

# Mount Rainier National Park

National Park Service  
U.S. Department of the Interior



## Ohanapecosh 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**

**Hot Springs Nature Trail.** 0.4 mile. Less than 100' elevation gain. Average hiking time: 20 minutes. A short, self-guiding loop starting behind the Ohanapecosh Visitor Center and ending in "B" loop of the campground.

**Grove of the Patriarchs.** 1.3 miles. 100' elevation change. Average hiking time: 45 minutes. Begin at the parking area northwest of the Stevens Canyon Entrance Station. Self-guiding trail signs lead you through an old growth forest with trees reaching 300' tall and 1,000 years old. *Protect the forest by staying on the trail and boardwalk.*

### **Moderate Trails**

**Silver Falls Trail(s).** Silver Falls can be accessed from three trailheads:

**(From Ohanapecosh Campground)** 2.7 miles. 300' elevation gain. Average hiking time: 90 minutes. This loop trail starts from "B" loop of the Ohanapecosh Campground. At the falls, cross the bridge and follow the signs back to the campground.

**(From Stevens Canyon Road)** 1 mile. 300' elevation change. Average hiking time: 45 minutes. Trailhead is just northwest of the Stevens Canyon Entrance Station (across the road from the trailhead for Grove of the Patriarchs).

**(From Route 123)** 0.6 mile. 300' elevation change. Average hiking time: 45 minutes. Drive 1.6 miles north from the Ohanapecosh Campground on State Route 123. Park at the pullout on the west side of the road. Hike 0.3 mile down the steep trail to the junction with the loop trail, turn right at the junction, and continue 75 yards to the falls. **Please note: Fatalities have occurred near the falls! For your safety, stay behind the fences and on the trail at all times!**

**East Side Trail.** 11.5 miles one-way. 1000' elevation change. Average hiking time: 6 hours. Although this trail extends from the Ohanapecosh Campground to Chinook Pass, day hikers often enjoy the portion of the trail just north of the Grove of the Patriarchs. Begin at the Grove of the Patriarchs parking area on the Stevens Canyon Road. At the trail junction 0.4 mile in from the parking area, go left and continue as far as you like.

### **Strenuous Trails**

**Laughingwater Creek Trail.** 12 miles round-trip to Three Lakes Camp. 2700' elevation gain. Average hiking time: 6 hours. The trailhead is located on Route 123, 50 yards past Laughingwater Creek bridge (park on the west side of road; the trail starts on the east side).

**Shriner Peak Trail** (not shown). 8.4 miles. 3434' elevation gain. Average hiking time: 6 hours. To access this trail, drive 3.5 miles north of the Stevens Canyon Road junction on Route 123 (park at the pullout on the west side of the road; the trail starts on the east side). *The trail winds up the ridge through an old burn area so be sure to bring sunscreen and plenty of water.*

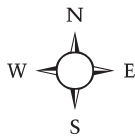
**Cowlitz Divide Trail.** 8.5 miles. 2440' elevation gain. Average hiking time: 4 hours. Access this trail via Silver Falls trail or by driving 0.6 mile west of Stevens Canyon Entrance (parking and trailhead are on the north side of the road). Trail ends one mile past Ollalie Creek Camp, at the junction with the Wonderland Trail.

Pets & bicycles are prohibited on park trails.

# MOUNT RAINIER NATIONAL PARK

## Ohanapecosh Area Trails

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.



East Side Trail  
To Deer Creek Camp 6.3  
Tipsoo Lake 10.6  
Grove of the Patriarchs  
.3  
To Highway 410  
Shriner Peak Trailhead  
Cayuse & Chinook Passes  
White River Campground  
and Sunrise

Cowlitz Divide Trail  
To Olallie Creek Camp 2.6  
Wonderland Trail 4.0

Laughingwater Creek Trail  
Stevens Canyon Entrance  
Silver Falls  
To Three Lakes Camp 6.0  
Pacific Crest Trail 7.3

Silver Falls Loop Trail  
Ohanapecosh River  
Silver Falls Loop Trail

Ohanapecosh Campground  
Amphitheater  
Visitor Center  
Ranger Station  
Hot Springs Nature Trail

To Box Canyon  
Reflection Lakes  
Paradise

To Highway 12  
Packwood & White Pass

*Trail conditions can change. Always check trail conditions before hiking.*

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