Imagine a Rocky Mountain National Park whose forests are scarred by human-caused fires, whose trails are littered and waters are polluted with trash and excrement, whose wildlife are scarce and scarred from harassment and feeding.

Luckily, this isn’t the Rocky that we see today! But without your help, it could very well be the Rocky we see tomorrow. With more than 4.5 million visitors in 2016, every action, no matter how small, matters.

Set aside more than 100 years ago for not only you, but also your children, and their children, and all children of every generation, this park—your park—has been entrusted to your care. Please take pride in your park and treat it with respect! Your fellow visitors and the generations of every generation, this park has been also your children, and their children, and all children without your help, it could very well be the Rocky that we see today!

Luckily, this isn’t the Rocky that we see today!

How can you help protect Rocky?

• Take the Rocky Pledge! The Rocky Pledge is a promise you can make to protect Rocky’s priceless treasures. It only takes a few minutes, so visit page 10 and Pledge to Protect.

• Read and follow important safety information on page 2 and on signs throughout the park. 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!

• Plan ahead for your next visit, whether tomorrow or in a decade. With Rocky’s growing popularity come growing crowds and congestion. 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/.

How can I help protect Rocky?

Road Conditions

Turn to page 8 for our NEW Trail Ridge Road Driving Guide! Learn good places to stop, how to protect the tundra, how to stay safe, and more.

Trail Ridge Road is open for the season. Temporary closures are possible in the event of hazardous weather. It usually closes for the winter in mid-October. Call 970 586-1222 for the most up-to-date status of Trail Ridge Road.

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

Hiking and Camping

For tips on hiking and a list of trails, see page 9.

Rocky has five campgrounds. For details, visit go.nps.gov/RockyCamping or stop by a visitor center.

For wilderness camping, visit go.nps.gov/RockyWildernessCamping or stop at the Wilderness Office (east side near Beaver Meadows Visitor Center) or the Kawuneeche Visitor Center (west side).

Free Park Movie

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

Beaver Meadows and Kawuneeche have assisted listeners with audio description and amplification and induction loops for those with hearing aids. Both visitor centers have a captioned version of the park film and a version en Español. All park visitor centers are accessible.

Find Your Park

To report emergencies 911

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 11,798 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.

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. Information, bookstore, and park movie (see left). For wilderness camping permits, follow the trail east of the visitor center to the Wilderness Office.

Finding Your Way

Open 8am to 6pm daily
On US Hwy 34 north of Estes Park. 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 npsgov/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.

Bicycles are prohibited on trails. They are permitted only in 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 may be prohibited. You can purchase firewood at campgrounds in summer. Collecting campfires may be prohibited. You can purchase bicycles. Visit go.nps.gov/romo.

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.

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 park 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 roadides. 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 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.

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 our camping site bulletin, available at campgrounds and visitor centers, to learn how to properly store food and other scented items.
Explore Rocky with a Ranger!

Rocky offers FREE amazing ranger programs all summer long—no reservations required. Rather than a dry classroom-style lecture, our programs are interactive, engaging, and fun ways to learn about your park. We’ve got a wide variety of topics and activities available.

Check out the summaries below, then turn to pages 4–7 to find all the details. And if you have an internet connection, visit go.nps.gov/RockyCal to search for events on the dates of your visit. We look forward to seeing you soon!

**Talks and Activities**
Quick, casual, and interactive, talks and activities are great for all ages and abilities! Learn about bears, bighorns, lightning, the history of Trail Ridge Road, 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.

**Evening Programs**
Hosted in the park’s campground amphitheaters, evening programs cover an ever-changing variety of topics in a fun group environment. Everyone is welcome.

**Fun Stuff for Kids**
Kids are our future! Become a Junior Ranger (see page 7), enjoy hands-on activities and hikes at Discovery Days (page 4), learn about bugs and insects, and more.

**Special Events**
Special events are going on all summer long. Visit go.nps.gov/RockyCal to find special events happening during your visit, including those featured at right.

- **World Listening Day**
  - July 18, 10 am to 2 pm
  - Fall River Visitor Center
  - Let’s hear it for the world of sound! Join us to enjoy fun sound-related activities. More details on other World Listening Day activities online.

- **Holzwarth Homestead Centennial**
  - July 18, 11 am to 6 pm
  - Holzwarth Historic Site
  - Celebrate the 100th anniversary of Holzwarth Historic Site! Booths, events, a campfire program, and more. Details online.
## 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>
<th>WED</th>
<th>THU</th>
<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>10 am</td>
<td>10 am</td>
<td>10 am</td>
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<tr>
<td>Bighorn Basics 🐐</td>
<td>30 minute talk</td>
<td>Sheep Lakes Information Station</td>
<td>10:30 am</td>
<td>10:30 am</td>
<td>10:30 am</td>
<td>10:30 am</td>
<td>10:30 am</td>
<td>10:30 am</td>
<td>2 pm</td>
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<tr>
<td>Coffee With a Ranger ☕️</td>
<td>1 hour chat</td>
<td>Glacier Basin Campground Ampitheater</td>
<td>8 am</td>
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<tr>
<td>Volunteer in Rocky!</td>
<td>1 hour activity</td>
<td>See dates for location</td>
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<table>
<thead>
<tr>
<th>WALKS AND HIKES</th>
<th>LENGTH</th>
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<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
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<tbody>
<tr>
<td>Birds of Upper Beaver Meadows</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>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</td>
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<tr>
<td>Lily Ridge Hike</td>
<td>1.5 hour, 2 mile walk</td>
<td>Lily Lake</td>
<td>9:30 am</td>
<td>9:30 am</td>
<td>9:30 am</td>
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<tr>
<td>Sprague Lake Stroll</td>
<td>1 to 1.5 hour, 1 mile walk</td>
<td>Sprague Lake Picnic Area</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>
<td>Welcome to Rocky!</td>
<td>20 minute stroll</td>
<td>Meet in front of Beaver Meadows Visitor Center</td>
<td>10 am</td>
<td>10 am</td>
<td>10 am</td>
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<table>
<thead>
<tr>
<th>FUN PROGRAMS FOR KIDS!</th>
<th>LENGTH</th>
<th>LOCATION</th>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
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<th>THU</th>
<th>FRI</th>
<th>SAT</th>
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<tbody>
<tr>
<td>Discovery Days</td>
<td>Drop-in program</td>
<td>Moraine Park Discovery Center</td>
<td>12:30 pm to 4:30 pm</td>
<td>9 am to 4:30 pm</td>
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<td>Discovery Hikes</td>
<td>1 to 1.5 hour hike</td>
<td>Moraine Park Discovery Center</td>
<td>9:30 am</td>
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<tr>
<td>Junior Ranger Program</td>
<td>30 minute activity</td>
<td>Junior Ranger Headquarters at Hidden Valley</td>
<td>10 am to 11:30 am</td>
<td>10 am</td>
<td>10 am</td>
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### Notes and Tips
- All children must be accompanied by an adult.
- Programs are canceled due to weather.
- Programs and hours vary. Please double-check the schedule before heading out.
- For outdoor programs, be sure to bring the essentials (see top of page 9).
### Ranger-Led Programs

#### TALKS AND WALKS

<table>
<thead>
<tr>
<th>Program Name</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>
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</thead>
<tbody>
<tr>
<td><strong>Aspenglen Campground</strong></td>
<td>45 minute</td>
<td>Aspenglen Campground</td>
<td>9 pm</td>
<td>6/25–7/19</td>
<td>8:30 pm</td>
<td>7/16–8/20</td>
<td>9 pm</td>
<td>6/22–7/13</td>
<td>8:30 pm</td>
</tr>
<tr>
<td><strong>Glacier Basin Campground</strong></td>
<td>45 minute</td>
<td>Glacier Basin Campground</td>
<td>8:30 pm</td>
<td>6/19–7/10</td>
<td>8:30 pm</td>
<td>7/7–8/21</td>
<td>9 pm</td>
<td>6/28–7/12</td>
<td>8:30 pm</td>
</tr>
<tr>
<td><strong>Moraine Park Campground</strong></td>
<td>45 minute</td>
<td>Moraine Park Campground</td>
<td>8:30 pm</td>
<td>6/26–7/10</td>
<td>8:30 pm</td>
<td>7/7–8/21</td>
<td>9 pm</td>
<td>6/29–7/11</td>
<td>8:30 pm</td>
</tr>
<tr>
<td><strong>Astronomy in the Park</strong></td>
<td>30 minute</td>
<td>Upper Beaver Meadows</td>
<td>7:45 pm</td>
<td>June–July</td>
<td>7:15 pm</td>
<td>August</td>
<td>7:45 pm</td>
<td>June–July</td>
<td>7:15 pm</td>
</tr>
<tr>
<td><strong>Stories Behind the Moon and Stars</strong></td>
<td>1 to 1.5 hours</td>
<td>Moraine Park Discovery Center</td>
<td>7:45 pm</td>
<td>June–July</td>
<td>7:15 pm</td>
<td>August</td>
<td>7:45 pm</td>
<td>June–July</td>
<td>7:15 pm</td>
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<tr>
<td><strong>Twilight Walk</strong></td>
<td>1 to 1.5 hours</td>
<td>See dates for location</td>
<td>7:45 pm</td>
<td>June–July</td>
<td>7:15 pm</td>
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<td>7:45 pm</td>
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#### EVENING PROGRAMS

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Length</th>
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<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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<tbody>
<tr>
<td><strong>Aspenglen Campground</strong></td>
<td>45 minute</td>
<td>Aspenglen Campground</td>
<td>9 pm</td>
<td>6/25–7/19</td>
<td>8:30 pm</td>
<td>7/16–8/20</td>
<td>9 pm</td>
<td>6/22–7/13</td>
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</tr>
<tr>
<td><strong>Glacier Basin Campground</strong></td>
<td>45 minute</td>
<td>Glacier Basin Campground</td>
<td>8:30 pm</td>
<td>6/19–7/10</td>
<td>8:30 pm</td>
<td>7/7–8/21</td>
<td>9 pm</td>
<td>6/28–7/12</td>
<td>8:30 pm</td>
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<tr>
<td><strong>Moraine Park Campground</strong></td>
<td>45 minute</td>
<td>Moraine Park Campground</td>
<td>8:30 pm</td>
<td>6/26–7/10</td>
<td>8:30 pm</td>
<td>7/7–8/21</td>
<td>9 pm</td>
<td>6/29–7/11</td>
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<td><strong>Astronomy in the Park</strong></td>
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<td>June–July</td>
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<tr>
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<td>June–July</td>
<td>7:15 pm</td>
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<tr>
<td><strong>Twilight Walk</strong></td>
<td>1 to 1.5 hours</td>
<td>See dates for location</td>
<td>7:45 pm</td>
<td>June–July</td>
<td>7:15 pm</td>
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<td>7:45 pm</td>
<td>June–July</td>
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### Alpine (Trail Ridge Road)

#### TALKS AND WALKS

<table>
<thead>
<tr>
<th>Program Name</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>
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<tbody>
<tr>
<td><strong>All About Lightning</strong></td>
<td>20 to 30 min</td>
<td>Alpine Visitor Center</td>
<td>2:30 pm</td>
<td>No program 8/1</td>
<td>2:30 pm</td>
<td>No program 8/2</td>
<td>2:30 pm</td>
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<tr>
<td><strong>High Country Geology</strong></td>
<td>3 hours</td>
<td>Alpine Visitor Center</td>
<td>9 am</td>
<td>No program 8/2</td>
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<tr>
<td><strong>Road to the Top</strong></td>
<td>20 to 30 min</td>
<td>Alpine Visitor Center</td>
<td>2:30 pm</td>
<td>No program 8/3, 8/17</td>
<td>2:30 pm</td>
<td>No program 8/3</td>
<td>2:30 pm</td>
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<tr>
<td><strong>Tundra Nature Walk</strong></td>
<td>1.5 to 2 hour</td>
<td>Alpine Visitor Center</td>
<td>9:30 am</td>
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## Ranger-Led Programs (continued)

### West 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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<th>THU</th>
<th>FRI</th>
<th>SAT</th>
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</thead>
<tbody>
<tr>
<td><strong>Exploring with a Camera</strong></td>
<td>1 to 1.5 hour activity</td>
<td>Timber Lake Trailhead</td>
<td>10:30 am to 4:30 pm</td>
<td>10:30 am to 4:30 pm</td>
<td>10:30 am to 4:30 pm</td>
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<tr>
<td><strong>Holzwarth Historic Site</strong></td>
<td>Drop-in tour</td>
<td>Holzwarth Historic Site Parking Area</td>
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<tr>
<td><strong>Journaling and Sketching in Nature</strong></td>
<td>1.5 hour activity</td>
<td>Holzwarth Historic Site Parking Area</td>
<td>9:15 am</td>
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<tr>
<td><strong>Mountain Wildflowers</strong></td>
<td>2 hour activity</td>
<td>Kawuneeche Visitor Center / Flagpole</td>
<td>9 am</td>
<td></td>
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<tr>
<td><strong>Sisters of Courage</strong></td>
<td>2.5 hour activity</td>
<td>Kawuneeche Visitor Center / Flagpole</td>
<td>1 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Skins and Things</strong></td>
<td>30 minute activity</td>
<td>Kawuneeche Visitor Center</td>
<td>3:15 pm to 3:15 pm</td>
<td>3:15 pm to 3:15 pm</td>
<td>3:15 pm to 3:15 pm</td>
<td>3:15 pm to 3:15 pm</td>
<td>3:15 pm to 3:15 pm</td>
<td></td>
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</tr>
<tr>
<td><strong>Volunteer at Rocky!</strong></td>
<td>1 hour activity</td>
<td>Timber Creek Campground Amphitheater</td>
<td>9:30 am</td>
<td></td>
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<table>
<thead>
<tr>
<th>WALKS AND HIKES</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>Beyond the Falls</strong></td>
<td>1 mile, 1.5 hour hike</td>
<td>East Inlet Trailhead</td>
<td>2:15pm</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td><strong>Coyote Valley River Walk</strong></td>
<td>1 mile, 1 hour walk</td>
<td>Coyote Valley Trailhead</td>
<td>7 pm</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>Hike Through History</strong></td>
<td>3 mile, 3 hour hike</td>
<td>Colorado River Trailhead</td>
<td>2:15pm</td>
<td></td>
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</tr>
<tr>
<td><strong>People of the Kawuneeche Valley</strong></td>
<td>0.75 mile, 1.5 hour walk</td>
<td>Bowen-Baker Trailhead</td>
<td>11 am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Rocky Mountain Heritage Walk</strong></td>
<td>1 mile, 1.5 hour walk</td>
<td>Holzwarth Historic Site Parking Area</td>
<td>9:30 am</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Wilderness Connections</strong></td>
<td>2 mile, 1.5 hour hike</td>
<td>Onahu Trailhead</td>
<td>9 am</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

### Notes and Tips
- All children must be accompanied by an adult.
- Programs may be canceled due to weather.
- Wheelchair-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 (see top of page 9).
**West Side (continued)**

<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></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>The Great American Solar Eclipse</strong></td>
<td>Drop in from 10 am to 12 pm</td>
<td>Kawuneeche Visitor Center</td>
<td>July 3</td>
<td>July 17</td>
<td>July 24</td>
<td>July 18</td>
<td>July 25</td>
<td>June 28</td>
<td>July 20</td>
</tr>
<tr>
<td><strong>Junior Ranger Program</strong></td>
<td>1 hour activity</td>
<td>Kawuneeche Visitor Center</td>
<td>1:30 pm</td>
<td>1:30 pm</td>
<td>1:30 pm</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>A Walk Backwards</strong></td>
<td>2 hour activity</td>
<td>Holzwarth Historic Site Parking Area</td>
<td>9:45 am</td>
<td></td>
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<td></td>
</tr>
<tr>
<td><strong>Web Walkers</strong></td>
<td>1 hour walk</td>
<td>Coyote Valley Trailhead</td>
<td>9:30 am</td>
<td></td>
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</table>

<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 Program</strong></td>
<td>1 hour program</td>
<td>Timber Creek Campground Amphitheater</td>
<td>6/20–7/31 8:45 pm</td>
<td>8/1–8/19 8:30 pm</td>
<td>8/20–9/4 at 8:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Celestial Wilderness</strong></td>
<td>1 to 1.5 hour activity</td>
<td>Harbison Meadow Parking Area (if cloudy, see left)</td>
<td>9 pm</td>
<td>9 pm</td>
<td>9 pm</td>
<td>6/29–7/27 8:45 pm</td>
<td>8/3–8/31 8:45 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Old Ranch Campfire</strong></td>
<td>1 mile, 2 hour walk</td>
<td>Holzwarth Historic Site Parking Area</td>
<td>7 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td><strong>Saturday Night in the Park</strong></td>
<td>1 hour program</td>
<td>Kawuneeche Visitor Center</td>
<td>7 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Walk Into Twilight</strong></td>
<td>2 hour walk</td>
<td>Onahu Creek Trailhead</td>
<td>8 pm</td>
<td>7/2–7/16 7:30 pm</td>
<td>7/23–8/6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</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. [nps.gov/webrangers](http://nps.gov/webrangers)!
Trail Ridge Road is truly a wonder. From Estes Park or Grand Lake, you climb thousands of feet, finally arriving in the alpine tundra: the land above the trees. As elevation increases, average temperatures lower and extreme winds become the norm. In these conditions—like those found in the Alaskan Arctic—no trees can grow. Yet the tundra is also home to vibrant life and vivid color, from pikas and marmots to sweeping fields of tiny flowers.

The alpine tundra is unique and almost certainly very different from where you call home. This condensed guide has vital information to help you explore Trail Ridge Road while keeping yourself and others safe and the fragile tundra ecosystem protected.

Thank you for coming to experience this magical place. We hope you have the trip of a lifetime!

• 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.

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 wildlife, no matter how small.
• Park only in designated areas, never on vegetation.
• Pets are prohibited on ALL tundra areas.

Estes Park, CO (7522 ft / 2293 m)
Rocky’s eastern gateway sits in a broad valley that is a mix between open meadows—locally called “parks”—and lodgepole-pine dominated montane forests.

Many Parks Curve (9640 ft / 2938 m)
Enjoy sweeping views of some of Rocky’s famous parks, including Horseshoe Park, Beaver Meadows, Moraine Park, and even parts of Estes Park.

Milner Pass (10758 ft / 3279 m)
This pass straddles the Continental Divide. Water falling on the east side of the Divide flows to the Atlantic Ocean. Water falling on the west side flows to the Pacific.

Rainbow Curve (10829 ft / 3301 m)
This is a great area to see krumholtz, small twisted trees that grow near treeline. Conditions here are so harsh that trees are stunted and gnarled.

Colorado River Trailhead (8990 ft / 2740 m)
The mighty Colorado River begins in Rocky Mountain National Park! Stop here to hike and enjoy the river just a few miles from its source near La Poudre Pass.

Rock Cut (12050 ft / 3673 m)
Rock Cut features superb panoramic views of the park. Hike the Tundra Communities Trail to see unique plants and animals of the alpine.

Grand Lake, CO (8367 ft / 2550 m)
The western gateway to the park, Grand Lake features an old west feel. With food, shops, and access to incredible hikes and lakes, this is a town you won’t want to miss.
Plan Ahead for a Better Hike

Rocky is extremely busy throughout the summer and on fall weekends. Most trailheads completely fill by early morning, and road restrictions must sometimes be put in place for visitor safety. Here are some tips to help you plan ahead for your next hiking adventure.

Hike early. How early? Popular trailheads filled at these times in 2016:
- Glacier Gorge: 6 am
- Bear Lake: 8:30 am
- Park & Ride: 10:30 am
- Wild Basin Corridor: 9 am
Hike late. Rocky tends to be less busy after 3 pm. However, especially if you’re headed above treeline, check the forecast—never hike above treeline if thunderstorms are nearby.

Always bring essential items, including water, food, layers of clothing (storm gear, hats, gloves), sunglasses with UV protection, sunscreen, map and compass, flashlight or headlamp, and a whistle.

East Side

<table>
<thead>
<tr>
<th>TRAIL</th>
<th>TRAILHEAD</th>
<th>DISTANCE</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>Packed gravel, level grade trail around lovely lake.</td>
</tr>
<tr>
<td>Deer Mountain</td>
<td>Deer Mountain Trailhead</td>
<td>6 mi</td>
<td>1,083 ft</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>Gem Lake</td>
<td>Lumpy Ridge Trailhead</td>
<td>3.2 mi</td>
<td>1,000 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>Lily 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.</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>The Pool</td>
<td>Fern Lake Trailhead</td>
<td>3.4 mi</td>
<td>245 ft</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</td>
<td>10 ft</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</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</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 mi</td>
<td>260 ft</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 mi</td>
<td>1,308 ft</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</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</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>Cascade Falls</td>
<td>North Inlet 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>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</td>
<td>2.6 mi to Green Ridge Campground. A side loop to Ranger Meadows reconnects with main trail, adding 1.4 mi.</td>
<td></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>
<tr>
<td>Lulu City</td>
<td>Colorado River Trailhead</td>
<td>7 mi</td>
<td>30 ft</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</td>
<td>7.6 mi</td>
<td>1,100 ft</td>
<td>Loop trail through a quiet forest and meadow along flowing mountain streams.</td>
</tr>
</tbody>
</table>

Notes and Tips

- Detailed hiking guides and maps are available at visitor centers and kiosks.
- Pets are prohibited on all park trails, tundra, and meadow areas (see page 2).
- Weather conditions can change quickly. Always be willing to turn around.
- Longs Peak is a climb, not a hike. Visit the Longs Peak Ranger Station or our website to learn more: go.nps.gov/LongsPeak.
Take the Rocky Pledge

We, the staff and volunteers of Rocky Mountain National Park, do our utmost to protect Rocky and provide you, the visitor, with experiences of a lifetime. But here’s the truth: we can’t do it without you. With over 4.5 million visitors in 2016, the choices each of us makes during our visit add up quickly. What you do while at Rocky truly matters.

Here’s another truth: we know you love Rocky and want to protect it. How do we know? Because you’re visiting us and reading this! By choosing to spend your time in Rocky, you’ve recognized the beauty of this park enough to learn about and care for it.

How can you help?
1. Take the Rocky Pledge (see below). You can read it aloud or to yourself, in the park or at home, alone or with friends. All we ask: read it thoughtfully and take it seriously.
2. Encourage your followers to protect Rocky. Share a photo of yourself taking the pledge to your social media of choice and tag it #rockypledge. If you’re on Instagram, there’s a chance you’ll get hundreds of thousands of eyes on your photo—we’ll regularly repost our favorite #rockypledge shots!
3. Tell your friends and family: Take the Rocky Pledge! Visit go.nps.gov/RockyPledge to learn more.

The Rocky Pledge
“To preserve unimpaired for this and future generations the beauty, history, and wilderness 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 an animal—doing so causes it harm.
• To respect 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.

Frequently Asked Questions

Where can I go camping?
Overnight stays in Rocky must be in a campground or designated wilderness site and require a permit. Staying overnight in a car or RV along roads or at trailheads is not allowed.

Rocky has five campgrounds. Aspen Glen, Glacier Basin, and Moraine Park campgrounds accept reservations for the summer up to six months in advance, and most if not all campsites are reserved well ahead of time. Longs Peak and Timber Creek campgrounds are first come, first served and fill early.

Wilderness camping—camping away from roads that requires you to carry in and out all your gear and supplies—is allowed by permit only in designated sites and areas. Visit go.nps.gov/RockyWildernessCamping or stop at the Wilderness Office (east side near Beaver Meadows Visitor Center) or the Kawuneeche Visitor Center (west side).

Where can I see wildlife?
Our wildlife is truly wild, so we can’t predict when or where you might see it. However, the more you explore the park, the better your chances of discovering a variety of wildlife.

Can I bring my pet in the park?
Leashed pets are allowed along established roads and in parking areas, picnic areas, and established campgrounds.

Pets are prohibited in all areas of Rocky not accessible by motor vehicle, including trails, tundra, and meadows. There are exceptions for service animals—see page 2 under “Pets” for details.

Where can I eat in the park?
Picnic tables, available throughout the park, offer beautiful scenic views in a variety of settings. Find them by looking for the picnic symbols on your park map.

Food, drink, and snacks can be purchased at the Trail Ridge Store, located by the Alpine Visitor Center on Trail Ridge Road.

What kind of hikes can I do in one day?
Sprague Lake, Lily Lake, and Lake Irene are just a few of the family friendly trails that can easily be done within a day’s visit. For more options, see page 9, explore the park map, or ask a ranger.

How can I get a job with the park?
All National Park Service jobs are advertised online at USAJobs.gov. Internships are available through the park, the Rocky Mountain Conservancy, and other programs. Volunteer positions are available throughout the park—learn more at go.nps.gov/RockyVIP.

What is the highest elevation in the park?
The summit of Longs Peak rises to 14,259 feet (4346 m). The highest point accessible by vehicle is on Trail Ridge Road at 12,183 feet (3713 m).

Why do some of the elk have collars?
Collars help park researchers track elk as they move in and around the park. This information is used for research projects including the park’s Elk and Vegetation Management Plan and the study of chronic wasting disease.

Can I fish in the park?
Yes. Fishing requires a Colorado state fishing license and is subject to Rocky-specific rules and regulations. Learn more at go.nps.gov/RockyFishing.

Can I use marijuana in the park?
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.

Can I fly a drone in the park?
No. Flying drones is not allowed anywhere in Rocky Mountain National Park.
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.

In 2007, 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

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
Trail Ridge Giftstore
trailridgegiftstore.com

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 back page 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.
Free 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).

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</td>
<td>Hourly 7:30 am to 7:30 pm</td>
<td>Daily May 27–Sep 10</td>
</tr>
<tr>
<td></td>
<td>30 min 7:30 am to 6:30 pm</td>
<td>Weekends Sep 16–Oct 9</td>
</tr>
<tr>
<td></td>
<td>Hourly 6 pm to 6:30 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 27-Oct 9</td>
</tr>
<tr>
<td>Moraine Park Route</td>
<td>30 min 7 am to 7:30 pm</td>
<td>Daily May 27-Oct 9</td>
</tr>
</tbody>
</table>

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.

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- Beaver Meadows Visitor Center
- Fall River Visitor Center
- Kawuneeche Visitor Center
- Moraine Park Visitor Center

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Rocky Mountain Field Institute

Educational Bus Tours in Rocky!

Grand Lake Safari Adventure
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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!

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