



INFORMATION FOR VISITORS WITH SPECIAL NEEDS

ACCESS!

Although not all facilities in the park are accessible, efforts to improve accessibility are underway. This bulletin contains the most up-to-date information available. Suggestions for improvements to this bulletin and comments regarding accessibility are welcome.

Contact: Superintendent, Rocky Mountain National Park, Estes Park, CO 80517. For further information, call 970-586-1206, e-mail romo_information@nps.gov, or visit the park's website at nps.gov/romo.

DEFINITIONS USED IN THIS BULLETIN

Fully Accessible =

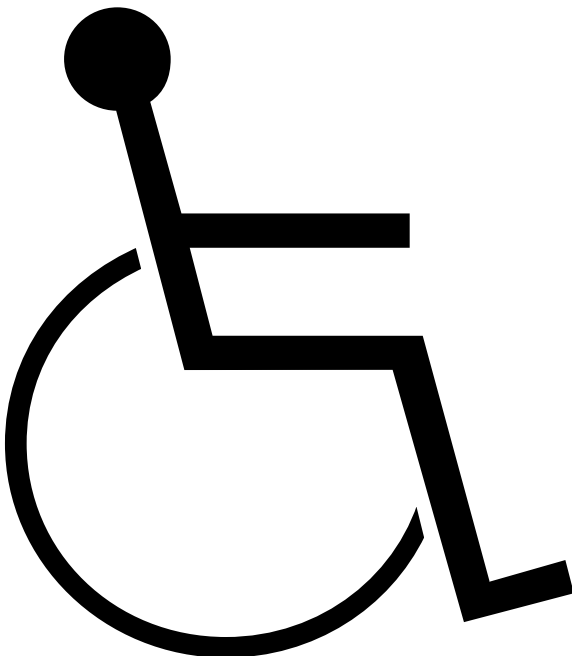
In full compliance with Architectural Barriers Act Accessibility Guidelines (ABAG).

Moderately Accessible =

Does not fully meet ABAG code requirements. Wheelchair access is possible for those able to negotiate greater challenges.

Marginally Accessible =

Walks and trails are steeper than allowed by ABAG code and/or lack adequate resting areas. Toilet facilities and buildings are useable, but do not meet UFAS code requirements for space or access.



GENERAL INFORMATION

EMERGENCIES

National Park Service rangers are available to help if an emergency occurs. For help, call 911, or 970-586-1203, contact a ranger, or use one of the five emergency telephones. Locations of the emergency telephones are indicated in blue on the official park map.

MEDICAL SERVICES

Two medical facilities are adjacent to the park. Estes Park Medical Center (970-586-2317), in the town of Estes Park, is on the east side of the park. Centura Health-Medical Center (970-887-2117), in the town of Granby, is on the west side of the park, 14 miles south of the Grand Lake Entrance near the junction of U.S. Highways 34 and 40.

For medications and prescriptions, there are three pharmacies in the town of Estes Park and one each in the towns of Grand Lake and Granby.



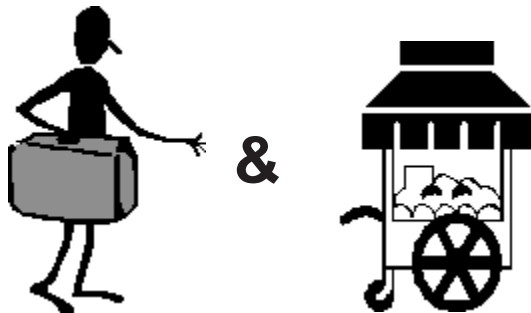
COMMUNICATIONS

TTY (Text Telephone) calls for park information can be made to 970-586-1319. This telephone is in operation daily from 8:00 a.m. to 5:00 p.m.

TTY service is available at the Estes Park Public Library, 335 E. Elkhorn Ave. in Estes Park to make outgoing TTY calls.

Library hours are:

- Summer - M-Th. 9:00 a.m. - 9:00 p.m.
- F-Sat. 9:00 a.m. - 5:00 p.m.
- Sun. 1:00 p.m. - 5:00 p.m.
- Winter - Library opens at 10:00 a.m.; same closing hours.



ACCOMMODATIONS & FOOD

The towns of Estes Park and Grand Lake have accommodations, food, and other services. Within the park, snack foods are available at the Trail Ridge Store on Trail Ridge Road adjacent to the Alpine Visitor Center. The store is open from late May to early October, weather conditions permitting.

Telephone Relay Service (TRS) is available through the State of Colorado on a 24 hours a day basis. Call:

- 1-800-659-3656 (Voice)
- 1-800-659-2656 (TTY)

FEEES AND PASSES

America the Beautiful – National Parks and Federal Recreational Lands Access Pass--A Free lifetime pass for U.S. citizens or permanent residents with permanent disabilities.



America the Beautiful – National Parks and Federal Recreational Lands Senior Pass--A \$10 lifetime pass for U.S. citizens or permanent residents age 62 or over.

Holders of Access and Senior Passes receive a 50% discount on campground fees in National Park Service and National Forest areas.

Passes may be obtained and/or purchased at park entrance stations.

PARKING

All park visitor centers have designated parking spaces marked with the International Symbol for Accessibility (ISA). Vehicles using these spaces must display the ISA symbol and/or have license plates with the ISA symbol. If temporary parking permits are required they are available at any visitor center or entrance station.

MOBILITY AIDES

ASSISTANCE ANIMALS

Animals trained to serve as aids for people with medical, mobility, hearing, or visual impairments are allowed throughout areas of the park otherwise closed to domestic pets. These areas include hiking trails, buildings, and picnic areas. An assistance animal must be assisting a person with a disability. Any waste left by the animal must be disposed of in proper receptacles.

Because dogs and other pets are normally prohibited in some areas of Rocky Mountain National Park, visitors traveling with service animals should be prepared to provide basic information: the animal is assisting a person with a disability, what service the animal provides, and how the animal was trained.

WHEELCHAIR LOAN

The Estes Park Quota Club has wheelchairs and other hospital equipment available for loan. Arrangements can be made by calling the Estes Park Medical Center at 970-586-2317. A small, refundable deposit is required on all equipment.



ACCESSIBLE FACILITIES

Alpine Visitor Center

Open summer only; elevation 11,796 ft. (3,595 m). ISA-designated parking and curb cuts. Fully accessible indoor restrooms open only when visitor center is open. Fully accessible vault toilets available 24 hours a day. Center includes a drinking fountain, bookstore, information desk, ranger-led programs, and exhibits on the Alpine Tundra region.

Trail Ridge Store is a commercial facility that is marginally accessible. The store, adjacent to the Alpine Visitor Center, includes a gift shop and snack bar.

Backcountry Office

Not accessible. For backcountry information, reservations, and **lost and found items** call 970-586-1242.

Beaver Meadows Visitor Center/Park Headquarters

Open all year.

Upper level--Moderately accessible. Main parking lot has ISA-designated parking and a curb cut. Accessible bookstore and one lowered public telephone.

Accessible drinking fountain and restrooms adjacent to the visitor center. A lowered park relief map is in the lobby. Ranger talks are sometimes offered.

Lower Level --Marginally accessible. Enter from lower parking lot in rear of building; ramp is steep. The auditorium is moderately accessible, as are the restrooms and drinking fountain. A park orientation film is shown in the auditorium.

Fall River Visitor Center

Open daily spring, summer, and fall and on weekends during the winter. All facilities are ISA-accessible including ISA-designated parking and curb cuts. The lower level can be reached via an elevator from upper level. Fully accessible restrooms are located in the adjacent store via a covered walkway. The upper level has wildlife exhibits and visitor information. The lower level has a children's discovery room. Ranger talks are sometimes offered.

Kawuneeche Visitor Center

Open all year with ISA-designated parking and curb cuts, accessible drinking fountain, bookstore, information desk, auditorium, and exhibits. Accessible restrooms are adjacent to the visitor center. Ranger talks are sometimes offered. A park orientation film is shown in the auditorium.

Moraine Park Museum

Open spring, summer and early fall only with ISA-designated parking and curb cut. A wheelchair accessible lift connects the first and second floors; staff assistance is required. Accessible restrooms, drinking fountain, bookstore, information desk, sitting area with fireplace and an art gallery are on the first floor. Natural and cultural history exhibits are located on the second floor. Ranger-led programs are offered.

Endovalley Picnic Area

Fully accessible picnic tables and vault toilets. Located on Endovalley Road off Fall River Road.

CAMPING and CAMPGROUNDS

Five campgrounds are in the park. Moraine Park and Glacier Basin take reservations for the period between mid-May and mid-September. For reservations call 1-877-444-6777 or go online at www.recreation.gov. The other three campgrounds - Aspenglen, Longs Peak, and Timber Creek - are on a first-come, first-served basis.

Moraine Park, Longs Peak, and Timber Creek campgrounds are open throughout the year. Glacier Basin and Aspenglen campgrounds are open for the summer season only (late May to mid-September).

None of the campgrounds have shower facilities or hookups for water, electricity, or sewer. Longs Peak Campground is for tents only.

Aspenglen Campground

No ISA-designated sites are at the campground. There is one marginally accessible restroom. The amphitheater is moderately accessible.

Glacier Basin Campground

Four ISA-designated sites are at the campground; they are close to fully accessible restrooms. The amphitheater is marginally accessible.

Longs Peak Campground

There are no ISA-designated sites at the campground.

Moraine Park Campground

Four ISA-designated sites are at the campground. There is a fully accessible restroom adjacent to the camp sites. The amphitheater is fully accessible.

Timber Creek Campground

Four ISA-designated sites are at the campground. One restroom is moderately accessible. The amphitheater is fully accessible.



Backcountry Camping

One backcountry area is accessible, Sprague Lake Camp. The camping area accommodates twelve people and is moderately accessible. The vault toilet is fully accessible. The area includes picnic tables and a fire ring with grill.

Sprague Lake Camp is reached from the Sprague Lake parking area via a fully accessible trail. The parking area has several ISA-designated spaces and fully accessible restrooms.

Reservations must be made for Sprague Lake Camp and a backcountry permit obtained; both are available from the Backcountry Offices at the Beaver Meadows Visitor Center at park headquarters or at the Kawuneeche Visitor Center on the west side of the park. Call the Backcountry Office at 970-586-1242 or write: Backcountry Office, Rocky Mountain National Park, Estes Park, CO 80517. The camp has a three-night camping limit.

TRAIL RIDGE ROAD - VIEW AREAS AND FACILITIES

The descriptions that follow are for travel from east to west along Trail Ridge Road (from the town of Estes Park to the town of Grand Lake).

Beaver Boardwalk

A wooden walkway goes through an area once occupied and altered by beavers. The parking area has no ISA-designated parking sites. The ramp to the walkway is moderately steep.

Hidden Valley Snowplay & Picnic Area

A picnic shelter and fully accessible restroom facility adjoin the parking lot. A 3,200 foot long nature trail, of which 400 feet is paved and fully accessible, has picnic sites.

Many Parks Curve Overlook

Views of Longs Peak and the Estes Valley can be seen from the east-end parking lot. Trail from the west end parking lot to the east end viewing area is moderately accessible; it requires crossing two lanes of traffic. Neither parking lot has any ISA-designated parking spaces.

Rainbow Curve Overlook

Overlook is of the Mummy Range, Horseshoe Park and east. No ISA-designated parking is provided, but a curb cut and sidewalk make the area moderately accessible. The vault toilet is fully accessible.

Forest Canyon Overlook

A paved trail leads from the parking lot to an overlook with a view into Forest Canyon and the mountains beyond. The trail is paved, uneven and steep in places; it is marginally accessible. The parking lot has ISA-designated parking spaces.

Rock Cut and Tundra Nature Trail

The parking area has ISA-designated parking spaces and curb cuts to sidewalk. Two fully accessible toilets are available. The Toll Memorial trail is paved; it is extremely steep and uneven and therefore marginally accessible.

Trail Ridge Store

Alongside the Alpine Visitor Center is the Trail Ridge Store, operated by a concessionaire. Gifts, snack bar and assorted merchandise are available. The parking area has moderately accessible parking and curb cuts. Fully accessible restrooms are located indoors at the Alpine Visitor Center. Fully accessible vault toilets are located in the parking lot.

Milner Pass

The Continental Divide and Poudre Lake are at Milner Pass. ISA-designated parking spaces are available. The vault toilets are fully accessible.

Lake Irene

Picnic tables, a small lake, and views of the surrounding mountains are at the Lake Irene area. The parking lot has ISA-designated spaces. Vault toilets are fully accessible. Access to the picnic tables is accessible. The trail to the lake is steep and has steps; it is not accessible.

Colorado River Trailhead

Access to fishing spots along the Colorado River and picnic tables is marginally accessible. The vault toilets are fully accessible.

Continued... 

TRAIL RIDGE ROAD (continued)

Timber Lake Trailhead

This is a strenuous trail leading to high mountain lakes. No ISA-designated parking is available. Fully accessible vault toilets are located in the parking lot.

Holzwarth Historic Site

The unpaved parking lot has no ISA-designated parking sites. The vault toilets by the lot are fully accessible. From the parking lot a one-half mile, rough walkway leads to the ranch buildings. Midday, between mid-June and late summer, a staff-operated golf cart can take visitors needing assistance to the ranch. The interior of the historic structures are not accessible. Walkways around the buildings are marginally accessible.

Bowen-Baker Gulch Trailhead

The parking lot has no ISA-designated parking sites. Fully accessible vault toilets are located adjacent to the lot. From the lot a marginally accessible gravel road crosses the Kawuneeche Valley, enters National Forest lands and leads to the Bowen and Baker trailheads.

Coyote Valley Trailhead

ISA-designated parking sites are available. Fully accessible vault toilets are in the parking area. A fully accessible picnic area is reached via the trail. A one mile moderately accessible trail leads from the parking lot and passes over and parallels the Colorado River into the Kawuneeche Valley.

Green Mountain Trailhead

Fully accessible vault toilets are in the parking lot. However, there are no ISA-designated parking sites. The trail into Big Meadows is not accessible.

North Inlet Trailhead

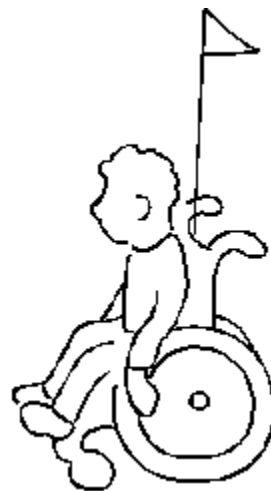
The limited parking at the trailhead does not include any ISA-designated sites. Fully accessible vault toilets are available. The trail is not accessible.

East Inlet Trailhead

A large parking area is located at the trailhead; it does not have any ISA-designated parking sites. At the start of the trail there is a fully accessible vault toilet. The trail is not accessible.

RESOURCES

The Beaver Meadows Visitor Center at park headquarters is a good place to stop for printed materials about the park. A 23- minute film that provides a good overview of the park's natural and cultural history is shown in the auditorium. Program and activity information is available from staff.



ACCESSIBLE TRAILS

Bear Lake Trail

A one-half mile moderately accessible trail encircles Bear Lake. The surface is hard packed gravel. In places the trail is steep.

Beaver Boardwalk

From a small parking area, a short, steep trail leads to a boardwalk that goes through an abandoned beaver area. The one-eighth mile trail is marginally accessible. The trail is west of Deer Ridge Junction on U.S. Highway 34.



Coyote Valley Trail

Located on the west side of the park, five miles north of the Kawuneeche Visitor Center, the trail goes one mile (roundtrip) through the open meadows and along the Colorado River. The grade is fully accessible; the hard packed gravel surface is moderately accessible.

Lily Lake Trail

The fully accessible trail goes around the lake and wetlands for three-fourths of a mile. A trail extension of two-fifths of a mile is at the south end of the lake. The trail surface is hard packed gravel. The moderately accessible parking area at the trailhead is gravelly and rocky. An accessible vault toilet, picnic tables and a fishing pier are located at Lily Lake.



Sprague Lake Trail

The one-half mile hard packed gravel trail encircles the lake. Benches and fishing platforms are located along the trail. The trail is fully accessible. ISA -designated parking and fully accessible restrooms are available as is a fully accessible picnic area.

FIRST AID

First Aid facilities are located at Alpine Visitor Center and nearby communities.

SAFETY IN THE PARK

The High Country

Elevations along park roads range from 7,800 feet to 12,183 feet. **People with heart or respiratory problems should use caution while at the high elevations of the park!**

Ultraviolet radiation at high elevations is twice that at sea level. Sunscreen, eye protection, and a hat are essential.

Low humidity and high winds in the park can quickly cause dehydration and increase the risk of fatigue, hypothermia, and mountain sickness. Drink eight pints of water a day!

Temperature ranges can be extreme in both summer and winter. Weather is unpredictable. Rain gear, warm clothing, extra food, and emergency first aid supplies are essential.

Mountain & Altitude Sickness

Many visitors to Rocky Mountain National Park experience mountain sickness or altitude sickness. Common symptoms include: headache, nausea, fatigue, shortness of breath, and a rapid heart beat. High altitude can aggravate pre-existing medical conditions. High altitude can even be life threatening.

The effects of mountain sickness can range from mild to severe. **Symptoms can be prevented or lessened by drinking eight pints of water per day; eating frequently; getting plenty of rest; and avoiding alcohol, tobacco, and caffeine.**

Adjustment to high altitude is best done by acclimatizing slowly; build up to higher elevations over several days. If acclimatizing slowly is not possible, take it easy, walk slowly, avoid strenuous walks and hikes, and take time to enjoy the scenery. If altitude or mountain sickness is experienced, descend to a lower elevation and drink water.



Lightning

Each year over 40 million lightning strikes occur in the contiguous 48 United States, killing nearly 100 people. In Colorado, lightning has claimed the lives of more than 100 people and injured over 300. Fifty percent of all known lightning casualties in Colorado occurred:

- ◆on mountain summits
- ◆under a lone tree
- ◆standing alone in open areas
- ◆on large bodies of water

When a thunder and lightning storm is approaching or present:

- ◆Get into a building or vehicle;
- ◆Spread out; don't stay in a group
- ◆Get onto an insulating object, such as piles of coats or ropes.
- ◆Crouch as low to the ground as possible, but do not lie on the ground.