

MAP, TRAIL GUIDE & INFORMATION
FOR THE TRAILS INTO

Cascade Canyon



MAMMALS TO WATCH FOR ALONG CASCADE CANYON TRAIL

YELLOW-BELLIED MARMOT

Size: 18 to 28 inches long. 5 to 10 lb.

Summer Habitat: Rocky areas surrounded by meadows and forests.

Signs to watch for: High clear, sharp whistle

How to identify: Heavy-bodied animal, yellowish brown to tawny although there are many color variations. Often suns on rocks.

Marmots consume large amounts of grasses, flowers, seeds and caterpillars during summer months as they lose half their weight during the long hibernation. Lives among rocks and boulders, used burrows for nursery and hibernation.

Confusing/similar species: Badgers have vertical black and white stripes on face.

Marmots hibernate from Sept. to Feb.

PIKA

Size: 6 to 8.5 inches long

Summer Habitat: Talus slopes along Cascade Canyon trail. Elevations from 7,000 to 13,000 feet.

Signs to watch for: Green plants stacked for drying, hidden under a rock overhang and between boulders.

How to identify: "Bleat" sounding call. Looks like a guinea pig. Short, rounded ears with white edges. No visible tail.

Pikas are small members of the rabbit family. They are the alpine farmers. They gather plants and dry them as a farmer gathers and dries hay. The pika even moves the stacks as necessary to protect from wind and rain. Some dried stacks weigh as much as fifty pounds. The pika will rely on the stacked vegetation for winter forage, as they do not hibernate during the long, snowy mountain winters.

MOOSE

Size: 7 to 8 feet in length. 6.5 to 7.5 feet high at shoulders. Males weigh 900 to 1400 lbs.; females weigh 600 to 800 lbs.

Life span: 20 years

Summer Habitat: Marshes and ponds in summer.

Signs to watch for: Willows with crunched tips. Large prints in mud. "Wallows" that are 4' x4' made from rolling in mud to get rid of pesky insects. If you happen upon a moose, give them plenty of space. They are unpredictable, three times as heavy as a black bear, and can run at 35 mph!

PINE MARTEN

Size: 19 to 26 inches

Summer habitat: Dense forest stands of fir, spruce and lodgepole

How to identify: About the size of a house cat. Elongated weasel body. Golden brown all over, a little darker underneath. White or orange patch on throat. Martens are quick, agile tree climbers. They hunt rabbits, mice, birds, and eggs.

Confusing/similar species: Fishers are larger, darker, with no throat patch. Long-tailed weasels are smaller, two-toned with a lighter tummy color, and no throat patch.

LEAST CHIPMUNK

Size: 6.5 to 9 inches

Summer habitat: Conifer forest

Signs to watch for: Scattered seed husks below a good perching spot. Very territorial, often seen chasing each other.

How to identify: Small rodent with stripe through eye. Runs with tail held straight up.

Chipmunks are busy gatherers, storing large quantities of food to eat during winter. Often seen with mouth "mumps-like" with food for storage: seeds, berries, insects and fungi. One chipmunk may store 67,000 food items before wintering in burrows about 30 feet long.

GOLDEN-MANTLED GROUND SQUIRREL

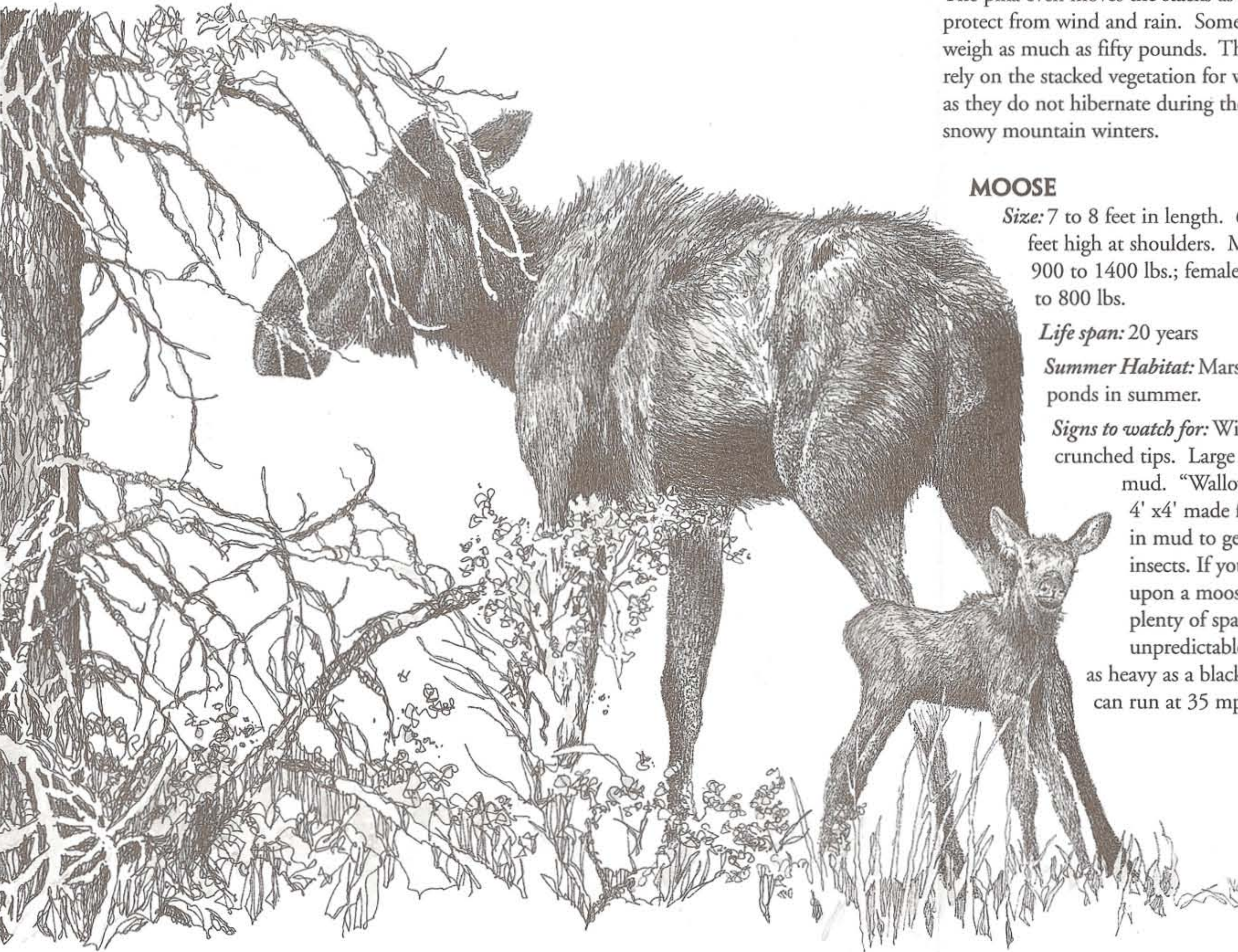
Size: 10 to 12.5 inches long

Summer habitat: Rocky outcrops in conifer forest, like Inspiration Point

How to identify: Stripes along body sides, larger than a chipmunk but similar. No eye stripe. "Golden-mantled:" deep, coppery area around shoulders.

Confusing/similar species: Chipmunks are smaller, with striped lines running through eye.

Don't feed! You could be bitten! They find plenty to eat in the mountain habitat of Cascade Canyon: seeds, berries, nuts, and insects. Hibernates in burrows.



Cascade Canyon

TRAIL GUIDE AND MAP FOR THE TRAIL



CASCADE CANYON lies between the Cathedral Group (Teewinot Mountain, Mount Owen, and the Grand Teton) to the south and the St. John group (Symmetry Spire, Rock of Ages, etc.) to the north. It is one of the most spectacular canyons in the Teton Range.

To find the Cascade Canyon Trail come to the South Jenny Lake Area on the Teton Park Road.

The trail to the mouth of Cascade Canyon around the south edge of Jenny Lake (2.0 miles) begins at

the East Shore Boat Dock. For a small fee, you may ride a boat across the lake, eliminating 2.0 miles, and get to Cascade Canyon more quickly and easily. The boat leaves often throughout the day. Check for the time of the last shuttle. If you miss the last shuttle, walk the trail around the south end of Jenny Lake (2.0 miles) to the parking area. The visitor services complex at the South Jenny Lake Area includes a visitor center, ranger station, a convenience store, restrooms, and the Jenny Lake Campground.

TRAIL LENGTH & DIFFICULTY: Cascade Canyon Trail slopes gently upward to Hidden Falls, climbs more steeply to Inspiration Point, then gradually rises to the forks of Cascade Canyon.

If you ride the shuttle boat, the hike to Hidden Falls is one-half mile and Inspiration Point is another half mile. Many visitors go no further, admiring the view of the valley from Inspiration Point. Other hikers go on to the forks, Lake Solitude, or hike the 20-mile loop connecting Cascade Canyon with Paintbrush Canyon.

WEATHER. During the summer, afternoon thunder showers are common and give little warning in the narrow canyons. Be prepared: proper footwear, rain gear, sweater or jacket, food or snacks, insect repellent, sunglasses, sunscreen and lots of water.

Most of the trail lies above 7000 ft. in elevation. If you live at a lower elevation, go slowly on the trails. Your body requires time to adjust to this elevation.

IN BEAR COUNTRY

Black and grizzly bears live in the park and parkway. These guidelines are for your protection and for the preservation of the bears; one of the true signs of wild country.



A FED BEAR IS A DEAD BEAR Feeding spells death for bears. Allowing a bear to obtain human food, even once, results in aggressive behavior. The bear is then a threat to human safety and must be removed or destroyed. Do not allow bears or other wildlife to obtain human food. Hard-sided food storage canisters are required in all campsites where a permanent food storage box is not installed.

AVOID ENCOUNTERS Make bears aware of your presence by making loud noises like shouting or singing. Be especially careful in dense brush or along streams where water makes noise. Bells are not recommended because the sound does not carry well. Look ahead when hiking.

IF YOU ENCOUNTER A BEAR Do not run. Running can elicit an attack. If the bear is unaware of you, detour quickly and quietly away. If the bear is aware but has not acted aggressively, back away slowly, talking in an even tone while waving your arms.

AGGRESSIVE BEARS If a bear approaches or charges you, do not run. It will increase the chances of attack. Do not drop your pack; it may protect your body if attacked, bears often "bluff charge," stopping before contact. Bear experts generally recommend standing still until the bear stops, then backing away slowly. Climbing trees is no protection from black bears and may not help with grizzlies either. If you are knocked down, curl into a ball protecting your stomach and back of your head and neck.

FOR YOUR INFORMATION

BICYCLES are not allowed on trails or anywhere in the backcountry of Grand Teton National Park. Please use caution when bicycling on the roads.

DOGS are not allowed on trails or in the backcountry, which begins 50 feet from roadways. They must be kept on a leash <6' long.

FISHING regulations are available at park visitor centers and at marinas. A Wyoming fishing license is required.

A FREE BACKCOUNTRY permit (available at park visitor centers) is required for all overnight camping in the backcountry.

FEEDING WILD ANIMALS domesticates wildlife and is prohibited by park regulations.

WILDFLOWER collecting is prohibited by Park regulations. Please leave wildflowers and other plants for all to enjoy.

BRING water, sunscreen, sunglasses, food and rain gear. Summer days are generally warm and sunny, but afternoon thunderstorms often develop quickly. A hat, binoculars and a camera are useful, too.

A catalog of books, guides and maps about Grand Teton National Park may be obtained by calling or writing to:

Grand Teton Association

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