



Bigleaf maple

SEQUOIA NATURAL HISTORY ASSOCIATION

The Sequoia Natural History Association (SNHA) is a non-profit educational organization working in cooperation with the National Park Service to support education and scientific research in Sequoia and Kings Canyon National Parks and Devils Postpile National Monument. Since 1940 SNHA has provided quality educational programs and over \$1.5 million in aid to our national parks! Join SNHA today — Call (559) 565-3759 or stop by a park visitor center and ask for a membership brochure.

Visit our website at www.sequoiahistory.org.

MEMBER BENEFITS:

- A 15% discount on publications in Sequoia, Kings Canyon and Devils Postpile visitor centers
- Special "members only" sales
- A 10% - 20% discount at most other national park visitor centers in the United States
- Discounts on SNHA field seminars
- A 50% discount on regular Crystal Cave tours
- Seasonal copies of the park newspaper
- Biannual membership newsletter
- An invitation to our annual picnic
- The knowledge that you are supporting three of our most beautiful national park sites

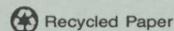
WHAT WE DO:

- Sell books, maps and educational materials
- Fund the printing of publications including the park newspaper
- Provide tours of beautiful Crystal Cave
- Provide educational outreach programs
- Purchase teaching supplies and equipment for ranger programs
- Operate the historic Pear Lake Ski Hut
- Fund educational exhibits and research projects
- Offer field seminar courses

Map designed and prepared by Eureka Cartography
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NATIONAL PARK SERVICE

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CEDAR GROVE

TRAIL MAP & GUIDE

Kings Canyon National Park

TRAILS OF CEDAR GROVE

Many opportunities to relax and enjoy the quiet atmosphere of mountains and wilderness are open to you if you will walk a few of the many miles of trails in the vicinity of Cedar Grove. By hiking these pathways, magnificent views of the valley and Sierra crest can be yours, as well as a better chance to see wildlife in its natural habitat.

The trails in Cedar Grove vary from short, easy walks to strenuous hikes which should be taken only with careful planning. For the average person, a rough estimate of hiking time can be made by allowing one hour for every two miles on level ground, or for every thousand feet gain in elevation. But don't forget — easy does it! Accustom yourself to this new environment, including the heat and altitude, before you tackle the longer walks.

The trails described in this pamphlet are day hikes. For information, literature, and maps on overnight or longer hikes into the high country, stop by the Cedar Grove Visitor Center. Wilderness permits are required for all overnight trips into the backcountry; they may be obtained at the Road's End Permit Station or the Cedar Grove Visitor Center.

Throughout the summer, ranger-naturalists conduct walks to points of interest in the valley. Schedules giving meeting places, times, and other information are found on the bulletin boards throughout Cedar Grove.

Make your visit to Cedar Grove safe and enjoyable by following these few brief rules:

1. Avoid taking short cuts on switchbacks. Keeping on the trail is safer, easier and saves trail maintenance.

2. Pets, wheeled vehicles and weapons are not permitted on park trails.
3. Smoking while traveling is not permitted. Stop and smoke in a safe place. Pack out matches and butts.
4. Pack and saddle stock have the right of way. When you meet them, step off the lower side of the trail, stand still, and speak quietly to the group. If the trail is too narrow and steep, walk back to a wider spot.
5. Specimens of plants, minerals, animal life, or other natural or historic objects may not be removed from any National Park area. Please leave for others to enjoy.

As you leave the noises of civilization behind, think about what the early naturalist John Muir wrote many years ago. "Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves."

Natural areas have inherent risks. Learn to avoid and respond to them, such as:

- Drowning often occurs from accidental falls into the water.
- When storms threaten, seek lower ground immediately. If you are in a treeless area and cannot get to a safer place, sit on a poncho or pad and clasp your hands around your knees.
- Carry a map and compass.
- Watch for rattlesnakes where you step or put your hands.
- Wild animals may be encountered on the trails. Please remember this is their home; respect them and keep your distance.

LEWIS CREEK TRAIL — Frypan Meadow

Distance: 11 miles round trip, 6-8 hours.
Climb: 3,200 feet.

Type of walk: Steep and strenuous.
Trail characteristics: Hot and dry; carry water.

Starting point: Lewis Creek trailhead — on main road two miles west of Cedar Grove Village junction.

This trail climbs quickly through an area that was burned by a wildfire in 1980. Chaparral vegetation requires periodic fires and the new growth on manzanita and other shrubs shows how quickly this plant community recovers. Wildflowers thrive in the years after a fire, as well. Notice Indian paintbrush, lupine, and many other herbaceous plants. The trail meets the Hotel Creek trail at 1.3 miles and continues upward along the Lewis Creek drainage. Another mile and a half brings you to Combs Creek. At the 4-mile marker, the trail crosses Lewis Creek. Frypan Meadow, at 7,800 feet, filled with wildflowers during July and August, is a final one and a half miles ahead. Leopard lilies, shooting stars, violets and many others abound.



**HOTEL CREEK TRAIL —
Overlook and Hotel-Lewis
Creek Loop**

Distance: Overlook, 5 miles round trip;
3-4 hours. Hotel-Lewis Creek Loop,
8 miles, 5 hours.

Climb: 1,200 feet to the overlook.

Type of walk: Strenuous and steep.

Trail characteristics: Hot and dry; carry
water.

Starting point: ¼ mile north of the
Lodge at the Pack Station road junction.

The trail begins at the base of the north
canyon wall. A short distance up the
trail through a shady forest of pine and
black oak is a cool cascade on Hotel
Creek. From this point, the trail ascends
quickly up a series of switchbacks,
climbing 1,200 feet in about two miles.
Shrubs and many wildflowers bloom
along the trail in spring and early
summer. Manzanita, silk tassel, canyon
live oak, lupine, balsamroot, Indian
paintbrush and others can be found
among the plants of the chaparral
community on this south-facing slope.
The cool of the morning is the best time
to hike this trail. Listen for some of the
rich birdlife, including canyon wren,
wrentit, and white-throated swifts as you
pause to catch your breath. At the top of
the ridge, a short trail leads to the
overlook, affording grand views up and
down Kings Canyon. Continuing along
the main trail it is an easy walk through
an open, yellow pine forest with fields of
lupine and mountain misery, to the
Lewis Creek trail junction. Turn left and
return downhill about a mile and a half
to the road. Walk along the trail above
the road back to the parking area.



**DON CECIL TRAIL — Sheep
Creek Cascade, Lookout Peak**

The Don Cecil Trail climbs the relatively
cool north-facing slope of the canyon.
This historic trail was the major access
route to Cedar Grove prior to the
completion of Highway 180 in 1939.

SHEEP CREEK CASCADE

Distance: 2 miles round trip, 1½ hours.
Climb: 600 feet.

Type of walk: Moderately strenuous.

Trail characteristics: Hot and dry; carry
water.

Starting point: Don Cecil trailhead, ¼ mile
east of the Village road junction.

LOOKOUT PEAK

Distance: 13 miles round trip, 6-8 hours.
Climb: 3,900 feet.

Type of walk: Steep and strenuous.

Trail characteristics: Hot and dry; carry
water.

Starting point: Don Cecil trailhead, ¼ mile
east of the Village road junction.

The trail to Sheep Creek and Lookout
Peak passes through a forest of
ponderosa pine, incense cedar, white fir
and black oak. Mountain misery or bear
clover, a small shrub with white flowers
and fern-like leaves, is the ground cover
in large open areas. Before you arrive at
Sheep Creek, named by early
sheepherders, look back to the north at
the 11,000 foot Monarch Divide. This
ridge separates drainage areas for the
Middle Fork and the South Fork of the
Kings River. At the bridge crossing Sheep
Creek, relax and enjoy the coolness of
this small canyon. Sheep Creek is the
water supply for Cedar Grove. Please
help keep it clean and free from
contamination. The trail continues 5 miles
ahead to Lookout Peak. Some of the best
views of the Cedar Grove area and the
Sierra crest can be seen from this peak.
Summit Meadow, just outside the park
boundary, presents a fine wildflower
display during the summer.

**RIVER TRAIL — Roaring River
Falls, River Trail**

The River Trail offers opportunity for some
relaxing strolls along the South Fork of the
Kings River. Deep forest groves and high cliff
walls await those seeking solitude and
meditation.

ROARING RIVER FALLS

Distance: .4 mile round trip, 20 minutes.
Climb: 40 feet.

Type of walk: Easy.

Trail characteristics: Paved, open forest
path to falls overlook.

Starting point: Roaring River Falls
parking area.

The short hike to the falls is one of the most
attractive in the valley. From the view point,
only the lower third of the falls, less than a
height of 80 feet is visible. During years of
heavy runoff the river comes through the
gorge and over the falls with a tremendous
roar. Even during dry years the falls are
impressive. There is no trail access beyond
this point.

RIVER TRAIL

Distance: 3 miles round trip, 2-3 hours.
Climb: 50 feet.

Type of walk: Moderate.

Trail characteristics: Open shady forest
along the river.

Starting point: Roaring River Falls
parking area.

The river trail to beautiful Zumwalt Meadow
leads off to your left just before reaching the
falls view point. Early travelers used this trail
to reach the upper end of the valley. Along it
you will find a wide variety of trees and
shrubs including oak, willow, cottonwood,
alder, pine, fir, incense-cedar, mountain
misery, manzanita and a few dry area
flowering plants. If you have not arranged to
have someone meet you at Zumwalt Meadow
parking area, retrace your steps for
considerably different views. The main trail
continues up the canyon and through
Zumwalt Meadow to Roads End, about 1½
miles to the Roads End parking area.

ZUMWALT MEADOW TRAIL

Distance: Meadow loop, 1½ miles, 1 hour.
Climb: 50 feet.

Type of walk: Easy.

Trail characteristics: Scenic open forest
and meadow.

Starting point: Zumwalt Meadow parking
area.

Self-guiding trail: Purchase brochure at
trailhead.

From the parking lot it is only a short
distance downstream to the riverbank
where you first glimpse Zumwalt Meadow.
D. K. Zumwalt, a Southern Pacific
Railroad Company attorney, was
instrumental in having this land set aside
as a forest reserve in the early 1900s.
After an easy walk along the river you
soon reach a suspension bridge built at
this site. Up canyon, beyond the river and
meadow, Glacier Monument rises to a
height of 11,165 feet. Cross the bridge
and turn left. Soon the forest will be left
behind as the trail climbs onto the talus
slope above the meadow. The rocky trail,
similar to many high Sierra trails, rises
high enough for good views of meadow,
river and cliffs. Below you, along the
meadow margin big-leaf maple, cattails
and creek dogwood can be found. A
return trail loops around the meadow,
skirting the river back to the bridge. The
main trail continues up the canyon for 1½
miles to the Roads End parking area.

**COPPER CREEK TRAIL —
Lower Tent Meadow**

Distance: 7 miles round trip, 4-6 hours.
Climb: 2,800 feet.

Type of walk: Steep and strenuous.

Trail characteristics: Hot and dry; carry
water.

Starting point: Roads End, long-term
parking area.

This trail, one of the most strenuous in
the Cedar Grove area, leads to the
northern portions of the Kings Canyon
back country. By a series of switchbacks,

it climbs steeply up a dry south-facing
slope, covered with manzanita and
mountain mahogany. Good views of the
glaciated Kings Canyon, Bubbs Creek
Canyon and Zumwalt Meadow may be
seen after hiking .5 to 1 mile. Many
good campsites are available at Lower
Tent Meadow for backpackers heading
into the superb high country of the
Monarch Divide north of the meadow.

**PARADISE VALLEY/BUBBS
CREEK TRAIL —**

**Kanawyer Loop, Bubbs Creek, and
Mist Falls/Paradise Valley**

This sandy trail follows the South Fork of
the Kings River up canyon before
branching north and east at the Bubbs
Creek bridge.

KANAWYER LOOP TRAIL

Distance: 4.5 miles round trip, 2 hours.
Climb: 40 feet.

Type of walk: Easy.

Trail characteristics: Hot and dry, partial
shade; carry water.

Starting point: Roads End permit station

This trail is named for the pioneering
family that established a pack station and
trail camp near Roads End. The
Kanawyer's guided many travelers
through the High Sierra, spending their
time with the likes of John Muir and the
Sierra Club, helping lay the groundwork
for early preservation efforts in the Kings
Canyon area.

The trail leaves the Roads End permit
station and proceeds 2 miles to the
Bubbs Creek bridge. Cross the bridge
and follow the trail signs west, towards
the Roads Ends parking area.

BUBBS CREEK TRAIL

Distance: 8 miles round trip, 5 hours.
Climb: 1200 feet.

Type of walk: Strenuous and steep.

Trail characteristics: Hot and dry; carry
water.

Starting point: Roads End permit station.

This trail leaves the Roads End permit
station and proceeds 2 miles to the
Bubbs Creek bridge. Cross the bridge
and follow the left hand path up a series
of switchbacks 2 miles to Sphinx Creek
Junction. As you ascend the switchbacks
be sure to look behind you where
spectacular views of Paradise Valley and
Cedar Grove await you.

MIST FALLS/PARADISE VALLEY

Distance: Mist Falls, 8 miles round trip,
3-5 hours. Paradise Valley, 14 miles
round trip, 6-8 hours.

Climb: Mist Falls, 600 feet; Paradise
Valley, 1,500 feet.

Type of walk: Moderately strenuous.

Trail Characteristics: Hot and dry; carry
water.

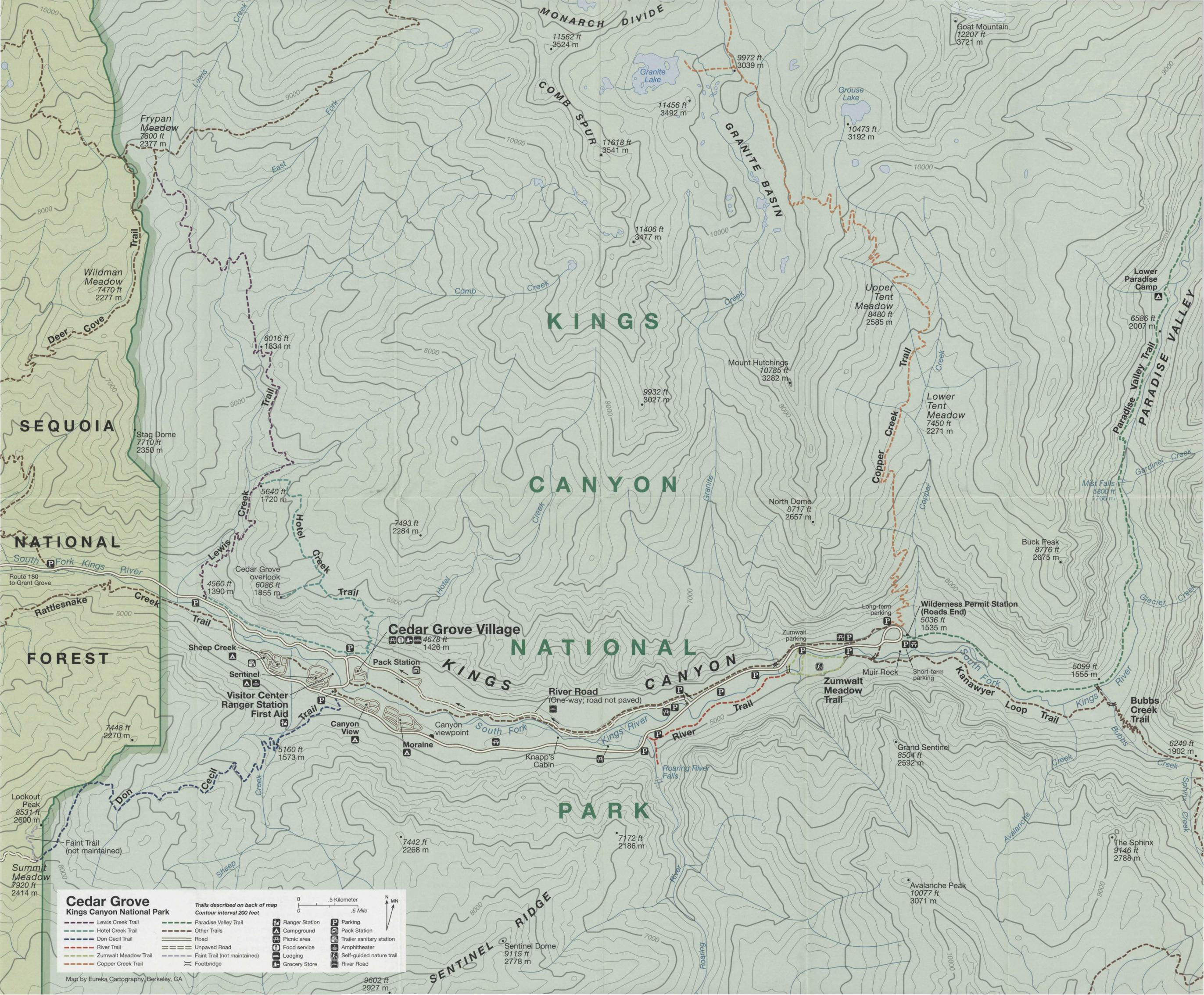
Starting point: Roads End permit station.

The Mist Falls-Paradise Valley trail is one
of the most popular in Kings Canyon
National Park. Each summer thousands
of backpackers travel this route to reach
the high country.

At the Bubbs Creek bridge, continue
straight ahead. As the trail begins to
climb, look for the many small cascades
and waterfalls on the Glacier and
Gardiner Creeks across the canyon. In 2
miles, Mist Falls is reached.

CAUTION — Slippery rocks — While the
flow of water over the Falls is at its peak
in July, wet, slippery rocks are common
all summer.

Beyond the falls the trail continues up
some switchbacks another 3 miles to
Paradise Valley. Paradise Valley is a 3
mile long valley widened by glaciers that
passed through this area thousands of
years ago. Before heading back to Cedar
Grove, be sure to take the time to enjoy
the solitude of this aptly named valley.



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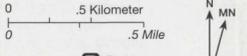
Cedar Grove

Kings Canyon National Park

- Lewis Creek Trail
- Hotel Creek Trail
- Don Cecil Trail
- River Trail
- Zumwalt Meadow Trail
- Copper Creek Trail
- Paradise Valley Trail
- Other Trails
- Road
- Unpaved Road
- Faint Trail (not maintained)
- Footbridge

Trails described on back of map
Contour interval 200 feet

- Ranger Station
- Campground
- Picnic area
- Food service
- Lodging
- Grocery Store
- Parking
- Pack Station
- Trailer sanitary station
- Amphitheater
- Self-guided nature trail
- River Road



Map by Eureka Cartography, Berkeley, CA