



Harriman Trails

Harriman State Park offers over 25 miles of groomed trails for Nordic skiing and snow shoeing. Trails begin at the Visitor Center and are marked with blue diamonds with a map at each intersection.

Learner's Loop 0.4m *Parallel, Skate (Novice)*
This is a new addition to our trail system and is a great trail for those learning how to skate ski. There are a couple hills and corners to help you practice your technique.

Road Trail 1.2m *Parallel, Skate (Novice)* - In winter, the road to the Ranch complex is groomed for parallel and skate skiing. This trail is excellent for the novice skier as it is very flat, and provides quick access to the historic ranch.

River Trail 1.3m *Parallel (Novice)* - This trail skirts the banks of the Henrys Fork and provides excellent views of wintering trumpeter swans and other waterfowl. Keep your eye out for river otters near the Thurmon Creek bridge. There are a few small hills and corners and an excellent trail to learn the sport.

Ranch Loop 1.6m *Parallel (Novice)* - The Ranch Trail travels through the historic ranch and then follows the east shoreline of Silver Lake. There are a few small hills but flat overall. Stop by the Jones House at the ranch on weekends to warm up and take a break.

Silver Lake Loop 2.6m *Skier Defined (Intermediate-Advanced)*- The west side of Silver Lake is not groomed and has many rolling hills, sharp turns, and obstacles. Excellent trail for the intermediate to advanced skier that is looking for a peaceful ski through the forest and to get away from the crowds.

Thurmon Creek Loop 2.8m *Parallel (Intermediate)*- A very peaceful trail traveling through Lodgepole forests with gentle terrain overall. Rated intermediate because of its distance.

Golden Lake Loop 2.3m *Parallel, Skate (Intermediate)* - This loop travels through meadows and Lodgepole forests to Golden Lake. It is relatively flat with gentle slopes overall. Rated intermediate because of its distance. Expect an exciting hill between intersections 18 & 19.

Meadow Loop 2m *Parallel, Skate (Intermediate)* - Primarily a flat route, this trail takes you across an extensive meadow to Thurmon overlook. Stop at the Becker Warming Hut (operated on weekends by the I.F. Nordic Ski Patrol) to warm up by the fire.

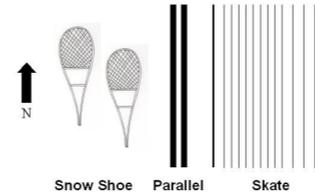
Ridge Trail 2.2m *Skier Defined (Advanced)* - The 400 foot elevation gain, steep slopes, and skier defined trail, makes this the park's most challenging trail. There are many very steep hills and obstacles, and you need to be quick on your skies to miss the trees. Excellent views of the Tetons and Silver Lake in the foreground. Do not attempt this trail if you are a novice skier.

Ridge Shortcut .6m *Skier Defined (Advanced)* - This trail is very steep with hairpin turns, an extreme workout on the way up, and a nerve racking ride down avoiding the many trees. This trail is best for the snowshoer.

Big Bend Loop 3.4m - *Parallel, Skate (Intermediate)* A wide, flat trail that provides an excellent loop for skaters. Be aware that strong winds may cause visibility problems. Rated intermediate because of the distance.

Brimstone 4.5m *Parallel, Skate (Intermediate)*- Flat but long, this trail connects Harriman to Ponds Lodge. Plan all day as it's 11 miles one way to Ponds, 4.5 miles of skate to the connection to Ponds at the river, then switches to parallel. Rated intermediate because of the distance.

Remember for Courtesy



- **SNOWSHOERS/HIKERS** please adhere to above diagram and **AVOID** stomping out groomed tracks
- Yield to faster skiers by moving aside
- Step off the track when stopped
- Pets are not permitted on park trails

For Your Safety

- Know your limits
- Carry water, snacks, and a flashlight
- Dress in layers
- Stay on groomed trails
- Tell others of your route
- Avoid frozen water bodies as **ICE IS VERY THIN**

Idaho Falls Nordic Ski Patrol members volunteer their time on weekends from January through March. Look for their red coats or Harriman Staff if you need assistance.

Contact:

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Harriman Winter Trails



Harriman Nordic Ski Trail Rating System

Harriman State Park Nordic trails are assigned ratings according to their relative difficulty when compared with other trails here. The terms Novice, Intermediate, and Advanced are used as rankings.

Novice (Green): The easiest ski trails in the system and within the core area of the park. Fairly flat terrain with few curves and little obstacles. Great trails for those new to the sport or those looking for a short scenic ski.

Intermediate (Blue): More difficult than the novice trails, intermediate trails are of longer distance and contain more hills, corners, and obstacles. These trails should not be attempted by the novice skier due to obstacles and long distances.

Advanced (Black): These are our most difficult trails in the system and have many steep hills, sharp corners and many obstacles. You need to be quick on your feet to round a corner and avoid hitting trees. These trails are deep in the backcountry and should not be attempted by the novice skier.

To help guide your way, all of our trails are marked with blue diamonds and have maps at each intersection.

For your own safety, please know your limits and choose your route accordingly.

