

Rocky Mountain National Park

HIGH COUNTRY HEADLINES

Fall 2003

August 17 – November 1



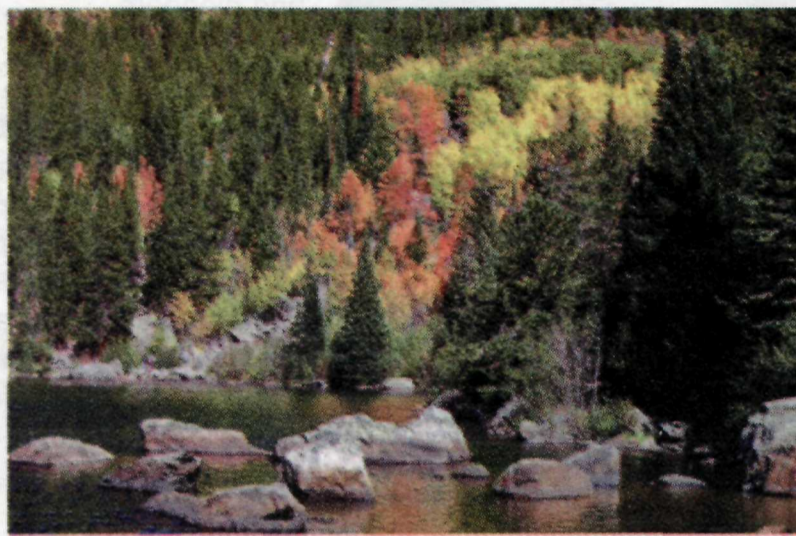
Fall - The Spectacular Season

Aspen glow with golden leaves. Bull elk bugle their excitement to assembled "harems" of cows, their shrill calls ringing out through the evening twilight. The first snows come and go from the high country. Fall may be the most spectacular of seasons in Rocky Mountain National Park.

In September, you can see and hear the spectacle of the elk mating rut—an activity most easily experienced in the waning light of evening. Prime elk viewing areas include the meadows of Moraine Park, Horseshoe Park, and the Kawuneeche Valley.

Fall is also the most colorful of seasons for some areas of the park. Leaves of aspen turn golden, and many other shrubs and small trees show autumn colors. Peak color season varies with park elevation, moving downslope through September. Sprague Lake, parts of Kawuneeche Valley, Bear Lake, and along the Fall River are some places that can shine with the brightness of changing leaves.

A walk on a trail will reveal the flurry of activity that engages some wildlife readying for the long winter. Red squirrels are busy cutting pine cones and storing seeds for the winter. You may see their work in fresh cones dropped along forest trails, and hear



©Peter Allen

their scolding calls. In higher, rocky regions, tiny pikas are gathering, drying, and storing plants for winter. This half-pound relative of the rabbit can collect and store up to 50 pounds of hay. The alpine-dwelling pika doesn't hibernate, and its winter survival depends upon the size of stashed hay piles. If early fall weather allows, trails like Flattop Mountain provide great opportunities for viewing energetic pikas. Marmots also frequent this and other high areas of Rocky Mountain NP. A true hibernator, the marmot busies itself with fattening up during the brief summer. By late August or early September, with fat at about 50% of body weight, marmots settle into burrows for eight to nine months of

torpor. Their body temperature drops from 97 to less than 40 degrees, and their pulse drops to less than five beats per minute! Studies have indicated that the quality of fat produced by marmots and other true hibernators (like ground squirrels) can be degraded if the animals are fed by humans. Please, for their health—do not feed any animals in the park.



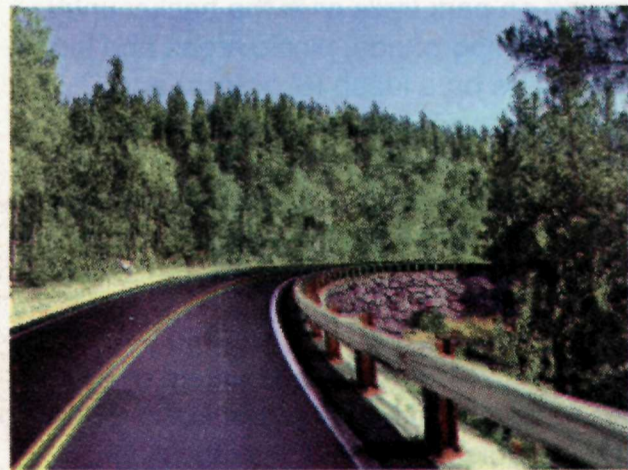
©Peter Allen

The tiny pika stays active during the winter, eating plants it dries during the summer

INSIDE

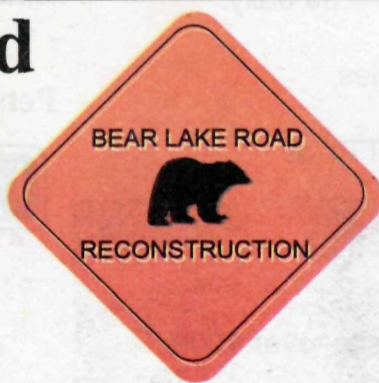
- 2 You Need to Know
- 3 Bears, Lions, Survival
- 4-5 Ranger-led Programs
- 6 Services
- 7 Hiking Trails
- 8 Free Shuttle Bus

Rebuilding Bear Lake Road



Artist's conception of rebuilt Bear Lake Road

The Bear Lake Road is undergoing major reconstruction this summer and fall. Bear Lake Road is one of the most popular scenic roads in Rocky Mountain National Park and provides year-round visitor access to a variety of wonderful recreational opportunities. Recreation sites along the road include Moraine Park and Glacier Basin campgrounds, the Sprague Lake picnic area and Glacier Creek Stables, Cub Lake, Bierstadt Lake, the Bear Lake trailheads, as well as numerous other hiking and horseback trails. The park maintains this road throughout the winter to



support snowshoeing and cross-country skiing activities.

Bear Lake Road is showing its age! It was constructed in 1928, when annual visitation to the park was about 250,000 people. Today, well over 3 million people visit the park each year. Approximately one million visitors drive the Bear Lake Road annually, far exceeding the design capacity of this 75 year-old route.

Road improvements are needed to correct structural deficiencies in the roadway, provide a safe and pleasant driving experience, facilitate existing and future shuttle bus operations, and improve inadequate parking and pullout design. Improvements will also aid in future maintenance and snow removal. The only

time to rebuild the road, with elevations up to 9,475 feet, is during the warmer months!

The majority of the funding for the Bear Lake Road Reconstruction Project is from The Federal Highway Administration. Your park entrance fees also contribute to the Reconstruction Project. This project involves 4.3 miles out of 110 miles of park roads. It does not include Trail Ridge Road.

Ride the Free Shuttles!

Bear Lake Road will be under construction during 2003 and 2004. All facilities along the road will be open to the public during the reconstruction project. **Through October 31, 2003 and May 1 to October 31, 2004, the road from Sprague Lake to Bear Lake will be accessible by free shuttle bus ONLY.** Through September 30, the Bear Lake Route shuttle, between Park & Ride and Bear Lake, will run daily from 5 AM to 10 PM every 30 minutes. Through September 7, the Moraine Park Route shuttle, between Park & Ride and the Fern Lake bus stop, will run daily from 7 AM to 7 PM every 20 minutes, then hourly until 10 PM. *More on back page*

You Need to Know

Visitor Centers

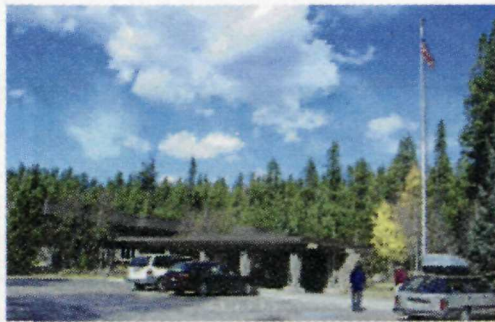


Park visitor centers are the places to find out what you need to know. All have knowledgeable staff, printed information on many topics, and great bookstores stocked with the best books for finding that perfect trail and learning what makes Rocky Mountain such a fascinating national park. Each visitor center has its own special features.

Grand Lake Area

Kawuneeche Visitor Center

Open daily: through 8/30, 8-6
from 8/31 to 9/27, 8-5
from 9/28 on, open daily 8-4:30
Features free movie and slide shows, exhibits on wonders of the park, a bookstore, and backcountry permits.



Holzwarth Historic Site

Buildings are open daily 10-4 through 9/1.



Estes Park Area

Beaver Meadows

Visitor Center

Through 8/31,
open daily 8 AM-9 PM.
From 9/1 on, open daily 8-5.
Features a free movie, bookstore, large 3-D park orientation display, backcountry permits in adjacent building.



Sheep Lakes

Information Station

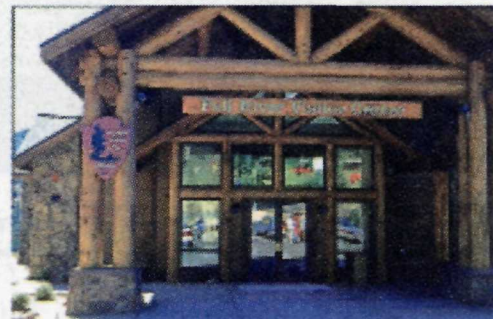
Through 8/28,
open daily 9-3.
Good wildlife viewing area.



©Jack Dinsmoor

Fall River Visitor Center

Open Daily 9-5:30
Features life-sized wildlife displays, a bookstore, and a discovery room where kids can touch objects and dress up as rangers, Native Americans, and pioneers.



Alpine Visitor Center

Through 10/13, Open daily 10:30-4:30, weather permitting
Features extraordinary views of alpine tundra, tundra displays, bookstore, adjacent gift shop and snack bar. Call 586-1206 for daily information.



Moraine Park Museum

Through 10/13,
open daily 9-4:30.
Interactive exhibits on the past and present landscape, and a bookstore.





Lily Lake Visitor Center


Through 9/1, open daily 9-4:30
Open weekends through 9/21
Entry to a world of flowers, lakes and trails along the eastern boundary of the park. Exhibits and bookstore.



Park Phone Numbers

 Call Park Information 970-586-1206 with your questions. We are available to assist you from 8 to 4:30 daily.

 Dial 911 or 970-586-1203 for emergencies.

 Hearing impaired persons may call the TTY at 970-586-1319 from 8 to 5 daily.

Web Sites

nps.gov/romo/index.html

The official Rocky Mountain National Park website—over 1000 pages of detailed information.

rmna.org

Rocky Mountain Nature Association—the best source for books, maps, and videos of the park.

Keep Wildlife Wild

Never feed wildlife. A fine may be issued to violators. Animals can kick, bite or gore you. They can become dependent on human food and lose the ability to feed naturally. Wildlife also carry diseases, like rabies and plague, which can be transmitted to humans. Photograph animals from the roadside.



Lost and Found

Please turn found items in at any park visitor center. To ask about lost items, call the Backcountry Office at 970-586-1242.

Pets



Pets are not allowed on park trails or in the backcountry. They are allowed in campgrounds, picnic areas and along roadsides. Pets must be on a leash (6' or less) and attended at all times. Never leave pets unattended in your vehicle.

Please observe signs; some winter-closed gravel roads are managed as backcountry trails during this season.

Fishing



Obtain specific park regulations at visitor centers or park entrance stations. To fish in Rocky Mountain National Park, you must have a valid Colorado state fishing license.

No Firearms or Hunting

Hunting and weapons are not allowed in Rocky Mountain National Park.

This Park Paper

High Country Headlines is produced by the staff of Rocky Mountain National Park in cooperation with—and with funding provided by—the Rocky Mountain Nature Association.

Editor: Peter Allen

Printed on recycled paper

High Country Survival

High Elevation

Nearly half of visitors to Rocky Mountain National Park experience some symptoms of altitude sickness. These range from headache and dizziness to nausea and unconsciousness. Rocky Mountain has the highest average elevations of any national park; even the main road climbs higher than most U.S. mountains, to 12,183 feet! High altitude can also aggravate medical conditions such as heart and lung diseases. The only cure for altitude sickness is to **go down** in elevation.

Lightning

People are killed by lightning every year in Colorado. Afternoon storms are frequent and can bring an unhappy end to a hike. Watch for approaching storms and be well below treeline or back to your car before the storm hits.



Dehydration

High altitude and the dry climate are both working to dry out your body right now. Carry and drink plenty of water as you hike or travel through the park. Avoid drinking untreated water from streams and lakes as it may be contaminated with giardia. Giardia can cause diarrhea, cramps, bloating, and weight loss. This microscopic organism enters surface water when animals or humans defecate in or near water. To prevent giardiasis when backcountry camping, bring water to a full rolling boil for at least 5 minutes, or use a water filtration system that eliminates the organism.



Mountain Lions and Bears

Mountain lions and black bears are powerful and potentially dangerous. Some general guidelines for traveling in backcountry areas of Rocky Mountain which may contain these animals:

- 1) **Travel in Groups** and make noise as you hike. Keep your group, especially children, close together.
- 2) **Do Not Approach** a mountain lion or bear.
- 3) **Stay Calm** when you see a mountain lion or bear.
- 4) **Stop**; back away slowly. Never turn your back and run.
- 5) **Stand Tall and Look Large**. Raise your arms. Protect small children by picking them up.
- 6) If attacked by a mountain lion or bear, **Fight Back!**



Black Bear Country




Never approach a bear. Keep children beside you. There is more safety in numbers; it is best to travel in a close group. If a bear approaches you, stand up tall, and make loud noises—shout, clap hands, or clang pots and pans. If attacked, fight back!



In campgrounds and picnic areas, if there is a food storage locker provided, use it. Avoid storing food and coolers in your vehicle. If you must, store food in airtight containers in the trunk or out of sight. Close vehicle windows completely. Do not store food in tents or pop-up campers in campgrounds, or in vehicles at trailheads. Food, coolers and dirty cookware left unattended, even for a short time, are subject to confiscation by Park Rangers; citations may be issued. Dispose of garbage in bear-resistant dumpsters and trash cans. Human-fed bears usually end up as chronic problems and need to be removed - "A fed bear is a dead bear."

In the backcountry, store food, scented items and garbage in commercially available bear-resistant portable canisters, or carefully hang food 10 feet up and 4 feet out from a tree. Pack out all garbage. Never try to retrieve anything from a bear.

Camping

	Fee per night	Reservations?	Dump Stations	Elevation (feet)	Stay Limit (nights)	Public Phones	Summer firewood, ice, water
Aspenglen 54 campsites	\$18	no	no	8,230	7	yes	yes
Glacier Basin 150 campsites 	\$18	yes	yes	8,600	7	yes	yes
Glacier Basin Group Camping 15 sites No RVs	special fees	yes		8,600	7	yes	yes
Longs Peak 26 campsites Tents only	\$18	no	no	9,400	3	no	yes
Moraine Park 247 campsites 	\$18	yes	yes	8,150	7	yes	yes
Timber Creek 100 campsites	\$18	no	yes	8,900	7	yes	wood water

Campgrounds/Reservations

Two park campgrounds, Moraine Park and Glacier Basin, accept peak-season reservations (May 22 through mid-September). Call 800-365-2267 to make national park camping reservations up to 5 months prior to your visit. The mail-in address for reservations is NPRS, P.O. Box 1600, Cumberland, MD 21502. Reservations can be made online at reservations.nps.gov. Camping at the park's other campgrounds—Aspenglen, Longs Peak, and Timber Creek—is first come, first served. Longs Peak, Moraine Park, and Timber Creek are open year-round, but without running water after mid-September. Aspenglen and Glacier Basin close September 22.



Backcountry Camping Permits

Permits are required for all backcountry overnight camping. Camping is allowed only in designated sites and areas. Summer and fall permits (through October) require a \$15 administrative fee. Permits may be obtained at the Beaver Meadows Backcountry Office or Kawuneeche Visitor Center. For further information write to: Backcountry Office, Rocky Mountain National Park, Estes Park, Colorado 80517 or phone 970-586-1242.

Sprague Lake Accessible Backcountry Campsite

Reservations and information are available through the Backcountry Office at 970-586-1242. This site accommodates 12 campers with a maximum of 5 wheelchair users at the camp. The administrative fee is \$15 from May 1 to October 31.



Ranger Led Programs - Alpine, East

August 17- October 13



Wheelchair Accessible Programs

All children must be accompanied by an adult

Alpine

Time/Program	Days Offered	Description
Tundra to Trees 9 AM 4 hour hike	M F ends 9/6	Hike an ancient trail of the Ute people that leads from alpine heights down through old growth forest. Meet at Milner Pass parking area to carpool for this moderate 4-mile hike. Bring warm clothing, rain gear, water, and snacks.
Alpine Aspects 2 PM 30 minute talk	Sa Su ends 10/12 	Discover the survival strategies tundra plants and animals use to live in gale-force winds, driving snow and a severely short summer. Meet at the Alpine Visitor Center.

East

Moraine Park Nature Walk 10 AM 1-1.5 hour walk	Su M Tu W Sa ends 10/13	Discover the surprising forces that created the Moraine Park landscape. Meet at the Moraine Park Museum for this easy walk.
Lily Lake Nature Walk 1:30 PM 1.5 hour walk	Tu Th Sa ends 10/13 	Enjoy a stroll around tranquil Lily Lake, exploring this spectacular natural area. Meet at the Lily Lake parking lot just off Hwy 7.
Western History Walk 10 AM 1.5 hour walk	Th F starts 8/28 ends 9/26	Stroll along Moraine Park for this 2-part walk. Thursday: early explorers and pioneers. Friday: turn-of-the century Moraine Park community. Meet at the Moraine Park Museum.
Bear Necessities 11 AM 30 minute talk	Daily ends 10/13 	The bear went over the mountain, the bear went over the mountain... to see this terrific program! Learn all about black bears at the Fall River Visitor Center.
The Importance of Being a Beaver 1:30 PM 1.5 hour walk	Su M W F ends 10/13	Beavers drastically change their environment, and they have all sorts of neat adaptations to do so. To see their work first hand, meet at Hollowell Park parking lot.
Wildlife in Moraine Park 2:30 PM 30 minute talk	Daily ends 10/13 	Find out what the wildlife in Moraine Park are up to during this changing time of year. Meet at the Moraine Park Museum.
Elk Echoes 6 PM 30 minute talk	Nightly starts 8/29 ends 10/13	Learn about elk adaptations, migration, and mating behavior. Programs are held simultaneously at Moraine Park Museum amphitheater and the Sheep Lakes parking lot nightly.

Evening Programs - East

Time/Program	Days Offered	Description
Beaver Meadows Evening Program 7:30 PM until 8/31 7 PM Sat after 9/1 45 minutes	Nightly through 8/31 Sa after 9/1 	Enjoy a wide variety of informative and entertaining programs. Meet in the downstairs auditorium at Beaver Meadows Visitor Center.
Photography Evening Program 8:30 PM 45 minutes	F 8/22 & 8/29 at Moraine Park Sa 8/23 & 8/30 at Glacier Basin 	Presented by a KODAK representative. Meet at Moraine Park (F) or Glacier Basin (Sa) Campground amphitheater. Dress warmly.

Special Program

Art in Paradise 3:30 PM 45-60 minutes	Fr ends 9/19	Glimpse this beautiful place through the eyes and creative works of an Artist-in-Residence. Meet at Moraine Park Museum.
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Photography Programs by Kodak

Lily Lake Photo Walk 8:30 AM 1.5- 2 hour walk	W Sa ends 8/30 	Discover how to produce outstanding photographs on this scenic and easy 1/2-1 mile stroll. Meet at
Bear Lake Photo Walk 8:30 AM 2-3 hour walk & shuttle	Tu Fr ends 8/29	The varied landscapes of the Bear Lake area offer perfect settings to learn diverse photo techniques. Meet at the parking lot for the Bear Lake Park & Ride.
10 Tips to Improve Your Pictures 10:30 AM 45-60 minute activity	W ends 8/27 	All skill levels are welcome for this activity on outdoor photography. Meet at the Lily Lake parking lot.
10 Tips to Improve Your Pictures 7 PM 45-60 minute activity	F Moraine Park Sa Glacier Basin ends 8/30 	All skill levels are welcome for this activity on outdoor photography. Meet at designated campground as indicated.

Elk Viewing Tours

Friday, Saturday, Sunday evenings from September 12 through September 28.

Avoid the traffic by using one of the park's shuttle buses and view the elk rut with a park ranger.

Call 970-586-1355 for reservations and information. Reservations are required.

Limited Availability



Ranger Led Programs - West

August 17- September 6



Wheelchair Accessible Programs

All children must be accompanied by an adult

Daytime Programs - West

Time/Program	Days Offered	Description
Hike the Historic Colorado 9 AM 3 hour hike, 3 miles	Su ends 8/31	Walk a section of the old wagon road in the Kawuneeche Valley. Learn about mining, homesteading, trapping and early dude ranching. Meet at the Colorado River Trailhead.
A Glimpse of Paradise 2 PM Su Tu 9 AM Sa 2.5 hour walk	Su Tu at 2 Sa at 9 ends 9/6	This three-mile, easy hike passes Adams Falls and leads to spectacular views of the mountains surrounding the meadows of the East Inlet. Meet at East Inlet Trailhead.
Holzwarth Trout Lodge 10 AM - 4 PM Drop-in tour	Every Day ends 9/1	Buildings are open 10 AM-4 PM daily. Discuss early settlement with a guide. This is a great family activity!
Coyote Valley River Walk 10 AM M Tu W 2 PM Su 1 hour walk	M Tu W at 10 Su at 2 ends 9/3 	Explore the valley ecology and history on this easy walk along the Colorado River. Meet at the Coyote Valley Trailhead.
Rocky Mountain Heritage Walk 1 PM 2 hours, 1 mile walk	Su W F Sa ends 8/31	Learn about prehistoric Indian people, miners and valley settlers while revisiting the Old West at an historic guest ranch. Meet at the Holzwarth Historic Site parking area.
The Colorado: Life at the Source 2 PM 1.5 hours, 1-mile walk	M W ends 9/3	Join a ranger just miles from the source of the Colorado River. See how river and forest margins provide a rich habitat for plants and wildlife. Meet at the Colorado River Trailhead.
Early Homesteaders 2 PM 2 hour walk	Sa ends 8/30	The Harbison sisters were Grand Lake pioneers. Visit the old Harbison Ranch site and learn about their everyday life. Meet at the Kawuneeche Visitor Center flagpole.
Skins and Things 2:30 PM 40 minute activity	Every Day ends 9/6 	Examine the skins, skulls, antlers, teeth and bones of many Park mammals. Drop in anytime during the program. Meet at Kawuneeche Visitor Center.

Evening Programs - West

Time/Program	Days Offered	Description
Saturday Night in the Park 7 PM 1 hour presentation 	every Sa through Sept., then second Sa each month	Enjoy a Saturday evening program in the auditorium at the Kawuneeche Visitor Center. For a description of topics, inquire at the front desk.
Timber Creek Campfire Program 8:30 PM 1 hour presentation 	Nightly ends 9/6	Slide presentation nightly at Timber Creek Campground. Check at the campground or Kawuneeche Visitor Center for topics.
Walk Into Twilight 7:30 PM 2 hour walk 	Tu	Take the family on a leisurely stroll as darkness, night sounds and wildlife fill the valley. Bring warm clothes and a flashlight. Meet at Coyote Valley Trailhead.

Photography Programs by Kodak

Adams Falls Photo Walk 8:30 AM 1.5 hour walk	Th ends 8/28	All skill levels are welcome for this photography walk to Adams Falls. Meet at the East Inlet Trailhead.
10 Tips to Improve Your Pictures 11 AM 45-60 minute activity	Th ends 8/28	All skill levels are welcome for this talk on outdoor photography. Meet at the flagpole at the Kawuneeche Visitor Center.

nps.gov/romo/index.html

The official website of Rocky Mountain National Park
1,000 pages of information about your national park!
Downloadable pictures; Longs Peak Webcam
Detailed trip planning and descriptions of park features, events, history
Weekly "tidbit" on a special topic; changes every week

Rocky Mountain National Park

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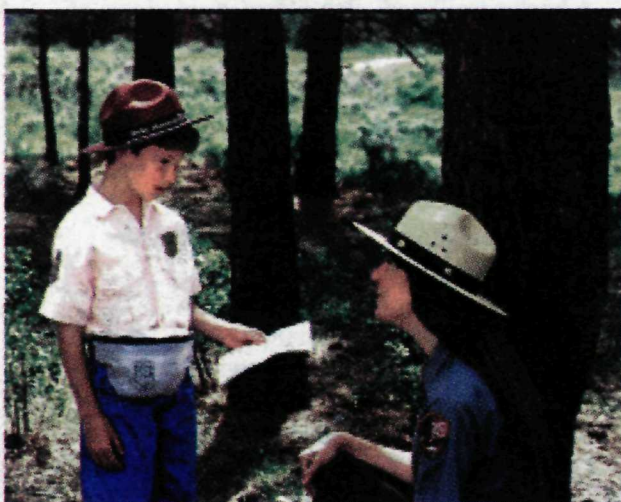
SCENIC VISTAS

Rocky Mountain National Park contains some of the most spectacular scenery in the United States. Viewing scenery is one of the primary activities for park visitors, and the popular Trail Ridge Road provides numerous high elevation vantage points. Urban development near the park has the potential to degrade scenic vistas. Development on ridgelines, light colored structures, and road scars are especially visible from within the national park. Park managers have been invited to participate in the preparation of local land use plans and zoning codes that include provisions for protecting ridgelines. Park staff also reviews development proposals and makes suggestions to local planning commissions on ways to protect views from within the park.

Plants and Animals

- Environment and Landscape
- Air and Water Quality
- Diseases and Pests
- Disturbed Lands
- Glaciers and Geology
- Hydrologic Activity
- Night Sky and Noise
- Non-Native Species
- Scenic Vistas
- Weather and Climate Data
- History and Culture
- Research
- Fire
- Wilderness
- Weekly Tidbit

Junior Rangers - Parkwide



Free junior ranger books are available at park visitor centers. A successfully completed book earns a badge!

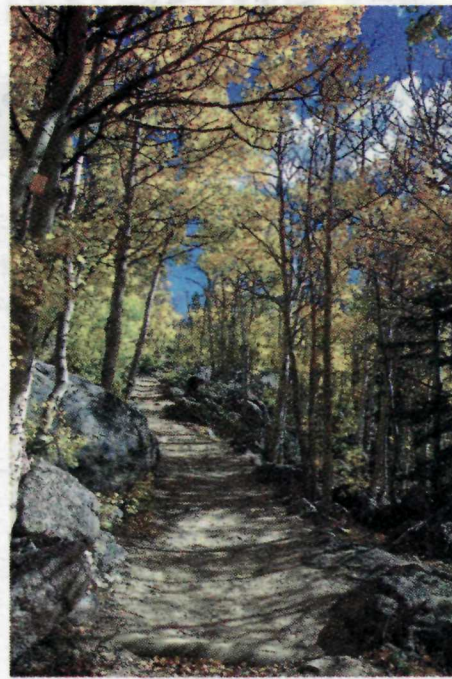
Hiking Trails

With over 350 miles of trails, the park offers a vast array of choices. A small sampling of trails are described below. When properly equipped, hiking at Rocky Mountain National Park is often inspiring and invigorating. Trails are typically less crowded on the west side of the park (Grand Lake entrance) than on the eastern slope. Even for short day trips, be sure to pack gear for all types of weather (sun, rain, wind). Windproof/waterproof clothing is essential gear to wear or carry. Snow comes early to the high country; check conditions at a visitor center.

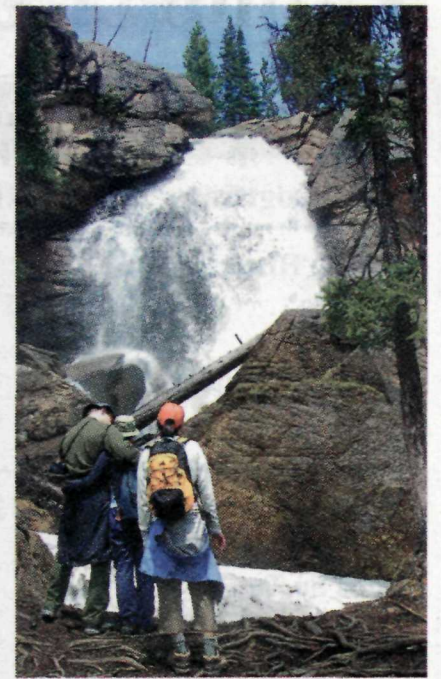
Leave No Trace

Do your part to preserve this park by following the Leave No Trace principles:

- Be considerate of other visitors
- Respect Wildlife
- Minimize campfire impacts
- Leave what you find
- Dispose of waste properly
- Travel and camp on durable surfaces
- Plan ahead and prepare



photos ©Peter Allen



Trail	Trailhead Location	Round Trip Distance	Elevation Gain	Cool Stuff
Adams Falls	East Inlet, on the West Side, located on the far east end of Grand Lake.	.6 mile	80 feet	A beautiful short hike near Grand Lake. The trail continues beyond the falls to lush meadows.
Cascade Falls	North Inlet Trail off Tunnel Road in Grand Lake	6.8 miles	300 feet	A relatively level walk to Cascade Falls
Onahu Creek/Green Mountain Loop	Onahu Creek Trailhead or Green Mt. Trailhead in Kawuneeche Valley	7.6 miles	1100 feet	Excellent loop trail through quiet forest and meadow, along flowing mountain creeks
Granite Falls	Green Mountain Trailhead in Kawuneeche Valley	10.4 miles	1046 feet	Quiet forest and flowing mountain waters await. A longer loop (13.6 miles) is possible, coming out on the Onahu Creek Trail
Coyote Valley Trail	Coyote Valley on the West Side. On Highway 34, north of Kawuneeche Visitor Center.	1 mile	 10 feet	Follows the bank of the Colorado River, with views of the Never Summer Mountains. Look for moose, songbirds, and wildflowers.
Timber Lake	Timber Lake Trailhead on the West Side in Kawuneeche Valley .	9.6 miles	2060 feet	Strenuous hike to a beautiful backcountry lake
Lulu City	Colorado River Trailhead, north of Timber Creek Campground	7.4 miles	350 feet	A gentle trail to an historic site. A longer return loop is via the Grand Ditch to Red Mountain Trail
Shadow Mountain Lookout	East side of Shadow Mountain Lake, just south of Grand Lake	9.4 miles	1533 feet	Strenuous hike to a lookout with spectacular views
East Shore Trail	East side of Shadow Mountain Lake, just south of Grand Lake	5.2 miles	100 feet	2.6 miles to Green Ridge CG; a side loop trail to Ranger Meadows reconnects with main trail, adding 1.4 miles
Poudre River Trail	Poudre River Trailhead just northeast of Poudre Lake and Milner Pass on Trail Ridge Road	1-16 miles	up to 1000 feet	Gentle downstream walk through open meadows along the headwaters of a major river. Return walk is uphill.
Toll Memorial	Rock Cut high on Trail Ridge Road	1 mile	260 feet	Views of high peaks abound as you walk through open tundra. Walk slowly, as this trail starts at 12,110' elevation!
Ute Trail	Across the road from Alpine Visitor Center, as well as other access points	1-8 miles	up to 1038 feet	Tremendous, open vistas above treeline; start and finish early before lightning and thunderstorms!
Deer Mountain	Aspenglen Campground	7.1 miles	1760 feet	Great views of beautiful peaks and deep valleys as you hike to the top of a peak
Deer Mountain #2	Deer Ridge Junction	6 miles	1083 feet	A busier trailhead; also offers great views of beautiful peaks and deep valleys
Lawn Lake	Lawn Lake Trailhead	12.4 miles	2249 feet	A challenging hike to a beautiful lake; site of a failed dam, now a restored natural area
Ypsilon Lake	Lawn Lake Trailhead	9 miles	2180 feet	A steep hike to a beautiful lake
Ute Trail - lower	Upper Beaver Meadows Trailhead	4.4 miles	955 feet	2.2 rugged, steep, quiet miles to the Ute Meadow backcountry site
Cub Lake	Cub Lake on Cub Lake Road near Moraine Park Campground.	4.6 miles	540 feet	Meadows, aspen groves, ponds and conifer forests highlight this walk
The Pool	Fern Lake Trailhead	3.4 miles	245 feet	An easy, shaded hike along a stream. Continues up to Fern and Odessa Lakes
Lily Lake	Lily Lake	.6 mile	 10 feet	A level walk around a beautiful lake with great views; good in all seasons
Estes Cone	Lily Lake	7.4 miles	2370 feet	A fine, steep, quieter trail to an 11,000' peak with great views

Authorized Services and Partners in the Park

**ROCKY MOUNTAIN FIELD SEMINARS
Fun Classes & Hikes For
Kids, Families & Adults
IN ROCKY MOUNTAIN NATIONAL PARK**

Ask at any RMNP visitor center for a free Field Seminars catalog with registration information and full course descriptions of more than 100 classes.

FALL FIELD SEMINARS

Trail Ridge Road Geology	Aug. 20	\$65
Visions of Wilderness: Landscape Photography — Level II \$25 film processing fee additional	Aug. 22-24	\$175
The Story of Moose	Sept. 6	\$65
Nature Through a Lens in Autumn	Sept. 6	\$75
Autumn Leaves in Watercolor	Sept. 13	\$65
Old Fall River Road: Natural History in Autumn	Sept. 13	\$65
Backcountry Navigation with GPS	Sept. 13-14	\$135
A Day with a Naturalist at McGraw Ranch	Sept. 14	\$65
Exotic Invaders & Native Plant Revegetation	Sept. 20	\$65
Archaeology & Game Drives of RMNP	Sept. 20-21	\$135
Tracking Wildlife: The Language of the Land	Sept. 20-21	\$135
A Day with a Naturalist on Lily Mountain	Oct. 4	\$65
Photographing Bugling Elk & Golden Aspen	Oct. 4-5	\$175
Writing the Natural World: A Writer's Retreat	Oct. 17-19	\$155

INTERPRETIVE HIKE

Cub Lake and the Pool Loop in Autumn
\$30 per person; \$25 each, groups of 3 or more
Sept. 27

800-748-7002
970-586-3262
www.rmna.org

Seminars sponsored by the non-profit Rocky Mountain Nature Association

EXPERIENCE THE PARK ON HORSEBACK



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&

GLACIER CREEK
(970) 586-3244

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MILL CREEK • BEAVER MEADOWS



**GUIDED RIDES TO
PREMIER PARK DESTINATIONS**

JACKSON STABLES


YMCA OF THE ROCKIES LIVERY
ESTES PARK CENTER

- Family-oriented two-hour to all-day rides into amazing terrain and scenery
- Located on the park boundary
- Children over 6 ride their own horses
- Call about specialty rides

970-586-3341
ext. 1140 or 1149

Reservations recommended. Park rides available through Oct. 19
Located at the YMCA southwest of Estes Park

EMERALD MOUNTAIN • WIND RIVER
FERN & ODESSA LAKES • GLACIER BASIN AREA



Trail Ridge Store provides a unique shopping experience in Rocky Mountain National Park. You will find a variety of local and regional gifts and collectibles — including Native American arts and crafts. The scenery is spectacular — creating a one-of-a-kind place to shop and also enjoy lunch or a beverage.

When shopping at Trail Ridge Store, please look for the ECO GECKO symbol which identifies Earth friendly products. These items are made from recycled materials and/or by individuals or companies who are environmentally responsible. Remember - Reusing is always the sincerest form of recycling.

Located high in the Rockies on Trail Ridge Road - Rocky Mountain National Park

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www.TrailRidgeStore.com

Open from Memorial Day to Columbus Day, weather permitting.
A Forever Resort - Play/Preserve/Protect™
Forever Resorts is an Authorized Concessioner of the National Park Service.

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NATIONAL PARK GATEWAY STABLES

- All rides are in Rocky Mountain National Park
- Two-hour, half-day and full-day rides on scenic trails
- Beautiful, well-kept horses for all riding abilities
- 28 years experience

Rocky Mountain Gateway near the Fall River Entrance on U.S. 34
(970) 586-5269

COWPOKE CORNER CORRAL

- Extended half-day to full-day rides in beautiful Rocky Mountain National Park
- Friendly and family-oriented

Highway 66 at Glacier Lodge
(970) 586-5890

Open until early October. Visa, MC and Discover accepted

**At RMNA Bookstores,
Your Purchase Makes A Difference**

The best Rocky Mountain National Park books, maps and other interesting items are right here, at one of the Rocky Mountain Nature Association (RMNA) bookstores located around the park. And when you make a purchase from our non-profit organization, proceeds are returned to the park, supporting important educational, interpretive and research programs.

Drop by today.

Visit the Rocky Mountain Nature Association bookstores at:
Alpine Visitor Center • Beaver Meadows Visitor Center
Fall River Visitor Center • Kawuneeche Visitor Center
Lily Lake Visitor Center • Moraine Park Museum

RMNA • P.O. Box 3100, Estes Park, CO 80517 • (970) 586-0108

More Hiking Trails

Trail	Trailhead Location	Round Trip Distance	Elevation Gain	Cool Stuff
Eugenia Mine (alternate route)	Lily Lake—this trailhead is south of the lake	8.4 miles	1323 feet	A longer alternative to the abandoned Eugenia Mine site
Eugenia Mine	Longs Peak Trailhead	2.8 miles	508 feet	An uphill hike to an abandoned mine site
Chasm Lake	Longs Peak Trailhead	8.4 miles	2390 feet	A steep hike to a spectacular lake beneath the diamond of Longs Peak
Sandbeach Lake	Wild Basin Ranger Station off Highway 7, south of Estes Park.	8.4 miles	1971 feet	A good late-season hike, as the first part is south-facing
Mirror Lake	Corral Creek Trailhead off Colorado Rt. 14 on USFS road #156, Long Draw Road.	12.2 miles	1020 feet	The first part of the trail follows Hague Creek, then ascends to a junction with the Mummy Pass Trail. A connecting trail to Comanche Peak offers a challenging climb. Expect snow in fall.

Rocky Mountain National Park

Free Shuttle Bus



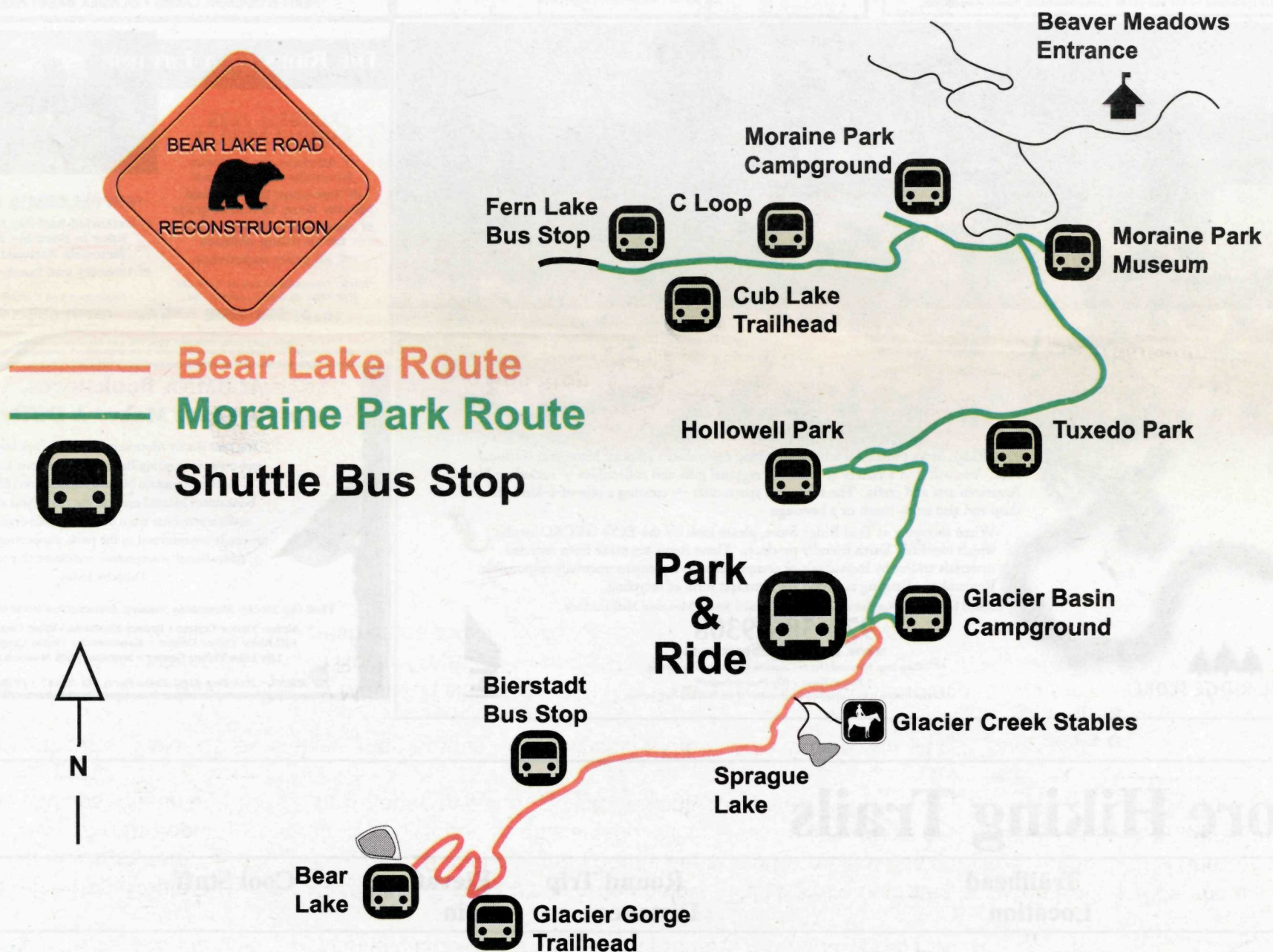
Trail Ridge Road and most other park roads are open through the summer and early fall. Snows usually close the high central stretch of Trail Ridge Road by mid-October.

The upper portion of Bear Lake Road is being rebuilt this summer and fall, through October. During that major work, **the road from Sprague Lake to Bear Lake will be accessible by free shuttle bus ONLY.** This Bear Lake shuttle route is shown in orange below. On this route between Bear Lake and Park & Ride, the shuttle operates daily from 5 AM through 10 PM every 30 minutes (through September 30). During October, the shuttle will run from 6 AM through 8 PM.

The Moraine Park Route (the other shuttle route) is shown in green below. This service operates between Park & Ride and the Fern Lake bus stop from 7 AM to 7 PM every 20 minutes, then hourly departing Fern Lake bus stop at 8, 9 and 10 PM (through September 7). From September 13 through October 12, this shuttle will operate on Saturdays and Sundays only. In September, evening shuttles will run until 10 PM. In October, evening shuttles will only run until 8 PM.

You may drive to Glacier Creek Stables and Sprague Lake. However, there is no shuttle stop at Sprague Lake.

There are 110 miles of roads in Rocky Mountain National Park. The Bear Lake project takes place on 4.3 miles of road. You have many options available to you in Rocky Mountain National Park. Magnificent scenery, great hiking, wildlife large and small, lakes and waterfalls, and the hush of the forest await.



The last buses leave Bear Lake parking lot (through September 30) and Fern Lake bus stop (through September 7) at 10 PM.

The schedule is reduced after these dates. See below for details.

Bear Lake Shuttle

Through September 30, will operate daily between Park & Ride and Bear Lake every 30 minutes from 5 AM to 10 PM.

Through October, the shuttle will run every 30 minutes from 6 AM through 8 PM.

Moraine Park Shuttle

Through September 7, will operate daily between Park & Ride and Fern Lake bus stop every 20 minutes from 7 AM to 7 PM, then hourly until 10 PM. From September 13 through October 12, the shuttle will run on Saturdays and Sundays only. Last bus leaves at 10 PM in September and 8 PM in October.