



Wallowa-Whitman National Forest

Wallowa Mountains Visitor Center
201 East 2nd Street P.O. Box 905
Joseph, OR 97846
(541) 426-5546
www.fs.usda.gov/wallowa-whitman

Eagle Cap Wilderness

**BOWMAN, SWAMP, LONG LAKE TRAILS
#1651 to #1675 to #1669**

TRAIL BEGINNING:

Bowman Trailhead

TRAIL ENDING:

Steamboat Lake, Swamp Lake, and Long Lake

ACCESS:

Take State Highway #82 to Lostine and go south on the Lostine River Road #8210. The trailhead is located 14 miles south of the junction with State Highway #82. The first 6 miles are paved and the last 7 miles are graveled.

ATTRACTIONS:

The Bowman Trail is a major access point for hikers and horses into the Eagle Cap Wilderness. The trail provides access to Chimney, Hobo, Laverty and Wood lakes as well as Brownie Basin and North Minam Meadows. The area is surrounded by steep rocky mountain ranges framed by a lush green valley. Alpine lakes are within a short distance of North Minam Meadows. The lakes offer fishing for eastern brook and rainbow trout with excellent opportunities to view elk and deer. There is water available along most of the route, but be prepared for areas in between water sources. We recommend taking water from natural springs and clear sources where possible, using a filter suitable for Giardia and other micro-organisms, or boiling your drinking water for at least five minutes.

CONSIDERATIONS:

Northwest Forest Passes are required at the Bowman Trailhead

This trail has a moderate to steep grade with several switchbacks. There are several stream crossings along the route. There is limited parking at the trailhead so trucks and stock trailers need to park at Lillyville Trailhead. The trailhead has a stock ramp, hitch rails, picnic area, and outhouse facilities.

Wallowa-Whitman National Forest: Email: r6_ww_web_correspondence@fs.fed.us
Eagle Cap/Hells Canyon NRA/Wallowa Valley Ranger District in Joseph, OR: 541-426-5546, 541-426-4978
Hells Canyon NRA in Clarkston, WA: 509-758-0616; **Riggins, ID:** 208-628-3916
Hells Canyon Boat Launch: 541-785-3395
La Grande Ranger District: 541-963-7186
Whitman Ranger District in Baker City, OR: 541-523-6391; **Halfway, OR:** 541-742-7511

Length: 19 miles one-way

Restrictions: See Eagle Cap Wilderness Regulations

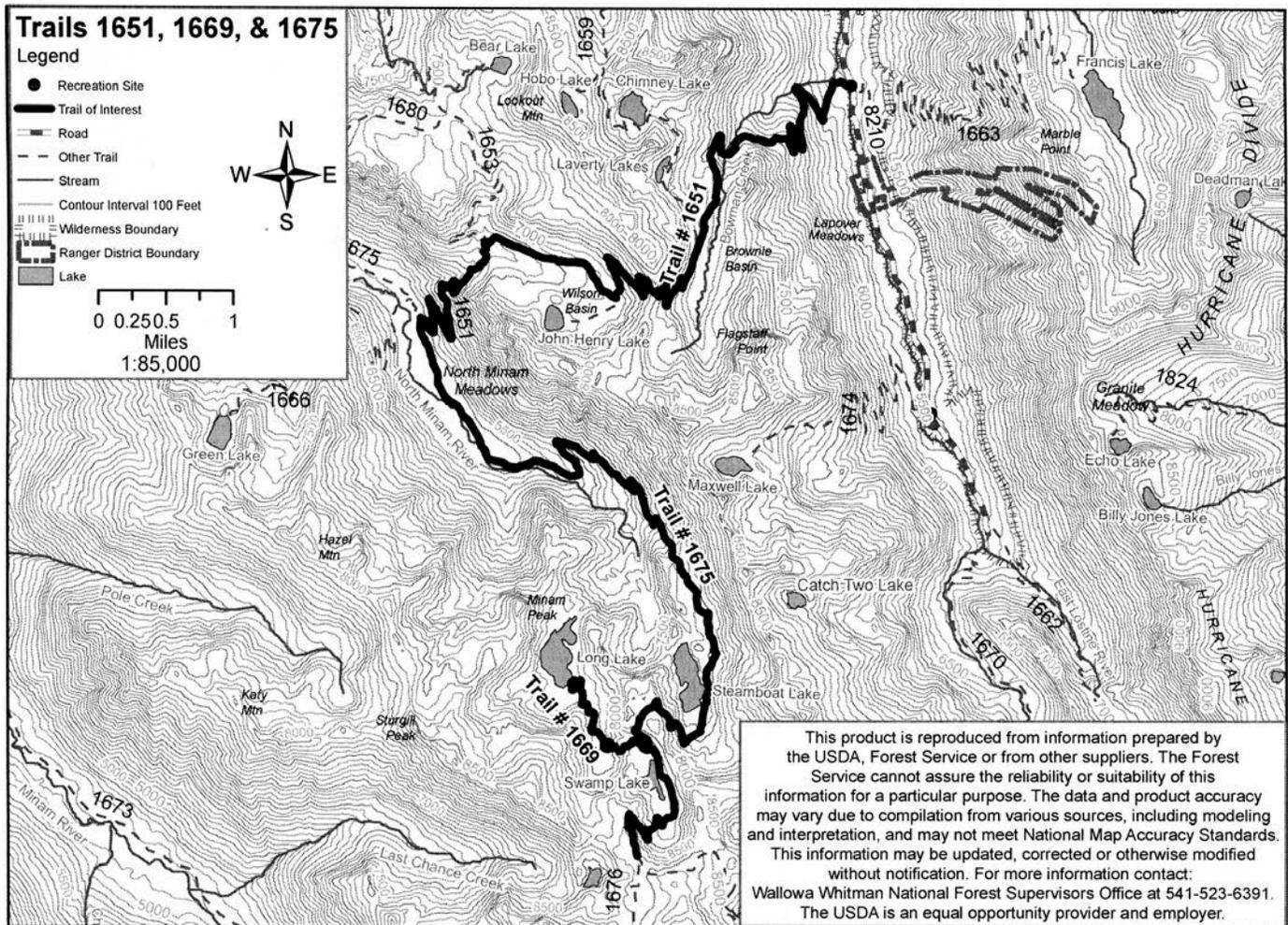
Distance from Trailhead to Lakes:
17 miles to Steamboat Lake
18 miles to Swamp Lake
19 miles to Long Lake

Recommended Season: Summer and fall

Use: Moderate to heavy use in summer and fall (horses & hikers)

Elevation: Trailhead 5,200'
Steamboat Lake 7,360'
Swamp Lake 7,840'
Long Lake 8,001'

Difficulty: More difficult



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Please refer to National Forest map for complete trail system.

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