Welcome to Your National Park

Set aside more than 100 years ago, Rocky Mountain National Park has been entrusted to your care. Please take pride in your park and treat it with respect! Generations of future visitors will thank you.

Read and follow important safety information on page 2, then take the Rocky Pledge. Our rules and regulations weren’t invented to ruin anyone’s fun—they were created to keep you safe and to keep your park beautiful. Read and take heed!

Vehicle access to Bear Lake, Alpine Visitor Center, or Wild Basin may be restricted when parking areas fill and heavy congestion warrants. When restrictions are in place, consider using our shuttle system (back page), visiting other areas, or returning before 9 am or after 3 pm.

Plan ahead for your next visit, whether tomorrow or in a decade. Planning ahead can help you avoid the not-so-fun stuff so that you have more time and energy to enjoy the totally-fun stuff. For details, visit our website at nps.gov/romo.

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The Rocky Pledge

“To preserve unimpaired for this and future generations the beauty, history, and wildness therein, I pledge to protect Rocky Mountain National Park.”

• To prevent fire scars and human-caused fires, I pledge to never build a fire outside of a campground or picnic area fire ring.
• To protect plants, meadows, and alpine tundra, I pledge to park only on designated asphalt or gravel parking areas.
• To respect other visitors’ experiences, if I need to go but am not near a restroom, I pledge to leave no trace by stepping well away from the trail and water sources, burying my waste at least six inches deep or packing it out in a waste bag, and carrying out my toilet paper.
• To respect Rocky’s wild creatures and to protect myself, I pledge to watch wildlife from a distance that doesn’t disturb them in any way. I will never feed wildlife—doing so causes it harm.
• To protect history, heritage, and natural processes, I pledge to remove nothing from the park except my own and others’ trash. I will leave no trace of my visit so that the next person can experience the same beauty as I did.
• To keep my pet, wildlife, and other visitors safe, I pledge to keep my leashed pet only on roads, in campgrounds, and in picnic and parking areas. I will never take my dog on Rocky’s trails, meadows, or tundra areas.
• To preserve them for the enjoyment, education, and inspiration of this and future generations, I pledge to honor, respect, and protect all our national parks and public lands.

Altitude Sickness affects many visitors every year. Symptoms include headaches, nausea, fatigue, dizziness, vomiting, and in acute situations, even unconsciousness. Altitude can also aggravate preexisting conditions like heart and lung disease. Take your time, drink plenty of water, eat lightly, and rest. The only cure for altitude sickness is to go down to a lower altitude.

The Rocky Pledge

It is your responsibility to be safe and to know and obey park rules. You can find park safety information, rules, and regulations at visitor centers, entrance stations, trailhead bulletin boards, and the park website at nps.gov/romo.

Pledge to Protect

Rocky Mountain National Park
#rockypledge

Pets are prohibited on ALL park trails, tundra, and meadow areas. Leashed pets are only allowed in picnic areas, parking lots, campgrounds, and along roadsides. Never leave pets in vehicles; if it puts them in danger or they become a public nuisance. When outside vehicles, pets must be on leashes no longer than six feet. Service animals that have been individually trained to perform specific tasks for the benefit of persons with disabilities are allowed in the park. Emotional support (“therapy animals”) and service-animals-in-training are not service animals under the Americans with Disabilities Act and may not access trails or other non-motorized areas.

Rivers and Streams can be deadly. Park waters are frigid. Powerful currents can knock you over and pull you downstream or underwater, where you may become trapped. Streamside rocks are often slippery, and nearby water may be deep. Always closely supervise children around all water but especially near rivers and streams.

Take only pictures. It is illegal to take any natural features including pine cones, rocks, antlers, and artifacts or to disturb soil, rocks, or vegetation (including flowers). Metal detector use is prohibited.

• Falling Trees are an ever-present hazard and can fall without warning. Be extra careful around dead trees when it’s windy or following a snowstorm.
• Firearm Possession in the park is permitted for those legally authorized to possess firearms under federal, Colorado, or local laws. However, hunting, recreational shooting, and target practice are illegal. Federal law prohibits firearms in park buildings and facilities. Those legally allowed to carry firearms must comply with all applicable state and federal firearm laws.
• Fishing requires a Colorado state fishing license. Trout in the park include brown, brook, rainbow, and cutthroat (including the protected Colorado River and greenback). Not all park lakes have reproducing fish populations. For more information, visit go.nps.gov/RockyFishing.
• Hypothermia can happen any time of year. Watch for drowsiness, impaired judgment, excessive shivering, and slurred speech. To prevent, wear insulated, wind-proof layers and drink plenty of fluids.
• Lightning regularly strikes in Rocky. There is no safe place in the backcountry when lightning strikes. Check the forecast before heading out. Watch building storm clouds. Plan activities so you can quickly return to your car if a storm begins. If hiking, plan to return to the trailhead before noon, and return to the trailhead immediately if you hear thunder.
• Marijuana possession and use is illegal in Rocky Mountain National Park and all federal lands, even though small amounts of recreational marijuana are legal in Colorado.

Bears and Mountain Lions

Seeing a bear or mountain lion is rare, and interactions are even more rare. However, keep the following in mind:

• Travel in groups and make noise as you hike closely together. Keep children close! A predator does not distinguish a running child from running prey.
• If you see a bear or mountain lion, stop, stay calm, and back away slowly. Never approach wildlife or turn your back and run. Stand tall and look large. Raise your arms. Protect small children by picking them up.
• If approached, make loud noises, shout, clap hands, bang pots or pans, and fight back if attacked.

See our camping site bulletin, available at campgrounds and visitor centers, to learn how to properly store food and other scented items.
Weather

Winter
December–March
Cold temperatures, high winds, and ice and snow define winter at Rocky Mountain National Park. Skiing and snowshoeing conditions are best in January, February, and March.

Estes Park area
Usually free of deep snow. Winds are often extremely high (50+ mph gusts).

Higher elevations
Arctic conditions: sudden blizzards, damaging winds, deep snowpack.

Grand Lake area
Deeper snow common. Winds less extreme. Clearer and colder than the east side of the park.

Summer
June–August
Sunny mornings, afternoon thunderstorms (often with dangerous lightning), and clear, cool nights. This is the busiest time of year in the park. Most park facilities are open.

Alpine (11,500+ ft, 3500+ m)
Magnificent wildflowers bloom from late June to early August. Snow can stick around in gorges and other shaded areas well into summer.

Fall
September–November
Expect clear crisp air, blue skies, and generally dry weather mixed with the occasional early snowstorm. Trail Ridge Road usually closes for the winter by mid-October.

Fall colors
Aspen leaves start changing in mid-September. Fall color is magical but usually brief, lasting only a few weeks.

Elk rut
Elk mating season begins in September and continues through mid-October.

Why is it colder at elevation?
Take a look at the temperature chart above. The Alpine Visitor Center is, on average, 15–20 degrees colder than Estes Park, yet it’s only a few miles away as the crow flies.

How can this be?
Elevation, which measures a location’s height above sea level.

Most people live relatively close to sea level (maybe you do, too), so they don’t know about the big effect elevation has on almost every everything, from solar radiation to weather to—yes you guessed it—temperature. But here in Rocky, where elevations start at around 7,500 ft, you can experience these changes firsthand!

For every 1,000 feet gained in elevation, temperature decreases 3–5°F. Why?
• The atmosphere gets thinner.
  With less air and clouds between the ground and the darkness of space, less of the sun’s heat is trapped and re-radiated back to Earth.
• Air pressure drops.
  This causes the temperature of air, a gas, to decrease.

Add to these factors more exposure to extreme wind and weather, and it’s no wonder a warm day at the park entrances can be much chillier in the mountains.

What clothes should I bring?
Dressing for a trip to the mountains is part of the adventure.

As you can see, conditions vary wildly throughout the year and between different elevations. But conditions also vary wildly even within the same day!

A single summer day could bring clear skies and frosty breath in the morning; blistering sun and sweat at noon; and a thunderstorm in the afternoon with a 20 degree temperature drop, lightning, rain, and hail.

A winter day can go from still with warm sun to howling wind and whiteout conditions in a matter of minutes.

How can you prepare for such wild weather?
• Always carry wind and waterproof outerwear. Sudden cold rainstorms happen even in summer, and chilling winds are common.
• Bring warm, quick-drying layers to adjust to changing temperatures.
• Wear closed-toe, durable footwear. The park is rarely entirely without ice and snow.
• Bring a warm hat and gloves—even in summer.
• Protect yourself from the sun with clothing, sunscreen, and sunglasses. UV radiation is much higher at elevation.
**Scenic Drives**

**Driving Conditions Through the Seasons**

**Winter**  
December–March  
While Bear Lake Road and other major paved roads remain open (weather permitting), smaller park roads, Old Fall River Road, and most of Trail Ridge Road are closed. Winter driving conditions are possible at any time—be prepared.

**Spring**  
April–May  
Snow, ice, rain, sun—anything's possible in spring. Some smaller roads open, weather permitting.

**Summer**  
June–August  
It’s prime time at Rocky. Nearly all park roads, including Trail Ridge Road, open by Memorial Day (weather permitting). Old Fall River Road opens latest in the season, in early July.

**Fall**  
September–November  
Snow and ice are back on the menu—be prepared. Old Fall River Road closes by early October. Trail Ridge usually closes in mid-October but depends on the year’s specific weather conditions.

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**Trail Ridge Road**

*Open to motorized vehicles Memorial Day to early/mid-October weather permitting*

Recorded Status Line: 970 586-1222

This recorded message has the most up-to-date information on whether Trail Ridge Road is open or closed and is available 24 hours per day.

Stretching 50 miles, from Estes Park in the east to Grand Lake in the west, Trail Ridge Road is the highest continuous paved highway in North America.

Winding across the alpine tundra’s vastness to a high point of 12,183 ft (3713 m), the route offers thrilling views, scenic pullouts, wildlife sightings, and spectacular alpine wildflower displays.

A trip up Trail Ridge Road is like traveling to the Arctic. By 11,400 ft (3475 m), the average annual temperature is so cold that none of Rocky’s trees can survive. Called treeline, you’ll know you’re above it when the trees disappear and the views stretch to forever.

**Old Fall River Road**

*Open to motorized vehicles mid-July to October 1 weather permitting*

Completed in 1920, Old Fall River Road was the first auto route in the park offering access to the alpine tundra. It follows a route long used by Native American tribes, including Ute and Arapaho.

Old Fall River Road is a “motor nature trail.” Gravel and dirt, one-way uphill, with no guardrails and tight switchbacks, vehicles 25 feet and longer or with trailers are not allowed. The 9-mile long road leads from Horseshoe Park up a deeply cut valley to Fall River Pass at 11,796 ft (3595 m), where it joins Trail Ridge Road at the Alpine Visitor Center.

**Stay Safe**

- Trail Ridge Road is narrow, winding, and has few guardrails. Drive carefully.
- Lightning can kill you. If thunderstorms are approaching or if you see or hear lightning, immediately seek shelter in your car or a building.
- High elevation can make you feel sick and aggravate preexisting conditions. See page 2 for details.
- **Temperatures on the tundra can be 20 to 30° F (10 to 15° C) colder than park entrances, and weather changes quickly.** Always bring warm, windproof layers, including a hat and gloves, even on warm days.
- **Sunlight is intense at elevation.** Even on cool, cloudy days, UV levels can be extreme. Wear sunglasses that block UV to protect your eyes. Use sunscreen and wear a hat. Consider full-coverage clothing for long outings.

**Protect the Tundra**

While seemingly hardy, the tundra is in fact quite fragile. Repeated footsteps often destroy tundra plants. Recovery can take hundreds of years.

- **You must stay on trails in the park’s six Tundra Protection Areas:**  
  - Alpine View Trail  
  - Alpine Visitor Center area  
  - Forest Canyon overlook  
  - Gore Range overlook  
  - Rock Cut overlook  
  - Tundra Communities Trail
- **Never pick flowers or plants.**  
- **Never feed or approach wild life, no matter how small.**  
- **Park only in designated areas never on vegetation.**  
- **Pets are prohibited on ALL tundra areas.**

**Traffic, Parking, and Shuttle Buses**

Rocky hosted over 4.6 million visitors in 2018. With most visitors arriving by car, this means park roads can get extremely busy and parking extremely limited.

We understand this can be frustrating—but we’re all here to enjoy and celebrate Rocky. Help yourself and other visitors keep fun levels high and stress levels low by being courteous to other motorists, obeying posted speed limits, and watching for visitors and wildlife in parking lots and near roadways.

- Roads are busiest from 9 am to 3 pm during the summer and on fall weekends. Arrive early or late to avoid the crowds.
- Parking at our most popular trailheads can fill as early as 6:30am. Even less popular trailheads will fill by early morning and on winter weekends. If you’re planning to hike, start early!
- In summer, consider riding the shuttle from the Estes Park Visitor Center (park pass required) or Park & Ride. Save money on gas, skip the traffic, and enjoy mountain views while someone else drives! Learn more on the back page.
Visitor Centers

Beaver Meadows Visitor Center
Open 8am to 5pm through 10/12
Open 8am to 4:30pm 10/13–10/26
Open 9am to 4:30pm starting 10/27
Near Beaver Meadows Entrance on US Hwy 36. Information, bookstore, and park movie. For wilderness camping permits, follow the trail east of the visitor center to the Wilderness Office.

Fall River Visitor Center
Open 9am to 4pm through 10/14
Closed starting 10/15
Near the Fall River Entrance on US Hwy 34. Life-sized wildlife displays, bookstore, and new Arts Alive Activity Center (all ages welcome).

Moraine Park Discovery Center
Open 9am to 4:30pm through 10/14
Closed starting 10/15
On Bear Lake Road. Interactive exhibits, nature trail with great views of Moraine Park, family-friendly activities, and a bookstore.

Alpine Visitor Center
Open 9:30am to 5pm through 10/14
(weather permitting)
Closed starting 10/15
Highest visitor center in the NPS at 11,796 feet. Extraordinary alpine views, displays, information, a bookstore, and an adjacent gift shop and cafe.

Kawuneeche Visitor Center
Open 8am to 5pm through 9/30
Open 8am to 4:30pm 10/1–10/31
Starting 11/1, call 970 627-3471 or 970 586-1513 for hours
On US Hwy 34 north of Grand Lake. Information, maps, free park movie, exhibits, a bookstore, and wilderness camping permits.

Activities and Talks
Quick, casual, and interactive, talks and activities are great for all ages and abilities! Learn about bears, elk, the coming winter season, and so much more.

Walks and Hikes
From brief strolls to true hikes, these programs get you moving. Birds, lakes, flowers, waterfalls, geology, history—join a ranger to discover new trails and ideas.

Special Events
Elk Day
10am–2pm, Saturday 9/14
Kawuneeche Visitor Center
Learn about these bugling beauties in a special day of elk activities. Rangers will be on hand with fun family activities to share. Please drop in!

Party with the Stars
5:30pm, Saturday 10/19
Moraine Park Discovery Center
Watch as night descends on Rocky Volunteers will be available with telescopes to help you experience the magic of the night sky.
## Ranger-led Programs

### East Side

#### ACTIVITIES AND TALKS

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>LENGTH</th>
<th>LOCATION</th>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
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<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bear Necessities 🐻</td>
<td>20 to 30 minute talk</td>
<td>Beaver Meadows Visitor Center</td>
<td>10 am</td>
<td>10 am</td>
<td>Ends 10/8</td>
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<td>10 am</td>
</tr>
<tr>
<td>Elk Echoes</td>
<td>30 minute talk</td>
<td>Sheep Lakes Parking and Moraine Park Disc. Center Amphitheater</td>
<td>6 pm</td>
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<tr>
<td>High Country Tails 🏔️</td>
<td>20-30 minute talk</td>
<td>Alpine Visitor Center</td>
<td>2:30 pm</td>
<td>2:30 pm</td>
<td>2:30 pm</td>
<td>2:30 pm</td>
<td>2:30 pm</td>
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<tr>
<td>Leave It to Beaver 🐻</td>
<td>30 minute talk</td>
<td>Fall River Visitor Center</td>
<td>10:30 am</td>
<td>10:30 am</td>
<td>10:30 am</td>
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#### WALKS AND HIKES

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<th>LOCATION</th>
<th>SUN</th>
<th>MON</th>
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<th>FRI</th>
<th>SAT</th>
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</thead>
<tbody>
<tr>
<td>Autumn Bird Walk</td>
<td>1.5 hour walk</td>
<td>Upper Beaver Meadows Trailhead</td>
<td>8 am</td>
<td>8 am</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Autumn in the Rockies</td>
<td>1–1.5 hour walk</td>
<td>Upper Beaver Meadows Trailhead</td>
<td>9:30 am</td>
<td>9:30 am</td>
<td>9:30 am</td>
<td>9:30 am</td>
<td>9:30 am</td>
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</tr>
<tr>
<td>Hike with a Ranger!</td>
<td>5 to 6 hour, 5.6 mile hike</td>
<td>Meet the ranger at Park &amp; Ride to ride the shuttle to Glacier Gorge Trailhead</td>
<td></td>
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<td></td>
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<td>8:30 am</td>
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<tr>
<td>Moraine Park Nature Walk</td>
<td>1 hour walk</td>
<td>Moraine Park Discovery Center</td>
<td>9:30 am</td>
<td>9:30 am</td>
<td>9:30 am</td>
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**Wheelchair-accessible**

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The summit of Longs Peak framed by orange aspen leaves. NPS PHOTO / BONNIE BEACH
### West Side

#### ACTIVITIES AND TALKS

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>LENGTH</th>
<th>LOCATION</th>
<th>SUN</th>
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<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
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</thead>
<tbody>
<tr>
<td>A River Runs Through Us</td>
<td>1.5 hour, 1 mile walk</td>
<td>East Inlet Trailhead</td>
<td>9 am</td>
<td>9/4, 9/11, 9/18 ONLY</td>
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</tr>
<tr>
<td>A Rocky Past</td>
<td>1–1.5 hour walk</td>
<td>Holzwarth Historic Site Parking Lot</td>
<td>10 am</td>
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<td></td>
<td></td>
<td>10 am</td>
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<tr>
<td>Lions, Bears, and Moose! Oh My!</td>
<td>30–45 minute program</td>
<td>Kawuneeche Visitor Center Breezeway</td>
<td>1 pm</td>
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<tr>
<td>Sisters of Courage</td>
<td>2.5 hour program</td>
<td>Kawuneeche Visitor Center Flaggpole</td>
<td>1 pm</td>
<td>9/2 ONLY</td>
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<tr>
<td>Rangers Choice Programs</td>
<td>Varies</td>
<td>Check at Kawuneeche Visitor Center for details</td>
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#### EVENING PROGRAMS

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<th>LENGTH</th>
<th>LOCATION</th>
<th>SUN</th>
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<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Timber Creek Evening Program</td>
<td>1 hour program</td>
<td>Timber Creek Campground</td>
<td>7:45 pm</td>
<td>9/6, 9/13</td>
<td>7:30 pm</td>
<td>9/20, 9/27</td>
<td>7:45 pm</td>
<td>9/7, 9/24</td>
<td>7:30 pm</td>
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</table>

The gorgeous colors of aspen leaves are a highlight of the fall season in Rocky.

### Junior Ranger

Junior Rangers have fun discovering the natural world and learning why we need to protect our national parks. We need the help of all our rangers to keep Rocky protected for years to come. Pick up a free Junior Ranger activity booklet at any visitor contact station, discover the park, and become a ranger by earning your badge!

There are activity books for kids ages 5 and under, 6–8, and 9 and up. The park’s Junior Ranger Program is funded by the Rocky Mountain Conservancy and is a great way to get kids out exploring and discovering their national park.
Elk Viewing Guide

One of the most exciting events of fall in Rocky is the elk rut: the elk mating season. While incredible to watch, the rut is a vital ritual for all animals involved. This is where mates are chosen, genes are passed on, and next year’s cycle of newborn life begins. Please respect this process, the wildlife involved in it, and the experience of yourself and other visitors by following park regulations.

Never Approach Wildlife

Elk are large animals that can injure or even kill you. While 25 yards (23 m) is the legal minimum, any distance that changes a wild animal’s behavior is too close. Approaching a wild animal can cause it serious stress, which can negatively affect its health, disrupt important natural processes (like the rut), and provoke defensive behavior that could harm you and those around you. Please remember: you are in these elk’s home. They work hard throughout the year to survive in a challenging environment. This is not a wildlife park or zoo.

Learn to Take Great Photos

For many of us, our smartphone is our go-to camera. But smartphone cameras have limited zoom. There’s simply no way to get close-up photos without getting much too close to wildlife.

The solution? Bring a camera with a telephoto lens! You can keep a safe distance, and wildlife will be less disturbed, netting you better photos. Binoculars are also great for getting a closer look from a distance.

Respect Meadow Closures

- Park only in designated pull-offs. Park staff will move your vehicle if it impedes traffic.
- Do not park on vegetation or in “no parking” areas.
- Turn off your engine and car lights. View elk from the roadside. Stay next to your car for protection—elk can charge or cross roadsides suddenly.
- Use of artificial calls and spot-lighting is prohibited.

To protect elk and enhance elk-viewing opportunities for visitors, these meadows are closed to entry between 5 pm and 7 am daily from September 1 to October 31:

- Moraine Park
- Horseshoe Park
- Upper Beaver Meadows
- Harbison Meadow
- Holzwarth Meadow

Learn More About Elk

- Elk are one of the largest members of the deer family. Large males, called bulls, can weigh 700–1000 pounds and stand five feet at the shoulder. Females, called cows, usually weigh 500–600 pounds.
- Only males have antlers, which grow in the spring and drop each winter. While growing, they are covered with a protective layer of velvety skin. When the antlers are fully grown, the bulls scrape this layer off.
- Each fall, elk gather in montane meadows for the annual breeding season. In this season of excitement, bull elk compete for the right to breed with a herd of females. Prime bulls, eight to nine years old, stand the best chance of mating.
- While competition is high among bulls, it includes little fighting, since fighting causes injury and depletes energy. Instead, mature bulls compete for cows by displaying their antlers, necks, and bodies. They emit strong, musky odors and bugle.
- Bull elk signal the mating season with a crescendo of deep, resonant tones that rise rapidly to a high-pitched squeal before dropping to a series of grunts. The eerie call echoes through the autumn nights and serves to intimidate rival males. Cows and younger bulls may also bugle, but they cannot match the strength or range of the older bulls’ calls.

Learn more: go.nps.gov/RockyElk.
Wildlife

With elk, bighorn sheep, mule deer and moose calling Rocky Mountain National Park home, it’s no surprise that wildlife watching is rated the number-one activity by many of Rocky’s visitors. Park roads provide access to this wonderful world, so bring your binoculars and don’t forget your camera — you never know when you may see something!

The park’s great large-animal population makes it one of the country’s top wildlife watching destinations. But also found in Rocky Mountain National Park are nearly 60 other species of mammals, more than 270 recorded bird species, six amphibians (including the endangered boreal toad), one reptile (the harmless garter snake), 11 species of fish, and countless insects, including a surprisingly large number of butterflies.

For the bird aficionados, keep an eye out for the birds that call Rocky home. Steller’s Jays, with their striking blue bodies, are year-round residents, as are Gray Jays, Clark’s Nutcrackers, and the iridescent, long-tailed Black-billed Magpies. Other birds, like the tiny, brilliant Broad-tailed Hummingbirds and Western Tanagers come here to nest and raise their young in the summers, wintering in warmer places.

The park has a wide variety of wildlife that can be seen, from the large animals to the smaller ones. Here are some viewing tips for the different species:

- **Elk**
  - Habitat: Meadows, meadow-forest boundaries. Common at lower elevations spring-fall.
  - Viewing tips: Look at dusk and dawn in Horseshoe Park, Moraine Park, Upper Beaver Meadows, and Harbison and Holzwarth meadows. During the fall mating season, bull elk can be heard bugling as they attempt to attract harems of cow elk.

- **Moose**
  - Habitat: Streambeds and meadows
  - Viewing tips: These large mammals frequent willow thickets along the Colorado River in the Kawuneeche Valley on the park’s west side and are increasingly being seen on the park’s east side.

- **Bighorn Sheep**
  - Habitat: Rocky mountainsides and canyons
  - Viewing tips: May through mid-August, often seen along US Hwy 34/Fall River corridor on park’s east side, or high on Trail Ridge Road and the rocky alpine of the park’s west side. Look for lambs around mid-June.

- **Mule Deer**
  - Habitat: All habitats throughout the park
  - Viewing tips: At lower elevations, mule deer are most often found in open areas, usually at dawn and dusk.

- **Yellow-bellied Marmot**
  - Habitat: Rock piles
  - Viewing tips: Look for marmots sunbathing on rock outcroppings on the tundra along Trail Ridge and Old Fall River roads.

- **Pika**
  - Habitat: Rock piles at higher elevations
  - Viewing tips: Listen for its sharp, distinctive bark and watch for movement among the rocks.

- **Coyote**
  - Habitat: All habitats throughout the park
  - Viewing tips: Can be seen parkwide at any time of day. Yipping and howling is sometimes heard in the evening and morning.

- **Elk**
  - Habitat: Meadows, meadow-forest boundaries. Common at lower elevations spring-fall.
  - Viewing tips: Look at dusk and dawn in Horseshoe Park, Moraine Park, Upper Beaver Meadows, and Harbison and Holzwarth meadows. During the fall mating season, bull elk can be heard bugling as they attempt to attract harems of cow elk.

- **Moose**
  - Habitat: Streambeds and meadows
  - Viewing tips: These large mammals frequent willow thickets along the Colorado River in the Kawuneeche Valley on the park’s west side and are increasingly being seen on the park’s east side.

- **Bighorn Sheep**
  - Habitat: Rocky mountainsides and canyons
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Hiking Essentials

- Sturdy footwear
- Rain gear
- Layered clothing
- Jacket/windbreaker and long pants
- Gloves, hat, extra socks
- Sunscreen, hat, sunglasses
- Whistle and waterproof matches
- Headlamp or flashlight
- High-energy snacks
- Plenty of water
- First-aid supplies
- Topo map and compass or GPS

- Pets are prohibited on all park trails, tundra, and meadow areas (see page 2).
- Don’t hike alone. Keep your group together. Tell someone where you’re going, check back in when you return.
- Weather conditions can change quickly. Always be willing to turn around.

Gentle Trails

East Side

<table>
<thead>
<tr>
<th>TRAIL</th>
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<th>DISTANCE ROUND TRIP</th>
<th>ELEVATION GAIN</th>
<th>HIGHLIGHTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bear Lake</td>
<td>End of Bear Lake Road</td>
<td>0.5 mi</td>
<td>20 ft</td>
<td>Follow a self-guiding nature trail around beautiful Bear Lake. Trail often has snow well into June.</td>
</tr>
<tr>
<td>Hidden Valley Nature Trail</td>
<td>Hidden Valley</td>
<td>0.5 mi</td>
<td>20 ft</td>
<td>Follow a nature trail through the subalpine forests of Hidden Valley.</td>
</tr>
<tr>
<td>Lily Lake</td>
<td>Lily Lake Trailhead south of Estes Park on Highway 7</td>
<td>0.8 mi</td>
<td>20 ft</td>
<td>A level walk around Lily Lake featuring wildflowers, waterfowl, and mountain views.</td>
</tr>
<tr>
<td>Moraine Park Discovery Center Nature Trail</td>
<td>Bear Lake Road</td>
<td>0.5 mi</td>
<td>20 ft</td>
<td>Self-guiding trail booklet available. Winds up and down hillside behind Discovery Center.</td>
</tr>
<tr>
<td>Sprague Lake</td>
<td>Bear Lake Road</td>
<td>0.5 mi</td>
<td>10 ft</td>
<td>Packed gravel, level grade trail around lovely lake.</td>
</tr>
</tbody>
</table>

Trail Ridge Road

These trails are accessible ONLY when Trail Ridge Road is open.

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</thead>
<tbody>
<tr>
<td>Alpine Ridge Trail</td>
<td>Alpine Visitor Center</td>
<td>0.5</td>
<td>209 ft</td>
<td>Amazing views in all directions from this small summit. Keep an eye on the sky: if storms approach, stay off!</td>
</tr>
<tr>
<td>Tundra Communities Trail</td>
<td>Rock Cut</td>
<td>0.6</td>
<td>260 ft</td>
<td>View the miniature world of the alpine tundra and enjoy sweeping views of the park. Keep an eye on the sky: if storms approach, stay off!</td>
</tr>
</tbody>
</table>

West Side

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<th>DISTANCE ROUND TRIP</th>
<th>ELEVATION GAIN</th>
<th>HIGHLIGHTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adams Falls</td>
<td>East Inlet Trailhead for east end of Grand Lake</td>
<td>0.6 mi</td>
<td>80 ft</td>
<td>A beautiful short hike near Grand Lake. Trail continues beyond the falls to lush meadows with mountain views.</td>
</tr>
<tr>
<td>Coyote Valley Trail</td>
<td>Coyote Valley Trailhead near Longs Peak Visitor Center</td>
<td>1 mi</td>
<td>10 ft</td>
<td>Follows bank of the Colorado River with views of Never Summer Mountains. Look for wildlife. Packed gravel, level grade.</td>
</tr>
<tr>
<td>Holzwarth Historic Site</td>
<td>US Hwy 34</td>
<td>1 mi</td>
<td>10 ft</td>
<td>Explore a historic homestead cabin and 1920s dude ranch. Brochures, interpretive signs.</td>
</tr>
</tbody>
</table>

Leave No Trace

Treating your park with respect is essential—both to protect the park and to provide a better experience for all park visitors.

- Use town, park, and trailhead restroom facilities whenever possible. If you’re on the trail and have to go, move well away from the trail; bury your waste at least 6" deep; and pack out your toilet paper.
- Do not remove anything from the park, including rocks, plants, and antlers. In addition to being illegal, removing these things means the next person after you won’t be able to enjoy them as you did.
- Campfires are absolutely illegal outside of designated fire rings in park campgrounds and picnic areas. Illegal campfires scar the landscape and can grow into deadly wildfires.

More Challenging Hikes

Looking for longer, steeper, more demanding hikes? Rocky has plenty to offer.

More difficult hikes require a higher level of fitness; more planning and safety preparations; and a greater knowledge with and comfort in the wilderness.

If you feel you meet these requirements:
- Research hikes online at nps.gov/romo.
- Talk with a ranger at any of our visitor centers or staffed trailheads.
- Visit one of our nature store locations and purchase a high-quality, detailed map and guidebook.

Longs Peak

The Keyhole Route to the summit of Longs Peak (14,259 ft / 4346 m) is NOT a hike. It is a climb that crosses enormous sheer vertical rock faces—often with falling rocks—and requires scrambling where an unroped fall would likely be fatal. The route has narrow ledges, loose rock, and steep cliffs.

The terrain requires a high level of fitness and good route-finding and scrambling skills.

Injuries requiring rescue are very dangerous and take hours, if not days, to evacuate.

If you are considering climbing Longs Peak, detailed information is available on the park website (go.nps.gov/LongsPeak) or at the Longs Peak Ranger Station.
Camping

### Permits and Fees

Overnight stays in the wilderness require a permit available at the Beaver Meadows Wilderness Office or Kawaneeche Visitor Center. To learn more or make a reservation (highly recommended for summer), visit go.nps.gov/RockyWildernessCamping.

A $30 fee is required between May 1 and October 31. This nonrefundable, non-exchangeable fee must be paid when reservations are made.

### Food Storage

To protect visitors and wildlife, all food items and garbage must be secured inside an approved, commercial-ly-made carryin/carry out bear-re-sistant food storage container that is either hard-sided or has a non-crush-able insert in all areas of the park between April 1 and October 31. Containers may be rented or purchased at outdoor shops in nearby communities.

### Leave No Trace

About 4.5 million people visit Rocky every year. Whether hiking, camping, or driving, keep your park beautiful by practicing Leave No Trace Ethics.

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

### Sprague Lake Accessible Wilderness Campsite

Contact the Wilderness Office at 970 586-1242. 12 campers with up to five wheelchair users can stay at the site. A $30 administrative permit fee is required from May 1 to October 31.

#### Wildsireness Camping

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<th>MAX RV TRAILER LENGTH</th>
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<td>Yes</td>
<td>Yes</td>
<td>30 ft</td>
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<td>In pine forest by rushing Fall River just inside the Fall River Entrance on US Hwy 34 west of Estes Park.</td>
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<td>Glacier Basin</td>
<td>Yes</td>
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<td>Firewood summer only (No ice)</td>
<td>No</td>
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### Cell Service

Cell Service is limited in park campgrounds. Don’t depend on a cell phone for communication or emergency help.

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### About Rocky Mountain National Park

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Park Shuttle Bus

There are no shuttle bus services on the west side of the park or across Trail Ridge Road. There are several commercial shuttle tours in the Estes area. Contact the Estes Park Visitor Center for Information. 800 443-7837 or visitestespark.com

There are no bike racks on shuttle buses.

Most shuttle buses are accessible and can accommodate wheelchairs. Contact shuttle staff or rangers if accommodation is needed.

Dogs are not allowed on shuttle buses. Except service animals that have been individually trained to perform specific tasks for the benefit of persons with disabilities (see page 2 for more).

At Rocky Mountain Conservancy Nature Stores, Your Purchase Makes A Difference

The best Rocky Mountain National Park t-shirts, games, toys, books, maps and other interesting items are here, at any of the Rocky Mountain Conservancy Nature Stores located in park visitor centers. When you make a purchase from our nonprofit organization, proceeds are returned to the park, supporting important educational and research programs. Drop by today:

Visit Conservancy Nature Stores at:
- Alpine Visitor Center
- Beaver Meadows Visitor Center
- Fall River Visitor Center
- Kawuneeche Visitor Center
- Moraine Park Visitor Center

www.RMConservancy.org

Rocky Mountain Field Institute
Educational Bus Tours in Rocky!

Grand Lake Safari Adventure
- Tuesdays, June 9 – August 25
- Journey to the Top! Trail Ridge Rd Adventure
- Wednesdays & Thursdays, June 10 – Sept. 3
- Trail Ridge Sunset Safari Adventure
- Fridays, June 13 - September 5

Elk Expeditions
- Thursdays, Fridays, Saturdays & Mondays Sept. 10 - October 17

Call 970-586-3262 or register at park visitor centers!

www.RMConservancy.org

Want one?

The Rocky Mountain National Park license plate from the Rocky Mountain Conservancy. Proceeds benefit Rocky Mountain National Park!

www.RMConservancy.org

2019 Shuttle Service at a Glance

<table>
<thead>
<tr>
<th>ROUTE</th>
<th>SCHEDULE</th>
<th>DATES</th>
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<tbody>
<tr>
<td>Hiker Shuttle Express</td>
<td>Hourly 7:30 am to 10 am</td>
<td>Daily May 25–Sep 13</td>
</tr>
<tr>
<td></td>
<td>30 min 10 am to 6 pm</td>
<td>Weekends Only</td>
</tr>
<tr>
<td></td>
<td>6 pm to 8 pm</td>
<td>Sep 14–Oct 20</td>
</tr>
<tr>
<td>Bear Lake Route</td>
<td>10–15 min 7 am to 7:30 pm</td>
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Annual and Lifetime passes purchased online take at least 2-4 weeks to arrive. If you’re planning to visit soon, wait and purchase these passes when you arrive.

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