

DAY HIKES IN THE NORTH FORK AREA

FOR YOUR SAFETY

- Check with a ranger about current hiking conditions and regulations.
- **Pets are not allowed on any trails in Glacier National Park.**
- **Bicycles are not permitted on trails in Glacier National Park.**
- Prepare for a variety of weather. Even in the middle of summer, it can be sunny in the morning, and rain, hail, or snow in the afternoon.
- Wear a hat and drink water to prevent heat stroke on hot days.
- Hypothermia is possible even on warm sunny days, especially if you become wet or if it is windy. Stay dry. Pack layers of clothing that can be put on or taken off as conditions warrant.
- Glacier's water is clear and cold, but may contain Giardia. Don't drink untreated surface water in the park.
- Traveling over snow or ice is dangerous. Never cross steep untreaded snowfields without the proper equipment.
- Horses and mules have the right of way. Move off the trail on the downhill side and stand quietly until they pass.
- Do not cut across switchbacks, it scars the landscape, causes harmful erosion, and damages park resources.

BEARS

BEFORE STARTING YOUR HIKE, READ THE INFORMATION ABOUT BEARS IN THE WATERTON/GLACIER GUIDE.

- Hiking alone is not recommended. Hike in a group and stay together.
- Do not approach bears! They are exceptionally fast and you **can not** outrun them.
- Don't surprise a bear. Let bears know you are coming by making noise. Bears will often move away if they hear people coming.
- Bells may not be as effective as many people believe. The human voice works better. Call out, sing, or talk loudly and often.
- Most hikers do not encounter bears, but people have been seriously injured, maimed, or killed by bears in Glacier.

IF YOU ENCOUNTER A BEAR, THE FOLLOWING SUGGESTIONS MAY HELP.

- Talk quietly or not at all. Back away slowly! Stop if the bear seems to be getting agitated.
- Bend at the knees and turn sideways. You will appear smaller and less threatening.
- Use peripheral vision. Bears may often interpret direct eye contact as threatening.
- A charge may only be a bluff and the bear may stop. If the bear does not stop, fall to the ground in a fetal position to reduce the trauma of an attack.

TRAIL	TRAILHEAD	MILEAGE one way	ELEVATION
AKOKALA LAKE	Bowman Lake Ranger Station (Park at the Picnic Area) or 6 miles north of Polebridge in Big Prairie	5.8 miles	Climbs 800'
BOWMAN LAKE HEAD	Bowman Lake Ranger Station (Park at the Picnic Area)	7.1 miles	Rolling hills
COVEY MEADOW LOOP TRAIL	Polebridge Ranger Station	1.5 miles loop trail	Rolling hills
HIDDEN MEADOW	3 miles south of Polebridge Ranger Station at Lone Pine Prairie	1.2 miles	Climbs 250'
KINTLA LAKE HEAD	¼ mile west of Kintla Lake Campground (Please avoid parking at the campground and on the lake)	6.6 miles	Rolling hills
KISHENEHN CREEK TRAIL	2 miles west of Kintla Lake Campground	4.0 miles	Mostly level 2 creek crossing
LOGGING LAKE	just north of the Logging Lake Ranger Station	4.5 miles	Climbs 400'
LOWER QUARTZ LAKE*	Bowman Lake Picnic Area or just north of the Quartz Creek Campground	3.0 miles 6.9 miles	Climbs 1200' then <u>descends 1000'</u> Climbs 500' 1 creek crossings
NUMA LOOKOUT	Bowman Lake Ranger Station (Park at the Picnic Area)	6.0 miles	Climbs 2930'
QUARTZ LAKE*	Bowman Lake Picnic Area	6 miles	Climbs 1800' then descends 1600'

- * Both Lower Quartz Lake and Quartz Lake can be hiked on one 12 mile loop. Start at the Bowman Lake Picnic Area. Trail will climb and descend the ridge twice.



Leave No Trace

Challenge yourself to learn and practice the following basic principles of Leave No Trace outdoor ethics: Plan Ahead and Prepare, Camp and Travel on Durable Surfaces, Pack It In - Pack It Out, Properly Dispose of What You Can't Pack Out, Leave What You Find, and Minimize Use and Impacts of Fire.



