



## Chapter 14: Parley's Canyon

### Trail 51--Lambs Canyon Trail to Mill Creek Ridge Overlook

**Duration:** 3 Hours

**Distance:** 1.75 miles to the Pass; 3.5 miles out-and-back

**Difficulty:** Strenuous

**Trailhead:** Lambs Canyon Pass

**Elevation:** Trailhead 6630'; Pass 8170'

**Avalanche:** Known avalanche paths

**Map:** Mount Aire 7.5' quad

**GPS Trip Log:** Overlook: 12 T 0442988/4506160

**Dogs:** Not Allowed

**Introduction:** Because of the solitude and beauty, this trail is one of my favorites. It doesn't see the traffic that many of the other canyons do, but the hillside is strewn with quaking aspen and evergreens. The path crosses near the creek while in the main canyon, and once you're at the top you have a view into beautiful Mill Creek Canyon.

**How to get there:** Lambs Canyon/Exit 137 is found 7 miles up Parley's Canyon on I-80. Head up Lambs Canyon, the roads are usually plowed. Drive 1.5 miles up Lambs Canyon to the Lambs Canyon trailhead. The trailhead sits across from the restroom, on the west side of the road.

**Trail Description:** The trail is marked with a nice trailhead marker, but the snow may be too high to see the sign. Use the restroom as your trailhead/parking indicator. The trail begins on the west side of the road and starts by crossing a small bridge over the creek. The trail then switchbacks its way up into the main drainage where it heads straight up canyon, or west between the cleavage of the mountain. The creek disappears as the climb grows steeper. Once you reach the top of the main drainage, the trail heads to the south/left and switchbacks with long wide switchbacks up that face to the top/west of the drainage you just came up. At times the trail runs south, and at times west. If you're breaking trail, the best way to find the ridge is to simply know where you're headed and climb your way up along the faces indicated. There are no definitive trail markers along this route. The top ridge connects to the Elbow Fork trail from Mill Creek Canyon.

If you planned a shuttle car ahead of time you could descend into Mill Creek Canyon and proceed down canyon from Elbow Fork (a section of the road below Elbow Fork is closed off for winter recreation.). Or you can return the way you came to your car in Lambs Canyon.