

PARADISE TRAIL INFORMATION

TRAIL DESCRIPTIONS — All distances and times are round-trip from Henry M. Jackson Memorial Visitor Center, unless otherwise stated.

ALTA VISTA TRAIL - A loop leading through flower fields to a prominent knoll overlooking Paradise with views of Mount Adams and Mount St. Helens. 1.5 miles (2.4 Km.); 1 hour.

DEAD HORSE CREEK - A spur trail which joins the Skyline Trail below Glacier Vista. Less steep than the Skyline trail. 2.5 miles (4 Km.); 1½ hours to Glacier Vista.

GOLDEN GATE TRAIL - A variation of the Skyline Trail, that reduces your trip by 1 mile (1.6 Km.), and offers views of wildflowers in Edith Creek Basin. Golden Gate-Skyline combined, 4 miles (6.7 Km.); 3 hours.

PARADISE GLACIER - Recently glaciated, the area offers a view of polished rocks and other ice carved formations. Walking on the ice is hazardous due to thin areas over melt water of hollows. 6 miles (9.6 Km.); 4 hours.

LAKES TRAIL - A loop which takes you through subalpine meadows to Reflection Lakes, offering fine views of Stevens Ridge and the Tatoosh Range. 5 miles (8.3 Km.); 4 hours.

HIGH LAKES TRAIL - A likely area for viewing a variety of wildlife and abundant wildflowers. This variation of the Lakes Trail will shorten your trip by 1 mile (1.6 Km.). 4 miles (6.7 Km.); 3 hours.

MORAINE TRAIL - A spur off the Dead Horse Creek Trail leading to the rock moraine at the edge of the Nisqually Glacier. Wear sturdy boots for this hike and use caution while crossing loose rocks on the moraine. Rocks near the edge of the moraine may be very unstable. *Be Careful!* 3 miles (4.8 Km.); 1 3/4 hours.

NISQUALLY VISTA TRAIL - A rather easy loop from which you can enjoy views of the mountain and the entire length of the Nisqually Glacier. A trail leaflet, available from the box at the trail head, will inform you about the trail and Paradise. 1.2 miles (2 Km.); 1 hour.

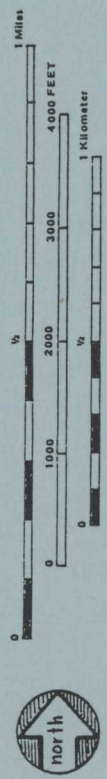
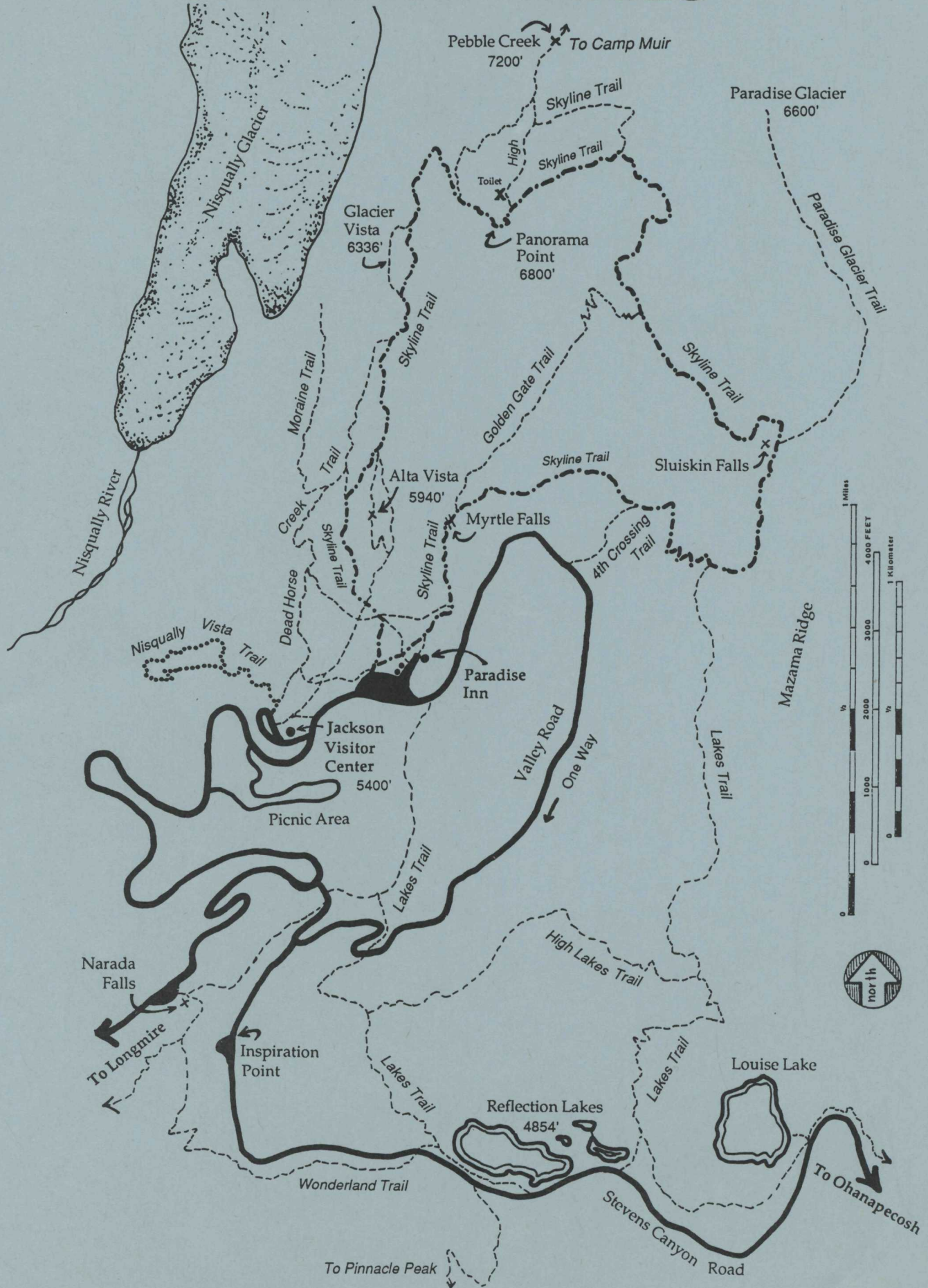
SKYLINE TRAIL - This is the highest trail at Paradise. It takes you above treeline to Glacier Vista and Panorama Point for views of Mount Adams, Mount St. Helens, and the Nisqually Glacier, 5 miles (8.3 Km.); 4 hours.

HIGH SKYLINE TRAIL - This alternate trail offers great views while bypassing an often hazardous snowfield on the Skyline Trail below it. .75 mile (1.2 Km.)

DID YOU KNOW?

1. Subalpine meadows are unique in that some plants only bloom once in several years. They take years to recover from being crushed by hikers walking off the established trails. Please walk **ONLY** on the paved or rock-lined trails.
2. Erosion in the meadows is being repaired with seedlings and excelsior. Excelsior lessens surface erosion, moderates ground temperature fluctuations and retains moisture. It enhances plant growth. Eventually the excelsior fibers disintegrate and become part of the soil.
3. Mount Rainier has probably worn a mantle of glaciers during most of the million years of its existence. During that time, approximately 25 cubic miles of material have been eroded from the mountain's shoulders.
4. One summer day in 1885, a member of the Longmire family exclaimed to a friend upon arriving in this mountain valley that the place was like "Heavenly Paradise". The name stuck. Enjoy your walk in Paradise!

PARADISE TRAILS



Stay On Marked Trails No Pets On Trails
 Do NOT Pick Flowers Picnic In Designated Areas Only