

Frog Lake Overlook

Tuesday, July 21, 2026

GENERAL LOCATION: Donner Summit

DIFFICULTY: Strenuous due to high altitude and elevation gain.

HIKE DISTANCE: 8 miles +/-

ELEVATION GAIN: 1,600 feet / starting elevation 7,200 feet

PACE: Moderate

TRAIL CONDITIONS: Typically single track trail, with mixture of rocky stretches and dirt. Occasional steep stretches on upper trail. Multiple trees across the trail during pre-hike to step over or go around. Various segments through forest and meadows through most of the hike, with open trail in last segment to Overlook.

DESCRIPTION: Start from PCT parking lot, pass through the tunnel under I-80, hike up east flank of Castle Peak on the Warren Lake Trail, branch off to Frog Lake Overlook. Excellent 350 degree views from overlook. Plan to bring a lunch to eat at Frog Lake Overlook.

FACILITIES: Toilets where we will park at the PCT trailhead.

TRAVEL TIME/DISTANCE: Approximately 75 minute drive, 60 miles. Meet at 7:30am at Orchard Creek. Return to Lincoln by approximately 4:00 PM. Highway construction on I-80 E & W.

DONATION: Donation of \$12 is suggested for riders.

HIKE LEADER/SWEEP: Leader- Tom Denzler / Sweep- TBD

PREPARATIONS FOR HIKE:

- Being prepared physically as well as having the right equipment makes for a better experience, not only for you, but for your fellow hikers.
- **If you have any health issues, please consider your condition before hiking at high altitude or at a fast pace.**

WHAT TO BRING:

- **PLENTY OF WATER!** Recommend a minimum of 50 oz/ 1.5 liters, more if it is warm. Electrolytes suggested. High altitude is dehydrating.
- Hiking boots/shoes, hat, sun protection, insect repellent, and small first aid kit. Light jacket helpful for rain/wind, and trekking poles are very helpful for navigating rocky uphill/downhill trail segments and streams.
- ID (drivers license) , health insurance card, and emergency contact info.
- Extra pair of shoes to change into after hike and a bag to carry muddy or dusty boots/shoes in your driver's vehicle.

DIRECTIONS TO FROG LAKE OVERLOOK TRAILHEAD Hike starts at the Pacific Crest Trail parking lot off I-80 Exit 176, turn right and a quick left on Boral Ridge Road past the motel to the PCT trailhead. Don't go to eastbound rest area or you will end up in Truckee and have to circle back.

Or navigate to: Donner Summit SNO-Park on Boreal Ridge Road and park in the lot there.

ALLTRAILS: [Frog Lake Overlook](#)