

SUGGESTED HIKING TRAILS OF THE SUNRISE AREA.

- Emmons Vista: ½ mile - 30 minutes. Short easy trail with views of Mount Rainier and Emmons Glacier.
- Sourdough Ridge Nature Trail: 1½ mile round trip. Self-guiding loop trail, with views of Mount Rainier and flower meadows.
- Mt. Fremont Lookout: 5.6 miles round trip - 4 hours. Views of Mount Rainier alpine rock-gardens, and Mt. Goats.
- Sunrise-Sunrise Camp Loop: 3.3 miles round trip. Views of Mount Rainier, flower meadows, and Shadow Lake.
- Sunrise Rim Trail: 2.8 miles round trip. Easy loop trail with views of Mount Rainier and Emmons Glacier. Picnicking at Shadow Lake.
- Pet Exercise Trail: 1.0 miles round trip - 45 minutes.

For a more complete list of trails ask at the visitor center desk.


Sunrise is 6,400 (1951m). At this elevation the ground is snowcovered nine months of the year. The soil is very loose and the plants are specially adapted to their short growing season. We ask your help in not disturbing this fragile vegetation.


Please stay on the trails in high-use areas such as Sourdough Ridge, Burroughs Mountain and Shadow Lake.


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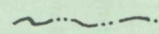


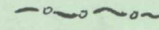
SUNRISE


 - BACKCOUNTRY CAMP ... permit required

 - AUTO CAMPGROUND

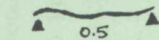
 - VIEW POINT

 - WONDERLAND TRAIL

 - NORTHERN LOOP TRAIL

 - OTHER HIKING TRAILS --- no pets

 - ROAD

 - DISTANCE IN MILES BETWEEN POINTS

