

Mount Rainier National Park

National Park Service
U.S. Department of the Interior



Longmire/Cougar Rock Area Trails

All hiking times and distances are round-trip, unless otherwise indicated. 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, extra water, sunglasses and sunscreen, repair kit/tools, and waterproof matches—for emergency use only (fires are not allowed in Mount Rainier’s Wilderness).



Easy Trails

Trail of the Shadows 0.7 miles round-trip. Average hiking time: 30 minutes. A self-guiding loop around Longmire Meadow explores the early history of the Longmire Springs Resort. Trail of the Shadows begins across the main park road from the Longmire Museum. *For your safety, do not drink the water from the springs!*

Christine Falls Drive 4.5 miles east of Longmire and use the pullout just beyond the stone bridge. The trail descends 100' to a view of Christine Falls framed by the bridge. *For your safety, please don't stop your car or walk on the bridge—drivers distracted by the scenery may hit you!*

Moderate Trails

Kautz Creek Trail 2 miles round-trip. Average hiking time: 1 hour round-trip to Kautz Bridge. The trailhead is located 3 miles west of Longmire. The first mile of this trail is level. (The trail beyond the bridge continues 4 ½ steep miles to Indian Henrys; carry a map, extra water, and food.)

Carter Falls/Madcap Falls 2.2 miles round-trip. 500' elevation gain. Average hiking time: 2 hours. The trail begins at the paved pullout 100 yards below Cougar Rock Campground. Walk past Carter Falls 50 yards to see Madcap Falls. For the route beyond Carter Falls see “Wonderland Trail to Paradise” listed below.

Rampart Ridge 4.6 mile loop. 1339' elevation gain. Average hiking time: 2 ½ hours. Beginning from the Trail of the Shadows, this is a steep loop trail traveling through forests with vistas from the ridge top.

Strenuous Trails

Comet Falls and Van Trump Park 5.6 miles round-trip. 2200' elevation gain. Average hiking time: 4 hours. Located 4.4 miles uphill from Longmire, this steep trail passes Comet Falls (1.8 miles). *Beware: this is not an early season hike due to steep snow slopes. Please stay on the trail to protect the fragile meadows. Mildred Point* is an additional 1 mile beyond Van Trump Park, plus 800' elevation gain. Add 1 ½ hours for this segment. Mildred Point offers great views of the Kautz Glacier. *Please stay on the trail to protect fragile meadows.*

Wonderland Trail to Indian Henrys 6.7 miles (one way from Longmire). 2400' elevation gain. Average hiking time: 4 hours. The trail begins near the Longmire Wilderness Information Center and climbs through old growth forest to subalpine meadows. *Please stay on the trail to protect the fragile meadows.*

Wonderland Trail to Paradise 6 miles (one way). 2700' elevation gain. Average hiking time: 3 hours. The trail begins near the Longmire Wilderness Information Center and passes Carter, Madcap, and Narada Falls. At Narada Falls, the trail ends just above the falls and continues near the restrooms. (See *Paradise Area Trails map*)

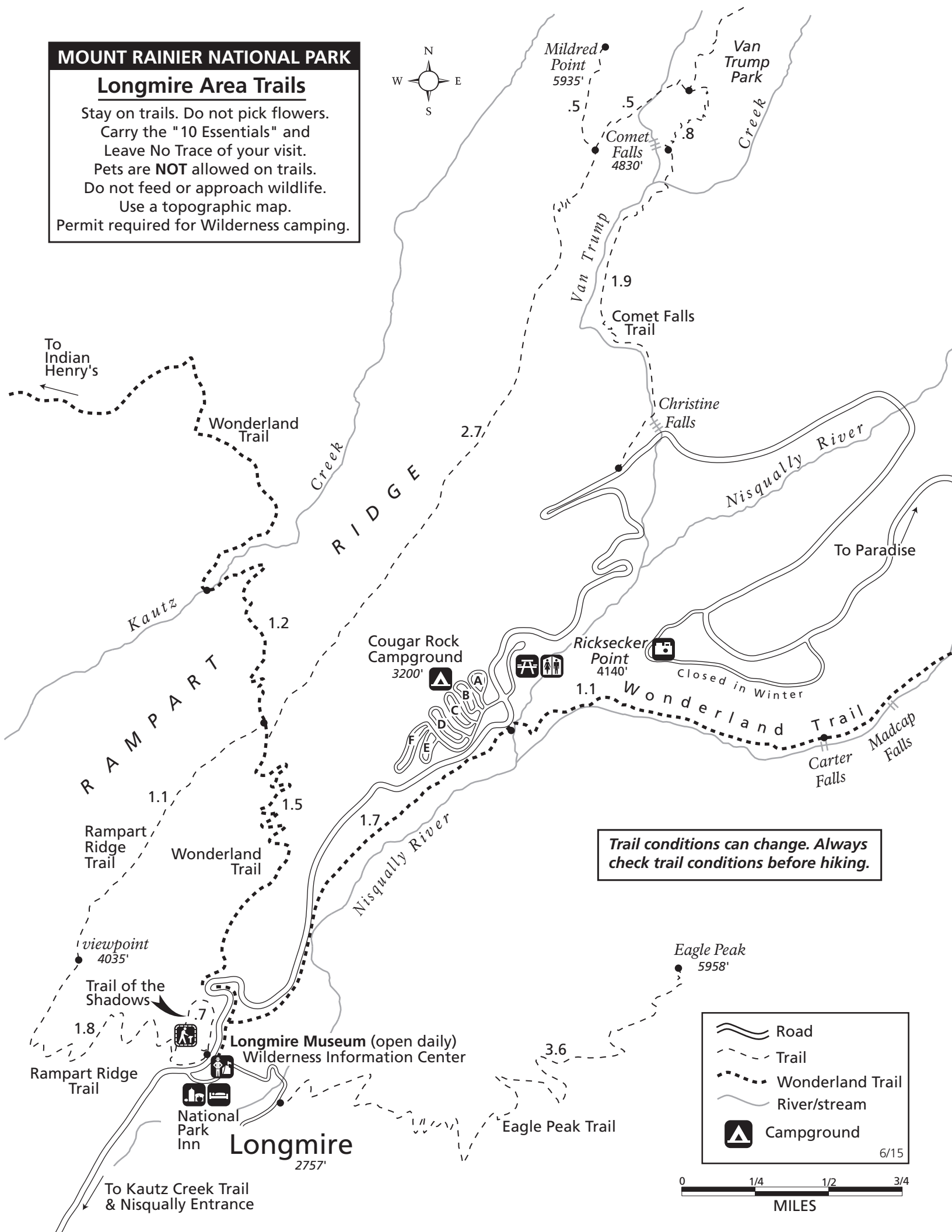
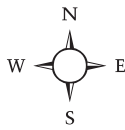
Eagle Peak Saddle 7.2 miles round-trip. 2955' elevation gain. Average hiking time: 5 hours. A steep trail through old growth forest with great views from the saddle. The trailhead is located 50 yards past the Nisqually River Suspension Bridge in Longmire. Beyond the saddle, an unmaintained route leads to the peak. *This is not an early season hike due to steep snow slopes. Use extreme caution beyond the maintained trail.*

Pets & bicycles are prohibited on park trails.

MOUNT RAINIER NATIONAL PARK

Longmire 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.



Trail conditions can change. Always check trail conditions before hiking.

	Road
	Trail
	Wonderland Trail
	River/stream
	Campground

