

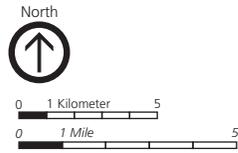
Grand Teton

National Park Service
U.S. Department of the Interior

Grand Teton National Park
John D. Rockefeller, Jr.
Memorial Parkway



Day Hikes



For your Safety

- **BE BEAR AWARE!** Avoid surprising bears by making loud noise like shouting or singing. Proper food storage is required. Ask a ranger for more information.
- Carry drinking water.
- Be prepared for rapid weather changes; bring rain gear and extra clothing.
- High elevation may cause breathing difficulties; pace yourself.
- Snow melts gradually, leaving valley trails by mid-June, canyon trails by late July. Be careful crossing snowfields and streams.
- Tell someone where you are going and when you expect to return.
- Solo hiking and off-trail hiking is not recommended.
- Check with a ranger for up-to-date information on trail conditions.

Parking tips

- During July and August trailhead parking areas fill early in the day, especially at South Jenny Lake, String Lake, Lupine Meadows, Laurance S. Rockefeller Preserve, Death Canyon, and Granite Canyon.
- Parking on natural vegetation results in permanent damage to plants and can start a fire. Please obey posted parking regulations.
- Starting your hike early will help avoid parking problems.
- Laurance S. Rockefeller Preserve, Death Canyon and Granite Canyon are reached via the Moose-Wilson Road; closed to motorhomes and trailers.

Backcountry Regulations

- Respect wildlife: Do not approach or feed animals. Observe and photograph from a safe distance (300 feet from large animals!)
- All overnight camping requires a permit.
- Carry out all your garbage.
- Hike on established trails to prevent erosion.
- Horses have the right-of-way. Step off the trail and remain quiet while horses pass.
- Pets, bicycles, and vehicles are **not** allowed on trails or in the backcountry.
- Backcountry sanitation: To prevent contamination of waterways, bury feces in a hole 6-8 inches deep at least 200 feet from streams and lakes. Pack out used toilet paper, tampons, sanitary napkins, and diapers in sealed plastic bags. Do not bury or burn them.

1. Flagg Ranch

Polecat Creek Loop Trail, 2.5 miles **RT***, 2 hours, EASY

West side of level loop follows ridge above a marsh; habitat for waterfowl and other wildlife.

Flagg Canyon, 5.0 miles RT, 3-4 hours, 40-foot **total climbing***, EASY

Access from east side of Polecat Creek Loop Trail. Spectacular views of the Snake River.

2. Colter Bay (Brochure available)

Lakeshore Trail, 2.0 miles RT, 1 hour, 200-foot total climbing, EASY

Level trail follows shoreline of Colter Bay, providing views of Jackson Lake and the Teton Range.

Heron Pond & Swan Lake, 3.0 miles RT, 2 hours, 350-foot total climbing, EASY

Follow mostly level trail to 2 ponds; home to birds and other wildlife.

Hermitage Point, 8.8 miles RT, 4 hours, 980-foot total climbing, EASY-MODERATE

Trail traverses rolling terrain through forests, meadows, ponds, streams and wildlife habitat.

3. Jackson Lake Lodge

Lunch Tree Hill, 0.5 mile RT, ½ hour, 80-foot total climbing, EASY

Short trail with interpretive signs leads to top of hill overlooking Willow Flats and Teton Range.

Christian Pond Loop, 4.3 mi. RT, 2 hrs, 360-foot total climbing, EASY

Walk through marsh habitat near the pond, then climb a forested ridge for Teton views.

4. Two Ocean Lake

Two Ocean Lake, 6.4 miles RT, 3 hours, 670-foot total climbing, MODERATE

Circle lake through forests and meadows.

Emma Matilda Lake, 9.1 miles RT, 5 hours, 1370-foot total climbing, MODERATE

Circles lake; north shore ridge offers Teton views.

Two Ocean & Emma Matilda Lakes, 12.9 miles RT, 7 hours, 1770-foot total climbing, MODERATE-STRENUOUS

Takes in both lakes and Grand View Point.

5. Signal Mountain

Signal Mountain, 4.0 miles RT loop, 2 hours, 800-foot total climbing, MODERATE

Traverse forests to viewpoint. Park at Signal Mountain Lodge and walk on park road to trail.

6. Leigh Lake

Leigh Lake, 2.0 miles RT, 1 hour, 90-foot total climbing, EASY

Hike along the shore of String Lake to the bridge across the Leigh Lake outlet.

Bearpaw Lake, 7.4 miles RT, 4 hours, 380-foot total climbing, EASY-MODERATE

Follows forested shore of Leigh Lake to several smaller lakes and offers views of Mount Moran.

7. String Lake (Brochure available)

String Lake, 3.3 miles RT, 3 hours, 580-foot total climbing, EASY

Trail circles the lake through a burned area just below Rockchuck Peak and Mt. St. John.

***total climbing = All uphill hiking, including elevation descended and re-ascended.**
***RT= roundtrip**

Holly Lake, 12.4 miles RT, 8 hours, 2625-foot total climbing, STRENUOUS

Follow Paintbrush Canyon trail through wildflowers (in season) to an alpine lake.

Paintbrush-Cascade Loop, 19.2 miles RT, 14 hours, 4840-foot total climbing, VERY STRENUOUS

Spectacular hike combines Paintbrush and Cascade Canyons via Paintbrush Divide. An ice axe may be necessary until August.

8. Jenny Lake/Cascade Canyon

(Brochure available) A shuttle boat travels across Jenny Lake to the mouth of Cascade Canyon. Purchase tickets at the South Jenny Lake boat dock.

Jenny Lake Loop, 6.6 miles RT, 4 hours, 700-foot total climbing, EASY

Mostly level trail skirts lake shore.

Hidden Falls, 5.0 miles RT, 3 hours, 550-foot total climbing; via shuttle boat (fee charged): 1.0 mile, 1½ hours, 150-foot total climbing, MODERATE

Popular trail follows Jenny Lake's south shore, then climbs to view of 200-foot cascade.

Inspiration Point, 5.8 miles RT, 4 hours, 700-foot total climbing; via shuttle boat (fee charged): 2.2 miles RT, 2½ hours, 420-foot total climbing, MODERATE-STRENUOUS

Follow trail to Hidden Falls, then continue climb to Inspiration Point overlooking Jenny Lake.

Forks of Cascade Canyon, 13.0 miles RT, 7 hours, 2050-foot total climbing; via shuttle boat (fee charged): 9.0 miles RT, 5 hours, 1560-foot total climbing, MODERATE-STRENUOUS

Popular trail leads into Cascade Canyon with views of the Grand, Mt. Owen, and Teewinot.

Lake Solitude, 18.4 miles RT, 10 hours, 3425-foot total climbing; via shuttle boat (fee charged): 14.4 miles RT, 8 hours, 2950-foot total climbing, STRENUOUS

Follow popular Cascade Canyon to North Fork, Lake Solitude; views of the Grand and Mt. Owen.

South Fork of Cascade Canyon, 23.2 miles RT, 12 hours, 4750-foot total climbing; via shuttle boat (fee charged): 19.2 miles RT, 11 hours, 4260-foot total climbing, STRENUOUS

Follow popular Cascade Canyon trail. South Fork leads to Hurricane Pass and Schoolroom Glacier.

9. Lupine Meadows

Amphitheater and Surprise Lakes, 9.6 miles RT, 8 hours, 3100-foot total climbing, STRENUOUS

Hike to glacial lakes surrounded by meadows.

Garnet Canyon, 8.2 miles RT, 7 hours, 2350-foot total climbing, STRENUOUS

Trail climbs to the mouth of Garnet Canyon.

10. Taggart Lake (Brochure available)

Taggart Lake, 3.2 miles RT, 2 hours, 410-foot total climbing, EASY

Trail traverses sagebrush flats and forests. Bradley Lake, 4.0 miles RT, 3 hours, 650-foot total climbing, MODERATE

Visit two lakes on a loop hike.

Taggart Lake-Beaver Creek, 4.0 miles RT, 3 hours, 965-foot total climbing, MODERATE

This hike visits Taggart Lake, climbs above the lake, then descends to Beaver Creek.

11. Menors Ferry (Brochure available)

Menor's Ferry Historic District, 0.5 mile RT, ½ hour, 10-foot total climbing, EASY

Tour a historic homestead and ferry on the Snake River, also visit the Chapel of Transfiguration.

12. Death Canyon (Trailhead not accessible to motorhomes or trailers.)

Phelps Lake Overlook, 1.8 miles RT, 2 hours, 420-foot total climbing, MODERATE

Trail climbs moraine to overlook Phelps Lake.

Phelps Lake, 4.0 miles RT, 4 hours, 1140-foot total climbing, STRENUOUS

Trail climbs to overlook, then descends to Phelps Lake. Return involves steep hike up to overlook.

Death Canyon-Static Peak Trail Junction, 7.6 miles RT, 6 hours, 2150-foot total climbing, STRENUOUS

Trail climbs up and then down to near Phelps Lake, followed by a climb into Death Canyon.

Static Peak Divide, 15.6 miles RT, 10 hours, 5250-foot total climbing, VERY STRENUOUS

Switchbacks through whitebark pine forest to high ridge. An ice axe may be necessary until August.

13. Laurance S. Rockefeller

Preserve (Brochure available) (Trailhead not accessible to motorhomes or trailers.)

Lake Creek-Woodland Trail Loop, 2.9 miles RT, 1.5 hours, 350 ft total climbing, EASY

Hike along Lake Creek to the shore of Phelps Lake.

Aspen Ridge- Boulder Ridge Loop, 5.8 miles RT, 3 hours, 900 ft total climbing, MODERATE

Hike through aspen groves and boulder fields to the shore of Phelps Lake.

Phelps Lake Loop, 7.0 miles RT, 4 hours, 900 ft total climbing, MODERATE

Hike around Phelps Lake with stunning views of the Teton Range.

14. Granite Canyon (Trailhead not accessible to motorhomes or trailers.)

Marion Lake, 20.8 miles RT, 12 hours, 3800-foot total climbing, STRENUOUS

Follow Granite Creek to beautiful Marion Lake.

15. Top of the Tram

Trails are not recommended for hiking until snow has melted, usually by late July. Fee charged

Marion Lake, 12.5 miles RT, 7 hours, 4250-foot total climbing, VERY STRENUOUS

Hike through alpine and subalpine terrain to Marion Lake and return to the tram.

Granite Canyon, 11 miles total, 7 hours, 4100-foot total descent, MODERATE

Start at the top of the tram, hike into the park, down Granite Canyon, and return to Teton Village.

16. Teton Canyon

Targhee National Forest/Table Mountain, 11.0 miles RT, 7 hrs, 4151-foot total climbing, STRENUOUS

Steep climb to a peak with views of incredible views of Teton Range.

17. Cunningham Cabin

Cabin Loop, 0.75 mile RT, 1 hour, EASY, Tour a historic homestead. (Brochure available)