

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.
Always carry the Ten Essentials: a topographic map and compass, extra food, extra clothing/rain gear, emergency shelter, first aid kit, headlamp or flashlight and spare batteries, extra water, sunglasses and sunscreen, repair kit/tools, and waterproof 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.

Pets & bicycles are prohibited on park trails

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.

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 1st Burroughs Mountain.

Burroughs Mountain Trail (1st Burroughs Mtn.) 4.8 miles. 900' elevation gain. Average hiking time: 3 hours.
(2nd 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!*

Mount 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 Mount 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.

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.

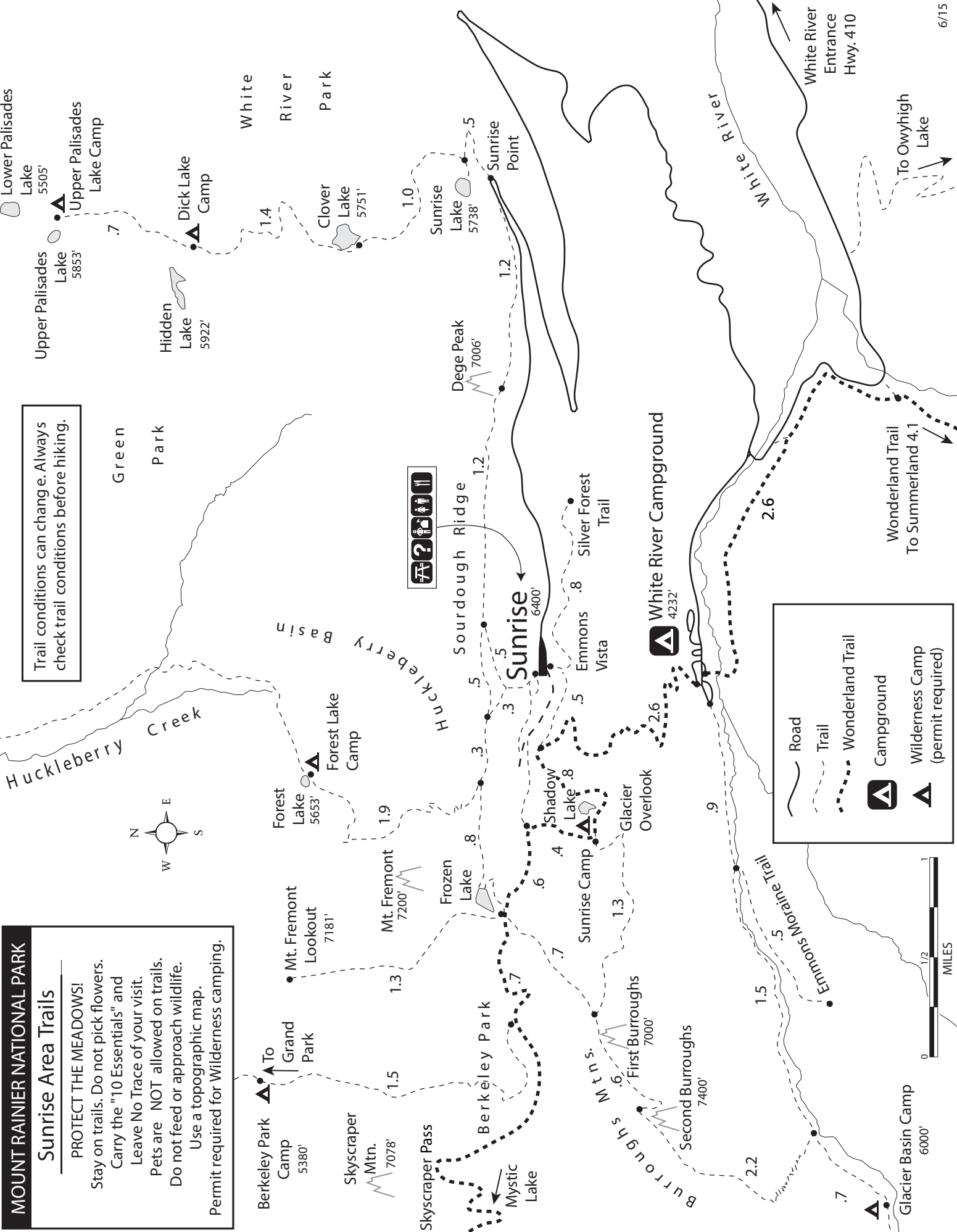
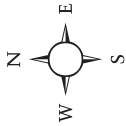
MOUNT RAINIER NATIONAL PARK

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.



Legend:

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