

Walking the Rims

North Rim Walks & Overlooks

Accessible Walkways & Overlooks

Each overlook area has wheelchair-accessible views and walkways, so be sure to explore them. Some lead from the overlooks' walkways, others extend past the parking areas.

Brink of Lower Falls Trail

Every second, an average of 37,417 gallons (141,809 liters) of water plunges 308 ft (93 m) over Lower Falls. You can view this power from several paved overlooks adjacent to the parking lot. Or you can descend to the brink on a steep trail that drops 600 ft/180 m (**not recommended for those with heart, lung, or other health conditions**). View Upper Falls from a short spur at the trail's beginning. Trails closed in winter.

Lookout & Red Rock Points

View the canyon from several paved overlooks adjacent to the parking lot. For a full view of Lower Falls, follow the trail that begins at the Lookout Point signs, bearing left at the fork. Look in the canyon for osprey nests and signs of hot springs (wet, rust-colored rocks or steam). The trail below you, Red Rock Trail, takes the hardy visitor close enough to feel the spray. To reach this trail from the parking lot, bear right at the fork. The trail includes many steps and drops 500 feet (150 m) in about $\frac{3}{8}$ mile (0.6 km) **and is not recommended for visitors with heart, lung, or other health conditions**. Red Rock Trail is closed in winter.

Grand View

For a colorful and accessible view of the canyon, bear left at the fork in the walkway; the right fork is part of the North Rim Trail. You can see the river snaking through the rocks as it rushes downstream. Stop to rest on benches cut from stone and listen to the roar of Lower Falls.

Grand View to P Loop

This half-mile (0.8 km) paved trail begins at the Grand View parking area and ends at the P26 cabin in Canyon Village. This trail is especially pleasant in the early morning.

Inspiration Point

Turn right on a two-way road that takes you to this viewpoint. Enjoy the wheelchair-accessible view along the edge of the parking lot. The overlook is down more than 50 steps. Rest on the

benches and enjoy the views; halfway down you can glimpse the Lower Falls of the Yellowstone. From the overlook, view the canyon upstream and downstream, watch the acrobatic flights of birds, and smell the sulfur from hydrothermal features far below.

On the way back to North Rim Drive, stop at Glacial Boulder. This enormous boulder came from the Beartooth Plateau, which is beyond the northeast corner of the park. As a glacier scraped down from those mountains, it deposited this and other boulders.

Brink of Upper Falls

To reach this dramatic view, drive south from Canyon Junction on the Grand Loop Road and turn left onto the spur road. Shorter than Lower Falls, Upper Falls (109 ft/33 m) is impressive in its own way. As you walk toward the overlook, listen to the rush of water. Then proceed down the steps and around the corner to view the colliding currents rushing pellmell over the brink. Look for rainbows in the afternoon. For a wheelchair-accessible view, bear right before the stairs and continue a short distance on the paved surface (also part of the North Rim Trail). Trails can be icy or snow-covered in cold weather and may be closed in winter.

North Rim Trail

Portions of this trail are paved and wheelchair-accessible, especially near the major overlooks. The full-length walk is almost 3 miles (4.8 km). You can begin at either end; this description begins at the Wapiti Lake Trailhead on South Rim Drive near Chittenden Bridge. The first $\frac{1}{2}$ mile (0.8 km) takes you close to the river and the brink of the Upper Falls, described above. You'll cross Cascade Creek above Crystal Falls, then continue another $\frac{1}{2}$ mile (0.8 km) to the trail leading to Brink of Lower Falls Trail. Next you'll come to Lookout Point ($\frac{1}{2}$ mile/0.8 km), to Grand View ($\frac{1}{4}$ mile/0.4 km), and finally to Inspiration Point (slightly more than 1 mile/1.6 km). The trail between Lookout Point and Grand View is paved and wheelchair-accessible.