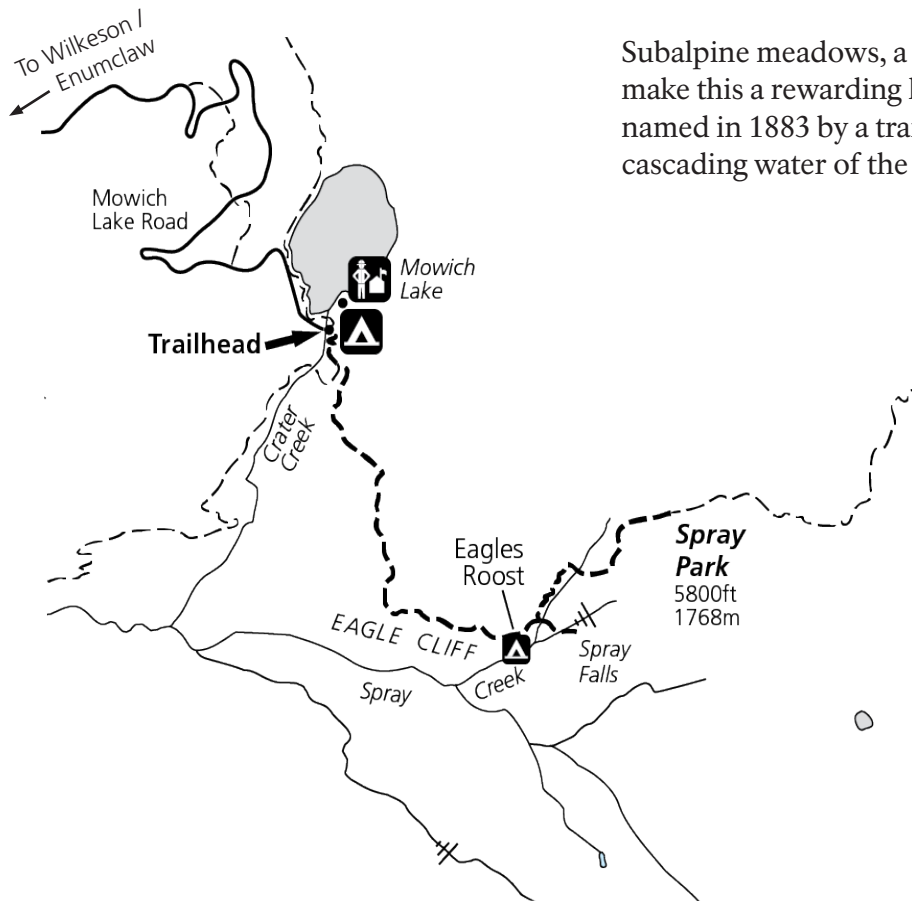




Spray Falls and Spray Park



Subalpine meadows, a waterfall, and great views of Mount Rainier make this a rewarding hike. Spray Park and Spray Falls were likely named in 1883 by a trail construction crew who noted how the cascading water of the falls broke “into a mass of spray.”



Do not feed or approach wildlife.
Pets and bicycles are not allowed on park trails.
Do not pick flowers or collect other park resources (rocks, wood, etc.).
Carry the “10 Essentials” and Leave No Trace of your visit.
Use a topographical map.
Permit required for wilderness camping.

Trail Description

Round-trip Distance:
6 miles (9.7 km)

Elevation Gain:
1,300 feet (396 m)

Hiking Time Round-trip:
4 hours

Difficulty Level:
Moderate

Wilderness Camp:
Eagles Roost

Trailhead: The trailhead is located on the southwest side of Mowich Lake walk-in campground at the end of the Mowich Lake Road.

Along the Trail

Open forest predominates for most of this hike. 1.5 miles (2.4 km) from the trailhead, a viewpoint at Eagle Cliff offers a spectacular view of Mount Rainier and the North Mowich Glacier. Later, a short spur trail leads to the base of 300-foot Spray Falls. After a short, steep climb, the

trail enters the subalpine zone of Spray Park. During the height of summer, these flowering meadows rival the beauty of any in the park. **Please stay on the maintained trail through Spray Park to protect the fragile vegetation of these meadows.**