

TRAIL FACTS

The numbers within circles ○ below identify the trail with the corresponding numbers on the map, and with the trail descriptions on the back of this trail guide. All distances and elevation changes are one-way except for loop trails.

	Climb	Descent	Distance
Carbon River - Mowich Lake Area			
① Mowich River from Paul Peak		800 ft	3.6 mi.
Mowich River from Mowich Lake		2200 ft	3.7 mi.
② Eunice Lake from Mowich Lake	500 ft	100 ft	2.4 mi.
③ Ipsut Creek	2400 ft		3.8 mi.
④ Spray Park	1100 ft	200 ft	2.8 mi.
⑤ Green Lake	1000 ft		1.8 mi.
⑥ Chenuis Falls			0.4 mi.
Ipsut Creek campground to:			
⑦ Carbon Glacier	1000 ft		3.6 mi.
⑧ Moraine Park	3200 ft		5.8 mi.
⑨ Windy Gap	3500 ft		6.2 mi.
Sunrise - White River Area			
⑩ Palisades Lake	600 ft	800 ft	3.3 mi.
⑪ Dege Peak from Sunrise Point	900 ft		1.4 mi.
⑫ Forest Lake	500 ft	1300 ft	2.6 mi.
⑬ Fremont Lookout	800 ft		2.8 mi.
⑭ Burroughs Mountain viewpoint	1000 ft		2.4 mi.
⑮ Glacier Basin	1500 ft		3.3 mi.
⑯ Summerland	2100 ft		4.3 mi.
⑰ Owyhigh Lakes	1200 ft		4.6 mi.
⑱ Crystal Lakes	2300 ft		3.0 mi.
The Northern Loop Route	8500 ft	8500 ft	35.0 mi.
The Wonderland Trail			
Golden Lakes to Mowich Lake	2200 ft	2300 ft	13.7 mi.
Mowich Lake to Ipsut Creek campground	100 ft	2600 ft	5.5 mi.
Ipsut Creek campground to Mystic camp	3900 ft	300 ft	7.3 mi.
Mystic camp to Sunrise camp	2300 ft	1700 ft	9.4 mi.
Ipsut Creek campground to Lake James camp	3500 ft	1400 ft	8.3 mi.
Lake James camp to Sunrise camp	3600 ft	1500 ft	14.4 mi.
Sunrise camp to Summerland camp	1900 ft	2400 ft	10.2 mi.
Sunrise camp to Tamanos Creek camp	1200 ft	2400 ft	12.0 mi.

HIKING TRAILS

CARBON RIVER - MOWICH LAKE

- ① **MOWICH RIVER** The Mowich River can be reached from Paul Peak parking lot, often accessible from May to November, or from Mowich Lake, which opens by early July. In both cases the route descends through forests to three trail shelters near the confluence of the north and south forks of the Mowich River. The elevation loss that makes the trip easy going on the way in must be regained with hard labor on the trip back out. The low-elevation valley bottom around the camp offers some good early and late season camping and picnicking, but limited views.
- ② **EUNICE LAKE** Begin the hike to Eunice Lake at the trailhead near the west shore of Mowich Lake, where the lake first becomes visible from the road. Follow the trail along the lakeshore to the north. The trail passes over a low rise and begins an almost level traverse of the upper portion of a forested cirque. After about a mile the trail to Eunice Lake branches downhill to the left, while the trail to Ipsut Creek campground continues straight ahead. The Eunice Lake Trail descends briefly, travels below some cliffs, and then climbs back up to Eunice Lake, for a total distance from Mowich Lake of about 1.9 miles. Energetic hikers can follow the trail onward for another .9 mile to Tolmie Peak lookout for some spectacular views. Camping is not permitted in the Eunice Lake basin or along the trail to the lake.
- ③ **IPSUT CREEK** The Wonderland Trail between Ipsut Creek campground and Ipsut Pass offers a pleasant but strenuous forest hike for campground campers. Follow the old road bed leading southeast out of the campground for about 30 yards to a trail junction, then turn right (south). For about three miles the trail climbs gently through forests, but the last mile up to the pass is steep. Early in the season this last section frequently remains buried in snow, presenting a slippery slope that can be dangerous. Watch for evidence of avalanches along the trail; during the summer they present no threat, but the shattered trees near the trail are mute testimony of the power of the rivers of snow that sometimes break loose from the steep slopes in winter.
- ④ **SPRAY PARK** The trail to the flowers of Spray Park begins at the Mowich Lake parking area on the south side of Mowich Lake. The trail descends briefly to a trail junction, bears left, and heads southwest on a more or less level route through forests and over streams. After about two miles, the trail passes Eagle's Roost camp and, a little farther on, reaches the junction at which the short side-trail to Spray Falls branches off to the right. From the junction, the Spray Park Trail begins to climb steeply in a series of switchbacks, finally breaking out of the forest into the flowerfields of Spray Park. In recent years this area has received increasing use. To try to preserve its special beauty, the National Park Service has closed all areas within one-half mile of the trail to camping.
- ⑤ **GREEN LAKE** The Green Lake trailhead is on the road to Ipsut Creek campground about three miles in from the Carbon River entrance station. The trail offers one of the classic dayhikes in the park; a winding trail through dark forests, past waterfalls, and along meandering streams to a lake nestled in the forest. The trail climbs a bit, but the total distance from road to lake is only about two miles.

(continued on back)

HIKING TRIPS

Mount Rainier National Park contains some rugged terrain. Hardly a trail in the park does not include a steep climb or descent. Don't be too ambitious in your planning.

A good rule of thumb for estimating the difficulty of a hike is to add a mile to its total distance for each thousand feet of elevation gain, and a half mile for each thousand feet of elevation loss. Thus, a five-mile loop trail that includes 2000 feet of ascent and 2000 feet of descent would be the equivalent of eight miles of level hiking.

The weather can change very rapidly. Be prepared for the unexpected. Always carry raingear, extra clothing, map and compass, emergency shelter, and extra food.

Bears can sometimes be a problem in the backcountry. Never feed a bear or leave food or garbage where a bear can get to it.

NO-TRACE CAMPING Wilderness is a resource valuable to a great many people, yet it can easily be damaged. Deliberate care is needed to preserve the opportunity to find the beauty and tranquility that so many come here seeking. You can help by...

- * being self-contained. Do your cooking on a portable stove instead of a fire. Bring your own shelter; don't rely on finding trail shelter available.

- * using the maintained trails and designated camps as much as possible.

- * packing out all garbage.

- * burying human waste 2 to 4 inches deep and covering site with natural litter.

PARK GUIDELINES In order to protect the resource of wilderness and to insure that people have pleasant experiences, some rules are needed.

- * Backcountry permits are required for all overnight backpacking trips from June 15 to September 30.

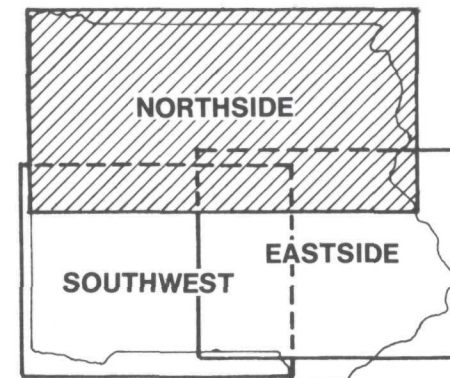
- * Climbers must fill out a climbing card in addition to getting a backcountry permit.

- * Dogs and other pets are not permitted away from the roads.

- * Campfires are permitted only at certain designated camps in the backcountry.

- * Parties using the backcountry may not be larger than 5 people, except for camps having group sites (up to 12 people).

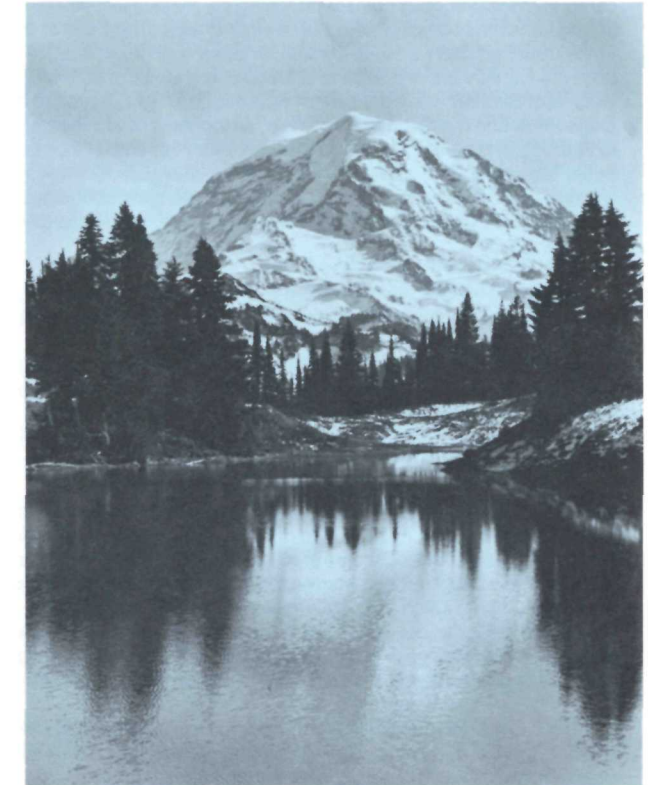
KEY TO TRIP PLANNING GUIDES



Trip Planning Guide to Northside

\$1.00

MOUNT RAINIER NATIONAL PARK



This map is published by the Mount Rainier National Park Branch of the Pacific Northwest National Parks and Forests Association, a non-profit organization benefiting visitors to the National Parks and Forests of the Northwest.



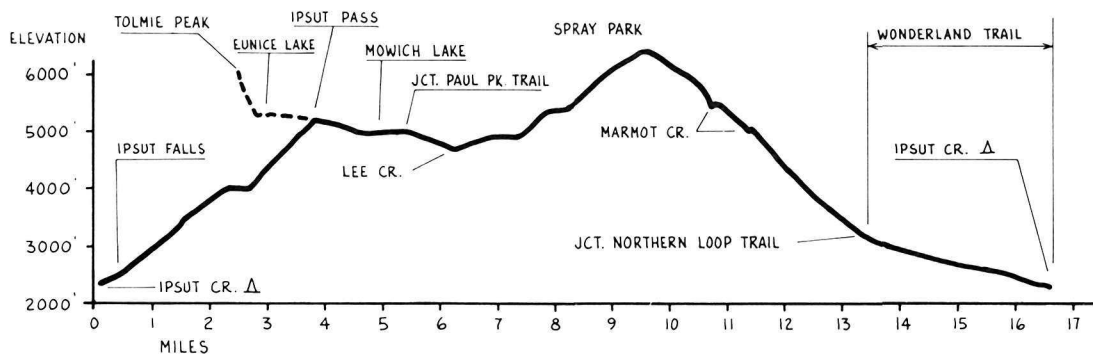
LEGEND:

- PAVED ROADS
- GRAVEL OR DIRT ROADS
- TRAIL

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HIKING TRAILS CARBON RIVER - MOWICH LAKE (continued from front side)



MOWICH LAKE - SPRAY PARK LOOP TRAIL

- ⑥ CHENUIS FALLS Half a mile past the Green Lake trailhead is a beaver pond and the parking area for another pleasant hike. First check out the beaver pond, then take the trail that begins beside the parking area. After crossing the Carbon River on a narrow footbridge, the trail enters the forest and soon reaches a waterfall hidden among the trees. Admire the scene, but **DO NOT** try to climb around on the steep, wet, slippery rocks next to the gushing water. Several people have slipped on the rocks, slid down the rough slope and been severely injured.

CARBON GLACIER The Carbon Glacier extends down to a lower elevation than any other glacier in the park, and a trail passes within a hundred yards of the glacier's snout. The trail begins in the southeast corner of Ipsut Creek campground, sometimes following an old roadbed for a couple of miles to a trail junction. Both alternatives lead to the glacier; the left-hand trail crosses the Carbon River on a log footbridge and parallels the river on its east bank up to the glacier. The right-hand choice stays on the west side, skirts the base of some cliffs and eventually crosses the river on a suspension bridge. The total distance to the glacier from the campground either way is about 3.5 miles, with an elevation gain of a little more than 1000 feet in that distance. **DO NOT** go near the glacier; chunks of ice and rocks are constantly falling off the steep ice face. You can get some fine photos from the trail in much greater safety.

- ⑧ MORaine PARK AND MYSTIC LAKE From the viewpoint near the snout of the Carbon Glacier, the subalpine meadows of Lower Moraine Park are only a little more than a mile away. That mile, however, includes a vertical gain in elevation of almost 2000 feet. If you take along a good lunch and a water bottle in addition to your usual kit of emergency gear, like rainclothes and extra food, Moraine Park can be a pleasant destination for a dayhike. For the backpacker, Mystic camp is another two miles beyond Moraine Park.

- ⑨ WINDY GAP Another strenuous dayhike begins gently with the hike along the old roadbed of the Carbon Valley. At the junction some two miles in, turn left. Cross the Carbon River on a footlog, and soon you arrive at a junction with the Northern Loop Trail. Again turning left you will hike level and even downhill for a short distance, but then a switchback starts you on a climb of some 1700' in about a mile through numerous switchbacks. The trail levels out somewhat at Bee Flat but soon climbs again and you enter a subalpine meadow below the Yellowstone Cliffs. You have reached the rock-strewn meadows and tarns of Windy Gap and also the first dependable water since leaving Carbon River. Very soon you begin the descent eastward toward Lake James. You may note a side trail that leads north to Natural Bridge and Independence Ridge.

SUNRISE - WHITE RIVER

SUNRISE SHORT HIKES Sunrise can provide an excellent base for some gentle dayhikes. Heading south from the parking area on a dirt trail, the hiker quickly reaches a junction. To the left a short distance is Emmons Vista with an excellent view of Emmons Glacier, while the right branch leads through forest and meadow to Sunrise camp and another vista point overlooking the White River valley. Hikers can come back from the Sunrise camp area on the trail or on an old roadbed that parallels the trail. Another trail heads north from the Sunrise parking area to a trail that travels both east and west from Sunrise along the side of Sourdough Ridge. Eastward is Dege Peak and the Sunrise Point vista, and westward are the trails to Burroughs Mountain and Fremont Lookout. Remember that the entire Sunrise area is at more than 6000 feet elevation, so the growing season is short and climatic conditions are harsh. Vegetation here has little opportunity to recover from damage, so please stay on the trails.

- ⑩ WHITE RIVER PARK AND PALISADES TRAIL White River Park offers a summer wonderland of multicolored flowers, sparkling lakes, and abundant wildlife, but no views of Mount Rainier. The trail begins at Sunrise Point, descends steeply a short distance to Sunrise Lake, and then begins a gentle, if hilly, meander through a series of small basins, each with its own blue lake. Watch for marmots, pikas, and hawks. The trail ends at Upper Palisades Lake near some steep cliffs.

- ⑪ DEGE PEAK AND SOURDOUGH RIDGE Less than a mile west of Sunrise point is Dege Peak, which offers a 360-degree panoramic view of the entire northeast corner of the park. Consider hiking the trail along Sourdough Ridge between the vista point and the buildings at Sunrise, with a lunch stop at Dege Peak. Let the non-hiker in your group drive the car to Sunrise while everyone else follows the trail. The route skirts colorful flowerfields and passes through wind-sculpted clumps of trees. No water can be found along the trail.

- ⑫ FOREST LAKE Branching off from the Sourdough Ridge trail just west of Sunrise is the little-used Huckleberry Creek Trail that leads down through a forested valley. Descending first into a cirque carpeted with lupine and heather, the trail passes Forest Lake and Forest Lake camp, and then begins a five-mile descent to the park boundary. The trail offers a chance for some solitude amidst beautiful big-tree forests, but the trudge back up to Sunrise can be a long one if your beginning-of-the-hike exuberance carried you very far down the trail.

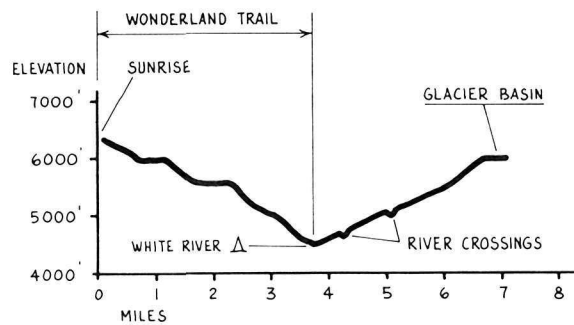
- ⑬ FREMONT LOOKOUT Fire lookout towers are built where the views are good, and Fremont Lookout is no exception. From the Sunrise Visitor Center head north to the Sourdough Ridge Trail, then follow it westward past Frozen Lake, where a side trail to the lookout heads off to the right (north). Frozen Lake is the water supply for Sunrise and is closed to public access. From the lookout there are spectacular views to the east, north, and west. The views of Mount Rainier from the trail are classics. No water supply is available along the trail, so take along some water of your own.

- ⑭ BURROUGHS MOUNTAIN After the lush subalpine meadows of Sunrise, the rocky barrens of Burroughs Mountain seem devoid of life, but hidden in the shelter of stones are multitudes of tiny plants. The short growing season and harsh environment keep the plants small and well spaced. Their grip on life is weak; once damaged or killed, decades may pass before the plants can heal or other plants can replace those crushed by hikers' boots. Because alpine areas are so fragile, the National Park Service asks hikers to stay on the maintained trail when hiking on Burroughs Mountain. The trail over Burroughs Mountain branches southward off the Wonderland Trail just west of Frozen Lake.

After the trail reaches the top of Burroughs, it branches. The left branch leads back down toward Sunrise and offers a good loop hike. The right branch leads across the ridgetop westward to a viewpoint. If a ride has been arranged, the hiker can continue past the viewpoint and down a steep trail to the Glacier Basin Trail and ultimately to White River campground. Again, no water is available along the trail.

CAUTION: The trail from Frozen Lake up the north side of Burroughs Mountain is gradual but traverses a steep slope. If snow covers the trail in early summer, you are strongly advised to have good boots and an ice axe (and be trained to use the axe).

- ⑮ GLACIER BASIN Beginning at the west end of the White River campground, the Glacier Basin Trail follows an old road built about fifty years ago to bring supplies into a mining operation in the area. The trail leads past the Emmons Glacier moraine, through forests and along roaring streams up to the meadows of Glacier Basin. The basin is very popular, so expect to meet quite a few people on the trail on any midsummer weekend.

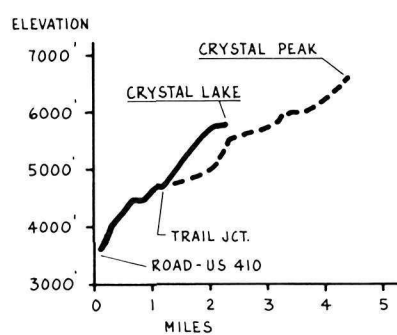


GLACIER BASIN TRAIL

- ⑯ SUMMERLAND Just west of the road bridge over Fryngpan Creek is the parking area for one of the most popular hikes in the White River - Sunrise area, the trail to Summerland. The trail begins gently, the first mile and a half gains only about 400 feet in elevation. About two miles in from the road the trail passes a viewpoint and begins to climb. Another two and a half miles and 2000 feet in elevation gain lie between the viewpoint and the flowerfields of Summerland. The trip from parking area to mountain meadows is a hard one, but is rewarded by views of rugged ridges, forested mountains, and glistening glaciers. Expect to meet plenty of hikers on a sunny summer weekend, and make your reservations early if you plan to camp at Summerland anytime in the summer.

- ⑰ OWYHIGH LAKES Three and a half miles in from State Highway 410 on the White River road (2.5 miles past the entrance station) is the trailhead to Owyhigh Lakes. The route covers about 3 miles and gains 1400 feet; most of the elevation gained is in the first mile. Half a mile before the trail reaches the lakes it passes Tamanos Creek. The lakes are small, surrounded by meadows and clumps of subalpine firs, and overhung by the rugged cliffs of Tamanos Mountain and Governors Ridge. Hikers can continue past the lakes, down Kotsuck Creek and from there up to the eastside highway (State Highway 123).

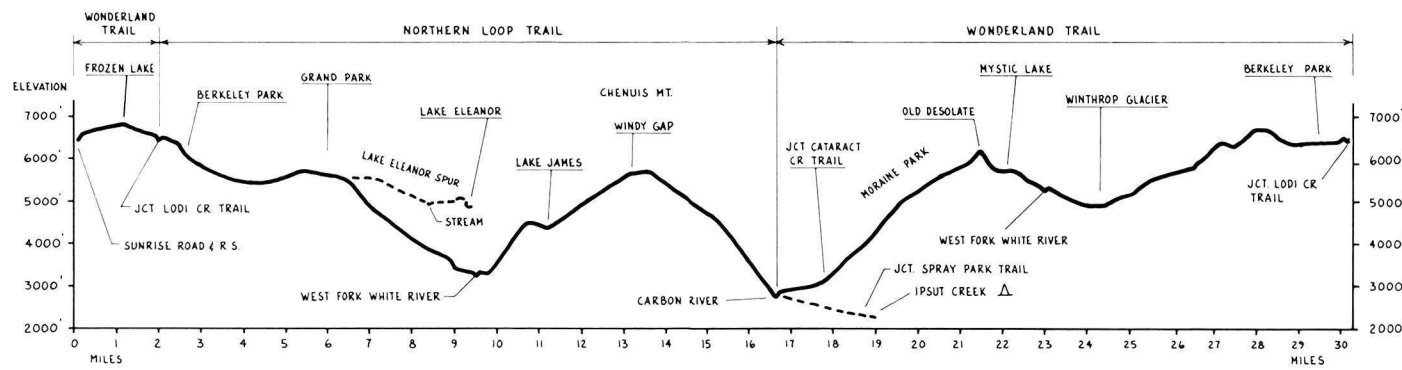
- ⑱ CRYSTAL LAKES Two lakes set just below the Cascade crest are the destination of the Crystal Lakes Trail. The trail is steep, rising 2300 feet in a little more than 2.5 miles. About one mile up the trail a side branch heads southward, eventually leading to what was once the site of a lookout tower. The tower was torn down a while back, but the site offers some fine views. Most hikers stay on the main trail up to the two lakes, where several campsites can be found.



CRYSTAL LAKES TRAIL

THE NORTHERN LOOP

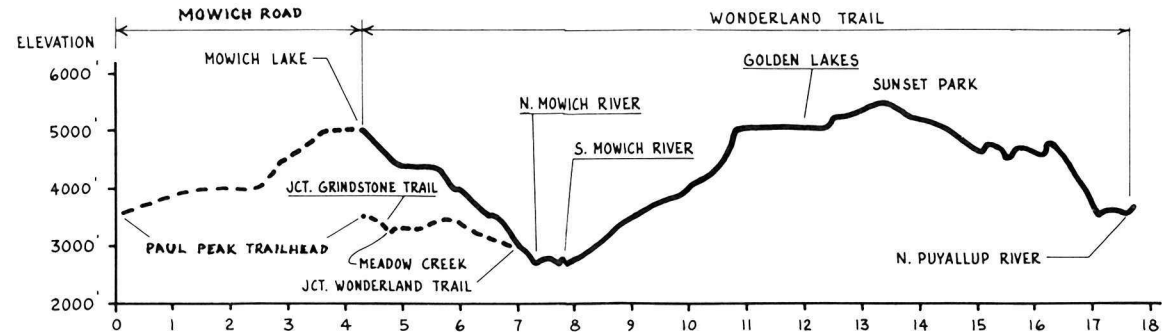
One of the better known long backpack trips on the northside of Mount Rainier National Park combines the Northern Loop, which is the trail that leads from Carbon River through Windy Gap past Lake James to Sunrise, and the portion of the Wonderland Trail that goes from Sunrise past Mystic Lake to Carbon River, into a 36-mile loop trip. The route takes in Carbon River, Windy Gap, Lake James, Grand Park, Berkeley Park, Winthrop Glacier, Mystic Lake, and Moraine Park. A backpacker making the trek gains a total of 8500 feet in elevation and loses it all again by the time the loop is completed. Northern Loopers can either begin at Sunrise and face the steep descent into and climb back out of the Carbon River valley in the middle of their trip, or they can begin at Ipsut Creek campground and have the steepest portions at the beginning or end of the trip. Allow between 3 and 6 days to make the loop.



NORTHERN LOOP TRAIL

THE WONDERLAND TRAIL GOLDEN LAKES TO WHITE RIVER VALLEY

In the course of its 93 miles, the Wonderland Trail travels through dense forests, climbs to alpine meadows and passes close to frigid glaciers. The trail completely circles the mountain, offering an almost unique recreational experience. For the hiker considering doing the trail, however, a word of caution; those are 93 very long miles. Very little of the trail is level. Elevation losses and gains of more than a thousand feet a mile are common. Because of the constant ups and downs of the trail, many hikers find that 8-10 miles a day is plenty. The National Park Services recommends that you allow 10-14 days to do the entire loop. Remember, if you cannot do the entire trail at one time, the Mountain will be around next year, still waiting for you to discover the rest.



MOWICH ROAD

GOLDEN LAKES TO MOWICH LAKE From the cluster of lakes in Sunset Park, the Wonderland Trail heads north, skirting the top of the Golden Lakes basin, then crossing over a ridge and beginning a steep, switchbacking descent down to the South Mowich River. After losing more than 2000 feet in elevation in less than three miles, the trail crosses the white waters of the South Mowich, passes the Mowich River camp with its three trail shelters and several camp sites, crosses the North Mowich River and then begins to climb. Soon the trail branches, the left branch heading toward the Paul Peak parking area and the right branch heading toward Mowich Lake. The Wonderland Trail follows the right branch, regaining 2000 feet in elevation in about 3.9 miles of trail.

The area between Mowich Lake and the Carbon River offers five potential sites for camping. Just south of Mowich Lake is Mowich Lake camp, located in an old closed-off parking area. The site lacks trees and is traversed by dayhikers, but is convenient to the lake and is a good base for hikes to Eunice Lake or Spray Park. On the trail between Mowich Lake and Spray Park is Eagle's Roost camp, nestled in the trees not far from Spray Falls. Cataract Valley camp lies north of Seattle Park in yellow cedar forest, and can be damp and muddy in wet years. Carbon River camp, in deep forest, is located near where Cataract Creek and Carbon River join. At a lower elevation, Carbon River camp melts out earlier and stays free of snow later than most other camps in the area. Finally, backpackers who would like a taste of civilization might choose to stay at Ipsut Creek auto campground.

MOWICH LAKE TO IPSUT CREEK From the Mowich Lake camp, the Wonderland Trail heads north along the west shore of the lake, then curves to the northwest to Ipsut Pass.

The steep descent into the valley of Ipsut Creek is made with a long series of switchbacks. Winding through forest, the trail finally comes out onto the trail to Carbon Glacier only about 30 yards from Ipsut Creek campground.

An alternative to going by way of Ipsut Pass is to hike from Mowich Lake through Spray and Seattle parks past Eagle's Roost camp, Cataract Valley camp, and Carbon River camp to the Carbon River. This route does not melt out as early as the Wonderland Trail route, however, and may require crossing snowfields well into the summer season.

Once the Wonderland Trail traveler reaches the Carbon River, two alternatives present themselves. The official route of the Wonderland Trail leads up through Moraine Park, past Mystic Lake and Winthrop Glacier to Sunrise. The traveler can instead choose to take the Northern Loop, which winds over Windy Gap, passes Lake James and Grand Park, and climbs through Berkeley Park to reach Sunrise.

IPSUT CREEK TO BERKELEY PARK From Ipsut Creek campground, the Wonderland Trail turns southeast and parallels the Carbon River upstream. At the junction about two miles in, the hiker can go either way. The left branch crosses the Carbon River on a log bridge and continues upstream on the east side. The right branch crosses the river on the suspension bridge just below the snout of the Carbon Glacier. The Wonderland Trail passes a hundred yards north of the snout of the glacier. Climbing steeply to the meadows of Moraine Park, the trail levels out, parallels the moraines of the Carbon Glacier, climbs over a divide, and descends past Mystic Lake. Views of Mount Rainier's north face are absolutely magnificent. Mystic camp is located in the forest about a quarter of a mile past the lake.

From Mystic camp the Wonderland Trail descends 1.5 miles to a stream, then crosses the valley of the West Fork of the White River just below the Winthrop Glacier. Climbing through forests and out into subalpine meadows, the trail crosses a ridge, skirts the upper portion of Berkeley Park basin and joins with the trail coming up from Berkeley Park and Grand Park. The Berkeley Park camp is about 1.5 miles northward down this trail.

THE NORTHERN LOOP FROM IPSUT CREEK TO BERKELEY PARK The backpacker heading for the Northern Loop would choose the left-hand alternative at the junction two miles southeast of Ipsut Creek campground, crossing the Carbon River on the log bridge. The backpacker would then begin the long trudge up to Bee Flat. Estimates of the number of switchbacks on this section of trail vary from 37 to "about a million," apparently depending on the physical condition of the hiker. The trail settles into a less strenuous climb

once it reaches Bee Flat. Skirting the base of Yellowstone Cliffs, the trail winds through the meadows of Windy Gap, passes a side trail to the Natural Bridge, and descends through a forested canyon to Lake James.

Sunrise is 12 trail miles from Lake James, including a descent of 1800 feet and a climb of 3900 feet. Two camps have been provided to break the journey. Fire Creek is the first, located near a forest stream about five trail miles from Lake James. Those five miles include a good portion of the ups and downs of the trail to Sunrise. Beginning at 4100 feet at Lake James, the trail descends to 3100 feet, crosses the valley of the west fork of the White River, and then climbs to 4800 feet at Fire Creek.

From Fire Creek the trail climbs through forest into the open meadows of Grand Park, the vast tableland remnant of a huge lava

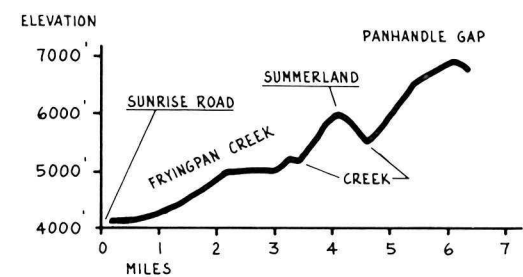
WONDERLAND TRAIL - GOLDEN LAKES

flow in Mount Rainier's past. Descending briefly, the trail begins climbing into Berkeley Park where the second camp is located, 3.9 miles from Fire Creek. Another 1.5 miles past Berkeley Park camp is the junction with the Wonderland Trail from Mystic Lake.

CAMPS IN THE SUNRISE AREA The Sunrise area offers three backcountry camps and one auto campground. The Berkeley Park camp is in a basin 3.8 miles west of the Sunrise Visitor Center. Sunrise camp lies 1.3 miles west of Sunrise, just east of Burroughs Mountain. Glacier Basin camp is just below Inter Glacier, 3 miles west of White River campground on the White River valley floor near the snout of the Emmons Glacier.

A mile east from the Berkeley park trail junction is another junction. To reach Sunrise camp or White River campground, take the southeast trail. After half a mile this trail reaches Sunrise camp, then loops past Shadow Lake and descends steeply down the side of White River valley to White River campground. To reach Glacier Basin from the junction, take the branch that heads southwest over Burroughs Mountain. Passing over the top of the mountain, the trail descends directly to the Glacier Basin.

TO SUMMERLAND OR OWYHIGH LAKES Again the Wonderland Trail traveler is faced with a choice. Most backpackers follow the Wonderland Trail to Summerland, over Panhandle Gap and down the Cowlitz Divide to Nickel Creek. Early in the season, large sections of the Panhandle Gap route are likely to be covered with snow, making route finding difficult. The lower-elevation, but longer, Owyhigh Lakes route avoids the snow. The route passes the Owyhigh Lakes, follows the Eastside trail to near Ohanapecosh, and then climbs over Cowlitz Divide to reach Nickel Creek.



WONDERLAND TRAIL - PANHANDLE GAP

From White River Campground, follow the dirt road leading east out of the campground to the paved White River Road. Cross the White River on the bridge, and then follow the trail leading south away from the road. This trail parallels the road, joining the Summerland trail near its trailhead.

The backpacker intending to take the Summerland route turns right and follows the trail up the Fryngpan Creek valley. After 4.2 miles and an elevation gain of 2500 feet, the trail reaches Summerland.

The traveler headed for the Owyhigh Lakes route would walk out to the trailhead and follow the road three quarters of a mile eastward to the Owyhigh Lakes trailhead. Tamanos Creek is about three miles up the trail, located in the forest a half mile north of the Owyhigh Lakes.