

# 登山小径推荐

## Hiking Trail Recommendation

### 尼塔尼山环路

Mount Nitty loop

5英里，爬升941英尺/平均耗时2小时25分钟  
5mi, 941ft/ Avg 2hrs 25min

### 蝴蝶路

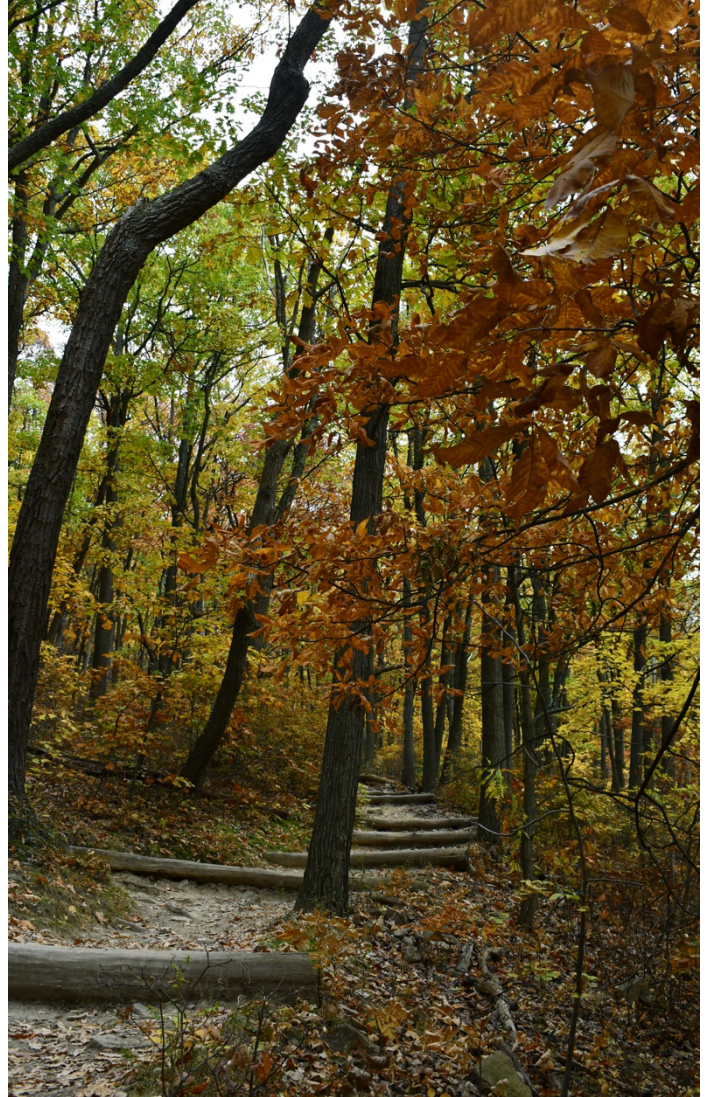
Butterfly Trail

1.9英里，爬升78英尺/平均耗时37分钟  
1.9mi, 78ft/ Avg 37min

### 熊草地环路

Bear Meadows loop

3.5英里，爬升134英尺 / 平均耗时1小时8分钟  
3.5mi, 134ft/ Avg 1hrs 8min



### Little Flat 火塔/Mid State 路交叉口 到 Shingletown Gap 路

Little Flat Fire Tower/Mid State Trail to Shingletown Gap trail

5.3英里，爬升597英尺/平均耗时2小时8分钟  
5.3mi, 597ft/ Avg 2hrs 8min