

# OLYMPIC NATIONAL PARK

## SOL DUC VALLEY DAY HIKES

*Please note that pets, weapons, and vehicles are prohibited on trails.*

A free backcountry permit is required for all overnight trips into the backcountry. They are available at the Eagle Ranger Station.

**Sol Duc Falls:** (1.6 miles/2.6 km round-trip from end of road. No elevation gain). Sol Duc Falls is one of the largest and most beautiful waterfalls in Olympic National Park, dramatically seen from a bridge that crosses the canyon just below the falls. On the way to the falls you walk through an old-growth forest of hemlocks and douglas-firs. Some of these trees are more than twenty feet in circumference and three hundred years in age.

The trail to the falls is wide, fairly level, and well gravelled, making it very comfortable to walk. A brochure describing the plants along the trail is available at the trailhead.

**Lovers Lane Loop:** (6 miles/9.6 km round-trip. Elevation gain 250 feet/75 meters). A trail beginning next to site 62 in loop B of the campground leads to Sol Duc Falls. By crossing the bridge at the falls and going a short distance further you reach the Lovers Lane trail, which will return you to the resort and

campground area. If you wish to begin the loop with the Lovers Lane trail, start at the Mink Lake trailhead.

The Lovers Lane trail passes through some fine spruce groves and fern glades. Grouse are sometimes seen here. The trail on the north side of the river, between the campground and falls, passes through hemlock and douglas-fir forest. Portions of the trail on this loop are narrow, rocky, and rough and can be muddy until mid-summer. Boots or sturdy shoes are recommended.



**Mink Lake:** (5 miles/8 km round-trip. Elevation gain 1450 feet/440 meters). Mink Lake covering 10.6 acres, is fairly shallow and marshy. Herons as well as people come here to catch the sporadically cooperative trout. In late July, a brilliant display of white buckbean flowers fills the lake's marshy areas and in early August blue huckleberries are abundant along the forested shore.

It is a steady but not steep climb to Mink Lake. Portions of the trail are rocky, so boots or sturdy shoes are recommended. This trail

begins at the opposite end of the resort clearing from the lodge and pools.

**Deer Lake:** (8 miles/12.8 km round-trip from end of road. Elevation gain 1650 feet/500 meters). Deer Lake is very well named, as it is the home each summer of many does and fawns plus an occasional buck. Gray (Canada) jays are also common here. Mostly surrounded by trees, the lake covers 8.4 acres. Beyond Sol Duc Falls this trail climbs steadily with some switchbacks and is very rocky. Boots or sturdy shoes are strongly recommended.

**North Fork of the Sol Duc River:** (2.4 miles/3.8 km round-trip to the river). Travelling 3.8 miles/6.1 kilometers down the Sol Duc road from the resort toward Highway 101, you reach the North Fork trailhead. On this trail you first climb the ridge between the main and north forks of the river, then descend into the North Fork valley. The trail passes through old-growth forest and reaches the North Fork at a point where the river forms some lovely green pools. From here the trail continues up river for several miles for those who wish a longer hike. The North Fork is known as a good fishing stream.

# Day Hikes In The Sol Duc Valley

