

Mount Rainier National Park

National Park Service
U.S. Department of the Interior



Carbon River Area Trails

As a result of a major flood in November 2006, the Carbon River Road is closed to vehicle traffic 0.5 mile past the ranger station. The road is currently open only to hiking and bicycling. Bicycles are permitted on the road to Ipsut Creek Campground but not on the trails from that point forward. Pets are prohibited beyond the entrance.



All trails begin 0.5 mile after the Carbon Ranger Station (hiking times and distances are round-trip). The five miles of former road to Ipsut Creek Campground is included in the hiking mileage. Be prepared to cross washouts and hike around and over debris. Wear sturdy shoes and carry the ten essentials.

Easy Trail

Rain Forest Loop Trail 0.25 mile loop. Discover nurse logs and other rainforest characteristics along the 0.25 mile self guided loop trail.

Moderate Trails

Green Lake Trail 9.6 miles round-trip. 1000' elevation gain. Average hiking time: 5 hours. One mile past the turn off a side spur leads to Ranger Falls.

Chenuis Falls 6.4 miles round-trip. Average hiking time: 4.5 hours Check trail conditions first; the footlog is subject to washout.

Carbon Glacier Trail (Wonderland Trail) 17.5 miles round-trip. 1200' elevation gain. Average hiking time: 8 hours. Sections of this trail have been rerouted; watch for detour signs.

Strenuous Trails

Mystic Lake Trail (Wonderland Trail) 25.8 miles round-trip. 3900' elevation gain. Average hiking time: 13 hours from Ipsut Creek Campground. The trail follows the Carbon River and goes through Moraine Park, up to Mystic Pass (Lower Curtis Ridge) and one mile down to the lake. **Please stay on the trail to protect the fragile vegetation and soils.**

Lake James and Windy Gap Trail (Northern Loop Trail) 27 miles round-trip. 3450' elevation gain. Average hiking time: 14 hours. From Ipsut Creek Campground the trail follows the Wonderland Trail for 2 miles and then crosses the Carbon River and travels uphill to Windy Gap. At the top, the trail which forks towards the northwest leads to a unique natural bridge. The other trail continues to Lake James.

Mowich Lake Area Trails

Moderate Trails

Tolmie Peak Trail 5.6 miles round-trip. 1010' elevation gain. Average hiking time: 3 hours. The trail begins at the last bend in the road on the Mowich Lake Road, 5.5 miles from the park boundary. Please stay on main trail near Eunice Lake to protect the fragile environment.

Spray Park Trail 6 miles round-trip. 1300' elevation gain. Average hiking time: 4 hours. The trail begins on the west side of the Mowich Lake Campground. Take the 0.25 mile spur to Spray Falls, a 300' cascading waterfall.

Cross Streams Safely

Always use bridges and footlogs to cross streams safely. If none are available, first look for a straight, wide area and slow moving water below knee height. Be aware of any downstream hazards that could trap you if you fall in. Use a sturdy stick to maintain 2 points of contact with the ground. Loosen the waist strap on your pack and look forward.



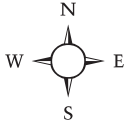
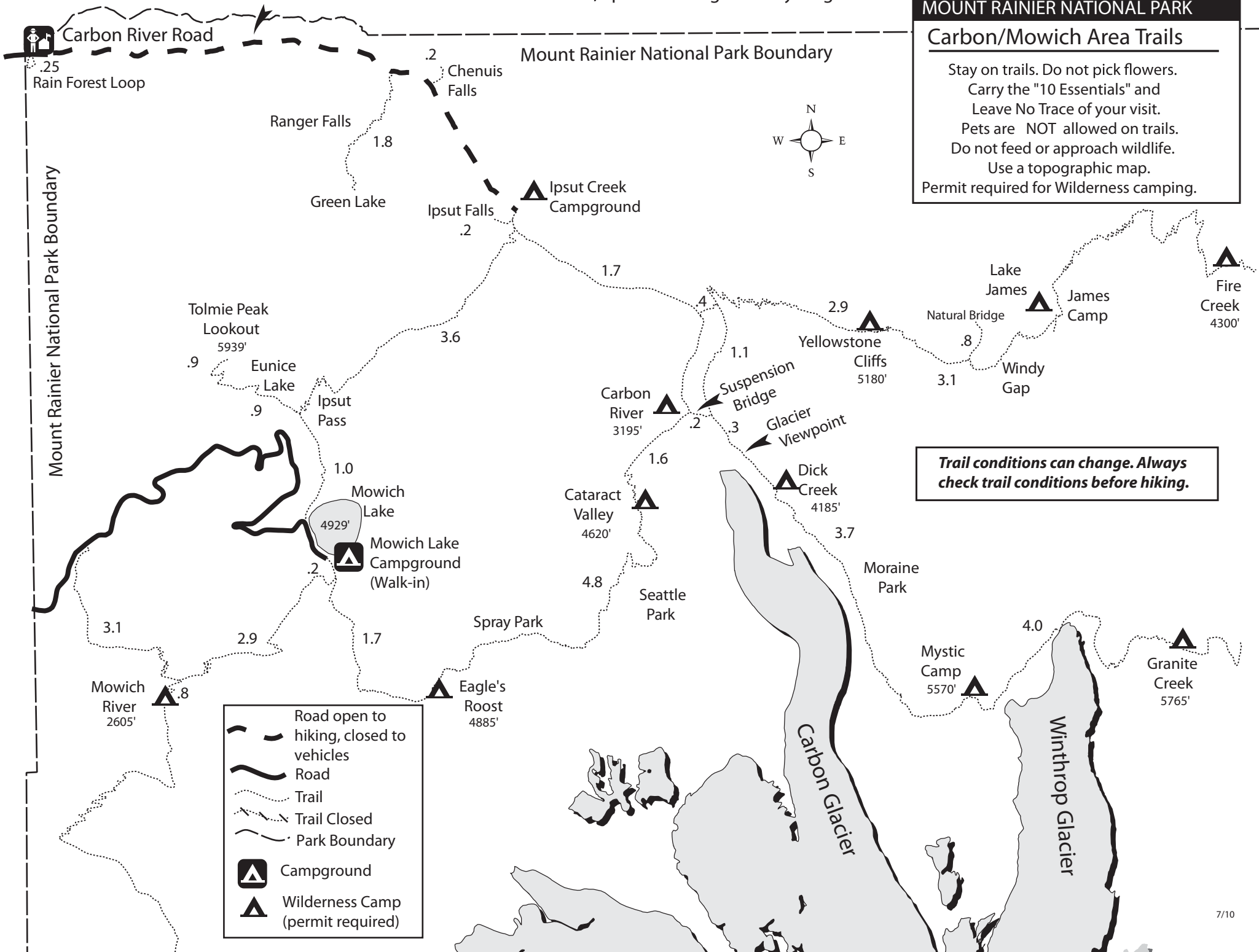
Pets & bicycles are prohibited on park trails.

Carbon River Road closed to vehicles .5 mile east of entrance; open to hiking and bicycling.

MOUNT RAINIER NATIONAL PARK

Carbon/Mowich 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.



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

Legend

- Road open to hiking, closed to vehicles
- Road
- ... Trail
- - - Trail Closed
- - - Park Boundary
- ▲ Campground
- ▲ Wilderness Camp (permit required)