

Tioga Road

(from Crane Flat to Tenaya Lake)

Day hikes and overnight trips are abundant along the Tioga Road, each with a scenic reward of its own. Trips available from this stretch of the Tioga Road range from relatively level forested hikes to Yosemite Valley's north rim to trails plummeting deep into Yosemite's northernmost canyons. *(The Tioga Road closes due to snow, usually from sometime in November through late May or early June. There is no overnight parking on the Tioga Road after October 15; please plan accordingly.)*

Trail Descriptions and Distances (One Way)

Tioga Road

Tamarack Flat

This trail provides access to the north rim of Yosemite Valley with pleasant hiking through mixed conifer forest.

	Miles	Km.
Old Big Oak Flat Road.....	2.2	3.5
El Capitan.....	8.3	13.3
Yosemite Falls (top).....	12.3	19.7
Yosemite Valley.....	16.0	25.7
North Dome.....	17.0	27.3
Yosemite Valley (via Snow Creek).....	26.5	42.6

South Fork Tuolumne River

This trail winds through old burn areas and mixed conifer forest and can sometimes be difficult to follow because it sees very little traffic.

	Miles	Km.
South Fork Tuolumne River.....	2.9	4.6
Aspen Valley.....	4.8	7.7
White Wolf.....	14.5	23.3

White Wolf->Pate Valley

This trail descends into Pate Valley and gives backpackers access to the Grand Canyon of the Tuolumne River and to the trails leading into the heart of the high country.

	Miles	Km.
Morrison Creek.....	5.2	8.3
Pate Valley.....	7.9	12.7
Benson Lake.....	22.0	35.4
Tuolumne Meadows (via Grand Canyon).....	28.9	46.5
Hetch Hetchy (via Rancheria Mountain).....	32.0	51.5

White Wolf Campground

A pleasant trail through red fir forest with access to different lake basins and the Yosemite Creek watershed.

	Miles	Km.
Lukens Lake.....	3.1	4.9
Ten Lakes.....	9.5	15.2
May Lake.....	24.0	38.6

Lukens Lake->Yosemite Creek

This trail descends through the forest to the slick granite Yosemite Creek watershed.

	Miles	Km.
Yosemite Creek Campground Road.....	0.9	1.4
Yosemite Creek.....	4.2	6.7
Yosemite Falls (top).....	7.7	12.3
Yosemite Valley.....	11.2	18.0
El Capitan.....	11.1	17.8

Lukens Lake

Accesses the south rim of the Grand Canyon of the Tuolumne River.

	Miles	Km.
Lukens Lake.....	0.8	1.2
White Wolf Campground.....	3.9	6.2
Harden Lake.....	7.5	12.0
Pate Valley.....	12.2	19.6
Ten Lakes.....	9.8	15.7
Mather Ranger Station.....	19.3	31.0

Yosemite Creek Campground

This is a beautiful path that mostly follows Yosemite Creek to the rim of the Valley and Yosemite Falls.

	Miles	Km.
Yosemite Falls (top).....	6.0	9.6
Yosemite Valley.....	9.3	14.9
El Capitan.....	9.3	14.9

Ten Lakes

Provides the most direct route to Grant Lakes and the Ten Lakes basin. Hikers will pass through Half Moon Meadow and climb a ridge with rewarding views of the Grand Canyon of the Tuolumne River and the north country of the park.

	Miles	Km.
Half Moon Meadow.....	3.6	5.7
Grant Lakes.....	5.9	9.4
Ten Lakes.....	6.2	9.9
May Lake.....	20.3	32.6
Glen Aulin.....	21.6	34.7

Porcupine Creek

Backpackers can more readily access the north rim of Yosemite Valley and North Dome with its amazing vistas from this trail.

	Miles	Km.
Indian Rock.....	3.9	6.2
North Dome.....	5.2	8.3
Yosemite Falls (top).....	5.0	8.0
Yosemite Valley (via Yosemite Falls).....	8.7	14.0
Yosemite Valley (via Snow Creek).....	8.8	14.1

May Lake

A short hike leads to scenic May Lake nestled below Mount Hoffmann.

	Miles	Km.
May Lake.....	1.2	1.9
Ten Lakes.....	14.1	22.6
Glen Aulin.....	9.1	14.6
Tioga Road via Ten Lakes.....	21.5	34.6

May Lake->Snow Creek

This is the shortest route between the Tioga Road and Yosemite Valley, taking hikers down the Snow Creek drainage to the Valley rim.

	Miles	Km.
Snow Creek Falls (top).....	5.2	8.3
Yosemite Valley.....	8.9	14.3

Olmsted Point

Beginning at scenic Olmsted Point, this trail leads hikers across rolling granite slabs into the Snow Creek drainage, joining the Snow Creek trail after a couple of miles.

	Miles	Km.
Snow Creek Falls (top).....	6.0	9.6
Yosemite Valley.....	9.7	15.6

Tuolumne Meadows

(from Tenaya Lake to Tioga Pass)

Tuolumne Meadows serves as a hub for summer backpacking opportunities in the park. Temperatures average 15 to 20 degrees Fahrenheit cooler than in Yosemite Valley, and, at 8,600 feet in elevation, the air is crisp, invigorating, and thin! Tuolumne hikers enjoy a variety of popular routes and many of the trailheads are within a short distance of each other. Trails range from just a few miles to Sunrise Lakes to thousands of miles on the Pacific Crest Trail. Remember, any blue sky day can quickly turn ominous and gray. The Sierra are well known for their magnificent afternoon thundershowers; enjoy these from a safe location in good raingear. *(The Tioga Road closes due to snow, usually from sometime in November through late May or early June. There is no overnight parking on the Tioga Road after October 15, please plan accordingly.)*

Trail Descriptions and Distances (One Way)

Tuolumne Meadows

Sunrise Lakes

This trail departs from western Tenaya Lake and follows switchbacks up toward Sunrise Lakes or Clouds Rest. Visitors can choose from several different loop options in this area such as Merced Lake, Half Dome, or Cathedral Lakes.

	Miles	Km.
Sunrise Lakes.....	3.3	5.3
Sunrise High Sierra Camp.....	5.8	9.3
Clouds Rest.....	7.0	11.2
Half Dome.....	13.0	20.9
Tuolumne Meadows.....	14.0	22.5
Yosemite Valley.....	17.3	27.8

Murphy Creek

This trail follows Murphy Creek, then crosses open granite slabs and wanders through Lodgepole forests to Polly Dome Lakes, May Lake, or Glen Aulin.

	Miles	Km.
Polly Dome Lakes.....	2.5	4.0
Glen Aulin.....	6.8	10.9
May Lake.....	6.3	10.1

Cathedral Lakes

This popular trail leads hikers into the heart of the Cathedral Range and provides various loop trip options.

	Miles	Km
Cathedral Lakes.....	3.4	5.4
Sunrise High Sierra Camp.....	7.7	12.3
Half Dome.....	16.7	26.8
Little Yosemite Valley.....	16.2	26.0
Yosemite Valley.....	21.2	34.0
Merced Lake.....	16.4	26.3

Elizabeth Lake

A pleasant day hike to a lake basin nestled beneath Unicorn Peak. A cross-country route continues to Nelson lake.

	Miles	Km.
Elizabeth Lake (no camping).....	2.5	4.0
Nelson Lake.....	5.5	8.8

Rafferty Creek->Vogelsang

This trail follows the Lyell Fork of the Tuolumne River through sub-alpine meadows and then climbs along Rafferty Creek to Tuolumne Pass, Vogelsang, and destinations beyond.

	Miles	Km.
Vogelsang High Sierra Camp.....	6.9	11.1
Merced Lake via Fletcher Creek.....	14.9	23.9
Merced Lake via Lewis Creek.....	15.7	25.2
Isberg Pass.....	25.4	40.8
Yosemite Valley via Fletcher Creek.....	28.1	45.2

Lyell Canyon

This trail meanders through Lyell Canyon along the Lyell Fork of the Tuolumne River toward Donahue Pass to the south and to Ireland Lake and Tuolumne Pass to the west.

	Miles	Km.
Ireland Creek Trail Junction.....	5.2	8.3
Ireland Lake.....	11.4	18.2
Vogelsang High Sierra Camp.....	12.3	19.7
Yosemite Valley via Fletcher Creek.....	32.3	51.7
Donahue Pass.....	12.1	19.4
Devils Postpile.....	32.7	52.6
Whitney Portal.....	190.0	305.7

Glen Aulin and Cold Canyon/Waterwheel

This popular trail follows the Tuolumne River to Glen Aulin and beyond to the Grand Canyon of the Tuolumne River, up Cold Canyon into the north end of the park, or towards May Lake and Ten Lakes.

	Miles	Km.
Twin Bridges.....	4.0	6.4
Glen Aulin.....	5.3	8.5
Waterwheel Falls.....	8.2	13.2
Pate Valley.....	19.2	30.9
White Wolf.....	28.7	46.1
May Lake.....	12.5	20.1
Yosemite Valley via May Lake.....	22.9	36.8
Virginia Canyon.....	12.7	20.4
Benson Lake.....	29.5	47.4
Young Lakes.....	6.0	9.6

Young Lakes via Dog Lake

Hikers along this trail enjoy forests and high meadows with panoramic views of the Cathedral Range.

	Miles	Km.
Dog Lake.....	1.5	2.4
Young Lake.....	6.0	9.6

Young Lakes via Glen Aulin

Hikers along this trail travel through Tuolumne Meadows to Soda Springs and follow the Glen Aulin trail for a short while before ascending through lodgepole forest toward Ragged Peak and Young Lakes.

	Miles	Km.
Dog Lake (no camping).....	1.5	2.4
Young Lakes.....	6.0	9.6

Mono/Parker Pass

This trail climbs through alpine meadows toward Mono and Parker Passes and Spillway Lake. Trails continue into the Ansel Adams Wilderness toward Mammoth Lakes and beyond. Backpackers must cross into the Ansel Adams Wilderness before camping.

	Miles	Km.
Spillway Lake (no camping).....	4.1	6.6
Mono Pass (no camping).....	3.7	5.9
Parker Pass (no camping).....	5.2	8.3
Koip Peak Pass (no camping).....	8.3	13.3

Gaylor Lakes

This trail climbs to alpine lakes basins from Tioga Pass.

	Miles	Km.
Gaylor Lakes (no camping).....	1.1	1.7
Great Sierra Mine (no camping).....	1.8	2.9

Mt. Dana

This 13,000-foot peak is a popular destination not only for the challenging climb to the summit but the rewarding views from the top. This hike is a cross-country route.

	Miles	Km.
Top of Mt. Dana (no camping).....	3.5	5.6

Yosemite Valley

Some of the park's most popular and strenuous trails wind up and past granite cliffs and roaring waterfalls to reach destinations on the north and south rims of the valley. From Yosemite Valley, you can hike to such well known destinations as El Capitan, Half Dome, Glacier Point, Yosemite Falls, and Vernal and Nevada Falls. For those interested in hiking trails with fewer people, the Snow Creek and Pohono Trails are fine choices with stunning views. Trails start at 4,000 feet and often climb to above 7,000 feet in as little as four miles; pack plenty of food, water, and warm clothes to deal with these rapidly changing conditions. Many of the areas along the rim of the valley are day-use-only zones. Overnight hikers should check for camping restrictions.

Trail Descriptions and Distances (One Way)

Yosemite Valley

Happy Isles / John Muir Trail

This very popular trail climbs past waterfalls to Little Yosemite Valley and is the start of the 211-mile John Muir Trail. Continuing beyond Little Yosemite Valley brings hikers into the high country.

	Miles	Km.
Vernal Fall Footbridge.....	0.8	1.3
Vernal Fall (top).....	1.5	2.4
Clark Point.....	2.1	3.4
Nevada Fall (top, via Mist Trail).....	2.7	4.0
Nevada Fall (top, via John Muir Trail).....	3.5	5.5
Little Yosemite Valley (via Mist Trail).....	3.8	6.1
Little Yosemite Valley (via John Muir Trail).....	4.7	7.6
Glacier Point (via Panorama Trail).....	8.5	13.7
Half Dome (via Mist Trail).....	7.0	11.2
Half Dome (via John Muir Trail).....	8.2	13.1
Clouds Rest.....	10.5	17.0
Merced Lake.....	13.1	21.0
Tenaya Lake.....	16.4	26.4
Sunrise High Sierra Camp.....	13.2	21.2
Tuolumne Meadows (via Cathedral Lakes).....	21.2	34.1
Tuolumne Meadows (via Vogelsang).....	28.1	45.2
Mount Whitney.....	211	340

Happy Isles->Illilouette

This route follows the John Muir/Mist Trail to the top of Nevada Fall and then traverses Panorama Cliff toward Illilouette Creek.

	Miles	Km.
Illilouette Fall.....	6.6	10.6
Mono Meadow.....	9.6	15.5
Ottoway Lake.....	19.5	31.4

Four Mile Trail

This trail travels up switchbacks from the Valley floor to Glacier Point and provides stunning vistas of Yosemite Valley en route.

	Miles	Km.
Union Point.....	3.0	4.8
Glacier Point.....	4.8	7.7
Yosemite Valley (Panorama & Mist Trails).....	12.4	20.0
Yosemite Valley (Panorama & John Muir Trails).....	13.3	21.4

Mirror Lake / Snow Creek

The steepest climb out of the Valley, this trail takes hikers toward Snow Creek, North Dome, and the north rim of the Valley.

	Miles	Km.
Snow Creek Fall (top).....	3.7	6.0
North Dome.....	9.0	14.5
Yosemite Falls (top).....	14.0	22.5
El Capitan.....	18.1	29.1
Old Big Oak Flat Road (Foresta).....	22.9	36.8
May Lake.....	11.2	18.0
Tenaya Lake.....	11.3	18.1
Tuolumne Meadows.....	20.0	32.1

Yosemite Falls

This route is a very strenuous hike up switchbacks to the top of the falls, the north rim of the Valley, and beyond.

	Mile	Km.
Columbia Rock.....	1.2	1.9
Yosemite Falls (top).....	3.6	5.7
Yosemite Point.....	4.2	6.7
North Dome.....	7.9	12.7
Eagle Peak.....	6.0	9.6
El Capitan.....	7.9	12.7
Tioga Road (via Porcupine Creek).....	9.2	14.8
Tioga Road (via Yosemite Creek).....	11.3	18.1
Tamarack Flat.....	14.9	23.9
Old Big Oak Flat Road Trailhead.....	16.7	26.8
Yosemite Valley (via Mirror Lake).....	17.5	28.1
White Wolf.....	14.0	22.5
Harden Lake.....	17.0	27.3
Ten Lakes.....	17.6	28.3

Old Big Oak Flat Road (Foresta)

This trail passes through the area burned in the 1990 fires and is often used to access the top of El Capitan.

	Miles	Km.
Old Big Oak Flat Road.....	4.0	6.4
El Capitan.....	10.0	16.2
Eagle Peak.....	12.1	19.4
Yosemite Falls (top).....	14.2	22.8
North Dome.....	18.9	30.4
Yosemite Valley (via Mirror Lake).....	27.4	44.1

Glacier Point->Little Yosemite Valley

Though slightly longer, this is an easier and very scenic hike along the Panorama Trail to Little Yosemite Valley.

	Miles	Km.
Illilouette Fall.....	3.6	5.8
Little Yosemite Valley.....	5.2	8.3
Yosemite Valley.....	7.6	12.2
Half Dome.....	9.2	14.8
Merced Lake.....	14.3	23.0

Pohono Trail (Wawona Tunnel)

Hikers can access the southern rim of the Valley with destinations like Bridalveil Creek and Taft Point from the Wawona Tunnel.

	Miles	Km.
Inspiration Point.....	1.2	1.9
Old Inspiration Point.....	3.3	5.3
Dewey Point.....	5.5	8.8
Bridalveil Creek Junction.....	7.1	11.4
Taft Point.....	10.6	17.0
Glacier Point.....	13.0	20.9

Wawona and Glacier Point

Trailheads from these areas lead to the less frequented southern reaches of Yosemite's Wilderness. Many excellent day hikes with breathtaking views of Yosemite Valley begin from the Glacier Point Road. Historic Wawona offers the Mariposa Grove of Giant Sequoias in its quiver of good day hikes. Longer trips into the southern part of the park are generally characterized by rolling, forested terrain, meadows, wildflower extravaganzas, and few crowds. Lakes often provide good fishing for anglers. The spectacular peaks of the Clark Range are the backdrop to many vistas on both short and multi-day hikes. *(The Glacier Point Road closes due to snow, usually from sometime in November through late May or early June. There is no overnight parking on the Glacier Point Road beyond Badger Pass after October 15; please plan accordingly.)*

Trail Descriptions and Distances (One Way)

Wawona

Chilnualna Falls

After a steep hike to the top of Chilnualna Falls, visitors will enjoy the distinctive forests and lakes of the southwestern part of the park. This trail continues to Grouse, Crescent, Royal Arch, Buena Vista, and Chilnualna Lakes.

	Miles	Km.
Chilnualna Falls.....	5.0	8.0
Deer Camp.....	11.2	18.0
Bridalveil Creek Campground.....	14.0	22.5
Johnson Lake.....	12.7	20.4
Buena Vista Lake.....	14.4	23.1
Moraine Meadow.....	19.7	31.7
Merced Pass.....	21.3	34.2
Chain Lakes.....	20.6	33.1
Chiquito Pass.....	18.9	30.4
Fernandez Pass.....	22.8	36.6

Alder Creek

This infrequently used trail climbs gradually through mixed conifer forest onto ridge tops above the South Fork of the Merced River.

	Miles	Km
Alder Creek Falls.....	4.0	6.4
Deer Camp.....	6.1	9.8
Bridalveil Creek Campground.....	10.3	16.5

Mariposa Grove

This trail meanders through the largest grove of Giant Sequoia trees in the park.

	Miles	Km.
Grizzly Giant (no camping).....	1.2	1.9
Wawona Tunnel Tree (no camping).....	2.8	4.5
Wawona Point (no camping).....	3.3	5.3

Chiquito Pass

Visitors using this trailhead, which actually begins just south of the park boundary in Sierra National Forest, can access the more remote southern areas of the park, including Chain Lakes, the Buena Vista Crest, and the Clark Range.

	Miles	Km.
Chiquito Pass.....	2.6	4.1
Chain Lakes.....	7.1	11.4
Fernandez Pass.....	11.8	18.9
Red Peak Pass.....	18.6	29.9

Trail Descriptions and Distances (One Way)

Glacier Point

Deer Camp Road

This old fire road, now a trail, takes hikers to Deer Camp, an old California Conservation Corps camp, and to many other secluded destinations in southern Yosemite.

	Miles	Km.
Deer Camp.....	8.4	13.5
Glacier Point Road.....	10.4	16.7
Chilnualna Falls.....	14.5	23.3

Westfall Meadow

This trail begins just past the Bridalveil Campground and provides a pleasant day hike to the beautiful Westfall Meadow.

	Miles	Km.
Westfall Meadow.....	1.1	1.7
Deer Camp.....	6.2	9.9

Bridalveil Creek Campground

This trail begins alongside Bridalveil Creek on the Glacier Point Road and heads south toward Ostrander Lake and Wawona.

	Miles	Km.
Ostrander Lake.....	6.1	9.8
Deer Camp.....	6.3	10.1
Chilnualna Falls.....	8.6	13.8
Wawona.....	13.2	21.2

McGurk Meadow

This trail provides a relaxing hike to the southern rim of Yosemite Valley.

	Miles	Km.
McGurk Meadow.....	0.8	1.2
Bridalveil Creek/Pohono Trail.....	1.9	3.0
Dewey Point.....	4.1	6.6

Ostrander Lake/Lost Bear Meadow

This is the most direct trail to Ostrander Lake, which lies nestled in a beautiful cliff lined basin.

	Miles	Km.
Ostrander Lake.....	6.2	9.1

Mono Meadow

This trail provides access to the Illilouette drainage and beyond to the Panorama Trail or Clark Range.

	Miles	Km.
Nevada Fall (top).....	6.9	11.1
Happy Isles.....	10.3	16.5
Merced Pass/Red Peak Pass Junction.....	12.1	19.4
Ottoway Lake.....	16.0	25.7
Buena Vista Lake.....	12.6	20.2
Buck Camp.....	17.4	28.0
Wawona.....	29.3	47.1

Pohono Trail (Glacier Point)

This trail travels west along the south rim of the Valley, leading to beautiful vistas, such as Sentinel Dome, Taft Point, Dewey Point, and Inspiration Point.

	Miles	Km.
Bridalveil Creek.....	6.5	10.4
Dewey Point.....	8.7	14.0

Pohono Trail (Taft Point)

	Miles	Km.
Sentinel Dome.....	1.2	1.9
Taft Point.....	1.3	2.0
Wawona Tunnel.....	10.6	17.0
Glacier Point.....	2.2	3.5

Glacier Point to Illilouette

This trail follows the Illilouette drainage to destinations in the south end of the park and beyond.

	Miles	Km.
Illilouette Fall.....	3.6	5.7
Merced Pass/Red Peak Junction.....	12.8	20.0
Ottoway Lake.....	16.7	26.8
Buena Vista Lake.....	13.3	21.4
Wawona.....	30.1	48.4

Hetch Hetchy

Hetch Hetchy Reservoir, in the northwest region of the park, serves as the portal to many spectacular and remote areas of Yosemite. Because of its more isolated location, Hetch Hetchy trailheads have relatively fewer visitors embarking on trips than other areas of the park. Located at 3,900 feet, Hetch Hetchy is an ideal place for thundering spring waterfalls and wildflower displays. High temperatures prevail in summer months, but that is a small price to pay for the reward of stunning peaks, hidden canyons, and remote lakes accessed from here. *(The Hetch Hetchy Road has seasonal hours corresponding roughly with daylight hours--ask at any wilderness center.)*

Trail Descriptions and Distances (One Way)

Hetch Hetchy

Rancheria Falls

This popular trail follows the contour of the cliffs above Hetch Hetchy Reservoir. Backpackers can continue toward Rancheria Falls and the canyons of the northwest region of the park.

	Miles	Km.
Rancheria Falls.....	6.7	10.8
Tilltill Valley.....	9.5	15.3
Lake Vernon.....	16.3	26.2
Pleasant Valley.....	18.5	29.8
Glen Aulin.....	47.4	75.9

Beehive Meadows

This trail follows an old road as it switchbacks up the cliffs above Hetch Hetchy and then continues to ascend through the forest toward Beehive Meadow, Laurel Lake, and Lake Vernon.

	Miles	Km.
Beehive Meadows.....	7.2	11.6
Laurel Lake.....	8.3	13.3
Lake Vernon.....	11.5	18.5
Wilma Lake.....	17.9	28.8
Bond Pass.....	27.5	44.3
Benson Lake.....	33.7	54.2
Hetch Hetchy via Lake Vernon.....	29.8	48.0
Tuolumne Meadows via Benson Lake.....	63.2	101.7

Miguel Meadows

This trail follows the Beehive/Vernon trail to the top of the switchbacks and then turns west through forested terrain to Miguel Meadow and Lake Eleanor.

	Miles	Km.
Miguel Meadows.....	7.5	12.1
Lake Eleanor.....	10.7	17.2
Cherry Valley.....	17.0	27.4

Poopenaut Valley

This trail provides quick access to the Tuolumne River descending 1,200 feet below O'Shaughnessy Dam.

	Miles	Km.
Poopenaut Valley.....	1.5	2.4

Smith Peak

This seldom used trail winds up through brush and meadows to the top of Smith Peak. Although this trail is shorter than the trail leaving from Mather, there is more elevation gain

	Miles	Km.
Smith Meadow.....	5.2	8.4
Smith Peak.....	6.7	10.8

Mather Ranger Station

These trails wander through forest, brush, and meadows to Smith Peak.

	Miles	Km.
Cottonwood Meadow.....	3.9	6.3
Smith Meadow.....	6.8	11.0
Smith Peak.....	8.3	13.3