

FLATHEAD NATIONAL FOREST

The Flathead National Forest offers 2,600 miles of hiking trails highlighted by towering peaks, alpine meadows, wild and scenic rivers, the Hungry Horse Reservoir, lakes and streams. All can be found in the 2.3 million acres of the Flathead National Forest. The Jewel Basin, Blacktail Mountain and Big Mountain (Whitefish Mountain Resort) are located within the forest, but there are many areas from which to choose. 406-758-5200
www.fs.fed.us/r1/flathead/index.htm.

FINGER LAKE TRAIL

Trail begins near the Stillwater Campground, approximately 20 miles west of Whitefish on the Tally Lake District and has unique alpine lakes lined by cliffs. *Distance: 1.5 miles; 300 feet elevation gain.*

HOLLAND FALLS NATIONAL RECREATION TRAIL

Trail begins near the Holland Lake Campground, north side of Holland Lake, south of Condon on the Swan Lake District. The trail travels along Holland Lake to the falls and includes spectacular views of the Mission Mountains Wilderness. *Distance: 1.3 miles; 350 feet elevation gain.*

BEARDANCE TRAIL

Trail begins off MT State Hwy 35 south of Woods Bay on the Swan Lake District. The trail descends to Flathead Lake gradually and requires a short climb back to the trailhead. An interpretive trail guide is available. *Distance: 1 mile.*

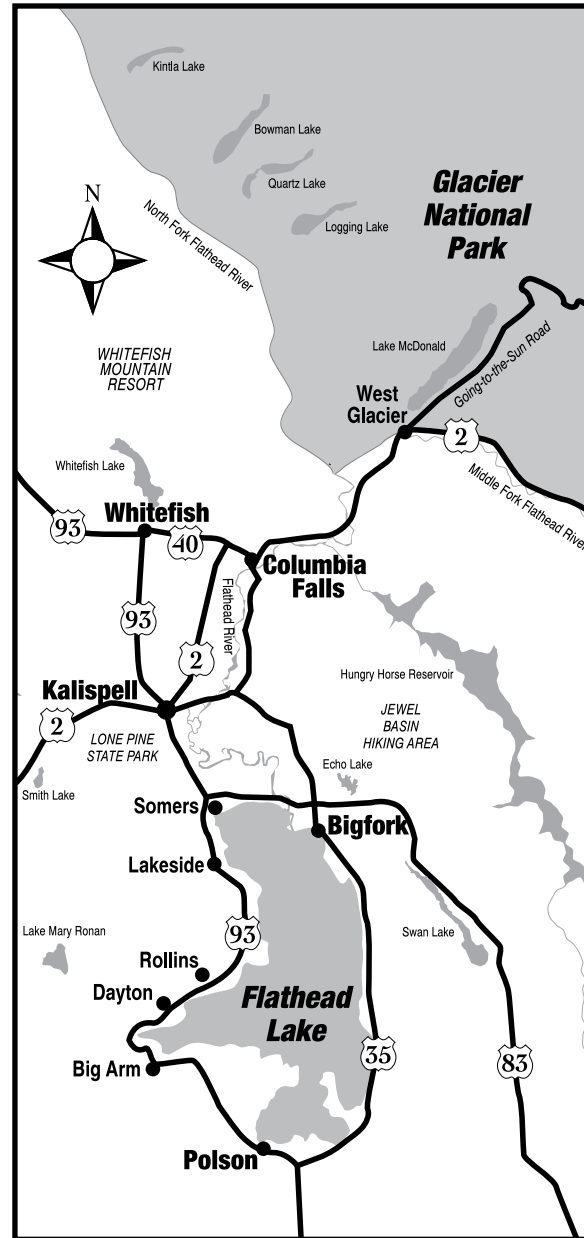
LION LAKE TRAIL

Trail starts at the Lion Lake Picnic Area south of Hungry Horse on the Hungry Horse-Glacier view District. The trail follows the east shore of Lion Lake and includes gentle and rolling terrain through the woods with views of the lake. *Distance: less than 1 mile.*



WHITEFISH WALKERS

The Whitefish Walkers are dedicated to promoting fitness and good health through a regular walking routine. The club publishes a monthly calendar of walks, meeting at different locations and at different times of the day. Members walk for approximately one hour and at different paces. Drop ins are always welcome. Call 406-862-0411 or email: redrover59@hotmail.com for the calendar.



Contact any of the following for maps and trail information in their district.

Hungry Horse & Glacier View Districts
 10 Hungry Horse Dr, Hungry Horse, MT 59919
406-387-3800

Tally Lake Ranger District
 650 Wolfpack Way, Kalispell, MT 59901
406-758-5204

Spotted Bear Ranger District
 P.O. Box 190310, Hungry Horse, MT 59919
406-758-5376

Swan Lake Ranger District
 200 Ranger Station Rd, Bigfork, MT 59911
406-837-7500

For more information about Montana's Flathead Valley contact:

Flathead Convention & Visitor Bureau

15 Depot Park
 Kalispell, MT 59901
800-543-3105

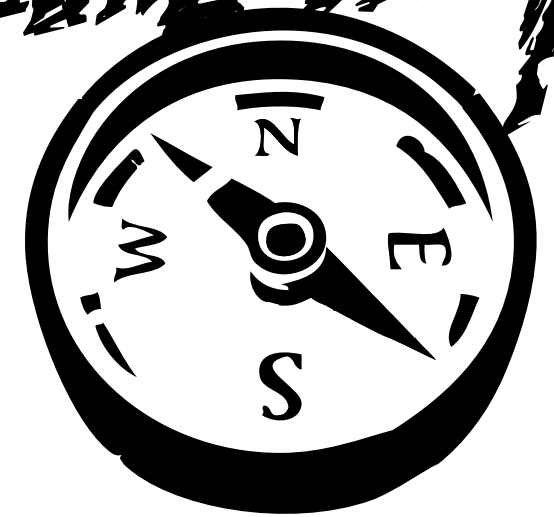
www.montanafatheadvalley.com

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HIKING

Montana's
Flathead Valley



Surrounded by national parks, state and national forests and protected areas, Montana's Flathead Valley is a gateway to a wilderness area equal to the size of the state of Vermont. The hiking opportunities are endless!



GLACIER NATIONAL PARK

With more than 700 miles of maintained trails, there's a hike for everyone. The following trailheads are located along the famous Going-to-the-Sun Road.

TRAIL OF THE CEDARS

Wheelchair accessible nature trail winding through old-growth forest. The loop follows the bottoms of Avalanche Creek with a bridge at Avalanche Gorge. The northern portion of the loop is boardwalk with a paved southern portion and benches along the way. *Distance: 0.7 mile loop trail.*

AVALANCHE LAKE

One of the most popular Glacier day hikes takes off from the Trail of the Cedars boardwalk and follows the west rim of the Avalanche Gorge. The western hemlock thins as you approach Avalanche Lake, surrounded on three sides by steep cliffs. *Distance: 4.6 miles round trip.*

HIDDEN LAKE OVERLOOK

Nature trail begins at the Logan Pass Visitors Center and gains about 500 feet along the route to the overlook. Return to Logan Pass or take the trail down to the lake. A 700 foot decline makes the return climb rather strenuous. *Distance: 3 miles to Overlook, 6 to Hidden Lake round trip.*

HAYSTACK BUTTE ON THE HIGHLINE TRAIL

From Logan Pass hikers can experience part of the 40-mile Highline Trail that travels along the Continental Divide to the Waterton Valley in Canada. The trail provides an almost bird's eye view of Glacier National Park. Enjoy lunch and the view from the slopes around Haystack Butte before returning to Logan Pass. *Distance: 6.8 miles round trip.*



SUN POINT NATURE TRAIL

Pamphlets available at the start of the trail help hikers fully enjoy all aspects of this easy nature trail. Near Baring Falls, the path travels through Douglas fir and spruce before reaching a footlog leading to the falls. *Distance: 1.3 miles round trip.*

ST. MARY FALLS

Start from the trailhead or take a side trip from the Sun Point Nature Trail. The trail descends from the trailhead to the valley floor, winding through forest before crossing the river below the falls. Turn around or continue to Virginia Creek and Virginia Falls. *Distance: St. Mary Falls - 2.4 miles round trip; Virginia Falls - 3.6 miles round trip.*

Two Medicine Area:

RUNNING EAGLE FALLS NATURE TRAIL

The trail brochure tells the story of Running Eagle, a Blackfeet woman warrior and also highlights the traditional uses of native plants. Trail spurs lead to Running Eagle Falls and to the Two Medicine River. *Distance: 0.5 mile loop trail.*

UPPER TWO MEDICINE LAKE

Take the historic classic boat to join the trail, a spur trail from the longer (10.4 miles) Two Medicine Lake Trail. A short side trip takes you to Twin Falls, a double waterfall, before reaching Upper Two Medicine Lake. *Distance: 4.4 miles round trip with boat shuttle.*

Many Glacier Area:

GRINNELL LAKE

Hike from the trailhead at the Many Glacier Picnic Area or take a historic boat up Swiftcurrent and Josephine Lakes to join the trail. Hike to the lake, a photographer's favorite due to its spectacular aquamarine water and 1,000 foot waterfall. *Distance: 6.8 miles or 1.8 miles via boat round trip.*

SWIFTCURRENT NATURE TRAIL

Easy interpretive trail from the Grinnell Glacier Trailhead or the south end of the Many Glacier Hotel. *Distance: 2.4 mile loop trail.*

For more information about hikes in Glacier National Park: 406-888-7800
www.nps.gov/glac/planyourvisit/hikingthetrails.htm

MONTANA S FLATHEAD VALLEY

From one-mile strolls in downtown parks to challenging mountain hikes, the Flathead Valley provides the perfect location for hikers of all abilities.

WHITEFISH MOUNTAIN RESORT

Whitefish Mountain's Danny On Memorial Hiking Trail offers routes ranging from 3 to 6 miles in length. Begin in Glacier Village and wind your way to the 7,000 ft. Summit House with dramatic, spell-binding vistas at every turn, or take it easy and ride a gondola or chairlift to the top and walk down! Either way, a panorama of Northwest Montana's Flathead Valley and Glacier National Park reveals itself around you. The United States Forest Service offers daily free guided walks from the Summit Nature Center in Whitefish Mountain's Summit House. Explore on your own or join them among the huckleberries and wildflowers, above the lakes and fields, alongside peaks called the Crown of the Continent. 406-862-1900. www.skiwhitefish.com

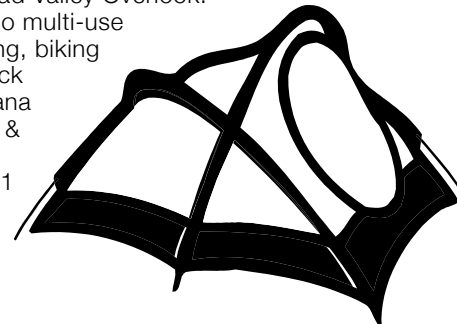
JEWEL BASIN

As a designated hiking area, the Jewel is a true hiker's paradise. Thirty-five miles of trail provide options for hikes of all lengths. While some prefer day hikes, many choose to camp by one of the area's 25 lakes and enjoy a few hours of fishing. Elevations range from 4,240 feet at Graves Creek to 7,542 feet at Big Hawk Mountain. Wildflowers are plentiful and be sure to keep your eyes out for wildlife. For maps and additional information: Flathead National Forest, 650 Wolfpack Way, Kalispell, MT 59901. 406-758-5200

LONE PINE STATE PARK

Just west of Kalispell, Lone Pine offers spectacular views of Glacier National Park, the Bob Marshall Wilderness and the Flathead Valley. A half-mile, wheelchair accessible interpretive loop trail leads to the Flathead Valley Overlook.

There are also multi-use trails for hiking, biking and horseback riding. Montana Fish, Wildlife & Parks, 406-752-5501
www.fwp.mt.gov



SWAN RIVER NATURE TRAIL

Starting just outside Bigfork's town gate at the east end of Grand Avenue, the trail travels along the old River Road beside the Swan River. Sheltered by towering pines and firs, the trail is open to hiking, biking and horseback riding. Four miles round trip. 406-837-5888
www.bigfork.org

WOODLAND PARK

This beautiful 38-acre park in Kalispell is known for its rose garden, swimming pool, playgrounds and ponds teeming with waterfowl. A paved trail in the park provides a level walking surface for a quiet stroll. Total length: one mile loop. Or choose a longer route following College Avenue from the park to join Woodland Avenue. Take the Woodland Avenue Trail and cross Woodland Drive to Dry Bridge. Follow the trail around the pond and return to Woodland Park. Four miles round trip. 406-758-7849

RAILS TO TRAILS

Rails to Trails of Northwest Montana has been converting abandoned rail beds to multi-use paths for over a decade. As part of a county-wide network, the paths now connect Somers to Kalispell and are reaching out to the village of Kila. There are over 6 miles of paved trail heading west out of Kalispell generally following US Highway 2 (it ends at Ashley Creek). On the other side of Ashley Creek, there is an improved gravel trail connecting to Kila. www.railstotrailsofnwmt.com

BLACKTAIL MOUNTAIN

Towering above the west shore of Flathead Lake, Blacktail Mountain is known for its winter skiing along with hiking and bike trails that furnish spectacular views of Flathead Lake and the valley. A favorite trail begins at Truman Saddle Road where it loops down to the middle cross-country ski road. Six mile loop. 406-844-0999

COLUMBIA MOUNTAIN

Near Columbia Falls this mountain is a favorite destination for a short hike or a more strenuous day trip. Located on Hwy 2 between the House of Mystery and Back Rock Canyon, a US Forest Service sign on the west side of the highway points the way to the parking lot and trailhead. The Double Waterfalls hike takes you through the forest to a 30-foot double waterfall found just a bit off the main trail. This is a spring favorite when wildflowers blanket the slopes. Total length: four miles round trip. More ambitious hikers may want to hike to the top of Columbia Mountain for some spectacular views of the valley below. Be prepared, there is no reliable water source, so you must carry water. And the elevation gain can be a strain if you are not in good hiking shape. 12 miles round trip. Hungry Horse Ranger District 406-387-3800.