

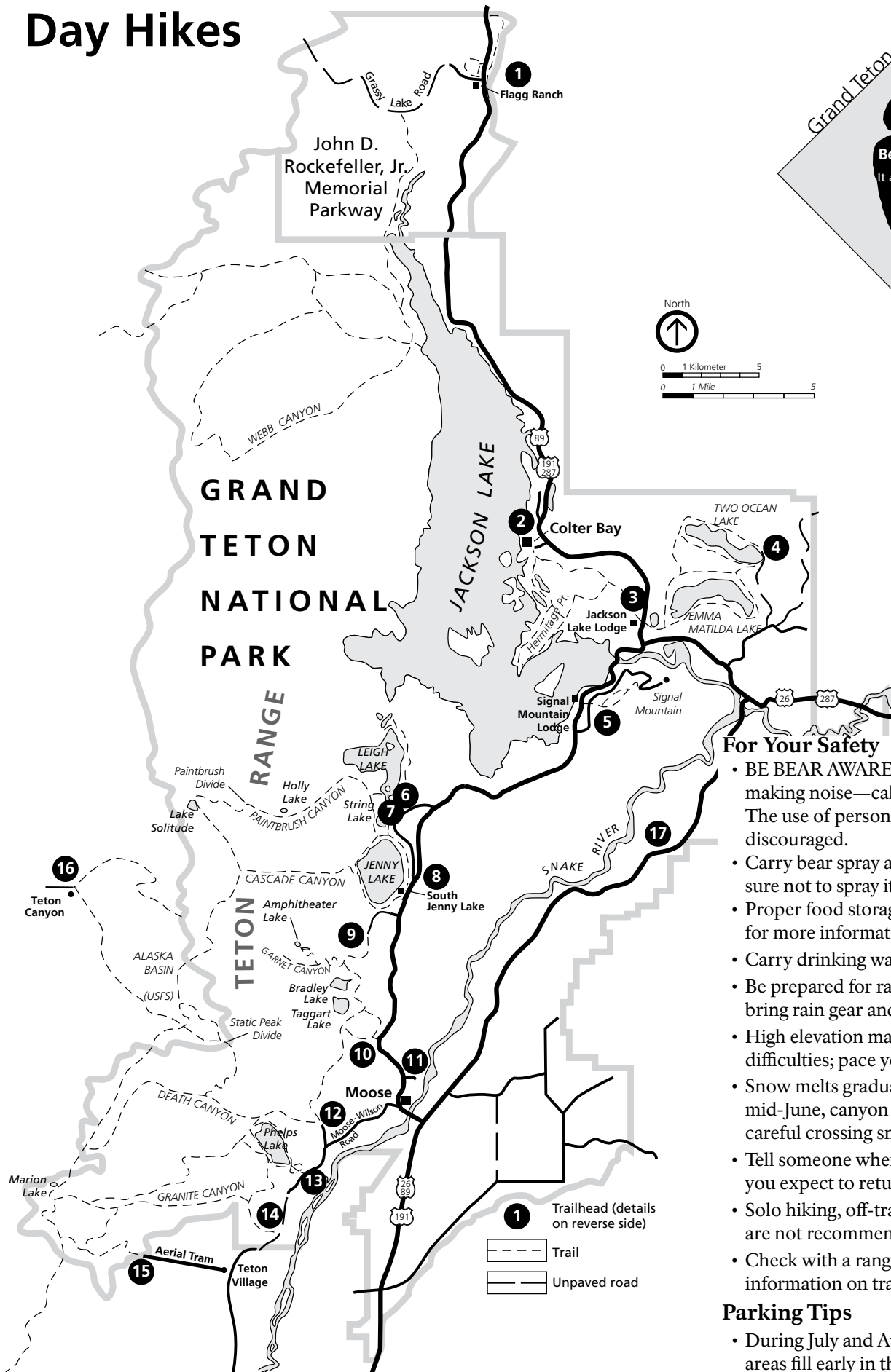
Grand Teton

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 noise—call out and clap your hands. The use of personal audio devices is strongly discouraged.
- Carry bear spray and know how to use it. Be sure not to spray it accidentally.
- 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, off-trail hiking and trail running are 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 South Jenny Lake, String Lake, Lupine Meadows, Laurance S. Rockefeller Preserve, Death Canyon and Granite Canyon. Plan for alternate hikes.
- Starting your hike early will help avoid parking problems.
- Parking on natural vegetation results in permanent damage to plants and can start a fire.
- Please obey posted parking regulations.
- Laurance S. Rockefeller Preserve, Death Canyon and Granite Canyon are reached via the Moose-Wilson Road, which is closed to trucks over 25 feet long, RVs and trailers.

Backcountry Regulations

- Respect wildlife. Do not approach or feed animals. Observe them from a safe distance; at least 100 yards from bears and wolves, and 25 yards from other wildlife!
- 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 water. 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, **100 ft total climbing****, EASY

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

Flagg Canyon, 4.0 miles RT, 3 hours, 100 ft total climbing, EASY

Access from northeast side of Polecat Creek Loop Trail. Out and back north along Snake River with spectacular river views.

2. Colter Bay (Brochure available)

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

Level trail follows Colter Bay shoreline; provides views of Jackson Lake and the Teton Range.

Heron Pond & Swan Lake, 3.0 miles RT, 2 hours, 300 ft total climbing, EASY

Follow mostly level trail to two ponds that are home to birds and other wildlife.

Hermitage Point, 9.7 miles RT, 5 hours, 1000 ft total climbing, EASY-MODERATE

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

3. Jackson Lake Lodge

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

Short interpretive trail leads to the top of a hill overlooking Willow Flats and the Teton Range.

Christian Pond Loop, 3.3 mi. RT, 2 hours, 425 ft total climbing, EASY

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

4. Two Ocean Lake

Two Ocean Lake, 6.4 miles RT, 3 hours, 625 ft total climbing, MODERATE

Circle lake through forests and meadows.

Emma Matilda Lake, 10.7 miles RT, 6 hours, 1350 ft total climbing, MODERATE

Circle lake; north trail follows ridge offering views of the Teton Range.

Two Ocean & Emma Matilda Lakes, 13.2 miles RT, 7 hours, 1700 ft total climbing, MODERATE-STRENUOUS

Follow north shore Two Ocean Lake and south shore of Emma Matilda Lake, crossing over Grand View Point.

5. Signal Mountain

Signal Mountain, 6.8 miles RT loop, 4 hours, 800 ft total climbing, MODERATE

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

6. Leigh Lake (Brochure available)

Leigh Lake, 1.8 miles RT, 1 hour, 50 ft total climbing, EASY

Hike along the east shore of String Lake, pass the bridge across a stream and climb to Leigh Lake.

Bearpaw Lake, 8.0 miles RT, 4 hours, 350 ft total climbing, EASY-MODERATE

From String Lake, follow forested shore of Leigh Lake to smaller lakes with views of Mount Moran.

Holly Lake, 13.0 miles RT, 8 hours, 2900 ft total climbing, STRENUOUS

Follow Paintbrush Canyon trail through forests and wildflowers meadows to an alpine lake.

7. String Lake (Brochure available)

String Lake, 3.7 miles RT, 2 hours, 550 ft total climbing, EASY

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

Paintbrush-Cascade Loop, 19.0 miles RT, 12 hours, 4900 ft total climbing, VERY STRENUOUS

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

8. Jenny Lake/Cascade Canyon

(Brochure available)

A shuttle boat crosses from south Jenny Lake to the mouth of Cascade Canyon. Purchase tickets at the South Jenny Lake boat dock.

Fee Charged.

Jenny Lake Loop, 7.1 miles RT, 4 hours, 700 ft total climbing, EASY

Gently rolling trail skirts lake shore.

Hidden Falls, 5.2 miles RT, 3 hours, 550 ft total climbing. Via shuttle boat: 1.2 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, 6.0 miles RT, 4 hours, 800 ft total climbing. Via shuttle boat: 2.0 miles RT, 2½ hours, 420 ft total climbing, MODERATE-STRENUOUS

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

Forks of Cascade Canyon, 13.6 miles RT, 7 hours, 1950 ft total climbing. Via shuttle boat: 9.6 miles RT, 5 hours, 1530 ft total climbing, MODERATE-STRENUOUS

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

Lake Solitude, 19.0 miles RT, 10 hours, 3375 ft total climbing. Via shuttle boat: 15.0 miles RT, 8 hours, 2955 ft total climbing, STRENUOUS

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

South Fork of Cascade Canyon, 24.8 miles RT, 13 hours, 4500 ft total climbing. Via shuttle boat: 20.8 miles RT, 11 hours, 4080 ft total climbing, STRENUOUS

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

9. Lupine Meadows

(Brochure available)

Amphitheater Lake, 10.1 miles RT, 6 hours, 3150 ft total climbing, STRENUOUS

Hike to glacial lakes surrounded by meadows. Disappointment Peak towers above.

Garnet Canyon, 8.4 miles RT, 5 hours, 2650 ft total climbing, STRENUOUS

Trail climbs into Garnet Canyon offering spectacular views of the Middle Teton.

10. Taggart Lake (Brochure available)

Taggart Lake, 3.0 miles RT, 2 hours, 400 ft total climbing, EASY

Out-and-back trail traverses sagebrush flats and forests to a lake with views of the Grand Teton.

Taggart Lake-Beaver Creek, 3.9 miles RT, 2 hours, 500 ft total climbing, MODERATE

Hike this loop trail to the lake, climb the glacial moraine and return along Beaver Creek.

Taggart Lake-Bradley Lake, 5.9 miles RT, 3 hours, 900 ft total climbing, MODERATE

Loop hike visits two lakes dammed by glacial moraines.

11. Menors Ferry (Brochure available)

Menors Ferry Historic District, 0.3 mile RT, ½ hour, EASY

Tour a historic homestead and ferry on the Snake River. Visit the Chapel of the Transfiguration.

12. Death Canyon

(Not accessible to trucks over 25 feet long, RVs or trailers.)

Phelps Lake Overlook, 2.0 miles RT, 2 hours, 450 ft total climbing, MODERATE

Trail climbs moraine to overlook of Phelps Lake.

Phelps Lake, 4.2 miles RT, 3 hours, 1050 ft total climbing, STRENUOUS

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

Death Canyon-Static Peak Trail Junction, 7.9 miles RT, 4 hours, 2150 ft total climbing, STRENUOUS

Trail climbs to overlook, drops toward Phelps Lake, and then climbs into Death Canyon to a patrol cabin.

Static Peak Divide, 16.3 miles RT, 10 hours, 5250 ft total climbing, VERY STRENUOUS

From patrol cabin climb switchbacks through whitebark pine forest to high ridge. An ice axe may be necessary through July.

13. Laurance S. Rockefeller Preserve

(Brochure available. Not accessible to trucks over 25 feet long, RVs or trailers.)

Lake Creek-Woodland Trail Loop, 3.1 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, 6.6 miles RT, 4 hours, 900 ft total climbing, MODERATE

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

14. Granite Canyon

(Not accessible to trucks over 25 feet long, RVs or trailers.)

Marion Lake, 18.5 miles RT, 12 hours, 3700 ft total climbing, STRENUOUS

Follow Granite Creek to beautiful Marion Lake.

15. Aerial Tram, Teton Village

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

Marion Lake, 11.8 miles RT, 7 hours, 4000 ft total climbing, STRENUOUS

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

Granite Canyon, 12.3 miles total, 7 hours, 4100 ft total descent (with 900 ft climbing), 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, 12.0 miles RT, 7 hours, 4150 ft total climbing, STRENUOUS

Steep climb to Table Mountain with incredible views of the Grand Teton with the south fork of Cascade Canyon below.

17. Cunningham Cabin

(Brochure available)

Cabin Loop, 0.8 mile RT, 1 hour, EASY

Tour a historic homestead.

***RT= round-trip**

****ft total climbing = All uphill hiking, including elevation descended and reascended in feet (ft).**