Welcome to Spring

You’re here during an exciting time! Not only is it spring, a time of change, growth, and renewal—it’s also the 100th birthday of the National Park Service. We’re glad you’re here to join the party. How can you help us celebrate?

First, whether it’s your first visit or your 100th: enjoy your time here at Rocky Mountain National Park. Stop by our visitor centers, hike a trail, take a scenic drive, join a ranger-led program, watch wildlife—the options for exploring Rocky abound.

After your visit, find out more about other national parks by visiting FindYourPark.com. There, you can find parks near your home, learn about the diversity of stories that national parks tell, and see how other people throughout the country have connected to the parks that are meaningful to them.

Finally, we encourage you to share your park experiences with your friends, family, and neighbors— especially those who may have never visited a park before. Let them know why national parks are special to you.

Helpful tips for enjoying spring in Rocky:
- Spring is Rocky’s snowiest season! On average, some of the biggest snowstorms of the year happen in March, April, and even May. Be prepared.
- Spring weather is unpredictable. It can be warm and sunny one day, cold and overcast the next. Bring layers of clothes for a range of temperatures and conditions—you’ll be more comfortable and have more fun.
- Trail Ridge Road is scheduled to open May 27, weather permitting. For more details, see page 2.
- Visitor center hours and program schedules change throughout the season. Please check times carefully, and when in doubt, contact the park.
- Expect a wide variety of trail conditions. You could easily find snow-free trails near the park entrances and deep snow on higher elevation trails in the same day. For more details, see page 4.

Free Park Movie
See the stunning 23-minute park movie Spirit of the Mountains in the Beaver Meadows and Kawuneeche visitor centers.

Free Park Movie

Visitor Centers
EAST SIDE Near Estes Park
Beaver Meadows Visitor Center
Through May 14: 8a–4:30p daily
Starting May 15: 8a–5p daily
Near Beaver Meadows Entrance. Information, bookstore, park movie (see left). For backcountry camping permits, follow trail east of visitor center to Backcountry Office.

Fall River Visitor Center
Through May 8: Fri, Sat, Sun 9a–4p
May 13–20: 9a–4p daily
Starting May 21: 9a–5p daily
Near Fall River Entrance. Life-sized wildlife displays, bookstore, and new Arts Alive Activity Center (all ages welcome).

Moraine Park Discovery Center
Starting May 28: 9a–4:30p daily
On Bear Lake Road. Interactive exhibits, nature trail with great views of Moraine Park, bookstore.

Sheep Lakes Information Station
Starting May 14: 9a–4:30p daily (weather permitting). In Horseshoe Park on US Hwy 34 west of Estes Park. Information and ranger programs. Good wildlife viewing.

TRAIL RIDGE ROAD
Alpine Visitor Center
Starting May 27: 10:30a–4:30p daily
Near Moraine Park Entrance. Highest visitor center in the NPS at 11,796 feet. Extraordinary alpine views, displays, information, a bookstore, an adjacent gift shop and café.

WEST SIDE Near Grand Lake
Kawuneeche Visitor Center
Through May 1: 8a–4:30p daily
Starting May 2: 8a–5p daily

Follow @RockyNPS
Find us on your favorite social media to connect with Rocky and share your story. To learn more, visit go.nps.gov/RockySocial

Visit our official website for more information
nps.gov/romo/
Stay Safe

Be Responsible

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 npg.gov/romo.

Altitude Sickness affects many visitors every year. Symptoms include headache, nausea, fatigue, dizziness, and in severe cases, even unconsciousness. Altitude can also aggravate pre-existing conditions such as heart and lung disease. Take your time, drink plenty of water, eat light, and rest. The only way altitude sickness is to go down to a lower altitude.

Avalanches can be triggered by backcountry travelers. The park does not do any avalanche control. Never assume trails are free of avalanche hazard like an electronic transceiver when traveling avalanche terrain, and avoid skiing or snowshoeing in steep gullies. If caught in an avalanche, make snowmobile noises and try to stay on top of the snow for current conditions, check at a visitor center, call 970-586-1206, or visit avalanche.state.co.us.

Backcountry Travel can be done in a group, not alone. Leave a detailed trip itinerary with a friend or family. The park is authorized to suspend park activities if you fail to return. Mountain weather changes quickly. If conditions are more difficult than anticipated, turn around. Long walks, a popular climb, can have treacherous ice and snow if you don’t have the proper gear. Longs Peak, a popular climb, can have treacherous ice and snow if you don’t have the proper gear. Longs Peak, a popular climb, can have treacherous ice and snow if you don’t have the proper gear. Never leave your vehicle alone in the park. Use a cellular phone for emergency help. Cell Service is unavailable in many areas of the park. Be prepared for a frosty, damp morning. Prepare yourself for weather ranging from summer to winter conditions.

Rocky Mountain National Park, Colorado

FRIDAYS

Rocky Fishing Requires a Colorado state fishing license. Metal detector use is prohibited. It is legal to take any nonsalmoniform fish including pike, perch, and trout or to disturb, kill, or collect vegetation (including flowers). Metal detector use is prohibited. Examine the skins, skulls, antlers, teeth, and bones of many park mammals. Inquire at Kawuneeche Visitor Center.

PROGRAMS AND ACTIVITIES

Visit the Visitor Center for current programs and hours. Programs and hours vary. Please double-check the schedule, including specific times and dates. Programs at different visitor centers may be different. Programs may be canceled due to weather. Programs may also be canceled due to weather. Programs may also be canceled due to weather.

10:30 am

Spring Bird Walk Go birding with a local expert at one of the best times of the year. Bring binoculars and a field guide. Be prepared for a frosty, damp morning. Start at the Trail Ridge Road Visitor Center. Drop in anytime.

9 am

10 am

Saturday Night in the Park Enjoy an evening program in the amphitheater. For topics, inquire at Kaseeshee Visitor Center.

5/28 only

5/29 only

10 pm

10 pm

West Side

Beaver Meadows Evening Programs Enjoy a special evening program at Beaver Meadows Visitor Center. Start at the Trail Ridge Road Visitor Center.

5/28 only

5/29 only

10 pm

10 pm

Skins and Things Examine the skins, skulls, antlers, teeth, and bones of many park mammals.

5/28 only

5/29 only

2 pm

2 pm

Special Programs and Events (East and West)

Fall moon

Upper Beaver Meadows Trailhead Stars at 7:30 pm.

Friday, June 30

Walk Under the Full Moon Times and locations vary each month 1 to 1.5 hour walk.

Wednesday, March 23 and Thursday, April 21

Explore the park by the light of the full moon. Outdoor clothing and gear appropriate for the conditions are required. Reservations required no more than seven days in advance (maximum six per reservation). Call 970 586-1225 8 am to 4 pm daily.

Party with the Stars Meet at Beaver Meadows Visitor Center 8:30 to 10:30 pm.

Saturday, June 11

International Migratory Bird Day Meet at Beaver Meadows Visitor Center 8:30 to 10:30 am.

Saturday, June 11

Bring binoculars and a field guide for a ranger-led birding excursion. Come for part or all of this multi-location event. Be prepared for a frosty, damp morning. Meet at Beaver Meadows Visitor Center 8:30 to 10:30 am.

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Saturday, June 11

Notes and Tips

• Activities must be accompanied by an adult.
• Programs may be canceled due to weather.
• Accessible programs are marked with a blue icon.
• Programs and hours vary. Please double-check the schedule, including specific times and dates.
• For outdoor programs, be sure to bring the essentials to wear and carry (see page 3).
**Early Season Hikes**

<table>
<thead>
<tr>
<th>East Side</th>
<th>Trailhead</th>
<th>Distance</th>
<th>Elevation Gain</th>
<th>Highlights</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bear Lake</td>
<td>Deer Mountain Trailhead</td>
<td>0.8 mi</td>
<td>20 ft</td>
<td>One of the five mountains in RMNP with a trail to the summit. Great views of mountains and valleys.</td>
</tr>
<tr>
<td>Deer Mountain</td>
<td>Lumpy Ridge Trailhead</td>
<td>6 mi</td>
<td>1008 ft</td>
<td>Big rocks and nice views on this rather steep hike. The lake is small and spring-fed (no stream).</td>
</tr>
<tr>
<td>Gem Lake</td>
<td>Lily Lake Trailhead</td>
<td>0.8 mi</td>
<td>20 ft</td>
<td>A level walk around Lily Lake featuring wildflowers, waterfowl, and mountain views. Caution: the trail is snow-covered along the south shore.</td>
</tr>
<tr>
<td>Moraine Park Discovery Center</td>
<td>Moraine Park Nature Trail</td>
<td>0.5 mi</td>
<td>20 ft</td>
<td>Self-guiding trail booklet available. Winds up and down hillside behind Discovery Center (open May 28).</td>
</tr>
<tr>
<td>The Pool</td>
<td>Sprague Lake</td>
<td>0.5 mi</td>
<td>20 ft</td>
<td>Packed gravel, level trail around lovely lake.</td>
</tr>
<tr>
<td>Tundra Communities Trail</td>
<td>Tundra Communities Trail</td>
<td>0.6 mi</td>
<td>200 ft</td>
<td>View the miniature world of the alpine tundra and enjoy sweeping views of the park.</td>
</tr>
</tbody>
</table>

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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Adams Falls</td>
<td>East Intake Trailhead</td>
<td>0.6 mi</td>
<td>80 ft</td>
<td>A beautiful short hike near Gran Lake. Trail continues beyond the falls to lake beaches with mountain views.</td>
</tr>
<tr>
<td>Cascade Falls</td>
<td>North Intake Trailhead</td>
<td>7 mi</td>
<td>300 ft</td>
<td>A relatively level hike to a rocky cascade.</td>
</tr>
<tr>
<td>Coyote Valley Trail</td>
<td>Coyote Valley Trailhead</td>
<td>1 mi</td>
<td>10 ft</td>
<td>Rock banks of the Colorado River with views of Hager Summer Mountains. Look for wildlife. Packed gravel, level grade.</td>
</tr>
<tr>
<td>East Shore Trail</td>
<td>East side of Shadow Mountain Loop Trail</td>
<td>5.2 mi</td>
<td>100 ft</td>
<td>2.6 mi to Green Ridge Campground. A side loop to Ranger Meadows reconnects with main trail, adding 1.4 mi.</td>
</tr>
<tr>
<td>Holzworth 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>

**Backcountry Camping**

Permits and Fees

Over four million people visit Rocky Mountain NP each year. Whether hiking, camping, or driving, keep your vehicle beautiful by practicing Leave No Trace Ethics.

**Leave No Trace**

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

A $26 fee is required between May 1 and October 31. This nonrefundable, non-exchangeable fee must be paid when reservations are made. To protect visitors and wildlife, backcountry campers must use carry-in/carry-out collection bags provided by the park.

**Sprague Lake Accessible Backcountry Campsite**

Contact the Backcountry Office at 202-397-1812. Contact the Backcountry Office at 970-888-1243. LC queries are up to firewheelchair users can stay at the site. A $26 administrative fee is required from May 1 to October 31.

**Fees to Camp**

- When the water is on (summer), all campgrounds are $26 per night.
- When the water is off (winter), Moraine Park Campground Loop B is $18 per night.
- America the Beautiful Senior and Access Pass holders receive a 50% discount on camping fees.
- Park entrance and camping fees are paid when reservations are made.
- Tent sites must be properly secured when not in use.
- Campers are not allowed to use public ice bathrooms or latrines.

**FIREWOOD**

Limited

**FLUSH TOILET**

Yes

**HIGHLIGHTS**

Yes, available at the Beaver Meadows Backcountry Office or Kawuneeche Visitor Center. To learn more or make a reservation (highly recommended for summer), visit go.nps.gov/Rockybackcountry.
Reflecting on 100 Years

On January 26, 1915, Rocky Mountain National Park was established. Just over a year later, on August 25, 1916, President Woodrow Wilson signed into law the act creating the National Park Service (NPS). Originally charged with managing 31 sites, the NPS now oversees 407 units, striving to balance visitor enjoyment with preservation and stewardship. This change grows ever harder as the nation’s population increases and new obstacles develop: Climate change, overcrowding, habitat fragmentation, development pressure, and more threaten our nation’s heritage sites. Yet even after 100 years, the NPS continues to face these challenges head on. These sites continue to play a role in the lives of Americans and will become even more important as we move further into the 21st Century. As the National Park Service heads into its second century of protecting America’s special places, they will continue to tell our important stories.

The Fragile Alpine Tundra

Imagine a place so cold, windy, and extreme that even the hardiest trees cannot survive. Tiny flowers wait out the long winter to bloom for a few brilliant weeks in summer. Views extend seemingly forever in all directions as the sun beams down on rock covered with a thin layer of soil. This is the alpine tundra, which makes up about one-third of Rocky Mountain National Park. While seemingly hardy, the tundra is in fact quite fragile. Repeated footsteps often destroy tundra plants, allowing exposed soil to blow away. Recovery may take hundreds of years. To protect the tundra, we need your help!

- 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
- Use trails where they exist.
- Never walk single file off trail.
- Step on rocks or gravel where possible.
- Pets are prohibited on ALL tundra areas.

Love Rocky Mountain National Park? Help Us Make it Even Better!

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:
- Beaver Meadows Visitor Center
- Fall River Visitor Center
- Moraine Park Visitor Center
- www.RMConservancy.org

Help Us Make it Even Better!

Love Rocky Mountain National Park?

Rocky Mountain Conservancy

Educational Bus Tours in Rocky!

Grand Lake Safari Adventure
Tuesday, 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 25 - September 18
Expeditions: Thursdays, Fridays, Saturdays & Sundays.
Mondays Sept. 10 - October 17
970-586-3262 or register at park visitor centers!

Elevate Your Shopping Experience

Take the trail to the clouds and not only will you find breathtaking vistas, you’ll find the best selection of Rocky Mountain National Park souvenirs including an amazing selection of authentic Native American gifts. Plus, enjoy a bite to eat at our café and coffee bar.

Trail Ridge Road
www.trailridgeshops.com

Did You Know That Rocky Mountain National Park Has Sisters?

Eight years ago, Rocky Mountain National Park signed a sister park agreement with the Tatra National Parks in Poland and Slovakia. All three are mountain parks and international biosphere reserves. In 2012, Rocky signed another agreement with the Monteverde Cloud Forest, Santa Elena Cloud Forest Reserve, Children’s Eternal Rainforest, and Arenal National Park in Costa Rica. What do we share with places in Costa Rica? Bird! Over 100 species of birds, like the Yellow-rumped Warbler (lower right), share the ecosystems of Rocky and Costa Rica.

Since 2007, we have engaged in staff exchanges and conferences, started joint science projects, and shared ideas and lessons learned. Issues that once seemed specific to a single park or country are now seen through a global lens and recognized as common to many protected areas.

The future of protected areas is international. As Shakespeare said, “One touch of nature makes the whole world kin.” Working with colleagues in our sister parks reminds us to think a bit larger in preserving our global landscapes for future generations.
Free Shuttle Service at a Glance

<table>
<thead>
<tr>
<th>ROUTE</th>
<th>SCHEDULE</th>
<th>DATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hiker Shuttle Express</td>
<td>Hourly 7:30 am to 11 am</td>
<td>Daily June 25–Sep 11</td>
</tr>
<tr>
<td></td>
<td>30 min 11 am to 6 pm</td>
<td>Weekends Sep 17–Oct 10</td>
</tr>
<tr>
<td></td>
<td>Hourly 6 pm to 8 pm</td>
<td></td>
</tr>
<tr>
<td>Bear Lake Route</td>
<td>10–15 min 7 am to 7:30 pm</td>
<td>Daily May 28–Oct 10</td>
</tr>
<tr>
<td>Moraine Park Route</td>
<td>30 min 7 am to 7:30 pm</td>
<td>Daily May 28–Oct 10</td>
</tr>
</tbody>
</table>

Hiker Express Route

Daily Service: June 25 to September 11
Weekends: September 17 to October 10

DOES NOT RUN IN SPRING

Buses run between the Estes Park Visitor Center and the RMNP Park & Ride. The only stop on this express route is Beaver Meadows Visitor Center.

The first bus leaves the Estes Park Visitor Center at 7:30 am. The last bus leaves for Estes Park at 8 pm.

Buses run on an hourly schedule early and late in the day and a half-hour schedule from 11 am to 6 pm.

A park pass is required to board the Hiker Shuttle. It may be purchased at the Park & Ride.

Bear Lake Route

Daily Service: May 28 to October 10

Buses run daily between Park & Ride and Bear Lake, leaving Park & Ride every 10 to 15 minutes from 7 am to 7:30 pm.

The Bear Lake Route is based at the Park & Ride shuttle bus parking area across from the Glacier Basin Campground.

Moraine Park Route

Daily Service: May 28 to October 10

Buses run daily between Park & Ride and Fern Lake Bus Stop, leaving Park & Ride every 30 minutes from 7 am to 7:30 pm.

The Moraine Park Route is based at the Park & Ride shuttle bus parking area across from the Glacier Basin Campground.

Notes and Tips

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 on service animals).