

Mount Rainier National Park

National Park Service
U.S. Department of the Interior



Carbon River Area Trails

As a result of major flooding in 2006, the severely damaged Carbon River Road is now open only to hiking and bicycling. Bicycles are permitted on the road to Ipsut Creek Backcountry Camp, beyond which only hikers are allowed. Be aware that the trail surface varies from dirt to rock and can be challenging for novice riders. Bicycles are not permitted on any trails originating from the Carbon River Road. Pets are prohibited beyond the entrance.

All trails listed in this section begin at the Carbon River Entrance; round-trip distances and hiking times are calculated from this location. Wear sturdy shoes; be prepared to cross washouts and hike around and over debris. Always carry the Ten Essentials: a topographic map and compass, extra food, extra clothing/rain gear, emergency shelter, first aid kit, headlamp or flashlight and spare batteries, sunglasses and sunscreen, repair kit/tools, and waterproof matches—for emergency use only (fires are not allowed in Mount Rainier's Wilderness).

Easy Trails

Rain Forest Loop Trail 0.25 mile loop. Discover nurse logs and other rainforest characteristics along the self-guided loop trail.

Old Mine Trail 2.9 miles round-trip. 100' elevation gain. Average hiking time: 2 hours. Follow the road 1.2 miles, then take a steeper, 1/4-mile spur trail to a gated mine entrance.

Moderate Trails

Green Lake Trail 10.0 miles round-trip. 1000' elevation gain. Average hiking time: 5 hours. One mile past the turnoff, a spur trail leads to Ranger Falls.

Chenuis Falls 7.8 miles round-trip. Average hiking time: 4.5 hours. Check trail conditions first; the footlog is subject to washout.

Strenuous Trails

West Boundary Trail 4.0 miles round-trip. 2800' elevation gain. Average hiking time: 4 hours. Departing from the back of the Rain Forest Loop Trail, this trail accesses a high ridgeline via waterfalls and forested slopes.

Carbon Glacier Trail (Wonderland Trail) 17.5 miles round-trip. 1200' elevation gain. Average hiking time: 8 hours. Sections of this trail have been rerouted; watch for detour signs.

Cross Streams Safely

Always use bridges and footlogs to cross streams safely. If none are available, first look for a straight, wide area and slow moving water below knee height. Be aware of any downstream hazards that could trap you if you fall in. Use a sturdy stick to maintain 2 points of contact with the ground. Loosen the waist strap on your pack and look forward.

Mowich Lake Area Trails

Pets & bicycles are prohibited on hiking trails and in off-trail areas.



Moderate Trails

Tolmie Peak Trail 5.6 miles round-trip. 1010' elevation gain. Average hiking time: 3 hours. The trail begins at the last bend in the road on the Mowich Lake Road, 5.5 miles from the park boundary. Please stay on the main trail near Eunice Lake to protect the fragile environment.

Spray Park Trail 6 miles round-trip. 1300' elevation gain. Average hiking time: 4 hours. The trail begins on the west side of the Mowich Lake Campground. Take the 0.25 mile spur to Spray Falls, a 300' cascading waterfall.



MOUNT RAINIER NATIONAL PARK

Carbon/Mowich Area Trails

Stay on trails. Do not pick flowers.
Carry the "10 Essentials" and
Leave No Trace of your visit.
Pets are NOT allowed on trails.
Do not feed or approach wildlife.
Use a topographic map.
Permit required for Wilderness camping.

