

Find What Inspires You

Inspiration Point- Grand Teton National Park

Description

Even the name elicits the romantic views of John Muir. He said, "In every walk of nature, one receives more than they seek." This is surely true for the short, but sweet hike to Inspiration Point, one of the most famous hikes within the bounds of Grand Teton National Park. This hike is best for families, beginner hikers, or those trying to take a rest day before a big adventure. Bath in the glacial waters of Jenny Lake during a hot summer day, watch climbers train on the granite shield above Hidden Falls, or get lost in beauty as you stare into the depths of Cascade Canyon.

Trip Options

Standard Hike (Starting at 2 miles)

Starting at the South Jenny Lake Trailhead (Boat Dock) The trip can be done in either 6 miles round trip (human powered), 4 miles with a one way boat ride (\$10), or 2 miles round trip with a boat assist (\$18).

The Jenny Lake Circumnavigator (Eight Miles)

The full Jenny Lake Loop offers eight miles of ever-changing panoramic views that will surely keep you engaged and entranced. This loop can will start and finish at the South Jenny Lake Visitor center and gains very minimal elevation. It also makes for a great trail run.

To the Beyond: Seeking Solace (Starting at 16 miles)

The Inspiration Point hike can also be combined with the Cascade Canyon Trail that embraces the solace of Lake Solitude deep within the Teton Range (11mi one-way from the visitor center). Meander past the classic climbs of Cascade Canyon. Watch the moose bathing in the glacial waters of Cascade Creek. Become one with the trail as you step further back into our geological time. This trail offers exploration into the heart of the range. Gaze at the intimidating north shoulders of Teewinot, Mount Owen, and the almighty Grand Teton.

Recommendations

Large midday crowds can overpower the beauty of this hike. We recommend an early start and a little help from the "climbers boat". This will shuttle you to within a mile of Hidden Falls. Inspiration Point lays just few hundred vertical feet higher on a well-established, tiered trail.

Expect to see mule deer, ground squirrels, marmots, moose, and the occasional black bear. Store your food accordingly and never leave your gear unattended. Beautiful wildflowers bloom throughout the summer. Mosaics of yellows, whites, purples, pinks and oranges lead you to your destination. The call of the mountain chickadee will remind you that you are surely being watched.

We recommend at least 1 liter of water and some type of sterilization for any water from the streams. Bring at least 100 calories for every mile of hiking. Remember that the trail up Cascade Canyon is an "out and back" meaning: you need to save energy to make it back to dinner in town!

Key Landmarks

Moose Ponds

These ponds are aptly named for their long legged inhabitants. Morning and evening hours are best for watching Moose eat and bath in the swampy waters of the ponds. These large creatures are not to be underestimated. Males can weigh in at 1500 pounds and stand seven feet tall just to their shoulders! They are the most likely to charge (usually bluff) out of any of the large animals in the park. So don't be complacent, and carry bear spray in the event self-defense is needed. Bring your binoculars if they are not trailside as they might be swimming, yes moose swim!

Hidden Falls

This amazing show of power from the mighty Cascade Creek boasts the easiest access landmark in the Teton Range. The terminus of the meandering brook is Hidden Falls. This show of power elicits a beauty rarely seen by most. A stepped waterfall over over 200 feet awaits your splendor. In the months of June and July the mist from the falls will cool you off after your long hike. As the months progress further into summer, the falls start to ebb, but never to the point where they go dry. The character of this ever-changing landmark is what keeps us coming back. Its beauty entrances all.

Inspiration Point

You have reached your high point. Now its time to sit back and let the magical views inspire you. The Gros Ventre Mountain Range stares at you from across the Jackson Hole Valley. To the Southeast (your right) you can see the pyramid of Jackson Peak and the broad mound of Sheep Mountain. To the Northeast (your left) you can see the Absoroka Mountains that connect into Yellowstone and beyond. Behind you lay the Cathedral group. Teewnot, Shoshone for "many pinnacles", shows off its sublime spires that defend it from the North. Mt. Owen shows of its seasonal hanging snowfields upon its northeast face. The Grand Teton barely shows its prestigious North face, the site of many epics and a test piece for any bold mountaineer.

Map Files:



Details included in your map files:



Elevation Profile

range 6788' to 7162' gain 666' loss 479' exaggeration 11.8x



Slope Angle (top), Land Cover (middle), Tree Cover (bottom)

