

**GRAND TETON NATIONAL PARK**  
**JENNY LAKE & CASCADE CANYON**

**12/24K - EVENT Y0435**

**This walk is rated 3C. Open Thu, Jul 1<sup>st</sup> until Sep 30<sup>th</sup>.**

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Welcome and thank you for your interest in this walk.

This on-line packet contains the following pages of information:

1. This information page.
2. Driving and hiking directions.
3. A map of the area.
4. AVA Special Programs

After your walk, be sure to log back into the OSB system to complete your online registration. The OSB system does not deduct any event fee from a participant's Event Bank until they have submitted event completion info including the date of the event, the distance, and the selection of applicable special programs that person is participating in. (Nevertheless, a fee of \$2 for a downloaded PDF is deducted from the user's Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to a user's Event Bank when he/she submits the event completion info as a paying for credit participant. Note, however, the \$2 coupon for the downloaded PDF will expire in 60 days.). Also note that an event registration expires after 30 days, but if your registrations lapses, you may re-register without cost.

Thanks for participating and we hope you enjoy your walk. POC: Marcia Stein  
206-713-1564 foolhardyone@gmail.com

**DESCRIPTION:**

The Jenny Lake loop (12K) is one of the centerpieces of Grand Teton National Park and includes the spectacular Hidden Falls and Inspiration Point. The 24K continues on into scenic Cascade Canyon, which follows a cascading stream and frequently offers great wildlife viewing. Take the boat ride for shorter distance and fun, scenic trip. This is an out and back, turning around at Inspiration Point or the Forks of Cascade Canyon Patrol Cabin. Starting elevation: 6,785 feet. Inspiration Point elevation: 7,200 feet. Forks of Cascade Canyon elevation: 7,820 feet.

Check for trail alerts before you go. Visit:

<https://www.nps.gov/grte/planyourvisit/conditions.htm>

**NOTE:** These maps and directions may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

Within Grand Teton dial 911 for emergencies. If you're traveling somewhere without phone reception, you must be prepared to self-rescue and to be self-sufficient. Many areas of Grand Teton National Park have poor or little cell coverage.

<https://www.nps.gov/grte/planyourvisit/safety.htm>

## Considerations

Snow can linger in the upper reaches of the canyon until early July. The lower canyon is accessible from June through October. Hidden Falls is at its most spectacular early in the season. Afternoon thunder showers are common in the canyon.

The Jenny Lake parking area is often crowded in peak season. Get there early to get a spot. **Please carry food and plenty of water on this hike.**

There are restrooms at the Jenny Lake Visitor Center and Jenny Lake Campground.

## Driving Directions

GPS: 43.75107, -110.72383.

From the south, follow Hwys. 26/89/191 north out of Jackson for 8 miles past the park's southern boundary and turn left at Moose Junction. Continue 1 mile past the Visitor Center to the Moose Entrance Station. Go 7 miles north on Teton Park Road and turn left at the South Jenny Lake Junction. Follow the signs for the East Shore Boat Dock for another 0.5 mile (making a couple of right hand turns) through the developed area around the Visitor Center/Ranger Station to arrive at the trailhead parking area. From the north, starting at Jackson Lake Junction, take Teton Park Road 12.5 miles south (past North Jenny Lake Junction) and turn right into the South Jenny Lake parking area.

## Logistics

Taking a seasonal shuttle boat across Jenny Lake cuts out the first two miles of hiking in each direction. Catch the first boat to beat the crowds to the falls. Jenny Lake Boating shuttles depart Jenny Lake's East Shore Boat Dock for the Cascade Canyon trailhead dock every 15 minutes daily, weather permitting, between May 15 and September 30. From June 1 to September 5, hours of operation are 8 am to 6 pm, with service reduced to 10 am to 4 pm during May and the second half of September. Fares are \$5 or \$7.50 (one-way or round-trip) for passengers 13 and older, and \$4 or \$5 for children older than six years old. Kids ages six and younger ride free. Call (307) 734-9227 for more information.

## Hiking Directions

From the parking area near the Visitor Center, follow signs to the East Shore Boat Dock, on the southeast end of the lake. During the high season, you can catch a shuttle boat for the scenic, 12-minute ride across the lake to the West Shore Boat Dock, where there are no visitor

services. If you take the boat ride, that cuts 2 miles off your route. To skip the boat ride, follow the Jenny Lake Loop Trail clockwise around the lake to the West Shore Boat Dock.

From the West Shore Boat Dock, follow signs to your left (south) for a couple hundred yards along the well-beaten paths to the signed Jenny Lake Loop Trail junction. Turn right (west) on the middle trail at the three-way intersection to follow a path that parallels the north side of Cascade Creek before crossing over it on a foot-bridge. Follow signs to the viewpoint of the 200-foot Hidden Falls, tucked away in a spruce-fir forest behind a split-rail fence.

Heading back toward the lake and away from the falls, turn left and follow signs across a bridge over Cascade Creek. Soon you start the 0.4 mile climb (also signed for Cascade Canyon) to Inspiration Point (7200') for sweeping views east across the Snake River Valley to the Gros Ventre Range and back west to the Cathedral Group: Teewinot Mtn. (12,325'), the Grand Teton (13,770'), and Mt. Owen (12,928'), the second highest peak in the Teton Range. Turn around at Inspiration Point for the 12K option.

Most casual visitors do not make it beyond Inspiration Point, so the farther you go up the canyon, the more peaceful things should become. Begin the gradual, gentle 0.6-mile climb-past the horse bypass trail intersection to the mouth of the U-shaped Cascade Canyon, where the majesty of the mile-high, glacially sculpted walls really begins to sink in.

Several large talus slopes-home to many vocal marmots, as well as pika-intersect the trail from the right as it follows the north side of Cascade Creek and traverses prime wild berry habitat,(look for raspberries, huckleberries, thimbleberries and grouse whortleberries). If you can properly identify them, you are welcome to pick small quantities for personal use, but leave some for the critters that frequent the area, too.

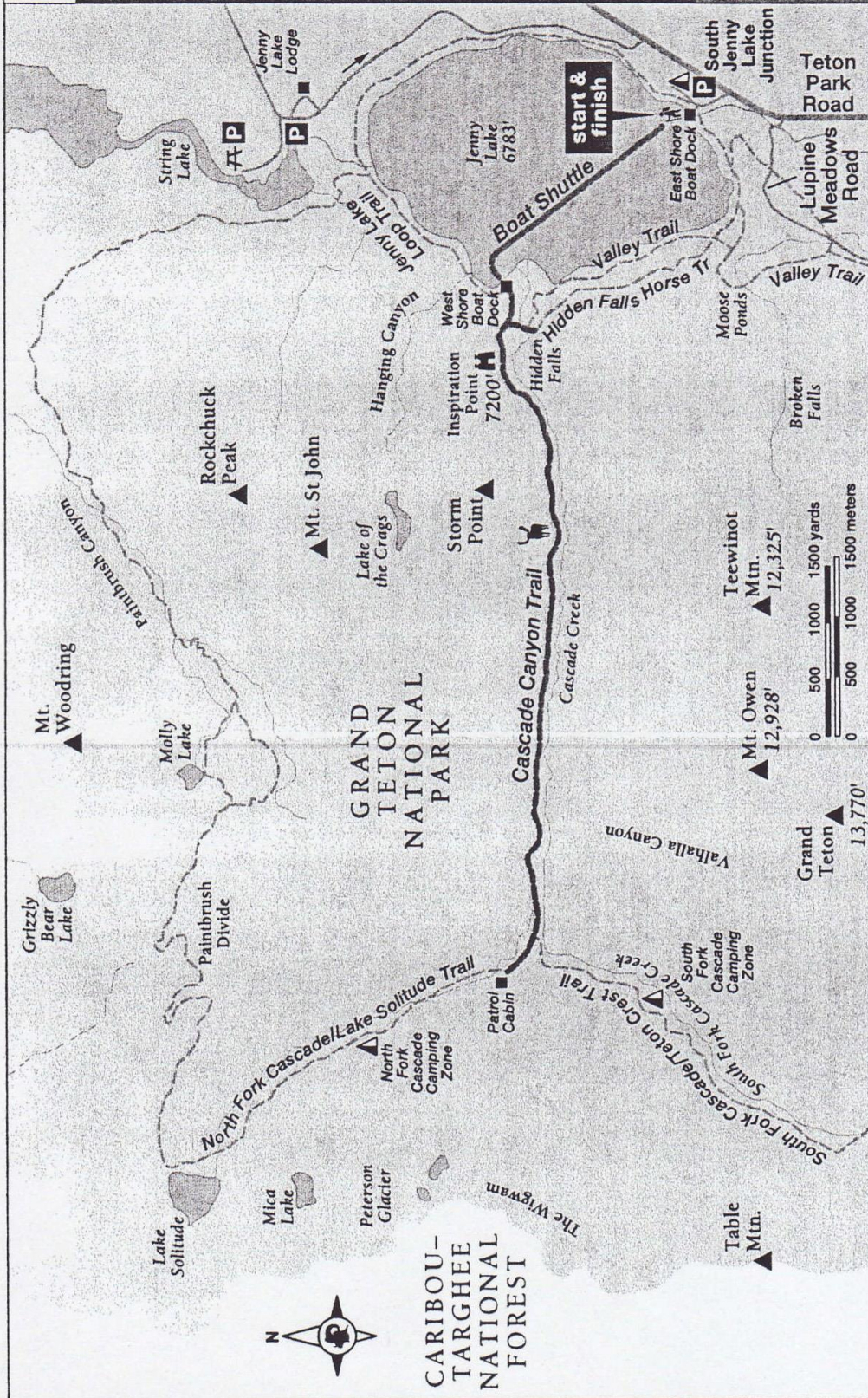
Thanks to the sheer canyon walls, you'll enjoy great views beyond the Douglas-fir canopy all the way up the canyon. Just before the Forks of Cascade Canyon junction (look for the huge limber pine specimen), the trail crosses over Cascade Creek on a footbridge and starts to climb more noticeably again.

About 0.3 miles up the North Fork Trail, turn right to the Cascade Patrol Cabin. It makes a nice picnic spot before you do a U-turn (for the 24K option) and retrace your steps down the canyon to the shuttle boat to the East Shore Boat Dock and the South Jenny Lake trailhead parking area.



# Cascade Canyon

# TRAIL 36



# ESVA/OTSVVA/AVA SPECIAL CHALLENGE PROGRAMS - 2026

For more information on ESVA go to: <http://www.esva.online/challenges/>

<b>WALK NAME:</b> Grand Teton - Jenny Lake/Cascade Canyon		<b>WALK NUMBER:</b> Y0435		
<b>CURRENT ESVA SPECIAL PROGRAMS</b>				
Please note the years [in brackets] that each challenge is active.				
39 COUNTIES - (ONGOING)				
DISCOVERING OUR STATE AND NATIONAL PARKS [2026-2028]		Grand Teton		
TELL ME A STORY [2025-2027]				
THAT'S ENTERTAINMENT [2024-2026]	CULTURAL	FAIRS, FESTIVALS, ARCADES	CRAFTS/HOBBIES	SPORTS VENUES
<b>PREVIOUS ESVA SPECIAL PROGRAMS</b>				
Patches for books received past the end date will be sent while supplies last. No refunds.				
FRONTLINE HEROES [2021-2023]	MEDICAL CENTERS	DELIVERY SERVICES	SUSTENANCE PROVIDERS	ESSENTIAL SERVICES
ON THE ROAD AGAIN [2022-2024]	ONLY APPLIES TO TRADITIONAL EVENTS			
STROLLING ALONG THE RIVERS [2023-2025]				
<b>CURRENT OTSVA SPECIAL PROGRAMS</b>				
For more information on OTSVA go to: <a href="https://www.otsva.org/challenges.html">https://www.otsva.org/challenges.html</a>				
PEACE POLES [2024-2026]				
<b>CURRENT AVA SPECIAL PROGRAMS</b>				
For more information on AVA go to: <a href="https://cb.ava.org/specprog.php">https://cb.ava.org/specprog.php</a>				
Most programs allow the participants up to (12) twelve months starting from the official end date to complete any Special Program.				
50 STATES/51 CAPITALS	[ONGOING]	<b>Wyoming</b>		
A-Z (Walking the US A-Z)	[ONGOING]			
A-MAZ-ING LABYRINTHS	[2024-2026]			
ANNIVERSARIES HURRAH	[ONLY 2026]	<b>All AVA sanctioned events qualify for Anniversaries Hurrah.</b>		
GRAIN ELEVATORS: MONARCHS OF THE PLAINS	[2025-2027]			
IVV-AMERICAS	[2022-NO END]	<b>All AVA sanctioned events qualify for the IVV-America's Special Program.</b>		
LIGHTHOUSES II	[2023-2025]			
PAR FOR THE COURSE	[2023-2025]			
RAILS TO TRAILS	[2022-2025]			
STEP TO THE BEAT	[2024-2026]			
WALKING WITH AMERICAN VETERANS	[2021-2027]			
WALKING WITH THE WILD THINGS	[2025-2027]			