



**Leave No Trace**

Challenge yourself to learn and practice the following basic principles of Leave

No Trace outdoor ethics: Plan Ahead and Prepare, Camp and Travel on

Durable Surfaces, Leave What You Find, Properly Dispose of Waste,

Minimize Campfire Impacts, Respect Wildlife, Be Considerate of Others.

Trail users are encouraged to consult with the park staff at the nearest available ranger station or visitor center for updated safety, weather, and trail condition information specific to that area.

# DAY HIKES IN THE ST. MARY & LOGAN PASS AREAS

## FOR YOUR SAFETY

- Check with a ranger about current hiking conditions and regulations.
- Pets are not allowed on any trails in Glacier National Park.
- Prepare for a variety of weather. Even in the middle of summer, it can be sunny in the morning, and rain, hail, or snow in the afternoon.
- Wear a hat and drink water to prevent heat stroke on hot days.
- Hypothermia is possible even on warm sunny days, especially if you become wet or if it is windy. Stay dry. Pack layers of clothing that can be put on or taken off as conditions warrant.
- Glacier's water is clear and cold, but may contain Giardia. Don't drink untreated surface water in the park.
- Traveling over snow or ice is dangerous. Never cross steep untrekked snowfields without the proper equipment.
- Horses and mules have the right of way. Move off the trail on the downhill side and stand quietly until they pass.
- Do not cut across switchbacks, it scars the landscape, causes harmful erosion, and damages park resources.
- Bicycles are not permitted on trails in Glacier National Park.

## BEARS

### BEFORE STARTING YOUR HIKE, READ THE INFORMATION ABOUT BEARS IN THE WATERTON/GLACIER GUIDE.

- Hiking alone is not recommended. Hike in a group and stay together.
- Do not approach bears! They are exceptionally fast and you can not outrun them.
- Don't surprise a bear. Let bears know you are coming by making noise. Bears will often move away if they hear people coming.
- Bells may not be as effective as many people believe. The human voice works better. Call out, sing, or talk loudly and often.
- Most hikers do not encounter bears, but people have been seriously injured, maimed, or killed by bears in Glacier.

### IF YOU ENCOUNTER A BEAR, THE FOLLOWING SUGGESTIONS MAY HELP.

- Talk quietly or not at all. Back away slowly! Stop if the bear seems to be getting agitated.
- Bend at the knees and turn sideways. You will appear smaller and less threatening.
- Use peripheral vision. Bears may often interpret direct eye contact as threatening.
- A charge may only be bluff and the bear may stop. If the bear does not stop, fall to the ground in a fetal position to reduce the trauma of an attack.

TRAIL	TRAILHEAD	MILEAGE <small>one way</small>	ELEVATION
BEAVER POND	1913 Ranger Station Parking Lot	1.8 miles	Gentle Slopes
GUNSIGHT LAKE	Gunsight Lake Trailhead, 14 miles west of St. Mary	6.2 miles	Drops & Climbs 500'
GUNSIGHT PASS	Gunsight Lake Trailhead, 14 miles west of St. Mary	9.2 miles	Drops 500' then Climbs 1750'
HIDDEN LAKE NATURE TRAIL	Upper level of the Logan Pass Visitor Center	1.5 miles	Climbs 460'
HIGHLINE TRAIL TO GRANITE PARK CHALET	Continental Divide Sign at Logan Pass	7.6 miles	Climbs 200'
OTOKOMI LAKE	Beyond Rising Sun Motor Inn cabin 9A, 6 miles west of St. Mary	5.0 miles	Climbs 1900'
PIEGAN PASS	Piegan Pass Trailhead, 15 miles west of St. Mary	4.5 miles	Climbs 1750'
RED EAGLE LAKE	1913 Ranger Station parking area	7.5 miles	Climbs 200'
ST. MARY FALLS*	St. Mary Falls Pullout, 10.5 miles west of St. Mary	0.8 miles or 1.5 miles via boat & hike*	Gentle Slopes
SIYEH PASS	Piegan Pass Trailhead, 15 miles west of St. Mary	4.7 miles	Climbs 1900'
SUN POINT NATURE TRAIL** AND BARING FALLS	Sun Point parking area, 9 miles west of St. Mary	0.7 miles**	Gentle Slopes
SUNRIFT GORGE AND BARING FALLS	Sunrift Gorge Pullout, 10 miles west of St. Mary	0.3 miles	Easy Walk

\* Boat trips depart from the Rising Sun Boat Dock 6.5 miles west of St. Mary

\*\* Side trips to St. Mary Falls and Virginia Falls may be added to the Sun Point Nature Trail, increasing the mileage to 2.8 miles.