

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

- This is bear country. Make bears aware of your presence and avoid surprising them by making loud noises like shouting or singing.
- 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 at South Jenny Lake, String Lake, Lupine Meadows, Death Canyon, and Granite Canyon. Parking on natural vegetation results in permanent damage to plants. Please obey posted parking regulations. An early start for your hike will avoid parking problems.

Backcountry Regulations

- Respect wildlife: Do not approach or feed animals. Observe and photograph from a safe distance.
- 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, weapons, bicycles, or 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 roundtrip, 2 hours, EASY

West side of level loop follows ridge above a marsh, habitat for waterfowl and other wildlife.

Flagg Canyon, 5.0 miles roundtrip, 3-4 hours, 40-foot elevation change, EASY

Access from east side of Polecat Creek Loop Trail. Spectacular views of the Snake River.

2. Colter Bay *(Brochure available)*

Lakeshore Trail, 2.0 miles roundtrip, 1 hour, EASY

Level trail follows east and north shoreline of Colter Bay then follows perimeter of a forested peninsula jutting into Jackson Lake, providing views of the northern part of the Teton Range.

Heron Pond & Swan Lake, 3.0 miles roundtrip, 2 hours, 40-foot elevation change, EASY

Follow mostly level trail to ponds to see birds and other wildlife.

Hermitage Point, 8.8 miles roundtrip, 4 hours, 100-foot elevation change, EASY

Forests, meadows, ponds, and streams along trail provide wildlife habitat. Terrain is gently rolling.

3. Jackson Lake Lodge

Lunch Tree Hill, 0.5 mile roundtrip, ½ hour, 80-foot elevation change, EASY

Short trail with interpretive signs leads to top of hill overlooking Willow Flats and Teton Range.

4. Two Ocean Lake

Two Ocean Lake, 6.4 miles roundtrip, 3 hours, 80-foot elevation change, MODERATE

Traverses conifer forests along the south shore; aspens and meadows on the north shore.

Emma Matilda Lake, 9.1 miles roundtrip, 5 hours, 440-ft elevation change, MODERATE

Follows lakeshore with views of the Tetons.

Two Ocean & Emma Matilda Lakes, 12.9 miles roundtrip, 7 hours, 710-foot elevation change, MODERATE

Follows north shore of Two Ocean Lake, climbs to Grand View Point for a panoramic view, then follows south shore of Emma Matilda Lake looping back to Two Ocean Lake.

5. Leigh Lake

Leigh Lake, 2.0 miles roundtrip, 1 hour, 40-foot elevation change, EASY

Bearpaw Lake, 7.4 miles roundtrip, 4 hours, 40-foot elevation change, EASY

Follows forested shore of Leigh Lake, with close views of Mount Moran.

6. String Lake

String Lake, 3.3 miles roundtrip, 3 hours, 120-foot elevation change, EASY

Trail circles the lake through a burned area just below Rockchuck Peak and Mt. St. John.

Holly Lake, 12.4 miles roundtrip, 8 hours, 2535-foot elevation change, STRENUOUS

Follow Paintbrush Canyon trail through seasonally abundant wildflowers.

Paintbrush-Cascade Loop, 19.2 miles roundtrip, 14 hours, 3845-foot elevation change, VERY STRENUOUS

Hike up Paintbrush Canyon, over Paintbrush Divide, and down Cascade Canyon. An ice axe may be necessary until August.

7. Jenny Lake/Cascade Canyon

(Brochure available) A shuttle boat across Jenny Lake to the mouth of Cascade Canyon is available. Purchase tickets at the South Jenny Lake boat dock.

Jenny Lake Loop, 6.6 miles roundtrip, 4 hours, 100-foot elevation change, EASY

Mostly level trail skirts lake shore.

Hidden Falls, 5.0 miles roundtrip, 3 hours, 150-foot elevation change; via shuttle boat (fee charged): 1.0 mile, 1½ hours, 150-foot elevation change, MODERATE

Popular trail follows Jenny Lake's south shore, then climbs to view of 200-foot cascade.

Inspiration Point, 5.8 miles roundtrip, 4 hours, 417-foot elevation change; via shuttle boat (fee charged): 2.2 miles roundtrip, 2½ hours, 417-foot elevation change, MODERATE-STRENUOUS

Follow trail to Hidden Falls, then continue up to Inspiration Point overlooking Jenny Lake

Forks of Cascade Canyon, 13.0 miles roundtrip, 7 hours, 1057-foot elevation change; via shuttle boat (fee charged): 9.0 miles roundtrip, 5 hours, 1057-foot elevation change, MODERATE-STRENUOUS

Popular trail leads into Cascade Canyon with views of the Grand, Mt. Owen, and Teewinot.

Lake Solitude, 18.4 miles roundtrip, 10 hours, 2252-foot elevation change; via shuttle boat (fee charged): 14.4 miles roundtrip, 8 hours, 2252-foot elevation change, STRENUOUS

Follow popular Cascade Canyon trail. North Fork leads to Lake Solitude and views of the Grand and Mt. Owen.

South Fork of Cascade Canyon, 23.2 miles roundtrip, 12 hours, 3589-foot elevation change; via shuttle boat (fee charged): 19.2 miles roundtrip, 11 hours, 3589-foot elevation change, STRENUOUS

Follow popular Cascade Canyon trail. South Fork leads to Hurricane Pass and views of Schoolroom Glacier.

8. Lupine Meadows

Amphitheater and Surprise Lakes, 9.6 miles roundtrip, 8 hours, 2958-foot elevation change, STRENUOUS

Hike up to glacial lakes surrounded by subalpine meadows.

Garnet Canyon, 8.2 miles roundtrip, 7 hours, 2160-foot elevation change, STRENUOUS

Trail leads to the mouth of Garnet Canyon.

9. Taggart Lake

Taggart Lake, 3.2 miles roundtrip, 2 hours, 277-foot elevation change, MODERATE

Trail traverses area burned in 1985 to reach Taggart Lake.

Bradley Lake, 4.0 miles roundtrip, 3 hours, 397-foot elevation change, MODERATE

Trail climbs through area burned in 1985, then down a glacial moraine to Bradley Lake.

Taggart Lake-Beaver Creek, 4.0 miles roundtrip, 3 hours, 277-foot elevation change, MODERATE

Trail traverses area burned in 1985 and climbs glacial moraines surrounding Taggart Lake.

10. Menors Ferry *(Brochure available)*

Menor's Ferry Historic District, 0.5 mile roundtrip, ½ hour, 10-foot elevation change, EASY

See an original homestead on the Snake River, includes the Chapel of Transfiguration.

11. Death Canyon *(Trailhead not accessible to motorhomes and trailers.)*

Phelps Lake Overlook, 1.8 miles roundtrip, 2 hours, 420-foot elevation change, MODERATE

Trail climbs moraine to overlook Phelps Lake.

Phelps Lake, 4.0 miles roundtrip, 4 hours, 987-foot elevation change, STRENUOUS

Trail climbs to overlook, then descends to Phelps Lake. Return involves steep hike up to overlook.

Death Canyon-Static Peak Trail Junction, 7.6 miles roundtrip, 6 hours, 1061-foot elevation change, STRENUOUS

Trail climbs up and then down to Phelps Lake, followed by a climb into Death Canyon.

Static Peak Divide, 15.6 miles roundtrip, 10 hours, 4020-foot elevation change, VERY STRENUOUS

Switchbacks through whitebark pine forest to impressive views. An ice axe may be necessary until August.

12. Granite Canyon *(Trailhead not accessible to motorhomes and trailers.)*

Marion Lake, 20.8 miles roundtrip, 12 hours, 2880-foot elevation change, STRENUOUS
Follow Granite Creek to subalpine meadows around Marion Lake.

13. Top of the Tram

A fee is charged for the tram. Trails are not recommended for hiking until snow has melted, usually by late July.

Marion Lake, 11.8 miles roundtrip, 7 hours, 1206-foot elevation change, MODERATELY STRENUOUS

Hike through alpine and subalpine terrain to Marion Lake and return to the tram.

Granite Canyon, 12.4 miles roundtrip, 7 hours, 4135-foot elevation change (downhill), MODERATE

Start at the top and hike down through alpine meadows to Teton Village.

14. Cunningham Cabin *(Brochure available)*

Cunningham Cabin, 0.75 mile roundtrip, 1 hour, 20-foot elevation change, EASY

Follow short trail to see early homestead.

15. Teton Canyon

Targhee National Forest/Table Mountain, 11.0 miles roundtrip, 7 hours, 4151-foot elevation change, STRENUOUS

Steep trail follows Teton Creek and ends 0.5 mi. below the summit. Ascend summit by scrambling up a talus slope.