

PARADISE TRAIL INFORMATION

TRAIL DESCRIPTIONS — All distances and times are round-trip from Henry M. Jackson Memorial Visitor Center, unless otherwise stated.

ALTA VISTA TRAIL - A loop leading through flower fields to a prominent knoll overlooking Paradise with views of Mount Adams and Mount St. Helens. 1.5 miles (2.4 Km.); 1 hour.

DEAD HORSE CREEK - A spur trail which joins the Skyline Trail below Glacier Vista. Less steep than the Skyline trail. 2.5 miles (4 Km.); 1½ hours to Glacier Vista.

GOLDEN GATE TRAIL - A variation of the Skyline Trail, that reduces your trip by 1 mile (1.6 Km.), and offers views of wildflowers in Edith Creek Basin. Golden Gate-Skyline combined, 4 miles (6.7 Km.); 3 hours.

PARADISE GLACIER - Recently glaciated, the area offers a view of polished rocks and other ice carved formations. Walking on the ice is hazardous due to thin areas over melt water of hollows. 6 miles (9.6 Km.); 4 hours.

LAKES TRAIL - A loop which takes you through subalpine meadows to Reflection Lakes, offering fine views of Stevens Ridge and the Tatoosh Range. 5 miles (8.3 Km.); 4 hours.

HIGH LAKES TRAIL - A likely area for viewing a variety of wildlife and abundant wildflowers. This variation of the Lakes Trail will shorten your trip by 1 mile (1.6 Km.). 4 miles (6.7 Km.); 3 hours.

MORaine TRAIL - A spur off the Dead Horse Creek Trail leading to the rock moraine at the edge of the Nisqually Glacier. Wear sturdy boots for this hike and use caution while crossing loose rocks on the moraine. Rocks near the edge of the moraine may be very unstable. *Be Careful!* 3 miles (4.8 Km.); 1 3/4 hours.

NISQUALLY VISTA TRAIL - A rather easy loop from which you can enjoy views of the mountain and the entire length of the Nisqually Glacier. A trail leaflet, available from the box at the trail head, will inform you about the trail and Paradise. 1.2 miles (2 Km.); 1 hour.

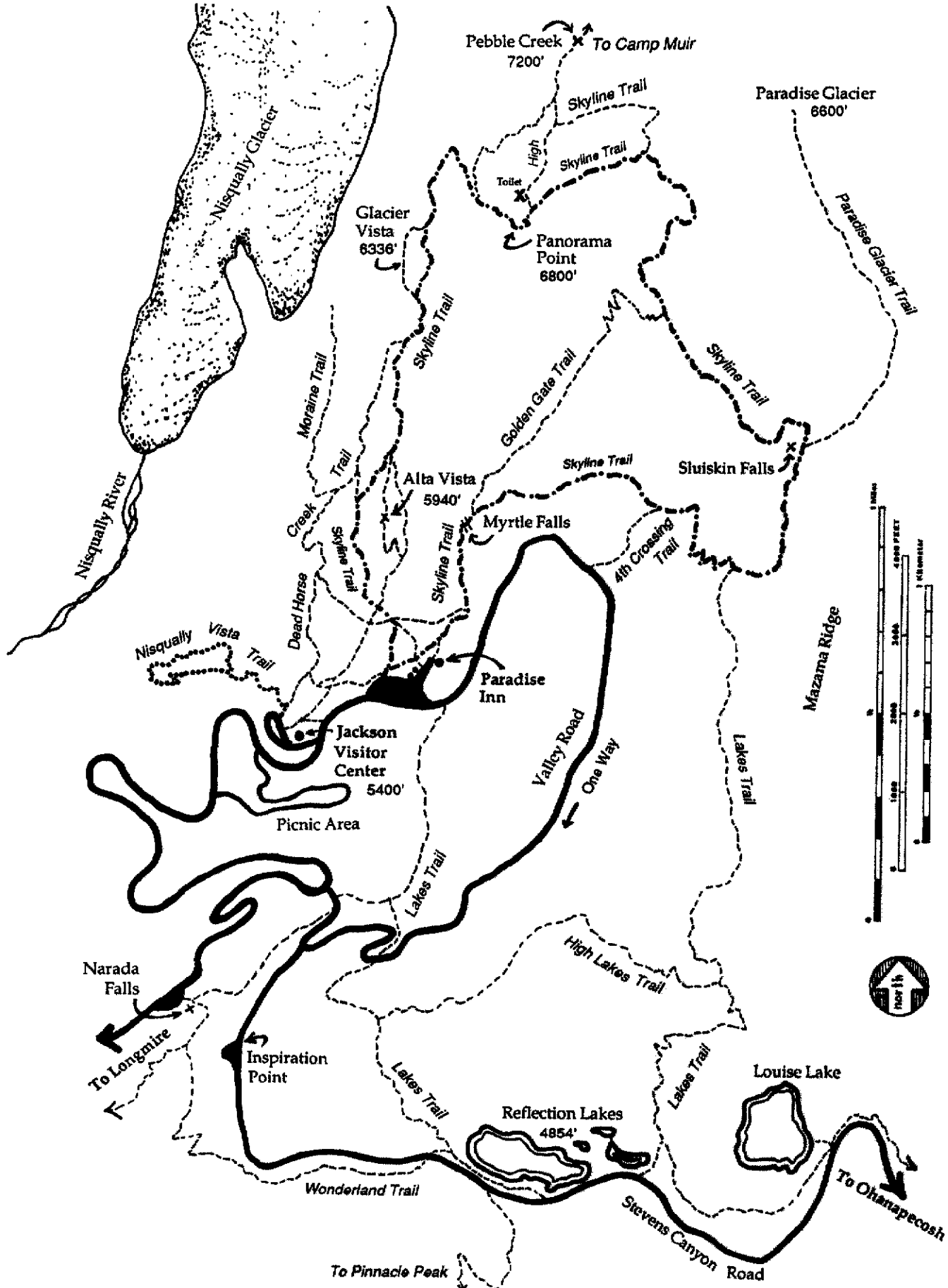
SKYLINE TRAIL - This is the highest trail at Paradise. It takes you above treeline to Glacier Vista and Panorama Point for views of Mount Adams, Mount St. Helens, and the Nisqually Glacier, 5 miles (8.3 Km.); 4 hours.

HIGH SKYLINE TRAIL - This alternate trail offers great views while bypassing an often hazardous snowfield on the Skyline Trail below it. .75 mile (1.2 Km.)

DID YOU KNOW?

1. Subalpine meadows are unique in that some plants only bloom once in several years. They take years to recover from being crushed by hikers walking off the established trails. Please walk **ONLY** on the paved or rock-lined trails.
2. Erosion in the meadows is being repaired with seedlings and excelsior. Excelsior lessens surface erosion, moderates ground temperature fluctuations and retains moisture. It enhances plant growth. Eventually the excelsior fibers disintegrate and become part of the soil.
3. Mount Rainier has probably worn a mantle of glaciers during most of the million years of its existence. During that time, approximately 25 cubic miles of material have been eroded from the mountain's shoulders.
4. One summer day in 1885, a member of the Longmire family exclaimed to a friend upon arriving in this mountain valley that the place was like 'Heavenly Paradise'. The name stuck. Enjoy your walk in Paradise!

PARADISE TRAILS



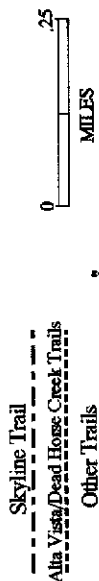
Stay On Marked Trails

No Pets On Trails

Do NOT Pick Flowers

Picnic In Designated Areas Only

Paradise Area Trails



- Do NOT Pick Flowers
- Stay On Marked Trails
- No Pets or Bicycles on Trails
- Violators Subject to \$50 Fine

TRAIL INFORMATION

Distances and elevation gains are round trip. Actual hiking time will vary by individual. To picnic or rest, look for benches and sitting rocks along trails.

FROM TRAILHEAD A

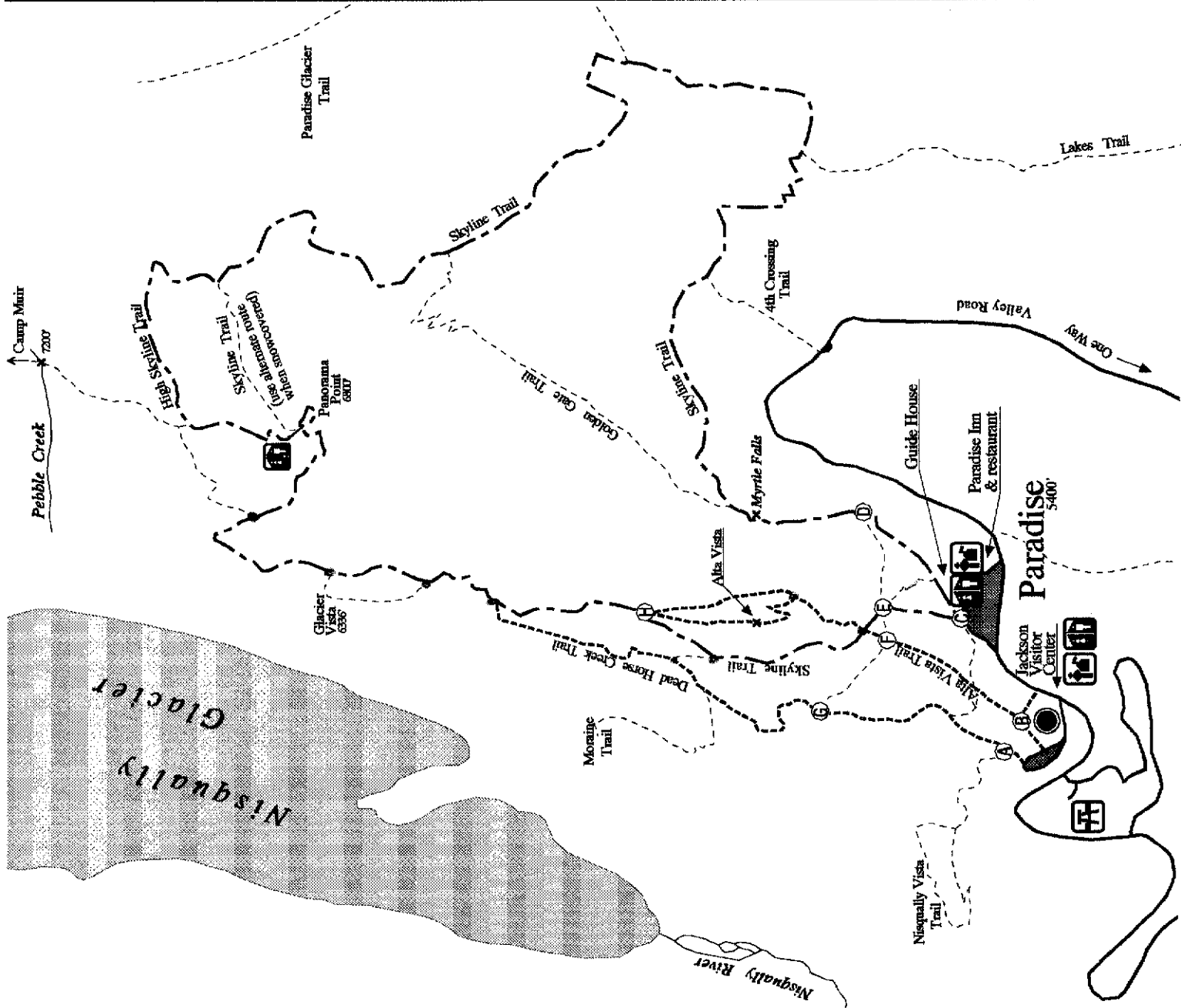
- Nisqually Vista Trail
1.2 miles, 200 feet elevation gain, 1 hour
- Dead Horse Creek Trail – Moraine Trail
3 miles, 400 feet elevation gain, 1.75 hours
- Glacier Vista via Dead Horse Creek Trail
3 miles, 900 feet elevation gain, 3 hours

FROM TRAILHEAD B

- Alta Vista Summit via Alta Vista Trail
1.5 miles, 900 feet elevation gain, 1.5 hours

FROM TRAILHEAD C

- Myrtle Falls
1 mile, 100 feet elevation gain, 45 minutes
- Skyline Trail Loop
5 miles, 1500 feet elevation gain, 4 hours
- Skyline Trail Loop via High Skyline Trail
5.5 miles, 1700 feet elevation gain, 4.25 hours
- Skyline Trail – Golden Gate Trail via Panorama Point
4 miles, 1400 feet elevation gain, 3 hours
- Skyline Trail – Paradise Glacier Trail via Myrtle Falls
6 miles, 1100 feet elevation gain, 4 hours





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MILES

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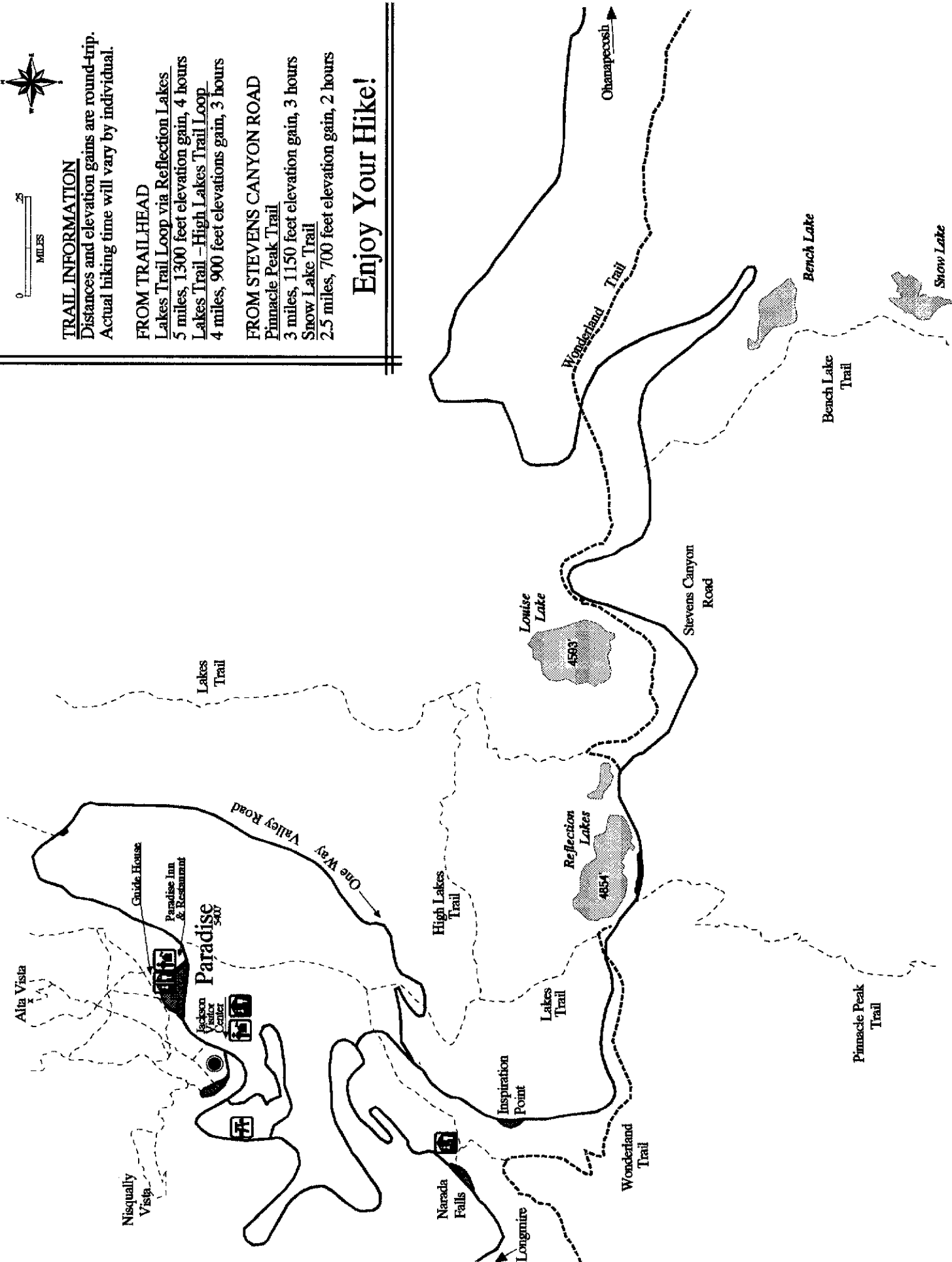
FROM TRAILHEAD

Lakes Trail Loop via Reflection Lakes
5 miles, 1300 feet elevation gain, 4 hours
Lakes Trail - High Lakes Trail Loop
4 miles, 900 feet elevations gain, 3 hours

FROM STEVENS CANYON ROAD

Pinnacle Peak Trail
3 miles, 1150 feet elevation gain, 3 hours
Snow Lake Trail
2.5 miles, 700 feet elevation gain, 2 hours

Enjoy Your Hike!



Trails begin from Sunrise unless otherwise indicated.

EMMONS VISTA A short easy trail with views of Mt. Rainier and the Emmons Glacier. 0.5 mile - 30 minutes.

SOURDOUGH RIDGE NATURE TRAIL A self-guiding loop trail with views of Mt. Rainier and wildflowers. 1.5 miles - 45 minutes.

PET EXERCISE LOOP Ask at the visitor center for directions. This is the ONLY trail on which pets are allowed! 1 mile - 45 minutes.

SUNRISE RIM TRAIL An easy loop with views of Mt. Rainier and the Emmons Glacier. 3 miles - 1.5 hours.

SUNRISE CAMP A walk-in backcountry camp near Shadow Lake. Permit required. 3 miles - 1.5 hours.

SUNRISE-FROZEN LAKE-SHADOW LAKE Views of Mt. Rainier, the Emmons Glacier, and wildflowers. Stay on the trail! The plants around Frozen Lake are extremely delicate. 5 miles - 3 hours.

SILVER FOREST Views of the White River Valley and Mt. Rainier. See the "silver" trees, killed by fire and bleached by the sun, the wildflowers, and mountain bluebirds. 2 miles - 1 hour.

SOURDOUGH RIDGE-DEGE PEAK Views of Mt. Rainier, wildflowers. From Dege Peak look south to the Cowlitz Chimneys and Mt. Adams. 4 miles - 2.5 hours.

MT. FREMONT A trail leading up to a lookout tower with views of Mt. Rainier, the Cascades and Grand Park. Good chance of seeing mountain goats. 5.6 miles - 4 hours - 1200 foot elevation gain.

BURROUGHS MOUNTAIN Views of Mt. Rainier, the Emmons and Winthrop Glaciers. Trail is snow covered well into July, making the steep slopes very hazardous. Burroughs Mountain is a VERY FRAGILE area - STAY ON THE TRAIL! First Burroughs: 5 miles - 3 hours. Second Burroughs: 7 miles - 5 hours. 1000 foot elevation gain.

BERKELEY PARK Lots of wildflowers with view of Mt. Rainier along the way. 5 miles - 3 hours. for a longer day hike, continue on to Grand Park. 13 miles - 7 hours.

SUNRISE-WHITE RIVER CAMPGROUND The trail switchbacks down through the forest to White River. 6 miles - 1 hour down, 2 hours up - 2000 elevation loss/gain.

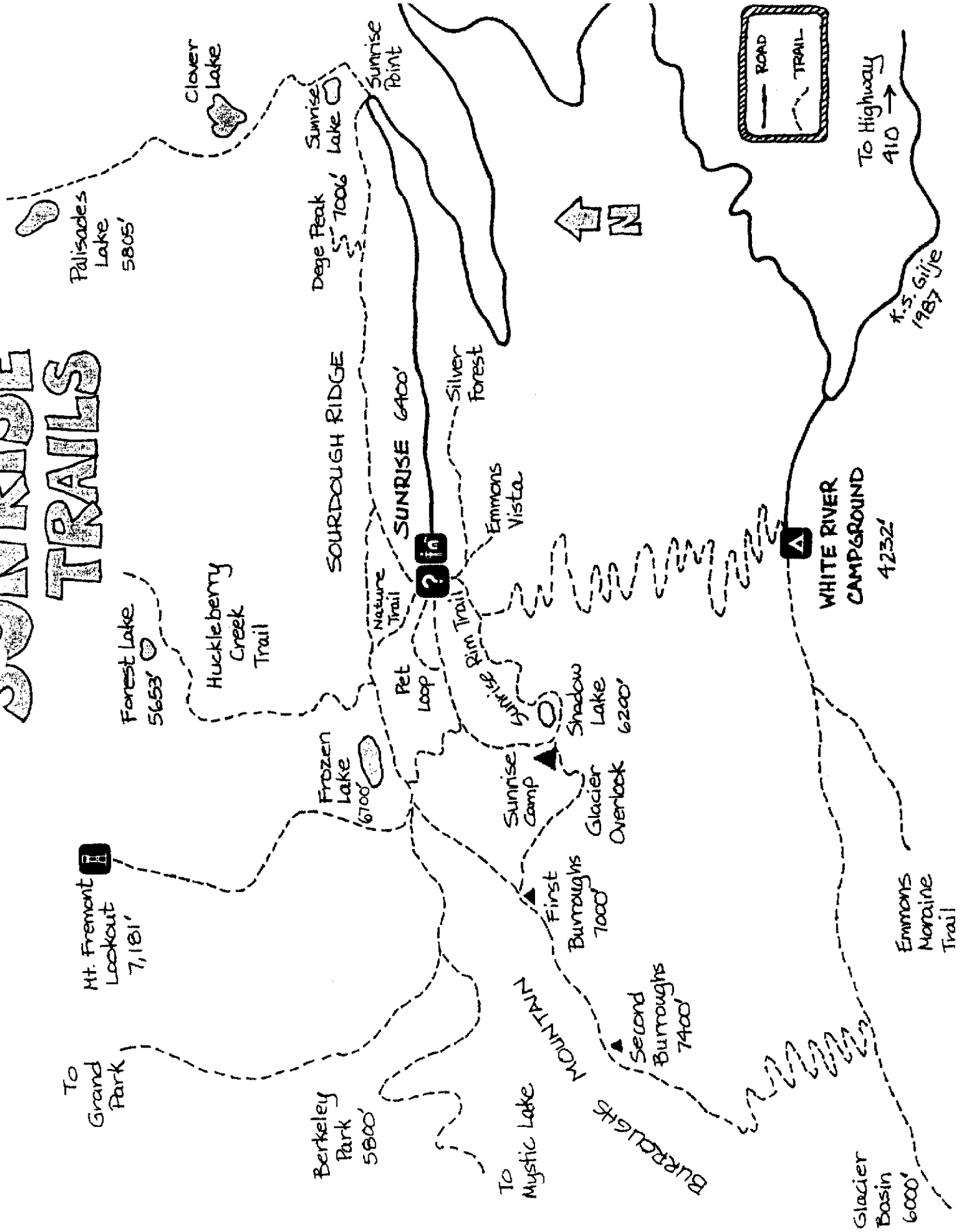
EMMONS MORaine TRAIL Leads to the moraine near the terminus of the Emmons Glacier. Views of Mt. Rainier and Little Tahoma. Don't get too close - rocks fall constantly! Trail begins at the White River Campground. 3 miles-2 hours.

GLACIER BASIN A meadowy basin with remnants of an old mining camp, and a view of part of the climbers' route up the Interglacier to Camp Schurman. Trail begins at the White River Campground. 6.5 miles - 4 hours.

PALISADES LAKES The trail alternates through forest and meadow past Sunrise, Clover and Palisades Lakes. No views of Mt. Rainier, but the Palisades rock formation can be seen. Trail begins at Sunrise Point. 7 miles - 4 hours.

The meadows and alpine rock gardens in the Sunrise area are fragile and have taken years to develop. Sometimes they do not recover after being crushed by hikers walking off the trail. Help keep the meadows beautiful by walking on the established trails.

SUNRISE TRAILS



Hiking Trails in the Longmire Area

All times and distances are round trip unless otherwise noted

- Trail of Shadows Nature Trail** .5 hour; .7 mile: A short, easy self-guiding loop trail around Longmire Meadow. See the former site of the Longmire Springs Hotel. Visit a restored cabin that was part of the original Longmire settlement and is now the oldest structure in the park. A printed trail guide is available at the beginning of the trail. For your safety, do not drink the water from the springs. The Trail of the Shadows starts across the main road from the Longmire Museum.
- Rampart Ridge** 2-3 hours; 4.6 mile loop; elevation gain 1339': Beginning from the Trail of the Shadows, this steep loop trail with a variety of excellent views. To the south gaze upon Longmire and the Nisqually Valley. Mount Rainier dominates the scene to the north. To the west is Mount Wow, Tumtum Peak, and the path of the Kautz Creek Mudflow of 1947. For those with the time and energy, a larger loop may be hiked by continuing up Rampart Ridge to Van Trump Park, returning via Comet Falls and Christine Falls. Make sure to arrange transportation.
- Eagle Peak** 5 hours; 7 miles; elevation gain 2955': A steep trail through old-growth forest with great views from the peak of the Nisqually Valley, Mount Rainier, the Nisqually Glacier, and the Tatoosh Range. The trailhead is located 50 yards past the Nisqually River Suspension Bridge.
- Wonderland Trail to Paradise** 3 hours; 6 miles (one-way); elevation gain 2700': An old-growth forest hike along the Nisqually River then up the Paradise Valley to Paradise. The first 3 miles are a gentle climb, the last 3 miles are steep. The trail passes Carter, Madcap, and Narada Falls. The trail begins near the Hiker Center.
- Wonderland Trail to Indian Henry's** 4 hours; 6.5 miles (one-way from Longmire); elevation gain 2400': A strenuous hike through old-growth forest to beautiful and scenic alpine meadows. Commanding views of Mount Rainier. Please stay on the trail to protect the fragile meadows of Indian Henry's Hike Ground. The trail begins near the Hiker Center.
- Carter Falls** 2 hours; 2 miles; elevation gain 500' (trail begins just before Cougar Rock Campground on road to Paradise): An easy and beautiful old-growth forest walk along the Paradise River. A wooden pipeline along part of the trail was part of a hydroelectric facility that once generated power for Longmire. Walk past Carter Falls another 50 yards to see Madcap Falls. For a longer route beyond Carter Falls see the hike listed above titled "Wonderland Trail to Paradise". The Carter Falls trailhead is located 100 yards downhill from the Cougar Rock Campground entrance.
- Christine Falls** To view Christine Falls, drive 4.5 miles uphill from Longmire and use the pull-out on the uphill side of the stone bridge. Walk down 100 feet to the vista point below the bridge for a great view of Christine Falls framed by the bridge. For your safety, please don't walk on the bridge because drivers distracted by the scene may hit you!
- Van Trump Park & Comet Falls** 4 hours; 5 miles; elevation gain 2200' (generally not an early season hike due to steep snow slopes): Located 4.4 miles uphill from Longmire, this steep trail passes Comet Falls (1.6 miles), the second highest falls in the park at 320'. From Van Trump Park are close-up views of Mount Rainier and, when in season, lots of wild flowers. Look for Mountain goats in late June or early July. Please stay on the designated trail and protect the fragile meadows of Van Trump Park.
- Mildred Point** 1.5 hours; 1.6 miles (from Van Trump Park): Mildred Point offers a fantastic view of the Kautz Glacier. Be careful when crossing Van Trump Creek. Please stay on the trail. The meadows are fragile.

Don't be a Meadow Stomper! Thoughtless trampling of vegetation can cause severe damage and leave scars for years to come. Help protect these delicate areas by staying on established trails. Your cooperation will make a difference.

TRAILS AT LONGMIRE & COUGAR ROCK

