

Grand Teton

John D. Rockefeller, Jr., Memorial Parkway

National Park
P.O. Drawer 170
Moose, Wyoming 83012
307 739-3300

Day Hikes



For your safety

- This is bear country. Make bears aware of your presence and avoid surprising them by making loud noises like shouting or singing.
- Carry drinking water.
- High elevation may cause breathing difficulties; pace yourself.
- Snow melts gradually, leaving valley trails by mid-June, canyon trails by late July. Be careful crossing snowfields and streams.
- Be prepared for rapid weather changes; bring rain gear and extra clothing.
- Tell someone where you are going and when you expect to return.
- Solo hiking and off-trail hiking are not recommended.
- Check with a ranger for up-to-date information on trail conditions.

Backcountry Regulations

- Pets, weapons, bicycles or vehicles are **not** allowed on trails or in the backcountry.
- All overnight camping requires a free permit.
- Carry out all your garbage.
- Hike on established trails to prevent erosion.
- Horses have the right-of-way. Step off the trail and remain quiet while horses pass.

- Respect wildlife: Observe and photograph from a safe distance. Do not approach or feed animals.
- Backcountry sanitation: To prevent contamination of waterways, bury feces in a hole 6-8 inches deep at least 200 feet from streams and lakes. Pack out used toilet paper, tampons, sanitary napkins and diapers in sealed plastic bags. Do not bury or burn them.

Avoid Crowds

During July and August, trailhead parking areas fill early in the day, especially at South Jenny Lake, String Lake, Lupine Meadows, Death Canyon and Granite Canyon. Parking on natural vegetation results in permanent damage to plants; violators will be ticketed. In paved parking lots, parking illegally will also result in a ticket. An early start for your hike will avoid parking problems.

1 Flagg Ranch

Polecat Creek Loop Trail 2.5 mi. roundtrip, 2 hours. EASY. West side of level loop follows ridge above Polecat Creek marsh, habitat for waterfowl and other wildlife. Rest of trail traverses mature conifer forests. Leaflets available at visitor centers.

Flagg Canyon 5.0 mi. roundtrip, 3–4 hours, 40 ft. elevation change. EASY. Access is from the east side of Polecat Creek Loop Trail. Flagg Canyon Trail provides spectacular views of the Snake River as it flows through a rugged canyon of volcanic rock.

2 Colter Bay

Lakeshore Trail

2.0 mi. roundtrip, 2 hours. EASY. Level Lakeshore Trail follows east and north shoreline of Colter Bay then follows perimeter of a forested peninsula jutting into Jackson Lake, providing views of the northern part of the Teton Range.

Hermitage Point Trail

Heron Pond & Swan Lake 3.0 mi. roundtrip, 2 hours, 40 ft. elevation change. EASY. Follow mostly level trail to both ponds to see waterfowl and occasionally other wildlife. Self-guiding trail—maps available at trailhead; leaflets available at visitor centers.

Hermitage Point 8.8 mi. roundtrip, 4 hours, 100 ft. elevation change. EASY. Forests, meadows, ponds and streams along trail provide wildlife habitat. Terrain is gently rolling.

3 Jackson Lake Lodge

Lunchtree Hill 0.5 mi. roundtrip, 1/2 hour, 80 ft. elevation change. EASY. Short trail with interpretive signs leads to top of hill overlooking Willow Flats and Teton Range.

4 Two Ocean Lake

Two Ocean Lake 6.4 mi. roundtrip, 3 hours, 80 ft. elevation change. MODERATE. Trail traverses conifer forests along the south shore and aspen groves and meadows along the north shore of Two Ocean Lake.

Emma Matilda Lake 9.1 mi. roundtrip, 5 hours, 440 ft. elevation change. MODERATE. Trail follows densely forested southern shore of Emma Matilda Lake and open forests of northern shore providing views of the Teton Range.

Two Ocean & Emma Matilda Lakes 12.9 mi. roundtrip, 7 hours, 710 ft. elevation change. MODERATE. Trail follows north shore of Two Ocean Lake, climbs to Grand View Point for a panoramic view, then follows south shore of Emma Matilda Lake.

5 Leigh Lake

Leigh Lake 2.0 mi. roundtrip, 1 hour, 40 ft. elevation change. EASY

Bearpaw Lake 7.4 mi. roundtrip, 4 hours, 40 ft. elevation change. EASY. Trail follows forested shore of Leigh Lake, providing close views of Mount Moran.

6 String Lake

String Lake 3.3 mi. roundtrip, 3 hours, 120 ft. elevation change. EASY. Trail circles String Lake, traversing the lakeshore below Rockchuck Peak and Mt. St. John.

Paintbrush Canyon

Holly Lake 12.4 mi. roundtrip, 8 hours, 2535 ft. elevation change. STRENUOUS. Follow Paintbrush Canyon trail through seasonally abundant wildflowers.

Paintbrush-Cascade Loop 19.2 mi. roundtrip, 14 hours, 3845 ft. elevation change. VERY STRENUOUS. Hike up Paintbrush Canyon, over Paintbrush Divide and down Cascade Canyon. An ice axe may be necessary until August.

7 Cascade Canyon

Jenny Lake Loop 6.6 mi. roundtrip, 4 hours, 100 ft. elevation change. EASY. Mostly level trail skirts shoreline, with views of the Teton Range from the east shore.

Cascade Canyon

Self-guiding trail—maps available at trailhead; leaflets available at visitor centers.

Hidden Falls 5.0 mi. roundtrip, 3 hours, 150 ft. elevation change; via shuttle boat (fee charged): 1.0 mile, 1 1/2 hour, 150 ft. elevation change. MODERATE. Popular trail follows Jenny Lake's south shore, then climbs to view of 200-foot cascade.

Inspiration Point 5.8 mi. roundtrip, 4 hours, 417 ft. elevation change. Via shuttle boat (fee charged): 2.2 mi. roundtrip, 2 1/2 hours, 417 ft. elevation change. MODERATE – STRENUOUS. Follow trail to Hidden Falls, then continue up to Inspiration Point overlooking Jenny Lake and Jackson Hole.

Forks of Cascade Canyon 13.0 mi. roundtrip, 7 hours, 1057 ft. elevation change. Via shuttle boat (fee charged): 9.0 mi. roundtrip, 5 hours, 1057 ft. elevation change. MODERATE – STRENUOUS. Popular trail leads into Cascade Canyon with views of the Grand Teton, Mt. Owen and Teewinot.

Lake Solitude 18.4 mi. roundtrip, 10 hours, 2252 ft. elevation change. Via shuttle boat (fee charged): 14.4 mi. roundtrip, 8 hours, 2252 ft. elevation change. STRENUOUS. Follow popular Cascade Canyon trail. North Fork leads to Lake Solitude and views of the Grand Teton and Mt. Owen.

South Fork of Cascade Canyon 23.2 mi. roundtrip, 12 hours, 3589 ft. elevation change. Via shuttle boat (fee charged): 19.2 mi. roundtrip, 11 hours, 3589 ft. elevation change. STRENUOUS. Follow popular Cascade Canyon trail. South Fork leads to Hurricane Pass and close views of Schoolroom Glacier.

8 Lupine Meadows

Amphitheater and Surprise Lakes 9.6 mi. roundtrip, 8 hours, 2958 ft. elevation change. STRENUOUS. Climb up to glacial lakes surrounded by subalpine meadows. Horses not allowed.

Garnet Canyon 8.2 mi. roundtrip, 7 hours, 2160 ft. elevation change. STRENUOUS. Trail leads to the mouth of Garnet Canyon. Horses not allowed.

9 Taggart Lake

Self-guiding trail—leaflets available at trailhead and visitor centers.

Taggart Lake 3.2 mi. roundtrip, 2 hours, 277 ft. elevation change. MODERATE. Trail traverses area burned in 1985 to reach Taggart Lake.

Bradley Lake 4.0 mi. roundtrip, 3 hours, 397 ft. elevation change. MODERATE. Trail climbs up through area burned in 1985, then down glacial moraine to Bradley Lake.

Taggart Lake-Beaver Creek 4.0 mi. roundtrip, 3 hours, 277 ft. elevation change. MODERATE. Trail traverses area burned in 1985 and climbs glacial moraines surrounding Taggart Lake.

10 Chapel of the Transfiguration

Menor's Ferry 0.5 mi. roundtrip, 1/2 hour, 10 ft. elevation change. EASY. See late nineteenth century buildings located on the scenic Snake River. Self-guiding trail—maps available at trailhead; leaflets available at visitor centers.

11 Death Canyon

Phelps Lake Overlook 1.8 mi. roundtrip, 2 hours, 420 ft. elevation change. MODERATE. Trail climbs glacial moraine to overlook Phelps Lake.

Phelps Lake 4.0 mi. roundtrip, 4 hours, 987 ft. elevation change. STRENUOUS. Trail first climbs to overlook, then descends to Phelps Lake. Return involves steep hike up to overlook.

Death Canyon-Static Peak Trail Junction 7.6 mi. roundtrip, 6 hours, 1061 ft. elevation change. STRENUOUS. Trail climbs up and then down to Phelps Lake, followed by a climb up into Death Canyon.

Static Peak Divide 15.6 mi. roundtrip, 10 hr., 4020 ft. elevation change. VERY STRENUOUS. Numerous switchbacks climb through whitebark pine forest to impressive views of the Teton Range and Jackson Hole. An ice axe may be necessary until August.

12 Granite Canyon

Marion Lake 20.8 mi. roundtrip, 12 hours, 2880 ft. elevation change. STRENUOUS. Follow Granite Creek to subalpine meadows around Marion Lake.

13 Top of the Tram

Fee charged for tram. Visitors are allowed to hike trails leading from the Tram after snow has melted sufficiently to allow safe travel.

Marion Lake 11.8 mi. roundtrip, 7 hours, 1206 ft. elevation change. MODERATELY STRENUOUS. Hike through alpine and subalpine terrain to Marion Lake and return to the Tram.

Granite Canyon 12.4 mi. roundtrip, 7 hours, 4135 ft. elevation change (downhill). MODERATE. Start at the top and hike down from alpine meadows to sagebrush, ending at Teton Village.

14 Cunningham Cabin

Cunningham Cabin 0.75 mi. roundtrip, 1 hour, 20 ft. elevation change. EASY. Follow short trail to see early Jackson Hole homestead. Self-guiding trail—leaflets available at trailhead and at visitor centers.

15 Teton Canyon

Targhee National Forest

Table Mountain 11.0 mi. roundtrip, 7 hours, 4151 ft. elevation change. STRENUOUS. Steep trail follows Teton Creek and ends 0.5 mi. below the summit. Ascend summit by scrambling up talus slope.