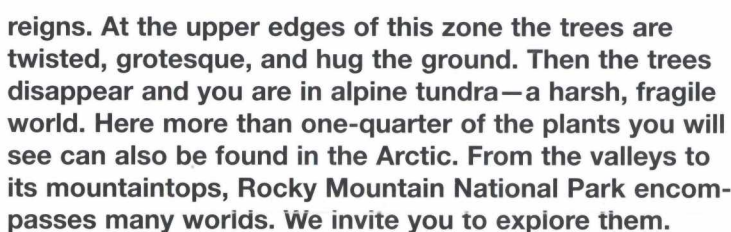


**National Park Service**  
**U.S. Department of the Interior**



The tundra is a harsh world where the growing season is very short—sometimes less than 10 weeks. Plants 5 years old are sometimes smaller than the end of your finger. The tundra is a fragile world where recovery from severe damage may take several hundred years.

**NATIONAL FORESTS** For information about the national forests near the park, contact: Arapaho National Forest (Granby) 970-887-4100 or Roosevelt National Forest (Fort Collins) 970-498-2770.

**ADMINISTRATION** Rocky Mountain National Park is administered by the National Park Service, U.S. Department of the Interior. For more information write to: Superintendent, Rocky Mountain National Park, Estes Park, CO 80517. On the Internet find Rocky Mountain at [www.nps.gov/romo](http://www.nps.gov/romo).

# Rocky Mountain

Rocky Mountain National Park  
Colorado  
National Park Service  
U.S. Department of the Interior

## Hiking

Rocky Mountain is a park for hikers. More than 355 miles of trails provide access to remote sections of the park so you can escape the crowds and savor the streams, meadows, and mountains. For detailed information on elevations, lakes, and hiking trails, buy a U.S. Geological Survey topographic map or other guide at a visitor center. Because great numbers of people visit the park in summer, some trails are heavily used. To avoid congestion, ask a ranger to suggest lightly used trails.

**INTERPRETIVE TRAILS** For on-your-own learning experiences, the park offers self-

guiding trails. Pick up a folder describing features along these trails at the trailhead or a visitor center. Distances are for round trips.

**Bear Lake Nature Trail** This stroll around an alpine lake tells the story of glaciation and sub-alpine life. Distance: 0.5 mile; Elevation: 9,475 feet.

**Never Summer Ranch** The landscape and cabins tell the story of early 20th-century homesteading and dude ranch life. Distance: 1 mile; Elevation: 9,000 feet.

**Lulu City** Only traces of log cabins remain of a once-booming mining town. Distance: 7.2 miles; Elevation: 9,300 feet.

**Moraine Park Nature Trail** This easy stroll helps you identify local plants and animals. Distance: 0.25 mile; Elevation: 8,000 feet.

**Sprague Lake Nature Trail** This level walking trail is ideal for visitors with disabilities. Distance: 0.5 mile; Elevation: 8,710 feet.

**Tundra World** Short trails lead from both the Forest Canyon and Rock Cut overlooks. Elevation: 11,600 and 12,210 feet.



## Backpacking

Step into the wilderness, get away from the crowds, and come into the backcountry. Because the wilderness is fragile, special care must be taken.

**Please follow these regulations:** • A permit is required for all overnight stays in the backcountry. Reservations may be made in advance. Day-of-trip permits may be obtained in person year-round. Call the backcountry office at 970-586-1242 for information. • Backcountry camping is limited to seven nights between June and September and 14 more nights during the remainder of the year. Back-

country camping is allowed in designated campsites only, unless authorized by permit. • Camp no closer than 200 feet to a source of water and do not dump soapy water or food scraps into a stream or lake. • Dispose of human waste away from water sources. Dig a shallow hole for use and refill with soil and sod or pack it out. • Wood fires are permitted only in metal fire rings. Use only dead and down wood. Where there are no fire rings, you must use a lightweight portable stove. • No pets are permitted on trails or in the backcountry.

