

## Hiking Trails Inside Yosemite

### Updated May 17, 2013

Snow level is 8,000 ft. Expect snow on north-facing slopes and areas in shadow.

Trail conditions in Yosemite: Wilderness Center, 209/372-0745

#### YOSEMITE VALLEY

Location	Name of Hike	Distance One Way	Difficulty	Shuttle Stop No.	Notes
Yos Valley	Lower Yosemite Falls	.5 miles	Easy	6	Open
Yos Valley	Bridalveil Fall	.25 miles	Easy	--	Open
Yos Valley	Upper Yosemite Falls	3.8 miles	Very Strenuous	7	Open and snow free to the top of the falls; you will encounter snow if you go beyond
Yos Valley	Mist Trail to Vernal Fall Bridge	.8 miles	Moderate	16	Open. Stay away from the river. Very dangerous.
Yos Valley	Mist Trail to top of Vernal Fall	1.5 miles	Moderately Strenuous	16	Tall stone steps, can be slippery, be prepared to get wet. Stay away from the river. Very dangerous.
Yos Valley	John Muir Trail	210 miles	Strenuous the entire route, moderate YV	16	Trail goes from Happy Isles in Yosemite Valley to Mt Whitney in Sequoia National Park. The portion in Yosemite Valley to Nevada Fall is approx. 4 miles one-way
Yos Valley	Nevada Fall	3.5	Strenuous	16	Steep, with stone steps. For an easier return trek, take the John Muir Trail. Trail is now open to top of Vernal Fall; to get to Nevada Fall, take the John Muir trail to Clark Point, then take Mist Trail to top of Nevada Fall.
Yos Valley	Four-Mile Trail	4.6 miles to Glacier Point	Strenuous	--	Trail is now open all the way to Glacier Point. Services not available at Glacier Point at present.
Yos Valley	Mirror Lake	1.2 miles	Easy	17	Open.
Yos Valley	Panorama Trail	8.5 miles	Moderately Strenuous	16	Trail is open from Yosemite Valley all the way to Glacier Point.
Yos Valley	Little Yosemite Valley	4 miles	Moderately strenuous	16	You must have a wilderness permit to camp here. This is more-or-less the halfway point to Half Dome. The Wilderness Center believes it is accessible with little or no snow, but there will be snow if you try to go further up the trail.
Yos Valley	Half Dome	8 miles	Strenuous	16	You cannot climb Half Dome now. The cables are down. They are scheduled to go up on May 24, weather permitting. You must have a permit to climb the Half Dome cables 7 days a week. If you don't already have one, apply two days ahead of the date you wish to hike at <a href="http://www.recreation.gov">www.recreation.gov</a> .

#### WAWONA AREA

Wawona	Meadow Loop	3.5 mile loop	Easy	--	Trail is a loop from behind the Wawona Hotel around the golf course. This is the only unpaved trail in the park where you can walk your dog.
Wawona	Chilnualna Falls	4 miles	Strenuous	--	2,400 ft elevation gain. You won't find much, if any, snow along the route (unlike most Aprils), but be advised Chilnualna Creek is flowing very fast. Use extreme caution.
Wawona/ Mariposa Grove	Mariposa Grove	Up to 8 mile loop	Moderate	--	Hike to Wawona Point is approximately 2.5 miles one way. Great place for lunch, with a view of the Wawona Meadow. Shuttle from Wawona and tram tour are NOT running yet.

#### NORTH ENTRANCE (CRANE FLAT/HETCH HETCHY)

Crane Flat	Tuolumne Grove	1.25 miles	Moderately strenuous	--	The Wilderness Center says that the trail is free of snow.
North Ent	Hetch Hetchy – O'Shaughnessy Dam to Wapama Fall	3 miles	Moderate	--	Hetch Hetchy Road opens Fri., Apr. 5. There will be road construction in the area, but there will be access to the trail.

#### GLACIER POINT AREA

Glacier Pt	Sentinel Dome	1.1 miles	Moderate	*	Absolutely stunning view from the top of a granite dome.
Glacier Pt	Taft Point & the Fissures	1.1 miles	Moderate	*	Wonderful views of Yosemite Valley. Watch children closely. The Fissures feature 3,000- ft drops to the valley

					floor
Glacier Pt	Sentinel Dome-Taft Point Loop	5-mile loop	Moderate	*	Starting toward Sentinel Dome is the easiest—it's uphill to the top of Sentinel Dome then mostly downhill or level out to Taft Point and back. The hike can be done either direction.
Glacier Pt	McGurk Meadow	1 mile	Easy	*	Marvelous wildflower displays, easily accessible (but be aware that it is uphill on the way back!
Glacier Pt	Bridalveil Creek	2 miles	Moderate	*	If you extend your walk from McGurk Meadow toward where the path crosses Bridalveil Creek, you may be treated to the most glorious display of wildflowers on the trail—waist- or head-high Larkspur, Arrowleaf Groundsel, Crimson Columbine, Fireweed and much, much more
Glacier Pt	Dewey Point	4 miles	Moderate	*	One of the most outstanding views of Yosemite Valley available.
Glacier Pt	Glacier Pt to Tunnel View	13 miles	Strenuous	*	This requires a car at either end of the hike. Takes in Glacier Point, Sentinel Dome, Dewey Point, Crocker Point, Stanford Point, Inspiration Point on down to Tunnel View.
Glacier Pt	Panorama Trail	8.5 miles	Moderately Strenuous	*	Great hike! Descends from Glacier Point down to Illilouette Fall. From there climb uphill to Illilouette Ridge and continue on to the junction with the John Muir Trail and on to the top of Nevada Fall, then down to Yosemite Valley via the John Muir Trail (easier but longer) or the Mist Trail (shorter but steep with high stone steps)
Glacier Pt	Mono Meadow	.6 mile	Moderate	*	Hardest part of this hike is the return trek (uphill) to the trailhead.
Glacier Pt	Mono Meadow to the Sierra Outlook	1.75 mile	Moderate	*	See Mono Meadow hike above.

### TIOGA ROAD

Keep in mind that all trails off Tioga Road are at elevation. Even though the hike may not have much elevation gain, it can still be more strenuous than you might expect. This is a small selection of the hikes available in this area. See [www.yosemitehikes.com](http://www.yosemitehikes.com) for additional trails. As of 5/17/13 expect snow on north-facing slopes and in shade, and at 8,000 ft and above.

Sunrise TH	Clouds Rest	7 miles	Strenuous		Great 360 deg. Views from a knife-edge piece of granite
White Wolf	Lukens Lake	2 miles	Moderate		Walk from White Wolf CG to Lukens Lake is lovely when wildflowers are in bloom. Expect mosquitos Note: you can also approach Lukens Lake from a TH on Tioga Road, which is only .8 mile one-way.
White Wolf	Harden Lake/Harden Gardens	6 miles	Moderate		Loop hike from White Wolf to Harden Lake, down to a viewpoint overlooking the Grand Canyon of the Tuolumne and back to junction with Lukens Lake/White Wolf CG
Tioga Rd	Mono Pass	4 miles	Moderate		Except that it begins at almost 10K elevation, this is not a difficult hike. Go about a mile beyond Mono Pass to Sardine Lake, and you have a view of Mono Lake in the distance.
Tuolumne Mdw CG	Elizabeth Lake	2.3 miles	Moderate		Expect snow until late in the season. Destination is a lovely lake with view of Unicorn Peak. Steady uphill climb for the first part of hike.
Tuol Mdw	Cathedral Lakes	4 miles	Moderate		Most popular hike along Tioga, so it's usually crowded.
Tuol Mdw	Lembert Dome	1.4 miles	Moderate		Climb to the top of a granite dome.
Tioga Pass	Mt Dana	3 miles	Very strenuous		2 <sup>nd</sup> highest peak in Yosemite at 13,050. Climbs 3,000 ft in 3 miles at beginning altitude of 10,000. There is no defined trail, especially past the saddle. From the ridge there are views of Mono Lake and Dana Glacier. Spectacular hike even if you don't reach the summit.
Tioga Pass	Gaylor Lakes	1.5 miles	Moderate		Hike is uphill for the first mile; moderate after that. Great scenery; trail leads to abandoned mining camp.
May Lake	May Lake/Mt Hoffman	1.25 miles	Moderate to May Lake, Strenuous to Mt Hoffman		Mt Hoffman is the exact geographical center of Yosemite NP. Beyond May Lake there is no defined trail, just a "use trail" to its three summits.

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