

# Grand Teton

## Day Hike and Lakeshore Maps

National Park Service  
U.S. Department of the Interior

Grand Teton National Park  
John D. Rockefeller, Jr.  
Memorial Parkway



### For Your Safety

- **BE BEAR AWARE!** Avoid surprising bears by making noise—call out and clap your hands at regular intervals. Bear bells are not sufficient.
- The use of personal audio devices is strongly discouraged.
- Carry bear spray and know how to use it. Guard against accidental discharge.
- Proper food storage is required. Ask a ranger for more information.
- Carry drinking water.
- Be prepared for rapid weather changes; bring rain gear and extra clothing. Avoid wearing cotton.
- High elevation may cause breathing difficulties; pace yourself.
- Snow melts gradually, leaving valley trails by mid-June, mountain trails and passes by late July. Be careful crossing snowfields and streams.
- Tell someone where you are going and when you expect to return.
- Solo hiking, off-trail hiking, and trail running are not recommended.
- Check with a ranger for up-to-date information on trail conditions, and closures.

### Backcountry Regulations

- Respect wildlife. Do not approach or feed animals. Observe them from a safe distance—100 yards from bears and wolves, and 25 yards from all other wildlife! If an animal reacts to your presence you are too close.
- All overnight camping in the backcountry requires a permit.
- Carry out all your garbage.
- Hike on established trails to prevent erosion.
- Stock has the right-of-way. Step off the trail on the uphill side and wait quietly while stock passes.
- Pets, bicycles and vehicles are not allowed on trails or in the backcountry.
- Backcountry sanitation: To prevent waterway contamination, bury human waste in a hole 6–8 inches deep at least 200 feet from water. Pack out used toilet paper, tampons, sanitary napkins and diapers in sealed plastic bags. Do not bury or burn any materials. Special rules apply in Garnet Canyon.

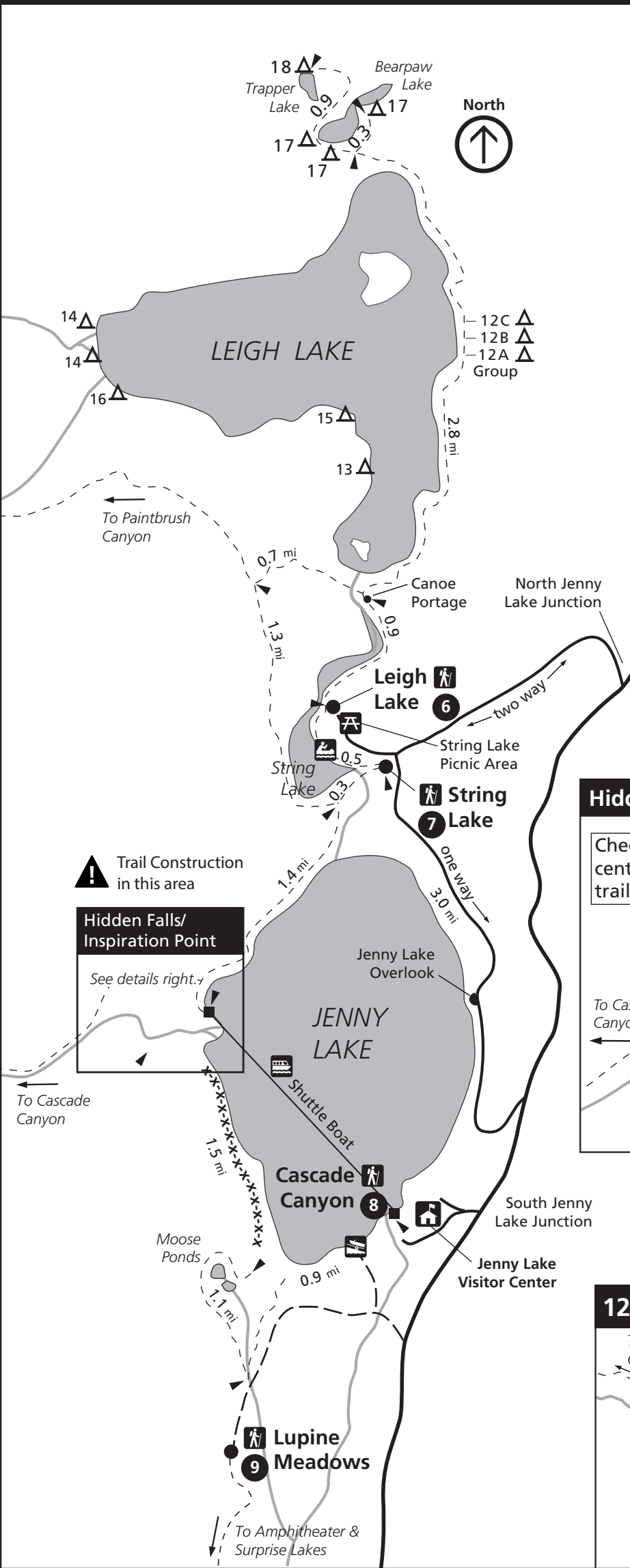
### Parking Tips

- During July and August most trailhead parking areas fill early in the day. Be flexible; plan for alternate hikes.
- Start your hike early to minimize parking problems.
- Parking on natural vegetation may result in permanent damage or may start a fire. Obey posted parking regulations.
- The Moose-Wilson Road is closed to vehicles over 23.3 feet long including all RVs and trailers. These regulations limit access to the Laurance S. Rockefeller Preserve, Death Canyon and Granite Canyon trailheads.
- Parking at the Laurance S. Rockefeller Preserve is limited to only 50 vehicles. No parking is allowed along the road.

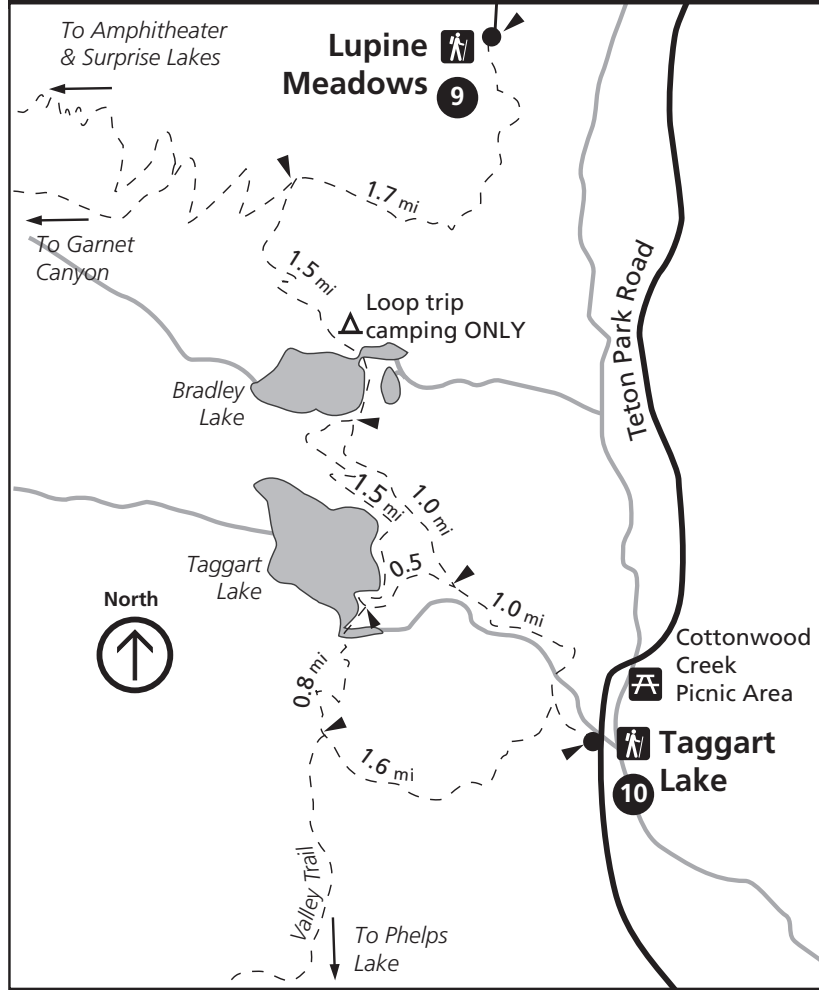


# Southern Lakeshore Trails

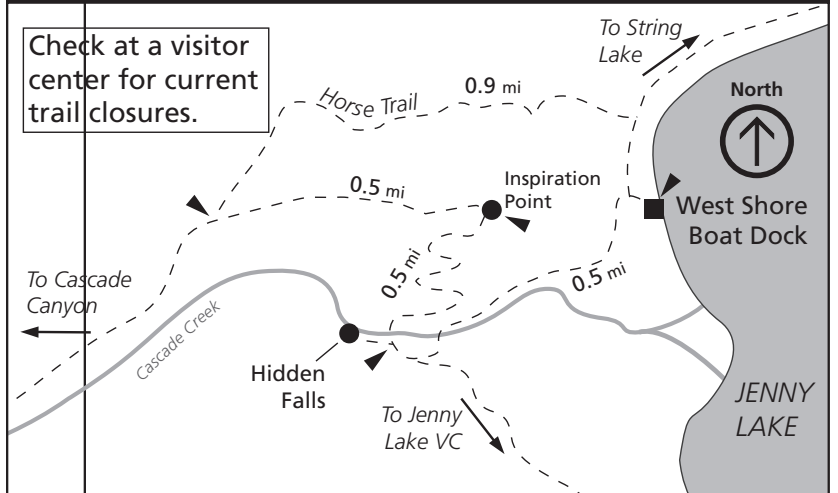
## 6-9 Leigh, String & Jenny Lakes



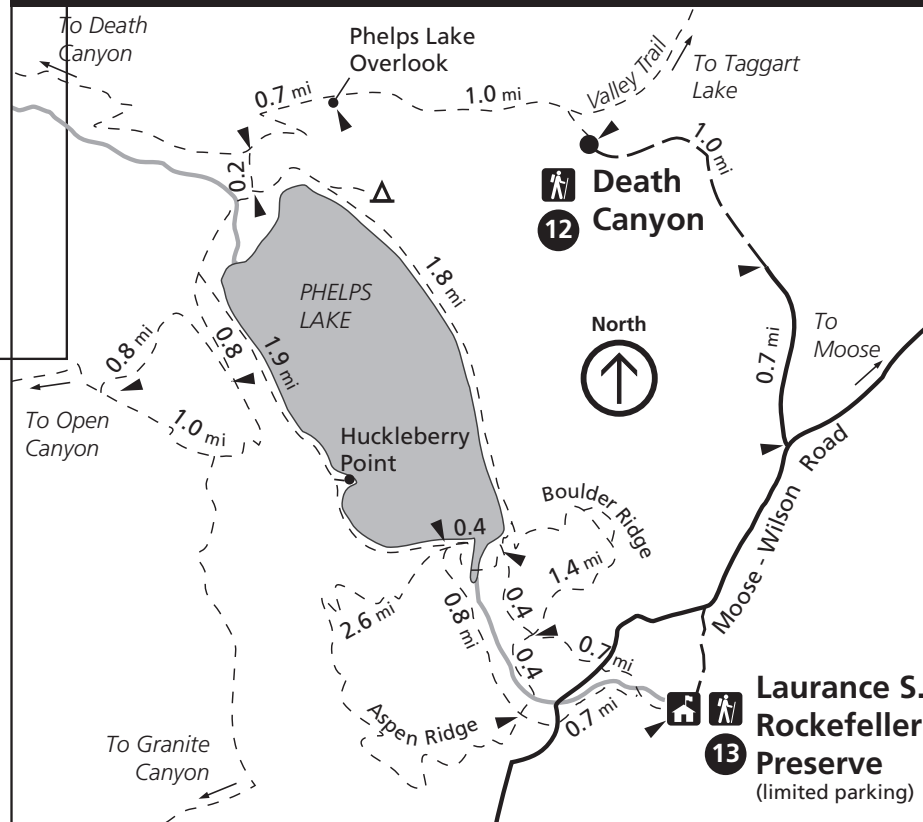
## 9 & 10 Bradley & Taggart Lakes



## Hidden Falls & Inspiration Point



## 12 & 13 Phelps Lake



### Legend

- |              |                       |                      |
|--------------|-----------------------|----------------------|
| Trail        | Trailhead             | Boat Launch          |
| CLOSED Trail | Trailhead Reference # | Non-motorized Launch |
| Unpaved road | Ranger Station        | Shuttle Boat         |
| Paved road   | Campsite              | Gas Station          |
| Creek        | Picnic Area           | Medical Clinic       |
- ▼ Distances shown between markers



# Day Hike Descriptions

## ● **Flagg Ranch**

### **Polecat Creek Loop**

2.5 miles RT\*, 1 hour, 80 ft total climbing\*\*, Easy.

West side of loop sits above a marsh that provides habitat for waterfowl and other wildlife.

### **Flagg Canyon**

4.0 miles RT, 2 hours, 150 ft total climbing, Easy.

Access from northeast side of Polecat Creek Loop Trail. Out and back with views of the Snake River.

## ● **Colter Bay / Hermitage Point**

*Brochure available*

### **Lakeshore Trail**

2.0 miles RT, 1 hour, 100 ft total climbing, Easy.

Level trail follows Colter Bay shoreline with views of Jackson Lake and the Teton Range.

### **Heron Pond & Swan Lake Loop**

3.0 miles RT, 2 hours, 200 ft total climbing, Easy.

Follow mostly level trail to two ponds that are home to birds and other wildlife.

### **Hermitage Point**

9.7 miles RT, 5 hours, 700 ft total climbing, Easy- Mod.

Trail traverses rolling terrain through forests, meadows, and wetlands providing wildlife habitat.

## ● **Jackson Lake Lodge**

### **Lunch Tree Hill**

0.5 mile RT, ½ hour, 80 ft total climbing, Easy.

Short interpretive trail leads to the top of a hill overlooking Willow Flats and the Teton Range.

### **Christian Pond Loop**

3.3 mi. RT, 2 hours, 250 ft total climbing, Easy.

Walk through marsh habitat near the pond, then climb a forested ridge for views of the Teton Range.

## ● **Two Ocean Lake**

### **Two Ocean Lake**

6.4 miles RT, 3 hours, 400 ft total climbing, Moderate.

Circle lake through forests and meadows.

### **Emma Matilda Lake**

10.7 miles RT, 6 hours, 1100 ft total climbing, Moderate.

Circle the lake. The north trail follows a ridge offering views of the Teton Range.

### **Two Ocean & Emma Matilda Lakes**

13.2 miles RT, 7 hours, 1400 ft total climbing,

Moderate-Strenuous.

Follow north shore Two Ocean Lake and south shore of Emma Matilda Lake, crossing over Grand View Point.

## 5 **Signal Mountain**

### **Signal Mountain**

6.8 miles RT loop, 4 hours, 850 ft total climbing, Mod.

Traverse forests to viewpoint. Park at Signal

Mountain Lodge and walk on park road to trail.

## 6 **Leigh Lake *Brochure available***

### **Leigh Lake**

1.8 miles RT, 1 hour, 40 ft total climbing, Easy.

Hike along the east shore of String Lake, pass the bridge across a stream, and climb to Leigh Lake.

### **Trapper Lake**

9.2 miles RT, 5 hours, 400 ft total climbing, Easy-Mod.

From String Lake, follow forested shore of Leigh Lake to smaller lakes with views of Mount Moran.

### **Holly Lake**

13.0 miles RT, 9 hours, 2600 ft total climbing, Strenuous.

Follow Paintbrush Canyon trail through forests and wildflowers meadows to an alpine lake.

## ● **String Lake *Brochure available***

### **String Lake Loop**

3.7 miles RT, 2 hours, 325 ft total climbing, Easy.

Trail circles the lake through a burned area below Rockchuck Peak and Mount St. John.

### **Paintbrush-Cascade Loop**

19.0 miles RT, 13 hours, 4350 ft total climbing, Very Strenuous.

Spectacular hike loops two canyons via Paintbrush Divide. An ice axe may be necessary through July.

## 8 **Jenny Lake / Cascade Canyon**

*Brochure available*

A shuttle boat crosses from South Jenny Lake to the mouth of Cascade Canyon. Fee Charged.

**2018, no access to Inspiration Point. Access Cascade Canyon via the Horse Trail north of the West Boat Dock.**

### **Jenny Lake Loop**

7.6 miles RT, 5 hours, 900 ft total climbing, Moderate.

Rolling trail follows the lake shore at times and climbs above at times.

### **Hidden Falls**

4.8 miles RT, 3 hours, 1200 ft total climbing, Moderate.

Via shuttle boat: 1.0 mile, 1½ hours, 200 ft total climbing, Easy-Moderate. Popular trail climbs above Jenny Lake's south shore to a view of a 200-foot cascade.

### **Forks of Cascade Canyon**

14.6 miles RT, 9 hours, 2700 ft total climbing.

Via shuttle boat: 8.8 miles RT, 6 hours, 1220 ft total climbing, Moderate-Strenuous.

Popular trail leads into Cascade Canyon with views of the Grand Teton, Mt. Owen and Teewinot.

### **Lake Solitude – North Fork**

20.0 miles RT, 13 hours, 3900 ft total climbing.

Via shuttle boat: 14.2 miles RT, 9 hours, 2420 ft total climbing, Strenuous.

Follow Cascade Canyon. North Fork leads to Lake Solitude; views of the Grand Teton and Mt. Owen.

### **Hurricane Pass – South Fork**

25.8 miles RT, 17 hours, 5400 ft total climbing.

Via shuttle boat: 20.0 miles RT, 15 hours, 3920 ft total climbing, Strenuous.

Follow Cascade Canyon trail. South Fork leads to Schoolroom Glacier and Hurricane Pass.

## 9 **Lupine Meadows**

*Brochure available*

### **Amphitheater Lake**

10.1 miles RT, 7 hours, 3000 ft total climbing, Strenuous.

Hike to glacial lakes surrounded by meadows. Disappointment Peak towers above.

### **Garnet Canyon**

8.4 miles RT, 6 hours, 2650 ft total climbing, Strenuous.

Trail climbs into Garnet Canyon offering spectacular views of the Middle Teton.

## 10 **Taggart Lake**

*Brochure available*

### **Taggart Lake**

3.0 miles RT, 2 hours, 350 ft total climbing, Easy.

Out-and-back trail traverses sagebrush flats and forests to a lake with views of the Grand Teton.

### **Taggart Lake-Beaver Creek Loop**

3.9 miles RT, 2 hours, 500 ft total climbing, Moderate.

Hike this trail to the lake, climb the glacial moraine and return along Beaver Creek.

### **Taggart Lake-Bradley Lake**

5.9 miles RT, 3 hours, 800 ft total climbing, Moderate.

Loop hike visits two lakes dammed by glacial moraines.

## ● **Menors Ferry *Brochure available***

### **Menors Ferry Historic District Tour**

0.3 mile RT, ½ hour, Easy.

Tour a historic homestead and ferry on the Snake River and visit the Chapel of the Transfiguration.

## 12 **Death Canyon**

Not accessible to vehicles over 23.3 feet long, RVs or trailers.

### **Phelps Lake Overlook**

2.0 miles RT, 1.5 hours, 430 ft total climbing, Moderate.

Trail climbs moraine to overlook of Phelps Lake.

### **Phelps Lake**

4.2 miles RT, 3 hours, 1050 ft total climbing, Strenuous.

Trail climbs to overlook, then descends to Phelps Lake. Return involves steep hike back to overlook.

### **Death Canyon – Static Peak Trail Junction**

7.9 miles RT, 6 hours, 2100 ft total climbing, Strenuous.

Trail climbs to overlook, drops toward Phelps Lake, and then climbs the canyon to a patrol cabin.

### **Static Peak Divide**

16.3 miles RT, 12 hours, 5100 ft total climbing, Very Strenuous.

From the patrol cabin, climb switchbacks through whitebark pine forest to high ridge. An ice axe may be necessary through July.

## 13 **Laurance S. Rockefeller Preserve**

*Brochure available*

Not accessible to vehicles over 23.3 feet long, RVs or trailers. Parking lot full 9 am–4 pm in summer.

### **Lake Creek – Woodland Trail Loop**

3.0 miles RT, 1.5 hours, 300 ft total climbing, Easy.

Hike along Lake Creek to the shore of Phelps Lake.

### **Aspen Ridge – Boulder Ridge Loop**

5.8 miles RT, 3 hours, 700 ft total climbing, Moderate.

Hike through aspen groves and boulder fields to the shore of Phelps Lake.

### **Phelps Lake Trail Loop**

6.3 miles RT, 4 hours, 600 ft total climbing, Moderate.

Hike around Phelps Lake with stunning views of the Teton Range.

## 14 **Granite Canyon**

Not accessible to vehicles over 23.3 feet long, RVs or trailers.

### **Marion Lake**

18.5 miles RT, 12 hours, 3000 ft total climbing, Strenuous.

Follow Granite Creek to beautiful Marion Lake.

## 15 **Aerial Tram, Teton Village**

Trails are not recommended for hiking until snow has melted, usually by late July. **Fee charged.**

### **Marion Lake**

11.8 miles RT, 9 hours, 4000 ft total climbing, Strenuous.

Hike through alpine and subalpine terrain to Marion Lake and return to the tram.

### **Granite Canyon**

12.3 miles total, 7 hours, 4200 ft total descent (with 450 ft climbing), Moderate.

Start at the top of the tram, hike into the park, down Granite Canyon and return to Teton Village.

## 16 **Teton Canyon (Caribou-Targhee USFS)**

### **Table Mountain**

12.0 miles RT, 9 hours, 4100 ft total climbing, Strenuous.

Steep climb with incredible views of the Grand Teton and South Fork of Cascade Canyon below.

## 17 **Cunningham Cabin**

*Brochure available*

### **Cunningham Cabin Loop**

0.8 mile RT, 1 hour, Easy.

Tour a historic homestead.

\*RT= round-trip distance

\*\*ft total climbing = All uphill hiking, including elevation descended and reascended in feet (ft).