

Palisades Lakes - Mt. Rainier NP - Sunrise Area
Seasonal Hike - 6K, 10K, and 15K EVENTS - Y3386
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. Hike Directions for the 6K, 10K and 15K (1 page).
4. Map for the 6K, 10K and 15K (1 page).

=====

Driving Directions to the Sunrise Point parking lot N 46.55' 02.98" W 121.35' 16.28"

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 10 1/2 miles to the Sunrise Point parking lot. The paved parking area is between the lefthand switchback loop of the Sunrise Road.

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 the 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 10 1/2 miles to the Sunrise Point parking lot. The paved parking area is between the lefthand switchback loop of the Sunrise Road.

Restroom Information

There are no restrooms at the trailhead parking lot or at any of the lakes you hike to. Restrooms are available at the White River Entrance Station area and at the end of the road at the Sunrise Visitor Center area.

We hope you enjoy your hike through the Palisades Lakes area in Mt. Rainier Nat'l Park.

POC: J. Blazek joemblazek1@gmail.com

© 2026 Evergreen State Volkssport Association

Palisades Lakes Mt. Rainier NP Hike

Good-to-know stuff before you do the hike

Hike Description:

This is a wilderness trail hike. From the parking lot, the trail starts out along relatively flat Sunrise Ridge and then drops down into the Palisades Lakes Basin with its many creeks, lakes and ponds, forested and open meadow areas. There is no view of Mt. Rainier once you drop off Sunrise Ridge but the lakes and the entire basin lie in the shadow of the beautiful and rocky Palisades cliffs. From Sunrise Ridge, you drop 500' into the basin and then the trail rises up and over small ridges and drops down into lake and pond areas for another 700'. Total elevation gain and loss on the trail is about 1200'.

Costs:

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

Safety Information:

Wear hiking boots or good hiking shoes. The trail system consists mostly of dirt but there are portions that are rocky in places. Trekking poles are recommended for balance in the rocky areas. Take the 10 essentials with you as this is a wilderness hike. Carry water or a 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. Backcountry camping is also allowed in the Palisades Lakes backcountry area. 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 complete 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 6,000' so "bad" weather (rain, snow, sleet, etc) can happen at any time. Remember that you have to climb up 500' to get out of the basin and back to your vehicle. Take "bug juice" as this area can be buggy before the first 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. Don't leave any valuables in your car.

11/21/25

Palisades Lakes - Mt. Rainier NP - Sunrise Area
Seasonal Hike - 6K, 10K, and 15K EVENTS - Y3386
Evergreen State Volkssport Association - In Pierce County, WA - Rated 3C

If an EMERGENCY, 911 probably does not work down in the lake basin.
Contact rangers at Sunrise Visitor Center or the White River Entrance Station
Read and heed the Safety information page before starting this hike.

All 3 hike distances start with #1

1. In the Sunrise Point parking lot facing the switchback curve of the road, carefully **CROSS** the road to the trailhead. **CONTINUE** past a small rock seating area and **STRAIGHT** out on the ridge trail.
2. In about 1/2K the trail will **CURVE SHARP LEFT** and drop off the ridge down into the basin.
3. At a trail junction, go **STRAIGHT** ahead to Sunrise Lake.
4. At the lake, turn **AROUND** and return to the trail junction.
5. **ANGLE LEFT** on the main trail.
6. After hiking through trees and small meadows, you will come to Clover Lake on your right. At the far end of the lake, **6K** hikers turn **AROUND** and return on the main trail back to the trailhead parking lot.
7. **10K** and **15K** hikers **CONTINUE** past Clover Lake, over a small ridge to a trail junction to Hidden Lake.
8. **ANGLE LEFT** on the trail to Hidden Lake and hike up and over the small ridge to the lake.
9. Turn **AROUND** at Hidden lake and return to the trail junction.
10. **10K** hikers **ANGLE RIGHT** and return on the main trail back the way you came past Clover Lake to the parking lot trailhead. **15K** hikers turn **SHARP LEFT** on the main trail. In a short distance you will pass two ponds on your right.
11. **CONTINUE** through trees and open meadows. At the sign to Upper Palisades Lake camp, turn **LEFT** on the short trail to the lake.
12. Turn **AROUND** and return the way you came back to the Sunrise Point trailhead parking lot.

We hope you enjoyed your hike in the Palisades Lakes area of Mt. Rainier Nat'l Park.

POC: joeblazek1@gmail.com 509-899-6535

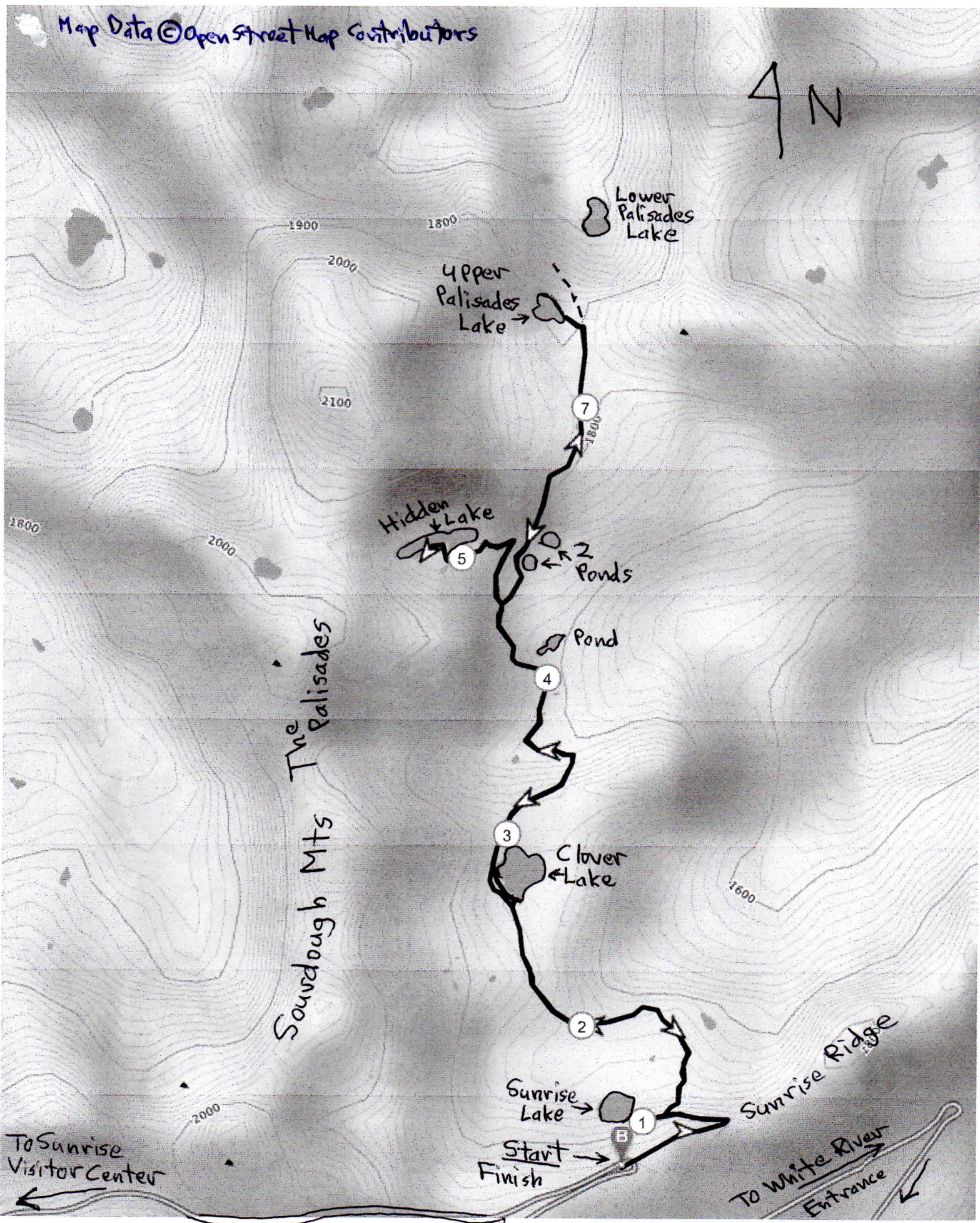
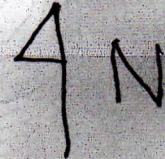
The walk directions and maps may only be used in conjunction with a signed AVA athletic waiver. All other uses are prohibited.

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.

© 2025 Evergreen State Volkssport Assoc.

Palisades Lakes Mt. Rainier Nat'l Park

Map Data © OpenStreetMap Contributors



Sawdough Mts
The Palisades

To Sunrise
Visitor Center

To White River
Entrance

Sunrise Lake
Start
Finish

2

3

4

5

7

Lower
Palisades
Lake

Upper
Palisades
Lake

Hidden
Lake

2
Ponds

Pond

Clover
Lake

Sunrise
Lake