Welcome to Your National Park

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

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

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

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

Things to Do in a Day or Less

Take a Scenic Drive PAGE 4

Driving Rocky’s roads is a great way to explore the park. Learn more about our roads and famous drives, including times of the year when many major roads are closed to motorized traffic.

Watch Wildlife PAGE 9

Rocky is home to many animals, big and small. While we’re unable to tell you exactly where wildlife will be (they’re wild, after all!), we’ve got a great guide inside that’ll help you learn more.

Hike a Trail PAGE 10

Rocky has trails for every age and ability. Find a trail, check your packing list against our recommended items, and learn where you can get even more in-depth info.

See Visitor Centers PROGRAM GUIDE

Visitor centers are a great way to explore the park’s wonders. Lucky for you—we’ve got quite a lot! See your program guide for opening and closing dates and times and general descriptions.

Join a Ranger PROGRAM GUIDE

Year-round, Rocky offers ranger-led programs on a wide variety of awesome topics. Check out our program guide to find the perfect program for you and yours.

Just for KIDS PROGRAM GUIDE

Our kids are our future, and Rocky is here for them, too! From becoming a Junior Ranger to enjoying Discovery Days, there are plenty of fun activities for kids of all ages.
Altitude Sickness affects many visitors every year. Symptoms include headache, nausea, fatigue, diziness, 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 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 may be prohibited. You can purchase a grate. During high fire danger, campfires are permitted only in a campground or picnic area fire ring. During low fire danger, campfires may be allowed in any area in the park. Don’t depend on a cell phone for emergency help.

Cell Service is unavailable in much of the park. Do not depend on a cell phone for emergency help.

Drones are not allowed anywhere in Rocky Mountain National Park.

Numerous 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.

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.
Weather

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

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

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

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

Spring
April–May
A warm, sunny day can make it seem that summer’s arrived early, only to be followed by a day of cold temperatures and heavy snowfall. Expect snow and ice on most if not all trails.

Montane
(8000–9500 ft, 2450–2900 m)
Spring arrives here first, usually in late April.

Subalpine
(9500–11,500 ft, 2900–3500 m)
Spring is just reaching the subalpine country in June.

Summer
June–August

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

Alpine
(11,500+ ft, 3500+ m)
Magnificent wildflowers bloom from late June to early August.

Snow can stick around in gorges and other shaded areas well into summer.

Fall
September–November

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

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

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

Why is it colder at elevation?

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

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

Most people live relatively close to sea level (maybe you do, too), so they don’t know about the big effect elevation has on almost every everything, from solar radiation to weather to—you guessed it—temperature. But here in Rocky, where elevations start at around 7,900 ft, you can experience these changes firsthand!

For every 1,000 feet gained in elevation, temperature decreases 3–5°F. Why?

• The atmosphere gets thinner. With less air and clouds between the ground and the darkness of space, less of the sun’s heat is trapped and re-radiated back to Earth.

• Air pressure drops. This causes the temperature of air, a gas, to decrease.

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

What clothes should I bring?

Dressing for a trip to the mountains is part of the adventure.

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

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

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

How can you prepare for such wild weather?

• Always carry wind and waterproof outerwear. Sudden cold rainstorms happen even in summer, and chilling winds are common.

• Bring warm, quick-drying layers to adjust to changing temperatures.

• Wear closed-toe, durable footwear. The park is rarely entirely without ice and snow.

• Bring a warm hat and gloves—even in summer.

• Protect yourself from the sun with clothing, sunscreen, and sunglasses. UV radiation is much higher at elevation.

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Scenic Drives

Driving Conditions Through the Seasons

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

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

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

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

Trail Ridge Road

**Recorded Status Line: 970 586-1222**
This recorded message has the most up-to-date information on whether Trail Ridge Road is open or closed and is available 24 hours per day.

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

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

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

Old Fall River Road

**Opens to vehicles in early July (weather and conditions permitting)**
Completed in 1920, Old Fall River Road was the first auto route in the park offering access to the alpine tundra. It follows a route long used by Native American tribes, including Ute and Arapaho.

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

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

We understand this can be frustrating—but we’re all here to enjoy and celebrate Rocky.

Help yourself and other visitors keep fun levels high and stress levels low by being courteous to other motorists, obeying posted speed limits, and watching for visitors and wildlife in parking lots and near roadways.

Stay Safe

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

Protect the Tundra

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

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

**Visitor Centers**

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

**Sheep Lakes Information Station**  
Open 9am to 4:30pm daily (weather permitting)  
Closes 8/11  
In Horseshoe Park on US Hwy 34 west of Estes Park. Information and ranger programs. Good wildlife viewing.

**Fall River Visitor Center**  
Open 9am to 5pm daily  
Near the Fall River Entrance on US Hwy 34. Life-sized wildlife displays, bookstore, and Arts Alive Activity Center (all ages welcome).

**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.

**Moraine Park Discovery Center**  
Open 9am to 4:30pm daily  
On Bear Lake Road. Interactive exhibits, nature trail with great views of Moraine Park, and a bookstore.

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

**Talks and Activities**

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<td>Bighorn Basics</td>
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<td>Explore Rocky’s Greenhouse</td>
<td>1 hour tour</td>
<td>Beaver Meadows Visitor Center</td>
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<td>6/5, 7/10, 8/7, 9/4 ONLY</td>
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**Walks and Hikes**

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**Evening Programs**

Hosted in the park’s campground amphitheaters and out under the stars, evening programs cover a variety of topics and offer a special evening experience.

**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 perspectives.

**Ranger-led Programs**

**East Side**

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**Wheelchair-accessible**
**WALKS AND HIKES**

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<tr>
<th>Birds of Upper Beaver Meadows</th>
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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>
<td>1.5 hour walk</td>
<td>Upper Beaver Meadows Trailhead</td>
<td>7 am</td>
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<th>Hike with a Ranger!</th>
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<tr>
<td>Join a ranger on a hike through lush subalpine forest to a glacially carved lake, while exploring the park’s wild landscape. The hike will end at The Loch on Mondays, Mills Lake on Thursdays, with the option to explore other lakes on your own. Bring water, lunch, snacks, sunscreen, sunglasses, a hat, and warm layers, including a rain jacket. Ends 8/22</td>
<td>5 to 6 mile hike</td>
<td>Meet the ranger at Park &amp; Ride to ride the shuttle to Glacier Gorge Trailhead</td>
<td>8:30 am to The Loch (5.6 mi)</td>
<td>8:30 am to Mills Lake (5.6 mi)</td>
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<th>A Mirror Through Time</th>
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<tr>
<td>Take a stroll with a ranger and reflect on the beauty of these mountains and the stories they tell.</td>
<td>1 to 1.5 hour walk</td>
<td>Sprague Lake Picnic Area</td>
<td>9 am</td>
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<tr>
<td>Discover the secret lives of the wildlife roaming about this landscape and the roles they play in a variety of habitats. Wear close-toed shoes and be prepared for an easy off-trail walk. Ends 8/23</td>
<td>1 to 1.5 hour walk</td>
<td>Upper Beaver Meadows Trailhead</td>
<td>9 am</td>
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**FUN PROGRAMS FOR KIDS**

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<th>Discovery Days</th>
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<tbody>
<tr>
<td>Discover Rocky with your family through hands-on activities, crafts, and games. Each week offers something new to discover. Limited parking. Starts 6/25–Ends 8/14</td>
<td>Drop-in program</td>
<td>Moraine Park Discovery Center</td>
<td>12:30 pm to 3:30 pm</td>
<td>9 am to 4:30 pm</td>
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<tbody>
<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 8/17</td>
<td>1 to 1.5 hour hike</td>
<td>Moraine Park Discovery Center</td>
<td>9:30 am</td>
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<tbody>
<tr>
<td>Earn your Junior Ranger badge! Join a ranger for programs and activities. Children must be accompanied by an adult. Starts 6/22–Ends 8/18</td>
<td>30 minute activity</td>
<td>Junior Ranger Headquarters at Hidden Valley</td>
<td>10 am</td>
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**EVENING PROGRAMS**

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<tr>
<td>Enjoy a variety of informative and fun programs. See the weekly schedule at a visitor center or campground for topics. Dress warmly. Ends 8/25</td>
<td>45 minute program</td>
<td>Aspenglen Campground Amphitheater</td>
<td>9 pm</td>
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<th>Glacier Basin Campground</th>
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<td>Glacier Basin Campground Amphitheater</td>
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</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Moraine Park Campground</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>Enjoy a variety of informative and fun programs. See the weekly schedule at a visitor center or campground for topics. Dress warmly. Ends 8/25</td>
<td>45 minute program</td>
<td>Moraine Park Campground Amphitheater</td>
<td>9 pm</td>
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<table>
<thead>
<tr>
<th>Astronomy in the Park</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>Observe the night sky with the help of a park ranger and expert volunteer astronomers. Dress warmly. Bring binoculars and a flashlight.</td>
<td>30 minute program followed by viewing</td>
<td>Upper Beaver Meadows Trailhead</td>
<td>Friday, 6/21 and 6/28 8:30 pm</td>
<td>Friday, 7/5 and 7/20 8:15 pm</td>
<td>Friday, 8/2 8 pm</td>
<td>Friday, 8/23 7:45 pm</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Stories Behind the Moon and Stars</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>The night sky comes alive through storytelling and fun activities. Celebrate darkness in Rocky! Dress warmly. Bring binoculars and a flashlight.</td>
<td>1 to 1.5 hours</td>
<td>Moraine Park Discovery Center</td>
<td>Tuesday, 7/9 and 7/16 8:15 pm</td>
<td>Tuesday, 8/6 and 8/13 7:45 pm</td>
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</tr>
</tbody>
</table>
### ACTIVITIES AND TALKS

<table>
<thead>
<tr>
<th>TALKS AND WALKS</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>All About Lightning</strong></td>
<td>20 to 30 minute talk</td>
<td>Alpine Visitor Center</td>
<td>2:30 pm</td>
<td>2:30 pm</td>
<td>2:30 pm</td>
<td>2:30 pm</td>
<td>2:30 pm</td>
<td>2:30 pm</td>
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</tr>
<tr>
<td>Learn why lightning can be a hair-raising experience and how to minimize your risk of being struck.</td>
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</tr>
<tr>
<td><strong>High Country Geology</strong></td>
<td>3.5 to 4 hour hike</td>
<td>Alpine Visitor Center</td>
<td></td>
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</tr>
<tr>
<td>The park's spectacular scenery represents a chapter in a long history of geologic events. Join us on this hike over the tundra and experience the effects of these processes. Starts 7/10–Ends 8/14</td>
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</tr>
<tr>
<td><strong>Tundra Nature Walk</strong></td>
<td>1.5 to 2 hour hike</td>
<td>Alpine Visitor Center</td>
<td>10 am</td>
<td>10 am</td>
<td>10 am</td>
<td>10 am</td>
<td>10 am</td>
<td>10 am</td>
<td>10 am</td>
</tr>
<tr>
<td>Exhilarate your senses with alpine views and miniature wildflower gardens. Dress warmly. We'll caravan to the location. Ends 8/11</td>
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</tbody>
</table>

### TALKS AND WALKS

<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><strong>Exploring with a Camera</strong></td>
<td>1 to 1.5 hour activity</td>
<td>Alpine Visitor Center</td>
<td></td>
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</tr>
<tr>
<td>Focus on composition, light, and basic tips to improve your pictures during this photography walk. Ends 7/26</td>
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</tr>
<tr>
<td><strong>Holzwarth Historic Site</strong></td>
<td>Drop-in tour</td>
<td>Holzwarth Historic Site</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>
<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>
<td></td>
</tr>
<tr>
<td>Spend time exploring a 1920s-era dude ranch for a taste of early homesteading and tourism.</td>
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</tr>
<tr>
<td><strong>Journaling and Sketching in Nature</strong></td>
<td>1.5 hour activity</td>
<td>Holzwarth Historic Site</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Join a ranger for an introduction to journaling and sketching in the natural world. No artistic talent required! Ends 8/2</td>
<td></td>
<td>Parking Area</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lions, Bears, and Moose! Oh My!</strong></td>
<td>30 to 45 minute talk</td>
<td>Kawuneeche Visitor Center</td>
<td>2:30 pm</td>
<td>2:30 pm</td>
<td>2:30 pm</td>
<td>2:30 pm</td>
<td>2:30 pm</td>
<td>2:30 pm</td>
<td>2:30 pm</td>
</tr>
<tr>
<td>It’s a wild world out there! Join a ranger to learn about these three animals that inspire both fear and awe.</td>
<td></td>
<td>Brezzeway</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sisters of Courage</strong></td>
<td>2.5 hour activity</td>
<td>Kawuneeche Visitor Center</td>
<td></td>
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</tr>
<tr>
<td>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.</td>
<td></td>
<td>Flagpole</td>
<td></td>
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</tbody>
</table>

### West Side

The heart of the park's west side: the Kawuneeche Valley.

The heart of the park's west side: the Kawuneeche Valley.
### West Side (continued)

#### Walks and Hikes

<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>Hike Through History</td>
<td>3 mile, 3 hour</td>
<td>Colorado River Trailhead</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9:30</td>
<td></td>
</tr>
<tr>
<td></td>
<td>gentle hike</td>
<td></td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>Mountain Wildflowers</td>
<td>1.5 to 2 hour</td>
<td>Onahau Trailhead</td>
<td>9:30</td>
<td>9:30</td>
<td>9:30</td>
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<tr>
<td></td>
<td>activity</td>
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<td></td>
</tr>
<tr>
<td>A Rocky Past</td>
<td>1.5 hour walk</td>
<td>Holzwarth Historic Site</td>
<td>11 am</td>
<td>11 am</td>
<td>11 am</td>
<td>11 am</td>
<td>11 am</td>
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<td>11 am</td>
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<td></td>
<td></td>
<td>Parking Area</td>
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</tr>
<tr>
<td>A River Runs Through Us</td>
<td>1 mile, 1.5</td>
<td>East Inlet Trailhead</td>
<td>9:30</td>
<td>9:30</td>
<td>9:30</td>
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<tr>
<td></td>
<td>hour walk</td>
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#### 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>Junior Ranger Program</td>
<td>45 minute activity</td>
<td>Holzwarth Historic Site Parking Area</td>
<td>1:30</td>
<td>10 am</td>
<td>1:30</td>
<td>10 am</td>
<td></td>
<td></td>
<td>10 am</td>
</tr>
<tr>
<td>Colorado River Adventure Walk</td>
<td>1 hour walk</td>
<td>Coyote Valley Trailhead</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10 am</td>
<td></td>
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</tr>
<tr>
<td>Come Bug a Ranger</td>
<td>1 hour activity</td>
<td>Holzwarth Historic Site Parking Area</td>
<td></td>
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<td>10 am</td>
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<tr>
<td>A Walk Backwards</td>
<td>2 hour activity</td>
<td>Holzwarth Historic Site Parking Area</td>
<td></td>
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<td></td>
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<td>9:30</td>
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#### 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>Timber Creek Campground Program</td>
<td>45 minute program</td>
<td>Timber Creek Campground Amphitheater</td>
<td>NO PROGRAM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>6/28-8/10</td>
<td>9 pm</td>
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<td></td>
<td></td>
<td>7/28-8/10</td>
<td>8:30 pm</td>
</tr>
<tr>
<td>Bat Safari!</td>
<td>1.5 hour walk</td>
<td>Holzwarth Historic Site Parking Area</td>
<td></td>
<td></td>
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<td>8 pm</td>
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<tr>
<td>Old Ranch Campfire</td>
<td>1 mile walk, 2 hours total</td>
<td>Holzwarth Historic Site Parking Area</td>
<td></td>
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<td></td>
<td>7 pm</td>
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</tr>
<tr>
<td>Saturday Night in the Park</td>
<td>1 hour program</td>
<td>Kawuneeche Visitor Center</td>
<td></td>
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<td></td>
<td></td>
<td>7 pm</td>
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</tr>
<tr>
<td>Rocky After Dark</td>
<td>2 hour activity</td>
<td>Holzwarth Historic Site Parking Area</td>
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<td>8 pm</td>
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<td>to 10 pm</td>
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<td></td>
<td></td>
<td>10 pm</td>
<td>8/2 ONLY</td>
</tr>
</tbody>
</table>

#### Become a Junior Ranger

Junior Rangers have fun discovering the natural world and learning why we need to protect our national parks. We need the help of all our rangers to keep Rocky protected for 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. And now this year: a Not So Junior Ranger Book for adults, available on our website.

You can attend an astronomy program 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.
Wildlife

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.

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

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

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

Wild and Watchable

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

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Elk
Habitat
Meadows, meadow-forest boundaries. Common at lower elevations spring-fall.

Viewing tips
Look at dusk and dawn in Horseshoe Park, Moraine Park, Upper Beaver Meadows, and Harbison and Holzwarth meadows. During the fall mating season, bull elk can be heard bugling as they attempt to attract harems of cow elk.

Moose
Habitat
Streambeds and meadows

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

Bighorn Sheep
Habitat
Rocky mountainsides and canyons

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

Black Bear
Habitat
All habitats throughout the park

Viewing tips
Black bears range over large areas — sightings are a rare treat and should be treated with respect (see detailed tips on page 2). There are no grizzly bears in Rocky—if you see a bear, it’s a black bear.

Coyote
Habitat
All habitats throughout the park

Viewing tips
Can be seen parkwide at any time of day. Yipping and howling is sometimes heard in the evening and morning.

Mule Deer
Habitat
All habitats throughout the park

Viewing tips
At lower elevations, mule deer are most often found in open areas, usually at dawn and dusk.

Yellow-bellied Marmot
Habitat
Rock piles

Viewing tips
Look for marmots sunbathing on rock outcroppings on the tundra along Trail Ridge and Old Fall River roads.

Pika
Habitat
Rock piles at higher elevations

Viewing tips
Listen for its sharp, distinctive bark and watch for movement among the rocks.

Visiting Lily Lake while in the park?

Bee-come a citizen scientist!

Learn more: go.nps.gov/LilyLakeScience
**Hiking Essentials**
- Sturdy footwear
- Rain gear
- Layered clothing
- Jacket/sweater and long pants
- Gloves, hat, extra socks
- Sunscreen, hat, sunglasses
- Whistle and waterproof matches
- Headlamp or flashlight
- High-energy snacks
- Plenty of water
- First-aid supplies
- Topo map and compass or GPS
- Frets are prohibited on all park trails, tundra, and meadow areas (see page 2).
- Don’t hike alone. Keep your group together. Tell someone where you’re going, check back in when you return.
- Weather conditions can change quickly. Always be willing to turn around.

---

## Gentle Trails

### East Side

<table>
<thead>
<tr>
<th>TRAIL</th>
<th>TRAILHEAD</th>
<th>DISTANCE</th>
<th>ELEVATION</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 often has snow well into June.</td>
</tr>
<tr>
<td>Hidden Valley Nature Trail</td>
<td>Hidden Valley</td>
<td>0.5 mi / 0.8 km</td>
<td>20 ft / 6 m</td>
<td>Follow a nature trail through the sub-alpine forests of Hidden Valley.</td>
</tr>
<tr>
<td>Lily Lake</td>
<td>Lily Lake Trailhead south of Estes Park on Highway 7</td>
<td>0.8 mi / 1.3 km</td>
<td>20 ft / 6 m</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 / 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>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</th>
<th>ELEVATION</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 / 79 m</td>
<td>View the miniature world of the alpine tundra and enjoy sweeping views of the park. Keep an eye on the sky: if storms approach, stay off!</td>
</tr>
</tbody>
</table>

### West Side

<table>
<thead>
<tr>
<th>TRAIL</th>
<th>TRAILHEAD</th>
<th>DISTANCE</th>
<th>ELEVATION</th>
<th>HIGHLIGHTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adams Falls</td>
<td>East Inlet Trailhead far east end of Grand Lake</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>Coyote Valley Trail</td>
<td>Coyote Valley Trailhead 6 miles north of Kauwaehee Visitor Center</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>Holzwarth Historic Site</td>
<td>US Hwy 34 8 miles north of Kauwaehee Visitor Center</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>
</tbody>
</table>

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## Leave No Trace

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

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

## More Challenging Hikes

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

More difficult hikes require a higher level of fitness; more planning and safety preparations; and a greater knowledge with and comfort in the wilderness. If you feel you meet these requirements:

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

## Longs Peak

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

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

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

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

<table>
<thead>
<tr>
<th>CAMPGROUND</th>
<th>RESERVABLE</th>
<th>FIREWOOD AND ICE</th>
<th>MAX RV TRAILER LENGTH</th>
<th>SUMMER CAMP CAPTION</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>Varies</td>
<td>No. Use Glacier Basin, Moraine Park, or Timber Creek</td>
<td>13 x 15 ft</td>
<td>Yes</td>
<td>Yes. May fill by reservation. In pine forest by rushing Fall River, south of the Park &amp; Ride. Hazard trees were removed so no shade in C, D, Group Loops, but there are good views and a night sky, and it’s good for slidesouts.</td>
</tr>
<tr>
<td>Glacier Basin</td>
<td>Yes</td>
<td>Yes</td>
<td>35 ft</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes. May fill by reservation. On Bear Lake Road across from the Park &amp; Ride.</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.</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>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>
</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>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>
</tr>
</tbody>
</table>

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:

- recreation.gov
- 877 444-6777

Fees to Camp

- 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 camping fees.

Stay Limits

Popularity limits are set to maintain visitor satisfaction and protect natural resources. Here are the limits for Moraine Park Campground Loop B:

- Up to 28 sites in May and October 15, plus an additional 14 nights from October 16 to April 30. 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.
- There are no electric, water, or sewer hookups at any park campsites.

Food Storage

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

Improperly stored or unattended food items will result in a violation notice.

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

Food Storage

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

Leave No Trace

About 4.5 million people visit Rocky Mountain 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 and gather nothing but memories
- Minimize campfire impacts
- Respect wildlife
- Be considerate of others

Sprague Lake Accessible Wilderness Campsite

Contact the Wilderness Office at 970 586-1242. 12 campers with up to five wheelchair users can stay at the site. A $30 administrative permit fee is required from May 1 to October 31.
A park pass is required for entry into Rocky. You’ll need a 1-day, 7-day, annual, or lifetime pass to enter the park, even if arriving by shuttle.

1- and 7-day passes can be purchased online at go.nps.gov/RockyFees.

Annual and Lifetime passes purchased online take 2-4 weeks to arrive. If you’re planning to visit soon, please wait and purchase these passes when you arrive.

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).

2019 Shuttle Service at a Glance

<table>
<thead>
<tr>
<th>ROUTE</th>
<th>SCHEDULE</th>
<th>DATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hiker Shuttle Express</td>
<td>Hourly 7:30 am to 10 am</td>
<td>Daily May 25-Sep 13</td>
</tr>
<tr>
<td></td>
<td>30 min 10 am to 6 pm</td>
<td>Weekends Only Sep 14-Oct 20</td>
</tr>
<tr>
<td>Bear Lake Route</td>
<td>10-15 min 7 am to 7:30 pm</td>
<td>Daily May 25-Oct 20</td>
</tr>
<tr>
<td>Moraine Park Route</td>
<td>30 min 7 am to 7:30 pm</td>
<td>Daily May 25-Oct 20</td>
</tr>
</tbody>
</table>

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

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

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

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

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

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

www.RMConservancy.org

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 amazing collections of authentic Native American gifts. Then, enjoy a bite to eat at our café and coffee bar.

www.RMConservancy.org

ROCKY MOUNTAIN FIELD INSTITUTE

EDUCATIONAL BUS TOURS IN ROCKY!

Grand Lake Safari Adventure
Tuesday, June 9 - August 25
Journey to the Top! Trail Ridge Rd Adventure
Wednesdays & Thursdays, June 10 - Sept. 3
Trail Ridge Sunset Safari Adventure
Fridays, June 13 - September 5
Elk Expeditions
Thursdays, Fridays, Saturdays & Mondays Sept. 10 - October 17

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

www.RMConservancy.org