Day Hikes in Yosemite Valley:

**EASY** (flat and short)

**Bridalveil Fall**
- 0.6 mi (1 km) round-trip; 20 minutes; elevation change: 90 ft (24 m)
- A paved trail leads from the Bridalveil parking area to the base of the waterfall.

**Lower Yosemite Valley wheelchair accessible, day hike in summer and fall**
- 1.5 mi (2.4 km) loop round; 30 minutes; elevation change: 50 ft (15 m); shuttle stop #6
- Begin at the Lower Yosemite Valley trailhead. Seasonally spectacular views of Yosemite Falls.

**Cook’s Meadow Loop wheelchair accessible**
- 1.5 mi (2.4 km) 30 minutes; elevation change: mostly level; shuttle stop #5, #6, #9, or #11
- Walk along the bike path toward Lower Yosemite Fall. At shuttle stop #5, cross the river and follow the bike path.

**Mirror Lake Trail**
- dry in summer and fall
- 2 mi (3.2 km) to the lake and back; 5 mi (8 km) loop around the lake; 1 1/2 hours; elevation change: 100 ft (30 m); shuttle stop #17
- Begin at Mirror Lake Trailhead. A paved trail leads directly to Mirror Lake. The loop follows Tenaya Creek beyond the lake, and crosses two bridges along the Snow-Creek Trail junction. It then rejoins the other side of Mirror Lake. Accessible via vehicle with accessibility placard.

**MODERATE** (flat and long)

**Valley Loop Trail**
- 11.5 mi (18.5 km) full loop; 7.2 mi (11.6 km) half loop; 2.5-7 hours; elevation change: mostly level; shuttle stop #5, #6, #9, or #11
- From the Lower Yosemite Falls area, head west along the bike path until you see the signs for the Valley Loop Trail. The half loop crosses the Merced River at El Capitan Bridge and returns to Yosemite Village on the south side of the river. For the full loop, continue part El Capitan Creek down Bridalveil Creek, cross the river at the Polonet Bridge, and return to Yosemite Village.

**Vernal Fall Footbridge**
- 1.6 mi (2.6 km) round-trip; 1-1.5 hours; elevation change: 400 ft (120 m); shuttle stop #16
- Begin at Happy Isles and cross the river. An excellent view of Vernal Fall is visible from this footbridge.

**STRENUOUS** (steep and long)

**Upper Yosemite Fall and Columbia Rock**
- 7.6 mi (12 km) 6-10 hours round trip; elevation change: 2,600 ft (790 m); shuttle stop #7
- Start at Camp 4. Turn left on the Valley Loop Trail. Trailhead will be on your right. Columbia Point offers a nice view about 1 mi (1.6 km) up the trail and an elevation gain of 1,000 ft (300m).

**Four Mile Trail**
- 4.8 mi (7.7 km) one way to Glacier Point; 3-4 hours one-way; elevation change: 5,200 ft (1,575 m)
- Begin at the Four Mile Trailhead along Southside Drive. Trail maintains a continuous steep grade with spectacular views. To hike back to the Valley, either retrace your route or use the Panorama Trail to descend to Happy Isles. If you want to hike one way arrange transportation back to the Valley from Glacier Point. Bus riders available seasonally at any concessionaire tour desk.

**Panorama Trail**
- 8.1 mi (13.1 km) one way; 8-10 hours; elevation change: 3,200 ft (975 m)
- Begin at the Glacier Point parking area. After descending 1,500 ft (450 m) to Illilouette Fall during the first 2 miles (3.2 km), the trail descends 800 ft (240 m) to the Panorama Cliff. It then descends 600 ft (175 m) to the John Muir Trail above Nevada Fall. A left turn follows the John Muir Trail downhill for 3.3 mi (5.3 km); a right turn follows a 2.9 mi (4.7 km) trail across the top of Nevada Fall to the Happy Isles Trailhead.

**Vernal & Nevada Falls/Mist Trail**
- Top of Vernal Fall: 2.4 mi (3.9 km) round-trip; 3 hours; elevation change: 1000 ft (300 m)
- Top of Nevada Fall: 5.4 mi (8.7 km) round-trip; 5-6 hours; elevation change: 2000 ft (610 m)
- Begin by following directions listed for the Vernal Fall footbridge. Past the Vernal Fall footbridge, the Mist Trail and the John Muir Trail diverge. To hike directly to the top of Vernal Fall, follow the Mist Trail 0.5 miles (0.8 km) to a steep granite staircase. Proposals for steepening staircase and converting it to a switchback trail are being considered. Portions of the John Muir and Mist Trail are closed in winter.

**Half Dome**
- cable up and trail open May – September
- 16.5 mi (26.3 km) round trip; 10-12 hours; elevation change: 4800 ft (1460 m); shuttle stop #16; permit required
- Daily lottery available two days prior to hiking date. Apply at recreation.gov or by calling 877-444-6777.
- Via Mist Trail 14 mi (22.5 km) round-trip via John Muir Trail
- Via Mist and John Muir Trail 16.5 mi (27 km) round-trip
- Begin at Happy Isles. Follow the Mist Trail or John Muir Trail to Nevada Fall. Continue on the trail, following the signs to Half Dome. The last 900 feet (275 m) of trail is a very steep climb up the east side of Half Dome. Cable assist hikers on the final 400 ft (122 m). Do not begin this ascent if (i) the cables are down, (ii) there is any chance of rain (moisture makes the granite too slick for safety), or (iii) there is any chance of lightning.

**Leave No Trace**
- 1. Plan ahead and prepare.
- 2. Leave what you find.
- 3. Dispose of waste properly.
- 4. Minimize campfire impacts.
- 5. Respect wildlife. Observe from a distance.
- 6. Travel and camp on durable surfaces.
- 7. Be considerate of other visitors.

Adventures with Expert Naturalist Guides
Discover Yosemite's hidden gems with Yosemite insiders. Our experts are eager to share their intimate knowledge of Yosemite's best places to hike, bird watch, photograph, and more! To get started on your Yosemite adventure email adventures@yosemiteconservancy.org or call 209.379.2317 ext. 10.

An Evening at the Theater
Pull up a seat after an active day in the park. Enjoy unforgettable performances of history heroes, daring rescues, thrilling adventures and more at the Yosemite Theater in Yosemite Valley. Located behind the Visitor Center. Shows start at 7pm. See the Yosemite Guide for schedule.

Artist-led Workshops Inspired by the Beauty of Yosemite
Slow down, soak in the views and create a lasting memory. From children’s programs to outdoor workshops, daily offerings welcome all abilities. Stop by the Yosemite Art Center in Yosemite Village or call 209.372.1442 for schedule. Classes are offered April–October.

Get Involved: Volunteer in the Park!
Looking for a hands-on way to give back to Yosemite? Yosemite volunteers experience the privilege of serving in a World Heritage Site while participating in work projects for a week or assisting visitors with park information for a month. Visit yosemiteconservancy.org/volunteer for more details.