

# MOUNT RAINIER NATIONAL PARK

## TRAIL FACTS

The numbers below match the trails with their corresponding numbers within the circles on the map.

	climb	descent	distance
<b>LONGMIRE AREA</b>			
1 Nisqually River		300 ft	2 mi
2 Rampart Ridge loop	1300 ft	1300 ft	4.5 mi
3 Eagle Peak	2800 ft		3.5 mi
4 Longmire to Indian Henry's	2400 ft	200 ft	6.5 mi
5 Christine Falls to Van Trump	1800 ft		2.5 mi
6 Kautz Creek to Indian Henry's	2800 ft	200 ft	5.5 mi
<b>WEST SIDE ROAD</b>			
7 Tahoma Creek to Indian Henry's	2500 ft		4 mi
<b>LAKE GEORGE</b>			
8 Gobbler's Knob from road	1400 ft		2.5 mi
9 South Puyallup to Emerald Ridge	2100 ft		4 mi
11 Golden Lakes	1700 ft	750 ft	9.8 mi
10 Klapatche Park	1700 ft		2.5 mi
<b>PARADISE AREA</b>			
12 Mazama Ridge loop	1200 ft	1200 ft	6 mi
13 Pinnacle Peak	1200 ft		1 mi
14 Panorama Point	1200 ft		2 mi
15 Camp Muir	4500 ft		4 mi
16 Bench Lake	100 ft		1 mi
<b>THE WONDERLAND TRAIL</b>			
Longmire to Devil's Dream camp	2400 ft	200 ft	6.5 mi
Devil's Dream camp to South Puyallup camp	1700 ft	2200 ft	6.5 mi
South Puyallup camp to Golden Lakes camp	2400 ft	2900 ft	12 mi
Paradise to Cougar Rock campground		2400 ft	4 mi
Nickel Creek camp to Longmire	2100 ft	2800 ft	13.8 mi

## HIKING TIPS

Mount Rainier National Park contains some rugged terrain. Hardly a trail in the park does not include a steep climb or descent. Don't be too ambitious in your planning.

A good rule of thumb for estimating the difficulty of a hike is to add a mile to its total distance for each thousand feet of elevation gain, and a half mile for each thousand feet of elevation loss. Thus, a five-mile loop trail that includes 2000 feet of ascent and 2000 feet of descent would be the equivalent of eight miles of level hiking.

The weather can change very rapidly. Be prepared for the unexpected. Always carry raingear, extra clothing, map and compass, emergency shelter, and extra food.

Bears can sometimes be a problem in the backcountry. Never feed a bear or leave food or garbage where a bear can get to it.

**NO-TRACE CAMPING** Wilderness is a resource valuable to a great many people, yet it can easily be damaged. Deliberate care is needed to preserve the opportunity to find the beauty and tranquility that so many come here seeking. You can help by ...

- being self-contained. Do your cooking on a portable stove instead of a fire. Bring your own shelter; don't rely on finding a trail shelter available.

- using the maintained trails and designated camps as much as possible

- packing out all garbage.

- burying human waste 2 to 4 inches deep and covering site with natural litter.

**PARK GUIDELINES** In order to protect the resource of wilderness and to ensure that people have pleasant experiences, some rules are needed:

- Backcountry permits are required for all overnight backpacking trips between June 15 and September 30.

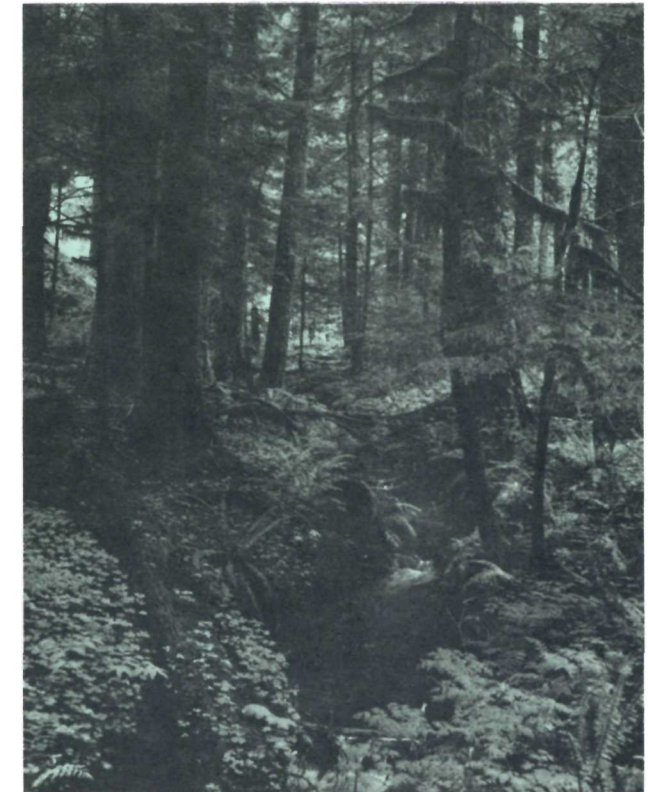
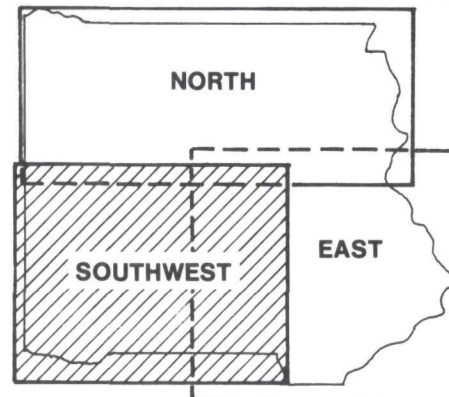
- Climbers must fill out a climbing card in addition to getting a back country permit.

- Dogs and other pets are not permitted away from the roads.

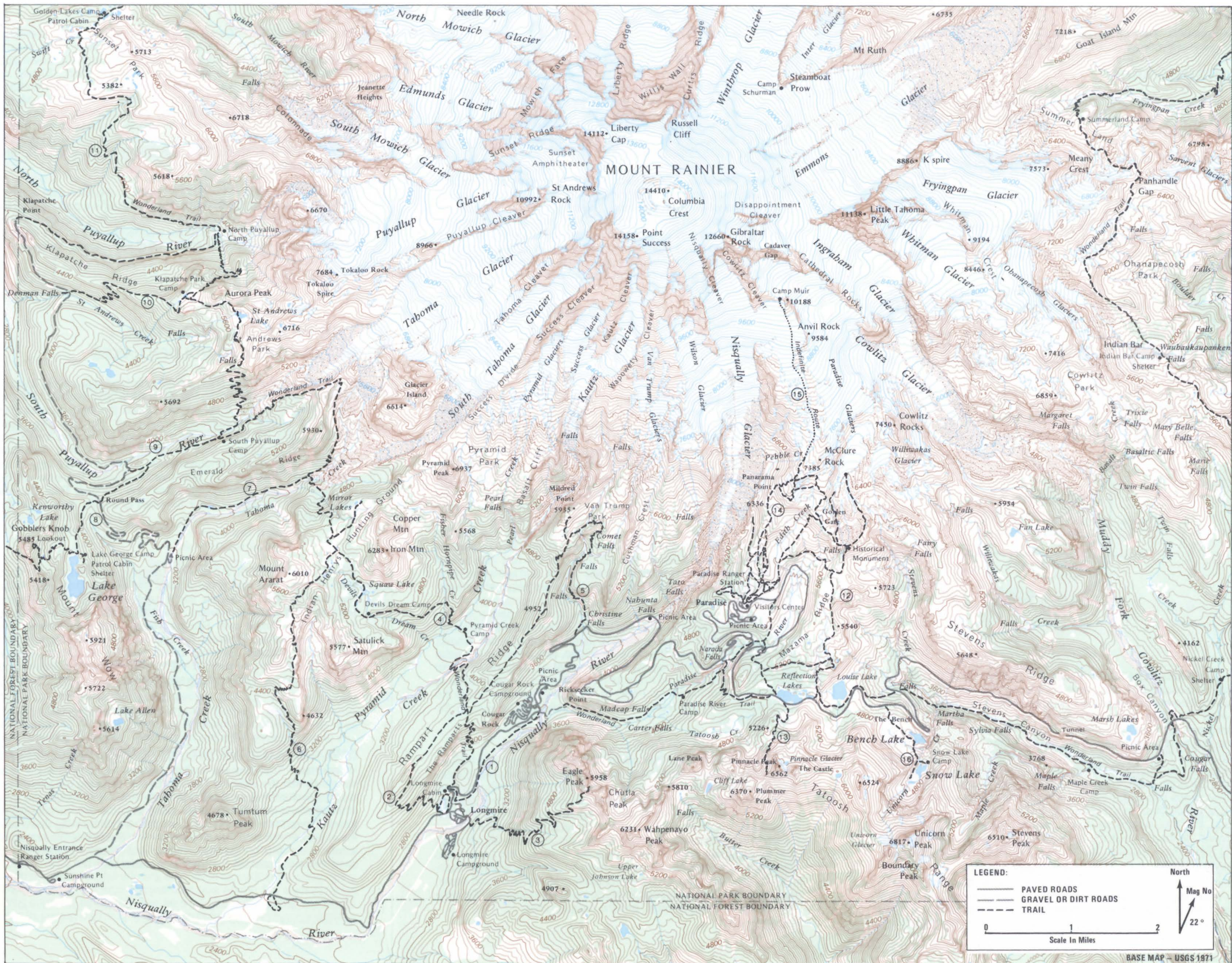
- Campfires are permitted only at certain designated camps in the backcountry.

- Groups using the backcountry may not be larger than twelve people.

## KEY TO TRIP PLANNING GUIDES.



PACIFIC NORTHWEST  
NATIONAL PARKS AND FORESTS ASSOCIATION  
MOUNT RAINIER BRANCH  
LONGMIRE, WA. 98397



**LEGEND:**

- PAVED ROADS
- GRAVEL OR DIRT ROADS
- TRAIL

0 1 2  
Scale In Miles

North  
Mag No  
22°

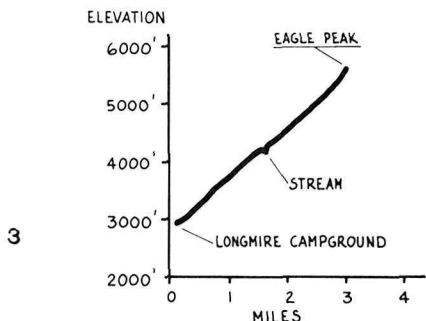
The numbers below refer the trail descriptions to the trails or trail segments with corresponding numbers within circles on the map.

### LONGMIRE AREA

1. NISQUALLY RIVER A pleasant 2-mile-long trail offers a good family hike from Cougar Rock Campground down to the visitor center in Longmire.

2. RAMPART RIDGE This 4.5-mile loop trail branches off the Longmire Trail of the Shadows near the west side of Longmire meadow, switchbacking from there up the side of Rampart Ridge. On reaching the crest of the ridge, the trail turns toward Mount Rainier, passes several viewpoints and after winding through dense forest, eventually meets the Wonderland trail. At the intersection turn right (east) to return to Longmire. Look at the trees on the way down; some of the largest in the Nisqually valley are along the trail.

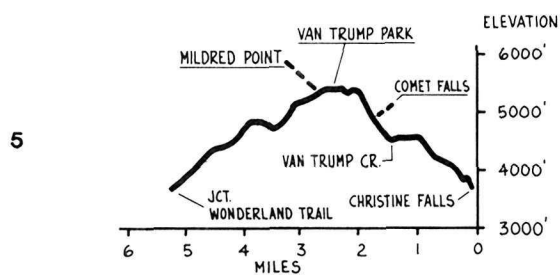
3. EAGLE PEAK The trail climbs 3.5 miles of switchbacks from near Longmire to the saddle between Eagle and Chutla Peaks. The trail offers few views on the way up, but the one of Mount Rainier from the saddle is a classic. To find the trailhead, walk through Longmire and across the suspension bridge over the Nisqually River. About 20 yards past the bridge, the trail starts on the left (east) side of the road.



EAGLE PEAK

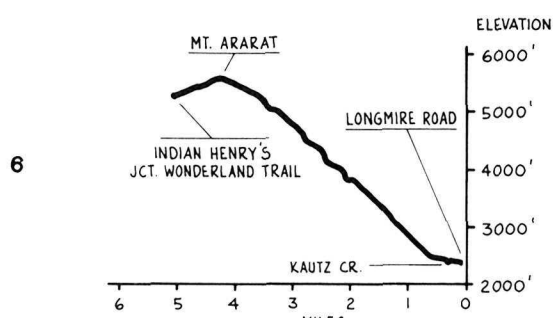
4. LONGMIRE TO INDIAN HENRY'S HUNTING GROUND Part of the Wonderland trail, the route from Longmire to Indian Henry's Hunting Ground begins at the Longmire parking lot, follows the trail toward Paradise about 100 yards, then branches off to the northwest (left) toward Rampart Ridge. The switchbacks up the side of the ridge are steep. Near the top of the ridge, a trail toward Van Trump Park branches off to the right (northeast) and a little further on the Rampart Ridge trail branches off to the left (south). From the ridge crest, the main trail descends into the Kautz Creek valley, drops into and climbs back out of the narrow gorge in which Kautz Creek lies, and then winds across the broad valley floor. Soon the trail begins to climb toward Indian Henry's Hunting Ground. In the shade of the narrow valleys, snow often lingers well into the hiking season, hiding the trail and making map and compass useful.

5. CHRISTINE FALLS TO VAN TRUMP PARK A steep but short trail takes the hiker from the road to alpine meadows. Park in the lot about 100 yards downhill from Christine Falls viewing area. The trail from the lot winds through forest above the road a short distance, then crosses Van Trump Creek and turns to parallel the creek upstream toward the mountain. The trail is steep, climbing almost 2000 feet in its 2.5-mile length. Along the way, the trail passes several waterfalls, including 300-foot-high Comet Falls. The Van Trump trail can be the beginning of a much longer hike beginning at Christine Falls and ending in Longmire. Take the trail up to Van Trump and then, instead of returning the way you came, follow the trail down the ridge toward Longmire. This trail has few views after leaving Van Trump Park but it passes through beautiful forests and is downhill all the way to Longmire.



CHRISTINE FALLS TO VAN TRUMP PARK

6. KAUTZ CREEK TRAIL TO INDIAN HENRY'S HUNTING GROUND The Kautz Creek trail to Indian Henry's Hunting Ground has few views of Mount Rainier, but it does wind through one meadow after another, each abundant with flowers and huckleberries. The trail starts across from the Kautz Creek parking area, which is located about halfway between Longmire and the Nisqually Entrance (3.5 miles).

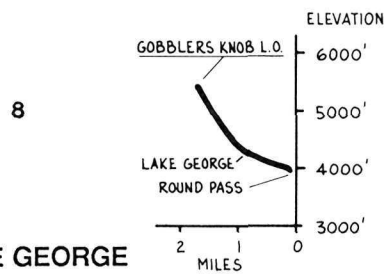


KAUTZ CREEK TO INDIAN HENRY'S HUNTING GROUND

### WEST SIDE ROAD

7. TAHOMA CREEK This trail begins by following Tahoma Creek toward Mount Rainier. After two miles, the trail meets the Wonderland trail. A branch to the left (west) leads to Emerald Ridge, while the right-hand branch leads across a suspension bridge over Tahoma Creek and then up toward the subalpine meadows of Indian Henry's Hunting Ground. Snow frequently obscures the upper portions of the trail early in the hiking season, making map and compass essential.

8. LAKE GEORGE-GOBBLER'S KNOB The hike up to Gobbler's Knob may be steep, but it is short and the lookout at trail's end has one of the best views in the park. The trail begins at Round Pass, about 7 miles in on the West Side Road, heading west from the parking lot. One mile of hiking on a slowly climbing trail takes you in to Lake George, a worthwhile destination in itself. Another 1.5 miles of steeper, switchbacking trail takes you to the fire lookout atop Gobbler's Knob with its unimpeded view of Mount Rainier.



LAKE GEORGE TO GOBBLER'S KNOB

9. ALONG THE SOUTH PUYALLUP RIVER TO EMERALD RIDGE Beginning where the West Side Road crosses the South Puyallup River, the trail starts by climbing gently through old-growth forests. About 1.5 miles in, the trail passes the Colonnades, a cliff of columnar andesite, evidence of the vast lava flows that created Emerald Ridge. Just past the Colonnades, the trail begins to climb more steeply, rising more than 1500 feet in the last mile before reaching the meadows of Emerald Ridge. The scenery is spectacular, though, and includes a close-up view of Tahoma Glacier.

10. KLAPATCHE PARK-ST. ANDREWS PARK A wide, well-made trail, the St. Andrews trail is good for family hikes. The trail begins just north of the St. Andrews Creek bridge, about 11 miles in on the West Side Road. Through a long series of switchbacks, the trail leads to the backbone of Klapatche Ridge, which it then follows to the meadows of Klapatche Park. In Klapatche Park, the trail to the right leads past Aurora Peak to St. Andrews Lake and to St. Andrews Park.

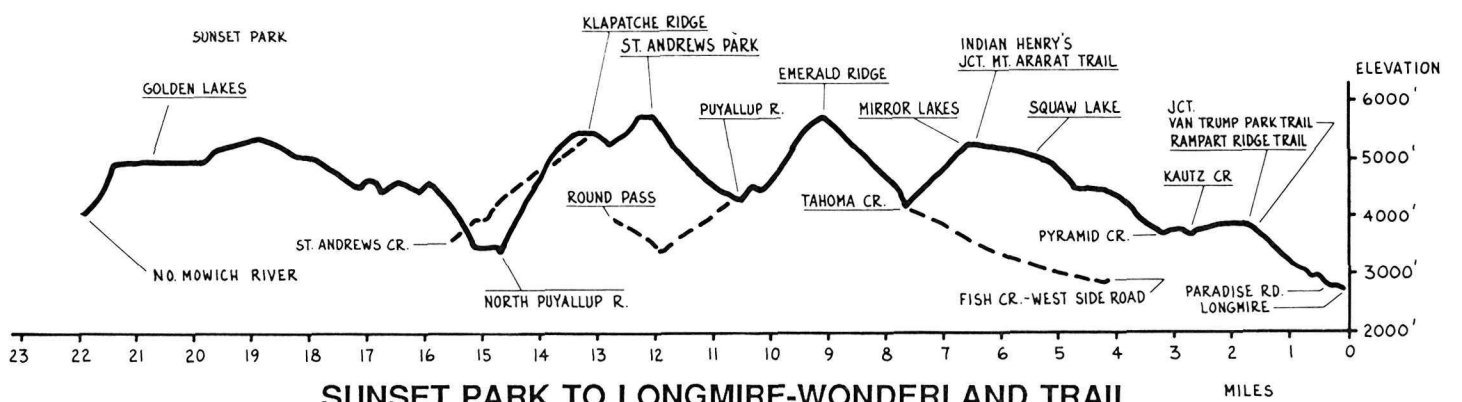
11. GOLDEN LAKES The trail to Golden Lakes begins at the end of the West Side Road. After walking 2.8 miles on the former surface of the West Side Road and crossing the North Puyallup River on a footbridge, the trail begins a long traverse along the side of the North Puyallup valley, climbing gently through beautiful old-growth forests. About 2.5 miles in, the trail breaks into the open of an old burn, evidence of a 1930 forest fire. After winding through the silvery snags for a short distance, the trail reaches the crest of the ridge, turns north and soon branches. The right branch heads toward the site of the old Sunset lookout, which offers good views, but no water. The left branch leads down toward Golden Lakes, the trail shelter and ranger cabin, and the camping area.

### PARADISE

12. MAZAMA RIDGE This beautiful 6-mile-loop hike begins and ends at the Paradise parking lot. Follow the signs from the lot to Edith Creek basin. After crossing the Edith Creek bridge, take the right branch of the trail, heading toward Sluiskin Falls. The trail crosses the head of the Paradise Valley, switchbacks up the side of Mazama Ridge, and, just over the crest of the ridge, branches. Take the right-hand branch southward toward the Tatoosh Range. After winding about 2 miles through flower meadows, past clumps of subalpine firs, and along the shores of small lakes, the trail reaches the Stevens Canyon Road. Walk west along the road to Reflection Lakes. On the west end of the lakes are signs indicating the trail back to Paradise.

13. PINNACLE PEAK A high pointed rock spire, Pinnacle Peak lies just south of Reflection Lakes. Early in the season, when snow still hides the trail, park at the lakes and hike crosscountry over the snow straight up the hill to the saddle between Pinnacle Peak and the Castle. Later in the season when the trail is melted out, follow it to the saddle between Pinnacle and Plummer Peaks. Only experienced climbers should attempt to reach the summit of Pinnacle since many portions of the route are exposed and unstable.

14. PANORAMA POINT Most of the trails that head northward from the Paradise parking lot eventually converge at Glacier Vista. To reach Panorama Point from Glacier Vista, follow the trail eastward to where it traverses the face of a cliff on a wide ledge. Just past the steep portion of the hillside, the Pebble Creek trail toward Camp Muir branches off to the left while the Skyline trail continues around the face of the hillside, eventually reaching Panorama Point. From the viewpoint, Mount Adams, Mount St. Helens, and Mount Hood can be seen on a clear day.



SUNSET PARK TO LONGMIRE-WONDERLAND TRAIL

15. CAMP MUIR Camp Muir is one of the most strenuous dayhikes in the park, a 4.5-mile route that rises more than a thousand feet per mile, mostly over snow. The route, however, has some special rewards for those who make the effort. Slowly, as the hiker makes his way up the mountainside, the surrounding countryside drops away, leaving unmatched long-range views. Hikers making the trek should carry extra clothing and raingear; weather can radically change in far shorter periods of time than it would take to scurry back down to Paradise. Sunscreen lotions to prevent severe sunburn, dark sunglasses to protect eyes, and boots for traction are essential.

16. BENCH LAKE AND SNOW LAKE About 1 mile east of Reflection Lakes on the Stevens Canyon Road is a parking area for the Bench Lake trail. A short, relatively level trail with good views of the mountain, the trail is popular with families. The trail leads to two small lakes nestled against the side of the Tatoosh Range.

### THE WONDERLAND TRAIL NICKEL CREEK TO GOLDEN LAKES

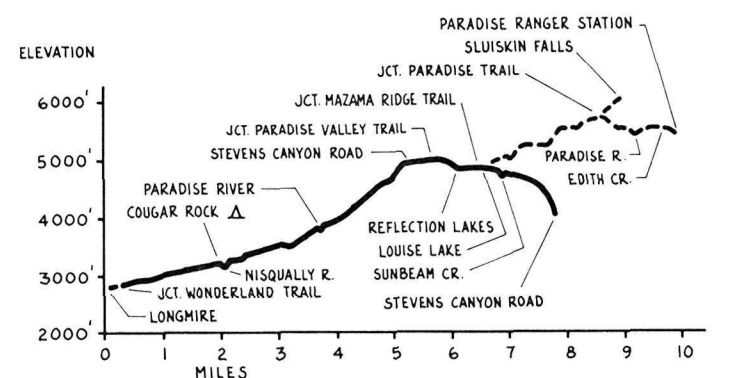
In the course of its 93 miles, the Wonderland trail travels through dense forests, climbs to alpine meadows, and passes close to frigid glaciers. The trail completely circles the mountain, offering an almost unique recreational experience. For the hiker considering doing the trail, however, a word of caution these are 93 very long miles. One section descends from 5500-foot Klapatche Park to the bridge across the North Puyallup, at an elevation of 3500 feet, in less than 2 miles. Because of the constant ups and downs of the trail, the National Park Service recommends that you plan for between 10 and 14 days to do the entire trail.

LONGMIRE TO DEVIL'S DREAM Longmire provides a good place both to begin and end a trip around the Wonderland trail. Most hikers do the trail clockwise, partly because the first few sections are short, but amply strenuous. The trail starts at the parking area in Longmire, climbs over Rampart Ridge and then crosses the Kautz Creek valley. Between five and six miles from Longmire, the backpacker reaches Pyramid Creek and Devil's Dream camps located in a valley just short of Indian Henry's Hunting Ground and next to the cataracts of Devil's Dream Creek.

DEVIL'S DREAM TO SOUTH PUYALLUP From Devil's Dream the Wonderland Trail crosses Indian Henry's Hunting Ground and descends into the valley of Tahoma Creek, crossing the stream on a high steel cable suspension bridge. From the bridge, the trail climbs back toward the mountain along the side of Emerald Ridge, passing over the top of the ridge and then switchbacking down into the valley of the South Puyallup River. The South Puyallup camp is located near the bridge that crosses the South Puyallup River, some two miles past the Emerald Ridge meadows.

SOUTH PUYALLUP TO GOLDEN LAKES From the South Puyallup camp, the Wonderland trail crosses over the South Puyallup River on a massive log bridge and then switchbacks up to St. Andrews Park. From there the trail meanders through alpine meadows down to Klapatche Park, and then descends steeply to the bridge across the North Puyallup. This last section is often covered with snow early in the season; an ice axe may be essential for a safe descent. Crossing the North Puyallup, the trail winds along the side of the North Puyallup valley, eventually crossing over the top of the ridge and down to the cluster of lakes in Sunset Park.

BOX CANYON TO LONGMIRE The last section of the Wonderland trail in the southwest portion of the park begins at Nickel Creek near Box Canyon and parallels Stevens Canyon up the bottom of Stevens Canyon, climbing past Louise Lake to Reflection Lakes. From the lakes, the trail follows the Wonderland trail down to Cougar Rock campground and then along the Nisqually River to Longmire.



LONGMIRE TO STEVENS CANYON-WONDERLAND TRAIL