

Cliff Nature Trail



Distance
1-mile
(1.6 km) loop

Elevation Gain
371 ft. (113 m)

Difficulty
Moderate

Total Time
45 minutes to
1 hour

Walk over marble outcrops, through the fir forests, and enjoy panoramic views of the Illinois Valley.

No Name Trail



Distance
1.3 mile
(2.1 km) loop

Elevation Gain
268 ft. (82 m)

Difficulty
Moderate

Total Time
45 minutes to 1
hour

Short but steep, you'll encounter streams, mossy cliffs, and dense forests.

Old Growth Trail



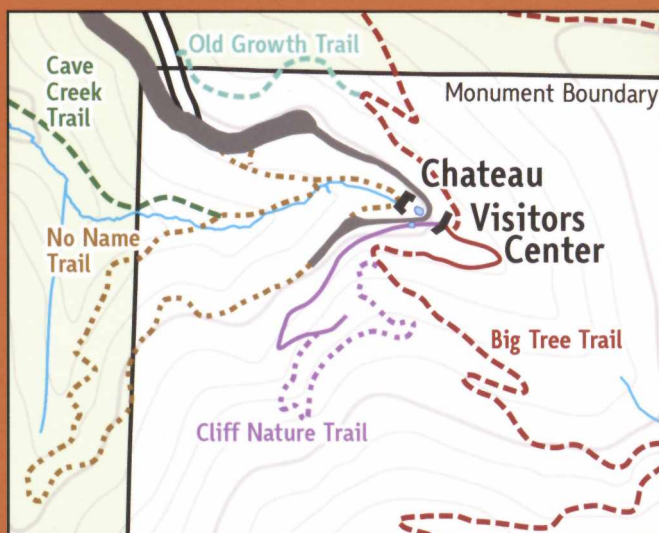
Distance
1-mile
(1.6 km)

Elevation Gain
200 ft. (60 m)

Difficulty
Moderate

Total Time
45 minutes to
1 hour

This historic trail, connecting the Visitor Center to the main parking lot, gradually climbs past oak trees, over marble outcrops, and through old growth forest.



Hiking Safely

You are about 4,000 feet (1,219 m) above sea level. For your safety, be prepared when hiking at high elevations.

- Leave No Trace. Take only pictures and leave plants, animals, and rocks for others to enjoy.
- Carry plenty of food and water.
- Respect road closures and gates.
- Stay on hard surfaces as much as possible.
- Observe all boot brush locations on the trail.
- Respect wildlife by not feeding them.
- Keep pets off trails (even when on a leash).
- Smoking in authorized paved areas only.
- Wash soils from your vehicle.



Before You Go

Check at the Visitor Center or ask a ranger for trail conditions. Tell someone about your hiking plans including routes and how long you will be.



Summer Hiking

Be cautious of overheating. If you feel hot, sit in the shade and cool off. Bring layers of clothing, sunscreen, and a hat — weather can change rapidly here.



Winter Hiking

Trails are not maintained or well marked during the winter. Carry a map and emergency supplies and equipment. Dress warmly and try to stay dry.



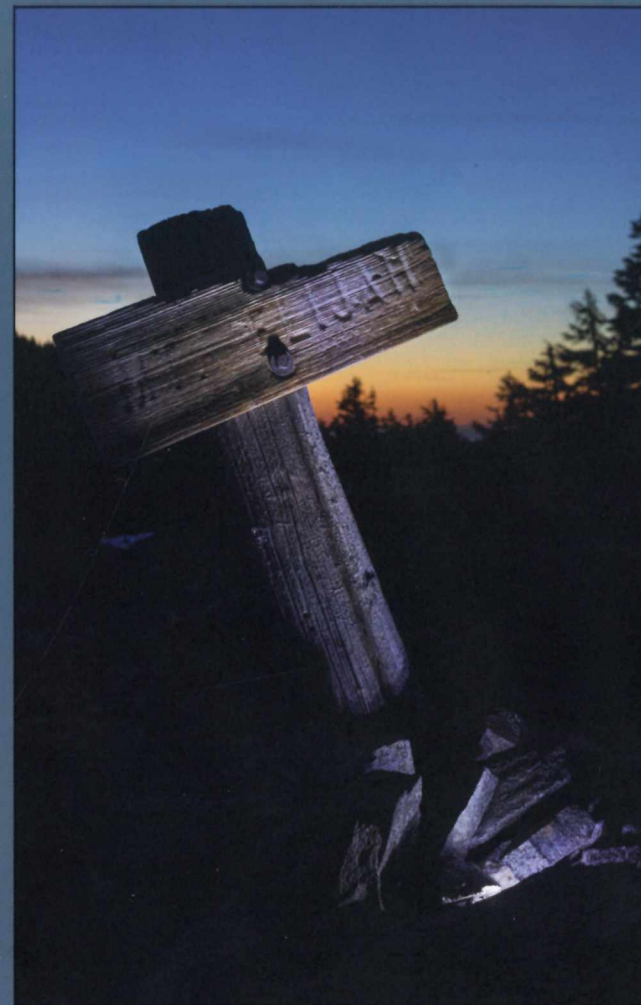
Poisonous Plants

Some plants along the trails are toxic. If you are unsure which plants or fungi are poisonous, enjoy from a safe distance.



Cedar Root Disease

A fungus carried in water and mud kills susceptible saplings within months and mature trees within two to four years. For more information visit: <http://1.usa.gov/1HDHLDU>



NPS Photo

The summit of Mt. Elijah offers incredible views of the Siskiyou Mountains.

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Oregon Caves National
Monument and Preserve

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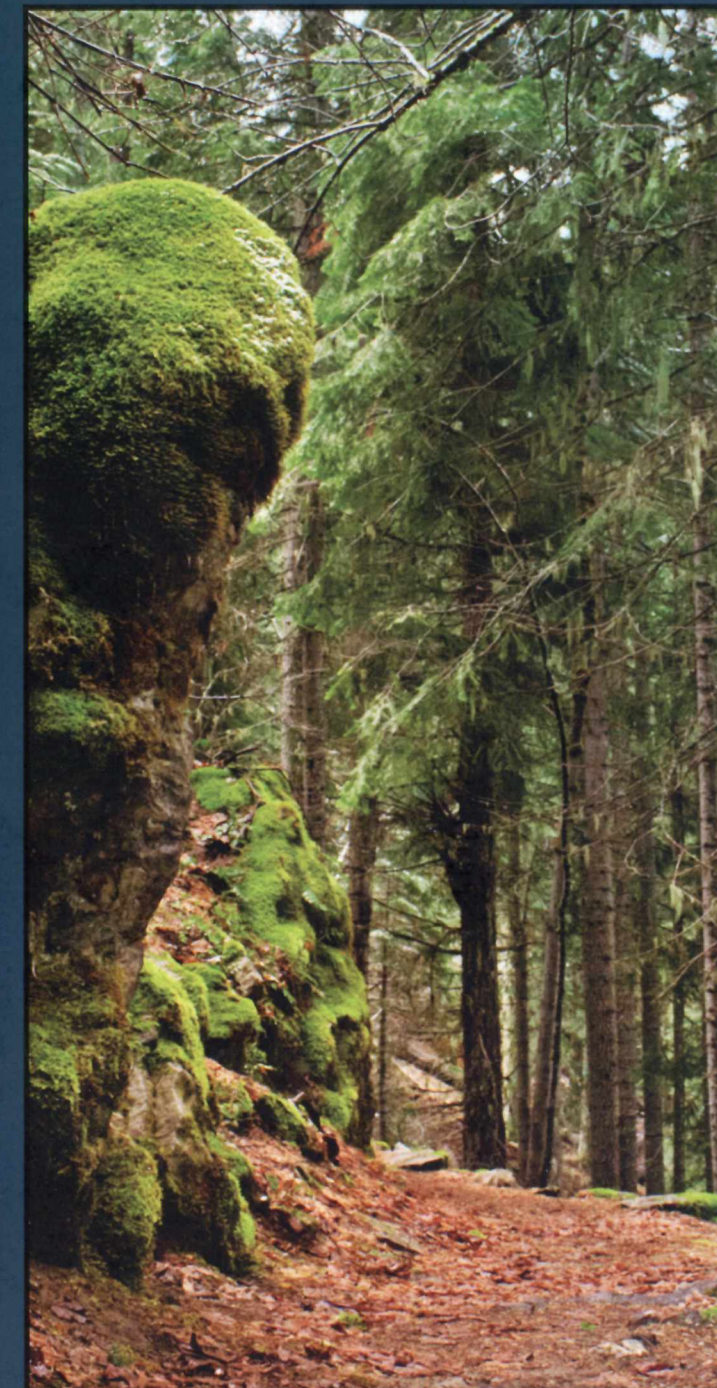
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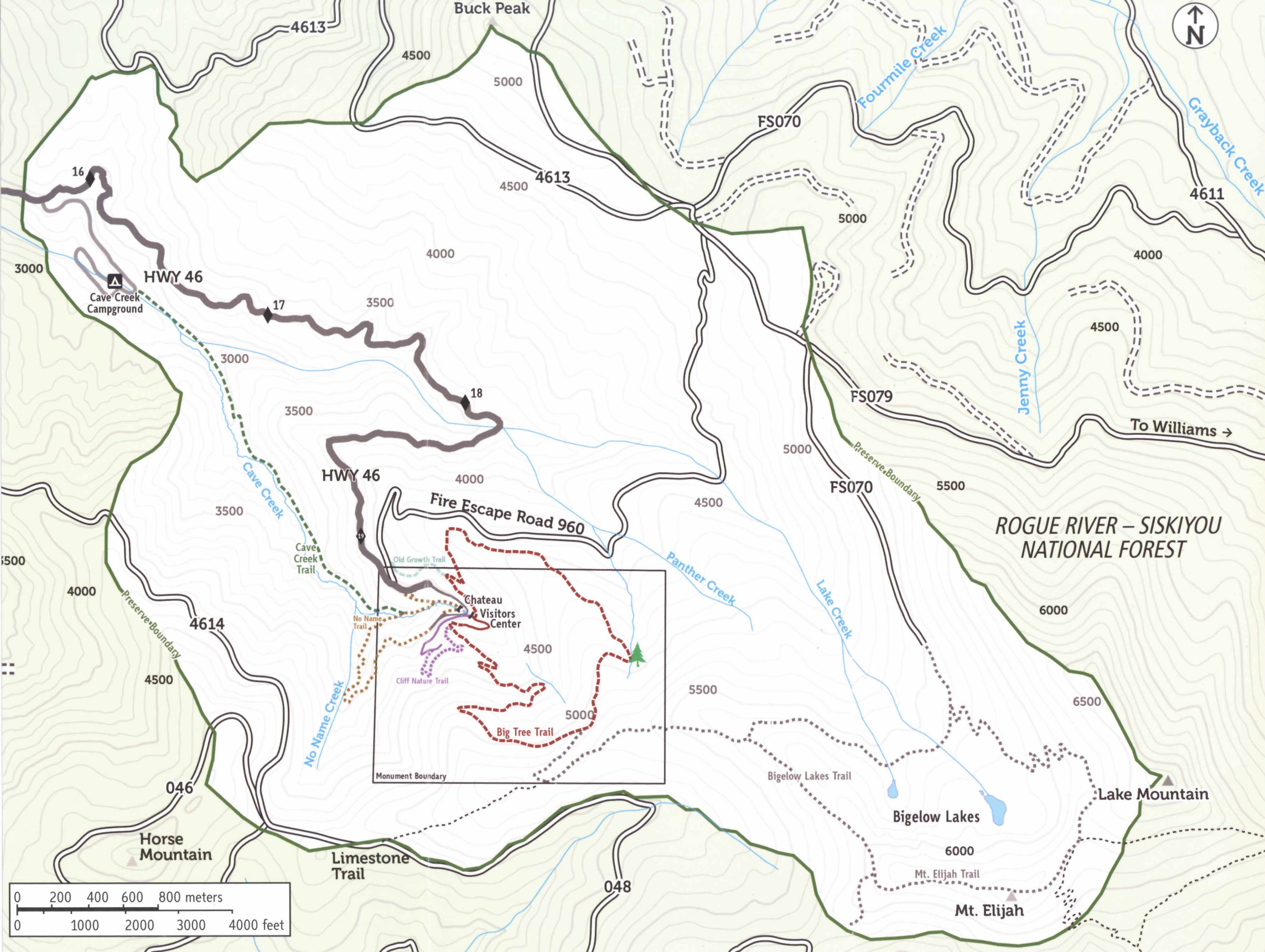


Oregon Caves
National Monument and Preserve



Hiking Guide





Big Tree Trail



Distance
3.3 miles
(5.3 km) loop

Difficulty
Strenuous

Elevation Gain
1,125 ft. (343 m)

Total Time
3 hours (loop)

2.6 miles (4.2 km) to Big Tree and back.

2.5 hours (Big Tree and back).

A steep climb takes you through mountain meadows and forests, past the widest-girthed Douglas-fir tree known to exist in Oregon.

Cave Creek Trail



Distance
3.6 miles
(5.8 km)

Difficulty
Strenuous

Elevation Gain
1,245 ft.
(379 m)

Total Time
2 to 4 hours

Wind your way down the mountain to the Cave Creek Campground. Enjoy the dense forest, splashing streams, and rock outcrops. For a 1 to 2 hour hike, consider arranging a ride to pick you at the campground. Observe any seasonal closures.

Bigelow Lakes-Mt. Elijah Loop Trail



Distance
9.2 miles
(14.8 km) loop

Difficulty
Strenuous

Elevation Gain
2,390 ft. (728 m)

Total Time
4 to 7 hours

8 miles (12.8 km) to Mt. Elijah and back

This full-day hike takes you to the top of 6,390 ft (1,948 m)

Mt. Elijah takes you past meadows and lakes. Clear days offer views of Mt. McLoughlin and Mt. Shasta.



Big Tree



Lake



Campground



Chateau



Visitors Center



Hwy Mile Marker