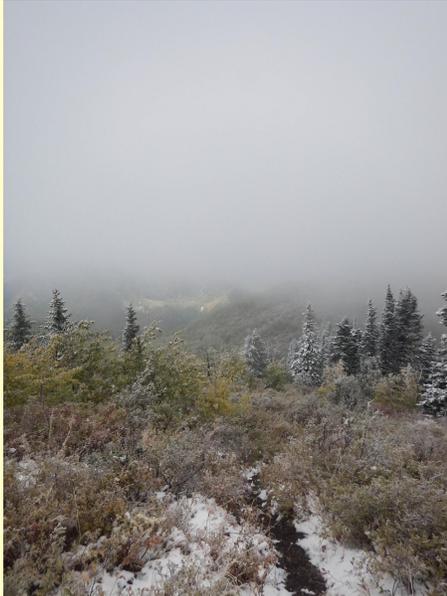




LAMBS CANYON PASS AND MILLVUE PEAK - MILLCREEK CANYON



Rating: Moderate/Strenuous

Length: 3-5 hours (3.5-5 miles)

Gear: Standard Hiking Gear

Maps: MOUNT AIRE, UT;

Water: A stream follows the first 0.75 or so miles, then none.

Season: Summer, Fall

Waypoints:

Trailhead	12T 441717mE 4506449mN N40° 42' 25" W111° 41' 24"
Jct - Right	12T 441749mE 4506745mN N40° 42' 34" W111° 41' 23"
Millvue Jct	12T 442915mE 4506356mN N40° 42' 22" W111° 40' 33"
Millvue Summit	12T 443772mE 4505973mN N40° 42' 10" W111° 39' 56"

Hype

Like most Millcreek Canyon hikes, this is a steep one! That being said, the effort is worth it in my opinion. The hike is broken up into two different parts. Section one climbs to the pass and returns the same way. This is about 1.75 miles and 1,700 ft elevation gain one way. A solid workout!

Those wanting more can continue to Millvue Peak, which clocks in at about 2.5 miles and nearly 2700' of elevation gain ONE WAY. An overachiever workout! Millvue is the local name for the peak at elevation 8,926' to the east of Lambs Pass. It is not named on the USGS quads.

Both sections of the hike have big views of Millcreek Canyon. In fall, in particular, the leaves and dusting of snow on higher peaks are spectacular.

Note: Millvue Peak can also be hiked from Lambs Canyon, though if hiking with dogs, you must use the Millcreek Route. The hike to the pass is on a well used and official trail. The route from the pass to the peak is a mostly well used social trail that may require a little route finding and bushwacking in a few spots.

Note: From November 1st through July 1st, Millcreek Canyon is closed about 1.25 miles (one way) below the trailhead. This adds 2.5 miles roundtrip and another 600 feet of elevation gain to the hike

and takes at least a little bit of the fun out of it in my opinion. Fall is an exquisite time to visit when the leaves are changing and the hills are lit in color.

Tags: peak, hike, wildflowers, fall colors, dog friendly, beginner, access: paved

Trailhead

Millcreek Canyon is on the east side of the Salt Lake Valley, just south of I-80 and Parleys Canyon. To get there, take I-215 South from I-80 and take exit 4 off of I-215 and go left (east) on 3900 South.

Turn left on Wasatch Blvd just after crossing under the highway, then the next right on Millcreek Canyon Road.

0.7 miles from the junction of Wasatch Blvd and Millcreek Canyon Road is the entrance to Millcreek Canyon and the pay booth.

Note: The upper road section above 3.8 miles is closed from November until July 1st. Upper canyon hikes are best done in the summer or fall to avoid a fair bit of road walking.

Mileage below is from the pay booth.

- 0.7 miles - Pipeline Trailhead on the left (north).
- 2.4 miles - Church Fork Trailhead on the left (north).
- 2.5 miles - Desolation on the right (south).
- 3.4 miles - Porter Fork on the right (south).
- 3.5 miles - Burch Hollow Trailhead (north).
- 3.7 miles - Terraces Picnic Area / Trailhead (south).
- 3.8 miles - Winter Gate Closure
- 5.4 miles - Elbow Fork Trailhead (Mount Aire and Lambs Canyon Pass/Millvue Peak)

Route

From the Elbow Fork Trailhead, follow the trail on the north side of the canyon. It passes a restroom, then meanders up along the stream. In just a few short minutes, a junction is reached. Left goes to Mt Aire, go right, toward Lambs Canyon.

The trail follows, then crosses the stream as it climbs steeply along the stream. It finally leaves the stream and begins a wide traverse and switchback up to the Lambs Canyon Pass.

Millvue Peak

From the pass, just before the wooden sign, a social trail takes off on the right, heading up the slope. This is the social trail to Millvue Peak. Follow it as meanders up along the ridge. In places, it can be a bit overgrown, but only for a few short sections.

The social trail climbs steeply to a utility building before a final short meander to the top and hopefully stunning views. If you happen to visit on a cloudy day as I did, you may consider it Mill-NOT-vue Peak.

Return the same way.

