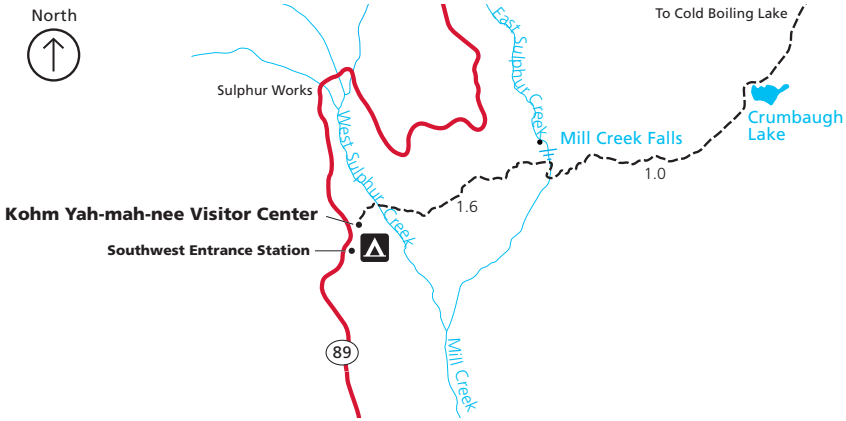
Lassen Volcanic National Park

Mill Creek Falls Trail Guide

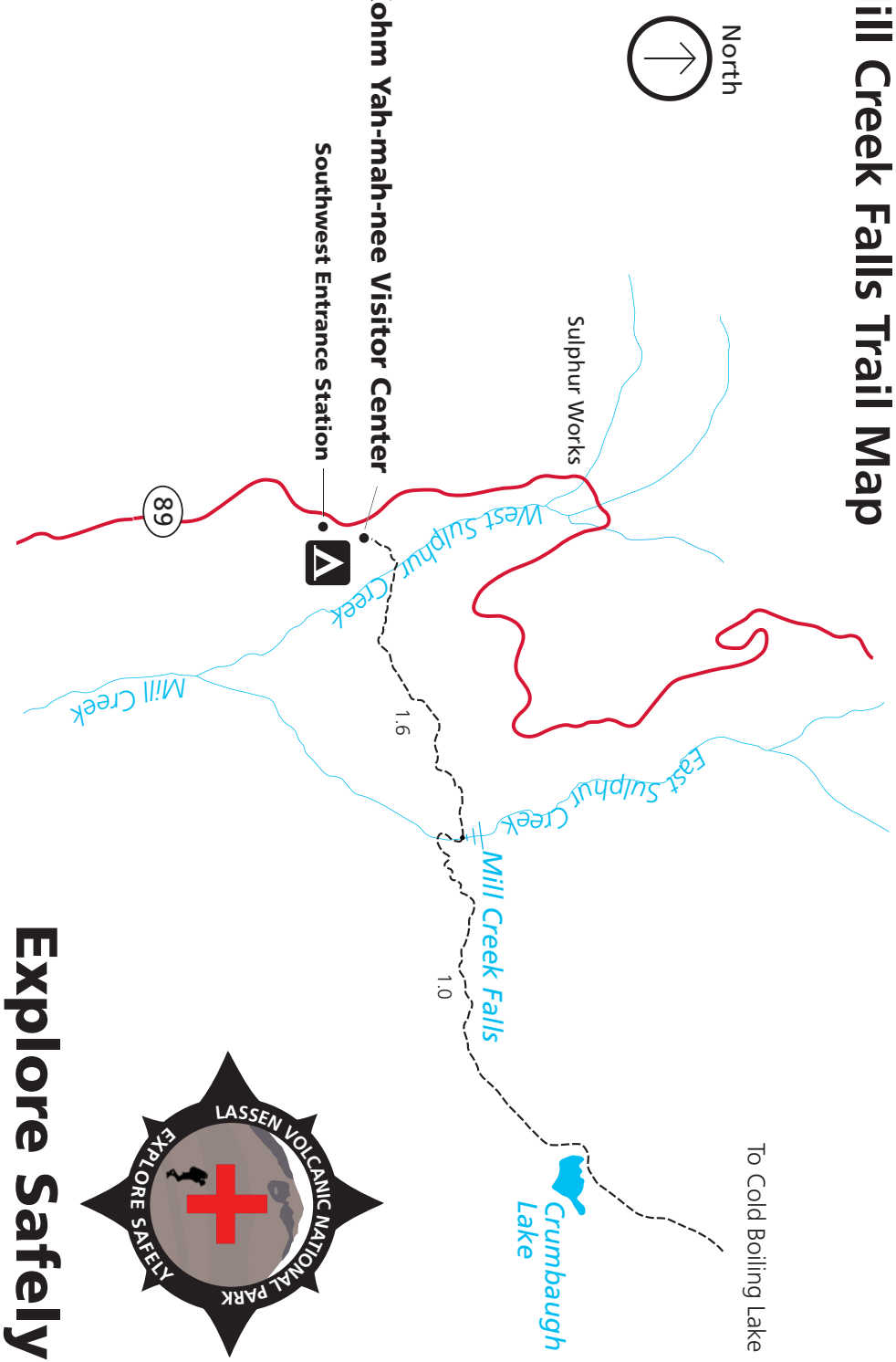
Mill Creek Falls tumbles nearly 100 feet

Level of Difficulty:	Moderate
Round Trip Distance:	3.2 mi (km)
Round Trip Time:	2-3 hours
Elevation Start/Gain:	6725 ft (2050 m) / 935 ft (285 m)

Lower elevation, easy access, and a picturesque waterfall make this a popular trail in spring and summer. Beginning near the Southwest Campground, the trail winds down through red fir forest to West Sulphur Creek. At 0.2 mile, a bridge allows an easy crossing of the creek. The trail continues up a steep hillside before traversing a sunny slope of mule ears wildflowers with excellent views of Mount Diller. A series of dips and rises wind in and out of gullies as the trail follows the contours of East Sulphur Creek. At 1.5 miles, the trail descends steeply to an overlook of Mill Creek Falls. Just past the overlook, two footbridges cross above the falls before continuing to Conard Meadows.



Mill Creek Falls Trail Map



Explore Safely

Directions to Trailhead

From the southwest entrance, continue 0.1 mile to the Kohm Yah-mah-nee Visitor Center parking area. The trailhead is located on the east side of the parking area behind the amphitheater. A paved walkway from the Southwest Campground passes by the trailhead.

Are You Ready to Hike?

Safety is *Your* Responsibility

A few suggestions to help you stay safe:

- ☐ Bring water and extra food
- ☐ Wear sturdy boots
- ☐ Bring a flashlight or headlamp
- ☐ Use sunscreen
- ☐ Carry extra layers for warmth
- ☐ Take breaks often
- ☐ Tell someone where you are going and when you will return
- ☐ Check the weather forecast on-line or at the visitor centers
- ☐ Finish your hike before dark

Knee and ankle injuries are the most common visitor injury
Watch your footing • Consider using trekking poles for balance • Wear appropriate footwear

Special Considerations

Creek Crossings can be hazardous during the spring snow melt season. Use caution when crossing, wear proper footwear and carry extra clothing.

Winter Conditions can persist through the summer months, especially in the forested sections of the trail. Wear proper footwear and consider using trekking poles to help maintain balance.

Hiking at High Elevation can aggravate preexisting medical conditions. Know the effects of altitude. Carry plenty of water, take breaks often, and do not exceed your abilities.

How Can I Safely Enjoy the Falls?

Be cautious at all creek crossings

Crystal clear creek water tumbling nearly 100 feet is a spectacular sight and a considerable danger. The Mill Creek Falls trail ends at an overlook with guardrails that provides the best view of the waterfall. You may continue a short way past the overlook to two footbridges that cross above the falls.

Be cautious on bridges; they do not have handrails.

Snow melt significantly increases water flow in the spring season and increases the danger of drowning or being swept over the falls. Traveling off-trail around the waterfall strongly is discouraged.

Pets Are Not Permitted on Hiking Trails

For the protection of wildlife and the safety of your pet, pets are allowed only in paved areas such as campgrounds and the park road.

Yield to Uphill Hikers

Please carefully step off to the side of trail to allow uphill hikers to pass or to stop for a break.

In Case of Emergency, Dial 911

Closest emergency phone is at the Kohm Yah-mah-nee Visitor Center.

Hikers pass through mule ears wildflower fall color

The trail affords excellent views of Mt. Diller