

## Paul Caccamo's Postcard

On Wednesday, June 27, Moraga music teacher Paul Caccamo checked in from the Pacific Crest Trail at mile 906, having completed 1/3 of his journey.

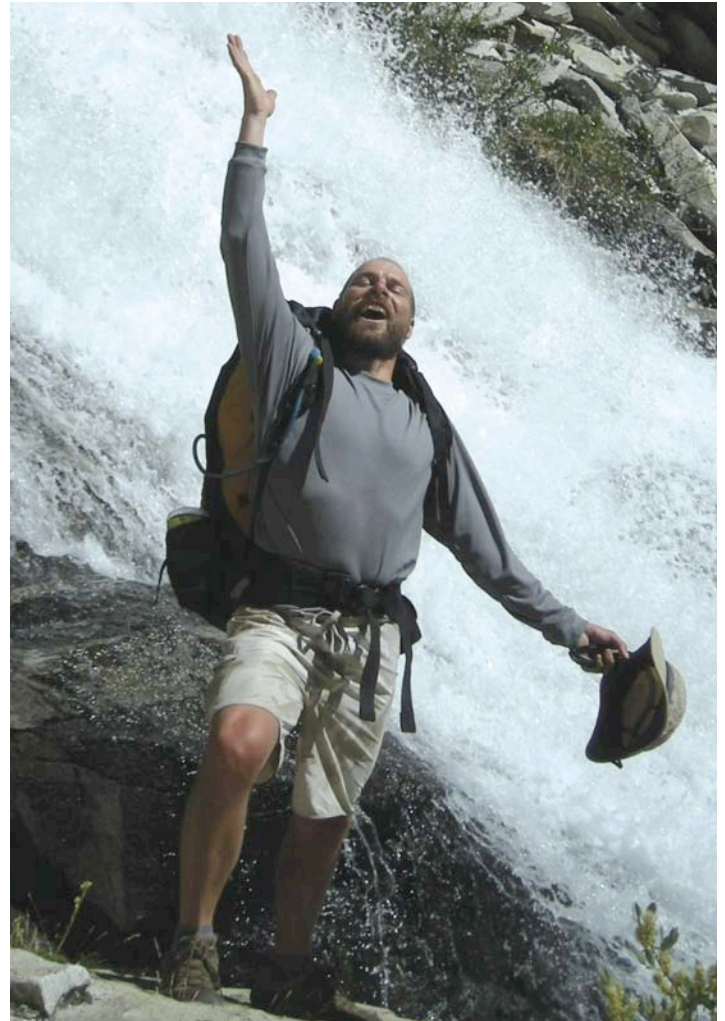
There are not enough superlatives to describe the scenery we have experienced as we crossed through Kings Canyon National Park, we are so fortunate to have this national treasure right here in our backyard. Most of the places we have traveled through are accessible by a two- or three- day hike from the end of a road; you can see for yourselves and will not have to rely on my inadequate descriptions! If you don't want to walk you can go by horseback.

All this great scenery does not come without cost. This section requires the hapless hiker to summit a pass of at least 12,000 feet once a day. This entails climbing 4,000 feet and then dropping 4,000 feet, then waking up to do it again the next day. Because it is a low snow year, the passes were easier than most years, but still dangerous at times.

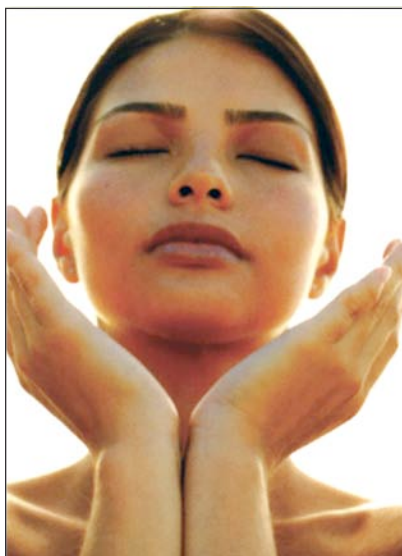
In the interest of full disclosure I must tell you that we have underestimated the physical demands of this journey as well as their effects on the body. The day before we reached Mammoth was the first I seriously contemplated leaving the trail, as my feet were killing me and my energy was non-existent no matter what I ate. I am taking an extra day off, to recharge my body and mind for the next leg. The trail becomes much easier from here on out, so we'll be fine. If I ever felt like I wasn't enjoying myself anymore I would definitely leave the trail but the rewards still far outweigh the minor discomfort I'm experiencing.

Because of the extra day, I will no longer be hiking with some wonderful friends I have made out here.....Fester, Grimace, Rocham, and Germinator. Still, I expect to meet others and my good buddy Figaro, with whom I left the Mexican border, is still with me.

Best wishes to you all, more to come in a couple hundred miles...  
Paul C.



Paul Caccamo at Kings Canyon National Park



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