

## Mount Rainier National Park

National Park Service  
U.S. Department of the Interior



### Sunrise Area Trails

All hiking times and distances are round-trip, unless otherwise indicated.  
For your safety, always carry the 10 Essentials: a topographic map, compass, extra food, extra clothing/rain gear, emergency shelter, first aid kit, flashlight and extra batteries, sunglasses and sunscreen, pocketknife, and matches (for emergency use only—fires are not allowed in Mount Rainier's Wilderness).



#### Easy Trails

**Sunrise Nature Trail.** 1.5 miles. 300' elevation gain. Average hiking time: 45 minutes. The trailhead is at the upper end of the picnic area. Self-guiding loop with views of Mount Rainier and the Cascades.

**Silver Forest Trail.** 2 miles. 150' elevation gain. Average hiking time: 1 hour. The trailhead is located south of the parking lot. Follow the Sunrise Rim Trail, then head east on the Silver Forest Trail. This trail leads to spectacular views at the **Emmons Vista Overlooks** (0.5 mile one way), continues through an old burn area.

#### Moderate Trails

##### Sourdough Ridge Trail:

(West to Frozen Lake) 3 miles. 500' elevation gain. Average hiking time: 1.5 hours. Follow the nature trail to the left, then head west on the Sourdough Ridge Trail. Return to Sunrise via the Wonderland Trail and the old Campground Trail. *Fragile vegetation in Frozen Lake area: Please Stay On The Trail!*

(East to Dege Peak) 4.2 miles. 800' elevation gain. Average hiking time: 2.5 hours. Follow the nature trail to the right, then head east on the Sourdough Ridge Trail to the Dege Peak spur trail.

**Emmons Moraine Trail.** 3 miles, 700' elevation gain. Average hiking time: 3 hours. Begins in "D" loop of the White River Campground. Follow the Glacier Basin Trail for one mile; take the left fork and hike along the moraine. A November 2006 flood caused damage to the trail beginning about ¼ mile from the Glacier Basin trail head. The trail is passable but will be rerouted. It is difficult in spots. Follow yellow "Caution" tape, and signs.

#### Strenuous Trails

**Sunrise Rim Trail.** 5.2 miles. 1000' elevation gain. Average hiking time 3 hours. Follow the Sunrise Rim Trail to Shadow Lake continuing to Glacier Overlook and 1<sup>st</sup> Burroughs Mountain.

**Burroughs Mountain Trail.** (1<sup>st</sup> Burroughs Mtn) 4.8 miles. 900' elevation gain. Average hiking time: 3 hours. (2<sup>nd</sup> Burroughs Mtn) 6.0 miles. 1200' elevation gain. Average hiking time: 4 hours. Start at the upper end of the picnic area. Follow the Sourdough Ridge Trail to the junction at Frozen Lake, then climb up the Burroughs Mtn. Trail. Return via the Sunrise Rim Trail. *Caution: Hazardous travel on icy slopes until late in the season!*

**Mt. Fremont Lookout Trail.** 5.6 miles. 900' elevation gain. Average hiking time: 3.5 hours. Follow the Sourdough Ridge Trail to the junction at Frozen Lake, then take the Mt. Fremont Trail to the old fire lookout.

**Upper Palisades Lake Trail.** 7 miles. 1800' elevation gain. Average hiking time: 5 hours. Begins at Sunrise Point. Follow the Palisades Lake Trail past Clover Lake to Upper Palisades Lake. No views of Mount Rainier.

**Glacier Basin Trail.** 6.5 miles. 1700' elevation gain. Average hiking time: 6 hours. Begins in "D" loop of the White River Campground. A November 2006 flood caused substantial damage to the trail beginning about ¼ mile from the trail head. The trail is passable but will be re-routed. It is difficult in spots. Follow yellow "Caution" tape and signs.

**Berkeley Park.** 7 miles. 1200' elevation gain. Average hiking time: 5 hours. Take the Sourdough Ridge Trail to the junction at Frozen Lake, then follow a section of the Northern Loop Trail down into Berkeley Park.

Pets & bicycles are  
prohibited on park trails

# MOUNT RAINIER NATIONAL PARK

## Sunrise Area Trails

### PROTECT THE MEADOWS!

Stay on trails. Do not pick flowers.

Carry the "10 Essentials" and

Leave No Trace of your visit.

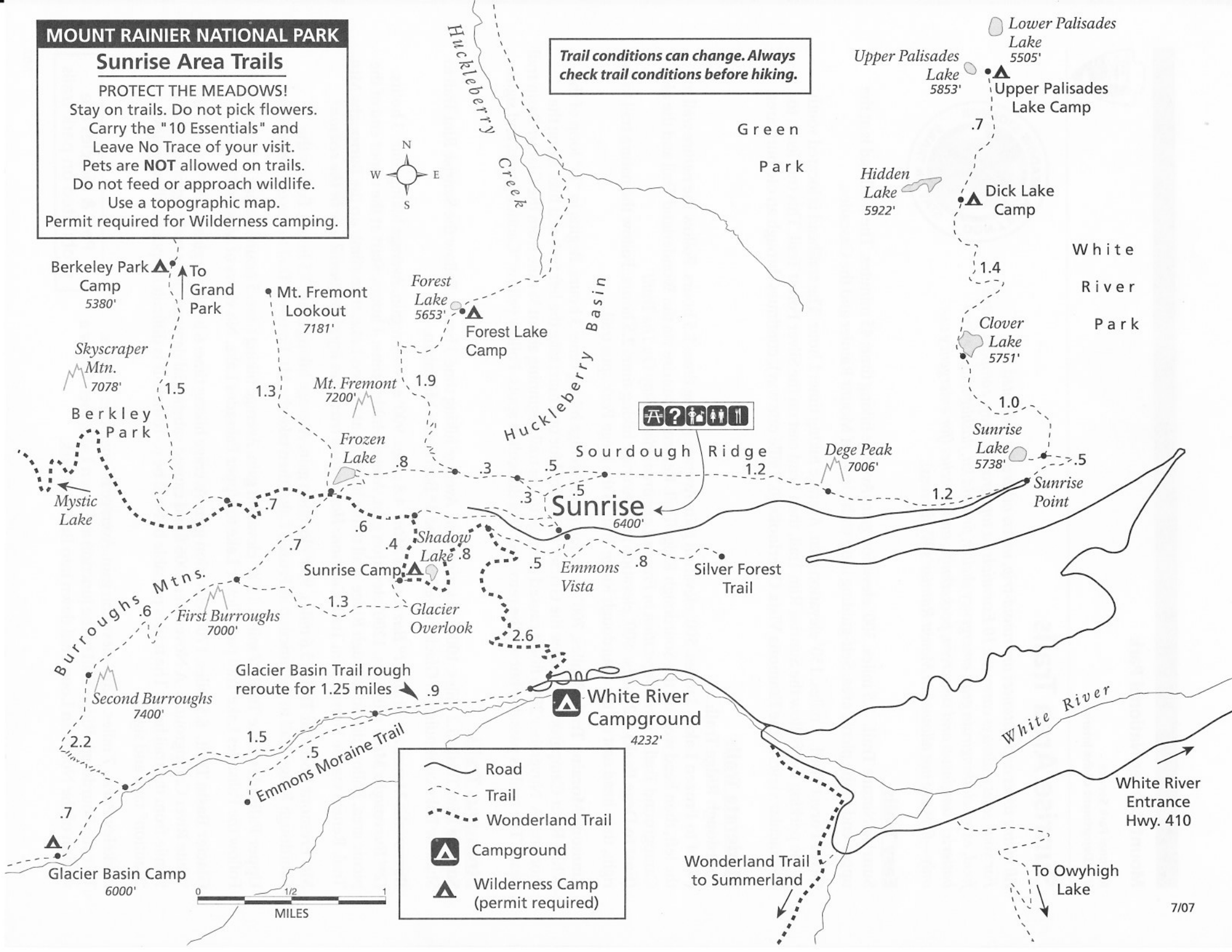
Pets are **NOT** allowed on trails.

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.



Berkeley Park Camp  
5380'

Mt. Fremont  
Lookout  
7181'

Forest Lake  
Camp  
5653'

Mt. Fremont  
7200'

Sunrise  
6400'

White River  
Campground  
4232'

Glacier Basin Camp  
6000'



- Road
- Trail
- Wonderland Trail
- Campground
- Wilderness Camp (permit required)