



# Things to do at Paradise

## Welcome to Paradise!

The Paradise area of Mount Rainier National Park has it all—history, hiking, wildflower, wildlife viewing and more! Use this guide to help you decide what to do on your trip to Paradise. Do you want a mountain view? How about a nice place to rest your feet and learn about the history of Mount Rainier?

Always check trail and road conditions with a park ranger or online before hiking. Many trails may be partially or totally covered in snow and can be dangerous. Roads may be closed due to snow conditions.

## Mountain Views

*Year-round and weather dependent*

Mount Rainier can be seen from many locations at Paradise. You may need to move a short distance or wait for some clouds to move, but the parking lots, plazas, and trails all offer good views of the mountain *when skies are clear*. There is no one best spot to see the mountain. The following trails all offer many places to get a good view.

### Nisqually Vista Trail (Easy)

1.2 miles round-trip. 200' elevation gain. Average hiking time: 45 minutes. The trailhead is located at the northwest end of the lower parking lot. Suitable for families with strollers.

### Alta Vista via the Alta Vista and Skyline Trails (Moderate)

1.75 miles round-trip. 600' elevation gain. Average hiking time: 1.25 hours. Begin at the trailhead located at the entrance to the lower parking lot, or at the trailhead on the north side of the upper parking lot, next to the visitor center.

## Waterfalls

*Due to snow, trail access is safest in summer and fall.*

### Skyline Trail to Myrtle Falls and view of Sluiskin Falls

1 mile round-trip. 100' elevation gain. Average hiking time: 35 minutes. The trailhead is located on the north side of the upper parking lot, next to the visitor center. Suitable for wheelchairs with help, and strollers. View Sluiskin Falls northwest of Myrtle falls from Skyline trail just past Myrtle Falls.

### Paradise to Ruby Falls and Narada Falls

2.2 miles round-trip. 800' elevation gain. Average hiking time: 1 hour. From the southeast corner of the upper parking lot, take the Lakes Trail. Follow signs for Narada Falls. Enjoy the cascading Ruby Falls before reaching the Narada Falls parking area and viewpoint. Return the same route.



### No Pets on Trails

Leashed pets are permitted only in parking lots and along roads open to public vehicles.



### No Drone Zone!

Drones are not allowed anywhere in Mount Rainier National Park. This includes launching, landing, and operating drones.



### Mask Requirements

Mask requirements are based on county COVID case levels. Check bulletin boards and signs for status.



Need more information?  
Scan for local information  
and downloads including  
the Paradise area trail  
snow-cover map.

<https://go.usa.gov/xwggqX>

## Wildflowers

*Typically mid July-August. Stay on trails!*

### Myrtle Falls and Edith Creek Basin

1 miles round-trip

Elevation gain: 100'

Average hiking time: 35 minutes

Follow the Skyline Trail to Myrtle

Falls and enjoy the wildflowers

along the way. Once at the falls, you

can continue across the bridge up

the Golden Gate Trail to enjoy the

meadows.

### Nisqually Vista Trail

1.2 miles round-trip

Elevation gain: 200'

Average hiking time: 45 minutes

Hike this loop trail to enjoy colorful

wildflowers and great views of the

Nisqually Glacier and Mount Rainier.

### Lower Deadhorse Creek Trail

1.4 miles round-trip

Elevation gain: 350'

Average hiking time: 1 hour

This hike meanders through meadows

resplendent in wildflowers. Take the

Avalanche Lily Trail until it intersects

with the Deadhorse Creek Trail. Turn

right and hike uphill. Return the same

way or follow the Skyline Trail to

make a loop. This route is paved but it

can be steep at times.

## Scenic Drives

*Roads are open seasonally.*

### Paradise Valley Road 15 minutes

Drive through the upper parking lot

towards the southeast corner and

follow the Paradise Valley Road for

two miles until it intersects with the

Stevens Canyon Road. Turn left to go

to Inspiration Point and Reflection

Lakes and turn right to return to the

Paradise Road.

### Inspiration Point 15 minutes

Drive through the upper parking

lot towards the southeast corner

and follow the Paradise Valley Road

for two miles until it intersects with

the Stevens Canyon Road. Turn left

to go to Inspiration Point. Enjoy

amazing views of Mount Rainier

and the Tatoosh Range.

### Ricksecker Point 10 minutes

Follow the Paradise Road downhill

towards Longmire for five miles.

Follow signs for Ricksecker Point

to enjoy dramatic views of Mount

Rainier and the Tatoosh Range.

### Stevens Canyon Road 45 minutes

From the southeast corner of the

upper parking lot, follow Paradise

Valley Road for two miles until it

intersects with the Stevens Canyon

Road. Turn left and enjoy the 19

mile-long Stevens Canyon Road.

Popular stops include Inspiration

Point, Reflection Lakes, Box

Canyon, and Backbone Ridge. Stop

at other pullouts along the way to

enjoy waterfalls and views of the

canyon.

## Historic Buildings

*Check locally for building status.*

### Paradise Inn

Opened in 1917, this is one of

the oldest inns in the national

park system. Stop in for a meal,

an overnight stay, or to enjoy the

ambiance of this historic rustic

building. Former President Harry

Truman played at the piano in 1945.

### Historic Paradise Ranger Station

The ranger station was built in 1921.

It is the small building at the top of

the parking area. It is not open to

the public and is used for emergency

service employees.

### Guide House

Built in 1920 and is now known as the

Paradise Wilderness Information Center.

Explore the exhibits on the first floor to

learn about climbing on Mount Rainier.



## Don't be a meadow stomper.

**Don't** step off trail to get a closer look! Stepping off a designated trail can cause erosion and kill fragile vegetation.

**Do** admire the flowers from a distance.

**Don't** pick the wildflowers.

**Do** take some pictures! The flowers will last longer that way!

**Do** be careful when taking breaks. Avoid vegetation when stopping for a break or to eat your lunch.

**Don't** hike on social trails. These are trails that were created by hikers who strayed from designated trails. They once had shrubs or wildflowers growing on them.

**Don't** feed the wildlife. Keep wildlife wild!