

HIKING TRAILS IN THE SUNRISE AREA

All distances and times are round trip.
Trails begin from Sunrise unless otherwise indicated.

EMMONS VISTA A short easy trail with views of Mt. Rainier and the Emmons Glacier. 0.5 mile - 30 minutes.

SOURDOUGH RIDGE NATURE TRAIL A self-guiding loop trail with views of Mt. Rainier and wildflowers. 1.5 miles - 45 minutes.

PET EXERCISE LOOP Ask at the visitor center for directions. This is the ONLY trail on which pets are allowed! 1 mile - 45 minutes.

SUNRISE RIM TRAIL An easy loop with views of Mt. Rainier and the Emmons Glacier. 3 miles - 1.5 hours.

SUNRISE CAMP A walk-in backcountry camp near Shadow Lake. Permit required. 3 miles - 1.5 hours.

SUNRISE-FROZEN LAKE-SHADOW LAKE Views of Mt. Rainier, the Emmons Glacier, and wildflowers. Stay on the trail! The plants around Frozen Lake are extremely delicate. 5 miles - 3 hours.

SILVER FOREST Views of the White River Valley and Mt. Rainier. See the "silver" trees, killed by fire and bleached by the sun, the wildflowers, and mountain bluebirds. 2 miles - 1 hour.

SOURDOUGH RIDGE-DEGE PEAK Views of Mt. Rainier, wildflowers. From Dege Peak look south to the Cowlitz Chimneys and Mt. Adams. 4 miles - 2.5 hours.

MT. FREMONT A trail leading up to a lookout tower with views of Mt. Rainier, the Cascades and Grand Park. Good chance of seeing mountain goats. 5.6 miles - 4 hours - 1200 foot elevation gain.

BURROUGHS MOUNTAIN Views of Mt. Rainier, the Emmons and Winthrop Glaciers. Trail is snow covered well into July, making the steep slopes very hazardous. Burroughs Mountain is a VERY FRAGILE area - STAY ON THE TRAIL! First Burroughs: 5 miles - 3 hours. Second Burroughs: 7 miles - 5 hours. 1000 foot elevation gain.

BERKELEY PARK Lots of wildflowers with view of Mt. Rainier along the way. 5 miles - 3 hours. for a longer day hike, continue on to Grand Park. 13 miles - 7 hours.

SUNRISE-WHITE RIVER CAMPGROUND The trail switchbacks down through the forest to White River. 6 miles - 1 hour down, 2 hours up - 2000 elevation loss/gain.

EMMONS MORaine TRAIL Leads to the moraine near the terminus of the Emmons Glacier. Views of Mt. Rainier and Little Tahoma. Don't get too close - rocks fall constantly! Trail begins at the White River Campground. 3 miles - 2 hours.

GLACIER BASIN A meadowy basin with remnants of an old mining camp, and a view of part of the climbers' route up the Interglacier to Camp Schurman. Trail begins at the White River Campground. 6.5 miles - 4 hours.

PALISADES LAKES The trail alternates through forest and meadow past Sunrise, Clover and Palisades Lakes. No views of Mt. Rainier, but the Palisades rock formation can be seen. Trail begins at Sunrise Point. 7 miles - 4 hours.

The meadows and alpine rock gardens in the Sunrise area are fragile and have taken years to develop. Sometimes they do not recover after being crushed by hikers walking off the trail. Help keep the meadows beautiful by walking on the established trails.

SUNRISE TRAILS

