



Paradise | Things To Do

Welcome to Paradise!

The Paradise area of Mount Rainier National Park has it all—history, hiking, wildflowers, and wildlife viewing opportunities, and more! Use this guide to help you decide what to do on your trip to Paradise. Do you want a mountain view? How about a nice place to rest your feet and learn about the history of Mount Rainier?

Always check trail and road conditions with a park ranger or online before hiking. Many trails may be partially or totally covered in snow and can be dangerous. Roads may be closed due to snow conditions.

Mountain Views

Year-round and weather dependent

Mount Rainier can be seen from many locations at Paradise. You may need to move a short distance or wait for some clouds to move, but the parking lots, plazas, and trails all offer good views of the mountain *when skies are clear*. There is no one best spot to see the mountain. The following trails all offer many breathtaking views:

Nisqually Vista Trail (Easy)

1.2 miles round-trip. 200' elevation gain, 45 minutes

The trailhead is located at the northwest end of the lower parking lot. Suitable for families with strollers.

Alta Vista via the Alta Vista and Skyline Trails (Moderate)

1.75 miles round-trip. 600' elevation gain, 1.25 hours

Begin at the trailhead located at the entrance to the lower parking lot, or at the trailhead on the north side of the upper parking lot, next to the visitor center.

Waterfalls

Due to snow, trail access is safest in summer and fall.

Skyline Trail to Myrtle Falls and view of Sluiskin Falls

1 mile round-trip, 100' elevation gain, 35 minutes

The trailhead is located on the north side of the upper parking lot, next to the visitor center. Suitable for wheelchairs with help, and strollers. View Sluiskin Falls northwest of Myrtle Falls from Skyline Trail just past Myrtle Falls.

Paradise to Ruby Falls and Narada Falls

2.2 miles round-trip. 800' elevation gain, 1.5 hours

From the southeast corner of the upper parking lot, take the Lakes Trail. Follow signs for Narada Falls. Enjoy the cascading Ruby Falls before reaching the Narada Falls parking area and viewpoint. Return the same route.

For online Paradise information and downloads including the Paradise area trail map scan the QR code or go to <https://www.nps.gov/mora/planyourvisit/paradise-basic-info.htm>



Don't Be A Meadow Stomper

Don't step off trail to get a closer look! Stepping off a designated trail can cause erosion and kill fragile plant life.

Do admire the wildflowers from a distance.

Don't pick the wildflowers. We know, we know. They're pretty and it can be hard to resist.

Do take some pictures! The flowers will last longer that way!

Don't hike on social trails. These are trails that were created by hikers who strayed from designated trails. The trails once had bushes or wildflowers growing on them.

Do be careful when taking breaks. Make sure you don't sit or put your bag on fragile plant life. Ensure all food is secure and wildlife can't access it.

Don't feed the wildlife. Keep Wildlife Wild!

Historic Buildings

Year-round

Paradise Inn (closed for the 2020 season)

Opened in 1917, this is one of the oldest inns in the national park system. The natural log architecture and handmade furniture makes this building a special visit. Former President Harry Truman played at the piano in 1945.

Historic Paradise Ranger Station

The ranger station was built in 1921. It is the small building at the top of the parking area. It is not open to the public and is now used for emergency service employees.

Guide House (closed for the 2020 season)

The Guide House was built in 1920 and is now used as a Wilderness Information Center. In summer, learn about the history of this multifaceted building on the small wayside exhibit outside the southeast end of the building

Paradise Camp Lodge

The lodge was constructed in 1931 and demolished in the mid-1950s. The current Jackson Visitor Center stands on the original footprint of this building. Learn about the history of the building on the wayside exhibit and building markers on the south side of the visitor center.

Wildflowers

Mid July-Early September

Myrtle Falls and Edith Creek Basin

2 miles round-trip. 200' elevation gain, 45 minutes

Follow the Skyline Trail to Myrtle Falls and enjoy the views of the Paradise Valley along the way. Once at the falls, you can cross the bridge and walk up the Golden Gate Trail to enjoy wildflowers in summer and brightly colored foliage in autumn.

Nisqually Vista Trail

1.2 miles round-trip. 200' elevation gain, 45 minutes

This trail will often have beautiful wildflowers in the area where the trail splits to form a loop. Hike the whole thing for great views of the Nisqually Glacier and Mount Rainier.

Lower Deadhorse Creek Trail

1.4 miles round-trip. 350' elevation gain, 1 hour

Take the Avalanche Lily Trail until it intersects with the Deadhorse Creek Trail. Turn right and hike up the hill enjoying the views of the different wildflower meadows. Return the same way or follow the Skyline Trail to make a loop. This route is paved but it can be steep at times.

Scenic Drives

Roads are open seasonally.

Paradise Valley Road

5 minutes

The Paradise Valley Road starts in the southeast corner of the upper parking lot. Take this road two miles to its intersection with Stevens Canyon Road. Turn left to go to Inspiration Point and Reflection Lakes and turn right to return to the Paradise Road.

Inspiration Point

10 minutes

The Paradise Valley Road starts in the southeast corner of the upper parking lot. Take this road two miles to its intersection with Stevens Canyon Road. Turn left to go to Inspiration Point. Enjoy amazing views of Mount Rainier and the Tatoosh Mountains.

Ricksecker Point

10 minutes

Follow the Paradise Road down towards Longmire. After five miles, follow signs for Ricksecker Point. Enjoy fantastic views of Mount Rainier and the Tatoosh Mountains.

Stevens Canyon Road

45 minutes

The Paradise Valley Road starts in the southeast corner of the upper parking lot. Take this road two miles to its intersection with Stevens Canyon Road. Turn left and enjoy the 19 mile Stevens Canyon Road. Popular stops include Inspiration Point, Reflection Lakes, Box Canyon, and Backbone Ridge. Other pullouts are available.

Recreate Responsibly

A visit to a national park is a great way to enjoy life during the novel coronavirus (COVID-19) outbreak. Here are some ways you can stay healthy and help stop the spread of COVID-19:

Avoid crowded areas. Seek another location to recreate.

Practice physical distancing. Keep six feet between you and anyone who doesn't live with you.

Wear a mask and practice good hygiene. Keep your hands clean and avoid touching any high-traffic surfaces. Wear a mask when you must be in close contact with others.

Leave no trace. Always pack out what you pack in, including gloves and masks.

Know your limits. Don't take unnecessary risks. Be extra vigilant and avoid injury and the need for rescue.