

## 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.*

*Always carry the Ten Essentials: a topographic map and compass, extra food, extra clothing/rain gear, emergency shelter, first aid kit, headlamp or flashlight and spare batteries, extra water, sunglasses and sunscreen, repair kit/tools, and waterproof 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 at the northwest end of the lower parking lot. Suitable for families with strollers.

Pets & bicycles are prohibited on park trails.

**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, next to the visitor center. Suitable for wheelchairs with help, and strollers.

### Moderate Trails

**Deadhorse Creek Trail and Moraine Trail.** 2.5 miles round-trip. 400' elevation gain. Average hiking time: 1 ¾ hours. The trailhead is located at the northwest end of the lower parking lot. For excellent views, continue up the Deadhorse 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 at the entrance to the lower parking lot, or at the trailhead on the north side of the upper parking lot, next to the visitor center.

**Lakes Trail 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, 1.5 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.

### 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 and Golden Gate Trails.** 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, next to the visitor center. Alternatively, you may take the Deadhorse Creek Trail from the north end of the lower parking lot, and intersect the Skyline Trail near Glacier Vista.

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

# 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.



Trail conditions may change. Always  
 check trail conditions before hiking.

