

Pictured Rocks

National Lakeshore
National Park Service
U.S. Department of the Interior

DAY HIKES

In The Grand Marais Area

One of the best ways to experience Pictured Rocks National Lakeshore is to hike its network of trails. If you only have a few minutes or hours to see a portion of the Lakeshore, one of these day hikes may be for you. Lace up your hiking shoes, grab a snack and a canteen, and head down the trail!



Sable Falls

Beginning at the Sable Falls parking area, this 0.6 mile round trip leads you along Sable Creek to Lake Superior. The first landing on the stairs provides a view of beautiful Sable Falls. The trail continues past the falls down the canyon at creek level to a rocky beach on Lake Superior. Benches are provided along the way for rest stops. Pets permitted on 6' leash.

White Birch Trail

This self-guiding interpretive trail begins at the east end of the Twelvemile Beach Campground. The 2.0 mile loop is interpreted by a trail guide which explores the natural history of the uplands adjacent to the lake. Once you climb 80 feet to the ridge, you are in a very different environment from that of the campground. Pets permitted on 6' leash.

Beech Forest

Beginning at either the Sable Falls parking lot or the Grand Sable Visitor Center, this 1.6 mile round trip trail follows Sable Creek for more than half its distance, providing a cool stroll through a mature beech-maple forest and along old farm fields and orchards. Remnants of an old cedar shake logging camp lie near the trail. In the spring, woodland wild flowers abound. Pets permitted on 6' leash.

Log Slide Overlook

The overlook is adjacent to the Log Slide parking area. The disabled accessible boardwalk leads to an overlook of the Grand Sable Banks which rise some 300 feet above Lake Superior. To the west the Au Sable Light Station is silhouetted against the lake. To the east the Grand Sable Dunes lie in the distance, as does the Grand Marais harbor, some five miles away. Exhibits interpret the historic scene and one of the most exciting views within the Lakeshore. Pets permitted on 6' leash.

Hurricane River to Au Sable Light Station

This level 3.0 mile round trip begins at the Hurricane River picnic area for a walk back in time. Take the Lakeshore trail east through the campground and down the old access road to the Light Station on Au Sable Point. Exposed shipwreck remains punctuate the shoreline. The quiet light station gives a feeling of yesteryear where families lived and worked from 1874 till 1958. Portions of the station are open to visitors as buildings are restored to their 1910 appearance. Wayside exhibits interpret the historic scene. Rest rooms and water are not available at the Light Station. Pets permitted on 6' leash.

Grand Sable Dunes

A 1.0 mile round trip to the dunes begins at the Sable Falls parking area. As you pass an old orchard and cross Sable Creek, the trail leads through jack pines to the windswept dunes. Trailside exhibits discuss dune plants and their role in this special environment. Enjoy a panoramic view of Lake Superior and the distant dunes. Your return walk is on the same trail. Pets permitted on 6' leash.

Sevenmile Creek

If you are looking for a half day hike try this 5.0 mile round trip hike beginning at the west Twelvemile Beach Campground loop. The trail begins at the Lakeshore Trailhead at the west end of the campground. Explore the ridge going out and the beach on the way back. In early spring, Sevenmile is a productive trout stream for fishermen. Pets not permitted on this trail.

WALKING AND HIKING TIPS

Any walk or day hike, no matter what length, is more fun if you are properly prepared. Always wear sturdy footwear. If you plan to be out an extended time, carry a snack and a canteen of water. Save more than half of your energy for the return walk. Local weather is modified by Lake Superior. Dress for cool conditions and carry rain gear. If you are hiking in unfamiliar terrain, carry a map and compass and know how to use them. Rock within the Lakeshore is soft, crumbly sandstone and is often covered with gravel – stay away from cliff edges. As always, let someone know where you are going. **Pets are allowed only on specific trails – check a bulletin boards or ask a Park Ranger for details. Bicycles are not permitted on hiking trails or boardwalks. Backcountry permits are required only if you plan to camp in the backcountry.**

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In The Munising Area

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Munising Falls

Walk the paved 0.25 mile round trip trail up the cool, shaded sandstone canyon along Munising Creek to the falls. The trail leads you to one of three platforms where you can view the falls. Watch for ferns, flowers, and an occasional mink. The trail is disabled accessible to the middle falls viewing platform. Please stay on the trail. Pets permitted on 6' leash.

Chapel Beach

This 5.4 mile round trip walk from the Chapel parking lot to the beach is popular with picnickers. A day picking blueberries or watching the waves roll in to the white sand beach is always a pleasure. Most hikers use the trail which follows the rolling terrain along the west escarpment above Chapel Lake. Pets not permitted on this trail.

White Pine Trail

This 0.7 mile loop begins at the Little Beaver Campground. The trail includes a stand of 250-300 year old white pines. Take 30 minutes to an hour to enjoy this walk on a hot summer day when the cool, moist, microclimate of the north woods can be appreciated to its fullest. A self guiding interpretive brochure is available at the trailhead. Pets not permitted on this trail.

Chapel Falls

The Chapel Falls trail, a 3.0 mile round trip hike, begins at the Chapel parking area, 20 miles east of Munising. The trail ventures down an old road trace then crosses Chapel Creek on a footbridge. The overlook structure reveals a spectacular view of Chapel Falls as it cascades some 90 feet down the sandstone cliff. Chapel is one of the highest waterfalls in the park. It is especially beautiful when the birches are tinted yellow in autumn.

Sand Point Marsh Trail

This 0.5 mile disabled accessible boardwalk trail begins across from the Sand Point parking area. A short distance up the Lakeshore Trail the Marsh Trail boardwalk invites you to explore this unique wetland area. Interpretive exhibits relate the rich natural and cultural history of the trail. Old beach ridges, an active beaver pond, and white cedar and black spruce swamp communities dominate the scene. Early or late in the day are good times to look for waterfowl and other bird and mammal species. A large print trail guide is available at the trailhead for sight impaired visitors. Pets not permitted on this trail.

Miners Falls

This 1.2 mile round trip trail is popular with families and groups. The trail leads you through a second growth stand of northern mixed hardwoods of sugar maple, yellow birch, beech, and hemlock trees. Low growing evergreen yew flank the trail in places. Wild flowers and warblers are abundant in the spring. Descend the steep set of 77 stairs at trail's end to see a rainbow reflected in mist rising from the falls. A self-guiding interpretive brochure is available at the trailhead. Pets permitted on 6' leash.

Caution: Spray from the falls may make the stairs and platform slippery.

Beaver Basin Loop

This 5.0 mile loop begins at the Little Beaver Campground. The first section of trail traverses part of the White Pine self-guiding interpretive trail, then walk past several old "sea caves" cut in the 500 million year old sandstone on your way to Lake Superior. Take the right hand side of the loop east along the shores of Little Beaver and Big Beaver Lakes, then out to Lake Superior. Return via the beach and inland trail. Pets not permitted on this trail.

Walking and Hiking Tips

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