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 visiting other areas, returning before 9 am or after 3 pm, or using our shuttle system (seasonally, see back page).

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 some major roads are closed to motorized traffic.

Get Into Winter PAGE 8
In winter, ice and snow transform the park and offer new experiences. Check out our winter activity guide to get a better sense of what’s open, what’s closed, and how you can enjoy the season.

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 are wild, after all!), we have a great guide inside to 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. 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 variety of awesome topics. Check out our program guide to find the perfect program for you and yours.
It is your responsibility to be safe and to know and obey park rules. You can find park safety information, rules, and regulations at visitor centers, entrance stations, trailhead bulletin boards, and the park website at nps.gov/romo.

The Rocky Pledge

“To preserve unimpaired for this and future generations the beauty, history, and wildness 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 grate.

• To protect plants, meadows, and alpine tundra, I pledge to park and drive only on designated asphalt or gravel parking areas, never on vegetation.

• 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.

Altitude Sickness affects many visitors. Symptoms include headaches, nausea, fatigue, diziness, vomiting, and 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.

Avalanches can be easily triggered by backcountry travelers. The park does not do any avalanche control. Never assume trails are free of avalanche hazard. Wear an electronic transceiver when traversing avalanche prone areas. Never assume trails are free of avalanche hazard. If caught in an avalanche, make swimming motions and try to stay on top of the snow. For current conditions, visit avalanche.state.co.us, check at a visitor center, or call 970 586-1206.

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

Campfires are permitted only in campgrounds and picnic areas with fire grates. During high fire danger, campfires may be prohibited. You can purchase firewood at campgrounds in summer. Collecting vegetation, dead or alive, is prohibited.

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. This includes launching, landing, and operating drones.

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, waterproof layers and drink plenty of fluids.

Lightning regularly strikes in Rocky. There is no safe place in the wilderness 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 recre-ational 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 roadsides. 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.

Purify all water from rivers, lakes, and streams before drinking. Park waters may contain parasites like giardia and cryptosporidium.

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.

Wilderness 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. Lons Peak, a popular climb, can have treacherous ice and snow any time of year. Camping is only allowed in designated sites.

• To respect history, heritage, and natural processes, I pledge to remove nothing from the park except my own and others’ trash—not even a flower, pinecone, or rock. 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.

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

• Obey wildlife closure areas and “no stopping” traffic zones.

• Use parking areas along the road. If not available, pull your vehicle completely off the road and do not park on vegetation.

• Keep a safe distance. If you cause an animal to move or change behavior, you are too close! Approaching an animal puts you at risk and may cause it stress, leading to disease and illness.

• Never feed wildlife, including birds and chipmunks.

Bears and Mountain Lions Seeing a bear or mountain lion is rare, and interactions are even more rare. However, keep the following in mind:

• Travel in groups and make noise as you hike closely together. Keep children close! A predator does not distinguish a running child from running prey.

• If you see a bear or mountain lion, stop, stay calm, and back away slowly. Never approach wildlife or turn your back and run. Stand tall and look large. Raise your arms. Protect small children by picking them up.

• If approached, make loud noises, shout, clap hands, bang pots or pans, and fight back if attacked.

See Camping, page 11, to learn how to properly store food and other scented items.
Weather

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 vary wildly even within the same day!

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 white-out 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.

Winter
December–March
Cold temperatures, high winds, and ice and snow define winter at Rocky Mountain National Park. Skiing 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.
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.

Trail Ridge Road
CLOSED TO MOTORIZED VEHICLES

Due to extreme winter conditions, Trail Ridge Road is closed to motorized vehicles from generally, late Oct until late May. Pedestrian traffic is still allowed. Bicycles and pets on leash are allowed until Nov 30 but are prohibited Dec 1–Mar 31.

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.

Stay Safe
• Trail Ridge Road is narrow, winding, has no shoulders, and 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-cover clothing for long outings.

Old Fall River Road
CLOSED TO MOTORIZED VEHICLES

Due to extreme winter conditions, Old Fall River Road is closed to motorized vehicles from early Oct to early July. Pedestrian traffic is still allowed. Bicycles and pets on leash are allowed until Nov 30 but are prohibited Dec 1–Mar 31.

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 4.5 million visitors in 2018. With most visitors arriving by car, 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.

Traffic, Parking, and Shuttle Buses

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.

Spring
April–May

Snow, ice, rain—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.
Visitor Centers

**Beaver Meadows Visitor Center**
- Open 9am to 4:30pm through 2/29/20
- Open 8am to 4:30pm starting 3/1/20
- Closed 11/28 and 12/25
- Near 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.

**Fall River Visitor Center**
- Open 9am to 4pm on 11/29–12/1, 12/7–8, 12/14–29 (Closed 12/25), 1/18–20
- Open 9am to 4pm Fri/Sat/Sun starting 3/13
- Near the Fall River Entrance on US Hwy 34. Life-sized wildlife displays, bookstore, Arts Alive Activity Center (all ages welcome).

**Kawuneeche Visitor Center**
- Open 9am to 4:30pm Wed to Sun
- Closed Mon/Tue
- Closed 11/28 and 12/25
- On US Hwy 34 north of Grand Lake. Information, maps, free park movie, exhibits, a bookstore, and wilderness camping permits.

**Activities and Talks**
- Quick, casual, and interactive, activities and talks are great for all ages and abilities!
- Learn about bears, elk, seasonal changes and conditions, and so much more.

**Snowshoeing**
- Rise above deep snow and walk through a winter wonderland! Develop snowshoeing skills as you learn about Rocky in winter on one of our guided snowshoe walks.

**Special Events**

**Walk in the Moonlight**
- 11/12, 12/11, 1/10, 2/9, 3/9
- Time and location varies by month
- Reservations required no more than 7 days in advance. Call 970 586-1223 9am to 4pm daily. Maximum six people per reservation. Outdoor clothing and gear appropriate for the conditions are required.

**Holiday Programming**
- Join us over the holidays for fun family activities. The park will be offering special programs to celebrate the winter season. Check our website, stop by a visitor center, or call 970 586-1206 for specific topics and times.

**Part of an Organized Group?**
- Park rangers may be available to provide special programs. Call 970 586-1338 to make reservations in advance.
Ranger- and Partner-led Programs

East Side

<table>
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<tr>
<th>ACTIVITIES, TALKS, AND SNOWSHOEING</th>
<th>LENGTH</th>
<th>LOCATION</th>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
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<th>SAT</th>
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<tbody>
<tr>
<td>Change Is in the Air</td>
<td>20-30 minute talk</td>
<td>Beaver Meadows Visitor Center</td>
<td>10 am</td>
<td>10 am</td>
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<td>From watching wildlife to changing weather, fall is a time of transition. Come learn how to make the most of your visit. Ends Dec 1.</td>
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| Wild in Winter                                                                                  | 20-30 minute talk | Beaver Meadows Visitor Center | 10 am | 10 am |       |       |       |       |       |
| Surviving winter can be a challenge. Learn how the season affects your visit and how animals adapt to the conditions. Begins Dec 7. |

| Winter Snowshoe Exploration                                                                       | 2 hours         | Reservations required no more than 7 days in advance. 970 586-1223 | 12:30 pm | NO PROGRAM 1/19, 2/16 |
| Join a beginner level walk to learn how to enjoy winter safely on snowshoes. No previous experience needed. Bring your own snowshoes. Ages 8 and up only. No more than six people per reservation. Jan 10-Mar 22 |

| Winter Ecology: A Snowshoeing Trek for Kids & Families (Rocky Mountain Conservancy)            | 4 hours         | To register in advance, call 970 586-3262 or visit www.rmconservancy.org and click on the Learn With Us tab. |
| Discover Rocky in winter during this four-hour snowshoe hike. Fun and educational, this program will lead you through snow-covered pine, spruce, and fir forests to learn how plants and animals survive winter. Learn about the properties of snow, and get outside to enjoy it yourself! $10 per adult, children 12 and under free |

| Wintertime Wonders: On-demand Bus Tour (Rocky Mountain Conservancy)                             | Varies          | To register in advance, call 970 586-3262 or visit www.rmconservancy.org and click on the Learn With Us tab. |
| From the comfort of a heated 14-passenger bus or 12-passenger van, join a naturalist and experience the serenity of areas like Trail Ridge Road and the Bear Lake Road corridor. Options include short walks of the group's choice and/or a modified schedule to meet individual needs. $300 for up to four people then $50 per each additional adult and $25 per each additional child age 12 and under. Entrance into Rocky Mountain National Park and hot beverages are included. |

West Side

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<th>SNOWSHOEING</th>
<th>LENGTH</th>
<th>LOCATION</th>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
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<tr>
<td>Beginner Snowshoe</td>
<td>2 hours</td>
<td>Reservations required no more than 7 days in advance. 970 586-1513</td>
<td>1:30 pm</td>
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<td>Join a park ranger for a mostly-level snowshoe hike to find out how Rocky changes in the winter. Bring your own snowshoes and ski poles with large baskets. Ages 8 and up only. Dec 27-Feb 28.</td>
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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 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. 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.
Like to sled? You can at Hidden Valley. Learn more on the next page!

NPS PHOTO / ANN SCHÖNLAU

Fresh snow is a beautiful thing, whether on ponderosa pines at lower elevations or craggy rock faces on the highest peaks.

NPS PHOTO / HOPE OZOLINS

Wildlife are still active in winter. Though their numbers, location, and behaviors shift with the season, there are still sightings to be had.

NPS PHOTO / KIM GROSSEMAN
Winter Activity Guide

Avalanches can be easily triggered by backcountry travelers. Educate yourself and stay alert.

What If I Don't Have My Own Equipment?

You can rent or purchase equipment in Estes Park and Grand Lake, including snowshoes, skis, poles, boots, sleds, tubes, saucers, gaiters, and stabilizers.

Navigating in winter can be extremely difficult. Park trails are not marked for winter use, and you can't depend on others' tracks. Have and know how to use a topographic map and compass. When used correctly, GPS units can be very helpful. Don't rely on cell phones; service is unreliable.

Stay Safe

Always be prepared for snow, freezing temperatures, short winter days, cold winds, and changing weather. Layer up with insulated, waterproof clothing, wear sunglasses, and use sunscreen.

Notes and Tips

What if I'm Trapped by an Avalanche?

Avalanches can be deadly. Always watch the snowpack carefully and be prepared to react if you start to feel a bit uncomfortable. If you find yourself in a dangerous situation, give yourself the best chance of survival by:

1. Staying calm
2. Staying put
3. Shoveling the snow to make it easier to escape
4. Spitting or coughing to give off a signal
5. Preparing to dig your way out
6. Preparing to use your avalanche beacon

Cross-country Ski

Picture yourself gliding through a silent forest full of fresh, white snow. Cross-country skiing is a rejuvenating sport that pairs exercise with the exhilaration of being out in nature. It's a great way to enjoy the winter landscape and get some exercise.

Backcountry Ski/Ride

For the experienced and well-prepared, Rocky's steep terrain provides many opportunities for backcountry skiers and snowboarders. (Skiing up the slope and then enjoying a breather on the fun ride down.)

Snowshoe

Snowshoeing can be a great way to explore the park's beautiful backcountry, but there's all that snow? Consider snowshoeing!

Snowplay Area

Want to sled? Go to the only place in the park it's allowed: Hidden Valley! No tows are provided up this fairly gentle hill, so you'll get a workout as you walk your sled, saucer, or tube up the slope and then enjoy a breather on the fun ride down.

Winter Wildlife

Elk and mule deer are most active at dawn and dusk and are usually seen in meadows like Horseshoe Park and Moraine Park.

Moose are best found along the Colorado River on the park's west side.

Bighorn sheep may be seen along the Highway 34/Fall River corridor on the park's east side.

Coyotes may be seen any time of day.

Moose are best found along the Colorado River on the park's west side.

Beavers are often seen building lodges in the park's lakes and rivers, and otters can be glimpsed swimming in the streams.

Avalanche beacons, probes, and shovels can be very helpful. Don't rely on cell phones; service is unreliable.

To Nederland

03 Miles

To Granby

70

34

40

970 586-1333

Status Line

970 586-1333

Fall River Visitor Center

Visitor Center

Fall River

Visitor Center

Fall River Visitor Center
Wildlife

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!

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, four amphibians (including the endangered boreal toad), two reptiles, 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 Canada 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.

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.

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 Harviston 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 in summer

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.
Hiking

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
- Pets 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 Round Trip</th>
<th>Elevation Gain</th>
<th>Highlights</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bear Lake</td>
<td>End of Bear Lake Road</td>
<td>0.5 mi / 0.8 km</td>
<td>20 ft / 6 m</td>
<td>Follow a self-guiding nature trail around beautiful Bear Lake. Trail 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 subalpine 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 Round Trip</th>
<th>Elevation Gain</th>
<th>Highlights</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpine Ridge Trail</td>
<td>Alpine Visitor Center</td>
<td>0.5 mi / 0.8 km</td>
<td>209 ft / 64 m</td>
<td>Amazing views in all directions from this small summit. Keep an eye on the sky: if storms approach, stay off!</td>
</tr>
<tr>
<td>Tundra Communities Trail</td>
<td>Rock Cut</td>
<td>0.5 mi / 0.8 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 Round Trip</th>
<th>Elevation Gain</th>
<th>Highlights</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adams Falls</td>
<td>East Inlet Trailhead, just east end of Grand Lake</td>
<td>0.5 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</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 34</td>
<td>1 mi / 1.6 km</td>
<td>10 ft / 3 m</td>
<td>Explore a historic homestead cabin and 1920s dude ranch. Brochures, interpretive signs.</td>
</tr>
</tbody>
</table>

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 grates 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 Longs Peak Ranger Station (closed in winter). In general, the most snow- and ice-free time of year is mid-July through mid-September.
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 commercial-grade bear-resistant food storage container. Food must be stored in campgrounds. Food storage containers are no longer available in all park campgrounds. Food storage containers are shared with other visitors and cannot be locked. Food storage containers are shown on all campground maps.

Leave No Trace
About 4.5 million people visit Rocky Mountain National Park each year. Whether hiking, camping, or driving, keep your park beautiful by practicing Leave No Trace Ethics.

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.

Camping

<table>
<thead>
<tr>
<th>CAMPGROUND</th>
<th>RESERVABLE</th>
<th>FIREWOOD &amp; ICE</th>
<th>MAX RV TRAILER LENGTH</th>
<th>SUMMER CAMP SIZE</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>No. Use Glacier Basin, Moraine Park, or Timber Creek</td>
<td>Yes</td>
<td>13 x 15 ft</td>
<td>Yes</td>
<td>In pine forest by rushing Fall River just inside the Fall River Entrance on US Hwy 34 west of Estes Park.</td>
</tr>
<tr>
<td>Glacier Basin</td>
<td>Yes</td>
<td>Yes</td>
<td>35 ft</td>
<td>Yes</td>
<td>Yes</td>
<td>Varies</td>
<td>No</td>
<td>On Bear Lake Road across from the Park &amp; Ride. Hazard trees were removed so no shade in C, D, Group Loops, but there are good views and night sky, and it's good for slidesout.</td>
</tr>
<tr>
<td>Longs Peak</td>
<td>No</td>
<td>Firewood only</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>13 x 15 ft</td>
<td>No</td>
<td>In pine forest nine miles south of Estes Park off Highway 7.</td>
</tr>
<tr>
<td>Moraine Park</td>
<td>Yes</td>
<td>Yes</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</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 on (summer), all campgrounds are $26 per night.

- When the water is off (winter), Moraine Park Campground Loop B is $18 per night.
- America the Beautiful Senior and Access Pass holders receive a 50 percent discount on camping fees.

Stay Limits
You can stay no more than seven nights TOTAL between May 1 and October 15, plus an additional 14 nights from November 1 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 campsite, 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. Food items include food, drinks, drinking containers, toiletries, cosmetics, pet food and bowls, odoriferous attractants, cleaning supplies, and garbage, including empty cans, food wrappers, etc. These must be disposed of in trash or recycling receptacles.

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 park campgrounds. Food storage containers are shared with other visitors and cannot be locked. Food storage containers are shown on all campground maps.

To protect visitors and wildlife, all food items and garbage must be secured inside an approved, commercial-grade 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. Contaminants may be rented or purchased at outdoor shops in nearby communities.

Leave No Trace
About 4.5 million people visit Rocky Mountain National Park each year. Whether hiking, camping, or driving, keep your park beautiful by practicing Leave No Trace Ethics:

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

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Park Shuttle Bus

UNAVAILABLE IN WINTER

Shuttle Services are unavailable in winter.

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.

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**2020 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 7:30am to 10am</td>
<td>Daily May 23–Oct 18</td>
</tr>
<tr>
<td></td>
<td>30 min 10am to 6pm</td>
<td></td>
</tr>
<tr>
<td>Bear Lake Route</td>
<td>10–15 min 7am to 7:30pm</td>
<td>Daily May 23–Oct 18</td>
</tr>
<tr>
<td>Moraine Park Route</td>
<td>30 min 7am to 7:30pm</td>
<td>Daily May 23–Oct 18</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

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).

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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

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Elevate Your Shopping Experience

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

VISIT US AT THE TOP OF TRAIL RIDGE ROAD

www.trailridgegiftstore.com

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www.RMConservancy.org

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The Rocky Mountain National Park license plate from the Rocky Mountain Conservancy. Proceeds benefit Rocky Mountain National Park!

www.RMConservancy.org

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Want one?

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