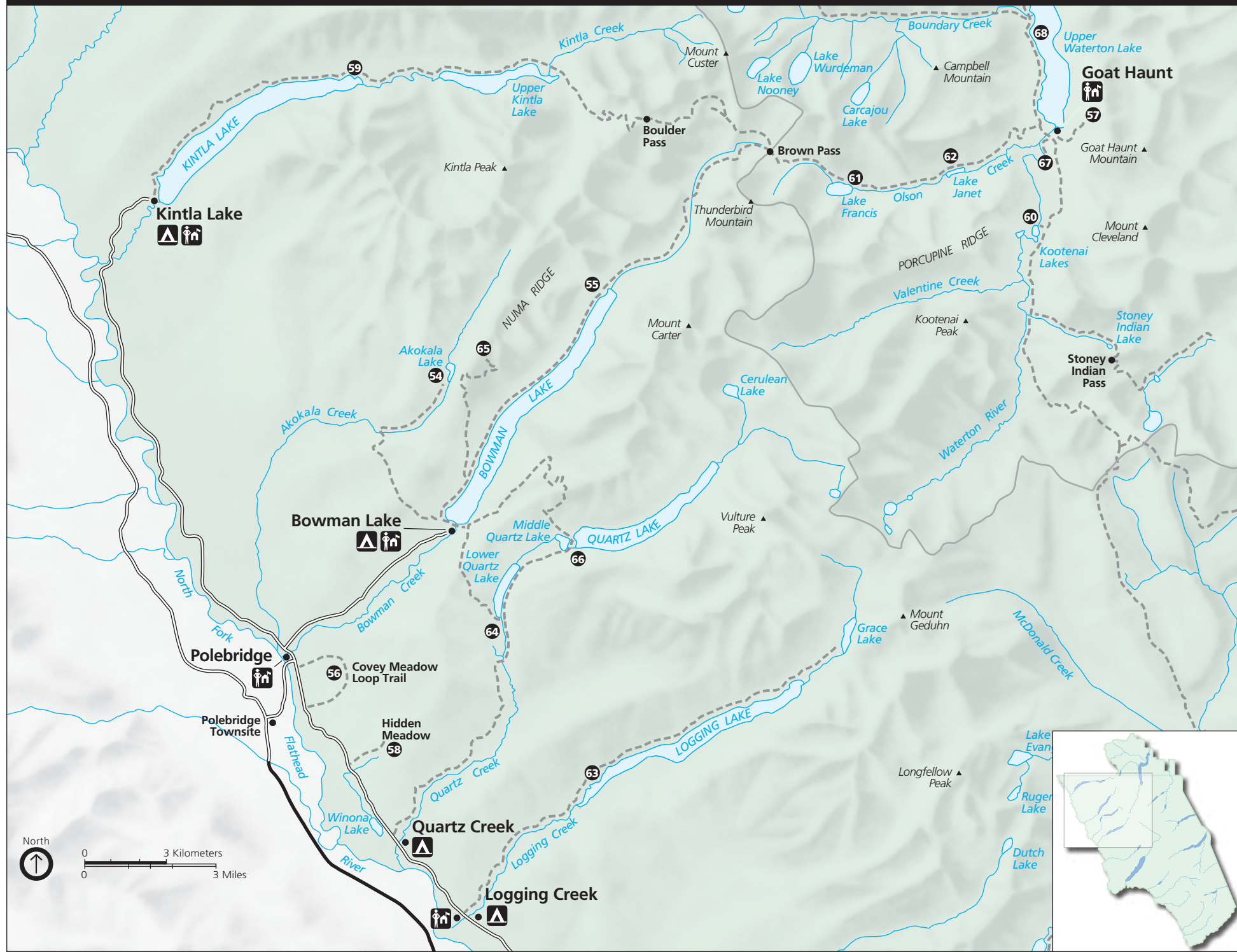


## Goat Haunt and North Fork Trails



Map Legend	
	Visitor Center
	Ranger Station
	Campground
	Lodging
	Paved Roads
	Unpaved Roads
	Trails
	Trail Destination

Destination	One-way Mileage & Elevation	Trailhead	Destination	One-way Mileage & Elevation	Trailhead
54 Akokala Lake	5.8 mi. - gains 800 ft.	Bowman Lake Ranger Station	62 Lake Janet	3.3 mi. - gains 750 ft.	Goat Haunt Ranger Station
55 Bowman Lake Head	7.1 mi. - rolling hills	Bowman Lake Ranger Station	63 Logging Lake	4.5 mi. - gains 400 ft.	Just north of the Logging Creek Ranger Station
56 Covey Meadow	1.5 mi. - rolling hills	Polebridge Ranger Station	64 Lower Quartz Lake	(a) 3.0 mi. - gains 1200 ft. then descends 1000 ft. (b) 6.9 mi. - gains 500 ft.	Bowman Lake Picnic Area
57 Goat Haunt Overlook	1.0 mi. - gains 800 ft.	Goat Haunt Ranger Station	65 Numa Lookout	5.6 mi. - gains 2930 ft.	Bowman Lake Ranger Station
58 Hidden Meadow	1.2 mi. - gains 250 ft.	3 miles south of Polebridge Ranger Station	66 Quartz Lake	6.0 mi. - gains 1800 ft. then descends 1600 ft.	Bowman Lake Picnic Area
59 Kintla Lake Head	6.6 mi. - rolling hills	.25 miles west of Kintla Lake Campground	67 Rainbow Falls	1.0 mi. - gains 30 ft.	Goat Haunt Ranger Station
60 Kootenai Lakes	2.5 mi. - gains 200 ft.	Goat Haunt Ranger Station	68 Waterton Townsite	8.5 mi. - gains 200 ft.	Goat Haunt Ranger Station
61 Lake Francis	6.2 mi. - gains 1050 ft.	Goat Haunt Ranger Station			

## LEAVE NO TRACE PRINCIPLES

Challenge, adventure, a sense of discovery, and solitude can be part of your backcountry experience. But in order to ensure that Glacier's backcountry remains unimpaired for future generations, visitors must be motivated by an ethic that compels responsibility toward the resource. It is the task of every backcountry visitor to learn and practice Leave No Trace skills and ethics.

Leave No Trace outdoor skills and ethics is a national program promoting responsible outdoor recreation and stewardship of our public lands. The National Park Service is a partner in this program, along with other federal land management agencies.



This copyrighted information has been reprinted with permission from the Leave No Trace Center for Outdoor Ethics. For more information or materials, please visit [www.LNT.org](http://www.LNT.org) or call 303.442.8222.

## TRIP PLANNING INFORMATION

Hiking books and maps are an excellent way of preparing for your trip. The Glacier National Park Conservancy is a nonprofit organization working with the National Park Service to assist Glacier's educational and interpretive activities, cultural programs, and special projects. They stock a number of publications that are excellent pre-planning guides. Contact the Conservancy at: Glacier National Park Conservancy PO Box 2749 Columbia Falls, MT 59912 406-892-3250 [info@gnpconservancy.org](mailto:info@gnpconservancy.org) [www.glaciernationalparkconservancy.org](http://www.glaciernationalparkconservancy.org)



Glacier National Park  
CONSERVANCY



Glacier National Park's publications are funded through a generous donation from the Glacier National Park Conservancy.

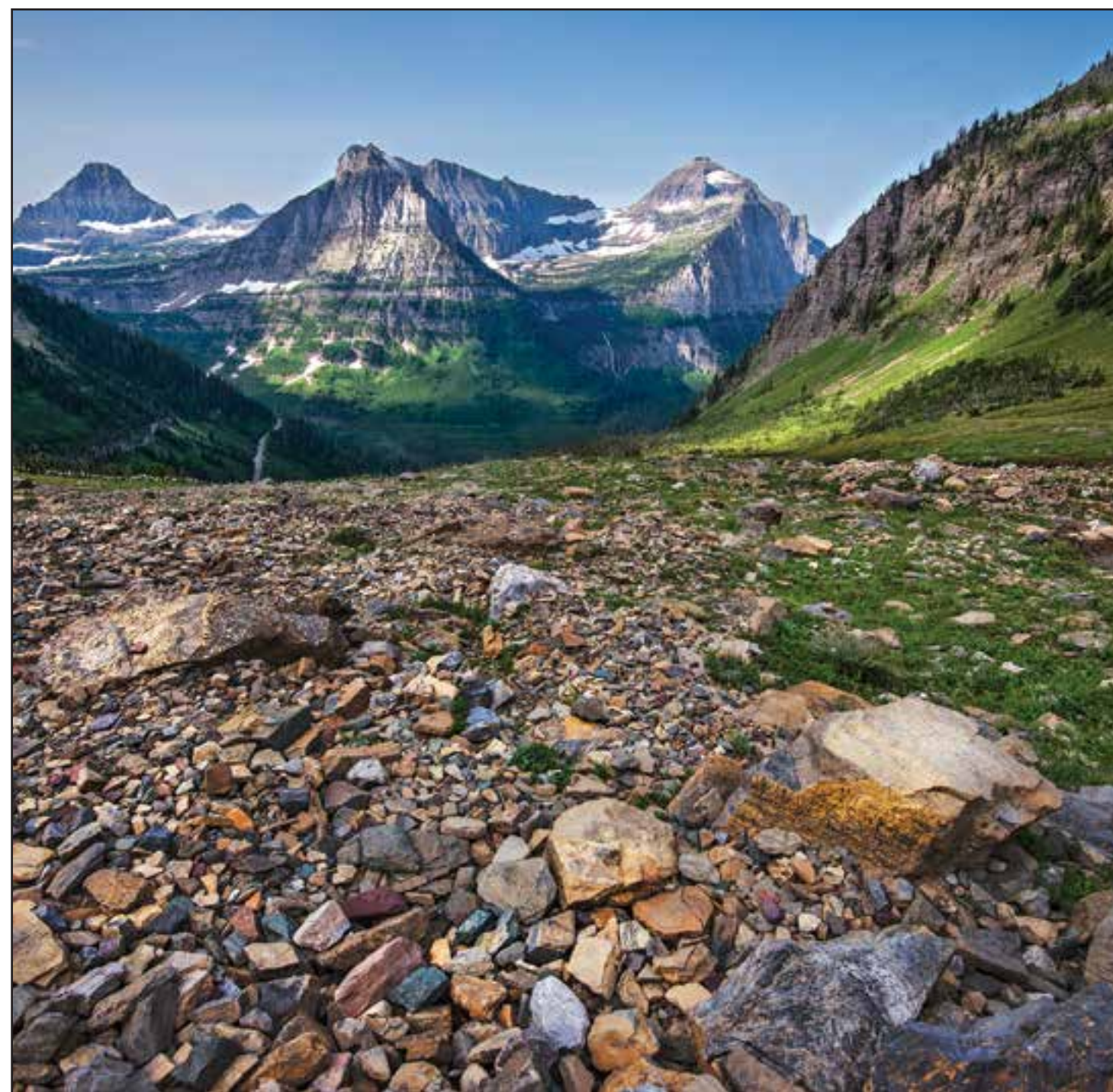
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## Glacier

National Park Service  
U.S. Department of the Interior



# Day Hikes in Glacier



View from the Highline Trail near Haystack Butte

NPS / TIM RAINS



Grizzly and Cubs

TERRY DOSSEY

## IN BEAR COUNTRY

**DON'T SURPRISE BEARS!** Bears will usually move out of the way if they hear people approaching, so make noise. Most bells are not enough. Calling out and clapping hands loudly at regular intervals are better ways to make your presence known. A bear constantly surprised by quiet hikers may become habituated to close human contact and less likely to avoid people. This sets up a dangerous situation for both visitors and bears. Hiking quietly endangers you, the bear, and other hikers.

You can't predict when and where bears might be encountered along a trail. People often assume they don't have to make noise while hiking on a well-used trail. Some of the most frequently used trails in the park are surrounded by excellent bear habitat. People have been charged and injured by bears fleeing from silent hikers who unwittingly surprised them along the trail. Even if other hikers haven't seen bears along a trail section recently, don't assume that bears aren't there.

Don't assume a bear's hearing is any better than your own. Some trail conditions make it hard for bears to see, hear, or smell approaching hikers. Be particularly careful by streams, against the wind, or in dense vegetation. A blind corner or a rise in the trail also requires special attention.

**DON'T APPROACH BEARS!** Bears spend a lot of time eating, so avoid hiking in obvious feeding areas like berry patches, cow parsnip thickets, or fields of glacier lilies. Keep children close by. Hike in groups and avoid hiking early in the morning, late in the day, or after dark.

Never intentionally get close to a bear. Individual bears have their own personal space requirements, which vary depending on their mood. Each will react differently and its behavior can't be predicted. All bears are potentially dangerous and should be respected equally.

## PLANNING A HIKE

Over half of the visitors to Glacier report taking a hike. That's a lot of hikers, but over 700 miles of trails provide many outstanding opportunities for both short hikes and extended backpacking trips. Take a few minutes to look over the maps in this guide. They highlight a large number of both short and long day hikes.

### WHAT ABOUT CROWDS

During July and August many of the more popular trails can be crowded. Grinnell Glacier, Iceberg Lake, Granite Park Chalet, and Avalanche Lake are all beautiful destinations, but hikers on those trails will not find solitude. Consider including one or two of the more remote or lesser used trails, to experience the quiet wild character of the park. Staff at visitor centers will be happy to discuss hiking opportunities and provide suggestions.

The Trail of the Cedars, Forests and Fire, Hidden Lake, Sun Point, Running Eagle Falls, and Swiftcurrent Nature Trails encourage hikers to experience Glacier at their own pace. The Trail of the Cedars, and Running Eagle Falls are wheelchair accessible trails.

### SAFETY

Read the information on hiking safety and bears in the Waterton-Glacier Guide. You will increase your odds of a safe hike, decrease your disturbance to park wildlife, and lessen damage to resources. Hikers need to assume individual responsibility for hiking safely.

Use extreme caution near water. Swift, cold streams, moss-covered rocks, and slippery logs all present dangers. Avoid wading in or fording swift streams. Never walk, play, or climb on slippery rocks and logs, especially around waterfalls. People have fallen victim to these rapid, frigid streams and glacial lakes.

**Going-to-the-Sun Road Shuttle** Glacier's new Going-to-the-Sun Road Shuttle offers free transportation to many hiking destinations along the Going-to-the-Sun Road. Shuttle icons on the maps inside indicate shuttle friendly trails. Park your car at the Apgar Visitor Center, St. Mary Visitor Center, or leave it at your campground or lodge and enjoy a relaxing and car-free day in the park. The shuttles offer transportation only. For narrated bus tours in the park contact Sun Tours or Glacier National Park Lodges.

### GUIDE SERVICE

Glacier Guides offers guided day hikes and backpacking trips into Glacier's backcountry. For more information please call: (406) 387-5555.

### OVERNIGHT TRIPS

Camping overnight in Glacier requires a backcountry permit. Permits may be obtained at backcountry offices in Apgar Village, the St. Mary Visitor Center, and at the Many Glacier, Two Medicine, and Polebridge ranger stations.

### PETS

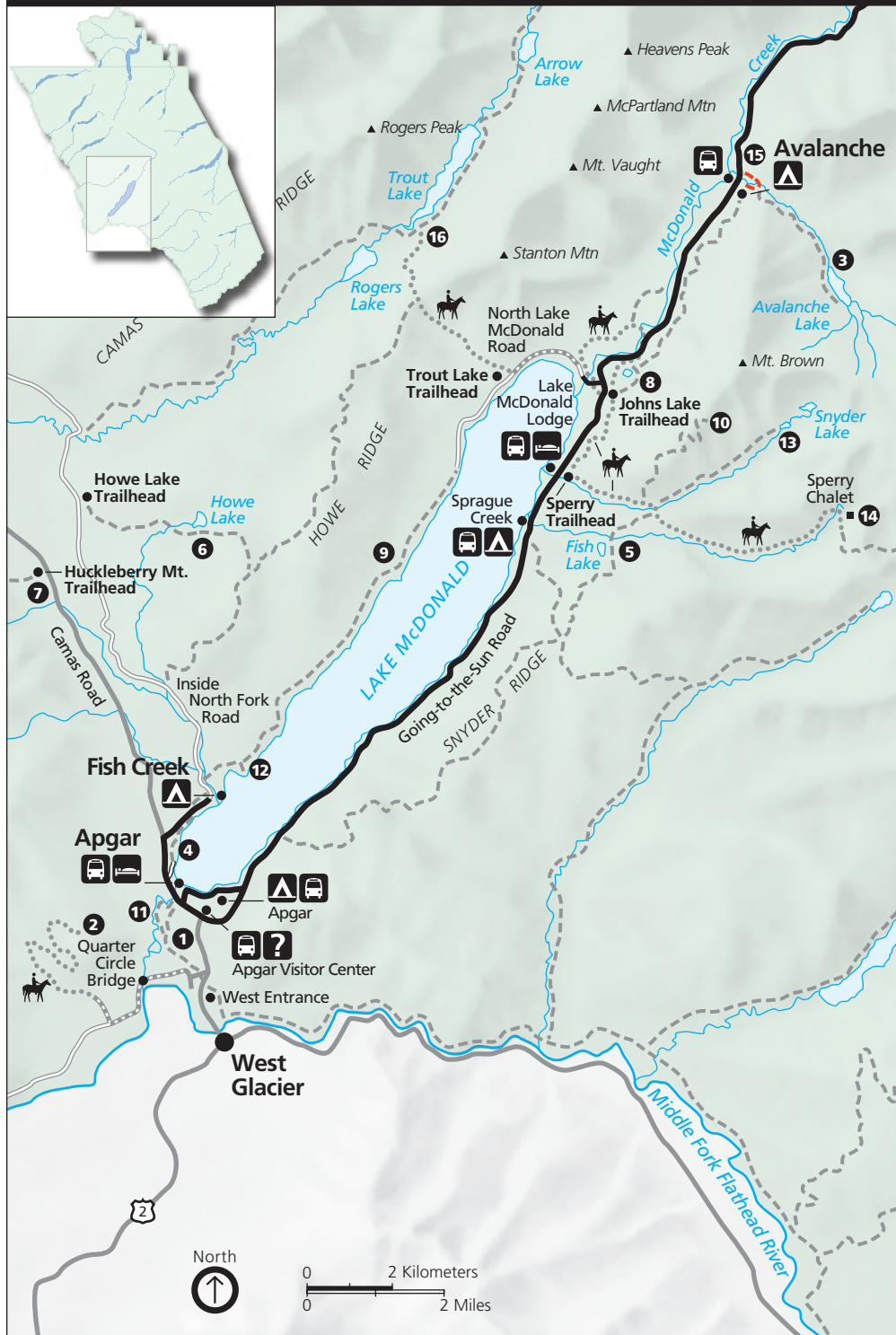
Pets are not permitted on trails or in the backcountry. Pets are allowed on the Apgar Bike Path that connects Apgar to West Glacier, but must be under physical restraint at all times and on a leash no longer than 6 feet.

### WHAT TO BRING

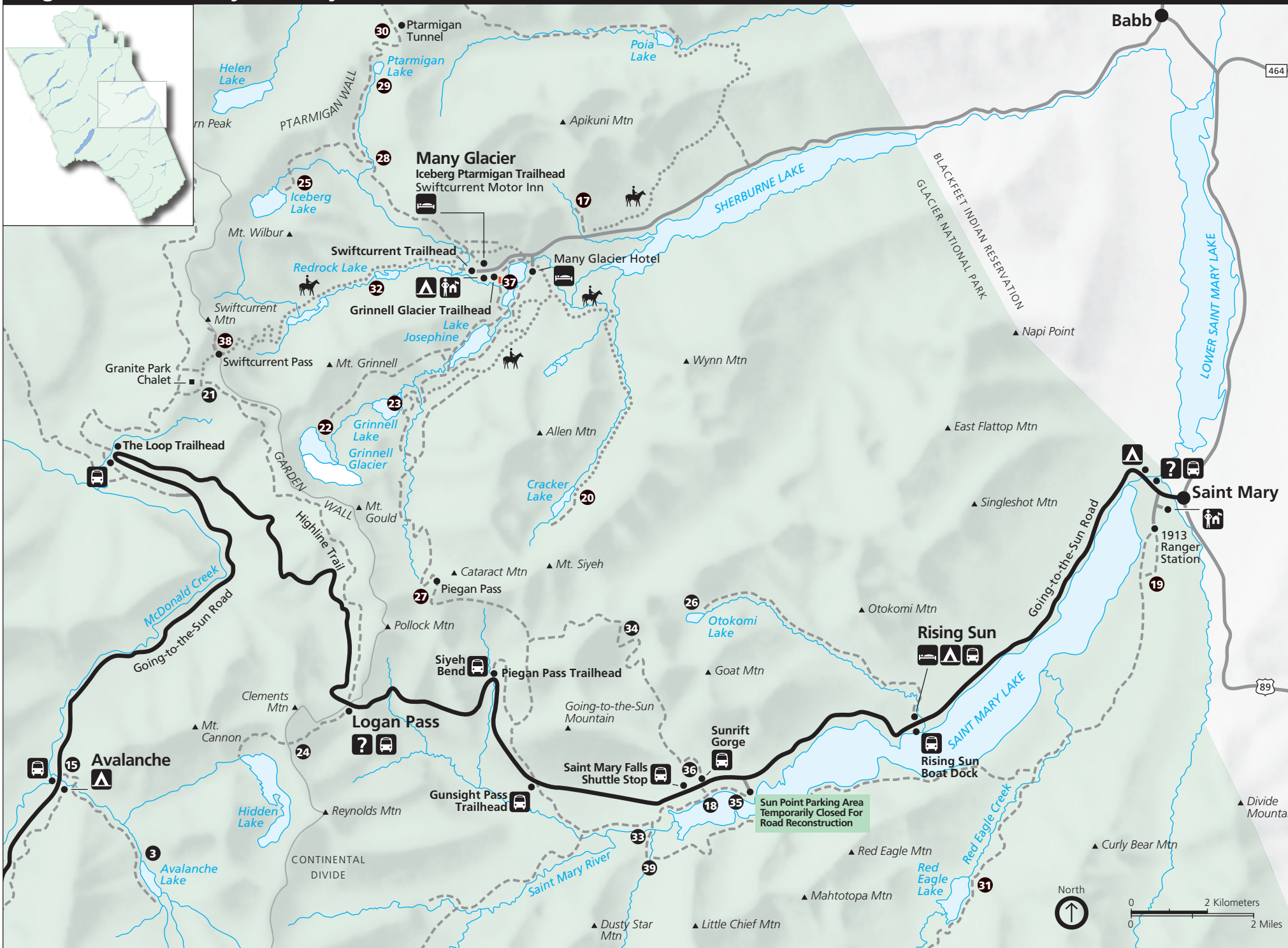
Before heading out on the trail, be sure to have the following items in your daypack:

1. Plenty of water to prevent dehydration
2. Snacks or a lunch to eat on the trail
3. Sunscreen and a hat to prevent sunburn
4. Rain shell & layers of fleece for warmth
5. Mosquito and bug repellent
6. Bear spray
7. Enthusiasm and a spirit of adventure
8. A camera to capture lifetime memories

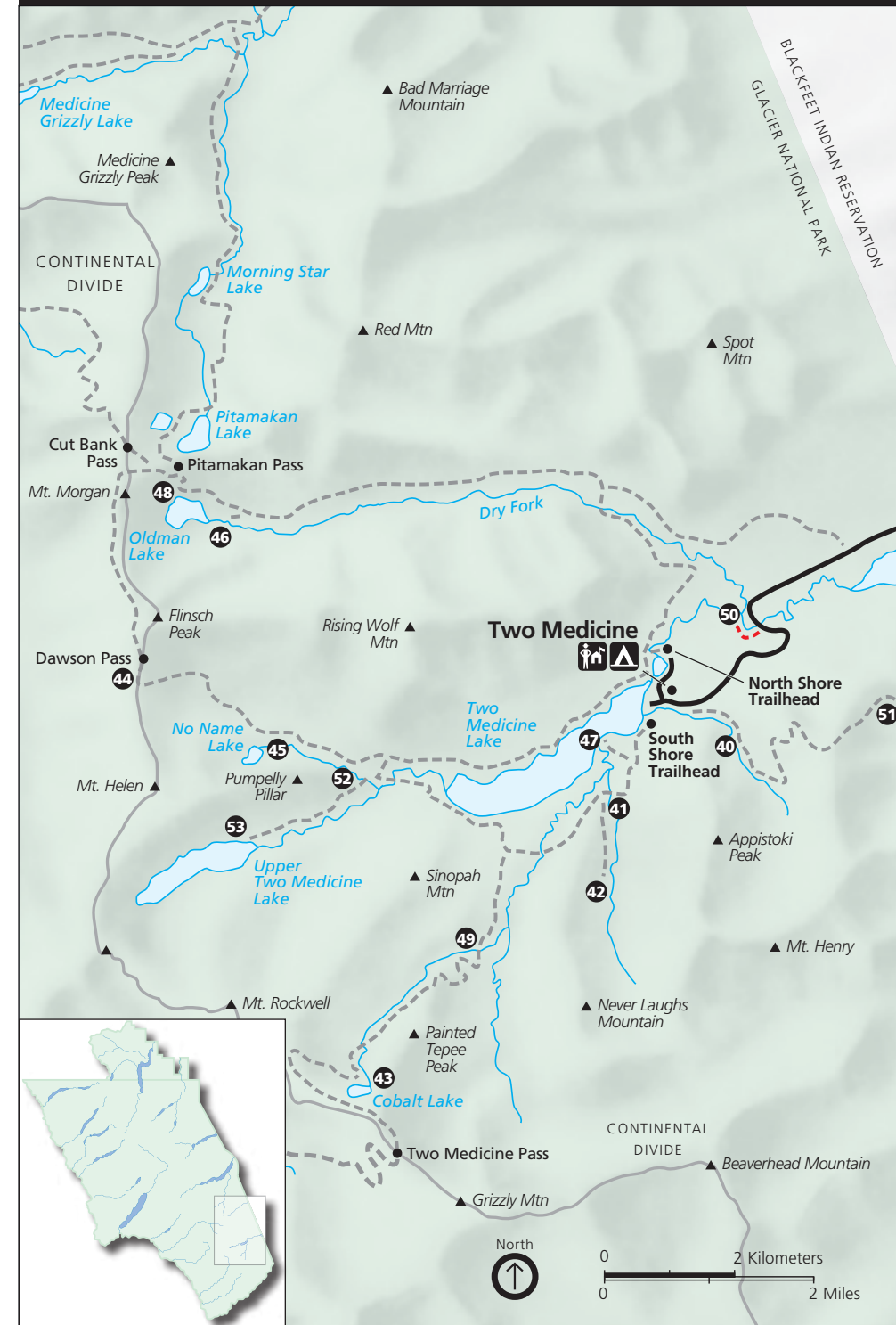
## Lake McDonald Trails



## Logan Pass, St. Mary, & Many Glacier Trails



## Two Medicine & Cut Bank Trails



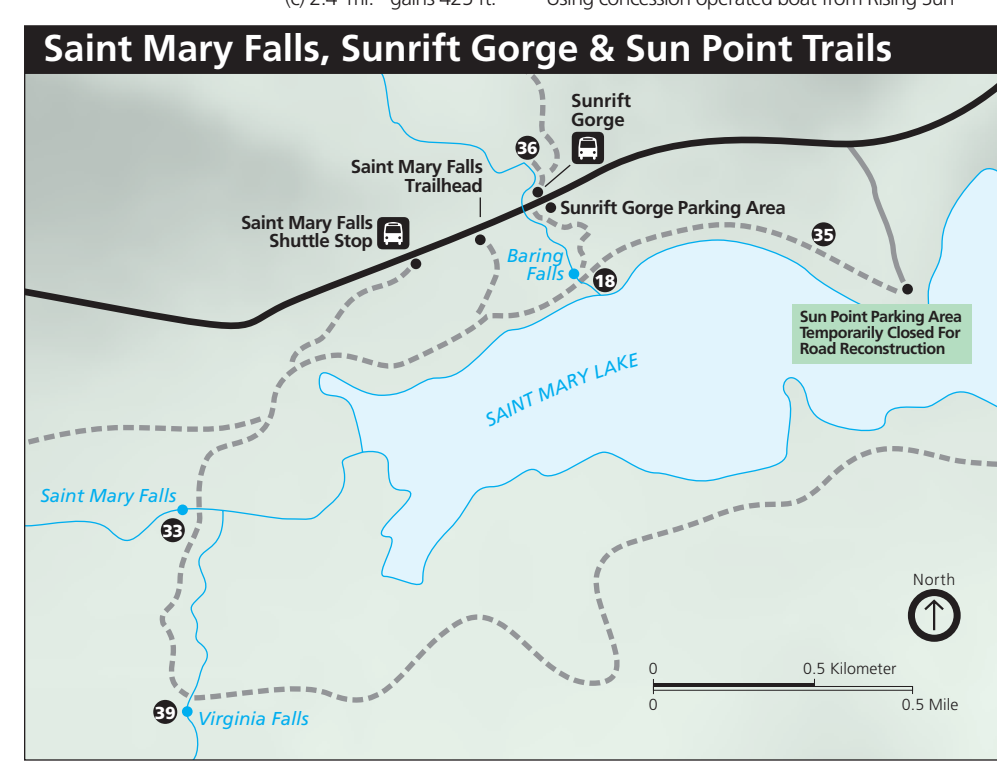
Legend	Visitor Center	Campground	Paved Roads	Trails	Accessible Trails	Trail Destination

To increase accuracy, these mileages have been updated to include geographic information systems data, which takes both distance and terrain into account. These mileages may differ slightly from those found in some publications and on trail signs.

Destination	One-way Mileage & Elevation	Trailhead
1 Apgar Bike Path	1.5 mi. - mostly level	Asphalt path just south of the Apgar Backcountry Permit Center
2 Apgar Lookout	3.6 mi. - gains 1850 ft.	Take the first turn north of the West Entrance and continue 1.5 miles beyond Quarter Circle Bridge.
3 Avalanche Lake	2.3 mi. - gains 500 ft.	Avalanche Picnic Area
4 Fish Creek to Apgar Bike Path	1.2 mi. - gains 25 ft.	First turn north of the Lower McDonald Creek Bridge
5 Fish Lake	2.7 mi. - gains 1000 ft.	Sperry Trailhead
6 Howe Lake	1.6 mi. - gains 240 ft.	Howe Lake Trailhead on the Inside North Fork Road
7 Huckleberry Lookout	6.0 mi. - gains 2725 ft.	Huckleberry Mt. Trailhead on the Camas Road
8 Johns Lake Loop	3.0 mi. - gains 160 ft.	Johns Lake Trailhead
9 Lake McDonald West Shore	7.4 mi. - mostly level	(1) Trailhead 0.2 miles north of Fish Creek Campground (2) 2.8 miles west on North Lake McDonald Road
10 Mt. Brown Lookout	5.2 mi. - gains 4325 ft.	Sperry Trailhead
11 Oxbow Trail	1.5 mi - mostly level	South side of the McDonald Creek Bridge on the Camas Road
12 Rocky Point	1.1 mi. - gains 85 ft.	Trailhead 0.2 miles north of Fish Creek Campground
13 Snyder Lake	4.3 mi. - gains 2147 ft.	Sperry Trailhead
14 Sperry Chalet	6.3 mi. - gains 3432 ft.	Sperry Trailhead
15 Trail of the Cedars	0.7 mi. - accessible	Avalanche Picnic Area
16 Trout Lake	4.0 mi. - gains and drops 2100 ft.	Trout Lake Trailhead

Destination	One-way Mileage & Elevation	Trailhead
17 Apikuni Falls	1.0 mi. - gains 700 ft.	1.1 mile east of Many Glacier Hotel
18 Baring Falls	0.3 mi. - drops 250 ft.	Sunrift Gorge Pullout, 10 miles west of Saint Mary
19 Beaver Pond Loop	3.3 mi. - gains 150 ft.	1913 Ranger Station
20 Cracker Lake	6.4 mi. - gains 1400 ft.	South end of the Many Glacier Hotel parking lot
21 Granite Park Chalet Horse use on (b) & (c)	(a) 7.6 mi. - gains 800 ft. (b) 7.6 mi. - gains 2300 ft. (c) 4.2 mi. - gains 2200 ft.	via Highline Trail, Continental Divide sign at Logan Pass Swiftcurrent Trailhead at Many Glacier Loop Trailhead on the Going-to-the-Sun Road
22 Grinnell Glacier Viewpoint	(a) 5.3 mi. - gains 1600 ft. (b) 3.6 mi. - gains 1600 ft	Grinnell Glacier Trailhead or Many Glacier Hotel Using concession boat from Many Glacier Hotel
23 Grinnell Lake	(a) 3.4 mi. - gains 60 ft. (b) 1.1 mi. - gains 60 ft.	Grinnell Glacier Trailhead or Many Glacier Hotel Using concession boat from Many Glacier Hotel
24 Hidden Lake Overlook*	1.4 mi. - gains 460 ft. *Additional 1.2 miles further to Hidden Lake dropping 780 ft. from the Overlook	Logan Pass Visitor Center
25 Iceberg Lake	4.8 mi. - gains 1200 ft.	Iceberg Ptarmigan Trailhead
26 Otokomi Lake	5.5 mi. - gains 1900 ft.	Next to Rising Sun Campstore
27 Piegan Pass	(a) 4.5 mi. - gains 1750 ft. (b) 8.4 mi. - gains 2640 ft.	Piegan Pass Trailhead, 15 miles west of Saint Mary South end of the Many Glacier Hotel parking lot
28 Ptarmigan Falls	2.7 mi. - gains 700 ft.	Iceberg Ptarmigan Trailhead
29 Ptarmigan Lake	4.3 mi. - gains 1700 ft.	Iceberg Ptarmigan Trailhead
30 Ptarmigan Tunnel	5.3 mi. - gains 2300 ft.	Iceberg Ptarmigan Trailhead
31 Red Eagle Lake	8.1 mi. - gains 200 ft.	1913 Ranger Station parking area
32 Redrock Falls	1.8 mi. - gains 100 ft.	Swiftcurrent Trailhead
33 Saint Mary Falls	(a) 0.8 mi. - drops 260 ft. (b) 1.2 mi. - drops 260 ft. (c) 1.6 mi. - gains 140 ft.	Saint Mary Falls Shuttle Stop Saint Mary Falls Trailhead, 10.5 miles west of Saint Mary Using concession operated boat from Rising Sun
34 Siyeh Pass Area	(a) 4.6 mi. - gains 2240 ft. (b) 5.5 mi. - gains 3440 ft.	Piegan Pass Trailhead, 15 miles west of Saint Mary Sunrift Gorge Pullout, 10 miles west of Saint Mary

Destination	One-way Mileage & Elevation	Trailhead
35 Sun Point Nature Trail	0.8 mi. - drops 250 ft.	Sunrift Gorge Pullout, 10 miles west of Saint Mary Sun Point Parking Area Temporarily Closed
36 Sunrift Gorge	200 ft. - gains 40 ft.	Sunrift Gorge Pullout, 10 miles west of Saint Mary
37 Swiftcurrent Nature Trail	2.3 mile loop trail	Grinnell Glacier Trailhead or Many Glacier Hotel The first 1/4 mile past the Grinnell Glacier Trailhead is wheelchair accessible.
38 Swiftcurrent Pass	6.8 mi. - gains 2300 ft.	Swiftcurrent Trailhead
39 Virginia Falls	(a) 1.6 mi. - drops 260 ft. then gains 285 ft. (b) 1.8 mi. - drops 260 ft. then gains 285 ft. (c) 2.4 mi. - gains 425 ft.	Saint Mary Falls Shuttle Stop Saint Mary Falls Trailhead, 10.5 miles west of Saint Mary Using concession operated boat from Rising Sun



Destination	One-way Mileage & Elevation	Trailhead
40 Appistoki Falls	0.6 mi. - gains 260 ft.	.25 mi. east of Two Medicine Ranger Station
41 Aster Falls	1.2 mi. - gains 100 ft.	South Shore Trailhead
42 Aster Park	2.0 mi. - gains 670 ft.	South Shore Trailhead
43 Cobalt Lake	5.8 mi. - gains 1400 ft.	South Shore Trailhead
44 Dawson Pass*	6.5 mi. - gains 2450 ft.	North Shore Trailhead
45 No Name Lake	4.9 mi. - gains 800 ft.	North Shore Trailhead
46 Oldman Lake	6.4 mi. - gains 1500 ft.	North Shore Trailhead
47 Paradise Point	0.7 mi. - gain 100 ft.	South Shore Trailhead
48 Pitamakan Pass*	7.6 mi. - gains 2400 ft.	North Shore Trailhead
49 Rockwell Falls	3.5 mi. - gains 375 ft.	South Shore Trailhead
50 Running Eagle Falls	0.3 mi. - accessible	Running Eagle Falls Trailhead
51 Scenic Point	3.9 mi. - gains 2350 ft.	.25 mi. east of Two Medicine Ranger Station
52 Twin Falls	(a) 3.5 mi. - gains 75 ft. (b) 0.9 mi. - gains 75 ft.	North Shore Trailhead Using concession boat near South Shore Trailhead
53 Upper Two Medicine Lake	(a) 5.0 mi. - gains 350 ft. (b) 2.2 mi. - gains 350 ft.	North Shore Trailhead Using concession boat near South Shore Trailhead

\* Dawson Pass and Pitamakan Pass can be combined to form an 18.8 mi. loop.