

**Mt. Fremont Lookout - Mt. Rainier NP - Sunrise Area
Seasonal Hike - 6K and 11K EVENTS - Y3385
Evergreen State Volkssport Association - In Pierce County, WA - Rated 3C**

Driving Directions and Restroom Info

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

1. This Table of Contents page including Driving Directions to the hike start point parking lot and Restroom info. (1 page).
2. Safety and other Important Information (1 page).
3. Directions for the 6K and 11K hike (1 page).
4. Map for the 6K and 11K hike (1 page).

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Driving Directions to the Sunrise parking lot N 46.54' 52.02" W 121.38' 31.62"

EASTBOUND from Enumclaw on SR 410. ANGLE RIGHT at the White River/Sunrise entrance road. There is an entrance fee or use one of the federal passes to enter the park. From the White River Entrance Station, drive 13 miles to the Sunrise parking lot.

WESTBOUND from Yakima on US 12 and SR 410 over Chinook Pass. Continue west on SR410 and turn LEFT at the poorly marked entrance to the White River/Sunrise entrance road. The junction is on the left side of SR 410 opposite a low, rocked Mather Memorial Parkway sign on your right. There is an entrance fee or use one of the federal passes to enter the park. From the White River Entrance Station, drive 13 miles to the Sunrise parking lot.

Restroom Information

Restrooms are available at the White River Entrance Station and there is a restroom building at the Sunrise parking lot next to the trailhead. There is also a vault toilet at the backcountry campground near Shadow Lake.

We hope you enjoy your hike to the Frozen Lake saddle, Mt. Fremont Lookout, the fabulous views of Mt. Rainier and the Cascade Mountains in the area, and hiking through part of the Sunrise Nature Trails area in Mt. Rainier Nat'l Park.

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Mt. Fremont Lookout - Mt. Rainier NP Hike

Good-to-know stuff before you do the hike

Hike Description:

This is a wilderness trail hike with all of the trail above 6,200' elevation and much of it above treeline so it is very scenic but is also very exposed to any possible weather changes. From the Sunrise parking lot, the trail climbs 200' up onto Sourdough Ridge and then up another 200' as you hike along the rocky ridge to a 5 way trail junction saddle near Frozen Lake. There are great views of Mt. Rainier from all along Sourdough Ridge. 11K'ers hike up the Mt. Fremont Lookout trail 2 1/2 K (another 400' elevation gain) to the old lookout with stunning views in all directions. 11 K'ers return to the 5 way trail junction and both 6K and 11K hikers descend 600' into the Sunrise Nature Trails area and Shadow Lake before winding through subalpine forests and up 200' elevation back to the parking lot. Total elevation gain and loss on the trail is about 1000'. When you enter the park, be sure to pick up a Mt. Rainier Nat'l Park map at the entrance station and take it with you on the hike. It will help you identify glaciers and rock formations on Mt. Rainier, as well as other mountain peaks in the area when you are at the viewpoints.

Costs:

There is an entrance fee to enter the park or you must use one of the applicable federal passes to enter the park.

Safety Information:

Wear hiking boots or good hiking shoes. The trail system is generally well signed at every junction. The trail system consists of good trails but there are major portions that are rocky and uneven to walk on. Trekking poles are recommended for balance in the rocky areas. Take the 10 essentials with you as this is a wilderness hike. Carry water and/or a portable water filtration system. Weather can change quickly in the mountains so check weather reports before going and be prepared for possible weather changes.

Camping Info:

The White River Nat'l Park Campground (no reservations - first come/first serve) is close by and there is a hike-in backcountry campground in the Sunrise area that is situated well away from the parking lot. Before camping, contact the park as a permit is required to camp in any of these locations and sometimes camping permits are hard to get during high use times of the summer.

Supplemental Information, Timed Entry Reservations and Other Words to the Wise:

Between July 1st and Labor Day from 7 am to 3 pm, the park limits the vehicles that are allowed through the White River Entrance Station in order to meter traffic on the Sunrise road. Check the Mt. Rainier NP website for "Timed Entry Reservations" if you want to enter during these hours and take that into consideration if you plan to do this hike. Plan enough time to get to the trailhead and do your hike before dark or changing weather. Because this is a wilderness hike, your progress will be somewhat slower than your normal walking pace on flat, paved ground, so plan your time accordingly. The trailhead is at 6,200' so "bad" weather (rain, snow, sleet, etc) can happen at any time. Take "bug juice" as the Shadow Lake area can be buggy in summer before the first killing frost. With heavy snow winters, snow patches can last long into the summer so check trail conditions on the Nat'l Park site before you go. Most of the trail junctions have good Nat'l Park signs. However, there are a couple side trails that are not signed. They are noted in the walk directions. Don't leave any valuables in your car.

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If an EMERGENCY, Contact park rangers at Sunrise Visitor Center

Both 6K and 11K start with #1.

1. The restrooms are on the **RIGHT** side at the far end of the large parking lot. Facing the restrooms with your back to the parking lot, the paved trail (a road) starts just to the **RIGHT** of the restrooms. Just beyond the restrooms, stay **STRAIGHT** at the junction to the picnic area.

2. Turn **RIGHT** on the gravel Sourdough Ridge hiking trail (sign to Mt. Fremont and other trails).

3. **ANGLE LEFT** at the "Y" (sign to Mt. Fremont Trail, etc).

4. At the ridge trail junction, **ANGLE LEFT** on the Sourdough Ridge trail toward Frozen Lake.

5. At next trail junction "Y", **ANGLE LEFT** and stay on the Sourdough Ridge trail toward Frozen Lake.

6. At next trail junction "T" (viewpt to left), **TURN RIGHT** toward Mt. Fremont trail. You will pass Frozen Lake (domestic water supply) on your right.

7. At the ridge top 5 way trail junction, **6K hikers TURN LEFT** on the Wonderland Trail and descend off the ridge. Then go to #10.
11K hikers TURN RIGHT on the Mt. Fremont trail. Hike to the trail end at the Mt. Fremont Fire Lookout. Then continue with #8.

8. **TURN AROUND** and return to the 5 way junction.

9. Go **STRAIGHT ACROSS** the 5 way junction on the Wonderland Trail that descends down hill into the valley.

10. At a gravel road with a small parking area and a small info signpost, **TURN RIGHT** and stay on the Wonderland Trail.

11. At Sunrise backcountry campground is an outhouse on your left. Stay on the main trail.

12. At the "T", **TURN LEFT** and stay on the Wonderland Trail toward Sunrise.

13. At the "Y", **ANGLE RIGHT** on the main trail (no sign).

14. **CROSS** a small wooden bridge over the outlet for Shadow Lake (lake is on your left). **ANGLE RIGHT** at the "Y" just past the bridge (no sign) and stay on the main trail.

15. At the next junction, the Wonderland Trail turns right. Stay **STRAIGHT** on the main trail toward Sunrise.

16. At the next small trail junction (no sign), **ANGLE LEFT** toward Sunrise and stay on the main trail.

17. In a short distance is a junction to Emmons Vista overlook to your right. **ANGLE LEFT** toward Sunrise and the parking lot.

We hope you enjoy your hike in Mt. Rainier Nat'l Park.
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The walk directions and maps 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) 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 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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