

General Hike info for 2019

Hike No.	WOW factor	Hike Name	MAP	Guide-book	LOCATION	Driving Distance	Drive Time	Max # Hikers	Trail Miles	Elev Gain (Feet)	Max Elev (Feet)	Hike Rating (Points)	Features, specific challenges and risks
		Five **s is highest WOW factor				1 way			Total				Note: # in () is G-1 author's difficulty rating, 1 to 5 with five being the most strenuous
		Hikes in red have possible access or trail issues needing checking				(Miles)			Miles	(Feet)	(Feet)	(Points)	
		Camp Location: 46.627263,-121.693842											
		White Mountain NH Hikes (for comparison)											
		Mount Madison via Airline trail							8.4	4100	5367	14.6	
		Mt Washington via Tuckerman, Lion's head							8.4	4250	6288	14.8	
		Lafayette/Lincoln/Haystack Loop							8.9	3850	5260	14.7	
		Mizpah Hut via Crawford Path							5.2	1900		8.1	
		Chocorua via Piper trail							8.6	2700		12.7	
		Zealand Falls Hut from Parking Lot							5.6	650		6.6	
		Welch-Dickey Loop							4.4	1800		7.1	
		Mount Willard							3.2	895		4.5	
		Monadnock via the White Dot Trail							4	2100	3165	7.2	
		Note that pink highlights on hike lists mark hikes we did in 2014 (or very similar)											
		Maps											
		Hike Rating = Distance + (1.5 X elev gain/1000)											
	M-1	Trails Illustrated #217 - Mount Rainier NP											
	M-2	Trails Illustrated #823 - Goat Rocks, Norse Peak											
	M-3	Trails Illustrated #822 - Mount St Helens, Mt Adams											
		2019 Guidebooks											
	G-1	Day Hiking Mount Rainier, 2nd ed., Tami Asars, 2018											
	G-2	Day Hiking Mount Adams and Goat Rocks, 2014, Tami Asars											
	G-3	Day Hiking Mount St. Helens, 2015, Romano and Theisen											
	G-4	Hiking Mount Rainier National Park, Radlinski and Skjelset, 4th ed., 2018			Least important guide - only a few hikes use this								
		Possible backpacks or car camping trips											
91	**	Paul Peak (car camp with Tolmie Peak)	M-1	G1-28	MRNP - Carbon River	120	~2:45	12	7.8	1150	3650	9.5	(2) Mixed old growth forest; lightly used; quiet
92	****	Indian Bar - Cowlitz Divide (possible overnight?)	M-1	G1-54	MRNP - Paradise	26	0:42	12	14.6	4270	5930	21	(5) Most spectacularly placed toilet in the Park! Ridge walk; waterfalls; snowfield.
93	****	Tolmie AND Eunice Lake(car camp with Paul Peak)	M-1	G1-31	MRNP - Carbon River	120	~2:45	12	6.4	1250	5940	8.3	(3) Lookout, Eunice Lake, chance to visit firetower
94	****	Moraine Park and Mystic Lake (possible backpack)	M-1	G4-54	MRNP - Carbon River	87 or 97	2:40	12	26	4300	6000	32.5	(5) includes ten miles on closed Carbon River Road (or trail miles from Mowich Lake)
95	****	Spray Park,Spray Falls & Seattle Park (car camp with Paul &/or Tolmie	M-1	G1-29	MRNP - Carbon River	120	2:45	12	7	2200	6400	10.3	Wildflowers, wildlife (may see bears and goats and marmots); views of Rainier
96		Klapatche Park (possible backpack)	M-1	G4-1	MRNP - Carbon River	53/34*	1:35/1:05	12	19.6	3070	~5700	24.2	Includes 8 miles on closed Westside Road to start

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		Hikes in red have possible access or trail issues needing checking				(Miles)			Miles	(Feet)	(Feet)	(Points)	
		Camp Location: 46.627263,-121.693842											
		"A" hikes - strenuous (Hike rating greater than 11.5)											
65	***	Eagle Peak saddle - check snow/ice conditions	M-1	G1-62	MRNP - Longmire	44	1:17	12	7.4	2820	5740	11.6	(4) Through the forest climb to saddle with stellar views
66		Burroughs Mountain Loop	M-1	G1-2	MRNP - White River (Sunrise)	45	1:16	12	9.1	1730	7830	11.7	(4) May see/hear avalanches and rock slides on Rainier
67	***	Crystal Peak	M-1	G1-3	MRNP - White River	31	0:45	12	8.4	3052	6595	13.0	(4) Wildlife, flowers, great views, huckleberries
68	****	Killen Creek Trail to High Camp	M-3	G2-79/ext.	Mt Adams wilderness	31	1:35	12	10	2300	6900	13.5	Most difficult - lush meadows, wildflowers, views of Adams, hi camp
69	****	Shriner Peak and fire lookout	M-1	G1-45	MRNP - Ohanapecosh	20	0:28	12	8.4	3435	5835	13.6	(5) Lookout tower; fantastic panoramas
70	****	Snowgrass Flat Tr #96 LOLLIPOP	M-2	G2-13	Goat Rocks Wilderness	19	0:51	12	10.9	2370	6400	14.5	Moderately difficult - spectacular wildflower meadows, views of peaks
71	***	Mosquito Lake - Three Peaks Tr #69 (last 0.6 might not be driveable)	M-2	G2-9	Goat Rocks Wilderness	12	0:34	12	10.6	2700	5080	14.7	Moderate - great views, expect a few bugs
72	****	Goat Mountain and Deadman's Lake/Check Road conditions!	M-3	G3-60	Mount St Helens Natl Monument	44	1:22		11.2	2400	5025	14.8	Lofty ridge on edge of blast zone; great to compare before/after the blast, N vs S
73	****	Nannie Peak & Sheep Lake	M-2	G2-16	Goat Rocks Wilderness	23	1:05	12	10.4	3040	6110	15.0	Moderately difficult - great views of peaks, wildlife
74	****	Norway Pass and Mount Margaret	M-3	G3-50	Mt.Saint Helens Natl Monument	40	1:12		11.4	2375	5858	15.0	High summit in heart of blast zone w/sweeping views & wildflower-covered slopes
75	****	Goat Lake	M-2	G2-14	Goat Rocks Wilderness	22	1:00	12	10.6	3045	6665	15.2	Most difficult - open meadows, wildflowers, panoramas, lakes
76	****	Grand Park from Sunrise	M-1	G1-9	MRNP - White River (Sunrise)	46	1:16	12	12.4	1970	6800	15.4	Classic route to Grand Park
77	****	Camp Muir	M-1	G1-75	MRNP - Paradise	37	1:04	12	9	4680	10080	16.0	(5) Trails and snowfield to RMI base camp
78	****	Summerland and Panhandle Gap - check snow/ice conditions	M-1	G1-17	MRNP - White River	35	0:54	12	12	2950	6800	16.4	(5) Tough but spectacular; travel highest section of Wonderland Trail; wildlife/flowers
79	****	Laughingwater Creek to Three Lakes	M-1	G1-43	MRNP - Ohanapecosh	16	0:23	12	12.2	2815	4850	16.4	(4) Beautiful stream; trio of tarns in high alpine meadow
80	***	Gobbler's Knob from Westside Road end/check trail conditions	M-1	G1-67	MRNP - Longmire	27	0:55	12	12.6	2640	5465	16.6	Includes about 3.6 miles each way of road walking from closure
81	****	Vanson Peak from FR2750	M-3	G3-63	Mt.Saint Helens Natl Monument	37	1:00		13.2	2600	4948	17.1	Easy - expansive meadows, wildflowers, lake, peak
82	***	Kautz Creek to Indian Henry's Hunting Ground/check bridge	M-1	G1-66	MRNP - Longmire	47	1:29	12	11.4	3830	5600	17.1	(5) Indian Henry's hunting ground; meadows with great views
83	***	Dumbbell Lake Loop fr. White Pass CG/ck. No.fork Clear Creek Xing	M-2	G2-25	William O. Douglass Wilderness	24	0:35	12	14	2210	5150	17.3	Moderate - PCT, lots of lakes, wildflowers, diverse foliage, wildlife
84	****	Walupt Creek Loop Tr #98, 101, 2000 (COMBO hike/stream ford)	M-2	G2-16+PCT+G2-18	Goat Rocks Wilderness	23	1:05	12	13.7	3040	5800	18.3	Moderately difficult - PCT, breathtaking views, wildflowers
85	****	Tatoosh Peak from south (from FR 5290)	M-2	G2-30	Tatoosh Wilderness	10	0:26	12	11.4	4600	6310	18.3	Steep and challenging; beautiful to site of former fire tower; huckleberries - yum!
86	****	Lost Hat & Coyote Lakes and Lost Lake Lookout/Stream ford!!	M-2	G2-6	Goat Rocks Wilderness	17	0:20	12	12.2	4270	6340	18.6	Most Difficult - ford a stream, high alpine country, expansive views
87	****	Tatoosh Peak and Tatoosh Lakes from west	M-2	G1-47	Tatoosh Wilderness	9	0:25	12	11.7	4750	6310	18.8	Away from the crowds; tough hike, great views
88	***	Indian Henry's Hunting Ground fr. Longmire/watch for mudflows	M-1	G1-65	MRNP - Longmire	44	1:17	12	14	3285	5,300	18.9	(5) Follows the Wonderland trail
89	***	Lily Basin and Heart Lake	M-2	G2-11	Goat Rocks Wilderness	17	0:45	12	14.2	3530	6120	19.5	Moderately difficult - beautiful rugged ridge, wildflowers
90	****	Shoe Lake Tr /PCT/lollipop	M-2	G2-5	Goat Rocks Wilderness	23	0:30	12	15.4	3610	6600	20.8	Moderate - PCT, along Hogback Mt, alpine meadow, knife-edge ridge

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		"B" Hikes" - moderate (Hike rating between 7.6 and 11.5)											
44	***	Round Mountain	M-2	G2-3	Goat Rocks Wilderness	35	0:57	12	5.2	1700	5900	7.8	Moderate - short, steep trail, great views
45	****	Reflection Lakes and Paradise Loop	M-1	G1-58	MRNP/Paradise	33	0:50	12	5.8	1420	5800	7.9	Wildflowers, lakes and even a waterfall
46	****	Skyline Trail & Panorama Point loop	M-1	G1-80	MRNP - Paradise	37	1:04	12	5.6	1700	7075	8.2	(4) Loop around Edith Creek Basin; waterfalls,tarns, craggy peaks; historic monument
47	***	Sheep Lake and Sourdough Gap/PCT	M-1	G1-50	Okanogan and Wenatchee NF	30	0:44	12	6	1570	6415	8.4	LakesWildflowers/MeadowsMountain viewsWildlife
48	****	Goat mountain Tr #217/1st part of G3-60/to ridge high point and a bit beyond	M-3	G3-60	Mount St Helens Natl Monument	44	1:22		6	1600	5025	8.4	Moderately difficult - great views of massive crater
49	****	Independence Ridge Loop fr. Independence Pass	M-3	G3-53	Mount St Helens Natl Monument	40	1:12		6.8	1075	4700	8.4	Moderate - fantastic scenery, recovery area, wildflowers
50	****	Juniper Peak	M-3	G2-53	Gifford Pinchot N.F.	34	1:09		6	1885	5610	8.8	Moderately difficult - Ridge top meadow, views of peaks, steep climb
51	****	Burroughs Mountain Loop (to 2nd Burroughs only)	M-1	G1-2	MRNP - White River (Sunrise)	45	1:16	12	7.4	1000	7400	8.9	(4) May see/hear avalanches and rock slides on Rainier
52	****	Tatoosh Ridge to Tatoosh Lakes, not to peak	M-2	G1-47	Tatoosh Wilderness	8	0:20	12	5	2600	5400	8.9	Moderately difficult - old growth forest, alpine vistas, steep, great views of Rainier
53	****	Palisades Lakes from Sunrise Point	M-1	G1-12	MRNP - White River (Sunrise)	43	1:10	12	7.2	1200	6150	9.0	G1 elev wrong; FS says 1200'; open meadows, babbling brooks, easy grade
54	****	Glacier Basin (not Goat Rocks)	M-1	G1-8	MRNP - White River	37	0:59	12	6.8	1650	5975	9.3	(5) Views of St Elmo's Pass; goats and human climbers
55	****	Berkeley Park	M-1	G1-1	MRNP - White River (Sunrise)	45	1:16	12	7	1520	6800	9.3	(3) Flowers!!! May be combined with Sourdough Ridge loop and/or Fremont Lookout
56	***	Crystal Lakes	M-1	G1-4	MRNP - White River	31	0:45	12	6	2300	5828	9.5	(4) Craggy peaks, elk or mountain goats, black bear and huckleberries
57	***	Packwood Lake Tr #78	M-2	G2-10	Goat Rocks Wilderness	9	0:18	12	8.1	1105	3300	9.8	Easy - great swimming, fishing
58	***	Owyhigh Lakes	M-1	G1-11	MRNP - White River	34	0:54	12	7.5	1650	5400	10.0	(4) Birds, berries and various other wildlife
59	****	Comet Falls and Van Trump Park	M-1	G1-61/G4-	MRNP - Longmire	40	1:10	12	7	2300	5500	10.5	waterfalls and wildflowers!
60	****	Skyscraper Mountain	M-1	G1-15	MRNP - White River (Sunrise)	45	1:16	12	8	1775	7078	10.7	(4) Marmots; Rainier and Baker views
61	****	Stevens Canyon Waterfalls	M-1	G1-59	MRNP - Paradise	27	0:44	12	8	1935	4085	10.9	(4) Hike on the Wonderland Trail; waterfalls
62	***	Walupt Lake and Walupt Creek	M-2	G2-18	Goat Rocks Wilderness	23	1:05	12	8.8	1525	4980	11.1	Possible swimming, good grades; old growth
63	***	Dry Creek Trail & Smith Point Lookout site	M-2	G2-32	Gifford Pinchot N.F.	7	0:14		7	2965	3790	11.4	Most difficult - steep, forested, spectacular views, old lookout site
64	****	Summerland (not to Panhandle)	M-1	G1-17	MRNP - White River	35	0:52	12	8.5	2000	5900	11.5	(5) Backcountry camp site beneath Panhandle Gap

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"C" Hikes - easy (Hike Rating 7.6 or less)													
1	**	Narada Falls	M-1	G1-69	MRNP - Paradise	35	0:59	12	0.4	170	4525	0.7	(3) Falls, lakes
2	**	Trail of the Shadows Loop	M-1	G1-72/G4-11	MRNP - Longmire	44	1:16	12	0.8	75	2850	0.9	(1) Counter clockwise intrepreative trail, pick up guide booklet
3	***	Nisqually Vista Loop	M-1	G1-78/G4-13	MRNP - Paradise	37	1:03	12	1.2	240	5400	1.6	(1) Wildflowers and views of Nisqually Glacier
4	***	Grove of the Patriarchs Loop	M-1	G1-56/G4-27	MRNP - Ohanapecosh	16	0:24	12	1.5	120	2220	1.7	(1) Biggest, oldest trees in the Cascades; suspension bridge
5	***	Stevens Creek and waterfalls (first part of G1-59)	M-1	G1-59	MRNP - Ohanapecosh	27	0:43	12	1.4	300	3050	1.9	gain est.
6	***	Alta Vista Loop	M-1	G1-74/G4-14	MRNP - Paradise	37	1:03	12	1.5	540	5940	2.3	(1) Flowers, flowers, flowers
7	***	Silver Forest - Emmons Vista	M-1	G1-14/G4-39	MRNP - White River (Sunrise)	45	1:16	12	2.4	200	6400	2.7	(1) Stands of trees scorched by fire, still standing as gray ghosts against blue skies, white mountain & emerald meadows
8	***	Box Canyon and Nickel Creek Camp	M-1	G1-53	MRNP - Paradise	26	0:42	12	2.2	400	3400	2.8	(2) Unusual Box Canyon and rustic camp
9		Deadhorse Creek Trail	M-1	G4-17	MRNP - Paradise	37	1:03	12	2.2	600	~6100	3.1	Alternative to Skyline trail; paved; wildflowers!
10		High Lakes Trail (loop)	M-1	G4-18	MRNP - Paradise	34	0:56	12	2.7	300	5200	3.2	Elevation gain estimated; loop around Reflection Lakes; views of Tatoosh range
11	***	Carter & Madcap Falls/from near Cougar Rock CG/Check bridge	M-1	G1-60/G4-8	MRNP - Longmire	42	1:10	12	2.5	500	3680	3.3	A wooden water supply pipe remains from an old power plant, now gone; 7.2 miles if done from Longmire
12	***	Lily Lake	M-2	G2-8	Goat Rocks Wilderness	14	0:39	12	3	205	3665	3.3	Easy - parallels Cowlitz River, can hike addl. Miles
13	***	Silver Falls Loop	M-1	G1-46G4-26	MRNP - Ohanapecosh	16	0:21	12	3	415	2180	3.6	(2) Most picturesque stream, falls
14	***	Bench and Snow Lakes	M-1	G1-52	MRNP - Paradise	32	0:52	12	2.8	600	4735	3.7	(2) Snow Lake may have ice floating in it! Elev gain in G4 is wrong
15	***	Tieton Nature Trail	M-2	G2-38	Goat Rocks Wilderness	52	1:05	12	3.5	220	1820	3.8	Moderately difficult - elk country, lots of wildlife viewing in meadows
16	**	Faraway Rock and Lakes High Trail Loop	M-1	G1-55	MRNP - Ohanapecosh	33	0:54	12	3	600	5380	3.9	(2) May combine with Louise Lake
17	***	Dege Peak from Sunrise Point	M-1	G4-37	MRNP - White River (Sunrise)	43	1:10	12	2.8	930	7005	4.2	Fabulous views from summit
18	****	Pinnacle Saddle - check road/trail conditions	M-1	G1-57/G4-19	MRNP - Paradise	34	0:55	12	2.5	1150	6000	4.2	(4) Finest views of south face of Rainier
19	***	Emmons Glacier View/Emmons Moraine/check road/trail conditions	M-1	G1-6/G4-40	MRNP - White River	37	1:00	12	3	900	5200	4.4	(2) Popular; good trail; riverside; Rainier and Goat Island Mountain views
20	***	Mount Beljica and Lake Christine from Southern TH/rough road?	M-1	G1-68	MRNP - Longmire	69/32*	1:35/1:05	12	3	1065	5475	4.6	(3) former fire watch site;/outside the Park; partly in Glacier View Wilderness
21	****	Tipsoo Lake - Naches Peak loop	M-1	G1-51G4-33	MRNP - White River (Cayuse Pass)	30	0:44	12	3.7	685	5890	4.7	(2) Do clockwise for views;
22	***	Tongue Mountain Tr. #294	M-3	G2-52	Gifford Pinchot N.F.	37	1:13		3.1	1070	4678	4.7	Moderate - steep climb at end, stunning views, peaks
23	****	Shadow Lake-Sunrise Camp loop	M-1	G1-13	MRNP - White River (Sunrise)	45	1:16	12	3.8	650	6800	4.8	(2) Alpine meadows; views of Rainier
24	****	Norway Pass/FIRST PART OF G3-50 (end at Norway Pass)	M-3	G3-50	Mt.Saint Helens Natl Monument	40	1:12		4.5	400	4500	5.1	Moderate - trail through blowdown woods, ridge, views of Mt St Helens
25	****	Sunrise Peak/April '18: FS Road 2324 is closed at milepost 0.1 due to a washout/TH inaccessible	M-3	G2-45	Gifford Pinchot N.F.	43	1:26		3.2	1430	5892	5.3	Moderate - 360 deg views, view of Mt. Adams
26	****	High Rock (Fire Lookout)	M-2	G1-64/G2-31	Gifford Pinchot N.F.	22	1:08		3.2	1400	5665	5.3	Moderately difficult - Fire Lookout, 360 deg views of Mt Rainier, impressive rock formation
27	***	Dege Peak from Sunrise VC	M-1	G1-5	MRNP - White River (Sunrise)	45	1:16	12	4.2	800	7005	5.4	(2) Some of the best views of Rainier
28	****	Glacier Vista, Moraine Trail and Deadhorse Creek	M-1	G1-76	MRNP - Paradise	37	1:03	12	3.8	1100	6400	5.5	Short but challenging with great vistas
29	***	Glacier View	M-1	G1-63	Glacier View Wilderness	28	1:15	12	4.2	1000	5450	5.7	(3) Views of western face, glaciers; outside the Park
30	****	Comet Falls	M-1	G1-61	MRNP - Longmire	40	1:10	12	4	1245	4875	5.9	(4) Waterfall and wildflowers.
31	****	Myrtle Falls and Golden Gate loop	M-1	G1-77	MRNP - Paradise	37	1:03	12	4.1	1210	6400	5.9	(3) Flowers and Myrtle Falls; views of Tatoosh Range and Paradise Valley
32	****	Sourdough Ridge and Frozen Lake	M-1	G1-16	MRNP - White River (Sunrise)	45	1:15	12	4.7	800	7000	5.9	Romp through wildflower meadow,to ridge with mind-blowing views of Rainier
33	***	Shadow Lk/Sunrise Camp Ip CLOCKWISE/COUNTER CW	M-1	G4-51	MRNP - White River (Sunrise)	45	1:16	12	4.9	840	~7200	6.2	Varied landscape, lakes and views; snowfields possible
34	***	Goat Creek/Tumwater Trails to Goat Cr. xing Tr #225/218	M-3	G3-62	Mt.Saint Helens Natl Monument	40	1:10		5.6	400	2750	6.2	Moderate - ancient timbers, creek crossing
35	***	Deer and Sand Lakes	M-2	G2-26	Wm O. Douglass Wilderness	21	0:25	12	5.2	900	5300	6.6	Easy - PCT - 2 lakes, good swimming, wildflowers
36	****	Mount Fremont Lookout	M-1	G1-10	MRNP - White River (Sunrise)	45	1:16	12	5.6	800	7200	6.8	(3) Fire tower; mountain goats; can combine with Sourdough Ridge loop
37	***	Forest Lake	M-1	G1-7/G4-24	MRNP - White River (Sunrise)	45	1:16	12	4.6	1620	6800	7.0	(3) A bit of everything, including a lake and backcountry campsites
38		Mount Beljica from the northern TH	M-1	G1-68	MRNP - Longmire	28	1:15	12	5.4	1160	5475	7.1	(3) former fire watch site;/outside the Park; partly in Glacier View Wilderness
39	****	Paradise Glacier	M-1	G1-79	MRNP - Paradise	37	1:04	12	5.6	1030	6400	7.1	Glacier views and views of Tatoosh Range, Goat Rocks & Mt Adams
40	***	Rampart Ridge Loop	M-1	G1-70/G4-5	MRNP - Longmire	44	1:16	12	5.2	1355	4080	7.2	(3) Old forests, high cliffs, meadows
41	****	Jumbo Peak Knoll/Sunrise Trail #262/April '18: FS Road 2324 is closed at milepost 0.1 due to a washout/TH inaccessible	M-3	G2-46	Gifford Pinchot N.F.	43	1:26		5.2	1345	5400	7.2	Moderate - views of Mt. Adams
42	***	Glacier Lake Tr #89	M-2	G2-12	Goat Rocks Wilderness	11	0:24	12	5	1435	2970	7.2	Easy - beautiful alpine wilderness lake, forest

* if Skate Creek Road is open and drivable/slow
There seems to be a discrepancy between G1 and M1
for the west approach to Gobbler's Knob and also approach
to Mount Beljica