Visitor Centers

EAST SIDE
Near Estes Park

Beaver Meadows Visitor Center
Open 8am to 6pm daily
Near the Beaver Meadows Entrance on US Hwy 36. Information, bookstore, and park movie (see left). For wilderness camping permits, follow the trail east of the visitor center to the Wilderness Office.

Fall River Visitor Center
Open 9am to 5pm daily
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 daily
On Bear Lake Road. Interactive exhibits, nature trail with great views of Moraine Park, family-friendly activities, and a bookstore.

Sheep Lakes Information Station
Open 9am to 4:30pm daily (weather permitting) through August 14. In Horseshoe Park on US Hwy 34 west of Estes Park. Information and ranger programs. Good wildlife viewing.

TRAIL RIDGE ROAD

Alpine Visitor Center
Open 9am to 5pm daily (weather permitting). Highest visitor center in the NPS at 11,796 feet. Extraordinary alpine views, displays, information, a bookstore, and an adjacent gift shop and cafe.

WEST SIDE
Near Grand Lake

Kawuneeche Visitor Center
Open 8am to 6pm daily
On US Hwy 34 north of Grand Lake. Information, maps, free park movie, exhibits, a bookstore, and wilderness camping permits.
**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 nps.gov/romo.**

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.

Backcountry Travel should be done in a group, not alone. Leave a detailed trip itinerary with a friend. This helps park authorities if you fail to return. Mountain weather changes quickly. If conditions are more difficult than anticipated, turn around. Longs Peak, a popular climb, can have treacherous ice and snow any time of year. Camping is only allowed in designated sites (see page 9).

Bicycles are prohibited on trails. They are permitted on all roads open to motor vehicles, paved and dirt, unless otherwise posted. There are no designated bicycle lanes in the park. Roads are narrow with few or no shoulders—ride with care. By law, you must ride single file. Shuttle buses do not accept bicycles. Visit go.nps.gov/RockyBicycling.

Campfires are permitted only in campgrounds and picnic areas with fire grates. During high fire danger, campfires and metal detector use is prohibited. See Camping (page 9) to learn how to properly store food and other scented items.

Cell Service is unavailable in much of the park. Don’t depend on a cell phone for emergency help.

Drones are not allowed anywhere in Rocky Mountain National Park.

Failing 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 droerssweats, 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 for 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.

Pets are prohibited on ALL park trails, tundra, and meadow areas. Leashed pets are only allowed in picnic areas, parking lots, campgrounds, and along roadways. Never leave pets in vehicles if it puts them in danger or if 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 pinecones, rocks, antlers, and artifacts or to disturb soil, rocks, or vegetation (including flowers). Metal detector use is prohibited.

Ticks are out. In areas with plants, particularly tall grasses, regularly check yourself for ticks. Wear long sleeves, pants, and repellent with DEET. If you find an embedded tick, slowly pull it straight out with tweezers. Ticks can carry disease, including Colorado Tick Fever.

**Road Conditions**

Trail Ridge Road is open for the season, weather permitting. It usually closes for the winter in mid-October, depending on weather and road conditions.

Old Fall River Road is scheduled to open to motorized travel in early July.

Weather permitting, lower elevation paved roads, including Bear Lake Road, remain open year-round.

For current park road and driving conditions:

- Stop at a visitor center
- Call the Trail Ridge Road status line 970 586-1222
- Visit go.nps.gov/RockyRoads

**Carry the Essentials**

- Lots of water and high-energy food
- Layers of clothing including storm gear, hat, gloves
- Sunglasses with UV protection
- Sunscreen
- Sturdy footwear and extra socks
- First aid kit
- Topographic map and compass/GPS
- Flashlight or headlamp
- Waterproof matches, pocket knife, whistle

**Entrance Fees**

<table>
<thead>
<tr>
<th>1-day Pass</th>
<th>7-day Pass</th>
<th>Annual Military</th>
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</thead>
<tbody>
<tr>
<td>$20</td>
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<td>$10</td>
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<tr>
<td>$20</td>
<td>$25</td>
<td>Free</td>
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</tbody>
</table>

**America the Beautiful Interagency Passes**

- Annual $80
- Senior $10
- Access Free
- Annual Military Free
- Every Kid in a Park Free

Many amazing animals call Rocky home. To keep them and you safe and comfortable:

- Obey wildlife closure areas and “no stopping” traffic zones.
- Use parking areas along the road. If not available, pull your vehicle completely off the road and do not park on vegetation.
- Keep a safe distance. If you cause an animal to move or change behavior, you are too close! Approaching an animal puts you at risk and may cause it stress, leading to disease and illness.
- Never feed wildlife, including birds and chipmunks.

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 Camping (page 9) to learn how to properly store food and other scented items.

View from Old Fall River Road
Tips for a Great Visit

Navigate Crowds and Congestion During the Busy Summer Season

Last year, Rocky was the third most visited national park with over 4.1 million visitors—more than Yellowstone or Yosemite!

For over 100 years, visitors like you have come from all over the country and world to experience nature, seek solitude, enjoy scenic grandeur, watch wildlife, and enjoy outstanding recreational activities. The park is blessed to have so many people who love and care for it.

But love and high visitation can also mean long lines at entrance stations, full parking lots, congested roads, and busy trails. This is especially true in summer, when blue skies, blooming flowers, and warm temperatures beckon us all to soak in the beauty of the high country.

Luckily, there are steps you can take to make your trip as fun-filled as possible and to help your fellow visitors enjoy their trip, too.

Hiking
- Hike early. Trailhead parking lots fill early in the morning.
  - Glacier Gorge Trailhead: 6:00 am
  - Bear Lake Trailhead: 8:30 am
  - Park & Ride: 10:30 am
  - Wild Basin Corridor: 9:30 am

  Starting early increases your odds of getting a parking spot, lets you enjoy the beautiful morning light, and helps you finish your hike before afternoon thunderstorms strike.

  Want to hike in the Bear Lake corridor and plan to arrive after 11 am? Take the free hiker shuttle from the Estes Park Visitor Center! See details on the back page.

- Hike late. Trails and trailheads are often much less busy in the evening. Cooler temperatures, more active wildlife, and soft evening light will greet you. Before heading out, check the forecast for your hike’s elevation to make sure you don’t get caught in dangerous weather.

Driving and Transportation
- Carpool. Here with a group? Consider leaving some cars at home or your hotel and carpooling together to the park.
- Take advantage of the FREE park shuttle. See details on the back page.
- The Alpine Visitor Center parking lot is busy from 10 am to 3 pm. Again, arriving late or early will help you miss this most crowded time of day.
- Expect long lines from 10 am to 3 pm at Beaver Meadows and Fall River entrance stations. You can see current lines by viewing our entrance station webcams at go.nps.gov/RockyWebcams.

Camping
- Arrive early, and reserve your campsite ahead of time if possible. Aspenglen, Glacier Basin, and Moraine Park campgrounds are fully reservable and usually fill six months in advance. Longs Peak and Timber Creek campgrounds are first come, first served, but they too can fill.

Protect 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.
# Ranger-Led Programs

## East Side

<table>
<thead>
<tr>
<th>ACTIVITIES AND TALKS</th>
<th>LENGTH</th>
<th>LOCATION</th>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
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</thead>
<tbody>
<tr>
<td><strong>Bighorn Basics</strong></td>
<td>30 minute talk</td>
<td>Sheep Lakes Information Station</td>
<td>10:30 am</td>
<td>10:30 am</td>
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<tr>
<td>Sheep Lakes is a popular place to view bighorn sheep. Learn about this majestic symbol of Rocky. (May be canceled due to weather.) Ends 8/14</td>
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<td><strong>Bear Necessities</strong></td>
<td>20 to 30 minute talk</td>
<td>Beaver Meadows Visitor Center</td>
<td>10 am</td>
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<td>Join a ranger to learn about the amazing lives of Rocky’s bears and how you can help save them.</td>
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<tr>
<td><strong>Coffee With a Ranger</strong></td>
<td>1 hour chat</td>
<td>See dates for location</td>
<td>8 am</td>
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<td>Come chat with a ranger and share your own perspectives about different resource issues facing Rocky while enjoying a warm morning beverage.</td>
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<tr>
<td><strong>National Parks: Created by Artists</strong></td>
<td>30 minute talk</td>
<td>Moraine Park Discovery Center</td>
<td>2:30 pm</td>
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<tr>
<td>Discover how artists have used paintings, photos, and prose to inspire the creation of many of our national parks, including Rocky. Ends 8/20</td>
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<tr>
<td><strong>Volunteer in Rocky!</strong></td>
<td>1 hour activity</td>
<td>See dates for location</td>
<td>9:30 am</td>
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<tr>
<td>Join a ranger to learn about volunteers at Rocky, then spend the rest of the hour volunteering. You’ll receive a free NPS Centennial Volunteer Water Bottle. All ages and abilities welcome!</td>
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<tr>
<td><strong>Wildlife Through the Seasons</strong></td>
<td>30 minute talk</td>
<td>Fall River Visitor Center</td>
<td>10 am</td>
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<td>Join a ranger to explore how different species of park wildlife adapt to deal with changing conditions throughout the year.</td>
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## WALKS AND HIKES

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<th>LENGTH</th>
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<tbody>
<tr>
<td><strong>Birds of Upper Beaver Meadows</strong></td>
<td>1.5 hour walk</td>
<td>Upper Beaver Meadows Trailhead</td>
<td>7 am</td>
<td>7 am</td>
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<tr>
<td>Join a skilled birder to seek bluebirds, woodpeckers, wrens, and flycatchers in a rich mixture of aspen and pine woodlands. Bring binoculars and a field guide.</td>
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<tr>
<td><strong>Centennial Hike</strong></td>
<td>5 to 7 mile hike</td>
<td>Meet the ranger at Park &amp; Ride to ride the shuttle</td>
<td>8:30 am</td>
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<tr>
<td>Hike to gorgeous destinations while exploring the past, present, and future of national parks. Be prepared for changing weather. Bring food and water.</td>
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<tr>
<td><strong>Rocky: Then and Now</strong></td>
<td>1 to 1.5 hour walk</td>
<td>West Horseshoe Park parking</td>
<td>2 pm</td>
<td>2 pm</td>
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<tr>
<td>Take an easy to moderate walk exploring the natural and human forces that have shaped this landscape.</td>
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<tr>
<td><strong>Upper Beaver Meadows Nature Walk</strong></td>
<td>1 to 1.5 hour walk</td>
<td>Upper Beaver Meadows Trailhead</td>
<td>9 am</td>
<td>9 am</td>
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<tr>
<td>Enjoy a moderate walk through open meadows and montane forests and learn about the relationships behind this beautiful scenery. Ends 8/20</td>
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## FUN PROGRAMS FOR KIDS

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</thead>
<tbody>
<tr>
<td><strong>Discovery Days</strong></td>
<td>Drop-in program</td>
<td>Moraine Park Discovery Center</td>
<td>12:30 am to 4:30 pm</td>
<td>9 am to 4:30 pm</td>
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<tr>
<td>Discover Rocky with your family through hands-on activities, crafts, and games. Each week offers something new to discover. Limited parking—take the free shuttle! Starts 6/21-Ends 8/10</td>
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<tr>
<td><strong>Discovery Hikes</strong></td>
<td>1 to 1.5 hour hike</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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<tr>
<td>Come out and discover the wonders of Moraine Park with hands-on activities on this family-friendly hike. Parents must accompany children. Ends 8/20</td>
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<tr>
<td><strong>Junior Ranger Program</strong></td>
<td>30 minute activity</td>
<td>Junior Ranger Headquarters at Hidden Valley</td>
<td>10 am</td>
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<tr>
<td>Earn your Junior Ranger badge! Join a ranger for programs and activities. Children must be accompanied by an adult. Starts Sat 6/25-Ends Sun 8/21</td>
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## Notes and Tips

- All children must be accompanied by an adult.
- Accessible programs are marked with a blue icon.  
- Programs and hours vary. Please double-check the schedule before heading out. 
- For outdoor programs, be sure to bring the essentials to wear and carry (see page 2).
East Side (continued)

**Ranger-Led Programs**

**Artist in Residence Program Presents:**

Through an Artist’s Eyes [1]
See the park through the creative eyes of our Artist in Residence. Starts 6/22-Ends 8/31

**Aspenglen Campground** [2]
Enjoy a variety of informative and fun programs. See the weekly schedule at a visitor center for topics. Dress warmly. Ends 8/27

**Astronomy in the Park**
Observe the night sky with the help of a park ranger and expert volunteer astronomers. Dress warmly. Bring binoculars and a flashlight. Ends 8/26

**Glacier Basin Campground** [3]
Enjoy a variety of informative and fun programs. See the weekly schedule at a visitor center for topics. Dress warmly. Starts 7/1-Ends 8/27

**Moraine Park Campground** [4]
Enjoy a variety of informative and fun programs. See the weekly schedule at a visitor center for topics. Dress warmly. Ends 8/27

**Stories Behind the Moon and Stars** [5]
The night sky comes alive through storytelling and fun activities. Celebrate darkness in Rocky! Dress warmly. Bring binoculars and a flashlight. Ends 8/25

**Twilight Walk**
Soak in the magical twilight hour as the sun sinks behind the high peaks and learn what the natural world is doing as day slips into night. Make reservations in person the day of the program at Moraine Discovery Center. Dress warmly.

**Alpine (Trail Ridge Road)**

**TALKS AND WALKS**

**All About Lightning** [6]
Learn why lightning can be a hair-raising experience and how to minimize your risk of being struck.

**High Country Geology**
A long history of geologic events created Rocky’s spectacular scenery. Hike with us over the tundra to experience the effects of these processes. Starts 6/29-Ends 8/17

**Road to the Top** [7]
If you think driving these roads is an adventure, come discover what it took to build and maintain them!

**Tundra Nature Walk**
Exhilarate your senses with alpine views and miniature wildflower gardens. Dress warmly. We'll caravan to the location. Ends 8/14

**Tundra to Trees**
Hike an ancient Ute trail from alpine heights down to old growth forest. Plan to carpool. Bring warm clothing, rain gear, water, and snacks. Starts 7/11

---

[1] Please check the weekly schedule at a visitor center for topics. Dress warmly.
[2] Start your adventure by booking a reservation (6 people per reservation). Outdoor gear appropriate to the conditions is required.
[3] Programs are limited to 20 people. Programs are made when reservations are made (5 people per reservation). Outdoor gear is appropriate for the conditions required.
[4] The magic of the night sky comes alive through storytelling and fun activities. The night sky comes alive through storytelling and fun activities. Bring binoculars and a flashlight.
[5] The magic of the night sky comes alive through storytelling and fun activities. The night sky comes alive through storytelling and fun activities. Bring binoculars and a flashlight.
[6] The magic of the night sky comes alive through storytelling and fun activities. The night sky comes alive through storytelling and fun activities. Bring binoculars and a flashlight.
[7] The magic of the night sky comes alive through storytelling and fun activities. The night sky comes alive through storytelling and fun activities. Bring binoculars and a flashlight.
# Ranger-Led Programs (continued)

## 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>
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</thead>
<tbody>
<tr>
<td>Behind the Scenes 🎥</td>
<td>1 hour activity</td>
<td>Kawuneeche Visitor Center</td>
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**Short videos about how the park addresses challenges like elk management, pine beetles, and bear safety. Ends 8/18**

| Exploring with a Camera | 1 to 1.5 hour walk | Timber Lake Trailhead | End of 8/18 |

**Focus on composition, light, and basic tips to improve your pictures during this photography walk.**

| Holzwarth Historic Site | 2 hour activity | Holzwarth Historic Site Parking Area |

**Tour a 1920s-era dude ranch for a taste of early homesteading and tourism.**

| Mountain Wildflowers | 2.5 hour activity | Kawuneeche Visitor Center Flagpole |

**A ranger will lead you to the best current blooms and explore why they’re special. Caravan to this week’s flowers. Starts 6/28–Ends 8/2**

| Ranger’s Flyfishing School | 3 hour activity | Timber Creek Campground Amphitheater |

**Learn about fish management, stream ecology, and flycasting. Bring your flyfishing gear or borrow the ranger’s. We’ll cast, but not catch. Starts 6/27–Ends 8/15**

| Sisters of Courage | 40 minute activity | Kawuneeche Visitor Center Flagpole |

**Learn about the pioneer experience through the story of the remarkable Harbison sisters and their family. Includes a 1/2 mile walk to the homestead site.**

| Skins and Things | 1 hour activity | Kawuneeche Visitor Center Flagpole |

**Examine the skins, skulls, antlers, teeth, and bones of many park mammals. Starts 6/20**

| Volunteer at Rocky! | 1 hour activity | Timber Creek Campground Amphitheater |

**Join a ranger for an hour-long service project and receive a volunteer water bottle. All ages are welcome.**

### WALKS AND HIKES

<table>
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<th>WALK</th>
<th>LENGTH</th>
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<tbody>
<tr>
<td>Beyond the Falls</td>
<td>1 mile, 1.5 hour hike</td>
<td>East Inlet Trailhead</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

A pleasant stroll to Adams Falls and a spectacular view just beyond. **Ends 8/14**

| Coyote Valley River Walk | 3 mile, 3 hour hike | Colorado River Trailhead |

Explore ecology and history on this easy walk along the Colorado River. **Starts 6/27–Ends 8/15**

| Hike Through History | 3/4 mile, 1.5 hour walk | Bowen-Baker Trailhead |

Discover hidden remnants of mining and dude ranch history along the Colorado River on this gentle 3-mile hike. **Starts 7/1–Ends 7/30**

| People of the Kawuneeche Valley | 1 mile, 1 hour walk | Holzwarth Historic Site Parking Area |

In this Centennial Season, join us for a look back at the people who have called the Kawuneeche Valley home. **Starts 6/27**

| Rocky Mountain Heritage Walk 🎥 | 2 mile, 1.5 to 2 hour hike | Onahu Trailhead |

Learn about the human history of the Kawuneeche Valley while strolling to the grounds of an historic guest ranch. **Starts 6/28**

### Notes and Tips

- All children 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 before heading out.
- For outdoor programs, be sure to bring the essentials to wear and carry (see page 2).
### FUN PROGRAMS FOR KIDS

<table>
<thead>
<tr>
<th>FUN PROGRAMS FOR KIDS</th>
<th>LENGTH</th>
<th>LOCATION</th>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Come Bug a Ranger</strong> Learn fun facts about insects. Puppets, stories and activities for children 4–10 years old. Starts 6/29–Ends 8/17</td>
<td>1 hour activity</td>
<td>Holzwarth Historic Site Parking Area</td>
<td>10:30 am</td>
<td></td>
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</tr>
<tr>
<td><strong>Junior Ranger Program</strong> Join a ranger for a short program and activities to earn your Junior Ranger badge. Starts 6/23–Ends 8/20</td>
<td>1 hour activity</td>
<td>Kawuneeche Visitor Center</td>
<td>2 pm</td>
<td>2 pm</td>
<td>2 pm</td>
<td>2 pm</td>
<td>2 pm</td>
<td></td>
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</tr>
<tr>
<td><strong>A Walk Backwards</strong> Step back in time and experience life on a 1920s dude ranch: chores, games, period costumes. For children 6–12. Registration required at Kawuneeche Visitor Center or 970 627-3471. Ends 7/29.</td>
<td>2 hour activity</td>
<td>Holzwarth Historic Site Parking Area</td>
<td>9:45 am</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>Web Walkers</strong> Explore a section of the Colorado River. Activities are designed for children 6–12 years old. Starts 6/28–Ends 8/2</td>
<td>1 hour walk</td>
<td>Coyote Valley Trailhead</td>
<td>10:15 am</td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

### EVENING PROGRAMS

<table>
<thead>
<tr>
<th>EVENING PROGRAMS</th>
<th>LENGTH</th>
<th>LOCATION</th>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Timber Creek Campground</strong> Check at the campground or Kawuneeche Visitor Center for topics. Starts 6/22</td>
<td>1 hour program</td>
<td>Timber Creek Campground Amphitheater</td>
<td>8:45 pm</td>
<td>8:45 pm</td>
<td>8:45 pm</td>
<td>8:45 pm</td>
<td>8:45 pm</td>
<td>8:45 pm</td>
<td>8:45 pm</td>
</tr>
<tr>
<td><strong>Saturday Night in the Park</strong> Enjoy an evening program in the auditorium. For topics, inquire at the Kawuneeche Visitor Center.</td>
<td>1 hour program</td>
<td>Kawuneeche Visitor Center</td>
<td>7 pm</td>
<td></td>
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</tr>
<tr>
<td><strong>Walk Into Twilight</strong> Enjoy a leisurely stroll as darkness, night sounds and wildlife fill the valley. Bring warm clothes, good hiking shoes and a flashlight. Starts 7/3–Ends 7/31</td>
<td>2 hour walk</td>
<td>Onahu Creek Trailhead</td>
<td>8 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>Old Ranch Campfire</strong> Roasted marshmallows (bring ‘em), tall tales (the old wrangler will tell ‘em) and campfire songs bring back the old days. Dress warmly. Ends 8/12</td>
<td>1 mile, 2 hour walk</td>
<td>Holzwarth Historic Site Parking Area</td>
<td>7 pm</td>
<td></td>
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</tr>
<tr>
<td><strong>Celestial Wilderness</strong> Use a telescope to explore the astronomy of Rocky’s night sky. If overcast, meet at Kawuneeche Visitor Center for an indoor presentation. Ends 8/18</td>
<td>1 to 1.5 hour activity</td>
<td>Harbison Meadow Parking Area (if cloudy, Kawuneeche Visitor Center)</td>
<td>9 pm</td>
<td>8:45 pm</td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

### Become a Junior Ranger

**Junior Rangers at Rocky Mountain National Park** 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 many 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.

You can attend an astronomy program on Friday nights to earn the Junior Ranger Night Explorer patch, and on Thursdays at Junior Ranger Headquarters you can become a Junior Wildland Firefighter by learning about fire’s role in shaping our park lands. 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.

WebRangers is the online extension of the Junior Ranger program. It’s a website for kids of all ages. If you love our national parks, historic sites, and monuments, then this site is for you. [http://www.nps.gov/webrangers/](http://www.nps.gov/webrangers/)

Complete your Junior Ranger booklet and earn cool stuff!
## East Side

<table>
<thead>
<tr>
<th>Trail</th>
<th>Trailhead</th>
<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 / 0.8 km</td>
<td>20 ft / 6 m</td>
<td>Follow a self-guiding nature trail around beautiful Bear Lake. Trail has snow well into June.</td>
</tr>
<tr>
<td>Deer Mountain</td>
<td>Deer Mountain Trailhead</td>
<td>6 mi / 9.7 km</td>
<td>1,083 ft / 330 m</td>
<td>One of the few mountains in RMNP with a trail to the summit. Great views of mountains and valleys.</td>
</tr>
<tr>
<td>Estes Cone</td>
<td>Storm Pass Trailhead</td>
<td>7.4 mi / 11.9 km</td>
<td>2,369 ft / 722 m</td>
<td>Great views reward this strenuous hike to the top of a peak.</td>
</tr>
<tr>
<td>Eugenia Mine</td>
<td>Longs Peak Trailhead</td>
<td>2.8 mi / 4.5 km</td>
<td>508 ft / 155 m</td>
<td>A pleasant hike to an abandoned, never productive mine site.</td>
</tr>
<tr>
<td>Gem Lake</td>
<td>Lumpy Ridge Trailhead</td>
<td>3.2 mi / 5.1 km</td>
<td>1,000 ft / 305 m</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>Lily Lake</td>
<td>Lily Lake Trailhead</td>
<td>0.8 mi / 1.3 km</td>
<td>20 ft / 6 m</td>
<td>A level walk around Lily Lake featuring wildflowers, waterfowl, and mountain views. Keep an eye on the sky: if storms approach, stay off!</td>
</tr>
<tr>
<td>Moraine Park Discovery Center Nature Trail</td>
<td>Bear Lake Road</td>
<td>0.5 mi / 0.8 km</td>
<td>20 ft / 6 m</td>
<td>Self-guiding trail booklet available. Winds up and down hillside behind Discovery Center.</td>
</tr>
<tr>
<td>The Pool</td>
<td>Fern Lake Trailhead</td>
<td>3.4 mi / 5.3 km</td>
<td>245 ft / 75 m</td>
<td>Pretty, shaded hike in deep valley along rushing stream.</td>
</tr>
<tr>
<td>Sprague Lake</td>
<td>Bear Lake Road</td>
<td>0.5 mi / 0.8 km</td>
<td>10 ft / 3 m</td>
<td>Packed gravel, level grade trail around lovely lake.</td>
</tr>
</tbody>
</table>

## Trail Ridge Road

<table>
<thead>
<tr>
<th>Trail</th>
<th>Trailhead</th>
<th>Distance (Round Trip)</th>
<th>Elevation Gain</th>
<th>Highlights</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpine Ridge Trail</td>
<td>Alpine Visitor Center</td>
<td>0.5 mi / 0.8 km</td>
<td>209 ft / 64 m</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 mi / 1.0 km</td>
<td>260 ft / 78 m</td>
<td>View the miniature world of the alpine tundra and enjoy sweeping views of the park.</td>
</tr>
<tr>
<td>Ute Trail</td>
<td>Across road from Alpine Visitor Center</td>
<td>1 to 8 mi / 1.6 to 12.9 km</td>
<td>1,308 ft / 399 m</td>
<td>Stunning views above treeline. Start and finish early before lightning and thunderstorms!</td>
</tr>
</tbody>
</table>

## West Side

<table>
<thead>
<tr>
<th>Trail</th>
<th>Trailhead</th>
<th>Distance (Round Trip)</th>
<th>Elevation Gain</th>
<th>Highlights</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adams Falls</td>
<td>East Inlet Trailhead</td>
<td>0.6 mi / 1 km</td>
<td>80 ft / 24 m</td>
<td>A beautiful short hike near Grand Lake. Trail continues beyond the falls to lush meadows with mountain views.</td>
</tr>
<tr>
<td>Cascade Falls</td>
<td>North Inlet Trailhead</td>
<td>7 mi / 11.3 km</td>
<td>300 ft / 91 m</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 / 1.6 km</td>
<td>10 ft / 3 m</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>East Shore Trail</td>
<td>East side of Shadow Mountain Lake</td>
<td>5.2 mi / 8.4 km</td>
<td>100 ft / 30 m</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>Granite Falls</td>
<td>Green Mountain Trailhead</td>
<td>10.4 mi / 16.7 km</td>
<td>1,406 ft / 429 m</td>
<td>Hive a mountain stream through a quiet forest. For a longer loop (13.8 mi), combine with Onahu Creek Trail.</td>
</tr>
<tr>
<td>Holzwarth Historic Site</td>
<td>US Hwy 34</td>
<td>1 mi / 1.6 km</td>
<td>10 ft / 3 m</td>
<td>Explore a historic homestead cabin and 1920s dude ranch. Brochures, interpretive signs.</td>
</tr>
<tr>
<td>Lulu City</td>
<td>Colorado River Trailhead</td>
<td>7.4 mi / 11.9 km</td>
<td>350 ft / 107 m</td>
<td>Not much is left of historic Lulu City along this gentle trail. For a longer hike, return via the Grand Ditch to Red Mountain Trail.</td>
</tr>
<tr>
<td>Onahu Creek - Green Mountain Loop</td>
<td>Onahu Creek Trailhead or Green Mountain Trailhead</td>
<td>7.6 mi / 12.2 km</td>
<td>1,100 ft / 335 m</td>
<td>Loop trail through a quiet forest and meadow along flowing mountain streams.</td>
</tr>
</tbody>
</table>

## Notes and Tips

- Pets are prohibited on all park trails, tundra, and meadow areas (see page 2).
- Don’t hike alone. Keep your group together.
- Weather conditions can change quickly. Always be willing to turn around.
- Always bring the essentials (see page 2).
- Longs Peak is a climb, not a hike. Visit the Longs Peak Ranger Station or our website to learn more.
Camping

<table>
<thead>
<tr>
<th>CAMPGROUND</th>
<th>RESERVABLE</th>
<th>FIREWOOD AND ICE</th>
<th>MAX RV TRAILER LENGTH</th>
<th>SUMMER TENT SITE</th>
<th>DESIGNATED ACCESSIBLE SITES</th>
<th>TENT PAD SIZE</th>
<th>SUMMER FLUSH TOILETS</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aspenglen</td>
<td>Yes</td>
<td>Yes</td>
<td>30 ft</td>
<td>Yes</td>
<td>Yes</td>
<td>13 x 15 ft</td>
<td>Yes</td>
<td>In pine forest by rushing Fall River just inside the Fall River Entrance on US Hwy 34 west of Estes Park.</td>
</tr>
<tr>
<td>Glacier Basin</td>
<td>June 9 – June 30</td>
<td>Yes</td>
<td>35 ft</td>
<td>Yes</td>
<td>Varies</td>
<td></td>
<td>Yes</td>
<td>On Bear Lake Road across from the Park &amp; Ride. Hazard trees were removed so no shade in C, D, Group Loops, but there are good views and night sky, and it’s good for sideouts.</td>
</tr>
<tr>
<td>Longs Peak</td>
<td>No. All sites are first-come, first-served.</td>
<td>Firewood summer only (No ice)</td>
<td>Tents only</td>
<td>No</td>
<td>No</td>
<td>13 x 15 ft</td>
<td>No vault toilets only</td>
<td>In pine forest nine miles south of Estes Park off Highway 7. Trailhead to Longs Peak is a short walk away.</td>
</tr>
<tr>
<td>Moraine Park</td>
<td>May fill by reservation in summer. First-come, first-served in winter.</td>
<td>Yes, summer only</td>
<td>Limited number of sites up to 40 ft</td>
<td>Yes</td>
<td>Varies</td>
<td>Yes, except B Loop (vault toilets)</td>
<td>In pine forest above meadows of Moraine Park. A short drive from Beaver Meadows Entrance on Bear Lake Road.</td>
<td></td>
</tr>
<tr>
<td>Timber Creek</td>
<td>No. All sites are first-come, first-served.</td>
<td>Firewood only</td>
<td>30 ft</td>
<td>Yes</td>
<td>Varies</td>
<td>Yes</td>
<td>Only campground on park’s west side. Near Colorado River ten miles north of Grand Lake on US Hwy 34.</td>
<td></td>
</tr>
</tbody>
</table>

Camping Information

Overnight stays in Rocky Mountain National Park must be in a campground or designated wilderness site. You are not allowed to stay overnight in a car or RV along roads or at trailheads. All park campgrounds usually fill on summer days and fall weekends. Reservations for late-May through September can be made six months to one day in advance and are highly recommended. To make a reservation:

- reservamerica.com
- recreation.gov
- 877 444-6777

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 percent discount on campground fees.
- Park entrance and camping fees may be paid in US currency by major credit card or debit card, cash, or check.
- Portable showers are prohibited or in meadow areas.
- Food items include food, drinks, toiletries, cosmetics, pet food and bowls, odoriferous attractants, and garbage, including empty cans, food wrappers, etc. These must be disposed of in trash or recycling receptacles.

Stay Limits

You can stay no more than seven nights TOTAL between June 1 and September 30, plus an additional 14 nights from October 1 to May 31. Stay limits are on a parkwide, rather than per campground, basis.

At All Standard Campsites

- Eight people or less may camp at a given site.
- All campsites, including RV sites, have a tent pad, picnic table, and fire grate.
- Shared food storage lockers are available throughout all campgrounds.
- Tents must fit on the tent pad. Two or three tents are allowed, as long as they fit.
- There are no electric, water, or sewer hookups at any park campsite.
- There are no shower facilities in the park, but showers are available in nearby communities.
- Portable showers are prohibited except in two solar-heated shower bag stall facilities at Moraine Park Campground.
- Remember, toiletries attract wildlife and need to be properly stored when not in use.
- Pets

All campgrounds allow pets with certain restrictions:

- Pets must be on a leash no longer than six feet.
- Owners must pick up and dispose of pet excrement in trash receptacles.
- Pets may not make noise that impacts visitors or wildlife.
- Pets are never allowed on park trails or in meadow areas.
- Pets should never be left unattended.
- Keep a clean camp! Never leave pet food unsecured or unattended.

Food Storage

Do not attract wildlife, including black bears, to your campsite.

Improperly stored or unattended food items will result in a violation notice. Food items include food, drinks, toiletries, cosmetics, pet food and bowls, odoriferous attractants, and garbage, including empty cans, food wrappers, etc. These must be disposed of in trash or recycling receptacles.

Hummingbird feeders and bird feeders are not allowed. They attract wildlife like raccoons, elk, deer, and bears.

Coolers, dirty stoves, grills, non-disposable tableware, and cookware must be washed and stored just like food. Camp kitchens must be kept clean and individual items properly stored.

In campgrounds, store all food items in food storage lockers. If full, store food:

- Inside vehicle trunks with windows closed and doors locked.
- If you don’t have a trunk, put items in the passenger compartment as long as possible and covered from sight, with windows closed and doors locked.
- If driving a convertible or motorcycle, use food storage lockers, available in all park campgrounds. Food storage lockers are shared with other visitors and cannot be locked. Food storage lockers are shown on all campground maps.

Wilderness Camping

Permits and Fees

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

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, wilderness campers must use carry in/carry out, commercially-manufactured, hard-sided, bear-resistant food storage containers 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

Over four 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 $26 administrative permit fee is required from May 1 to October 31.
Learn More

**Half the Park is After Dark**
*By Jeremy White and Cecilia White, NPS Natural Sounds and Night Skies Division*

You’ve spent your day enjoying Rocky Mountain National Park. But just because the sun has set doesn’t mean your day is over. All night, the sky above Rocky puts on a show: stars, planets, and even the Milky Way can be seen on a clear night. Throughout history, humans have looked to the stars as a source of inspiration. Tonight, you have the opportunity to experience your own connection to our universe.

Views of the cosmos are becoming rare in our brightly lit modern world. Light pollution from unshielded or overly bright outdoor lighting masks our ability to see the night sky. Fortunately, national parks protect some of the last refuges of natural night skies. Rocky is working to preserve the natural lightscape of the park by shielding its lights, using light only where and when necessary, and working with neighboring communities to reduce escaped light. Protecting the night sky not only benefits park visitors but also protects the habitat of nocturnal animals, including owls and bats, who rely on natural darkness to survive.

Night skies at Rocky are spectacular. The Milky Way, our own galaxy, arcs across the sky as a river of ethereal light. To maximize your night sky viewing experience, find a dark area, such as Upper Beaver Meadows. For the more adventurous, a drive up Trail Ridge Road will get you even closer to the stars. Let your eyes adjust to the darkness for 10–15 minutes, then watch as the magnificent night sky is revealed.

To learn more about the night sky and what the NPS is doing to protect it, attend a ranger-led night sky program (see pages 5 and 7) or visit [www.nature.nps.gov/night](http://www.nature.nps.gov/night).

**What’s Up With Those Fences?**
*By Hanem Abouelezz, Landscape Ecologist*

Elk exclusion fences are one of the main tools used in Rocky Mountain National Park to protect important streamside (riparian) habitat. The fences keep elk from over browsing precious aspen and willow communities.

Historically, natural predators like wolves and grizzly bears kept elk at levels their habitat could sustain. But more than 100 years ago, these predators were hunted to local extinction. With predators gone, the elk population got larger and less migratory. Aspen and willow habitat became significantly degraded.

From 2008 to 2012, fencing was installed to protect around 211 acres of riparian habitat on the east side of the park. These fences are about 6 feet tall with a 16 inch gap at the bottom. This keeps elk out but lets other wildlife in.

The vegetation is being monitored by park staff, and in some places, like Moraine Park, additional willow are being planted to assist in the recovery.

The fences are temporary and will stay in place until these riparian communities are once again healthy and able to withstand elk browsing.

Can I Go in the Fence? Yes! Take a moment to explore the rebounding habitat inside the exclusion areas. Enjoy plentiful fishing. Watch beautiful and varied birds. See aspen and willow continue to recover, especially in fall, when the aspen show their golden colors.

To learn more, visit go.nps.gov/RockyEVMP.

**Toward a Greener Park**

**Green Your Ride**
*Join Rocky Mountain National Park in our efforts to cut emissions, save fuel, and improve air quality.*

By taking a few simple actions during your visit, you can make a difference and help keep Rocky beautiful for generations to come.

Reduce vehicle idling, which wastes fuel, creates noise, and pollutes the air. Turn off your engine while parked, waiting at wildlife crossings, or stopping to take photos.

Take the FREE Shuttle! See page 12 for schedule and details.

**Reduce, Reuse, Recycle**

Glass, plastic #1 through 7, and aluminum may be recycled in campgrounds and major locations. Look for recycling containers or ask at any visitor center or campground for their locations.

Help us reduce plastic bottle use! There’s limited drinkable water in the park. Please remember to bring your own reusable containers and refill them at park visitor centers.
Did You Know That Rocky Mountain National Park Has Sisters?

It’s true! Rocky has “sister” park relationships with national parks in Poland, Slovakia, and Costa Rica.

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? Birds! Over 150 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.

Yellow-rumped Warbler

NPS/ANN SCHONLAU
**Free Shuttle Bus**

**Hiker Express Route**

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

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 a 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).