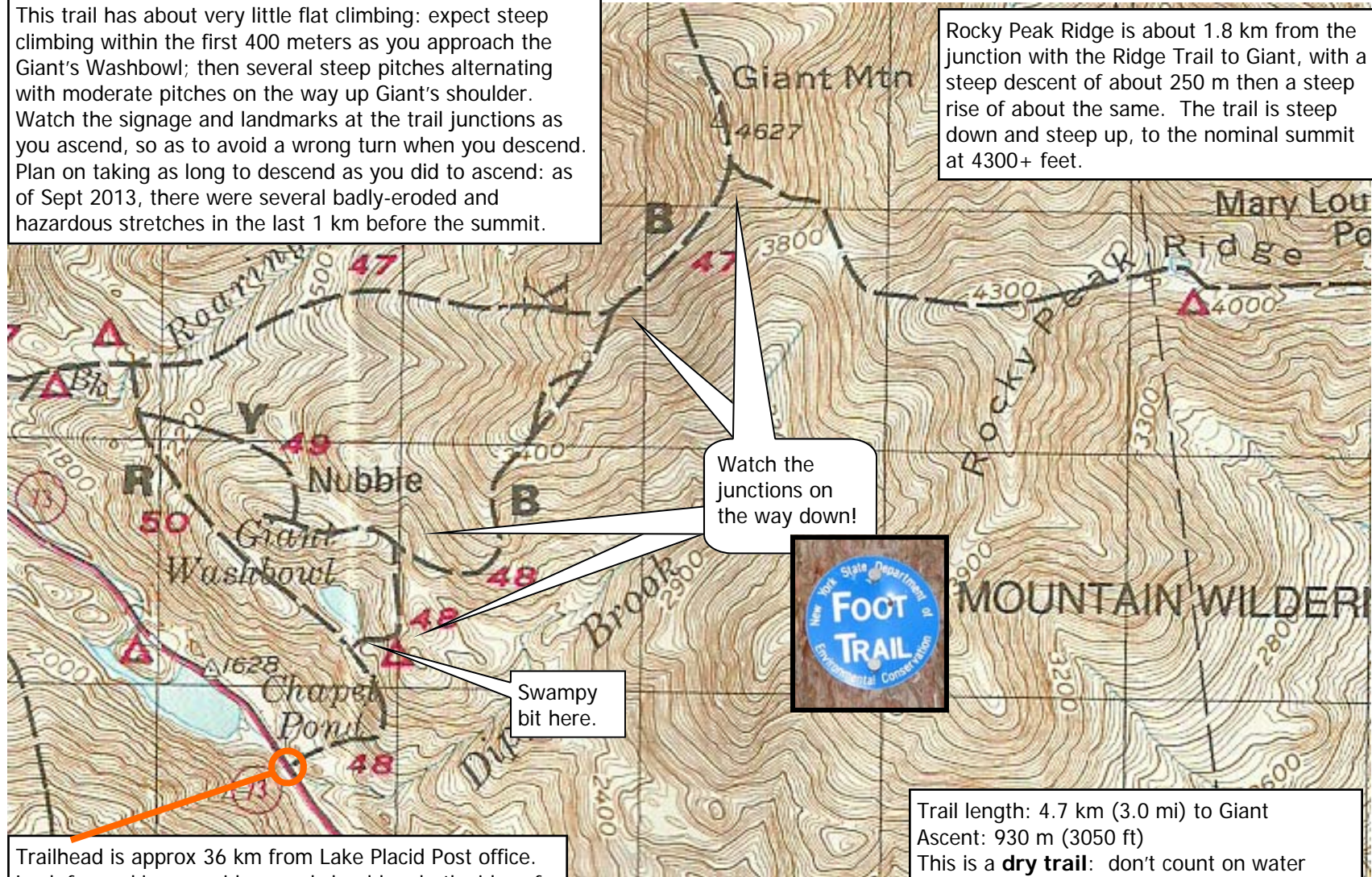


# GIANT & Rocky Peak via the Ridge Trail from Chapel Pond, Route 73 Lengthy Day Hike

Use this map at your own risk.

This trail has about very little flat climbing: expect steep climbing within the first 400 meters as you approach the Giant's Washbowl; then several steep pitches alternating with moderate pitches on the way up Giant's shoulder. Watch the signage and landmarks at the trail junctions as you ascend, so as to avoid a wrong turn when you descend. Plan on taking as long to descend as you did to ascend: as of Sept 2013, there were several badly-eroded and hazardous stretches in the last 1 km before the summit.

Rocky Peak Ridge is about 1.8 km from the junction with the Ridge Trail to Giant, with a steep descent of about 250 m then a steep rise of about the same. The trail is steep down and steep up, to the nominal summit at 4300+ feet.



Trailhead is approx 36 km from Lake Placid Post office. Look for parking on wide paved shoulders both sides of highway, approx 150 m south of Chapel Pond.

Trail length: 4.7 km (3.0 mi) to Giant  
Ascent: 930 m (3050 ft)  
This is a **dry trail**: don't count on water anywhere along the way unless you have a robust filter for use at the Washbowl.

Revised 2013-09-30