



The loop around First Burroughs Mountain is a spectacular hike revealing many of the flowering plants of the high subalpine zone in Yakima Park and those of the alpine zone of Burroughs Mtn. Only a fraction of what you'll see is represented here. The best time in normal years would be mid July to mid September (narrowed further to early August for optimum flower viewing). All the flowers are easily viewable from the trail so there's no need to meander off trail. The pumice flats are particularly fragile. Remember: *take only pictures, leave only tracks (on the trail)*.

1st Leg - Sunrise to Emmons Overlook: *Approximately 1.55 mi., +221', -251'*. The trail, known as Sunrise Rim, begins by dropping down into the alpine firs of Yakima Park and at about .50 mi. intersects with the Wonderland Trail coming up from White River. Cascade Asters abound.

2nd Leg - Emmons Overlook to Trail Junction: *Approximately 1.05 mi., +800', -0', average grade 14%, steepest grade 19% (for about 1 mi.)*. This hardy section is referred to as the Burroughs Loop Trail and traverses sharply up the south face of First Burroughs Mtn. Exertion is offset by absolutely stunning views of The Mountain and supreme alpine flora right at the trail's edge. Silverback Luina can be found on both sides of the trail. Enjoy!

3rd Leg - Trail Junction to Frozen Lake: *Approximately .75 mi., -420', average grade 12%, steepest grade 19%*. The route down the north side is generally known as the Burroughs Mtn. Trail where more hikers will be encountered. Tolmie Saxifrage is abundant on the uphill side of the trail. The exquisite Jacob's Ladder can be found near the start of this leg.

4th Leg - Frozen Lake to Sunrise: *Approximately 1.55 mi., +90', -440'*. The trek along Soughdough Ridge takes you back to Sunrise. A worthy hike on its own with opportunities to see many special alpine and subalpine flowers including Elmera (within .25 mi. from Frozen Lk). Also see *Wildflower Hike Frozen Lake* for details on this leg.

INDEX OF FLOWERS SHOWN ON MAP:

- 1 - **Cascade Aster**, *Aster ledophyllus*
- 2 - **Mountain Daisy**, *Erigeron peregrinus*
- 3 - **Green False Hellebore**, *Veratrum viride*
- 4 - **Gray's Lovage**, *Ligusticum grayi*
- 5 - **Canby's Lovage**, *Ligusticum canbyi*
- 6 - **Northern Goldenrod**, *Solidago multiradiata*
- 7 - **Spearleaf Arnica**, *Arnica longifolia*
- 8 - **Alpine Golden Daisy**, *Erigeron aureus*
- 9 - **Varied-leaf Cinquefoil**, *Potentilla glaucophylla*
- 10 - **Mountain Sorrel**, *Oxyria digyna*
- 11 - **Alpine Aster**, *Oreostemma alpigenum*
- 12 - **Alpine Sandwort**, *Cherleria obtusiloba*
- 13 - **Alpine Lupine**, *Lupinus lepidus* var. *lobbii*

Guides and Map: Hike 2 in Tami Asars' *Day Hiking Mount Rainier* (2nd edition), Hike 41 in Ron Judd's *Day Hike! Mount Rainier* (4th edition) and Tracy/Giblin *Alpine Flowers of Mt. Rainier*. Greens Trails Maps, No. 270, Mount Rainier East, WA or Mount Rainier Wonderland, No. 269S.

Distance and Difficulty: The total distance is approximately 5.0 miles and while the high point is less than 800 feet above Sunrise the net elevation gain is over 1,000 feet due to up and down gain/loss. The hike will seem longer and harder than this suggests. The guide books, which cover different routes, generally refer to the Burroughs trails as "moderately difficult." Beginning at 6,400' elevation most of the 1st Leg is downhill or flat. However, about one mile of the 2nd Leg is at a continual 19% grade. In heavy and/or late snow years snow fields will remain over the trail on both sides of Burroughs Mtn. about midway through the 2nd and 3rd legs. DO NOT underestimate the difficulty of crossing these areas.

Preparation: The hike is in an alpine environment which can produce unexpected hazardous conditions including wind, rain, cold, and whiteouts, as well as dehydrating extreme sunlight and heat (possibly all in the same day!). Most of the hike is in the open, so if its hot be prepared with sun screen and twice the water normally carried. The *Ten Essentials* are always a good idea. The trail is well maintained and heavily used but has its share of rocks and ankle twisters so good footwear is important. Please see "Preparedness for Mount Rainier Hiking" on the *Flowers of Rainier* website, <http://www.flowersofrainier.com>.

Weather Forecast: http://www.atmos.washington.edu/data/rainier_report.html

Trail Conditions: <http://www.nps.gov/mora/planyourvisit/trails-and-backcountry-camp-conditions.htm>

Ranger Station: White River Wilderness Information Center, (360) 569-6670 (may be a summer number only). Call Longmire Wilderness Information Center, (360) 569-6650, for year-round assistance.

- 14 - **Silverback Luina**, *Luina hypoleuca*
- 15 - **Moss Champion**, *Silene acaulis*
- 16 - **Pussypaws**, *Calyptridium umbellatum*
- 17 - **Alpine Buckwheat**, *Eriogonum pyrolifolium*
- 18 - **Cliff Paintbursh**, *Castilleja rupicola*
- 19 - **Low (Showy) Jacob's Ladder**, *Polemonium pulcherrimum*
- 20 - **Smelowskia**, *Smelowskia americana*
- 21 - **Tolmie Saxifrage**, *Saxifraga tolmiei*
- 22 - **Davidson's Penstemon**, *Penstemon davidsonii*
- 23 - **Tongue-leaf Rainiera**, *Rainiera stricta*
- 24 - **Elmera**, *Elmera racemosa*
- 25 - **Bistort**, *Bistorta bistortoides*
- 26 - **Western Pasqueflower**, *Anemone occidentalis*

Trail notes, other flowers observed, highlights:

Date of hike: / /