

Mount Rainier National Park

National Park Service
U.S. Department of the Interior



Paradise Area Trails

All hiking times and distances are round-trip, unless otherwise indicated.

For your safety, always carry the 10 Essentials: a topographic map, compass, extra food, extra clothing/rain gear, emergency shelter, first aid kit, flashlight and extra batteries, sunglasses and sunscreen, pocketknife, and matches (for emergency use only—fires are not allowed in Mount Rainier's Wilderness).



Easy Trails

Nisqually Vista Trail. 1.2 miles round-trip. 200' elevation gain. Average hiking time: 45 minutes. The trailhead is located just west of the Paradise Visitor Center, at the parking lot level. Suitable for families with strollers.

The Skyline Trail to Myrtle Falls. 1 mile round-trip. 100' elevation gain. Average hiking time: 35 minutes. The trailhead is located on the north side of the upper parking lot. Suitable for wheelchairs with help, and strollers.

Moderate Trails

Dead Horse Creek Trail and Moraine Trail. 2.5 miles round-trip. 400' elevation gain. Average hiking time: 1 ¼ hours. The trailhead is located west of the Paradise Visitor Center at the parking lot level. For excellent views, continue up the Dead Horse Creek Trail to Glacier Vista and return via the Skyline Trail.

Alta Vista via the Alta Vista and Skyline Trails. 1.75 miles round-trip. 600' elevation gain. Average hiking time: 1 ¼ hours. Begin at the trailhead located behind the Paradise Visitor Center, or at the trailhead on the north side of the upper parking lot.

The Lakes Loop, via Reflection Lake. 5 miles round-trip. 1300' elevation gain. Average hiking time: 4 hours. The loop intersects the road or the Skyline Trail at several points at or near Paradise and Reflection Lakes. Consider parking at Reflection Lakes and hiking up to Paradise, then returning downhill to your vehicle.

Bench and Snow Lakes. 2.5 miles round-trip. 700' elevation gain. Average hiking time: 2 hours. The trailhead is located on the south side of the road, 1 1/2 miles east of Reflection Lakes. The trail is a succession of gradual ups and downs as it crosses a series of low ridges. The path first reaches Bench Lake after 0.75 mile, then continues another 0.5 mile to Snow Lake. The lakes may not melt out until late July and the trail may be muddy or dusty depending on the weather. This hike offers lakes, flowers, views, and sometimes wildlife.

Strenuous Trails

Pinnacle Peak. 3 miles round-trip. 1150' elevation gain. Average hiking time: 3 hours. The trailhead is located southeast of Paradise, across the road from Reflection Lakes.

Panorama Point via the Skyline Trail and the Golden Gate Trail. 4 miles round-trip. 1700' elevation gain. Average hiking time: 3 hours. The trailhead is located on the north side of the upper parking lot. Alternatively, you may take the Deadhorse Creek Trail from the west end of the Paradise Visitor Center parking lot, and intersect the Skyline Trail near Glacier Vista.

The Skyline Loop, via the High Skyline Trail. 5.5 miles round-trip. 1700' elevation gain. Average hiking time: 4 ½ hours. The trailhead is on the north side of the upper parking lot. A pit toilet at Panorama Point is available during the summer only.

Pets & bicycles are
prohibited on park trails.

MOUNT RAINIER NATIONAL PARK

Paradise Area Trails

PROTECT THE MEADOWS!

Stay on trails. Do not pick flowers.

Carry the "10 Essentials" and

Leave No Trace of your visit.

Pets are **NOT** allowed on trails.

Do not feed or approach wildlife.

Use a topographic map.

Permit required for Wilderness camping.

