

Mt Whitney Stages and Times

Note: Compare Ascent / Descent leg times by matching color pairs.

| Waypoint | Cumulative Mileage | Elevation | Leg Mileage | Leg Time | Total Elapsed Time | |
|-----------------|--------------------|-----------|-------------------|----------|--------------------|------------|
| Trailhead | 0 | 8,350 | 0 | 0:00:00 | 0:00:00 | |
| Lone Pine Lake | 2.8 | 10,017 | 2.8 | 1:13:00 | 1:13:00 | |
| rest | | | | 0:14:00 | 1:27:00 | |
| Outpost Camp | 3.8 | 10,360 | 1.0 | 0:17:19 | 1:44:19 | |
| Base of 99 SBs | 6.2 | 12,090 | 2.4 | 1:31:44 | 3:16:03 | |
| rest | | | | 0:19:00 | 3:35:03 | |
| Start of Cables | 7.1 | 12,670 | 0.9 | 0:29:45 | 4:04:48 | |
| Trail Crest | 8.2 | 13,620 | 1.1 | 0:47:40 | 4:52:28 | |
| rest | | | | 0:17:00 | 5:09:28 | |
| Summit | 11.0 | 14,505 | 2.8 | 1:19:27 | 6:28:55 | <=ascent |
| rest | | | | 0:20:00 | 6:48:55 | |
| Trail Crest | 13.8 | 13,620 | 2.8 | 1:10:33 | 7:59:28 | |
| rest | | | | 0:03:00 | 8:02:28 | |
| Start of Cables | 14.9 | 12,670 | 1.1 | 0:36:17 | 8:38:45 | |
| Base of 99 SBs | 15.8 | 12,090 | 0.9 | 0:27:08 | 9:05:53 | |
| rest | | | | 0:13:00 | 9:18:53 | |
| Outpost Camp | 18.2 | 10,360 | 2.4 | 1:28:17 | 10:47:10 | |
| Lone Pine Lake | 19.2 | 10,017 | 1.0 | 0:20:42 | 11:07:52 | |
| rest | | | | 0:13:00 | 11:20:52 | |
| Trailhead | 22.0 | 8,350 | 2.8 | 1:08:28 | 12:29:20 | <=Total ET |
| | | | | | 5:40:25 | <=descent |
| | | | ascent rest time | 0:50:00 | | |
| | | | descent rest time | 0:29:00 | | |
| | | | summit time | 0:20:00 | | |
| | | | Total | 1:39:00 | | |