

# HIKING

## HIKE OF THE WEEK

### EAGLE FALLS/EAGLE LAKE

*Location: West Shore*

*Level: Easy to Moderate*

*Distance: 1.4 miles*

*This boulder-strewn hike takes hikers to the waterfall descending from Desolation Wilderness into Cascade Lake. The falls are raging in the spring.*

*The trailhead begins in Bayview Campground off Highway 89 on the south side of Emerald Bay. From the trailhead, follow the signs to the left toward Cascade Falls. The first section of the trail climbs through a forested section of the ridge before opening to a spectacular view of Cascade Lake. From the ridge, you'll follow a narrow, boulder-strewn path. While this is a relatively easy hike, the many rocks on the path will have you watching your footing. When you near the end of the trail, you'll have to walk up a large, flat boulder to the top of a hill where the trail can become confusing. Look for wooden posts marking the trail; you can easily be misled by following other's footprints. You'll end up on the west side of the falls and there are many great spots to watch the falls.*

*From Tahoe City, take Highway 89 south to Emerald Bay. Turn right into Bayview Campground (across from Inspiration Point).*

## POPULAR HIKES

### North Shore

**Picnic Rock:** Hwy. 267 just south of Brockway Summit. Follow Tahoe Rim Trail 1.6 miles, turn left at unmarked junction. **Moderate. 3.6 miles. Dogs OK.**

### West Shore

**Eagle Rock:** 6.5 miles south of Tahoe City on Hwy. 89. Dirt area for parking along west side of road. Quick hike to the top of a volcanic outcropping offers panoramic views of the area. **Easy. 1 mile.**

**Eagle Lake & Falls:** West end of picnic area across from Emerald Bay, Hwy. 89, 18.2 miles south of Tahoe City. Free, permit at trailhead. **Moderate. 3 miles. Dogs OK.**

**Emerald Bay/Vikingsholm Castle:** Left side of rocky overlook in Emerald Bay parking lot, Hwy. 89, 18.2 miles south of Tahoe City. **Easy (but steep turns). 2.5 miles. No dogs. TART**

### East Shore

**Secret Harbor/Secret Cove:** Hwy. 28 south of Incline Village for 5 miles to the public parking lots (one of each side of highway). Follow the trail from either lot to the Chimney Beach trail and follow the trail to the end and over a group of boulders to reach the sandy beaches of Secret Harbor (the wooden steps off the trail lead to the nude beach at Secret Cove). **Easy. 3 miles. Dogs OK.**

**Skunk Harbor:** 12 miles south of Incline Village (2.5 miles north of Hwy. 50) on Hwy. 28, gated road below crest of hill on Lake side. **Easy/moderate. 2.8 miles. Dogs OK.**

**Marlette Lake:** Trailhead at Spooner Lake State Park, 11 miles south of Incline Village on Hwy. 28. Walk along the dirt path through the picnic area and follow signs to Marlette Lake. **Moderate. 10 miles. Dogs OK.**

### Olympic Valley

**Shirley Canyon/Shirley Lake:** Up sandy path past condos at end of Squaw Peak Road. (Turn right at Tram Bldg in Squaw Valley USA parking lot). Keep creek on right going up, left coming down. **Moderate to difficult. 5.2 miles. Dogs OK. TART**

**High Camp:** Squaw Valley USA offers a number of easy to moderate trails from High Camp. Trail map available from Guest Services. Cable Car ticket required, \$6-\$22, afternoon discounts. Visit [www.squaw.com](http://www.squaw.com) for trail map. **Easy to moderate. Dogs OK. TART OPENS JUNE 20.**

### South Lake Tahoe

**Cascade Falls:** From Tahoe City, take Hwy. 89 south to Emerald Bay. Turn right into Bayview Campground (across from Inspiration Point) and park at end of road. Rocky trail winds above the lake to the falls. **Easy. 1.4 miles. Dogs OK.**

**Echo Lakes:** Hwy. 89 south from Tahoe City to Hwy. 50 in Myers. Continue 5 miles west on Hwy. 50 and turn right on Johnson Pass Road (look for sign for Berkeley Camp/Echo Lakes). Left on Echo Lakes Road to parking lot. Trailhead at edge of dam. Trail follows Lower and Upper Echo Lakes. Can take Water Taxi back to marina, (530) 659-7207. Fee for people and dogs, cash only. Day use permit at trailhead. **Easy. 2.4/4.8 miles. Dogs OK.**

### Alpine Meadows

**Five Lakes:** Right side of Alpine Meadows Road at second Deer Park Drive sign, 1.8 miles up from Hwy. 89. **Moderate. 5 miles. Dogs discouraged, but tolerated.**

### Truckee

**Martis Creek Wildlife Area Loop:** Picnic area in Martis Wildlife Viewing Area off Hwy. 267 in the meadows south of Truckee. **Easy. 3 miles. Dogs OK.**

**Northstar:** Northstar offers an extensive network of hiking trails with 16 trails accessible on-mountain. Lift ticket required. \$5 adults, free 12 and under and passholders. Hiking season pass \$19 for adults. Lifts open June 12 to Oct. 18. Visit [www.northstarattahoe.com](http://www.northstarattahoe.com) for trail map. **Easy to moderate. Dogs OK. TART**

### Mount Rose

**Mount Rose:** 100 yards up access road from left shoulder of Mt. Rose, Hwy. 431, about 7 miles north of Hwy. 28 between Crystal Bay and Incline Village. **Moderate to difficult. 5 or 10 miles. Dogs OK.**

## TAHOE RIM TRAIL

The Tahoe Rim Trail is a 164.8-mile loop trail that encircles Lake Tahoe. The trail is open to hikers and equestrians, and mountain bikers in some sections. It is generally moderate in difficulty, with a 10 percent average grade and elevations ranging from 6,300 to 10,333 feet. The trail is marked with light-blue triangular Tahoe Rim Trail markers. There are eight trailheads around Lake Tahoe. Visit [www.tahoerimtrail.org](http://www.tahoerimtrail.org) for detailed maps and trail descriptions.

## GUIDED HIKES

Squaw Valley hosts guided Full Moon and Sunset Hikes from High Camp, el. 8,200', to the peaks of Squaw Valley as the sun sets. Full Moon hikes are July 6-7 and Aug. 4-5. Sunset hikes are July 10-11, 17-18, 24 and 31; and Aug. 1, 7-8, 14-15 and 21-22. (530) 583-6985 or [www.squaw.com](http://www.squaw.com). TART.

Northstar-at-Tahoe offers free guided hikes from June 12 to Oct. 16 at 1:30 p.m. Hikes are offered Friday to Sunday from June 12 to 28, Thursday to Sunday from July 2 to Sept. 7 (including Labor Day), and Friday to Sunday Sept. 11 to Oct. 18. Visit [www.northstarattahoe.com](http://www.northstarattahoe.com). TART.

TART = accessible by public bus. Schedule available at Visitor's Centers or at [www.laketahoetransit.com](http://www.laketahoetransit.com).