

# Mount Rainier National Park

National Park Service  
U.S. Department of the Interior



## Ohanapecosh 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

**Grove of the Patriarchs.** CLOSED due to damage to the suspension bridge from the 2021 flood. The bridge provides the only safe access to the island that is surrounded by the swift, cold Ohanapecosh River.

### Moderate Trails

**Silver Falls Trail.** In 2025 Silver Falls can only be accessed from the Grove of the Patriarchs parking lot via the Eastside Trail or from the Cowlitz Divide Trail. There is no access to Silver Falls Trail from Ohanapecosh Campground or from pullouts on SR 123 due to construction. NOTE: The portion of the trail connecting to the Ohanapecosh Campground is closed and the Silver Falls Trail cannot be hiked as a loop. The two sides of the trail on either bank of the Ohanapecosh River can be hiked as out-and-back routes only.

Silver Falls Trail from Grove of the Patriarchs parking lot. 1 mile. 300’ elevation change. Average hiking time: 45 minutes. Trailhead is just northwest of the Stevens Canyon Entrance Station (across the road from the trailhead for Grove of the Patriarchs). Cowlitz Divide Trail from Stevens Canyon Road: .68 miles with 300’ elevation change between Stevens Canyon Road and Silver Falls.

**Hot Springs Nature Trail.** In 2025 the Hot Springs Trail is only accessible from the Silver Falls Trail via the Eastside Trail via the Grove of the Patriarchs parking lot due to the closure of the Ohanapecosh Campground and roadwork on SR 123. Hot Springs Trail from Grove of the Patriarchs parking lot. 5.9 miles. Approximately 600’ elevation change. Average hiking time: 3 hours.

**Eastside Trail.** 11.5 miles one-way. 1000’ elevation change. Average hiking time: 6 hours. Although this trail extends from the Ohanapecosh Campground to Chinook Pass, day hikers often enjoy the portion of the trail just north of the Grove of the Patriarchs. Begin at the Grove of the Patriarchs parking area on the Stevens Canyon Road. At the trail junction 0.4 mile in from the parking area, go left and continue as far as you like.

### Strenuous Trails

**Laughingwater Creek Trail.** 12 miles round-trip to Three Lakes Camp. 2700’ elevation gain. Average hiking time: 6 hours. The trailhead is located on SR 123, 50 yards past Laughingwater Creek bridge (park on the west side of road; the trail starts on the east side). Stock are permitted on the Laughingwater Creek Trail.

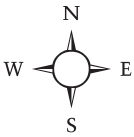
**Shriner Peak Trail** (not shown). 8.4 miles. 3434’ elevation gain. Average hiking time: 6 hours. To access this trail, drive 3.5 miles north of the Stevens Canyon Road junction on Route 123 (park at the pullout on the west side of the road; the trail starts on the east side). **The trail winds up the ridge through an old burn area so be sure to bring sunscreen and plenty of water.**

**Cowlitz Divide Trail.** 8.5 miles. 2440’ elevation gain. Average hiking time: 4 hours. Access this trail via Silver Falls trail or by driving 0.6 mile west of Stevens Canyon Entrance (parking and trailhead are on the north side of the road). Trail ends one mile past Ollalie Creek Camp, at the junction with the Wonderland Trail.

Pets & bicycles are prohibited on park trails.

# Ohanapecosh 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.



Deer Creek Camp 6.3  
 Tipsoo Lake 10.6

To Highway 410  
 Shriner Peak Trailhead  
 Cayuse & Chinook Passes  
 White River Campground  
 and Sunrise

To  
 Olallie Creek Camp 2.6  
 Wonderland Trail 4.0

Stevens  
 Canyon  
 Entrance

To Three Lakes Camp 6.0  
 Pacific Crest Trail 7.3

Silver Falls  
 Trail

Silver Falls  
 Loop Trail

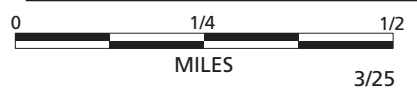
Ohanapecosh  
 Campground  
 CLOSED for  
 Construction

Visitor  
 Center  
 CLOSED

Hot Springs  
 Trail

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

	Road Work No Trail or Pullout Access
	Road
	Trail
	River/stream
	Campground
	Amphitheater
	Visitor Center
	Viewing Area
	Entrance Station
	Self-guiding Trail



To  
 Box Canyon  
 Reflection Lakes  
 Paradise

To Highway 12  
 Packwood & White Pass

Stevens Canyon Road

Ohanapecosh River

Ohanapecosh River

Laughingwater Creek

Laughingwater  
 Creek Trail

Eastside  
 Trail

Cowlitz  
 Divide  
 Trail

.34

.3

.52

.34

.28

.5

1.2

1.0

1.2

1.0

1.2

1.0

1.2

1.0

1.2

1.0

1.2

1.0

1.2