Mount Rainier National Park

Welcome to Paradise!

The Paradise area of Mount Rainier National Park has it all—history, hiking, wildflower, wildlife viewing and more! Use this guide to help you decide what to do on your trip to Paradise. Do you want a mountain view? How about a nice place to rest your feet and learn about the history of Mount Rainier?

Always check trail and road conditions with a park ranger or online before hiking. Many trails may be partially or totally covered in snow and can be dangerous. Roads may be closed due to snow conditions.

Mountain Views

Year-round and weather dependent
Mount Rainier can be seen from many locations at Paradise. You may need to move a short distance or wait for some clouds to move, but the parking lots, plazas, and trails all offer good views of the mountain when skies are clear. There is no one best spot to see the mountain. The following trails all offer many places to get a good view.

Nisqually Vista Trail (Easy)
1.2 miles round-trip. 200’ elevation gain. Average hiking time: 45 minutes. The trailhead is located at the northwest end of the lower parking lot. Suitable for families with strollers.

Alta Vista via the Alta Vista and Skyline Trails (Moderate)
1.75 miles round-trip. 600’ elevation gain. Average hiking time: 1.25 hours. Begin at the trailhead located at the entrance to the lower parking lot, or at the trailhead on the north side of the upper parking lot, next to the visitor center.

Waterfalls

Due to snow, trail access is safest in summer and fall.

Skyline Trail to Myrtle Falls and view of Sluiskin Falls
1 mile round-trip. 100’ elevation gain. Average hiking time: 35 minutes. The trailhead is located on the north side of the upper parking lot, next to the visitor center. Suitable for wheelchairs with help, and strollers. View Sluiskin Falls northwest of Myrtle falls from Skyline trail just past Myrtle Falls.

Paradise to Ruby Falls and Narada Falls
2.2 miles round-trip. 800’ elevation gain. Average hiking time: 1 hour. From the southeast corner of the upper parking lot, take the Lakes Trail. Follow signs for Narada Falls. Enjoy the cascading Ruby Falls before reaching the Narada Falls parking area and viewpoint. Return the same route.

Need more information? Scan for local information and downloads including the Paradise area trail snow-cover map.

https://go.usa.gov/xwgqX

No Pets on Trails
Leashed pets are permitted only in parking lots and along roads open to public vehicles.

No Drone Zone!
Drones are not allowed anywhere in Mount Rainier National Park. This includes launching, landing, and operating drones.

Mask Requirements
Mask requirements are based on county COVID case levels. Check bulletin boards and signs for status.
Wildflowers  
Typically mid July-August. Stay on trails!

Myrtle Falls and Edith Creek Basin  
1 miles round-trip  
Elevation gain: 100'  
Average hiking time: 35 minutes  
Follow the Skyline Trail to Myrtle Falls and enjoy the wildflowers along the way. Once at the falls, you can continue across the bridge up the Golden Gate Trail to enjoy the meadows.

Nisqually Vista Trail  
1.2 miles round-trip  
Elevation gain: 200'  
Average hiking time: 45 minutes  
Hike this loop trail to enjoy colorful wildflowers and great views of the Nisqually Glacier and Mount Rainier.

Lower Deadhorse Creek Trail  
1.4 miles round-trip  
Elevation gain: 350'  
Average hiking time: 1 hour  
This hike meanders through meadows resplendent in wildflowers. Take the Avalanche Lily Trail until it intersects with the Deadhorse Creek Trail. Turn right and hike uphill. Return the same way or follow the Skyline Trail to make a loop. This route is paved but it can be steep at times.

Scenic Drives  
Roads are open seasonally.

Paradise Valley Road 15 minutes  
Drive through the upper parking lot towards the southeast corner and follow the Paradise Valley Road for two miles until it intersects with the Stevens Canyon Road. Turn left to go to Inspiration Point and Reflection Lakes and turn right to return to the Paradise Road.

Inspiration Point 15 minutes  
Drive through the upper parking lot towards the southeast corner and follow the Paradise Valley Road for two miles until it intersects with the Stevens Canyon Road. Turn left to go to Inspiration Point. Enjoy amazing views of Mount Rainier and the Tatoosh Range.

Ricksecker Point 10 minutes  
Follow the Paradise Road downhill towards Longmire for five miles. Follow signs for Ricksecker Point to enjoy dramatic views of Mount Rainier and the Tatoosh Range.

Stevens Canyon Road 45 minutes  
From the southeast corner of the upper parking lot, follow Paradise Valley Road for two miles until it intersects with the Stevens Canyon Road. Turn left and enjoy the 19 mile-long Stevens Canyon Road. Popular stops include Inspiration Point, Reflection Lakes, Box Canyon, and Backbone Ridge. Stop at other pullouts along the way to enjoy waterfalls and views of the canyon.

Historic Buildings  
Check locally for building status.

Paradise Inn  
Opened in 1917, this is one of the oldest inns in the national park system. Stop in for a meal, an overnight stay, or to enjoy the ambiance of this historic rustic building. Former President Harry Truman played at the piano in 1945.

Historic Paradise Ranger Station  
The ranger station was built in 1921. It is the small building at the top of the parking area. It is not open to the public and is used for emergency service employees.

Guide House  
Built in 1920 and is now known as the Paradise Wilderness Information Center. Explore the exhibits on the first floor to learn about climbing on Mount Rainier.

Don’t be a meadow stomper.

Don’t step off trail to get a closer look! Stepping off a designated trail can cause erosion and kill fragile vegetation.

Do admire the flowers from a distance.

Don’t pick the wildflowers.

Do take some pictures! The flowers will last longer that way!

Do be careful when taking breaks. Avoid vegetation when stopping for a break or to eat your lunch.

Don’t hike on social trails. These are trails that were created by hikers who strayed from designated trails. They once had shrubs or wildflowers growing on them.

Don’t feed the wildlife. Keep wildlife wild!