

DAY HIKES

Glacier National Park



Administration

Glacier National Park is administered by the National Park Service, U.S. Department of the Interior. A Superintendent, whose address is West Glacier, MT. 59936, is in immediate charge.

This leaflet is published by the Glacier Natural History Association in cooperation with Glacier National Park.

Are you planning a walk in Glacier National Park? There is no better way to enjoy and appreciate the park. Whether you are planning a half hour stroll or an all day trek, Glacier's beauty can be found all along the way.

This pamphlet was designed to help you get started - there are more detailed trail guides and maps available for your use. A schedule of naturalist-led hikes can also be found at entrances and visitor centers.

Please observe the following rules and tips for a pleasant trip:

Safety Precautions

- BEARS may be encountered on Glacier's trails. Make no attempt to approach or startle them, but alert them to your presence by making noise or wearing a loud bell on your pack. Never offer them food, and avoid using odorous foods. Be alert. **Report all bear sightings to a ranger.**
- SWIFT WATER and slippery rocks are dangerous, and drowning is the number one cause of death in Glacier. Use caution when crossing streams and rivers.
- Steep SNOWFIELDS are treacherous to cross, and should not be attempted by inexperienced hikers. Avalanche potential is ever-present.
- HIKING ALONE is discouraged. When in a group, try to stay together.

Rules & Regulations

- PETS ARE NOT ALLOWED ON TRAILS. Dogs have been known to attract bears, and their scent on the trail is disturbing to native wildlife.
- FISHING regulations can be obtained at ranger stations and visitor centers. A FREE PERMIT is required. If cleaning fish in the backcountry, dispose of entrails in deep water away from campsites, as they attract bears.
- A BACKCOUNTRY PERMIT is required for anyone wishing to stay overnight in the backcountry. Please consult backcountry regulations for further information on overnight camping.

Other Things to Remember

- WEATHER in Glacier is unpredictable. Be prepared for rain, hail or snow at any time. Wear suitable clothing and carry rain gear; you can expect freezing temperatures at high elevations in mid-summer. Also shade your head from the sun to avoid heat related problems.
- FOOTWEAR is important for a pleasant hike. Lug soles are a must for traveling on snow or ice. Combine heavy and finely woven socks to prevent blistering. Carry INSECT REPELLENT and use as necessary.
- DRINKING WATER should be carried on all trails. Glacier's water is clear and cold, but not always pure.

- HORSES and mules have the right of way on trails. Move to lower side of trail and stand quietly until they pass.
- PLEASE PACK OUT ALL TRASH, or use designated bear-proof garbage cans.

Maps and information can be obtained at all visitor centers and ranger stations. Learn about trail and weather conditions - plan ahead.

Distances shown are one-way only. Miles and kilometers are used for your convenience. Average hiking time on level terrain is about 2 mi./hour (3 km/hour.)

I LAKE McDONALD AREA

1 TRAIL OF THE CEDARS, self-guiding nature trail, facilities for handicapped, 0.2 mi. (0.3 km). This easy walk winds through a mature cedar forest with trees estimated to be 500-700 years old. There is no elevation gain. The boardwalk trail begins 100 yards (91 meters) north of Avalanche Campground entrance on Going-to-the-Sun Road. Handicapped visitor access begins in Loop "A" of Avalanche Campground.

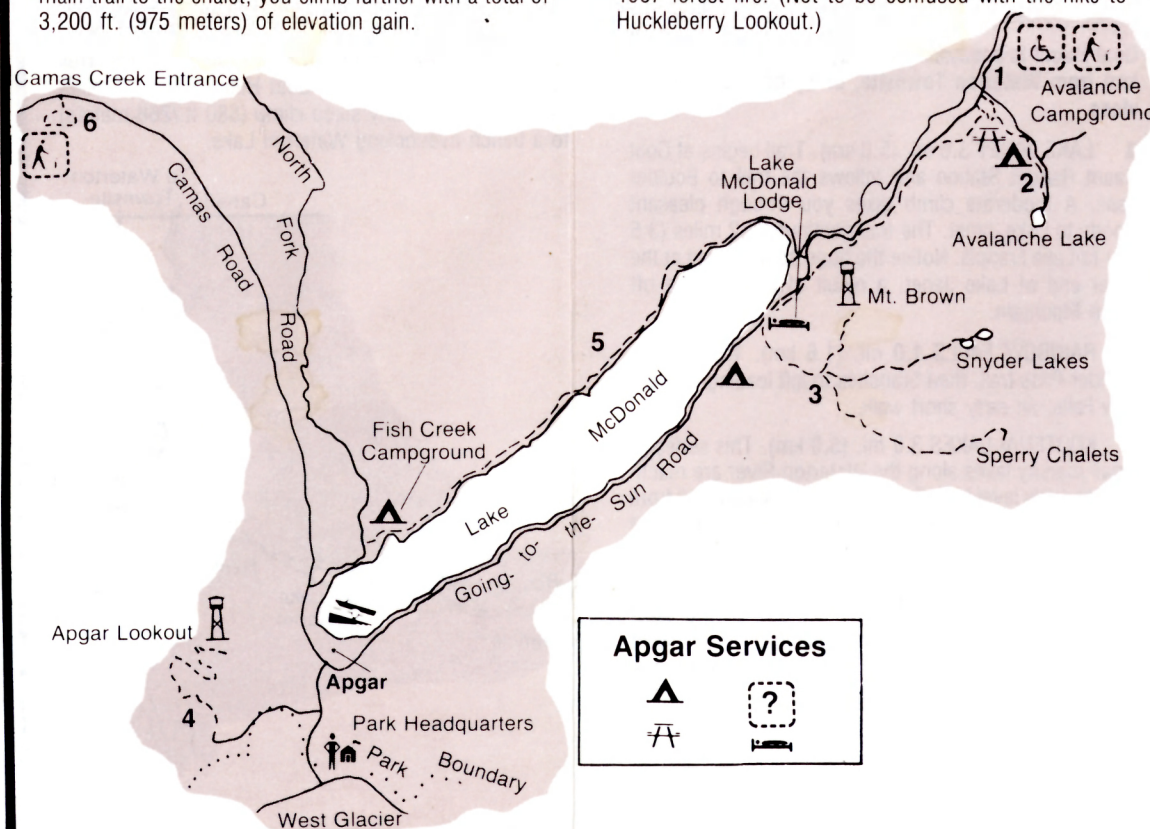
2 AVALANCHE LAKE 2.0 mi. (3.3 km). The trail is an extension of the Trail of the Cedars. (See above) Deer and bear are sometimes seen. The trail follows lovely Avalanche Gorge, then climbs 500 feet (152 meters) to Avalanche Lake.

3 SNYDER LAKE 4.3 mi. (6.9 km) / **MT BROWN** 5.3 mi (8.5 km) / **SPERRY CHALET** 6.2 mi. (9.9 km). Trail leaves near the horse corral area across the road from the Lake McDonald Lodge. It climbs steadily through the forest reaching the Mt. Brown trail junction after 1.6 mi. (2.5 km). The section to the lookout is very steep, being 4,325 ft. (1,319 meters) above Lake McDonald. The Snyder Lake junction is 0.1 mi. (0.15 km) further, which follows a creek to Snyder Lake. Continuing on the main trail to the chalet, you climb further with a total of 3,200 ft. (975 meters) of elevation gain.

4 APGAR LOOKOUT TRAIL 2.8 mi. (4.5 km). Turn left at paved road 200 yards (183 meters) north of West Entrance Station, then right at "T" towards horse corral. Go left at fork at horse corral, continue on gravel road across Quarter Circle Bridge and up another mile to end of road, staying to the right. (Road beyond bridge is not maintained; you may wish to park at area before bridge.) Trail to lookout is steep, gaining 1,850 ft. (564 meters) in elevation along long switchbacks.

5 WEST SHORE OF LAKE McDONALD 6.7 mi. (11.0 km). Begins across from gravel pit on North Fork Road, 0.6 mi. (1.0 km) north of Fish Creek Campground, and ends at the dirt road on north shore of Lake McDonald. You might arrange to have someone pick you up at the trail end; remember that road at head of lake can be very muddy. This hike is a pleasant walk through the forest with occasional views of Lake McDonald.

6 HUCKLEBERRY MOUNTAIN, self-guiding nature trail, 0.6 mi. (1.0 km). This trail begins at the top of the Camas Creek Overlook, 300 ft. (91 meters) west of the entrance station on the Camas Road. This short walk leads you through a young forest regenerating after the 1967 forest fire. (Not to be confused with the hike to Huckleberry Lookout.)



II WALTON AREA

1 OLE CREEK 1.0 mi. (1.6 km). Trail begins at picnic area adjacent to Walton Ranger Station on U.S. Highway 2 near Essex. After reaching the creek, the trail continues up Ole Creek another 18.4 mi. (29.4 km) to Firebrand Pass.

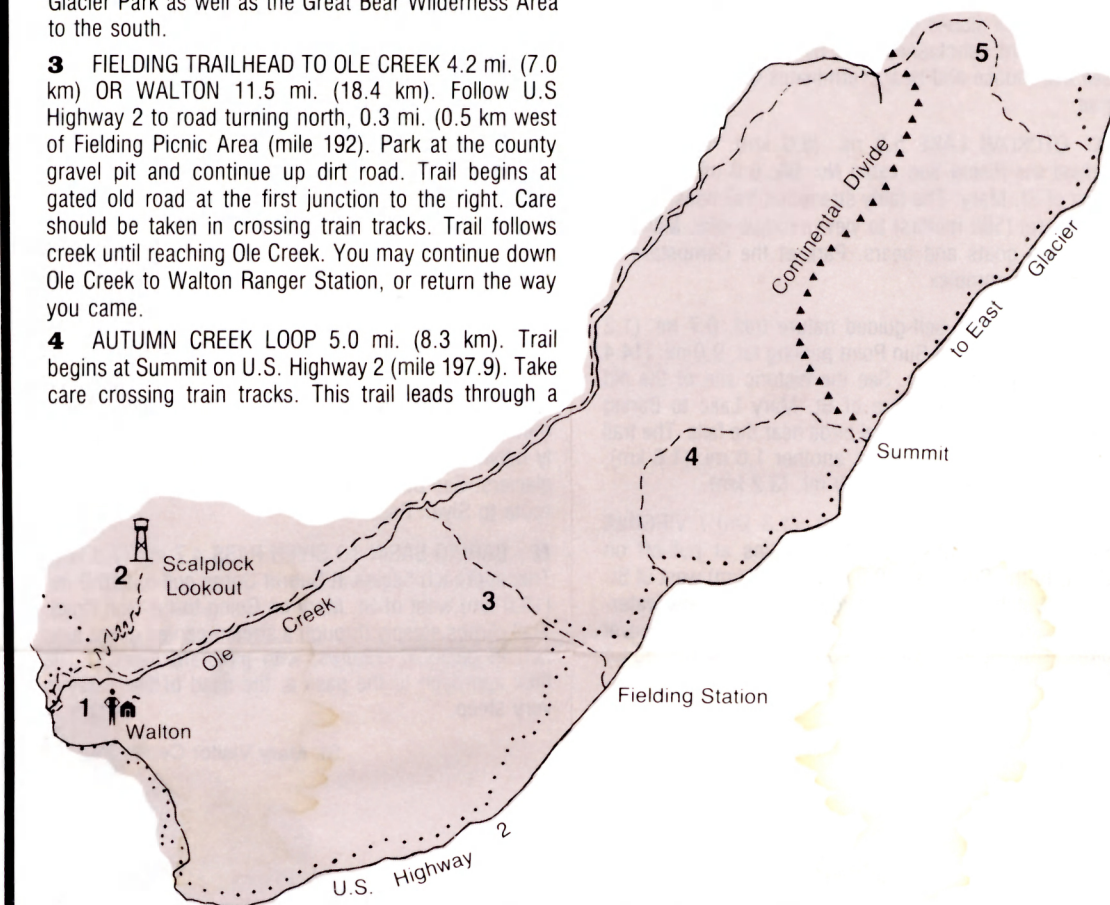
2 SCALPLOCK LOOKOUT 4.4 mi. (7.2 km). Begin at Walton Ranger Station picnic area on Highway 2 near Essex. At trail junction continue up to left towards lookout. Trail gains 3,218 ft. (981 meters) of elevation and gives excellent views of the southern portion of Glacier Park as well as the Great Bear Wilderness Area to the south.

3 FIELDING TRAILHEAD TO OLE CREEK 4.2 mi. (7.0 km) OR **WALTON** 11.5 mi. (18.4 km). Follow U.S. Highway 2 to road turning north, 0.3 mi. (0.5 km) west of Fielding Picnic Area (mile 192). Park at the county gravel pit and continue up dirt road. Trail begins at gated old road at the first junction to the right. Care should be taken in crossing train tracks. Trail follows creek until reaching Ole Creek. You may continue down Ole Creek to Walton Ranger Station, or return the way you came.

4 AUTUMN CREEK LOOP 5.0 mi. (8.3 km). Trail begins at Summit on U.S. Highway 2 (mile 197.9). Take care crossing train tracks. This trail leads through a

lodgepole forest, then along windswept terrain at the base of Elk Mountain before descending along Autumn Creek. Watch for trail markers. Trail ends at highway, 3.7 mi. (5.9 km) west of summit, (mile 193.7).

5 FIREBRAND PASS 4.2 mi. (7.0 km). Trail begins at Lubec trailhead. Watch for road turning north and crossing railroad tracks, 5.0 miles (8.0 km) east of Summit on U.S. Highway 2 (mile 203). Trail skirts Calf Robe Mountain, then climbs 2,000 feet (610 meters) to Firebrand Pass.

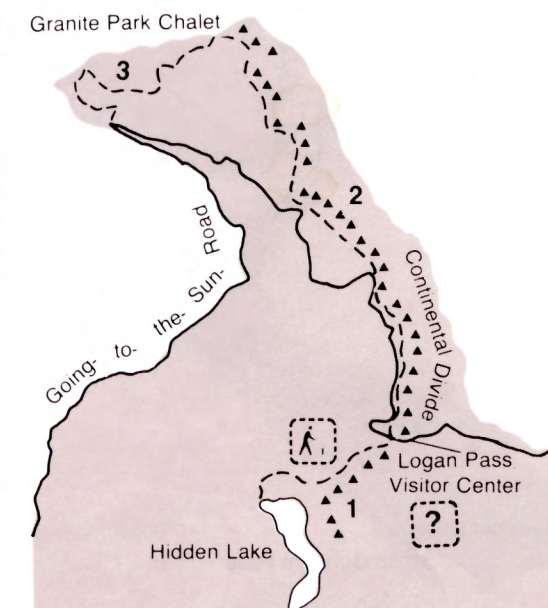


III LOGAN PASS AREA

1 HANGING GARDENS, self-guiding nature trail, 1.5 mi. (2.4 km). Trail begins behind Visitor Center at Logan Pass. The wooden walkway climbs gradually through alpine habitat. Beyond the walkway a more strenuous trail continues taking you to a viewing platform at the overlook of Hidden Lake, with a total elevation gain of 400 feet (122 meters). You may see mountain goats, marmots and bears.

2 HIGHLINE TRAIL TO GRANITE PARK CHALET 7.6 mi. (12.2 km). Trail begins at Continental Divide sign at Logan Pass, across the road from the Visitor Center parking lot. This generally-level trail follows the Continental Divide along the Garden Wall. The total elevation gain is 600 feet (183 meters). Goats, sheep, marmots, eagles and grizzly bear may be seen.

3 HIGHLINE TRAIL - GRANITE PARK - LOOP PARKING LOT 11.6 mi. (18.5 km). This is an alternate route for returning to the Going-to-the-Sun Road from Granite Park Chalet. Rather than returning to Logan Pass, you may continue 4.0 mi. (6.4 km) from the Chalet, dropping steeply 1,500 feet (457 meters) to reach the road at the Loop Parking Area 12.0 miles (19.2 km) west of Logan Pass. Transportation arrangements must be made back to your vehicle.



IV ST. MARY AREA

1 RED EAGLE LAKE 7.7 mi. (12.9 km). Trail begins at parking lot of the 1913 Ranger Station at St. Mary Entrance Station. This is a moderately easy walk with 200 ft. (61 meters) elevation gain. Trail passes through forests and meadows with many wildflowers. May see elk, moose, bear, and mountain lion.

2 BEAVER POND 1.2 mi. (2.8 km). Trail begins behind the 1913 Ranger Station near St. Mary Entrance Station. Trail slopes gently as it passes through mixed forests, bird sanctuaries, and by a beaver pond. May see elk, moose and bear. Terminates on the Red Eagle trail.

3 OTOKOMI LAKE 5.0 mi. (8.0 km). Trail begins behind the Rising Sun cabin No. 9A, 6.0 mi. (9.6 km) west of St. Mary. The fairly strenuous trail rises steeply 1,900 feet (580 meters) to view a cirque lake. May see mountain goats and bears. Park at the Campstore at Rising Sun complex.

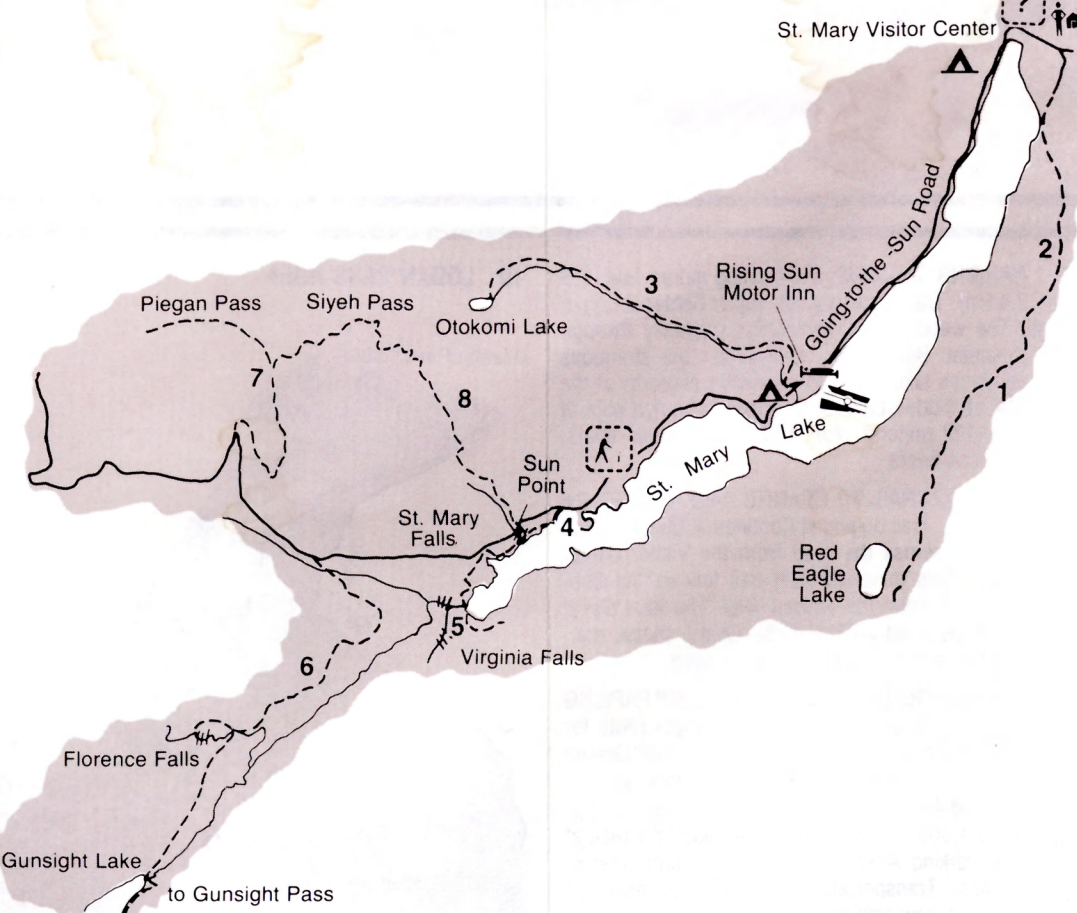
4 SUN POINT, self-guided nature trail, 0.7 mi. (1.2 km). Trail begins at Sun Point parking lot, 9.0 mi. (14.4 km) west of St. Mary. See the historic site of the old chalets. Follow the shore of St. Mary Lake to Baring Falls. Watch for water ouzel birds near the falls. The trail continues to St. Mary Falls, another 1.0 mi. (1.6 km), and then to Virginia Falls, 2.0 mi. (3.2 km).

5 ST. MARY FALLS, 0.8 mi. (1.3 km) / **VIRGINIA FALLS** 1.5 mi. (2.4 km). Trail begins at pull-off on Going-to-the-Sun Road 10.5 miles (16.8 km) west of St. Mary. Watch for the sign. Unique chance to view waterfalls, wildflowers, spruce/fir forest, and water ouzel birds. Trail may also be started at Sun Point parking lot (see above).

6 GUNSIGHT LAKE 6.3 mi. (10.1 km) / **GUNSIGHT PASS** 9.0 mi. (14.4 km) / **FLORENCE FALLS** 4.8 mi. (7.7 km). Trail begins at pull-off on Going-to-the-Sun Road 14.0 mi. (22.4 km) west of St. Mary. Watch for sign. Trail drops through dense forests, then along St. Mary River valley before offering views of Jackson and Blackfoot glaciers. Trail continues on to climb 1,745 feet (532 meters) to Gunsight Pass to view mountain goats and Lake Ellen Wilson. The optional side trip to Florence Falls adds 0.8 mi. (1.3 km) each way and offers views of a high waterfall with unique stair steps.

7 SIYEH PASS 4.7 mi. (7.5 km) / **PIEGAN PASS** 5.5 mi. (8.8 km). The trail begins at Piegan Pass trailhead on Siyeh Bend, 15.0 mi. (24.0 km) west of St. Mary on Going-to-the-Sun Road. Watch for sign and pull-out. At Preston Park, 2.7 mi. (4.3 km) from the trailhead, the trails separate. The left fork to Piegan Pass climbs steadily to reach the pass at 7,600 ft. (2,317 meters), with a total elevation gain of 1,750 ft. (534 meters). The other fork passes through beautiful Preston Park and climbs high above Siyeh Pass to 8,240 ft. (2,512 meters) in elevation, the highest trail section in the park. The total elevation gain of this route is 2,390 ft. (729 meters). The trail passes through three life zones, grizzly habitats, sub-alpine meadows and has views of four glaciers. See Baring Basin trail description for alternate route to Siyeh Pass.

8 BARING BASIN TO SIYEH PASS 4.7 mi. (7.5 km). This approach begins at Sunrift Gorge pull-out 10.0 mi. (16.0 km) west of St. Mary on Going-to-the-Sun Road. Trail climbs steeply through a stream-carved gorge area rich in geologic features, with panoramic views. The final approach to the pass at the head of the valley is very steep.



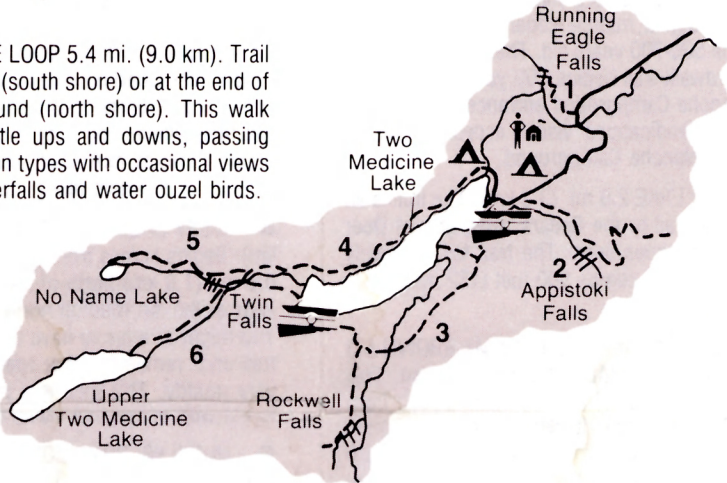
V TWO MEDICINE AREA

1 RUNNING EAGLE FALLS 400 yards (366 meters). Trail begins at pull-out 2.0 mi. (3.2 km) east of Two Medicine Ranger Station. An easy walk brings you to a waterfall whose appearance changes with the seasons.

2 APPISTOKI FALLS 0.5 mi. (0.8 km) / **SCENIC POINT** 3.1 mi. (4.9 km). Trail begins 0.6 mi. (1.0 km) east of Two Medicine Ranger Station at the Mt. Henry Scenic Point trail. It is a 300 ft. (92 meter) climb to the falls. Scenic Point is a climb 1,600 ft. (488 meters) higher with magnificent views of the prairie and the Two Medicine drainage.

3 PARADISE POINT 0.3 mi. (0.5 km) / **ROCKWELL FALLS** 4.8 mi. (8.0 km). Trail begins near boat dock area and follows south shore of Two Medicine Lake. A short spur trail takes you to Paradise Point. Rockwell Falls is reached by following the trail toward Two Medicine Pass.

4 TWO MEDICINE LAKE LOOP 5.4 mi. (9.0 km). Trail begins either at boat dock (south shore) or at the end of the road in the campground (north shore). This walk circles the lake with gentle ups and downs, passing through different vegetation types with occasional views of the lake. Look for waterfalls and water ouzel birds.



5 NO NAME LAKE 5.0 mi. (8.0 km). Trail begins at the end of the Two Medicine campground road and follows the north shore of Two Medicine Lake (or you may take the boat to the foot of the lake), then quickly gains 680 ft. (207 meters) of elevation before reaching the No Name Lake trail junction, then descends to the lake.

6 UPPER TWO MEDICINE LAKE 4.8 mi. (7.7 km). Trail begins at boat dock and follows south shore trail with some gain and loss of elevation. A short spur trail after leaving the lake shore takes you to Twin Falls. A boat trip at the head of Two Medicine Lake shortens the walking distance, and eliminates some of the elevation gain.

VII GOAT HAUNT AREA

Goat Haunt is accessible only by trail, 7.0 miles (11.2 km) from Waterton Townsite, or by boat launch services.

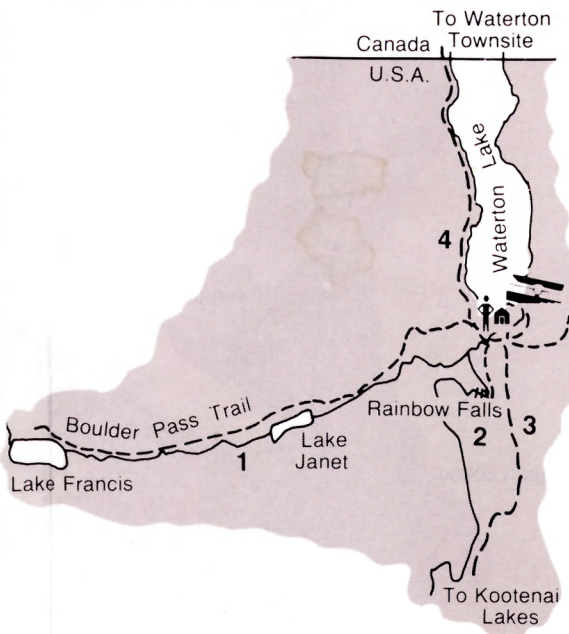
1 LAKE JANET 3.0 mi. (5.0 km). Trail begins at Goat Haunt Ranger Station and follows the trail to Boulder Pass. A moderate climb takes you through pleasant woods to Lake Janet. The trail continues 2.2 miles (3.5 km) to Lake Francis. Notice the huge boulder field at the lower end of Lake Janet, a result of a rock slide off Olson Mountain.

2 RAINBOW FALLS 1.0 mi. (1.6 km). Trail follows Boulder Pass trail, then branches to left leading to Rainbow Falls, an easy short walk.

3 KOOTENAI LAKES 3.0 mi. (5.0 km). This series of small marshy lakes along the Waterton River are reached by a fairly level trail. Follow Waterton Valley trail from Goat Haunt Ranger Station directly south and turn right at the junction beyond Camp Creek. Be alert for bear and moose.

4 INTERNATIONAL BOUNDARY 3.0 mi. (5.0 km). Reached by following trail along Waterton Lake's west shore from the Goat Haunt Ranger Station. Follow the Lake Francis trail to the junction, about 0.6 miles (1.0 km) from the station. Continuing on the trail for a total of 7.0 miles (11.2 km) you can hike to the Waterton Townsite.

5 GOAT HAUNT OVERLOOK 1.0 mi. (1.6 km). Trail starts behind dormitory at Goat Haunt Ranger Station with a short but fairly steep climb (880 ft./268 meters) to a bench overlooking Waterton Lake.



VI MANY GLACIER AREA

1 APPEKUNNY FALLS 0.8 mi. (1.2 km). Trail begins at the Grinnell Glacier Exhibit pullout, 1.1 mi. (1.9 km) east of the Many Glacier Hotel. Habitats change quickly as you climb 880 ft. (265 meters) from the prairie through the forest to an alpine fellfield and the falls.

2 SWIFTCURRENT LAKE, self-guided nature trail, 2.4 mi. (4.0 km). This loop trail begins either at the south end of the Many Glacier Hotel or at the Many Glacier Picnic Area. Learn about animals, plants, geology and history along this level self-guided nature trail. Pamphlets are available at the trailheads.

3 PTARMIGAN FALLS 2.5 mi. (4.1 km) / **PTARMIGAN LAKE** 4.2 mi. (6.9 km). Trail starts at far end of the Swiftcurrent Inn parking lot. Wildflowers are abundant as you gradually climb 500 ft. (152 meters) to the falls. Just after the falls the trail branches to the right, steadily climbing 1,000 ft. (304 meters) in 1.7 miles (2.8 km) to Ptarmigan Lake. Ptarmigan Tunnel is an additional 1.0 mi. (1.6 km) and 500 ft. (152 meter) rise beyond the lake.

4 ICEBERG LAKE 4.7 mi. (7.6 km). Trail also begins at far end of the Swiftcurrent Inn parking lot, branching to the left after Ptarmigan Falls. Total elevation gain is 1,000 ft. (304 meters) to this clear cold lake of icebergs, sitting in a glacially-carved bowl called a cirque.

5 REDROCK FALLS 1.7 mi. (2.8 km). This trail starts at the far end of the Swiftcurrent Inn parking lot. Fisher-cap and Redrock Lakes are passed as the trail gently climbs 100 ft. (31 meters) to the falls. The trail continues 4.9 mi. (7.9 km) to Swiftcurrent Pass, 2,300 ft. (700 meters) above the valley floor.

6 GRINNELL LAKE 3.9 mi. (6.5 km). Trail begins at south end of Many Glacier Hotel or at the Many Glacier Picnic Area. At the head of Josephine Lake the lower trail continues, climbing 200 ft. (67 meters) in 0.6 mi. (1.0 km) to Feather Plume Falls. A boat trip shortens the walking distance 2.0 mi. (3.2 km).

7 GRINNELL GLACIER 5.4 mi. (8.7 km). The trail begins at the south end of the Many Glacier Hotel or at the Many Glacier Picnic Area. At the head of Josephine Lake the trail branches west climbing 1,500 ft. (457 meters) in 3.0 mi. (5.0 km) through spectacular scenery to the glacier. A boat trip shortens the hiking distance 2.0 mi. (3.2 km).

8 CRACKER LAKE 6.1 mi. (9.9 km). This trail starts at the south end of the Many Glacier Hotel parking lot. Watch the change in the habitats as this trail climbs 1,400 ft. (467 meters) to sparkling blue Cracker Lake, nestled at the base of 10,014 ft. (3,053 meter) Mount Siyeh.

