EMERGENCY INFORMATION
National Park Service rangers are here to provide assistance if an emergency occurs. In case of fire, medical or law enforcement emergency call:
ESTES PARK (303) 586-2371
GRAND LAKE (303) 627-3471

EMERGENCY PHONES
are located throughout the park at Mccarver Ranch, Lawn Lake Trailhead, Chasm Falls and Willow Park (along old Fall River Road). Deer Ridge Junction and Fall River Pass (along Trail Ridge Road), Bear Lake parking lot, Longs Peak Ranger Station, Wild Basin Ranger Station, and Never Summer Ranch.

EMERGENCY MESSAGES FROM HOME
Emergency messages may be efficiently delivered to a camper if the caller is able to provide:
- person’s name
- campground name & site number
- vehicle description & license plate no.

Please provide this information to anyone who might need to get an emergency message to you.

GENERAL PARK INFORMATION
GRAND LAKE (303) 627-3471
ESTES PARK (303) 586-2371
WRITE: Superintendent, Rocky Mountain National Park, Estes Park, CO 80517
TTY-TDD - Telecommunication Device for the Deaf (303) 586-8506 Weekdays

VISITOR CENTER SCHEDULE THROUGH MEMORIAL DAY WEEKEND
Visitor Center Headquarters, Estes Park, CO: 8 a.m.-5 p.m.
Kawuneeche Visitor Center, Grand Lake, CO: 8 a.m.-4:30 p.m.

WINTER ROAD CONDITIONS
Trail Ridge Road is anticipated to open from Estes Park to Grand Lake on Memorial Day Weekend.
OPEN - ESTES PARK: Trail Ridge Road to Many Parks Curve and Bear Lake Road to Bear Lake - weather permitting.
OPEN - GRAND LAKE: Hwy 34 to Timberlake Trailhead - weather permitting.

During and after winter snow (Continued on page four)

Vol.1, No. 1
February 14 - June 12, 1999

HIGH COUNTRY HEADLINES
ROCKY MOUNTAIN NATIONAL PARK WINTER SUPPLEMENT

Rocky Mountain National Park is filled with opportunities for adventure, exploration, solitude and reflection. Spend several hours, a day, or many days collecting memories from these special places.

Time is a treasured commodity. To make the best use of your interests and available time, try a few of the following suggestions.

Winter

Winter in Rocky Mountain National Park offers many magical opportunities. This is the season to enjoy the sparkling snow covered peaks, watch wildlife, ski, snowshoe or hike.

Scenic Wonders

Majestic alpine scenery, including 14,255-foot Longs Peak, the Continental Divide, and Never Summer Mountains, provide spectacular views for photography and sight-seeing. Even a few minutes of mountain watching can be very satisfying, but even better are several days spent exploring Rocky Mountain National Park's scenic wonders.

Wildlife Watching

Many animals are busy feeding and keeping energy levels up to survive the severe cold temperatures of winter. Look for elk and mule deer in open meadows and on hillsides. Bighorn sheep can be seen on rocky slopes. Watch for coyotes hunting mice in meadows. You may see the tassel-eared Abert's squirrel scurrying and bounding among the ponderosa pine trees. Stop at the Beaver Boardwalk along Trail Ridge Road to see beaver sign including aspen stumps, dams, and lodges.

You may see moose among the willows and frozen streams of the Kawuneeche Valley. Foxes are a rarer sight, sometimes seen on early mornings in open woodlands or meadows. Mountain lions are even more elusive, but you may be fortunate enough to see big cat paws printed clearly in the snow. Snowshoe hares and weasels disguise themselves in winter white coats. Look for the weasel's black-tipped tail.

Wildlife watchers may see some of Rocky's wildlife in only a few hours. Those who wish to spend a day or several days will see abundant signs of wildlife by looking for trails and tracks in the snow.

Hiking, Snowshoeing and Skiing

There are many opportunities for hiking during winter on the east side of the park. Trails to The Pool, Upper Beaver Meadows, Gem Lake, Chasm Falls, and Deer Mountain offer easy to moderate hikes. Time needed ranges from two hours to all day. Because conditions are highly variable in the winter, check with park rangers at Visitor Center Headquarters for local snow conditions, weather forecast and current avalanche hazards before each outing. Ranger-led snowshoe hikes are offered Saturdays and Sundays at Hidden Valley, snow permitting. For more details see page three - Ranger-led Activities.

Many trails are available to snowshoers and skiers with abilities from novice to expert. Half-day, all-day, or several-day trips may be planned. Detailed descriptions of ski and snowshoe trails are available at visitor centers. Always notify a friend of your trip plans before each outing. A non-fee permit is required for every overnight backcountry trip.

Summer

Nearly 75% of Rocky Mountain National Park's visitors come during the summertime. Trail Ridge Road is usually open from Estes Park to Grand Lake by Memorial Day weekend, snow pack and weather permitting. This 48-mile drive takes about two to three hours and traverses the five major ecosystems of the park as it rises to 12,183 feet above sea level. Early summer visitors will find the high country and the Kawuneeche Valley still cloaked in snow.

Scenic Wonder

In addition to grand mountain vistas, summer travelers can gaze at the world beneath them from the top of Trail Ridge Road. Stops at Forest Canyon Overlook, Rock Cut, Fall River Pass and Milner Pass offer outstanding views.

Wildlife Watching

Many small mammals come out of hibernation as springtime nears. Please don't feed any park animals. Although they beg for handouts, feeding them only reinforces a bad habit.

Springtime in the Rockies is the time when young are born. Bighorn sheep give birth to lambs on high rocky cliffs that protect them from predators. When lambs are several days old they scamper down the mountains with their mothers (ewes). SHEEP ENCOUNTERS, a ranger-led activity begins in early May. For more details see page three - Ranger-led Activities.

Elk begin calving in early May. Occasionally, small wet calves are seen soon after they have been born. Do not approach the mother and calf, but observe from a distance of no less than 25 yards. Horseshoe Park and Moraine Park are good places for elk watching.

In early summer, elk and bighorn sheep climb to higher elevations and may be seen from Trail Ridge Road or Alpine Visitor Center.

Look for signs left by animals. Porcupines peel bark off trees. Elk shed their antlers and winter guard hair. Watch for otter slides by the Colorado River.

Birdwatching

Although several species of birds remain in the park during the winter, many migratory birds return in mid-April and early May. The peak nesting period is from mid-June to mid-July. A few hours trip in the park will allow you to see the magpie, common raven, Stellar's jay, Clark's nutcracker, and the gray jay (often called camp robber).

To see a greater variety of birds it is best to select a habitat, and then spend an hour or so there. The best time of day to watch birds is in the morning when the sun first reaches the area you plan to visit. Check at visitor centers for sunrise times.

An abundance of birds can be seen in (Continued on page 4)
Common Sense ... Don't Leave Home Without It

**EMERGENCIES**

Estes Park
911 or (303) 586-2371

Grand Lake
911 or (303) 627-3471

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**HYPOTHERMIA - THE BIG CHILL**

Hypothermia, the lowering of the core body temperature, is a serious and sometimes fatal threat, especially to those who are unprepared. Symptoms of hypothermia include: drowsiness, loss of judgment or coordination, slurred speech, and uncontrollable shivering. On all your explorations: Be prepared for sudden weather changes; carry extra layers of protective clothing; wear a hat (50% of your body heat escapes from your head and neck) and carry water and snack foods such as raisins, nuts, and granola bars.

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**DON'T TAKE THE BIG DIVE**

Glaciers and snowfields are extremely dangerous. Most have steep slopes and end in a jumble of boulders. Many visitors have been seriously injured or killed by venturing onto these "super slides." AVALANCHEs are serious safety hazards to winter recreation enthusiasts. Check at visitor centers for avalanche condition information. Avalanches may occur on any snow covered slopes with slope angles of 25-35 degrees. Overnight camping in the backcountry requires a non-fee permit. For extended day hikes or climbs, always let someone know your plans.

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**GETTING TICKED OFF**

Ticks are abundant in late spring and early summer. Some carry diseases including Colorado Tick Fever and Rocky Mountain Spotted Fever. No cases of Lyme Disease have been reported in Rocky Mountain National Park. To protect yourself from ticks: Tuck pant legs into socks; treat clothing with insect repellent; check daily for ticks. To remove an embedded tick pull it out gently with tweezers; it is important to remove all head and neck parts to prevent infection; notify a physician if tick parts remain in your skin or if a rash develops.

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**GIARDIA - A GUT REACTION**

Giardia is a microscopic organism found in many lakes and streams. If ingested it can cause diarrhea, cramps, bloating, and weight loss. To kill Giardia, boil all untreated water for 3-5 minutes.

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**NO CLOSE ENCOUNTERS - BEARS AND OTHER ANIMALS ARE DANGEROUS**

Rocky Mountain National Park is not a feeding or petting zoo. Photograph all wildlife from the safety of your vehicle or from at least a 25-yard distance. Respect the wildness of other creatures by not feeding them. A $25 fine may be issued to anyone who feeds or disturbs wild-life.

**BEAR WITH US**

Grizzly bears no longer live in Rocky Mountain National Park, but black bears still find a home here. They emerge from their dens in early March and begin foraging for food. Unnatural foods can cause sickness and even death to bears. Please take the following precautions, so that neither you nor a bear gets hurt. Never approach a bear; enjoy them from a distance. Do not store food in your tent; store food in air tight containers in the trunk of your car. Ice chests are not bear-proof. Backcountry campers should hang their food in a tree at least 10 feet above the ground and 4 horizontal feet from the tree trunk. Pack out all your refuse from the backcountry and always keep a clean camp. A $25 fine may be issued for improper storage of food, or for feeding or harassing animals.

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**WILDLIFE HARASSMENT:**

 оборудований и их использование может привести к нарушению экологического баланса и угрозе для местной фауны.

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**RMNP ASSOCIATES TACKLE TWO MORE MAJOR PROJECTS**

Rocky Mountain National Park Superintendent Jim Thompson asked the RMNP Associates and friends of the park for their help with educational exhibits at the Lily Lake Visitor Center. In addition, three scenic trails - Sprague Lake, Bear Lake, and Adams Falls - have been selected for wheelchair accessibility improvements.

**LILY LAKE VISITOR CENTER OPENS**

The Lily Lake Visitor Center is located in the north edge of the Tahosa Valley on State Highway 7 - Scenic Byway. The visitor center first opened in June 1991. New exhibits will be developed by May 1993 and will cost $158,000. Already $56,000 has been raised toward that goal.

It's expected that the U.S. Forest Service will join the National Park Service and the non-profit Rocky Mountain Nature Association in operating the Lily Lake Visitor Center.

**SPRAGUE LAKE WHEELCHAIR TRAIL COMING SOON**

Rocky Mountain National Park plans to have the three wheelchair-accessible trails completed by 1993. Efforts to construct the trails began in 1987. Sprague Lake is the first of the accessibility trails to be developed. The Chevron Company pledged $10,000 for this project and will provide volunteer labor to help construct the trail. Curt Buchholz, Executive Director of the Rocky Mountain National Park Associates, stated that $170,000 is needed for completion of the three projects. If you wish to help with these trail projects you may send donations to RMNP Associates, Rocky Mountain National Park, Estes Park, CO 80517.
**Ranger-Led Activities**

**BIGFOOT WALKS**
WHERE - Hidden Valley
WHEN - Saturdays and Sundays
February 10 - April 12
1-3 p.m.

**EVERYBODY LOVES SATURDAY NIGHT!**
ROCKY MOUNTAIN NATIONAL PARK EVENING PROGRAMS

**June**
- Mon 1 Sheep Encounters 10:30 a.m.
- Tue 2 Sheep Encounters 10:30 a.m.
- Wed 3 Sheep Encounters 10:30 a.m.
- Thu 4 Sheep Encounters 10:30 a.m.
- Fri 5 Sheep Encounters 10:30 a.m.
- Sat 6 Tundra Nature Walk 10:00 a.m.
- Sun 7 Tundra Nature Walk 10:00 a.m.

**July**
- Mon 8 Sheep Encounters 10:30 a.m.
- Tue 9 Sheep Encounters 10:30 a.m.
- Wed 10 Sheep Encounters 10:30 a.m.
- Thu 11 Sheep Encounters 10:30 a.m.
- Fri 12 Sheep Encounters 10:30 a.m.
- Sat 13 Tundra Nature Walk 10:00 a.m.
- Sun 14 Tundra Nature Walk 10:00 a.m.

**Program Descriptions**

**ALPINE ASPECTS**
Explore the tundra during a 1/2 hour walk. Meet at Alpine Visitor Center.

**BUDS & BLOOMS**
Become familiar with wildflowers. Meet at the Cub Lake Trailhead for a 1-1/2 hour walk.

**FLOOD OF '82**
See the effects of a flood. Meet at first (east) parking lot at the Alluvial Fan. 1 hour.

**HIDDEN FOREST**
Unravel the mysteries of a forest. Meet at the last parking area on Upper Beaver Meadows Road. 1-1/2 hours.

**HUMMINGBIRDS TO EAGLES**
Meet at Cub Lake Trailhead with binoculars and guidebooks to find out what shaped the Rocky Mountains. Meet at the Moraine Park Museum. 1-1/2 hours.

**RAPTOR RENDEZVOUS**
Meet at the Sheep Lakes Information Kiosk to learn about bighorn sheep. 1/2 hour.

**TUNDRA NATURE WALK**
Meet at the Sheep Lakes Information Kiosk to learn about bighorn sheep. 1/2 hour.

**WILD THINGS**
Learn about Rocky’s mammals. Meet at the last parking area at the end of Upper Beaver Meadows Road. 1-1/2 hours.

**WATCHABLE WILDLIFE**

Daywatchers ... Look For These Activities...

- WILD THINGS
- SHEEP ENCOUNTERS
- BEAVER TALES

Nightwatchers...
They’re waiting for you...
the things of the night...

ROCKY AFTER DARK WALKS
Bear Lake Shuttle Bus System
Coming June 19 to September 20

To Deer Ridge Junction (HWY 34)

Doin' The Bear Lake Shuttle

"Leave the driving to us" and do your part to ease traffic congestion and reduce pollution by taking the free Bear Lake Shuttle Bus. Riding the bus not only allows you to enjoy the scenery along the Bear Lake Road, but also provides outstanding opportunities for exploring park trails.

By parking your vehicle at the shuttle bus parking area across from Glacier Basin Campground or at trailheads and then using the shuttle bus, you can leisurely hike classic, one-way trails. Hikes vary from half-day outings to full-day excursions. Easy to difficult hikes are suggested below.

Bear Lake to Bierstadt Lake (3.2 miles round trip). Fast track to Bierstadt Lake Trailhead and ride the bus to Bear Lake. (Note: An early start is recommended as this parking area fills early in the day.) From Bear Lake hike northeast ascending Bierstadt Lake Valley. After crossing a small hill, descend gradually through lodgepole pine forest to Bierstadt Lake. At the trail junction west of Bierstadt Lake, hike south descending switchbacks to your vehicle. Optional trip extensions continue another 1.5 miles to the shuttle bus parking area or 2.6 miles to the Hol­lowell Park Trailhead.

Bear Lake to Glacier Basin Campground (5.8 miles). Park at the shuttle bus parking area across from the Glacier Basin Campground, and catch the bus to Bear Lake. Hike southeast from Bear Lake descending .6 mile to the Glacier Gorge Trailhead. Another .6 mile detour to see Alberta Falls. From the Glacier Gorge trail junction continue east through forests and meadows to Sprague Lake. Hike past Sprague Lake another 1.4 miles to the Glacier Basin Campground. From the campground, return to your vehicle by walking west 5.6 miles along the campground road.

Wildflowers
Colorful displays of wildflowers appear in April and May at the lower elevations on the eastern side of the Rockies. Hollowell Park, Upper Beaver Meadows and Moraine Park flowers bloom mid-May through mid-June. Winter snow melts in June in the Kawuneeche Valley and in late June in the Alpine Tundra. Wildflowers become color slowly as summer progresses with the culmination of the blooming season in mid-July on the Alpine tundra. A casual observer may spend a few hours enjoying the spread of summer flowers. An avid botanist may spend a lifetime becoming familiar with the park's 900 wildflower species.

Hiking
Snow melts slowly on the western side of the Rocky Moun­tain. A few trails are open in the Kawaneechee Valley in early summer. The .3 mile hike on the East Inlet Trail leads through dense forests to Adams Falls. A stroll across the Colorado River flood plain leads to the historic Never Summer Ranch Trails on the eastern side open more quickly. In addi­tion to the winter hikes and ski tours accessed earlier, several hiking trails lead into Wild Basin, Glacier Gorge, Moraine Park and McGrath Ranch. Inquire at visitor centers for details on the 350 miles of trails that Rocky Mountain National Park offers. Hikers will find trails ranging from easy to difficult, with walks that can take only a few minutes and hikes that may take several days.

Planning Your Trip
(Continued from page 1) streamside habitats. Watch for the gray colored water ouzel bobbing and dipping in fast moving water. Also look for the spotted sandpiper running back and forth between gravely streamside and stream. A kingfisher may be sitting on a branch above the stream scanning for trout. Vireos, warblers and barn swallows skim above the water pursuing insects. Wilson's and yellow warblers, and Lincoln's sparrows may be seen in streamside thickets.

From Bear Lake provide other birdwatching opportunities. 

EXPLORE ROCKY MOUNTAIN FIELD SEMINARS!
Wildlife, wildflowers, geology, orienteering, meteorology, archaeology and photography are just a few of the many exciting topics to study in Rocky Mountain National Park. Choose a day, weekend or week long seminar. University credit is available for many of the classes. For further information, call Nancy Wilson, Seminar Coordinator, at (303) 586-3565, ext. 258, or send for a free seminar catalog.

Be a Partner with the Park
JOIN THE ROCKY MOUNTAIN ASSOCIATION
Promote environmental education
Preserve and protect natural treasures
Support ranger and education programs
Prepare the park for the future

Individual ($15); Family ($25); Supporting ($50); Life­time ($100); Enclosed is my tax deductible membership contribution

Name
Address
City State Zip
Send to: Nancy Wilson, Membership Coordinator, Rocky Mountain Nature Association, Rocky Mountain National Park, Estes Park, CO 80517

BEAR LAKE TO BIERSTADT HEAD
COUGAR LAKE
DEER LAKE
GLACIER GORGE JUNCTION
HOLLOWELL PARK
MORAINE PARK
MORAINE PARK CAMPGROUND
OPEN ALL YEAR
UPPER BEAVER MEADOWS
BEAVER MEADOWS ENTRANCE
CUB LAKE FERN LAKE HEADLEADS
GLACIER BASIN CAMPGROUND
CLOSED IN WINTER
GLACIER BASIN CAMPGROUND
CLOSED IN WINTER
PARKING AREA (available at site)
BIERSTADT LAKE
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