

DAY HIKES IN THE LAKE McDONALD VALLEY

FOR YOUR SAFETY

- Check with a ranger about current hiking conditions and regulations.
- Pets are not allowed on any trails in Glacier National Park.
- Prepare for a variety of weather. Even in the middle of summer, it can be sunny in the morning and rain, hail or snow in the afternoon.
- Wear a hat and drink water to prevent heat stroke on hot days.
- Hypothermia is possible even on warm sunny days, especially if you become wet or if it is windy. Stay dry. Pack layers of clothing that can be put on or taken off as conditions warrant.
- Glacier's water is clear and cold, but may contain Giardia. Don't drink untreated surface water in the park.
- Traveling over snow or ice is dangerous. Never cross steep untreaded snowfields without the proper equipment.
- Horses and mules have the right of way. Move off the trail on the downhill side and stand quietly until they pass.
- Do not cut across switchbacks, it scars the landscape, causes harmful erosion, and damages park resources.
- Bicycles are not permitted on trails in Glacier National Park.

BEARS

BEFORE STARTING YOUR HIKE, READ THE INFORMATION ABOUT BEARS IN THE WATERTON/GLACIER GUIDE.

- Hiking alone is not recommended. Hike in a group and stay together.
- Do not approach bears! They are exceptionally fast and you **can not** outrun them.
- Don't surprise a bear. Let bears know you are coming by making noise. Bears will often move away if they hear people coming.
- Bells may not be as effective as many people believe. The human voice works better. Call out, sing, or talk loudly and often.
- Most hikers do not encounter bears, but people have been seriously injured, maimed, or killed by bears in Glacier.

IF YOU ENCOUNTER A BEAR, THE FOLLOWING SUGGESTIONS MAY HELP.

- Talk quietly or not at all. Back away slowly! Stop if the bear seems to be getting agitated.
- Bend at the knees and turn sideways. You will appear smaller and less threatening.
- Use peripheral vision. Bears may often interpret direct eye contact as threatening.
- A charge may only be a bluff and the bear may stop. If the bear does not stop, fall to the ground in a fetal position to reduce the trauma of an attack.

TRAIL	TRAILHEAD	MILEAGE ^{ONE WAY}	ELEVATION
APGAR LOOKOUT	Paved road 200 yards north of West Entrance, to horse corral, then left on unmaintained gravel road past Quarter Circle Bridge, 1.5 miles	3.3 miles	Climbs 1850'
AVALANCHE LAKE	South of the Avalanche Gorge footbridge on the Trail of the Cedars	2.0 miles	Climbs 500'
FISH LAKE	Sperry Trailhead across from Lake McDonald Lodge	3.0 miles	Climbs 1000'
GRANITE PARK VIA THE "LOOP"	Granite Park Trailhead, 24 miles from Apgar on the Going-to-The Sun Road (Chalet open July through August)	3.5 miles	Climbs 2200'
HOWE LAKE	5 miles north of Fish Creek Campground on the unpaved inside North Fork Road	2.0 miles	Climbs 240'
HUCKLEBERRY MT. NATURE TRAIL	0.3 miles west of the Camas Creek Entrance Station	0.6 miles	Climbs 100'
JOHN'S LAKE LOOP TRAIL	Watch for sign on Going-To-The-Sun Road north of Lake McDonald Lodge	3.0 miles	Climbs 160'
LAKE MCDONALD WEST SIDE	Lakeshore at Fish Creek Campground or 2.8 miles west on North Lake McDonald Road (2.4 miles of unpaved road)	7.0 miles	Level Trail
MCDONALD CREEK 	Asphalt bicycle path 50 yards south of Apgar Visitor Center	0.6 miles	Level Trail
MT. BROWN LOOKOUT	Sperry Trailhead across from Lake McDonald Lodge	5.4 miles	Climbs 4325'
ROCKY POINT	Fish Creek Campground lakeshore	1.1 miles	Climbs 85'
SNYDER LAKE	Sperry Trailhead across from Lake McDonald Lodge	4.4 miles	Climbs 2147'
SPERRY CHALET	Sperry Trailhead across from Lake McDonald Lodge	6.4 miles	Climbs 3432'
TRAIL OF THE CEDARS 	Across from the Avalanche Campground Ranger Station	0.2 mile loop	Level Boardwalk
TROUT LAKE	1.5 miles west on north Lake McDonald Road (1.1 miles of unpaved road)	4.2 miles	climbs 2100' then drops 2100'



Lake McDonald Trail Map

