



MILL CREEK RIDGE - LAMBS CANYON



Rating: Easy Hiking

Length: 2-3 hours (4.2 miles / 1500' of gain)

Gear: Standard Hiking Gear

Maps: Mount Aire, UT;

Water: None, bring all you need.

Season: Summer, Fall

Waypoints:

Trailhead

12T 444420mE 4508015mN

N40° 43' 16" W111° 39' 29"

Ridge

12T 442930mE 4506361mN

N40° 42' 22" W111° 40' 32"

Hype

Often overlooked, Lambs Canyon offers one official trail (this one) that ascends up to the Mill Creek Ridge. The trail has been recently improved. It goes into shade by late afternoon, and the 4.2 mile distance makes a good 2-3 hour hike for most. Good scenery, afternoon shade, wild flowers, and fall colors make this a good choice if your looking for a less popular hike near the Wasatch Front.

Note: Access is almost as close as Mill Creek from the Salt Lake Valley, and the road is open from early summer through fall.

Tags: *hike, wildflowers, fall colors, family friendly, access: paved*

Trailhead

From Salt Lake City, take I-80 East. About 10 miles from the city, take exit 137 for Lambs Canyon, and go right off the highway into Lambs Canyon.

Follow Lambs Canyon about 1.6 miles. There is a parking area, restroom and picnic area on the left. This is the trailhead, the trail starts across the road.

Route

From the trailhead, the trail crosses the stream on a bridge, then begins its ascent. It meanders up through aspen and Douglas firs along the stream with an abundance of wild flowers and wild raspberries lining the trail along the way. Keep an eye out for moose that are frequently spotted in this area.

The trail switchbacks and leaves the stream as the stream gets smaller near its head. Here the trail steepens on its final ascent to the ridge and makes a sweeping switchback to the east, then back west and gradually up the final section to the saddle.

The saddle is the recommended turn around. You can, however, continue on the trail and descend into Mill Creek at Elbow Fork, or bushwhack to the east up to the next peak, Mill Vue peak, though the route looks quite bushy and overgrown.

From the saddle, the prominent peak almost due south with the rock cliffs on its west side is Mount Raymond. This vantage also offers good views west into the Salt Lake Valley and of Grandeur Peak. Return the same way.

