

Grand Teton

National Park Service
U.S. Department of the Interior

Grand Teton National Park
John D. Rockefeller, Jr.
Memorial Parkway



Day Hikes



For Your Safety

- BE BEAR AWARE! Avoid surprising bears by making noise—call out and clap your hands .
- Proper food storage is required. Ask a ranger for more information.
- Carry drinking water.
- Be prepared for rapid weather changes; bring rain gear and extra clothing.
- High elevation may cause breathing difficulties; pace yourself.
- Snow melts gradually, leaving valley trails by mid-June, canyon trails by late July. Be careful crossing snowfields and streams.
- Tell someone where you are going and when you expect to return.
- Solo hiking and off-trail hiking is not recommended.
- Check with a ranger for up-to-date information on trail conditions.

Parking Tips

- During July and August trailhead parking areas fill early in the day, especially South Jenny Lake, String Lake, Lupine Meadows, Laurance S. Rockefeller Preserve, Death Canyon and Granite Canyon. Plan for alternate hikes.
- Starting your hike early will help avoid parking problems.
- Parking on natural vegetation results in permanent damage to plants and can start a fire. Please obey posted parking regulations.
- Laurance S. Rockefeller Preserve, Death Canyon and Granite Canyon are reached via the Moose-Wilson Road, which is closed to motorhomes and trailers.

Backcountry Regulations

- Respect wildlife. Do not approach or feed animals. Observe and photograph from a safe distance. Stay at least 300 feet from large animals!
- All overnight camping requires a permit.
- Carry out all your garbage.
- Hike on established trails to prevent erosion.
- Horses have the right-of-way. Step off the trail and remain quiet while horses pass.
- Pets, bicycles and vehicles are not allowed on trails or in the backcountry.
- Backcountry sanitation: To prevent contamination of waterways, bury feces in a hole 6-8 inches deep at least 200 feet from streams and lakes. Pack out used toilet paper, tampons, sanitary napkins, and diapers in sealed plastic bags. Do not bury or burn them.

1. **Flagg Ranch**

Polecat Creek Loop Trail, 2.5 miles **RT***, 2 hours, **100 ft total climbing****, EASY
West side of level loop follows ridge above a marsh; habitat for waterfowl and other wildlife.

Flagg Canyon, 4.0 miles RT, 3 hours, 100 ft total climbing, EASY
Access from northeast side of Polecat Creek Loop Trail. Out and back north along Snake River with spectacular river views.

2. **Colter Bay** (Brochure available)
Lakeshore Trail, 2.0 miles RT, 1 hour, 200 ft total climbing, EASY
Level trail follows shoreline of Colter Bay; provides views of Jackson Lake and the Teton Range.

Heron Pond & Swan Lake, 3.0 miles RT, 2 hours, 300 ft total climbing, EASY
Follow mostly level trail to 2 ponds; home to birds and other wildlife.

Hermitage Point, 9.7 miles RT, 5 hours, 1000 ft total climbing, EASY-MODERATE
Trail traverses rolling terrain through forests, meadows, ponds, streams and wildlife habitat.

3. **Jackson Lake Lodge**
Lunch Tree Hill, 0.5 mile RT, ½ hour, 80 ft total climbing, EASY
Short trail with interpretive signs leads to top of hill overlooking Willow Flats and Teton Range.

Christian Pond Loop, 3.3 mi. RT, 2 hours, 425 ft total climbing, EASY
Walk through marsh habitat near the pond, then climb a forested ridge for Teton views.

4. **Two Ocean Lake**
Two Ocean Lake, 6.4 miles RT, 3 hours, 625 ft total climbing, MODERATE
Circle lake through forests and meadows.

Emma Matilda Lake, 10.7 miles RT, 6 hours, 1350 ft total climbing, MODERATE
Circles lake; north shore ridge offers Teton views.

Two Ocean & Emma Matilda Lakes, 13.2 miles RT, 7 hours, 1700 ft total climbing, MODERATE-STRENUOUS
Follow north shore Two Ocean Lake, south shore Emma Matilda Lake, crossing over Grand View Point.

5. **Signal Mountain**
Signal Mountain, 6.8 miles RT loop, 4 hours, 800 ft total climbing, MODERATE
Traverse forests to viewpoint. Park at Signal Mountain Lodge and walk on park road to trail.

6. **Leigh Lake** (Brochure available)
Leigh Lake, 1.8 miles RT, 1 hour, 50 ft total climbing, EASY
Hike along the shore of String Lake, pass the bridge across the stream outlet and climb to Leigh Lake.

Bearpaw Lake, 8.0 miles RT, 4 hours, 350 ft total climbing, EASY-MODERATE
From String Lake, follow forested shore of Leigh Lake to smaller lakes with views of Mount Moran.

Holly Lake, 13.0 miles RT, 8 hours, 2900 ft total climbing, STRENUOUS
Follow Paintbrush Canyon trail through wildflowers (in season) to an alpine lake.

7. **String Lake** (Brochure available)
String Lake, 3.7 miles RT, 2 hours, 550 ft total climbing, EASY
Trail circles the lake through a burned area below Rockchuck Peak and Mount St. John.

Paintbrush-Cascade Loop, 19.0 miles RT, 12 hours, 4900 ft total climbing, VERY STRENUOUS
Spectacular hike combines Paintbrush and Cascade Canyons via Paintbrush Divide. An ice axe may be necessary until August.

8. **Jenny Lake/Cascade Canyon** (Brochure available)
A shuttle boat crosses Jenny Lake to the mouth of Cascade Canyon. Purchase tickets at the South Jenny Lake boat dock. **Fee Charged.**

Jenny Lake Loop, 7.1 miles RT, 4 hours, 700 ft total climbing, EASY
Gently rolling trail skirts lake shore.

Hidden Falls, 5.2 miles RT, 3 hours, 550 ft total climbing. Via shuttle boat: 1.2 mile, 1½ hours, 150-foot total climbing, MODERATE
Popular trail follows Jenny Lake's south shore, then climbs to view of 200-foot cascade.

Inspiration Point, 6.0 miles RT, 4 hours, 800 ft total climbing. Via shuttle boat: 2.0 miles RT, 2½ hours, 420 ft total climbing, MODERATE-STRENUOUS
Follow trail to Hidden Falls, then continue climb to Inspiration Point overlooking Jenny Lake.

Forks of Cascade Canyon, 13.6 miles RT, 7 hours, 1950 ft total climbing. Via shuttle boat: 9.6 miles RT, 5 hours, 1530 ft total climbing, MODERATE-STRENUOUS
Popular trail leads into Cascade Canyon with views of the Grand Teton, Mt. Owen and Teewinot.

Lake Solitude, 19.0 miles RT, 10 hours, 3375 ft total climbing. Via shuttle boat: 15.0 miles RT, 8 hours, 2955 ft total climbing, STRENUOUS
Follow popular Cascade Canyon. North Fork leads to Lake Solitude; views of the Grand Teton and Mt. Owen.

South Fork of Cascade Canyon, 24.8 miles RT, 13 hours, 4500 ft total climbing. Via shuttle boat: 20.8 miles RT, 11 hours, 4080 ft total climbing, STRENUOUS
Follow popular Cascade Canyon trail. South Fork leads to Hurricane Pass and Schoolroom Glacier.

9. **Lupine Meadows** (Brochure available)
Amphitheater Lake, 10.1 miles RT, 6 hours, 3150 ft total climbing, STRENUOUS
Hike to glacial lakes surrounded by meadows.

Garnet Canyon, 8.4 miles RT, 5 hours, 2650 ft total climbing, STRENUOUS
Trail climbs into Garnet Canyon.

10. **Taggart Lake** (Brochure available)
Taggart Lake, 3.0 miles RT, 2 hours, 400 ft total climbing, EASY
Trail traverses sagebrush flats and forests.

Taggart Lake-Beaver Creek, 3.9 miles RT, 2 hours, 500 ft total climbing, MODERATE
Hike to lake, climb glacial moraine and then return along Beaver Creek.

Taggart Lake-Bradley Lake, 5.9 miles RT, 3 hours, 900 ft total climbing, MODERATE
Loop hike visits two lakes ringed by glacial moraines.

11. **Menors Ferry** (Brochure available)
Menors Ferry Historic District, 0.3 mile RT, ½ hour, EASY
Tour a historic homestead and ferry on the Snake River, also visit the Chapel of Transfiguration.

12. **Death Canyon**
(Not accessible to motorhomes or trailers.)
Phelps Lake Overlook, 2.0 miles RT, 2 hours, 450 ft total climbing, MODERATE
Trail climbs moraine to overlook Phelps Lake.

Phelps Lake, 4.2 miles RT, 3 hours, 1050 ft total climbing, STRENUOUS
Trail climbs to overlook, then descends to Phelps Lake. Return involves steep hike up to overlook.

Death Canyon-Static Peak Trail Junction, 7.9 miles RT, 4 hours, 2150 ft total climbing, STRENUOUS
Trail climbs to overlook, drops toward Phelps Lake, followed by a climb into Death Canyon to patrol cabin.

Static Peak Divide, 16.3 miles RT, 10 hours, 5250 ft total climbing, VERY STRENUOUS
From patrol cabin climb switchbacks through whitebark pine forest to high ridge. An ice axe may be necessary until August.

13. **Laurance S. Rockefeller Preserve**
(Brochure available. Not accessible to motorhomes or trailers.)
Lake Creek-Woodland Trail Loop, 3.1 miles RT, 1.5 hours, 350 ft total climbing, EASY
Hike along Lake Creek to the shore of Phelps Lake.

Aspen Ridge-Boulder Ridge Loop, 5.8 miles RT, 3 hours, 900 ft total climbing, MODERATE
Hike through aspen groves and boulder fields to the shore of Phelps Lake.

Phelps Lake Loop, 6.6 miles RT, 4 hours, 900 ft total climbing, MODERATE
Hike around Phelps Lake with stunning views of the Teton Range.

14. **Granite Canyon**
(Not accessible to motorhomes or trailers.)
Marion Lake, 18.5 miles RT, 12 hours, 3700 ft total climbing, STRENUOUS
Follow Granite Creek to beautiful Marion Lake.

15. **Top of the Tram**
Trails are not recommended for hiking until snow has melted, usually by late July. **Fee charged.**

Marion Lake, 11.8 miles RT, 7 hours, 4000 ft total climbing, STRENUOUS
Hike through alpine and subalpine terrain to Marion Lake and return to the tram.

Granite Canyon, 12.3 miles total, 7 hours, 4100 ft total descent (with 900 ft climbing), MODERATE
Start at the top of the tram, hike into the park, down Granite Canyon and return to Teton Village.

16. **Teton Canyon**
Targhee National Forest/Table Mountain, 12.0 miles RT, 7 hours, 4150 ft total climbing, STRENUOUS
Steep climb to Table Mountain with incredible views of Teton Range and the Grand Teton.

17. **Cunningham Cabin** (Brochure available)
Cabin Loop, 0.8 mile RT, 1 hour, EASY
Tour a historic homestead.

***RT= round-trip**

****ft total climbing = All uphill hiking, including elevation descended and reascended in feet (ft).**