

# Hiking to Hanging Lake: Are You Prepared?

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This is a hike in the backcountry with no cell service and limited emergency response abilities; please be prepared. Weather moves in quickly, so bring proper rain gear. Accidents happen; pack a first aid kit. Please follow these and the tips below and enjoy your hike to Hanging Lake.



**Steep conditions prevail:** Be prepared for steep climbs and descents. You will gain 1,000 feet in elevation during your 1.2 mile ascent to the Lake (feels like 80 flights of stairs). Plan for at least a 3-hour round trip if you are in good physical condition.



**Wear proper footwear:** The trail is uneven and rocky; closed footwear (not flip-flops or sandals) and hiking boots are recommended.



**Bring plenty of water:** Due to the steep ascent, high elevation, and exposed conditions on the trail, you will get thirsty and should have water. Do not drink from the creek or Lake; it contains a bacteria called giardia. Pack out your disposable water bottles.



**Use restroom before starting:** There are no toilets at Hanging Lake or along the trail. Use the restroom in the parking area or at the trailhead before you start. The trail is being littered with toilet paper and human waste.

