

**MT RAINIER NAT'L PARK/OHANAPECOSH  
SEASONAL HIKE Y0789**

**Central Washington Sun Striders - Lewis County**

**5K hike includes Silver Falls and the Ohanapecosh River**

**10K hike includes the falls, the river and goes to the Grove of the Patriarchs**

**Both 5K and 10K are rated 3C due to roots and rocks on this hiking trail  
along with 400 feet of elevation gain and loss**

This on-line packet contains the following 4 pages of information:

1. This information page.
2. Driving directions to the hike start and supplemental info. (one page)
3. Hike directions for the 5K and 10K routes. (one page)
4. A map for this hiking event. (one page)

We hope you enjoy your hike in Mt. Rainier National Park along the Ohanapecosh River.

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## **Mt. Rainier/Ohanapecosh Driving Directions and Supplemental Info**

### **Driving Directions to Hike Start**

**Ohanapecosh Visitor Center, Mt. Rainier Nat'l Park. 46.73606 N 121.56624 W**

From Enumclaw area: East on Hwy 410 to junction with Hwy 123 (Cayuse Pass). Follow Hwy 123 South and turn right into Ohanapecosh Campground. Drive to the visitor info center.

From Longview/Kelso area: North on I-5. Take Exit 68 onto Hwy 12. East on Hwy 12 to junction of Hwy 123. Turn Left on Hwy 123. Turn Left into Ohanapecosh Campground. Drive to the visitor info center.

### **Parking Info**

Park in the identified day use parking lot. It is behind the Visitor Info Center in campground loop "B". If the Visitor Center is closed, note the restroom info and walk direction change noted below. If the day use lot is full, park in the extra parking spots in one of the other campground loops.

### **Ohanapecosh Visitor Center Restroom and Closure Information**

Starting in 2022 (if they get the funding), the NPS intends to temporarily close and upgrade the Ohanapecosh visitor info center. The work may take multiple years to complete. If the visitor center and restrooms are closed, utilize restrooms in the campground loops and/or the one at the Grove of the Patriarchs trailhead on the Stevens Canyon Road. They are open for day use.

### **Possible Visitor Center Hike Start Change**

The walk directions start inside the visitor info center. If the info center is closed, you will have to start the hike by walking around the visitor center building from the front to the back of the building. Once you get around to the back door of the visitor info center, then facing away from the back door, start with walk direction #2.

### **Possible Grove of the Patriarchs Bridge and Boardwalk Closure**

In the spring of 2022 the bridge and trail into the Grove of the Patriarchs was damaged by high water and closed until further notice. If it is still closed in 2024 or beyond, simply continue hiking north a short distance on the river trail past the junction to the Grove before turning around to ensure you hike 10K.

1/13/24

MT. RAINIER - OHANAPECOSH 5K AND 10K SEASONAL HIKES - Y0789  
CENTRAL WASHINGTON SUN STRIDERS - RATED 3C - (due to roots and rocks on the trail)

911 does not work here. If there is an emergency, contact park rangers at the Stevens Canyon Park Entrance Station, the Ohanapecosh Ranger Station, or in the visitor center.

1. Go out Visitor Center back door exit. *(If closed, go around to the back of the visitor center).*
2. Turn **RIGHT** and walk on the "Self Guiding Nature Trail".
3. Follow the "Hot Springs Nature Trail" signs to the **RIGHT**. This will take you past the hot springs area to the intersection with the "Silver Falls Loop Trail".
4. Turn **RIGHT** on the "Silver Falls Loop Trail".

5. **CROSS** wooden bridge over the river and follow trail to the **RIGHT** as it continues up the river.

6. Shortly past the falls at the next "Y", continue on main trail to **LEFT**. *(Trail to right goes to falls overlook).*

For 5K, do #7 through #10. For 10K, do #11 through #20.

7. At next "Y", turn **LEFT** and follow Ohanapecosh/Silver Falls Loop Trail down river. When approaching campground area, stay **LEFT** on the main trail that goes along the edge of the campground *(Loop "E" on the map).*

8. At end of trail at paved campground road, turn **LEFT** and **CROSS** the 2 lane campground road bridge.

9. Turn **RIGHT** on campground loop "C" and proceed clockwise around loop "C" and back to main campground road.

10. Turn **RIGHT** on main campground access road back to the start.

We hope you enjoy our Mt. Rainier/Ohanapecosh walk.

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The walk directions and map may only be used in conjunction with a signed AVA athletic waiver. All other uses are prohibited.

Be sure to log back into the OSB system ([my.ava.org](http://my.ava.org)) to finish/complete your online registration after doing the walk. The OSB system does not deduct any walking fee from a walker's event bank until they have submitted walk completion info including the date the event was walked, the distance walked, and the selection of applicable special programs that walker 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 walker's Event Bank when he/she submits the walk completion info as a paying for credit walker.) The \$2 "coupon" for the downloaded pdf expires in 60 days.

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11. At next "Y", go **STRAIGHT** ahead on "Grove of the Patriarchs Trail". **CROSS** Stevens Canyon road using extreme caution. *(Restrooms by parking area).*

12. Continue **STRAIGHT** ahead on the Eastside Trail.

13. At the split in the trail, continue to the **RIGHT** following signs to the "Grove". Proceed down the stairs to suspension bridge. *(If bridge closed, continue up the Eastside Trail about 5 minutes before turning around and heading back the way you came).*

14. **CROSS** the bridge and follow the "Grove" loop trail to the **RIGHT**. Loop around the grove back to the bridge. *(The Grove consists of huge West Red Cedar and other trees).*

15. **RE-CROSS** suspension bridge over river. Turn **LEFT** on main trail back to Stevens Canyon road. **CROSS** the road and continue down river on the same trail.

16. At the "Y" that goes down to the Silver Falls bridge, turn **RIGHT** and follow the Ohanapecosh Trail. When approaching campground area, stay **LEFT** on the main trail that goes along the edge of the campground *(Loop "E" on the map).*

17. At end of trail at paved campground road, turn **LEFT** and **CROSS** the 2 lane campground road bridge.

18. Turn **RIGHT** on campground loop "C" and proceed clockwise around loop "C" and back to main campground road. **CROSS** main road and proceed counterclockwise around campground loop "B" and back to the main road.

19. Turn **LEFT** on main road and proceed a short distance.

20. Turn **RIGHT** on campground loop "A" and proceed clockwise around the loop back to the main road and visitor center.

