

# Easy Hikes Around Mt. Rainier Area

## Recommended Day Hikes

**Sunrise Rim Trail:** The five-mile loop can be reduced to a three-mile hike. It is also friendly to kids. The 3 mile walk leads to Yakima Park and the Emmons Overlook. 3 hours estimated round trip.  
**Burroughs Mountain Trail:** Starts at sunrise viewpoint at the northeast end of the park. This is also almost 5 miles hike. Great views because this is the highest point you can get by hiking. 2.5 hours estimated round trip.

## Longmire Area

Trail	Description of Hike	Trailhead Location	Distance	Round Trip Time
<b>Trail of the Shadows</b>	Human and natural history come together in the forest and meadows of Longmire. You'll see a replica of an early homestead cabin and discover the plants and animals that call this area their home.	Across the road from the National Park Inn at Longmire	0.7 mi/1.1 km loop trail	20 min
<b>Twin Firs Loop Trail</b>	This short trail passes through old growth forest.	Trailhead on road between Nisqually Entrance and Longmire; 2 miles west of Longmire.	0.4 mi/0.6 km loop trail	20 min
<b>Rampart Ridge Trail</b>	This steep loop trail passes through forests and offers ridge top vistas.	Follow the Trail of the Shadows, located across the road from the National Park Inn at Longmire, to the trail junction.	4.6 mi/7.4 km loop trail	2.5 hrs

## Paradise Area

Trail	Description of Hike	Trailhead Location	Distance	Round Trip Time
<b>Nisqually Vista Trail</b>	Walk amidst the clouds and see how weather shapes the landscape, plants, and animals of these high-country meadows. Enjoy excellent views of Mount Rainier and the Nisqually Glacier.	West end of the lower parking lot.	1.2 mi/1.9 km loop trail	45 min
<b>Bench &amp; Snow Lakes Trail</b>	Enjoy two lakes along this one trail. In summer, this area is an excellent place to see bear grass and meadow flowers. The trail is a succession of gradual ups and downs crossing low ridges, reaching Bench Lake after 0.75 mile, then continuing another 0.5 mile to Snow Lake.	Stevens Canyon Road, 1.5 miles east of Reflection Lakes	2.5 mi/4 km round trip	2 hrs

## Ohanapecosh Area

Trail	Description of Hike	Trailhead Location	Distance	Round Trip Time
<b>Life Systems Trail – The Forests &amp; Springs of Ohanapecosh</b>	The quiet green forests of Mount Rainier offer a shady contrast to the windswept high country of the park. Walk under towering Douglas firs & hemlocks to the bubbling waters of the Ohanapecosh Hot Springs.	Ohanapecosh Campground, behind visitor center	0.5 mi/0.8 km loop trail	30 min
<b>Silver Falls Trail</b>	The Ohanapecosh River falls majestically 75 feet in a silver spray. Stay on the trail and behind safety barriers. Rocks are wet and slippery. Walk the trail as a loop by crossing the river on the bridge below the falls and return to the campground on the other side of the river.	Loop B of the Ohanapecosh Campground	3 mi/4.8 km round trip	2 hrs
<b>Grove of the Patriarchs Trail</b>	The Ohanapecosh River surrounds an island of towering, thousand-year-old Douglas fir and western red cedar trees. Walk the trail to discover the grandeur and peace of this island.	Just west of the Stevens Canyon Entrance Station	1.3 mi/2.1 km loop trail	1 hr

## Sunrise Area

Trail	Description of Hike	Trailhead Location	Distance	Round Trip Time
<b>Shadow Lakes Trail</b>	This trail offers views of the White River Valley, Mount Rainier and access to Shadow Lake. Return to Sunrise via the steeper trail to Frozen Lake and Sourdough Ridge or follow the old roadway back to Sunrise.	Sunrise parking area	3 mi/4.8 km round trip	1.5 hrs
<b>Dege Peak via Sourdough Ridge Trail</b>	Enjoy the beautiful subalpine meadows of the Sunrise area. A gentle climb to the ridge top offers breathtaking views of Mount Rainier, with Mount Baker, Glacier Peak, and Mount Adams in the distance. Stay on trail to protect fragile plants.	North side of Sunrise parking area	3.4 mi/5.5 km roundtrip	2 hrs
<b>Naches Peak Loop Trail</b>	Explore the subalpine flower fields and breathtaking views of Mount Rainier. Late summer and fall brings an abundant supply of huckleberries. Half of the hike is on the Pacific Crest National Scenic Trail. Pets are not permitted on the west half of the loop trail which is inside Mount Rainier National Park.	Chinook Pass/Tipsoo Lake	3.5 mi/5.6 km roundtrip	2 hrs
<b>Glacier Basin Trail</b>	In summer, the meadows of the basin are a rainbow of wild flowers. Watch for mountain goats on the surrounding slopes and mountain climbers ascending the Inter Glacier to Camp Schurman. After the first mile, a ½ mile spur trail leads along the Emmons Moraine to a view of the Emmons Glacier, the largest glacier in the lower 48 states. Stay on designated trails to protect fragile plants.	White River Campground	7 mi/11.3 km	4 hrs

## Carbon & Mowich Area

Trail	Description of Hike	Trailhead Location	Distance	Round Trip Time
<b>Carbon River Rain Forest Nature Trail</b>	Rain forests seldom occur far from coastal areas, making the forest that grows in this valley unique. Use this trail to explore the only true inland rainforest at Mount Rainier.	Carbon River entrance of Mount Rainier National Park	0.3 mi/0.5 km loop trail	20 min
<b>Chenuis Falls Trail</b>	Hike this trail to view Chenuis Falls. Trail requires crossing the Carbon River on foot logs.	Hike the Carbon River Road (3.5 miles) to short Chenuis Falls Trail (0.2 mile).	7.4 mi/11.9 km roundtrip	2.5 hrs
<b>Green Lake Trail</b>	Trail passes through old growth forest to reach Green Lake. Along the trail, view Ranger Falls.	Hike the Carbon River Road (3.6 miles) to Green Lake Trail (1.8 miles).	10.8 mi/17.4 km roundtrip	4 hrs
<b>Tolmie Peak Trail</b>	Trail passes through the forest to Eunice Lake, then climbs to the Tolmie Peak fire lookout for views of Mount Rainier and the surrounding areas. Please stay on the trail to avoid damaging the meadows surrounding the lake.	Mowich Lake	6.5 mi/10.5 km roundtrip	4 hrs