

Suggested Backpacking Itineraries for Kaiyote Tours

If you don't see anything you like, please contact us because we have many more ideas!

Loop trips

Two or more nights will allow for a loop trip through the park.

Lake Ozette Coastal Loop – 2 nights/3 days (moderate) 9 miles roundtrip, with 100 elevation gain, first day, hike 3 miles to camp at Cape Alava, second day hike 3 miles to Sand Point, third day hike 3 miles out. Campfires allowed at Cape Alava, but not at Sand Point.

Mink Lake to Deer Lake Loop – 2 nights/3 days, forest trip: (moderate) 13.8 miles round trip with 2,100 feet elevation gain. Day one, hike to 2.4 miles to Mink Lake. Day two hike 5.6 miles to Deer Lake. Day three hike 5.8 back to trailhead. Campfires allowed at Mink Lake only

Lake Ozette Coastal Loop – 3 nights/4 days (moderate) 15 miles roundtrip, with 100 elevation gain, first day, hike 3 miles to camp at Cape Alava, second day hike 3 miles to Sand Point, third day hike 3 miles to Yellow Banks and day four hike 6 miles to trailhead. Campfires are allowed at Cape Alava and Yellow Banks, but not at Sand Point.

Seven Lakes Basin Loop – 3 nights/4 days, old growth forest and mountain loop trip: (strenuous) 19.5 miles round trip with 3,500 feet net elevation gain (4,300 feet total roundtrip elevation gain). Day one, hike 3.5 miles to Deer Lake, day two hike 4 miles to Lunch Lake, day three hike 3.5 miles to Heart Lake and day four hike 8 miles to trailhead. No campfires

Seven Lakes Basin to Appleton Pass Loop – 3 nights/4 days, old growth forest and mountain loop trip: (very strenuous) 23.8 miles round trip with 3,500 feet net elevation gain (6,400+ feet total roundtrip elevation gain). Day one, hike 7.3 miles to Appleton pass, day two hike 5.5 miles to Heart Lake, day three hike 3.5 miles to Lunch Lake, day four hike 7.5 miles to trailhead. No campfires

Seven Lakes Basin to Appleton Pass Loop – 4 nights/5 days, old growth forest and mountain loop trip: (strenuous) 24.3 miles round trip with 3,500 feet net elevation gain (6,400+ feet total roundtrip elevation gain). Day one, hike 5 miles to Appleton Junction, day two hike 2.3 miles to Appleton Pass, day three hike 5.5 miles to Heart Lake, day four hike 3.5 miles to Lunch Lake, day five hike 4 miles to Deer Lake and on day five, hike 3.5 miles to trailhead. Campfires allowed only at Appleton Junction.

One-way trips

Sol Duc to Hoh Rainforest One-way – 3 nights/4 days (strenuous) 24.2 miles total with 3,600 feet elevation gain. Starting at the Sol Duc trailhead; day one hike 4.7 miles to the Pot Holes campsite, day two hike 5.5 miles to Hoh Lake, day 3 hike 8 miles the Happy Four site, day four hike 6 miles to Hoh trailhead. Campfires allowed only at the Happy Four site

Sol Duc to Hoh Rainforest One-way – 4 nights/5 days (strenuous) 24.2 miles total with 3,600 feet elevation gain. Starting at the Sol Duc trailhead; day one hike 4.7 miles to the Pot Holes campsite, day two hike 5.5 miles to Hoh Lake, day three hike 4.5 miles the Olympus Guard Station, day four hike 3.5 miles to the Happy Four site and on day five, hike 6 miles to Hoh trailhead. Campfires allowed at the Olympus Guard Station and the Happy Four sites only.

One night (two days)

This will be a perfect easy trip to a close location and the perfect over-night experience to get familiar with backpacking.

Cape Alava – coastal trip: (easy) 3 miles each way, with 100 feet elevation gain. Campfires allowed

Shi Shi Beach – coastal trip: (easy - moderate) 4.3 miles each way with 100 feet elevation gain. Campfires allowed

Hoh Valley Rainforest trip: (easy) 1 – 6 miles each way, with 200 feet elevation gain. Campfires allowed

Canyon Creek - old growth forest trip: (easy) 2 - 3 miles each way with 700 feet elevation gain. Campfires allowed

Sol Duc Valley – old growth forest trip: (easy) 2 - 3 miles each way with 700 feet elevation gain, campfires allowed

Lake Angeles - mountain trip: (moderate) 3.7 miles each way with 2,400 feet elevation gain. No Campfires

Deer Lake - old growth forest trip: (moderate) 3.8 miles each way with 1,600 feet elevation gain. No Campfires

Mink Lake - lowland forest trip: (moderate) 2.4 miles each way with 1,400 feet elevation. Campfires allowed

Two nights (three days)

We suggest spending both nights at the same location. The second day will be spent day hiking and exploring the back-country or just chillin' by a mountain lake or stream. The third day we hike out.

Cape Alava – coastal trip: (easy) 3 miles each way to camp site, with 100 feet elevation gain. Distance of day hike on second day is up to you and the third day we hike out. Campfires allowed

Lake Ozette Coastal Loop (moderate) 9 miles roundtrip, with 100 elevation gain, first day, hike 3 miles to camp at Cape Alava, second day hike 3 miles to Sand Point, third day hike 3 miles out. Campfires allowed at Cape Alava, but not at Sand Point.

Shi Shi Beach – coastal trip: (easy – strenuous depending on day hike on day 2) 4.3 miles each way each way to camp site with 100 feet elevation gain. Distance of day hike on second day is up to you and the third day we hike out. Campfires allowed

Yellow Banks – coastal trip: (moderate) 6 miles each way with 100 feet elevation gain. Day one, hike 6 miles to Yellow Banks, set up a base camp. On day two, day hike south along the coast and day three hike out 6 miles to trailhead. Campfires allowed

Hoh Valley Rainforest trip: (easy) 1 – 6 miles each way each way to camp site with 200 feet elevation gain. Distance of day hike on second day is up to you and the third day we hike out. Campfires allowed

Canyon Creek - old growth forest trip: (easy - moderate) 4 - 6 miles each way each way to camp site with 700 feet elevation gain. Distance of day hike on second day is up to you and the third day we hike out. Campfires allowed

Sol Duc Valley - old growth forest trip: (easy - moderate) 4 - 8 miles each way with 700 feet elevation gain, distance of day hike on second day is up to you and the third day we hike out. Campfires allowed

Lake Angeles - mountain trip: (moderate) 3.7 miles each way each way to camp site with 2,400 feet elevation gain. Distance of day hike on second day is up to you and the third day we hike out. No Campfires

Deer Lake - old growth forest trip: (moderate) 3.8 miles each way each way to camp site with 1,600 feet elevation gain. Distance of day hike on second day is up to you and the third day we hike out. No Campfires

Mink Lake - lowland forest trip: (moderate) 2.4 miles each way each way to camp site with 1,400 feet elevation. Distance of day hike on second day is up to you and the third day we hike out. Campfires allowed

Mink Lake to Deer Lake Loop - forest trip: (moderate) 13.8 miles round trip with 2,100 feet elevation gain. Day one, hike to 2.4 miles to Mink Lake. Day two hike 5.6 miles to Deer Lake. Day three hike 5.8 back to trailhead. Campfires allowed at Mink Lake only

Three nights (four days)

Lake Ozette Coastal Loop (moderate) 15 miles roundtrip, with 100 elevation gain, first day, hike 3 miles to camp at Cape Alava, second day hike 3 miles to Sand Point, third day hike 3 miles to Yellow Banks and day four hike 6 miles to trailhead. Campfires are allowed at Cape Alava and Yellow Banks, but not at Sand Point.

Hoh Valley Rainforest (easy - moderate) 4 – 27 miles round trip (depending on distance you would like to hike, to each campsite), with 300 – 1,200 feet elevation gain. Day one, hike in 1 – 6 miles to a camp location of your choice along the Hoh River. Day 2 hike an additional 1 – 7.5 miles to second campsite along Hoh River. Day 3 start hike out to 3rd night campsite, 1 – 7 miles. Day 4 hike out 1 – 6 miles, (depending on how far you decided to hike in). Campfires allowed

Seven Lakes Basin – old growth forest and mountain trip: (moderate - strenuous) 15+ miles round trip with 2,700+ feet elevation gain. Day one hike 3.5 miles to Deer Lake camp, day 2 hike 4 miles to Lunch Lake and set up base camp for 2 nights. Day 3, day hike 1 - 8 miles around the 7 Lakes Basin area. Day 4 hike 7 miles out. No Campfires

Seven Lakes Basin Loop – old growth forest and mountain loop trip: (strenuous) 19.5 miles round trip with 3,500 feet net elevation gain (4,300 feet total roundtrip elevation gain). Day one, hike 3.5 miles to Deer Lake, day two hike 4 miles to Lunch Lake, day three hike 3.5 miles to Heart Lake and day four hike 8 miles to trailhead. No campfires

Seven Lakes Basin to Appleton Pass Loop – old growth forest and mountain loop trip: (very strenuous) 23.8 miles round trip with 3,500 feet net elevation gain (6,400 feet total roundtrip elevation gain). Day one, hike 7.3 miles to Appleton pass, day two hike 5.3 miles to Heart Lake, day three hike 3.5 miles to Lunch Lake, day four hike 7.5 miles to trailhead. No campfires

Sol Duc to Hoh Rainforest One-way: (strenuous) 24.2 miles total with 3,600 feet elevation gain. Starting at the Sol Duc trailhead; day one hike 4.7 miles to the Pot Holes campsite, day two hike 5.5 miles to Hoh Lake, day 3 hike 8 miles the Happy Four site, day four hike 6 miles to Hoh trailhead. Campfires allowed only at the Happy Four site

Four nights (five days)

Seven Lakes Basin to Appleton Pass Loop – old growth forest and mountain loop trip: (strenuous) 24.3 miles round trip with 3,500 feet net elevation gain (6,400+ feet total roundtrip elevation gain). Day one, hike 5 miles to Appleton Junction, day two hike 2.3 miles to Appleton Pass, day three hike 5.5 miles to Heart Lake, day four hike 3.5 miles to Lunch Lake, day five hike 4 miles to Deer Lake and on the last day, hike 3.5 miles to trailhead. Campfires allowed only at Appleton Junction.

Sol Duc to Hoh Rainforest One-way: (strenuous) 24.2 miles total with 3,600 feet elevation gain. Starting at the Sol Duc trailhead; day one hike 4.7 miles to the Pot Holes campsite, day two hike 5.5 miles to Hoh Lake, day three hike 4.5 miles the Olympus Guard Station, day four hike 3.5 miles to the Happy Four site and on day five, hike 6 miles to Hoh trailhead. Campfires allowed at the Olympus Guard Station and the Happy Four sites only.

Hoh Valley Rainforest (easy - moderate) 6 – 27 miles round trip (depending on distance you would like to hike, to each campsite), with 300 – 1,200 feet elevation gain. There are many camping locations along the Hoh River and we can set up a backpacking trip in this area for as many days, with as many miles as you would like.

Hoh Rainforest to Blue Glacier: (very strenuous) 19.5 miles each way with 3,700 feet elevation gain. Day one hike 6 miles to the Happy Four site along the Hoh River. Day two hike 9.5 miles to the Martin Creek site and set up a base camp. Day three hike 8 miles round trip to the Blue Glacier overlook on a day hike. Day four hike 9.5 miles to the Happy Four site and day five hike 6 miles to trailhead. Campfires allowed

Five nights (six days):

Hoh Rainforest to Blue Glacier: (moderate - strenuous) 19.5 miles each way with 3,700 feet elevation gain. Day one hike 6 miles to the Happy Four site along the Hoh River. Day two hike 3.5 miles to the Olympic Guard Station, day three hike 6 miles to Martin Creek and set up a base camp for. Day four hike 8 miles round trip to the Blue Glacier overlook on a day hike. Day five hike 9.5 miles to the Happy Four site and on day six hike 6 miles to trailhead. Campfires allowed

Six nights (seven days):

Hoh Rainforest to Blue Glacier: (easy - strenuous) 19.5 miles each way with 3,700 feet elevation gain. Day one hike 6 miles to the Happy Four site along the Hoh River. Day two hike 3.5 miles to the Olympic Guard Station, day three hike 6 miles to Martin Creek and set up a base camp for. Day four hike 8 miles round trip to the Blue Glacier overlook on a day hike. Day five hike 6.5 miles to the Olympus Guard Station site. Day six hike 3.5 miles the Five Mile Island site and on day seven hike 5 miles to trailhead. Campfires allowed