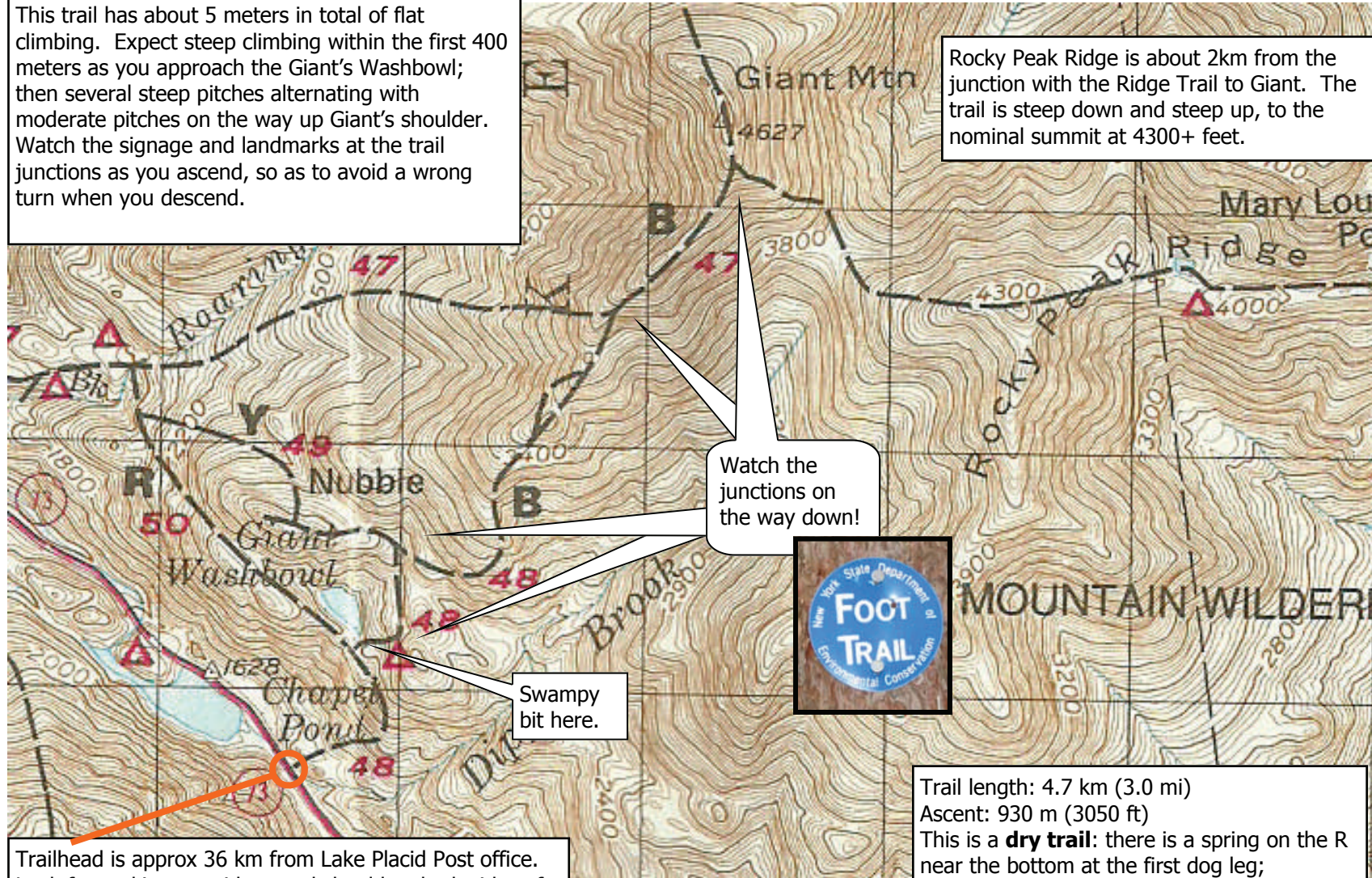


# GIANT & Rocky Peak via the Ridge Trail from Chapel Pond, Route 73 Lengthy Day Hike

Use this map at your own risk.

This trail has about 5 meters in total of 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.

Rocky Peak Ridge is about 2km from the junction with the Ridge Trail to Giant. The trail is steep down and steep up, to the nominal summit at 4300+ feet.



Watch the junctions on the way down!

Swampy bit here.

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)  
Ascent: 930 m (3050 ft)  
This is a **dry trail**: there is a spring on the R near the bottom at the first dog leg; otherwise, don't count on water anywhere else.