

## TRAIL ETIQUETTE

### TAKE NOTHING BUT PICTURES; LEAVE NOTHING BUT FOOTPRINTS

Millions of people visit Yosemite each year. To protect it and to make sure all can enjoy its beauty; please walk on official trails, follow direction on all signs, don't cross over fences or railings, and don't shortcut switchbacks. From Giant Sequoia pinecones to wildflowers, every bit of nature you find needs to stay where you found it. Drones are not permitted in the park.

### POOPING IN THE PARK

Use public restrooms whenever possible but if that is not an option, you must go to the bathroom at least 100 feet away from water, trails, or camping areas; bury human waste six inches deep; pack out toilet paper and all other trash.

### BICYCLE USE IN YOSEMITE

Bicycles are allowed on paved paths only in Yosemite Valley (note – speed limit is 15mph). They are allowed on the regular roads as well. No "off-road" riding or mountain biking is allowed in Yosemite.

### PETS IN YOSEMITE

Pets are allowed in developed areas, on fully paved roads, sidewalks, and bicycle paths (unless marked otherwise). Pets are prohibited in all Wilderness areas, and on most trails. Pets must be leashed (no longer than 6 feet) and please remember to clean up after your pet.

### PARKING

Park only in designated areas. Drive only on established roadways. Parking is very limited throughout the park. Please walk or take the shuttle bus whenever possible.

### BE BEAR AWARE

All food, trash and scented items should be removed from vehicles and placed in food lockers. Keep empty coolers out of sight (this is required by law at night).

### BE PREPARED FOR YOUR HIKING ADVENTURE

Regardless of whether it's an epic hike or short stroll, plan ahead and be prepared! Know the current conditions including the weather forecast (also prepare for rapid changes in the weather). Bring plenty of water, wear proper footwear and clothing, use sunscreen, and let someone know when and where you are hiking.

While over 95% of Yosemite is designated as Wilderness Area, Wilderness Permits are only needed for backpacking and overnight stays in the Yosemite Wilderness, not for day hikes (unless you are hiking Half Dome).

[www.nps.gov/yose/planyourvisit/wildpermits.htm](http://www.nps.gov/yose/planyourvisit/wildpermits.htm)



## GLACIER POINT HIKING

- 📍 Glacier Point
- 📍 McGurk Meadow
- 📍 Dewey Point
- 📍 Sentinel Dome
- 📍 Taft Point & The Fissures
- 📍 Panorama Trail
- 📍 Pohono Trail
- 📍 Ostrander Lake

### HALF DOME HIKE

Permits are required to hike Half Dome while the cables are up (typically from late May to early October).



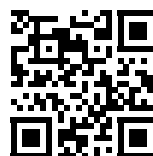
## YOSEMITE VALLEY HIKING

- 📍 Bridalveil Fall
- 📍 Four Mile Trail
- 📍 Vernal Fall
- 📍 Nevada Fall
- 📍 Mirror Lake/Meadow
- 📍 Upper Yosemite Fall
- 📍 Lower Yosemite Fall
- 📍 Cook's Meadow Loop
- 📍 Valley Floor Loop

Cover photo:  
@BreezeTurner



[yosemitethisyear.com](http://yosemitethisyear.com)



## Yosemite Area Hikes



[yosemitethisyear.com](http://yosemitethisyear.com)





# Glacier Point Area Hiking



300 YDS ONE WAY. 5 MIN.

## GLACIER POINT 1

**BEGIN** Glacier Point parking area

Come for the sunrise or stay for the sunset—the view from Glacier Point is spectacular any time of day. Start at the Glacier Point parking area and enjoy a leisurely wheelchair-accessible stroll to the Glacier Point railing, where you look down on Yosemite Valley (3,200 below!) and east toward Half Dome and the High Sierra.

1.6 MI (2.5 KM) ROUND-TRIP. 1–2 HRS;  
150 FT (50 M) ELEVATION CHANGE

## MCGURK MEADOW 2

**BEGIN** McGurk Meadow trailhead

The trail leads downhill 0.8 mile (1.3 km) to McGurk Meadow and the site of an old cabin that belonged to shepherd John McGurk. During early summer, look for a tremendous show of wildflowers. You can continue along the trail an additional mile (1.6 km) to reach the Pohono Trail, which runs west to Dewey Point and Tunnel View and east to Bridalveil Creek, Taft Point, and Glacier Point.

8.2 MI (13.2 KM) ROUND-TRIP. 4–6 HRS;  
750 FT (225 M) ELEVATION CHANGE

## DEWEY POINT 3

**BEGIN** McGurk Meadow trailhead

Begin by following the McGurk Meadow trail as described above. Continue one mile (1.6 km) past the meadow to reach an intersection with the Pohono Trail. Follow the Pohono Trail west (left) to Dewey Point, 4.1 miles (6.6 km) from the trailhead. Enjoy the unique views of El Capitan, Cathedral Rocks, Half Dome, and the Yosemite high country. Return the same way, or you can continue on the Pohono Trail west to more viewpoints and eventually the Tunnel View parking area 5.5 miles (8.9 km) beyond Dewey Point.



Never feed or approach wildlife!

1.8 MILES (2.9 KM) ROUND TRIP  
400 FT (125 M) ELEVATION CHANGE

## SENTINEL DOME 4

**BEGIN** Sentinel Dome/Taft Point trailhead

This wide trail leads mostly across open granite with little shade. The trail meets an old road near the base of Sentinel Dome. Follow the road to the northeast side of the dome where the incline is less imposing. From here, scramble up the granite slope to the top of the dome. Enjoy a breathtaking 360-degree view of the park. Consider taking this hike at sunset or during a full moon, but remember to bring a flashlight with fresh batteries!

2.2 MI (3.5 KM) ROUND-TRIP.  
2 HRS (200 FT (60 M) ELEV CHANGE)

## TAFT POINT 5 & THE FISSURES

**BEGIN** Sentinel Dome/Taft Point trailhead

Begin with an easy walk through the forest past a wildflower-filled meadow (seasonal), the trail leads to an expanse on the south rim of Yosemite Valley. Taft Point is marked by a small railing at the cliff's edge. Enjoy magnificent views of Yosemite Valley, including El Capitan and Yosemite Falls. Near Taft Point, you'll see the Fissures—narrow fractures in the granite called joints. Watch out for drops near these fractures of up to 2,000 feet!

11.4 MI (20.0 KM) ROUND-TRIP.  
8–10 HRS; 1,500 FT (450 M) ELEV CHANGE.

## OSTRANDER LAKE 8

**BEGIN** Ostrander Lake trailhead

The first half of this hike gently inclines through forest and meadow where you can observe severe scars and regrowth from a 1987 lodgepole pine forest fire. A steep 1,500 foot (450 m) elevation gain opens up to views of granite domes, Mt. Starr King, and the Clark Range just prior to arriving at Ostrander Lake.

12.9 MI (20.8 KM) ONE WAY. 8–10 HRS;  
2,800 FT (850 M) ELEV CHANGE

## POHONO TRAIL 7

**BEGIN** Glacier Point parking area or Tunnel View parking area on Wawona Road

Most commonly hiked one-way (downhill) from Glacier Point, the Pohono Trail rewards hikers with several viewpoints of Yosemite Valley from the south rim. East to west, these views include Taft Point, Dewey Point, Crocker Point, and Stanford Point. An optional 0.5 mile (0.8 km) side trail gains the summit of Sentinel Dome.

8.3 MI (13.4 KM) ONE WAY. 6–8 HRS;  
4,000 FT (1,200 M) TOTAL ELEV CHANGE

## PANORAMA 6 TRAIL

**BEGIN** Glacier Point parking area

This longer route to Yosemite Valley brings hikers past Illilouette, Nevada, and Vernal Falls. After descending 1,300 ft (400 m) to Illilouette Fall during the first 2.0 miles (3.2 km), the trail climbs nearly 800 ft (240 m) to gain the Panorama Cliff ridgeline. Next, a 600 ft (175 m) descent leads you to the intersection with the John Muir Trail above the top of Nevada Fall. You now have two choices to reach Yosemite Valley: a left turn follows the John Muir Trail downhill for the remaining 3.3 miles (5.3 km), while a right turn crosses the brink of Nevada Fall before passing Vernal Fall enroute to Yosemite Valley over 2.9 miles (4.7 km). Consider combining this trail with the Four Mile Trail for a long, strenuous loop!

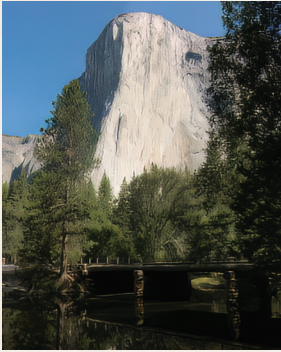
- This map should not be used for wilderness trips; use a detailed trail map or topographic map instead.
- Always be prepared for sudden changes in weather and carry plenty of water. Treat all water obtained from natural sources.
- Stay on the trail; taking a shortcut causes trail erosion and can be dangerous.

1 Kilometer  
1 Mile



FULL LOOP: 13 MI/20.9KM; 5 TO 7 HRS  
HALF LOOP: 6.5 MI/10.5 KM; 2.5 TO 3.5 HRS  
**VALLEY LOOP TRAIL 9**  
**BEGIN** Camp 4 (shuttle stop #7)

This trail follows many of the Valley's first east-west trails and wagon roads. The half-loop trail crosses the Merced River on El Capitan Bridge. Continue on to Bridalveil Fall for the full loop. The Valley Floor Loop provides solitude with occasional route-finding difficulty. Hike through meadows, forests, and along the Merced River. Along the way, enjoy views of Sentinel Rock, Cathedral Rocks, El Capitan, Three Brothers, Bridalveil Fall, and Yosemite Falls.



7.2 MIL/11.6 KM ROUND-TRIP;  
6 TO 8 HRS; 2,700 FT/823 M ELEV GAIN  
**UPPER YOSEMITE FALL 8**  
**BEGIN** the Yosemite Falls Trailhead, Camp 4 (shuttle stop #7)

One of Yosemite oldest historic trails (built 1873 to 1877), the Yosemite Falls Trail leads to the top of North America's tallest waterfall 2,425 feet



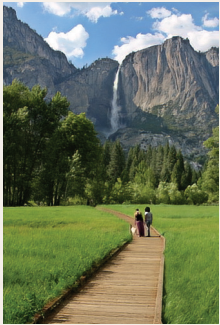
(739 m) above the Valley floor. Do not stray off the marked path, as you will find steep drops adjacent to the trail. Enjoy spectacular views from Columbia Rock located one mile (and dozens of switchbacks) from the trailhead.



1 MI/1.6 KM LOOP; 30 MIN HALF OF LOOP  
[WHEELCHAIR ACCESSIBLE]  
[LEASHED PETS ALLOWED]  
**LOWER YOSEMITE FALL 7**

**BEGIN** Lower Yosemite Fall Trailhead (shuttle stop #6)

This short, easy walk rewards with spectacular views of Upper and Lower Yosemite Fall. This waterfall is often dry from late July or August through October. However, expect spray in spring and early summer.



1 MI/1.6KM; 30 MIN [WHEELCHAIR ACCESSIBLE]  
[LEASHED PETS ALLOWED]  
**COOK'S MEADOW LOOP 6**  
**BEGIN** Valley Visitor Center (shuttle stop #5 or #6)

This short, easy walk offers stunning views of Half Dome, Glacier Point, and Royal Arches. From the visitor center, walk west along the bike path toward Lower Yosemite Fall. At shuttle stop #6, cross the street and follow the bike path, bearing left as the path forks. At Sentinel Bridge, parking area, walk out onto the bridge and enjoy a world-class view of Half Dome before returning to the parking area. Follow the boardwalk back across the meadow, cross the two streets, and turn right to return to the visitor center.

2 MI/3.2 KM ROUND-TRIP; 1 HOUR [WHEELCHAIR ACCESSIBLE]  
[LEASHED PETS ALLOWED] 5 MI/8 KM LOOP AROUND THE LAKE; 2 HOURS [PETS ALLOWED ON PAVEMENT ONLY]  
**MIRROR LAKE/MEADOW 5**  
**BEGIN** Mirror Lake Trailhead (shuttle stop #17)

From the shuttle stop, a paved trail leads directly to Mirror Lake. At the stone bridge, you can turn right to take the five-mile loop or remain on the paved trail to continue to Mirror Lake. Mirror Lake has little water much of the year, but in spring and early summer it can grow in size. When the water is calm, the lake offers a beautiful reflection of surrounding cliffs. Exhibits detail the story of the area's lake-to-meadow succession. This can be a good place to spot wildlife.



# Yosemite Valley Hiking



- 6** East Valley Shuttle (year-round) (some stops maybe closed seasonally due to snow and ice)
- 6** Valleywide Shuttle (summer only)
- Easy Trail
- Moderate Trail
- Moderately Strenuous Trail
- Strenuous Trail
- Roads

- Bicycle / Footpath (paved)
- Restrooms
- Ranger Station
- Campground
- Walk-in Campground
- Store
- Parking Area
- Phones



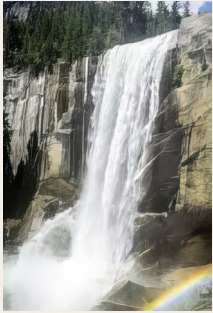
0.5 MIL/0.8 KM  
ROUND-TRIP; 20 MIN  
**BRIDALVEIL FALL 1**  
**BEGIN** Bridalveil Fall parking area

A paved trail leads from the parking area to the base of this waterfall, which flows year-round. Walk back to the parking area via the same trail. Expect lots of spray in spring and early summer; you may encounter icy conditions in winter.



9.6 MILES/15.5 KM ROUND-TRIP. 6 TO 8 HOURS;  
3,200 FEET/975 M ELEV GAIN  
**FOUR MILE TRAIL 2**  
**BEGIN** the Four Mile Trailhead along Southside Drive

Drive in Yosemite Valley In summer months, take the El Capitan Shuttle to the trailhead. You can also reach the trail from the year-round Valley Visitor shuttle stop #2 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. Although many hikers do this trail as a round-trip hike, an alternative in the summer is to purchase a bus ticket to Glacier Point (\$) and hike down. Reservations are required; visit a DNC tour desk for details. You can also make a longer hike by following the Panorama Trail (below) back to the Valley. This trail closed in winter due to extremely hazardous conditions.



2.4 MI/3.9 KM  
ROUND-TRIP; 3 HRS;  
1,000 FT/363 M ELEV GAIN  
**VERNAL FALL 3**  
**BEGIN** Happy Isles (shuttle stop #16)

You'll find an excellent view of Vernal Fall from the footbridge at 0.75 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. This portion of trail is closed in winter due to risk of falling ice and rock.



5.4 MI/8.7 KM ROUND-TRIP; 5 TO 6 HRS  
WITH 2,000 FT/610 M. ELEV GAIN  
(VIA MIST TRAIL)  
**NEVADA FALL 4**  
**BEGIN** Happy Isles (shuttle stop #16)

Hikers can reach the top of Nevada Fall by continuing 1.3 miles (2.1 km) along the Mist Trail (from Vernal Fall). The John Muir Trail also leads to the top of Nevada Fall (bypassing Vernal Fall). The portion of the John Muir Trail between Clark Point and the top of Nevada Fall is closed in winter.



Choose the difficulty level of your hike

- EASY**
- MODERATE**
- MODERATELY STRENUOUS**
- STRENUOUS**

