The Winter at Rocky

Reflected sunlight sparkles in the snow. Tracks of tiny mice and great elk cross your trail. Frozen alpine lakes ringed by massive peaks can be reached by snowshoe, ski, and even on foot. For those who are prepared, winter in Rocky Mountain National Park is a beautiful time full of crisp adventures.

Winter is dramatic with rapidly changing conditions. Park roads exemplify winter in the mountains, with snow, ice, and gusty winds frequent companions. Trails may be good for snowshoeing or skiing one day, but poor the next. Stop at a visitor center (Beaver Meadows and Kawuneeche are open year-round) for information and suggestions tailored to your interests, and current conditions.

If you enter the park from the west (Grand Lake), you’re in for a winter treat. Cross-country skiing can be excellent through most of the winter. Easy trails head toward Lulu City or Sun Valley, and many more challenging options are also available. On the east side of the park (Estes Park area), snowshoeing is more reliable than cross-country skiing. The lofty peaks in Rocky Mountain National Park tend to catch and hold more snow on their western slopes than on the east, allowing some east-side park trails to be hikeable through much of the winter. The Bear Lake area usually has excellent snowshoeing from January through late winter, as does the Glacier Gorge area. Dream Lake, Mills Lake, and the Loch are spectacular winter snowshoe destinations. Easy trails circle Sprague and Lily Lakes.

You will drive by many trails that can provide a real taste of wild mountains in their longest season. A snowshoe or ski tour will reveal some of the beauty unique to winter. Here are ice-filled cascades and waterfalls, and massive peaks sparkling with snow against dark rock. Elk, coyotes, deer, snowshoe hares, and many other mammals remain active in the park through the winter, covered in dense winter coats. Hardy birds stay north for the season, ranging in color from that of winter (the ptarmigan), to that of night (the raven), to a combination that includes both those hues and more (the magpie).

Enjoy this long, quiet season in Rocky Mountain National Park.

The tiny pika stays active during the winter, eating plants it dries during the summer.

The ptarmigan changes from mottled brown-grey plumage in summer to the color of winter.
You Need to Know

Visitor Centers

Park visitor centers are the places to find out what you need to know. All have knowledgeable staff, printed information on many topics, and great bookstores stocked with all the best books for finding that perfect trail and learning what makes Rocky Mountain National Park such an awesome national park. Each visitor center has its own special features.

East of the Divide – Estes Park Area

Beaver Meadows Visitor Center
Open daily 8-4:30 except Dec. 25.
Features free movie, bookstore, 3-D park orientation map, backcountry camping permits in nearby building.

Fall River Visitor Center
Features life-sized wildlife displays, a discovery room where kids can touch objects and dress up as pioneers, and a bookstore.

West of the Divide – Grand Lake Area

Kawuneeche Visitor Center
Open daily 8-4:30 except Dec. 25.
Features free movie and slide shows, exhibits on how to plan your visit, bookstore, backcountry camping permits.

Can I take antlers?
No. Dropped antlers provide valuable minerals for other park animals. It is illegal to collect or possess antlers or any other animal parts in Rocky Mountain National Park.

Weather and Road Conditions

Winter driving conditions can change rapidly. For Rocky Mountain National Park daily road and driving conditions, stop in at a visitor center or call (970) 586-1206. Snow tires or chains may be recommended during periods of heavy snow. After hours, a recorded message at (970) 586-1333 provides daily updates on park road and weather conditions.

During winter, lower elevation park roads remain open. The high central portion of Trail Ridge Road is closed between Many Parks Curve and the Colorado River Trailhead. The treeless, open central section of Trail Ridge Road experiences strong winds and blizzard conditions, making it unsafe to maintain through the winter. For Colorado state road conditions, call (877) 315-ROAD or (303) 639-1111.

Bear Lake Road
Bear Lake Road is kept open during the winter. The road is plowed, but may be closed for clearing after any significant snowfall. Please call (970) 586-1206 for current conditions.

Pet Phone Numbers and Website
Call Park Information (970) 586-1206 with your questions. We are available to assist you from 8 to 4:30, daily.

Hearing impaired persons may call the TTY at (970) 586-1319 from 8 to 5 daily.

The Official Park Website is http://www.nps.gov/romo

East of the Divide – Estes Park Area

Can I take antlers?
No. Dropped antlers provide valuable minerals for other park animals. It is illegal to collect or possess antlers or any other animal parts in Rocky Mountain National Park.

International Sister Parks

Rocky Mountain National Park and the Tatra National Parks (Slovakia and Poland) have formally become sister parks. Sharing rugged, beautiful mountain terrain and similar ecosystems, three parks are exchanging information and expertise to better manage these great preserves for the benefit of all who may enjoy them.

Heart of the Rockies

Teachers, Parents, Students!
Rocky Mountain National Park’s “Heart of the Rockies” education program provides an outdoor classroom to children throughout this region. Interested teachers may contact the park’s Education Specialist at (970) 586-3777, or on-line at heartoftherockies.net

This Park Paper

High Country Headlines is produced by the staff of Rocky Mountain National Park in cooperation with, and funding provided by, the Rocky Mountain Nature Association. http://www.rmna.org
Stay Together!
Avoid traveling alone in the backcountry and always stay together as a group. Detailed information regarding your trip itinerary should be left with a responsible person so park authorities can be notified if you fail to return. Safety is your responsibility!

Backcountry Travel
Be prepared for all types of weather, no matter what activity you are enjoying in the national park. Unforeseen weather conditions can change a short afternoon hike, ski, or snowshoe trip into an unpleasant experience.

Severe storms can impose life threatening hazards only one or two miles from your car. Carry a stormproof outer shell and extra clothing. Be equipped with detailed topographic maps and a compass. Obtain a required backcountry permit for any overnight trip.

Don’t depend upon a cell phone for emergency help; many locations in this rugged park are not serviced.

Avalanches
Colorado has more known avalanches than any other state. Avoid skiing or snowshoeing in steep gullies where avalanches could occur. Open slopes of 30 to 45 degrees can be loaded with dangerous masses of snow, easily triggered by backcountry travelers. Wear an electronic transceiver when traversing avalanche terrain. If you are caught in an avalanche, make swimming motions and try to stay on top of the snow.

For current avalanche conditions, check at a visitor center or call (970)586-1206.

Keep Wildlife Wild
Never feed wildlife. A fine may be issued to violators. Animals can kick, bite or gore you. They can become dependent on human food and lose the ability to feed naturally. Wildlife also carry diseases which can be transmitted to humans, like rabies and plague. Photograph animals from the roadside.

High Elevation
The high elevations of Rocky Mountain National Park, combined with dry air, may bring on symptoms of high altitude sickness. These include nausea, dizziness, headache, insomnia, rapid heartbeat, and shortness of breath. If you experience these symptoms, descend to a lower elevation. To minimize altitude effects, increase water intake, avoid alcohol and caffeine, eat lightly and frequently, and get plenty of rest.

Ultraviolet radiation is also strong at high elevations, even during winter. Wear sunglasses, a hat, and use sunscreen.

Hypothermia
Hypothermia is a serious and sometimes fatal condition brought on by exposure to wet and cold. The core body temperature drops to a level that impairs normal muscle and brain activities. Symptoms include drowsiness, loss of judgment or coordination, slurred speech, and uncontrolled shivering. If these symptoms occur, warm the chilled person with dry clothing and warm, nonalcoholic liquids. Get back to your car and seek medical attention.

Sledging and Snow Play
There is only one place in Rocky Mountain National Park open to sledding and downhill sliding on snow: Hidden Valley. Snow conditions are sometimes poor to marginal. Check at a visitor center or call (970) 586-1206 for current information. Be aware of cold weather, chilling wind, and the effects of hypothermia. At Hidden Valley the fenced snowplay hill is for the use of sleds, tubes, and saucers. Skiers, snow boarders, and snowshoers must exercise caution when passing through sledding-snowplay areas. Slow down and yield the right of way when descending. On weekends and holidays, skilled park staff, often volunteers, are on duty. For your safety and enjoyment, please follow their guidance.
Ranger Led Programs

East of the Divide - Estes Park area

Short Talks

<table>
<thead>
<tr>
<th>Time/Program</th>
<th>Days Offered</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skins and Skulls</td>
<td>Sa Su</td>
<td>3 PM 20-30 minute talk</td>
</tr>
</tbody>
</table>

Want to pet an elk or cuddle up to a bear? Come to Beaver Meadows Visitor Center to safely feel skins and skulls while learning about park wildlife.

Snowshoe Tours –by reservation only–

<table>
<thead>
<tr>
<th>Time/Program</th>
<th>Days Offered</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snowshoe Ecology Walk*</td>
<td>Sa Su M W January 3 – March 28</td>
<td>12:30 PM 2 hours</td>
</tr>
</tbody>
</table>

Take a beginner-level snowshoe tour with a ranger and explore the natural world of a subalpine forest. No previous experience needed.

*Making Reservations– Snowshoe Tours
Reservations are necessary and may be made no more than seven days in advance.
Call (970) 586-1223 from 8 AM – 4 PM daily.

There is a limit of 6 people per reservation for this 2 hour program. For safety reasons, children under 8 years old are not allowed on this activity. Sleds, skis, hikers, and children in backpacks are not permitted.
You must provide your own snowshoes. They can be rented in Estes Park sporting goods stores.

Groups
Part of an organized group? Please call (970) 586-3777.

Evening Programs - East

Beaver Meadows Evening Program
7 PM 1 hour

Every Sa

Enjoy a wide variety of informative and entertaining programs. Meet in the downstairs auditorium at Beaver Meadows Visitor Center. No program is offered 12/20 or 12/27.

Visitor Centers

Check at a visitor center for the latest road, trail, weather, and ranger-led program information. Two visitor centers, Beaver Meadows (east side) and Kawuneeche (west side) are open daily from 8 AM through 4:30 PM, except December 25.

More detail on these visitor centers, and the Fall River Visitor Center (primarily open weekends, 9-4), is on page 2 of this paper.

Free Park Movie

See the stunning 23 minute park movie at the Beaver Meadows and Kawuneeche Visitor Centers during normal business hours. This movie features spectacular aerial footage of the park’s rugged high country, as well as of wildlife and other park resources. Available upon request.

Junior Rangers

Free junior ranger books are available at park visitor centers. A successfully completed book earns a badge!

You are an important part of this park. Stay in touch.
Contact us anytime at: romo_junior_ranger@nps.gov

West of the Divide - Grand Lake area

Ski and Snowshoe Tours –by reservation only–

Reservations are required for West-side winter tours, and may be made no more than seven days in advance.
Park Pass required for all programs.
Call (970) 627-3471 from 8 AM–4:30 PM to make reservations.

<table>
<thead>
<tr>
<th>Time/Program</th>
<th>Days Offered</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ski the Wilderness in Winter</td>
<td>Sa December 27 – January 31</td>
<td>9:30 AM 1.5 hours</td>
</tr>
</tbody>
</table>

Ski a snow-draped landscape and learn about the Kawuneeche Valley. Join a park ranger at the Kawuneeche Visitor Center at 9:30 AM for this 1.5-hour cross-country ski tour. Children under 8 years of age are not allowed on this activity. You must provide your own skis and poles with large baskets.

<table>
<thead>
<tr>
<th>Time/Program</th>
<th>Days Offered</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snowshoe in the Kawuneeche</td>
<td>Sa – 9:00 AM December 13 &amp; 20, February 7 - March 21</td>
<td>9:00 AM &amp; 1:00 PM 2 hours</td>
</tr>
</tbody>
</table>

Join a beginner level 2-hour snowshoe tour with a ranger. Meet at the Kawuneeche Visitor Center. Please bring your own snowshoes and ski poles with large baskets. Children under 8 years of age are not allowed on this activity.

<table>
<thead>
<tr>
<th>Time/Program</th>
<th>Days Offered</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snowshoe in the Kawuneeche</td>
<td>Su December 14 – March 15</td>
<td>1:00 PM 2 hours</td>
</tr>
</tbody>
</table>

Take an intermediate level 2-hour snowshoe tour with a ranger. This is a more rigorous tour with altitude gains of up to 500’, and requires the ability to maintain a good pace on uneven terrain. Meet at the Kawuneeche Visitor Center. Please bring your own snowshoes and ski poles with large baskets. Children under 8 years of age are not allowed on this activity.

Visit the Rocky Mountain Nature Association bookstores at:
Beaver Meadows Visitor Center
Fall River Visitor Center • Kawuneeche Visitor Center

Rocky Mountain Nature Association • P.O. Box 3100, Estes Park, CO 80517 • (970) 586-0108 • rmna.org

Your Purchase Makes A Difference
The best Rocky Mountain National Park books, maps and other interesting items are right here, at one of the Rocky Mountain Nature Association (RMNA) bookstores located around the park. And when you make a purchase from our non-profit organization, proceeds are returned to the park, supporting important educational, interpretive and research programs. Drop by today.

Free junior ranger books are available at park visitor centers. A successfully completed book earns a badge!
You are an important part of this park. Stay in touch.
Contact us anytime at: romo_junior_ranger@nps.gov

Visit the Rocky Mountain Nature Association bookstores at:
Beaver Meadows Visitor Center
Fall River Visitor Center • Kawuneeche Visitor Center

Rocky Mountain Nature Association • P.O. Box 3100, Estes Park, CO 80517 • (970) 586-0108 • rmna.org

Your Purchase Makes A Difference
The best Rocky Mountain National Park books, maps and other interesting items are right here, at one of the Rocky Mountain Nature Association (RMNA) bookstores located around the park. And when you make a purchase from our non-profit organization, proceeds are returned to the park, supporting important educational, interpretive and research programs. Drop by today.

Visit the Rocky Mountain Nature Association bookstores at:
Beaver Meadows Visitor Center
Fall River Visitor Center • Kawuneeche Visitor Center

Rocky Mountain Nature Association • P.O. Box 3100, Estes Park, CO 80517 • (970) 586-0108 • rmna.org

Free junior ranger books are available at park visitor centers. A successfully completed book earns a badge!
You are an important part of this park. Stay in touch.
Contact us anytime at: romo_junior_ranger@nps.gov

Visit the Rocky Mountain Nature Association bookstores at:
Beaver Meadows Visitor Center
Fall River Visitor Center • Kawuneeche Visitor Center

Rocky Mountain Nature Association • P.O. Box 3100, Estes Park, CO 80517 • (970) 586-0108 • rmna.org

Your Purchase Makes A Difference
The best Rocky Mountain National Park books, maps and other interesting items are right here, at one of the Rocky Mountain Nature Association (RMNA) bookstores located around the park. And when you make a purchase from our non-profit organization, proceeds are returned to the park, supporting important educational, interpretive and research programs. Drop by today.

Visit the Rocky Mountain Nature Association bookstores at:
Beaver Meadows Visitor Center
Fall River Visitor Center • Kawuneeche Visitor Center

Rocky Mountain Nature Association • P.O. Box 3100, Estes Park, CO 80517 • (970) 586-0108 • rmna.org

Free junior ranger books are available at park visitor centers. A successfully completed book earns a badge!
You are an important part of this park. Stay in touch.
Contact us anytime at: romo_junior_ranger@nps.gov

Visit the Rocky Mountain Nature Association bookstores at:
Beaver Meadows Visitor Center
Fall River Visitor Center • Kawuneeche Visitor Center

Rocky Mountain Nature Association • P.O. Box 3100, Estes Park, CO 80517 • (970) 586-0108 • rmna.org

Your Purchase Makes A Difference
The best Rocky Mountain National Park books, maps and other interesting items are right here, at one of the Rocky Mountain Nature Association (RMNA) bookstores located around the park. And when you make a purchase from our non-profit organization, proceeds are returned to the park, supporting important educational, interpretive and research programs. Drop by today.
Campgrounds
Reservations for summer camping at Moraine Park and Aspenglen* campgrounds may be made up to six months in advance. Call 877-444-6777 for further information. Longs Peak and designated sections of Moraine Park campgrounds are open all winter. Water and dump station facilities are not available during the winter.

<table>
<thead>
<tr>
<th>Campground</th>
<th>Fee per night</th>
<th>Elevation (ft)</th>
<th>Stay limit (nights)</th>
<th>Public phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Longs Peak</td>
<td>$14</td>
<td>9,400</td>
<td>14</td>
<td>no</td>
</tr>
<tr>
<td>26 campsites</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Open all year</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>tents only</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Moraine Park</td>
<td>$14</td>
<td>8,150</td>
<td>14</td>
<td>yes</td>
</tr>
<tr>
<td>77 campsites</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Open all year</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Normally Glacier Basin Campground is part of the reservation system, but due to pine beetle mitigation through 2008 and 2009, reservations will not be available in 2009.

Backcountry Camping Permits
Permits are required for all backcountry overnight camping. Camping is allowed only in designated areas. Winter-season permits may be obtained at the Backcountry Office (east) or Kawuneeche Visitor Center (west), or by self-registration at some park locations. For further information call (970) 586-1242 or write to: Backcountry Office, Rocky Mountain National Park, 1000 Hwy 36 West, Estes Park, Colorado 80517.

Leave No Trace
With 2.9 million visitors every year, the wild lands of Rocky Mountain National Park are being heavily used. In snowshoeing, camping, and all your park activities, do your part to preserve this national treasure by following these seven easy principles:

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

West Side Wonders
What makes a perfect Rocky Mountain winter experience? Dramatic snow-covered peaks? Gliding on skis through a silent forest? Moose lounging in pristine meadows blanketed white? A family on snowshoes enjoying a trek to a frozen waterfall? These dreams and more can be enjoyed on the west side of Rocky Mountain National Park, by visiting the park via its Grand Lake entrance.

Skiing/Snowshoeing
Heavy snowfall on the west side of the park results in outstanding cross-country skiing and snowshoeing. Visitors strapping on skis or snowshoes for the first time may want to explore Sun Valley Trail, a loop that meanders through woods and open meadows along the Colorado River and offers breathtaking views of the Never Summer Range.

Another short jaunt leads to ice-shrouded Adams Falls. This 0.6 mile round trip includes a short hill that can sometimes be icy. Beyond the falls, more than a mile of level trail offers spectacular mountain vistas. Experienced skiers and snowshoers can continue up into the mountains on this or other trails.

Many routes are appropriate for both skis and snowshoes, with snowshoers being careful to keep to the side of ski tracks. Stop by the Kawuneeche Visitor Center for information on a variety of suggested routes for all skill levels.

Sightseeing
Prefer to experience the charm of winter from the comfort of a vehicle? Ten miles of road through the Kawuneeche Valley are plowed for travel. Take the time to enjoy spectacular views of the snow-clad Never Summer Range. Watch for wildlife along the banks of the Colorado River.

Ranger-Guided Activities
Interested in learning more about the winter wilderness while you explore? Rangers on the west side of the park offer guided ski and snowshoe tours on weekends during the winter. See page 4 for details or call 970-627-3471. Reservations are required.
Winter Trails by Snowshoe, Ski and Foot

With over 350 miles of trails, the park offers a vast array of choices. A small sampling of trails are described below. When properly equipped, snowshoeing and cross-country skiing at Rocky Mountain National Park are often inspiring and invigorating. Cross-country skiing is typically better on the west side of the park (Grand Lake entrance), as snow depths are greater, and terrain gentler than on the eastern slope.

**Trail Tips:** Even for short day tours, be sure to pack gear for all types of weather (sun, snow, wind). Strong winds are quite common, and it is essential to wear or carry windproof clothing.

Be prepared for the rigors of high elevation - drink plenty of water, and travel at a pace where you can still talk and breathe easily. If you feel poorly, descend to a lower elevation. Know park regulations. Pack it in, pack it out - including remains of all your food (pits, peels, etc.), as well as facial tissues. Leave rocks, plants and other natural objects where you find them. Let nature’s sounds prevail; avoid loud voices and noises. No pets are allowed on park trails.

Falling trees are an ever-present hazard when traveling or camping in the forest. Be aware of your surroundings. Dead trees can fall without warning.

### Trails on the East Side of the Park

<table>
<thead>
<tr>
<th>Trail</th>
<th>Trailhead Location</th>
<th>Round Trip Distance</th>
<th>Elevation Gain</th>
<th>Cool Stuff</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upper Beaver Meadows</td>
<td>Upper Beaver Meadows Road (gated) off Trail Ridge Road, 2 miles from Visitor Center</td>
<td>3-4 miles</td>
<td>140 feet</td>
<td>A fine winter hike along a gated dirt road, with an option for making a 3.5 mile loop by taking a trail just inside the barricade, which joins the end of the road in 1.5 miles.</td>
</tr>
<tr>
<td>Sprague Lake</td>
<td>Sprague Lake on Bear Lake Road</td>
<td>.5 mile</td>
<td></td>
<td>A good place for a short winter walk, or to try those cross-country skis on a frozen lake. Good views of the Continental Divide.</td>
</tr>
<tr>
<td>Chasm Falls</td>
<td>West Alluvial Fan at gated end of Endovalley Road off Hwy 34</td>
<td>5.8 miles</td>
<td>400 feet</td>
<td>Follows summer roads which are closed to winter traffic. At 1.5 miles, take the right fork up Old Fall River Road to beautiful Chasm Falls.</td>
</tr>
<tr>
<td>Lily Lake</td>
<td>Lily Lake on Highway 7, south of Estes Park</td>
<td>.7 mile</td>
<td>5 feet</td>
<td>The trail around the lake is often suitable for walking in boots, or as a short snowshoe or ski. Beautiful views of high park peaks.</td>
</tr>
<tr>
<td>Dream Lake</td>
<td>Bear Lake on Bear Lake Road, 10 miles from Visitor Center</td>
<td>2.2 miles</td>
<td>425 feet</td>
<td>A good snowshoe tour to one of the most photographed lakes in the park.</td>
</tr>
<tr>
<td>Emerald Lake</td>
<td>Bear Lake on Bear Lake Road, 10 miles from Visitor Center</td>
<td>3.6 miles</td>
<td>605 feet</td>
<td>An excellent intermediate snowshoe tour. Tour ascends to an alpine lake. Check at a visitor center for route details.</td>
</tr>
<tr>
<td>Bierstadt Lake</td>
<td>Bear Lake on Bear Lake Road, 10 miles from Visitor Center</td>
<td>3.2 miles</td>
<td>235 feet</td>
<td>A nice snowshoe or ski tour, if started at Bear Lake. Also possible as a steeper snowshoe/hiking tour from the Bierstadt Lake Trailhead.</td>
</tr>
<tr>
<td>Mills Lake</td>
<td>Glacier Gorge on Bear Lake Road</td>
<td>5.6 miles</td>
<td>730 feet</td>
<td>An excellent winter snowshoe trail to a spectacular peak-rimmed lake. Magnificent views abound. Check at a visitor center for route details.</td>
</tr>
<tr>
<td>The Loch</td>
<td>Glacier Gorge on Bear Lake Road</td>
<td>6.2 miles</td>
<td>970 feet</td>
<td>An excellent winter snowshoe trail to a spectacular peak-rimmed lake. Magnificent views abound. Check at a visitor center for route details.</td>
</tr>
<tr>
<td>Mill Creek</td>
<td>Hollowell Park on Bear Lake Road</td>
<td>3.2 miles</td>
<td>600 feet</td>
<td>A quiet winter snowshoe on a lesser-used trail. Check at a visitor center for details and current conditions.</td>
</tr>
<tr>
<td>Trail</td>
<td>Trailhead Location</td>
<td>Round Trip Distance</td>
<td>Elevation Gain</td>
<td>Cool Stuff</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------------------------------------------------------------------</td>
<td>---------------------</td>
<td>----------------</td>
<td>---------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Cub Lake</td>
<td>Cub Lake in Moraine Park off the Bear Lake Road</td>
<td>4.6 miles</td>
<td>540 feet</td>
<td>A moderate hike/snowshoe; lower sections are often hikeable. The last mile often has ice or snow. Bring snowshoes, even if it looks open at the beginning.</td>
</tr>
<tr>
<td>The Pool</td>
<td>Fern Lake on Cub Lake Road near Moraine Park Campground</td>
<td>3.4 miles</td>
<td>245 feet</td>
<td>Meadows, aspen groves, ponds and conifer forests highlight this easy, nearly level trail. A snowshoe or hike, depending upon snow conditions.</td>
</tr>
<tr>
<td>Sandbeach Lake</td>
<td>Wild Basin off Highway 7, south of Estes Park</td>
<td>8.4 miles</td>
<td>1970 feet</td>
<td>Trail ascends steeply through sunny forest; a steady uphill hike. Snowshoes often are not needed for the lower trail sections.</td>
</tr>
<tr>
<td>Ouzel Falls</td>
<td>Wild Basin off Highway 7, south of Estes Park</td>
<td>5.4 miles</td>
<td>950 feet</td>
<td>Frozen waterfalls and beautiful views await on this snowshoe tour. Often some icy patches on the trail.</td>
</tr>
<tr>
<td>Trail Ridge Road</td>
<td>The gated winter closure at Many Parks Curve on Trail Ridge Road</td>
<td>2+ miles</td>
<td>200+ feet</td>
<td>Follows the summer road which is closed to winter traffic. Beautiful views; often windy. Snowshoes usually best.</td>
</tr>
<tr>
<td>Deer Mountain</td>
<td>Deer Ridge Junction 4.5 miles from Beaver Meadows Visitor Center along Trail Ridge Road</td>
<td>6 miles</td>
<td>1075 feet</td>
<td>A strenuous snowshoe or hike to the windblown top of Deer Mountain. The lower portion tends to be open and hikeable; upper switchbacks snowy.</td>
</tr>
<tr>
<td>Lawn Lake</td>
<td>Lawn Lake Trailhead on Fall River Road</td>
<td>12.4 miles</td>
<td>2250 feet</td>
<td>A strenuous snowshoe to a high mountain lake. After a mile, the trail follows scenic Roaring River.</td>
</tr>
</tbody>
</table>

### Trails on the West Side of the Park - Where snow conditions are generally better

<table>
<thead>
<tr>
<th>Trail</th>
<th>Trailhead Location</th>
<th>Round Trip Distance</th>
<th>Elevation Gain</th>
<th>Cool Stuff</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tonahutu Creek Trail</td>
<td>The Kawuneeche Visitor Center, north of Grand Lake</td>
<td>4 miles</td>
<td>300 feet</td>
<td>From the visitor center, an easy 2 mile ski to Grand Lake. A longer option is an 8 mile round trip to Big Meadows (700’ elevation gain).</td>
</tr>
<tr>
<td>Adams Falls</td>
<td>East Inlet, on West Portal Road, at the far east end of Grand Lake village</td>
<td>.6 miles</td>
<td>80 feet</td>
<td>A beautiful snowshoe or intermediate-level ski tour. The trail continues to First Meadows (2 mile round trip), with a great view of Mt. Craig.</td>
</tr>
<tr>
<td>Sun Valley Trail</td>
<td>Harbison Picnic Area 1 mile north of the Kawuneeche Visitor Center</td>
<td>2.5 miles</td>
<td>50 feet</td>
<td>An easy ski or snowshoe loop through woods and open meadows. Be sure to look for orange trail markers at trail junctions.</td>
</tr>
<tr>
<td>Green Mountain Trail</td>
<td>Green Mountain Trailhead 3 miles north of the Kawuneeche Visitor Center</td>
<td>4 miles</td>
<td>600 feet</td>
<td>An intermediate ski or snowshoe to Big Meadows. A longer, more difficult loop is also possible.</td>
</tr>
<tr>
<td>Coyote Valley Trail</td>
<td>Coyote Valley Trailhead in the Kawuneeche Valley</td>
<td>1 mile</td>
<td>10 feet</td>
<td>A level trail adjacent to the Colorado River. An easy choice to test those skis or snowshoes.</td>
</tr>
<tr>
<td>Colorado River Trail (Lulu City)</td>
<td>The end of the plowed road in the Kawuneeche Valley 10 miles north of the Kawuneeche Visitor Center</td>
<td>7.4 miles</td>
<td>350 feet</td>
<td>A gentle ski tour with some views of the Colorado River. Historic sites of Shipler Cabins and Lulu City add to the natural attractions of this tour.</td>
</tr>
</tbody>
</table>
Climate Friendly Park

Change has always been one of the inevitable forces of nature. It is just one of the stories told in our national parks. Recently we have been hearing about climate change and this too is a story that must be shared and understood.

In March of 2007, Rocky Mountain National Park became the newest Climate Friendly Park. This means that park management has made a commitment to greater sustainability in all our practices which include fuel efficiency, recycling, energy conservation and education as well as focusing research on the impacts of climate change on the park’s natural resources.

In the summer of 2007, a “Green Team” of park staff and members of the local community was formed. This group is instrumental in making recommendations to park management that can further the goals of the Climate Friendly Parks Program which is a national initiative.

Climate change is a concern to all and will require sound science and strong citizen involvement. By making informed changes in our lifestyles we can reduce and begin to reverse the effects of human activities on the atmosphere and ecosystems of our planet. We have succeeded before. Our water and air are cleaner, the damage to the ozone layer has been reduced and we have restored populations of endangered species. We can succeed with the climate as well. For more about the Climate Friendly parks initiative visit: http://www.nps.gov/climatefriendlyparks/

Implementation of Elk and Vegetation Plan

After years of research, public input and planning Rocky Mountain National Park is implementing a plan to manage the elk population that resides within the park and protect park vegetation. The plan relies on a variety of conservation tools including fencing, elk redistribution, vegetation restoration and culling. Elk research continues in the park and you may see elk with colored neck collars.

For more information on elk management and research, please stop by a park visitor center or visit the park’s website at: http://www.nps.gov/romo/parkmgmt/elkvegetation.htm

Park Resources and Extras

Pine Beetles Kill TreesThroughout the West

Throughout western conifer forests, trees are slowly being eaten alive. From Canada through New Mexico, pine, spruce & fir forests are being impacted by wood-eating beetles. When you see western forests, especially lodgepole pine, with many reddish or gray trees, you may be seeing the effect of beetles and other stresses such as drought.

Seventeen species of native bark beetles are known in Rocky Mountain National Park and surrounding national forests; all have evolved with local forests. Burrowing through the outer bark of conifers, these bark beetles lay eggs which hatch into hungry beetle larvae which consume the living inner bark of trees.

Recent warm winters and prolonged low precipitation have combined to favor beetles and weaken many evergreen trees. Hard winters with cold low temperatures can kill beetle eggs and larvae under a tree’s outer bark. Perhaps due to general climate warming, average winter temperatures in the Rocky Mountains have been higher than normal over the past ten years. These milder temperatures have aided an outbreak of beetles during a time when trees were weakened by drought.

Locally, bark beetles have been a significant factor in the death of most of the larger lodgepole pines in Grand County. Bark beetles are spreading throughout the pine forests of the park on both sides of the Continental Divide.

Much has been done in Rocky Mountain National Park, surrounding national forests, and on private lands to mitigate the effect of bark beetles. In developed areas, high-risk trees are being treated with insecticide to protect them from infestation. Where numerous trees in busy frontcountry sites have already been killed by insects, hazardous dead trees are being removed for visitor safety.

Bark beetle outbreaks are part of a much larger concern, showing effects of regional warming throughout the Rockies. Scientists suspect that earlier snowmelt, prolonged drought, and standing beetle-killed trees are related to human-influenced climate change. All may increase the risk of wildfire throughout this region. Just cutting down insect-infested trees will not change the causes of this outbreak.

In a very real sense, the air we breathe and the lifestyles we live are related to the health of our forests. For more information see http://www.nps.gov/romo/naturescience/diseasesandpests.htm

THE NEXT GENERATION FUND IT’S YOUR KIDS WE’RE TALKING ABOUT

Peeling kids away from television and computer screens certainly is a challenge in today’s technological age. The Next Generation Fund is one solution. Through experiences in the park and other natural areas, kids make lasting memories that fuel their commitment to preserving and protecting public lands as adults.

The Next Generation Fund is a campaign of the Rocky Mountain Nature Association in partnership with Rocky Mountain National Park. The goal of the campaign is to raise $10-million by 2011 to endow eight different education programs for kids in the park. It will support: the Junior Ranger program, Internships and Fellowships, the Heart of the Rockies Environmental Education program, Visitor Center Exhibits and Facilities, the American Conservation Corps, Rocky Mountain Field Seminars, Publications, and Innovation. Here’s how you can help—visit nextgenerationfund.org or call 970-586-0108 for more information.