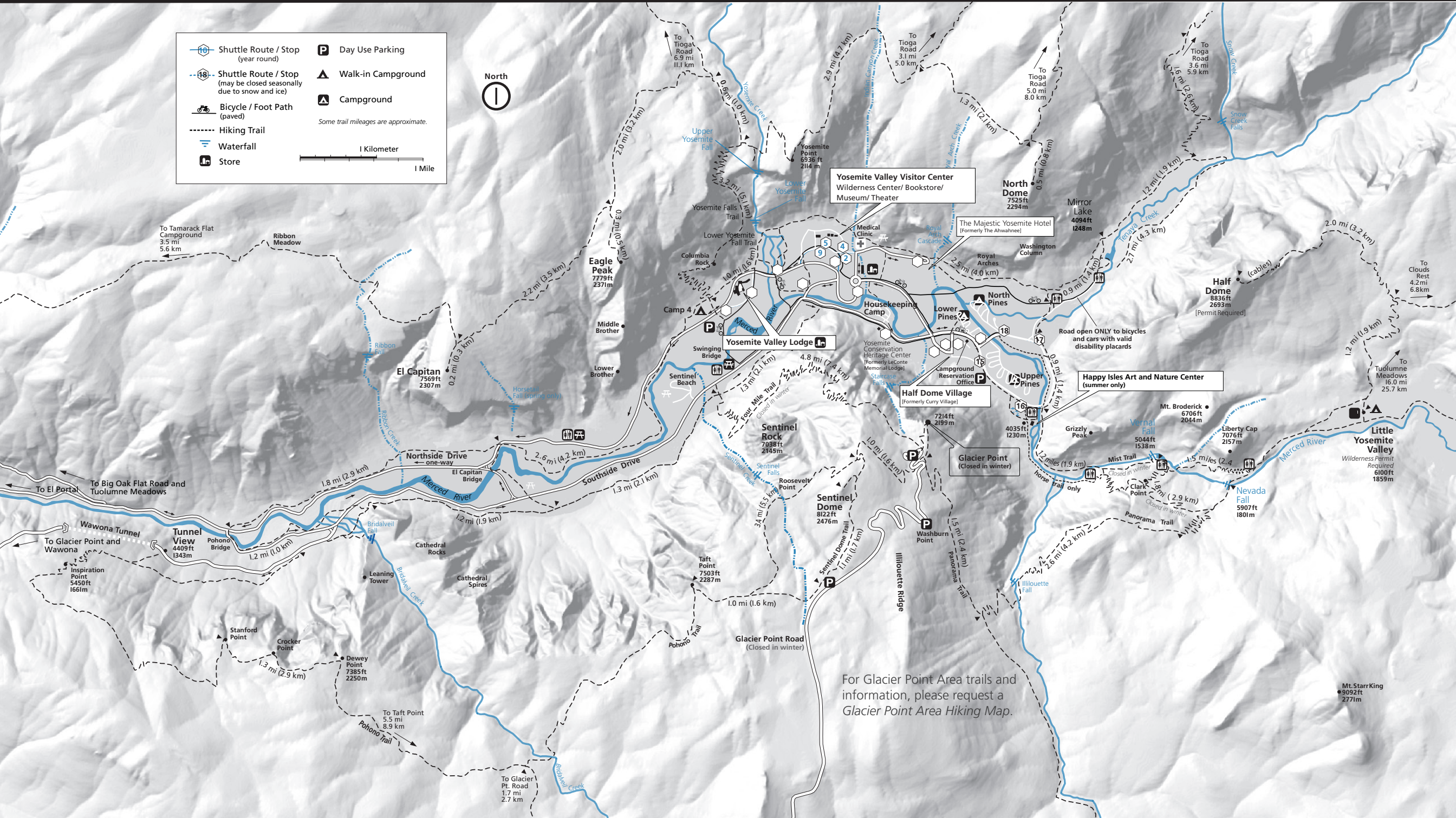


Yosemite Valley Hiking Map



	Shuttle Route / Stop (year round)		Day Use Parking
	Shuttle Route / Stop (may be closed seasonally due to snow and ice)		Walk-in Campground
	Bicycle / Foot Path (paved)		Campground
	Hiking Trail	Some trail mileages are approximate.	
	Waterfall	1 Kilometer	
	Store	1 Mile	



For Glacier Point Area trails and information, please request a *Glacier Point Area Hiking Map*.

Mt. Starr King
9092ft
2771m



Easy (flat and short)

Bridalveil Fall 0.5 miles/0.8 km round-trip; 20 minutes
Begin at the Bridalveil Fall parking area

A paved trail leads from the parking area to the base of the waterfall, which flows all year. Walk back to the parking area via the same trail. Expect lots of spray in spring and early summer. Trail is icy in winter.

Lower Yosemite Fall 1.1 miles/1.7 km loop trail; 30 minutes
Begin at the Lower Yosemite Fall Trailhead **(shuttle stop #6)**

This short, easy walk rewards visitors with spectacular views of Upper and Lower Yosemite Falls. This waterfall may be dry in late summer and early fall. Expect lots of spray in spring and early summer.

Cook's Meadow Loop 1 mile/1.6 km; 30 minutes
Begin at **shuttle stop #6**

This short walk offers stunning views of Half Dome, Glacier Point, and the Royal Arches. At shuttle bus stop #6, cross the street (watch for traffic!) and follow the bike path, bearing left as the path forks. At the Sentinel Bridge parking area, walk out onto the bridge to enjoy a classic view of Half Dome (photographed by Ansel Adams) before returning to the parking area. Follow the boardwalk back across the meadow, cross the street, and turn right to get to the Visitor Center (stop #5).

Mirror Lake/Meadow 2 miles/3.2 km round-trip to lake; 1 hour
(dry in summer and fall) 5 miles/8 km loop around the lake; 2 hours Full loop is moderately difficult; flat and long.)
Begin at Mirror Lake Trailhead **(shuttle stop #17)**.

From the shuttle stop, a paved trail leads directly to Mirror Lake. Hikers may access a loop trail from the paved path. This loop follows Tenaya Creek beyond the lake, crosses two bridges beyond the Snow Creek intersection, and returns past Mirror Lake. When filled in winter and spring, the lake offers beautiful reflections of surrounding cliffs. This is a great place to see wildlife. Exhibits detail the story of the area's lake-to-meadow succession.

Hiking Safety and Etiquette

- **Wading and/or swimming upstream from waterfalls is extremely dangerous. Each year, unsuspecting visitors drown or are swept over to their deaths.**
- Stay on trails: taking shortcuts causes trail erosion—and is both dangerous and illegal.
- Carry (and drink) plenty of water: a leading cause of injuries on the trail is dehydration. Be sure to treat river, stream, lake, or spring water before drinking.
- Be prepared for sudden changes in weather and conditions.
- Bears and other wildlife can be present on trails at any time of the day or night. Feeding and approaching wildlife is dangerous and illegal! Keep food within arm's reach.
- Rocks in and around waterways are often slippery. Use caution when crossing streams.
- Pets and bicycles are only permitted on paved bike paths.
- Horses and mules have the right of way on trails.
- Pack out what you pack in, including toilet paper.
- Trails are often rocky and steep. Travel carefully and at your own risk.

Moderate (flat & long)

Valley Loop Trail **Full loop:** 13 miles/20.9 km; 5 to 7 hours. **Half loop:** 6.5 miles/10.5 km; 2.5 to 3.5 hours
Begin at the Lower Yosemite Fall Trailhead **(shuttle stop #6)**

This trail follows many of the Valley's first east-west trails and wagon roads. The half-loop trail crosses the Valley on El Capitan Bridge. Continue on to Bridalveil Fall for the full loop. The Valley Loop Trail provides solitude with occasional route-finding difficulty. Hike through meadows, forests, and along the Merced River. Along the way, enjoy striking views of Sentinel Rock, Cathedral Rocks, Bridalveil Fall, El Capitan, Three Brothers, and Yosemite Falls. Bikes and pets not permitted on the Valley Loop Trail.

Strenuous (steep and long) *Strenuous trails may be considered moderate if a only a portion of the trail is hiked.*

Four Mile Trail 9.6 miles/15.5 km round-trip. 6 to 8 hours; 3,200 ft/975 m elevation gain
Begin at the Four Mile Trailhead along Southside Drive in Yosemite Valley

In summer months, take the **El Capitan Shuttle** to the trailhead. Trail can also be accessed from year-round shuttle stop #7, adding about ½ mile to the total distance. This trail begins near the base of Sentinel Rock and climbs to the top of Yosemite Valley at Glacier Point. To make this a one-way trip, **make a reservation (required) at any tour desk for a one-way ticket on the Glacier Point Tour (\$), then hike down. Do not expect to return to Glacier Point or the Valley by bus without reservation.**

Panorama Trail 8.5 miles/13.7 km one-way to Valley floor (via Mist Trail); 6 hours for 3,200 ft/975 m descent
Begin at the Panorama Trailhead, Glacier Point

As its name implies, this trail offers some incredible panoramic views of Yosemite Valley. The trail crosses Illilouette Fall after 2 miles (3.2 km) and continues partially uphill along the Panorama Cliff. At the top of Nevada Fall, the trail joins the Mist and John Muir Trails to Happy Isles. You can make a reservation (required) at any tour desk for a one-way ticket on the Glacier Point Tour (\$), then hike down.

Upper Yosemite Fall 7.2 miles/11.6 km round-trip; 6 to 8 hours; 2,700 ft/823 m elevation gain
Begin at the Upper Yosemite Fall Trailhead, Camp 4 **(shuttle stop #7)**

One of Yosemite's oldest historic trails (built 1873 to 1877), the Yosemite Falls Trail leads to the top of North America's tallest waterfall, 2,425 feet (739 m) above the Valley floor. Do not stray off the marked path, as you will find steep drops adjacent to the trail. Enjoy spectacular views from Columbia Rock located one mile (and dozens of switchbacks) from the trailhead.

Vernal & Nevada Falls **Vernal Fall footbridge:** 1.6 miles/2.6 km round-trip; 1.5 hours with 400 ft./122 m elevation gain
Vernal Fall: 2.4 miles/3.9km round-trip; 3 hours with 1,000 ft./366 m. elevation gain (via Mist Trail)
Nevada Fall: 5.4 miles/8.7km round-trip; 5 to 6 hours with 2,000 ft./610 m. elevation gain (via Mist Trail)
Begin at Happy Isles **(shuttle stop #16)**

You can see Vernal Fall from the footbridge at 0.8 miles (1.3 km). Beyond the bridge, at 0.2 miles, the Mist Trail and the John Muir Trail diverge. To proceed directly to the top of Vernal Fall, follow the Mist Trail 0.5 mile (0.8 km) up a steep granite stairway of over 600 steps. Prepare for slippery footing and a tremendous amount of waterfall spray in spring and early summer. The top of Nevada Fall may be reached by continuing 1.3 miles (2.1 km) along the Mist Trail. Nevada Fall may also be reached via the John Muir Trail (bypassing Vernal Fall). Portions of the John Muir and Mist Trails are closed in winter due to hazardous conditions.

Half Dome (Cables typically up from late May to early October) **via Mist Trail** 14 mi/22.5 km round-trip; **via John Muir Trail** 16.3 mi/26.3 km round-trip; **via Mist and John Muir Trails** 15.2 mi/24.4 km round-trip; 10 to 12 hours; 4,800 ft./1,463 m. elevation gain. Begin at Happy Isles **(shuttle stop #16)**

DO NOT BEGIN THIS ASCENT IF: 1) the cables are down, 2) there is any chance of rain (moisture makes the granite too slick for safety), or 3) there is any chance of lightning. Follow the Mist Trail or John Muir Trail to Nevada Fall. Continue on the trail, following the signs to Half Dome. The last 900 feet (275 m) of trail is a very steep climb up the east side of Half Dome. Cables assist hikers on the final 400 feet (122 m). They consist of two steel cables, about 3 feet apart and suspended waist high from pipes set in the rock. The top of Half Dome is a fairly large and level open surface. Camping is not permitted on top of Half Dome.