

## Hiking Trails in the Longmire Area

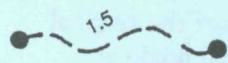


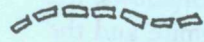
All times and distances are round trip unless otherwise noted

- Trail of Shadows Nature Trail** .5 hour; .7 mile: A short, easy self-guiding loop trail around Longmire Meadow. See the former site of the Longmire Springs Hotel. Visit a restored cabin that was part of the original Longmire settlement and is now the oldest structure in the park. A printed trail guide is available at the beginning of the trail. For your safety, do not drink the water from the springs. The Trail of the Shadows starts across the main road from the Longmire Museum.
- Rampart Ridge** 2-3 hours; 4.6 mile loop; elevation gain 1339': Beginning from the Trail of the Shadows, this steep loop trail with a variety of excellent views. To the south gaze upon Longmire and the Nisqually Valley. Mount Rainier dominates the scene to the north. To the west is Mount Wow, Tumtum Peak, and the path of the Kautz Creek Mudflow of 1947. For those with the time and energy, a larger loop may be hiked by continuing up Rampart Ridge to Van Trump Park, returning via Comet Falls and Christine Falls. Make sure to arrange transportation.
- Eagle Peak** 5 hours; 7 miles; elevation gain 2955': A steep trail through old-growth forest with great views from the peak of the Nisqually Valley, Mount Rainier, the Nisqually Glacier, and the Tatoosh Range. The trailhead is located 50 yards past the Nisqually River Suspension Bridge.
- Wonderland Trail to Paradise** 3 hours; 6 miles (one-way); elevation gain 2700': An old-growth forest hike along the Nisqually River then up the Paradise Valley to Paradise. The first 3 miles are a gentle climb, the last 3 miles are steep. The trail passes Carter, Madcap, and Narada Falls. The trail begins near the Hiker Center.
- Wonderland Trail to Indian Henry's** 4 hours; 6.5 miles (one-way from Longmire); elevation gain 2400': A strenuous hike through old-growth forest to beautiful and scenic alpine meadows. Commanding views of Mount Rainier. **Please stay on the trail to protect the fragile meadows of Indian Henry's Hunting Ground.** The trail begins near the Hiker Center.
- Carter Falls** 2 hours; 2 miles; elevation gain 500' (trail begins just before Cougar Rock Campground on road to Paradise): An easy and beautiful old-growth forest walk along the Paradise River. A wooden pipeline along part of the trail was part of a hydroelectric facility that once generated power for Longmire. Walk past Carter Falls another 50 yards to see Madcap Falls. For a longer route beyond Carter Falls see the hike listed above titled "Wonderland Trail to Paradise". The Carter Falls trailhead is located 100 yards downhill from the Cougar Rock Campground entrance.
- Christine Falls** To view Christine Falls, drive 4.5 miles uphill from Longmire and use the pull-out on the uphill side of the stone bridge. Walk down 100 feet to the vista point below the bridge for a great view of Christine Falls framed by the bridge. **For your safety, please don't walk on the bridge because drivers distracted by the scene may hit you!**
- Van Trump Park & Comet Falls** 4 hours; 5 miles; elevation gain 2200' (generally not an early season hike due to steep snow slopes): Located 4.4 miles uphill from Longmire, this steep trail passes Comet Falls (1.6 miles), the second highest falls in the park at 320'. From Van Trump Park are close-up views of Mount Rainier and, when in season, lots of wild flowers. Look for Mountain goats in late June or early July. **Please stay on the designated trail and protect the fragile meadows of Van Trump Park.**
- Mildred Point** 1.5 hours; 1.6 miles (from Van Trump Park): Mildred Point offers a fantastic view of the Kautz Glacier. Be careful when crossing Van Trump Creek. **Please stay on the trail. The meadows are fragile.**

Don't be a Meadow Stomper! Thoughtless trampling of vegetation can cause severe damage and leave scars for years to come. Help protect these delicate areas by staying on established trails. Your cooperation will make a difference.



# TRAILS AT LONGMIRE & COUGAR ROCK

-  trail mileage between points
-  campground
-  picnic area
-  Wonderland Trail

