

Yellowstone

Day Hikes

In the Canyon Area

Yellowstone National Park
 P.O. Box 168
 Yellowstone, WY 82190
 www.nps.gov/yell



Welcome to the Canyon Area

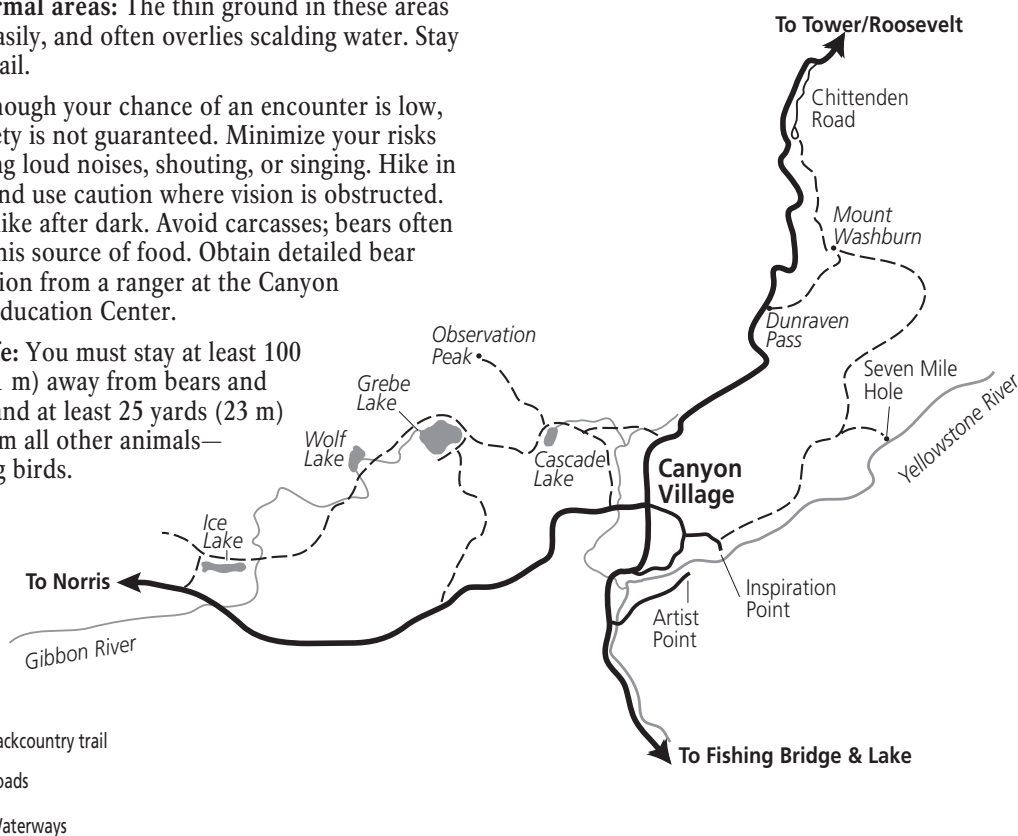
Numerous trails suitable for short or extended hikes into Yellowstone's backcountry begin in the Canyon area. This guide introduces you to seven selected by the interpretive rangers. Always carry rain gear, extra food and water, and other emergency equipment when venturing into the backcountry. Be sure to obtain current trail condition and bear activity information at visitor centers.

Cautions

Hydrothermal areas: The thin ground in these areas breaks easily, and often overlies scalding water. Stay on the trail.

Bears: Although your chance of an encounter is low, your safety is not guaranteed. Minimize your risks by making loud noises, shouting, or singing. Hike in groups and use caution where vision is obstructed. Do not hike after dark. Avoid carcasses; bears often defend this source of food. Obtain detailed bear information from a ranger at the Canyon Visitor Education Center.

All Wildlife: You must stay at least 100 yards (91 m) away from bears and wolves; and at least 25 yards (23 m) away from all other animals—including birds.



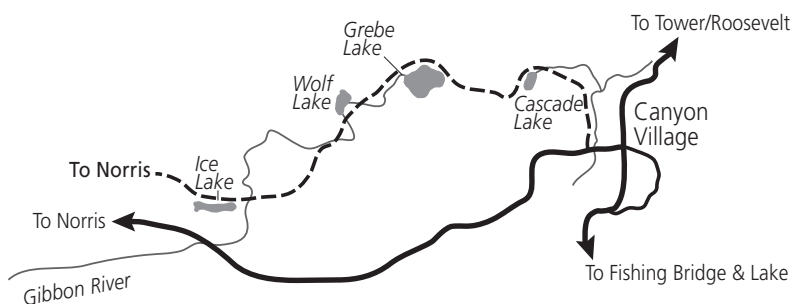
Howard Eaton Trail (to Cascade, Grebe, Wolf, and Ice lakes, and Norris)

Distance, one way: 2.5–12 miles (4–19.3 km), depending on destination

Estimated time: 3–8 hours, depending on destination

Difficulty: moderately easy; little vertical rise

Trailhead: pullout ¼ mile (0.4 km) west of Canyon Junction on the Norris–Canyon Road



Choose your destination on this trail that passes through forest, meadow, and marsh: Cascade Lake (2¼ mi/ 4 km), Grebe Lake (4¼ mi/6.8 km), Wolf Lake (6¼ mi/10 km), Ice Lake (8¼ mi/13.3 km), and Norris Campground (12 mi/19.3 km). The trail can be wet and muddy through July with many biting insects.

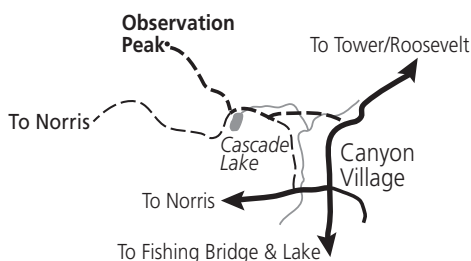
Observation Peak

Distance, round trip: 11 miles (17.7 km)

Estimated time: 7 hours

Difficulty: strenuous; 1,400 foot (425 m) vertical rise in 3 miles (4.8 km)

Trailhead: Cascade Lake Trailhead, 1¼ miles (2 km) north of Canyon Junction on the Tower–Canyon Road



Hike to a high mountain peak for an outstanding view of the Yellowstone wilderness. Trail passes through open meadows to Cascade Lake (described on back of handout). Beyond the lake, it climbs 1,400 feet in three miles through whitebark pine forest. Past Cascade Lake, no water is available. **Not recommended for persons with heart and/or respiratory problems.**

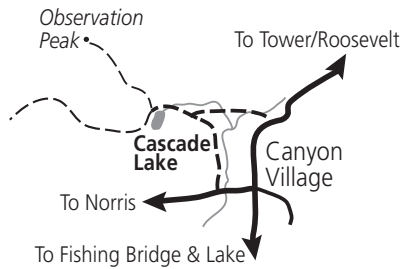
Cascade Lake

Distance, round trip: 5 miles (8 km)

Estimated time: 3 hours

Difficulty: easy

Trailheads: pullout ¼ mile (0.4 km) west of Canyon Junction on the Norris–Canyon Road or Cascade Lake Trailhead, 1¼ miles (2 km) north of Canyon Junction on the Tower–Canyon Road



This easy walk allows people with limited time to enjoy open meadows where wildflowers abound and wildlife is often seen. The trail can be wet and muddy through July with many biting insects.

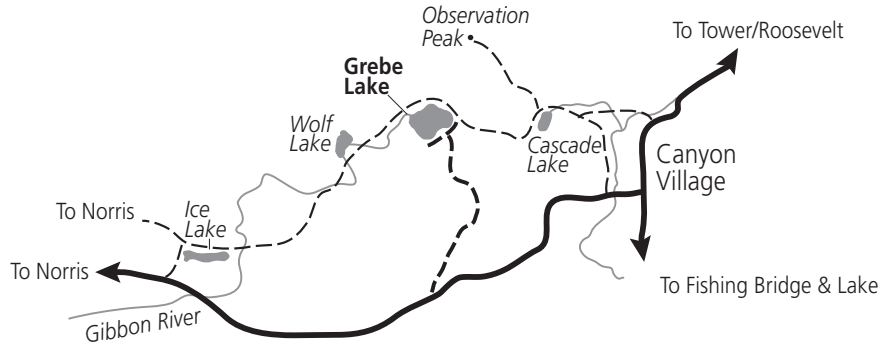
Grebe Lake

Distance, round trip: 6 miles (9.7 km)

Estimated time: 3–4 hours

Difficulty: moderately easy, little vertical rise

Trailhead: 3½ miles (5.6 km) west of Canyon Junction on the Norris–Canyon Road



A more direct route than the Howard Eaton Trail (described on front side of handout), this trail follows an old fire road through meadows and forest, some of which burned in 1988. At the lake you can connect with the Howard Eaton Trail or return the way you came.

Seven Mile Hole

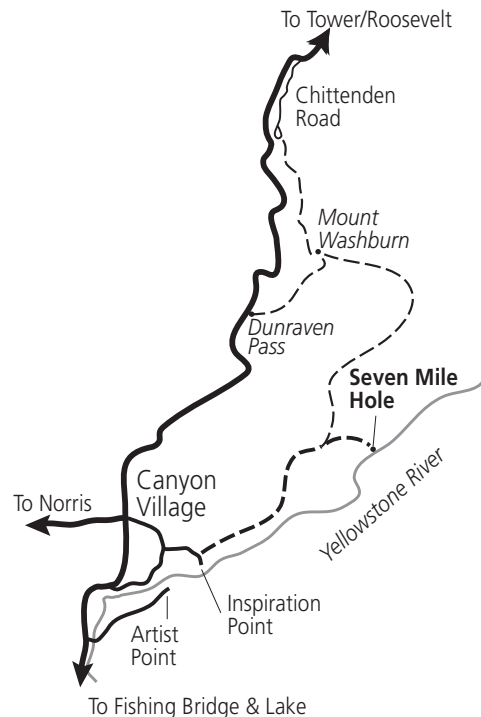
Distance, round trip: 11 miles (17.7 km)

Estimated time: 6–8 hours

Difficulty: strenuous

Trailhead: Glacial Boulder pullout on the road to Inspiration Point

In 2008, check locally for trailhead.



For the first 1½ miles, you will walk near the canyon rim and have views of Silver Cord Cascade across the canyon. In another half mile, you will join the Washburn Spur Trail; after another 3 miles, turn right onto the trail to Seven Mile Hole, which drops more than 1,000 feet in 1½ miles. **Caution:** Watch your footing and conserve your energy. Be especially careful where the trail passes both dormant and active hot springs. **Stay on the trail. Not recommended for persons with heart and/or respiratory problems.**

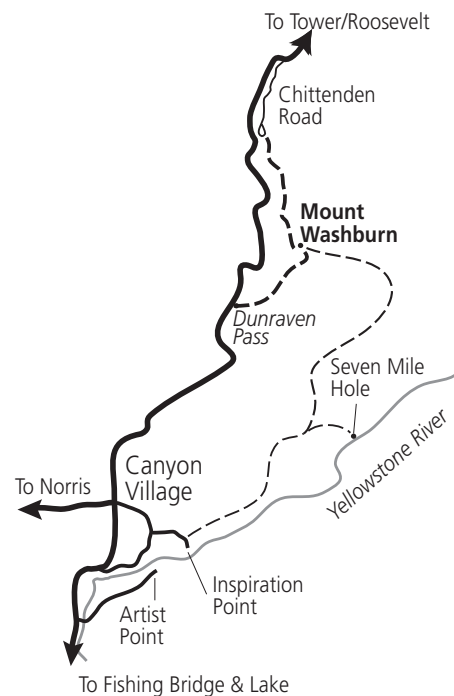
Mt. Washburn

Distance, one way: from Dunraven Pass, 3.1 miles (5 km); from Chittenden Road, 2.5 miles (4 km)

Estimated time: 3–6 hours

Difficulty: strenuous; 1,400 feet (425 m) vertical rise

Trailheads: Dunraven Pass, 4.5 miles (7.2 km) north of Canyon Junction; Chittenden Road, 10.3 miles (16.5 km) north of Canyon Junction



Starting at either trailhead, you ascend Mt. Washburn on a wide trail with spectacular views. Look for bighorn sheep (keep your distance) and wildflowers. Stay on the trail to avoid destroying fragile alpine vegetation. At the top, enjoy the view and interpretive exhibits from inside the shelter at the base of the fire lookout. **Caution:** Storms are common; bring rain gear, wool hats, and gloves. **Not recommended for persons with heart and/or respiratory problems.**

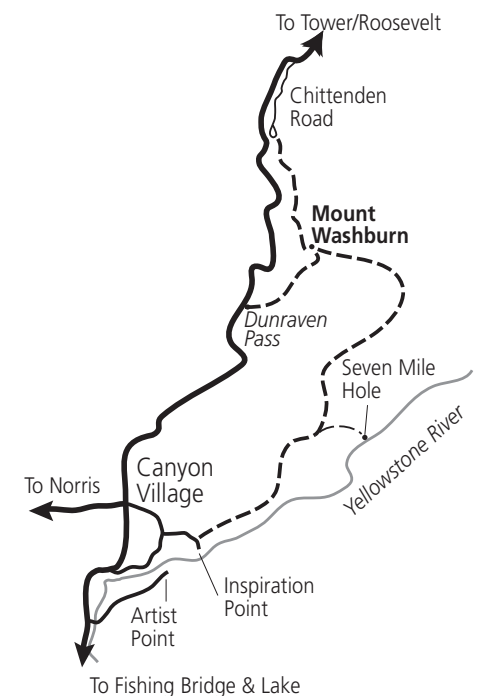
Washburn Spur Trail

Distance, one way: 11–11½ miles (17.7–18.7 km), depending on which Mt. Washburn trail you use (see at left)

Estimated time: 6–8 hours

Difficulty: strenuous; 2,000 foot (607 m) elevation change in 2.5 miles (4 km)

Trailheads: Either trailhead for Mt. Washburn
Caution: Trail is in poor condition.



After ascending Mount Washburn, begin the spur trail from the east side of the fire lookout. The trail descends very steeply over rough terrain for 3.7 miles (6 km) to Washburn Hot Springs. **Caution:** Stay on the trail in this hydrothermal area. Continue south, passing the turnoff to Seven Mile Hole and ending at the Glacial Boulder pullout on the road to Inspiration Point. **Not recommended for persons with heart and/or respiratory problems.**

For more information

www.nps.gov/yell
www.yellowstoneassociation.org

Each major area of the park has a free hike handout. The Yellowstone Association bookstores also sell a “Dayhike Sampler” with a hike or two per area plus several guides for trails throughout the park. Proceeds from all sales support Yellowstone National Park’s interpretive ranger programs.