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**Please remember the Important Rules of Hiking:**

***Drink lots of water***

***Wear a Hat and Sunscreen***

***Leave No Trace***

***Pack It In/Pack It out!***



## Favorite Hikes in the Lake Tahoe Area

**Climb the mountains and get their good tidings, Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you and the storms their energy, while cares will drop off like autumn leaves.**

**John Muir**



### **1. Shirley Canyon – Squaw Valley**

Distance: 5 RT Difficulty: Moderate

*TRAM IS SEASONAL– please check schedule.*

Trailhead: The trail begins on Squaw Peak Road which is between Plumpjack's and the Cable Car building. Find the trailhead on the left as the road curves to the right.

Description: Follow blue blazes and Shirley Creek up over boulders and past scenic waterfalls 2.5 miles to Shirley Lake. From here you can either turn around and come back down or keep climbing 1 mile to High Camp, where you can take the Cable Car tram down for free.

### **2. High Camp Hikes – Squaw Valley**

Distance: Varying Difficulty: Easy and Moderate

*TRAM IS SEASONAL– please check schedule.*

Trailhead: Take the Cable Car tram up to High Camp from the base of Squaw Valley.

Description: There are six individual trails out of High Camp ranging from easy to strenuous, 1 to 4 miles. Dogs are allowed on the Cable Car and are welcome on all trails. All trails offer stunning views of the Lake and surrounding Squaw Valley, and High Camp has dining and shopping facilities.

### **3. Five Lakes – Alpine Meadows**

Distance: 5 RT Difficulty: Moderate -Uphill climb

Trailhead: The Five Lakes trailhead is located about 1.8 miles up Alpine Meadows Road, on the right hand side across from Deer Park Drive. Look for a small sign just off the road.

Description: From the Five Lakes Trailhead, follow a well-manicured trail up through the valley between Squaw Valley and Alpine Meadows. The five serene lakes are open to fishing and swimming.

### **4. Secret Harbor & Chimney Beach**

Distance: 3 miles RT Difficulty: Easy

Trailhead: Take Hwy 89 to Tahoe City, Continue Straight thru the light which is Hwy 28. Approx. 23 miles to Chimney Beach. Parking across the Highway. Follow the trail to the end and over a group of boulders to reach the sandy beaches of Secret Harbor. Wooden steps off the trail lead to the clothing optional beach at Secret Cove.

### **5. Rubicon Trail/Lighthouse – D. L. Bliss State Park**

Distance: Varying Difficulty: Moderate

Trailhead: Take Hwy 89 South from Tahoe City approximately 16 miles to D.L. Bliss State Park. There is a fee for day parking.

Description: This trail meanders up and down along the shoreline of Lake Tahoe, offering spectacular views. Many coves along the way offer secluded spots to swim or picnic. Dogs are not allowed. Trail is 4.5 miles to Emerald Point, or 6.5 miles to the end of the trail extension that passes Vikingsholm in Emerald Bay.

### **6. Eagle Falls & Vikingsholm – Emerald Bay**

Distance: 2.5 RT Difficulty: Easy

Trailhead: Take Hwy 89 South along the West Shore approximately 20 miles and park in the lot on the left for Vikingsholm. For Eagle Falls & Eagle Lake continue to parking on the right.

Description: This popular trail offers spectacular views of Emerald Bay and Fanette Island from the shoreline. Daily tours are given of Vikingsholm mid-June through Labor Day. There is a nominal fee. Directly across from the castle is a short hike to lower Eagle Falls. To access upper Eagle Falls & Lake take the trail from the parking lot on the right hand side (coming from Tahoe City). A short interpretive trail leads to upper falls. You can continue on this trail which leads back into the heart of Desolation Wilderness, passing by several lakes along the way. Eagle Lake is only 1 mile and a popular destination for day-hikers looking to picnic lunch or take a swim. 4.5 miles to Dicks Lake, Upper and Middle Velmas; 5 miles to Fontanillas. Wilderness Permit required.

### **7. Mt. Judah Loop – Donner Summit, Pacific Crest Trail**

Distance: 4.6 mile loop Difficulty: Moderate

Trailhead: Access off the PCT (Pacific Crest Trail) off of Old Highway 40 (east of Donner Ski Ranch). Turn onto the road before Alpine Skills Institute and head south on the PCT. This 4.6 mile loop offers many excellent vista points on the way including awe-inspiring views from the summit of Mt. Judah. There is a section of the loop that connects with the Pacific Crest Trail. Pack plenty of water.

### **8. Martis Creek Wildlife Area**

Distance: 3 & 5 Mile Loops Difficulty: Easy

Trailhead: Off Hwy 267 coming from Truckee go past the Airport and look for the small wooden sign on the right "Wildlife Viewing Area" Turn right into the parking area.

Description: Trail Loops through Martis Creek Meadow for a level walk along the Creek, Map at trailhead. Connects with Tompkins Memorial Trail.

### **9. Tahoe Meadows – Mt. Rose**

Distance: 1.3 mile Loop Difficulty: Easy

*The entire loop of this interpretive trail is wheelchair and stroller accessible.*

Trailhead: Take Hwy 431 (Mt. Rose Hwy) north from Incline Village. In the center of the Meadow look for the parking area/trailhead/restroom bldg. on R side of hwy -- park here. This trail begins at the edge of a lush alpine meadow, leading you over wooden foot bridges and along a well marked and level trail making a circle of the meadow and bringing you back to the beginning point. The many informative signs make this a great hike for children, and others new to outdoor experiences in the high desert mountains. There are plenty of places to rest and this almost level trail is ideal for those challenged by access.

### **10. Eagle Rock**

Distance - 2 RT Difficulty Moderate – uphill

Trailhead: 6.5 Miles south of Tahoe city on Hwy 89. Dirt Area parking right hand side just past a very prominent rock.

Description: Switchbacks lead you up a volcanic outcropping to the top .

### **11. Cascade Creek Fall Trail – Emerald Bay/ Bayview Campground**

Distance: Varies Difficulty: Easy

Trailhead: Take Hwy 89 South from Tahoe City approximately 20 miles to the Bayview Campground across from Inspiration Point. Parking is located at the far end of the campground. Wilderness Permit required.

Description: This short trail affords stunning views of the 200 foot high falls and Cascade Lake. Best time of year is springtime, when runoff from snowmelt is high.