

Backpacking Idaho: From Alpine Peaks to Desert Canyons

Idaho is a backpacker's paradise, with a diverse range of terrain that offers something for everyone. From the jagged peaks of the Sawtooth Mountains to the deep canyons of the Owyhee Canyonlands, there's no shortage of stunning scenery to explore.



Backpacking Idaho: From Alpine Peaks to Desert Canyons by Douglas Lorain

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In this article, we'll provide a comprehensive guide to backpacking Idaho, including trail recommendations, gear lists, and tips for navigating the state's unique terrain.

Trail Recommendations

Idaho has a vast network of trails, so it can be difficult to know where to start. Here are a few of our favorite backpacking trails in the state:

- **Sawtooth Traverse:** This classic backpacking trip takes you through the heart of the Sawtooth Mountains, with stunning views of jagged peaks, alpine lakes, and meadows. The trail is challenging, but the rewards are worth it.
- **Frank Church River of No Return Wilderness:** This remote wilderness area is home to some of the best whitewater rafting in the country, as well as miles of hiking trails. The scenery is breathtaking, with towering peaks, deep canyons, and pristine rivers.
- **Owyhee Canyonlands:** This vast desert canyonland is home to a unique ecosystem that includes towering sandstone cliffs, deep canyons, and ancient juniper forests. The hiking trails here are challenging, but the rewards are worth it.

Gear List

When backpacking in Idaho, it's important to be prepared for all types of weather conditions. Here is a basic gear list to get you started:

- Backpack
- Tent
- Sleeping bag
- Sleeping pad
- Hiking boots
- Hiking poles
- Water bottle or hydration pack
- Food

- Cooking gear
- First aid kit
- Map and compass
- Whistle
- Headlamp
- Insect repellent
- Sunscreen

Tips for Navigating Idaho's Terrain

Idaho's terrain can be challenging, but it's also part of what makes it so special. Here are a few tips for navigating the state's unique terrain:

- **Be prepared for altitude:** Many of Idaho's trails are located at high altitudes, so it's important to be prepared for the effects of altitude sickness. Symptoms of altitude sickness can include headache, nausea, and fatigue. Drink plenty of fluids and take breaks as needed to acclimate to the altitude.
- **Be aware of wildlife:** Idaho is home to a variety of wildlife, including bears, moose, and mountain lions. Be aware of your surroundings and make noise while hiking to avoid surprising animals. If you do encounter wildlife, give them plenty of space and never approach them.
- **Respect the environment:** Idaho's wilderness areas are fragile, so it's important to respect the environment. Pack out all of your trash, and avoid disturbing wildlife or vegetation.

Backpacking Idaho is an incredible experience that offers something for everyone. From the jagged peaks of the Sawtooth Mountains to the deep canyons of the Owyhee Canyonlands, there's no shortage of stunning scenery to explore. With a little planning and preparation, you can have an unforgettable backpacking adventure in Idaho.

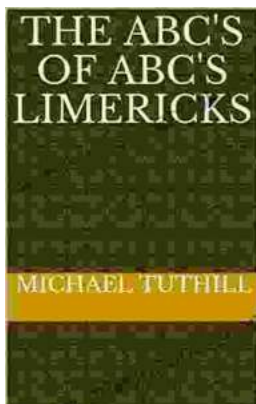


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