose to spend the morning fly fishing with an expert guide, enjoying four immersive hours of perfecting your cast as you walk and wade through the crystal-clear streams of the Sierra Nevada (additional costs apply). Lunch is on your own and various lunch options will be offered. In the afternoon, the group will head high into Yosemite's breathtaking alpine terrain. Hike the Dog Lake Trail, a peaceful, shallow alpine lake surrounded by forest, wildflower-filled meadows, and granite scenery. Time permitting, we might also explore Pothole Dome and other scenic viewpoints like Tenaya Lake. As the sun begins to set, you'll gather for a scenic farewell picnic dinner, sharing stories and reflecting on the unforgettable experiences of the week.

Hiking Details : Dog Lake Trail (possibly with Lambert Dome: 5 miles, about 2.5 hours, 700 feet of elevation gain & loss, Pothole Dome (time-permitting): 1 mile, less than an hour, 200 feet of elevation gain & loss

Meals: breakfast, dinner | Overnight: Rush Creek Lodge

Trip Itinerary



Day 7

Farewell to California!

Share one last breakfast with your fellow travelers, reflecting on the unforgettable moments, laughter, and friendships forged along the way. A group transfer to Fresno Airport (FAT) will depart your lodge at 9 AM for the drive back (just under three hours). Please be sure to book flights departing after 2 PM.

What's Included

What's Included

• Accommodation as listed, based on double occupancy
• All meals, as listed in the itinerary
• All ground transportation
• One airport group transfer on scheduled arrival and departure days
• All park fees
• Activities as indicated in the itinerary
• Professional guide(s) throughout the trip

Not Included

• Airfare
• Optional activities
• Meals not specified in the itinerary
• Alcoholic beverages (unless otherwise specified)
• Fees for passports, visas, immunizations
• Travel Insurance: cost of medical expenses, hospitalization, evacuation
• Items of a personal nature
• Gratuities

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.