

Day Hikes

Pictured Rocks National Lakeshore
National Park Service
U.S. Department of the Interior



Pictured Rocks National Lakeshore offers 100 miles of trails within its 73,000 acres along 42 miles of Lake Superior's shore. Whether you have a few minutes, hours, or days to see a portion of the park, one of these day hikes may be for you. Lace up your hiking shoes, grab a snack, water, map and compass, and head down the trail of adventure. (Trail mileages below are round trip.)

Hikes of One Mile or Less...

Sand Point Marsh Trail - This .5 mile fully accessible trail begins across from the Sand Point beach near the end of Sand Point Road. A short distance up the North Country Trail the Marsh Trail boardwalk leads you to this interesting wetland area. Interpretive exhibits relate the rich natural and cultural heritage of the area. Old beach ridges, an active beaver colony, white cedar and black spruce swamp communities dominate the scene. The best times for this walk are early and late in the day.

Munising Falls - Walk the paved .25 mile trail up the cool, shaded sandstone canyon along Munising Creek to the falls. Two sets of stairs lead to elevated platforms offering views of the 50 foot waterfalls as it drops over a sandstone cliff. Watch for ferns, wildflowers, and an occasional mink. The trail is fully accessible to the central falls viewing platform. Please stay on the paved trail.

White Pine Interpretive Trail - This easy .7 mile loop begins at the Little Beaver Lake Campground. The trail includes a stand of 250-300 year old white pines. Take 30 minutes to an hour to enjoy this walk on a warm summer day when the cool, moist microclimates of the north woods can be appreciated to their fullest. A brochure is available at the trailhead.

Log Slide Trail - The .4 mile fully accessible trail leads through mature hardwoods to an old log landing at the former site of the Log Slide. Interpretive exhibits relate the logging and dune building history of the area. An elevated platform provides views of the Grand Sable Dunes and Au Sable Point in the distance.

Sable Falls Trail - Beginning at the Sable Falls restroom, this .6 mile walk leads you along Sable Creek to Lake Superior. The first landing on the stairs provides a view of Sable Falls. The trail continues past the falls down the canyon above creek level to a rocky beach on Lake Superior.

Grand Sable Dunes Trail - A 1.0 mile trail to a portion of the dunes begins at the west end of the Sable Falls parking area. The trail passes an old apple orchard and crosses a bridge over Sable Creek. It then winds uphill through jack pines into an open dune environment. Exhibits along the trail discuss dune plants and their role in this unique environment.

Longer Hikes...

Miners Falls Trail - This self-guiding interpretive trail is 1.2 miles long. The trail ends at Miners Falls with views of the Miners Basin along the way. There are 77 steps leading down to the viewing platform at the falls where Miners River cascades some 50 feet over a sandstone outcrop.

Chapel Basin Area - Several hikes are available in this area, depending on what trails you take and how long you wish to walk. The 3.0 mile trail from the Chapel parking lot to Chapel Falls runs along an old roadbed. Sixty foot high Chapel Falls is one of the most beautiful waterfalls in the park. If you continue on this trail for 1.8 miles (one way), you will see Chapel Rock. If you begin at the Chapel parking lot and walk the north/west side of Chapel Lake, Chapel Beach is a 6.1 mile round trip.

The longer 9 mile Chapel loop begins at the parking lot, passes Chapel Falls, Chapel Rock, and continues along the Pictured Rocks Cliffs to Mosquito River. The Mosquito Falls Trail connects with this trail, adding one mile to the hike. Consult a park map before you hike in this area as there are several hiking options.

Beaver Lake Loop - Several hikes can be made in the Beaver Lake area. From the campground, a circle hike east around Beaver Lake and back along Beaver Creek is 3.5 miles. From the campground out to Lake Superior and back is 1.5 miles. This is a beautiful area with potential for wildlife sightings near the water.

White Birch Trail - This 2.0 mile long self-guiding interpretive trail begins at the east end of Twelvemile Beach Campground. The trail explores the natural history of the uplands adjacent to the lake - an environment very different from that near the campground.

Hurricane River Campground to the Au Sable Light Station - This level 3.0 mile walk takes you back in time to an isolated Lake Superior lighthouse. Exposed shipwreck remains dot the shoreline, and the quiet light station gives you a feeling of yesteryear where families lived and worked from 1874 to 1958. Guided tours of the lighthouse are provided daily in summer, and a brochure is also available. Wayside exhibits interpret the historic scene. Water is available at the light station.

Beech Forest Trail - This 2.0 mile walk lies between the Sable Falls parking lot and the Grand Sable Visitor Center. The trail offers a stroll through a beech-maple forest and along the edge of old farm fields. Remnants of an old cedar shake camp lie near the trail.

Hiking Tips

No matter what length, any hike is more fun if you are properly prepared. Always wear sturdy shoes. If you plan to be out an extended time, carry a snack and water, and let someone know where you are going and your expected time of return. Carry a map and compass and know how to use them. Lake Superior modifies local weather; be prepared for cool conditions and rain.

Pets

Pets are permitted only on specific trails - check the Pets brochure before you plan your hike.

Bicycles are not permitted on trails.

Backcountry permits are required only if you plan to camp overnight in the backcountry.

Please use toilets where provided; otherwise, bury waste 4-6 inches deep and cover with mineral soil.

Thank you for carrying out your trash.