



**CONTINENTAL DIVIDE
NATIONAL SCENIC TRAIL
DAY & OVERNIGHT HIKES:
*WYOMING***



CONTINENTAL DIVIDE TRAIL COALITION VISIT WYOMING!

Day & Overnight Hikes on the Continental Divide Trail

THE COWBOY STATE

The Continental Divide Trail National Scenic Trail (CDT) travels through some of Wyoming's most stunningly diverse landscapes: Yellowstone National Park - our nation's first national park - with steaming geysers and volcanic activity, the craggy Teton Wilderness and Absaroka Mountain Range, the geographic phenomenon of Two Ocean Pass, the Bridger Wilderness, and the spectacular Wind River Range boasting 1,300 lakes and some of the largest glaciers in the lower 48 states. On the CDT, you'll also encounter the restored South Pass City, where hundreds of thousands of pioneers passed on the Mormon, Oregon, and California Trails; the expansive Great Divide Basin - the only place that the Continental Divide splits and rejoins - where rainfall doesn't flow to any ocean; the deserted mining town of Battle; and the gentle Sierra Madre Mountains. In Wyoming, the CDT also spans the ancestral and present-day lands of the Cheyenne, Ute, Eastern Shoshone, Shoshone - Bannock, and Apsaalooké (Crow) peoples.

We've put together the state's best day and overnight hikes on the CDT for you to explore some of our favorite parts of Wyoming! Hikes in this guide are organized south to north.

Elevation: Many of these hikes are at elevations above 5,000 feet. Remember to bring plenty of water, sun protection, extra food, and know that a distance at elevation may be more challenging than that at sea level. Also, remember that at high elevation in the mountains weather can change quickly. It can go from sunny and warm to wet and cold in just minutes, so make sure you are prepared and bring extra layers.

Water Availability: The CDT in Wyoming passes through a number of very dry areas. Plan ahead so you know where you will be able to find water and, as always, remember to bring plenty of water and stay hydrated.

Navigation: Download the CDTC mapset at <https://continentaldivide-trail.org/maps>. The Guthook Guides phone application also provides a trail map and user-friendly, crowd-sourced waypoint information for the entire CDT.

HIKE TYPES:



OUT AND BACK



POINT TO POINT



LOOP

Did You Know?

- While Wyoming is the tenth largest state by land area, it is the least populous state in the U.S. As of 2021, the total population of the state is 569,013 people.
- Ninety-six percent of Yellowstone National Park, which became the nation's first national park in 1872, lies within Wyoming. Twenty-six present-day Native tribes have ancestral connections to Yellowstone. Early in the park's history, White park superintendents dispossessed Indigenous peoples from their ancestral lands to make the park "safe" for visitors.
- The nation's first national monument is also in Wyoming. Devil's Tower National Monument was designated in 1906 by President Roosevelt with the Antiquities Act. The Lakota name for Devil's Tower is Mato Tipila, which translates to "Bear Rock," "Bear Lodge," or "Bear Tipi."
- Wyoming's state mammal is the bison, the state bird is the meadowlark, and the state reptile is the horned toad.
- Wyoming once recorded the world's largest swing dance!
- Wyoming was the first state to have a female governor. Nellie Taylor Ross became the first and only female governor of Wyoming from 1925-1927.



Huston Park Wilderness

Length: 3 miles or 8.5 miles
Difficulty: Moderate
Closest Town: Encampment



ENTERING HUSTON PARK WILDERNESS AREA. PHOTO BY MIKE HENRICK

Explore the Sierra Madre Mountains among spruce forest and grassy meadows. Enjoy enchanting views of the Platte Valley and the Snowy Range Mountains. This section of the trail is mainly in the serene Huston Park Wilderness, a grassy trail marked with posts. Camping opportunities abound in the Huston Park Wilderness and to the north if you decide to turn this into an overnight trip. If you choose to hike from Battle Pass Trailhead, you have the option of detouring from the CDT to climb Red Mountain. Named for the beautiful red granite that comprises its rounded summit, Red Mountain is one of the tallest mountains in the Sierra Madre Range. From the parking lot on WY-70, begin southbound on the CDT. The summit of Red Mountain is less than a mile off-trail from the CDT and can be reached via an unmarked scramble on the gently sloping north face of the mountain. Return by scrambling back down to rejoin the CDT, then hiking northbound to the parking lot for 3 miles. If you hike from Green Mountain Trailhead, you'll find a less traveled trail through old growth forest and can make an 8.5 mile out-and-back hike, walking 1.8 miles on the Green Mountain Trail and then 2 miles north on the CDT to a high point.

Directions from Encampment: To Green Mountain Trailhead: Drive about 5.5 miles west of Encampment on WY-70, then go south on Forest Road (FR) 550 for 6.4 miles and turn right (west) on FR 406. 4WD and high-clearance vehicles are recommended for the 2.4 miles on FR 406 to Green Mountain Trailhead. You will need to hike 1.8 miles on Green Mountain Trail to reach the CDT. To Battle Pass Trailhead: Drive 11.9 miles west of Encampment on WY-70 to the top of Battle Pass. Look for a parking lot on the south side of the pass. There is also parking 2 miles north of the Battle Pass parking area.

Maps: USGS 7.5 Quadrangles: Solomon Creek and Red Mountain; CDT Map Set: Maps 216 - 218, Section WY01.

For More Information: Medicine Bow-Routt National Forest, Brush Creek/Hayden Ranger District: (307) -326-5258.



Bridger Pass Rd North on the CDT

Length: 6 miles
Difficulty: Easy
Closest Town: Rawlins



THE VIEW FROM SAGE CREEK ROAD. PHOTO BY STEVEN SHATTUCK

For a gentle hike with views of Wyoming sagebrush and mesas, take the CDT north from Bridger Pass Road. This relatively flat section runs somewhat parallel to Sage Creek Road and crosses a few dirt roads along the way. A good turn around spot is at 3 miles when the CDT hits another dirt road and turns left to follow this road. If you would like to visit Teton Reservoir, a bit farther south on Sage Creek Road, it makes for a nice afternoon stop and also a possible camp spot at the BLM campsite.

Directions from Rawlins: Take WY-71 S/Sage Creek Rd for 12.6 miles until the road splits. Take a right onto Bridger Pass Rd and continue for 0.4 miles. You can find parking on the side of the road and take the CDT north as it leaves the road.

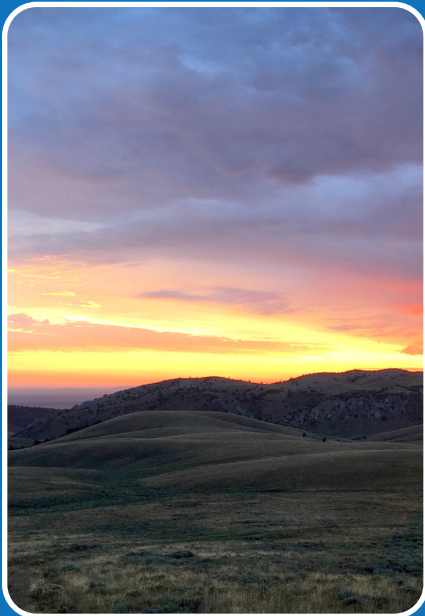
Maps: USGS 7.5 Quadrangles: Coal Mine Ridge and La Marsh Creek West; CDT Map Set: Map 228, Section WY05.

For More Information: BLM Rawlins Field Office: (307)-328-4200.



Crooks Gap Road to Bison Basin Road

Length: 24 miles
Difficulty: Difficult
Closest Town: Rawlins



THE SUN SETTING OVER THE GREAT DIVIDE BASIN NEAR BISON BASIN ROAD.
PHOTO BY MATT BERGER

Experience the only place where the Continental Divide splits, creating a large circular basin where the water does not flow into the Pacific or Atlantic Oceans, but into a succession of ponds and salt flats in an area known as the Chain-of-Lakes. Native shrubs such as sagebrush, saltbush, and active sand dunes dominate the landscape. The Crooks Gap Road to Bison Basin Road segment is a 24-mile stretch of the CDT located southeast of Lander and northwest of Rawlins. It is ripe with potential wilderness experiences, including possible wild horse sightings. Brenton Springs, a perennial spring 4 miles into this segment, offers the first water source. The landscape takes on a new character as the route heads out of the basin and up onto Crooks Mountain. It is rumored that “Crooks Gap” and “Crooks Mountain” were named perhaps as the site of an ambush or as a hideout for a gang of outlaws. The less exciting truth is that they were named after General George Crook, an army commander. In spite of the unrelenting sun, this segment of the CDT is very pleasurable. You’ll walk through sagebrush, limber pine, and the occasional cottonwood or aspen tree.

Directions from Rawlins: Drive 67 miles northwest of Rawlins on US-287 to the small town of Jeffrey City. From Jeffrey City, follow the graded and well-maintained Crooks Gap Rd. south for 5 miles until a fork appears in the road. Take the left fork and continue south past a sign that says Wamsutter 52 miles, Sweetwater Mill 31. There is also a large sign for the Jackpot uranium mine on the side of Sheep Mountain. At mile 12, the road crosses a cattle guard. Park south of the cattle guard on Bureau of Land Management (BLM) administered land. The CDT continues just to the south of a fence, following a faint two-track heading west.

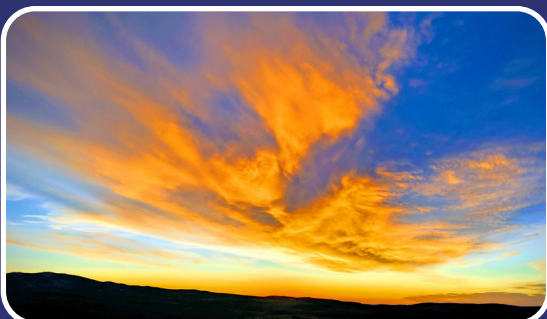
Maps: USGS 7.5 Quadrangles: Crooks Peak, Brenton Springs, Crooks Mountain, and Soap Hole; BLM Surface Management Status: Bairoil and South Pass; CDT Mapset: Maps 241 - 244, Section WY09.

For More Information: BLM Lander Field Office: (307)-332-8400.



Sweetwater Bridge

Length: Variable (3 - 10 miles)
Difficulty: Easy
Closest Town: Atlantic City



A SUNSET SOUTH OF ATLANTIC CITY.
PHOTO BY DAHN PRATT

Heading north from Sweetwater River, you will wind through the Wyoming grasslands and sagebrush as the trail follows the river north for 3 miles. The trail is gentle and stays relatively flat, gaining less than 500 ft in the 10 miles to Atlantic City.

Directions from Atlantic City: Take Riverview Cutoff south of town for 8.3 miles. Turn left and continue for 1.5 miles. Then take a slight right to continue for 0.2 miles until you reach a turn on the left for a track where the CDT heads to the east. This is where you can pick up the trail going north, however, if you want to pick up the trail after crossing Sweetwater Bridge, continue down the road 0.2 miles.

Maps: USGS 7.5 Quadrangles: Radium Springs and Atlantic City; CDT Map Set: Maps 248 and 249, Section WY09 and WY10.

For More Information: BLM Lander Field Office: (307)-332-8400.



South Pass City

Length: 20 miles
Difficulty: Difficult
Closest Town: Lander



SOUTH PASS CITY.
PHOTO BY MATT BERGER

Rugged and unspoiled terrain awaits you as you step back in time along this historically rich section of trail. South Pass City is a historical site where 17 of the town's 23 original structures have been restored and are exhibited with artifacts from the original buildings. The famous South Pass, which is a few miles south of South Pass City, has the gentle grade of emigrant trails, rising to an elevation of 7,526 feet. This feature provided the 19th century emigrants with a relatively "smooth" crossing of the Continental Divide. Without South Pass, wagon travel across the continent would have been very difficult. The CDT also intersects with four historic trails at South Pass; the California, Oregon, Mormon, and Pony Express Trails. Heading north on the CDT, you will cross WY-28 and follow a Forest Service Road to a high point. Just after crossing Pine Creek after 9 miles, continue for less than 0.5 miles and reach Pine Creek Pass at 9,250 feet. Going south from South Pass City you can walk along Willow Creek towards South Pass until reaching another Forest Service Road.

Directions from Lander: Drive 8.8 miles to the junction of WY-28 and US-287. Follow WY-28 for 23 miles and turn left (south) onto S Pass City Rd. After 1.6 miles, turn right to stay on S Pass City Rd. (Note that there are two developed BLM campgrounds along this road). After another 0.6 miles, turn right onto S Pass Main St and continue for 150 feet before reaching the trailhead and parking lot at Willow Creek on the left.

Maps: USGS 7.5 Quadrangles: South Pass City and Anderson Ridge; USFS: Bridger-Teton National Forest, Pinedale Ranger District; BLM: South Pass and Lander; CDT Mapset: Maps 251 and 252, Section WY11.

For More Information: BLM Lander Field Office: (307)-332-8400; Bridger-Teton National Forest, Pinedale Ranger District: (307)-367-4326.



Elkhart Park Loop: Island & Seneca Lakes

Length: 25.5 miles
Difficulty: Difficult
Closest Town: Pinedale



ISLAND LAKE WITH VIEWS OF FREMONT PEAK. PHOTO BY RYAN CHOI

The CDT stretches for nearly 70 miles through this spectacular area teeming with wildlife, glacial lakes, and towering spires. The trail network is extensive, creating many loops for hiking. A classic loop from Elkhart Park uses the CDT to connect a number of alpine lakes including Little Seneca Lake, Island Lake, and the Pole Creek Lakes. Pack your fly rod so you can cast for rainbow and cutthroat trout at Island Lake. To complete this loop, take the Pole Creek Trail for 5.5 miles and turn left onto the Seneca Lake Trail for 4.4 miles before reaching the CDT/Highline Trail. Turn right (south) and continue on the Highline Trail for 6 miles until a junction with the Pole Creek Trail. Take the Pole Creek Trail for 4 miles back to the Seneca Lake Trail and turn left (west) to continue for 5.5 miles to your starting point.

Directions from Pinedale: Take Fremont Lake Road to FR 740/Skyline Drive and continue for approximately 9 miles to the Elkhart Park and Long Lake Trailhead to Little Seneca Lake.

Maps: USGS 7.5 Quadrangles: Fremont Lake South, Fremont Lake North, Bridger Lakes, Fremont Peak South, Horseshoe Lake, Halls Mountain, and Fayette Lake; USFS: Bridger-Teton National Forest, Pinedale Ranger District and Bridger Wilderness; CDT Mapset: Maps 263, Section WY14.

For More Information: Bridger-Teton National Forest, Pinedale Ranger District: (307)-367-4326.

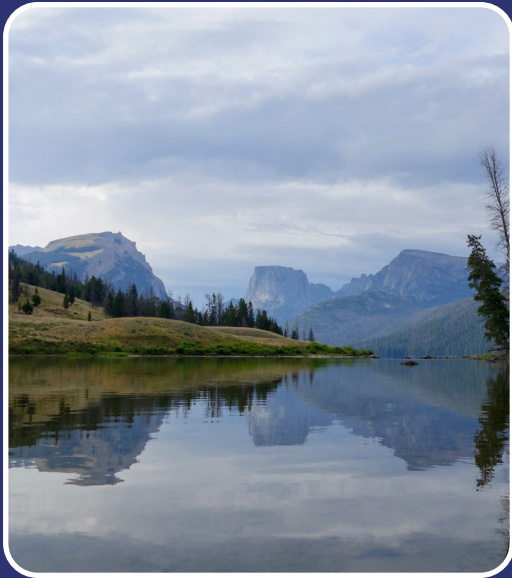


Green River Lakes

Length: 7 miles to the end of the lower lake

Difficulty: Moderate

Closest Town: Pinedale



GREEN RIVER LAKES. PHOTO BY JOHNNY CARR

Journey out of Pinedale to Green River Lakes. Carved out by glaciers and replenished each year from the snowmelt of the Wind River Range, the lakes are the source for the Green River, a major tributary of the vast Colorado River system. Stands of aspen and pine cover the hillsides as you start from the Green River Lakes Trailhead. We recommend heading south to hike along the lakes, leaving the crowds behind as you make your way towards the Bridger Wilderness and along the eastern shores of the lakes. If you go north, you are sure to find solitude where you may encounter wildlife, but it is rare to see another human in the Gunsight/Roaring Fork area. The view of the Tetons from Gunsight Pass is incredible. On a summer adventure, one might discover abundant mountain wildflowers and glimpses of wildlife such as moose, deer, elk, bear, hawks, and eagles.

Directions from Pinedale: Take US-191 west from Pinedale. About 6 miles from Pinedale, you will reach the Cora turnout at the junction of WY-352. Turn right, towards Cora, and keep going until you reach Green River Lakes. The last 23 miles of the trip is on a rough dirt road maintained by the Forest Service. It is suitable for most cars during the summer, but slow speeds are necessary, so plan a leisurely pace for your trip.

Maps: USGS 7.5 Quadrangles: Green River Lakes, Union Peak, and Fish Creek Park; Bridger-Teton National Forest, Pinedale Ranger District and Bridger Wilderness; CDT Mapset: Map 266, Section WY15.

For More Information: Bridger-Teton National Forest, Pinedale Ranger District: (307)-367-4326.



Union Pass to Shoshone Pass

Length: Variable (4 - 8 miles)

Difficulty: Moderate

Closest Town: Dubois



HIKING FROM UNION PASS.
PHOTO BY JOHNNY CARR

Heading north from Union Pass, you'll leave a landscape of wet meadows and marshy ponds. After around 1.8 miles, walk along the shore of Lake of the Woods, a beautiful alpine lake known for its fishing, swimming, and picnic opportunities. The trail jumps off and on dirt roads in the woods a couple of times, and you will reach a high point at a road junction before dropping down to Salt Creek 3.6 miles into your hike. The trail continues rolling up and down as it heads north through sparse forest, marshland, and shrubland.

Directions from Dubois: Head west on US-26 W/US-287 N for 6.7 miles. Turn left onto Union Pass Rd/Warm Spring Creek Rd and continue for 3.5 miles. Turn right to stay on Union Pass Rd/Warm Spring Creek Rd for 10.6 miles until you reach Union Pass. Continue for less than 1 mile and turn left onto FR 693 and you will find parking and the CDT. Head north (across the road) to hike.

Maps: USGS 7.5 Quadrangle: Fish Lake; CDT Mapset: Map 270, Section WY16.

For More Information: Bridger-Teton National Forest, Pinedale Ranger District: (307)-367-4326.



Brooks Lake

Length: Variable (5 - 8 miles)

Difficulty: Moderate

Closest Town: Dubois



ARRIVING AT BROOKS LAKE CAMPGROUND.
PHOTO BY JOHNNY CARR

The Shoshone National Forest was set aside in 1891 as part of the Yellowstone Timberland Reserve, making it the first national forest in the U.S. It consists of some 2.4 million acres of varied terrain ranging from sagebrush flats to rugged mountains. With Yellowstone National Park on its northwestern border, the Shoshone encompasses the area from the Montana state line south to Lander, WY. The Brooks Lake Area of the Shoshone National Forest sits just outside the Teton Wilderness. Travelers can explore this spectacular area from the Brooks Lake Trailhead to atop Bear Cub Pass. However, there are several options for hiking in the Brooks Lake Area. For a day hike, follow the well-marked trail to Upper and Lower Jade Lakes. The loop follows Jade Creek and eventually links up to the CDT just after the upper lake. At the next intersection, turn right and take the Yellowstone Trail back to Brooks Lake. You can lengthen this loop by continuing upstream (north) on the CDT instead and hiking to Upper Brooks Lakes before turning back (south) on the Yellowstone Trail. Grizzly bears, black bears, elk, moose, mule deer, bighorn sheep, and numerous smaller predators and birds can be found in the luxurious meadows and thick forests.

Directions from Dubois: Drive 20 miles on WY-26/US-287 as it parallels the Wind River. North of Dubois, the road becomes mountainous but is maintained and kept open year round. Approximately five miles above the Tie Hack Memorial, FR 515 takes off to the north. Following this dirt road for about 5 miles will bring you to Brooks Lake. Here you will find campgrounds, trailheads, and the historic Brooks Lake Lodge.

Maps: USGS 7.5 Quadrangles: Togwotee Pass and Lava Mountain; USFS: Bridger-Teton National Forest, Buffalo and Jackson Ranger Districts; CDT Mapset: Maps 275 and 276, Section WY18.

For More Information: Shoshone National Forest, Wind River Ranger District: (307)-455-2466.



Yellowstone National Park

Length: Shoshone Lake Loop - 28 miles; Heart Lake Loop - 34 miles

Difficulty: Easy - Moderate

Closest Town: Moran



SHOSHONE LAKE. PHOTO BY JOHNNY CARR

Entering Yellowstone from the south, there are two trailheads that offer access to the CDT. From the Dogshead/Channel Trailhead, follow the CDT to Shoshone Lake and enjoy your lunch at a campsite in a meadow on the south shore of this enchanted lake, the largest lake in the contiguous US without road access. Alternatively, backpack in and wake up early to see an abundance of wildlife activity along the lake's shoreline. From the Heart Lake Trailhead, head south and you'll find more alpine scenery, hot springs, geysers, and the fourth largest lake in the park. Permits are required for backcountry camping. Both hikes can be shortened for day trips.

Directions from Moran: Head north on US-191 N/US-287N/US-89N for 41 miles. You will pass into both Grand Teton and Yellowstone National Parks. In Yellowstone, Heart Lake Trailhead is on the right 14 miles past the entrance. Dogshead/Channel Trailhead for Shoshone Lake is shortly after the Heart Lake Trailhead, on the left.

Maps: USGS 7.5 Quadrangles: Mount Sheridan, Lewis Falls, Shoshone Geyser Basin, and Old Faithful; Trails Illustrated #201C; CDT Mapset: Maps 285-290, Section WY21 and WY22.

For More Information: Yellowstone National Park: (307)-344-7381. Note that there is a fee to enter Yellowstone National Park.



Photo by Steven Shattuck

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