



Rocky Mountain National Park

Visitor Guide

Look for this symbol throughout the guide for activities that require a Park Access+ permit



2023 Summer & Fall Edition
July - September



Printing of this publication is made possible by the Rocky Mountain Conservancy



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Information & Services



Altitude

Altitude sickness affects many visitors every year. Symptoms include headache, nausea, fatigue, dizziness, vomiting, and even unconsciousness. Altitude can also aggravate pre-existing conditions like heart and lung disease.

Take your time, drink water, eat, and rest. The only cure is to go down to a lower elevation.



Accessibility

The park has accessible facilities, including visitor centers, scenic overlooks, trails, campgrounds, picnic areas, fishing pier, wilderness campsite, and a scooter at Hidden Valley.

Assistive audio devices are available for the park film offered at visitor centers.

Learn more at go.nps.gov/RMNP/Accessibility



Food and Water

Drinkable water is available at some facilities and trailheads. Water from lakes and streams is *not* safe to drink unless treated or filtered.

Food services are available only at Trail Ridge Store next to the Alpine Visitor Center.

Connect with Us

Trail Ridge Road Status
(970) 586-1222

Park Information
(970) 586-1206

Wilderness Camping Office
(970) 586-1242

Recreation.gov
(877) 444-6777

Website
nps.gov/ROMO



Gas

There are no gas stations inside the park. It is approximately 50 miles between Grand Lake and Estes Park. Plan accordingly.



Restrooms

Vault toilets can be found at some trailheads, picnic areas, and overlooks. Check your official park map for locations.

Need to go but not close to a restroom? Follow Leave No Trace principles. Move at least 70 steps off the trail, bury waste at least six inches deep, and pack out toilet paper.



Weather

A bright, sunny day can turn windy and wet within a matter of minutes with high winds and driving rain or snow. Be prepared for changing conditions.

Lightning strikes regularly. Check the forecast and watch for building storm clouds. If hiking, plan to finish by noon. Return to the trailhead immediately if you hear thunder.



Where Can I Take My Pet?

Pets are prohibited on all park trails, tundra, and meadow areas. **Pets on leashes no longer than 6 feet are allowed only in picnic areas, parking lots, campgrounds, and along roadsides.** Pets may not be left tied to vehicles, trees, or other objects.

Help Us Protect the Alpine Tundra



The alpine tundra, or "the land above the trees," is the most distinct feature of Rocky Mountain National Park. While the plants here are well-adapted to their harsh environment, they are not adapted to human trampling or vehicle tires. **Repeated footsteps and tire tracks can quickly destroy plants and recovery can take hundreds of years.**

To help protect the fragile alpine tundra ecosystem, follow these easy steps:

Stay on the trail. Stepping off the trail kills plants, some of which are decades or centuries old.

Never drive on tundra and park only in official asphalt or gravel parking areas.

Visitor Centers

Most visitor centers are back to normal operations. For the most up-to-date information, visit go.nps.gov/RMNP/VC



Beaver Meadows Visitor Center

Open Daily | 9am - 6pm

Near the Beaver Meadows Entrance on U.S. Highway 36. Information, Nature Store, and park movie.



Passport stamp available



Moraine Park Discovery Center

Open Daily | 9am - 4:30pm

On Bear Lake Road. Interactive exhibits, nature trail with views of Moraine Park, and a Nature Store.



Passport stamp available



Fall River Visitor Center

Open Daily | 9am - 5pm

Near the Fall River Entrance on U.S. Highway 34. Wildlife displays, Nature Store, and Arts Alive Activity Center.



Passport stamp available



Alpine Visitor Center

Open Daily | 9:30am - 5pm

(weather permitting)

In the park along Trail Ridge Road. Extraordinary alpine views, displays, information, Nature Store, and the Trail Ridge Store and cafe.



Passport stamp available



Kawuneeche Visitor Center

Open Daily | 9am - 5pm

On U.S. Highway 34 north of Grand Lake. Information, maps, park movie, exhibits, Nature Store, and wilderness camping permits.



Passport stamp available



Wilderness Camping Offices

Open Daily | 7am - 3:30pm

Wilderness camping permits and information are available at two locations in the park. On the east side, there is an office adjacent to the Beaver Meadows Visitor Center. On the west side, the office is located in the Kawuneeche Visitor Center.



Rocky Mountain Conservancy

Founded in 1931, the Rocky Mountain Conservancy is a nonprofit organization supporting Rocky Mountain National Park through fundraising and educational programs.

Your Purchase Supports the Park

Rocky Mountain Conservancy Nature Stores can be found in each of the park's visitor centers and at the Estes Park Visitor Center. When you make a purchase from these stores, proceeds are returned to the park, supporting important educational, interpretive, and research programs.



What to Do With a **Park Access Permit**

Park Access allows you to visit any area of the park, except the Bear Lake Road Corridor. Park re-entry is allowed with a valid permit.

Have a Half Day or Less in the Park?



Go for a Stroll, or a Hike

Take a stroll while enjoying the views around Holzwarth Historic Site or Alluvial Fan. Or, take a hike up Deer Mountain (east side), or explore the Colorado River trail (west side).

See pages 7-10 for trail information and maps



Enjoy the Slow and Scenic Route

Take a drive up Old Fall River Road, stop at Alpine Visitor Center, and drive back down Trail Ridge Road. This scenic drive is great for those entering on the east side of the park.

See page 11 for information



Learn the Wildlife Necessities

Want to learn more about the wildlife that call Rocky home? Then attend a ranger-led talk to learn more about how you can help wild animals thrive in their natural environment! Offered daily at Beaver Meadows Visitor Center (11:30am and 2:30pm) and at Harbison Meadows Picnic Area (1:30pm.)



Visit the Highest Visitor Center in the NPS

Located atop Trail Ridge Road, Alpine Visitor Center is the highest facility of its kind in the National Park Service. Take in sweeping views and attend a daily, ranger-led talk at 2:30pm (excludes Saturdays).

See page 3 for visitor center hours

Have a Day or More?



Learn About and Look for Wildlife

Start your morning by looking for wildlife in the Kawuneeche Valley. Then, stop at Sheep Lakes Information Station to learn the Bighorn Basics (see page 12).

Spend the afternoon taking part in the park's phenology project at Lily Lake (see page 14). End the day looking for elk throughout the park.

See page 15 for wildlife information



Challenge Yourself with a Long Hike

Adjusted to the elevation and ready to spend a day hiking? Popular destinations include Lawn Lake (east side) or Timber Lake (west side).

Ask a ranger at any visitor center for help choosing the right hike for your individual fitness and experience level. Start hikes before 9am to avoid afternoon thunderstorms.

See pages 7-10 for trail information



Drive Over the Continental Divide

Stretching from Estes Park to Grand Lake, Trail Ridge Road is the highest continuously paved highway in North America.

Spend the day driving up to the alpine tundra, and enjoy thrilling views, scenic pullouts, and wildlife sightings.

See page 11 for more information and a list of overlooks

What to Do With a **Park Access+** Permit

With Park Access+, you can visit any area of the park, including the Bear Lake Road Corridor.

Have a Half Day or Less in the Park?



In the Park Before Your Bear Lake Road Entrance Time?

Exploring areas outside the Bear Lake Road Corridor is a great way to maximize your trip to the park.

See page 4 for suggestions



Go for a Stroll, or a Hike

Take in the leisurely view around Bear Lake, or take a hike up to Alberta Falls, Cub Lake, or Bierstadt Lake. These areas get congested in the summer, so plan accordingly.

See pages 7-10 for trail information



Find a Friendly, Neighborhood Ranger at Sprague Lake

Sprague Lake has many stories to tell...which one awaits you? Look for a ranger on the trail and learn more about the area.

Offered daily at 2pm, weather permitting



Visit Moraine Park Discovery Center

Moraine Park Discovery Center is an insightful stop for any visit. The museum highlights the park's geology, glacial history, human history, weather and climate, and ecology. Discovery activities for families are available outside.

Open daily 9am-4:30pm

Have a Day or More?



Hike in the Morning and Take a Scenic Drive in the Afternoon

Have an early timed entry permit? Spend the morning exploring the Bear Lake Road Corridor and then head up Trail Ridge Road to see the delicate alpine tundra.

See pages 7-10 for trail information and page 11 for scenic drives



Challenge Yourself with a Long Hike

Adjusted to the elevation and ready to spend a day hiking? Popular destinations include Sky Pond or Lake Haiyaha. Ask a ranger at any visitor center for help choosing the right hike for your individual fitness and experience level. Start hikes before 9am to avoid afternoon thunderstorms.

See pages 7-10 for trail information



See the Sights

Spend the day in the Bear Lake Road Corridor by looking for wildlife in Moraine Park, enjoying a stroll around Sprague Lake and Bear Lake, hiking up to Alberta Falls, picnicking in Hollowell Park, and grabbing your passport stamp at Moraine Park Discovery Center.

Take the free shuttle to avoid traffic and full parking lots

Re-entry to Bear Lake Road allowed after 2pm with valid Park Access+ permit

Shuttle Bus Service

The park offers two types of shuttle bus service that allow you to enjoy the beautiful scenery without the stress of navigating traffic and full parking lots.

- **Free, in-park shuttles** stop at areas along the Bear Lake Road Corridor.
- The **Hiker Shuttle** provides access to the park from the Estes Park Visitor Center. Reservations are required (see below).



Hiker Shuttle Reservations Ends October 22

Staying in Estes Park? The Hiker Shuttle provides service from the Estes Park Visitor Center to the park's Park & Ride Transit Hub, located on Bear Lake Road.

The shuttle is available by reservation only and covers the need for a timed entry reservation. Learn more by scanning the QR code.

ROUTE	SCHEDULE	DATES	LAST SHUTTLE
 Bear Lake Route	Every 10–15 min. 6:30am to 7:30pm	Daily May 26–Oct 22	7:30pm
 Moraine Park Route	Every 60 min. 7:00am to 7:30pm	Daily May 26–Oct 22	7:30pm
 Hiker Shuttle Route (Reservations Required)	9:45am 3:00pm 10:15am 3:45pm 11:15am 4:30pm 12:00pm 5:15pm 12:45pm 6:00pm 1:30pm	Daily May 26–Sept 4 Weekend only Sept 9–Oct 22	6:00pm



Most shuttle buses are accessible and can accommodate wheelchairs.



Dogs are not allowed on shuttle buses except for service animals.



There are no bike racks on the shuttle buses.



There are no food services at Park & Ride Transit Hub.

Hiking Guide

-  Strollers Allowed  Wheelchair-accessible Trail (Conditions may impact access)  Alpine Lake
-  Park Access+ Reservation Required (5am - 6pm)  Waterfall

Strolls

East Side (Estes Park Side)

TRAIL	DISTANCE ROUNDTRIP		ELEVATION GAIN	
	mi	km	ft	m
Bear Lake    	0.6	1.0	20	6
Circle beautiful Bear Lake. Often has snow well into June.				
Hidden Valley	0.4	0.6	66	20
Walk through the sub-alpine forests of Hidden Valley. Jr. Ranger Headquarters				
Lily Lake  	0.8	1.3	100	31
See wildflowers, waterfowl, and mountain views on a walk around the lake.				
Moraine Park Discovery 	0.5	0.8	20	6
Center Nature Trail Explore a hillside with a view of Moraine Park.				
Sprague Lake   	0.7	1.1	75	23
Packed gravel, level trail around a lovely lake.				
Alluvial Fan 	0.8	1.3	114	35
Trail leading to a beautiful cascade of water flowing down through a boulder field.				

Trail Ridge Road

Alpine Ridge	0.6	1.0	162	49
Amazing views in all directions. Steep incline. Watch the sky; if storms approach, stay off!				
Tundra Communities Trail	1.2	2.0	190	58
Enjoy sweeping views and the alpine tundra. Watch the sky; if storms approach, stay off!				

West Side (Grand Lake Side)

Adams Falls 	0.8	1.3	174	53
Walk to a beautiful waterfall near Grand Lake.				
Coyote Valley Trail  	1.0	1.6	13	4
Walk the banks of the Colorado River and enjoy mountain views. Packed gravel.				
Holzwarth Historic Site	0.7	1.1	60	7
Explore a historic homestead and 1920s dude ranch.				

CAUTION

Longs Peak summit from the Keyhole Route is NOT a hike. It's a climb that crosses huge vertical rock faces and requires scrambling where an unroped fall would be fatal.

Do not take this climb lightly. Visitors have been injured and even died. Detailed info is available at [go.nps.gov/LongsPeak](https://www.nps.gov/LongsPeak) or at the Longs Peak Ranger Station.

***Take this hiking guide insert with you while exploring the park.**

Not sure which hike to do? Ask a ranger at any visitor center for help choosing the right hike for your individual fitness and experience level.

Hikes

East Side

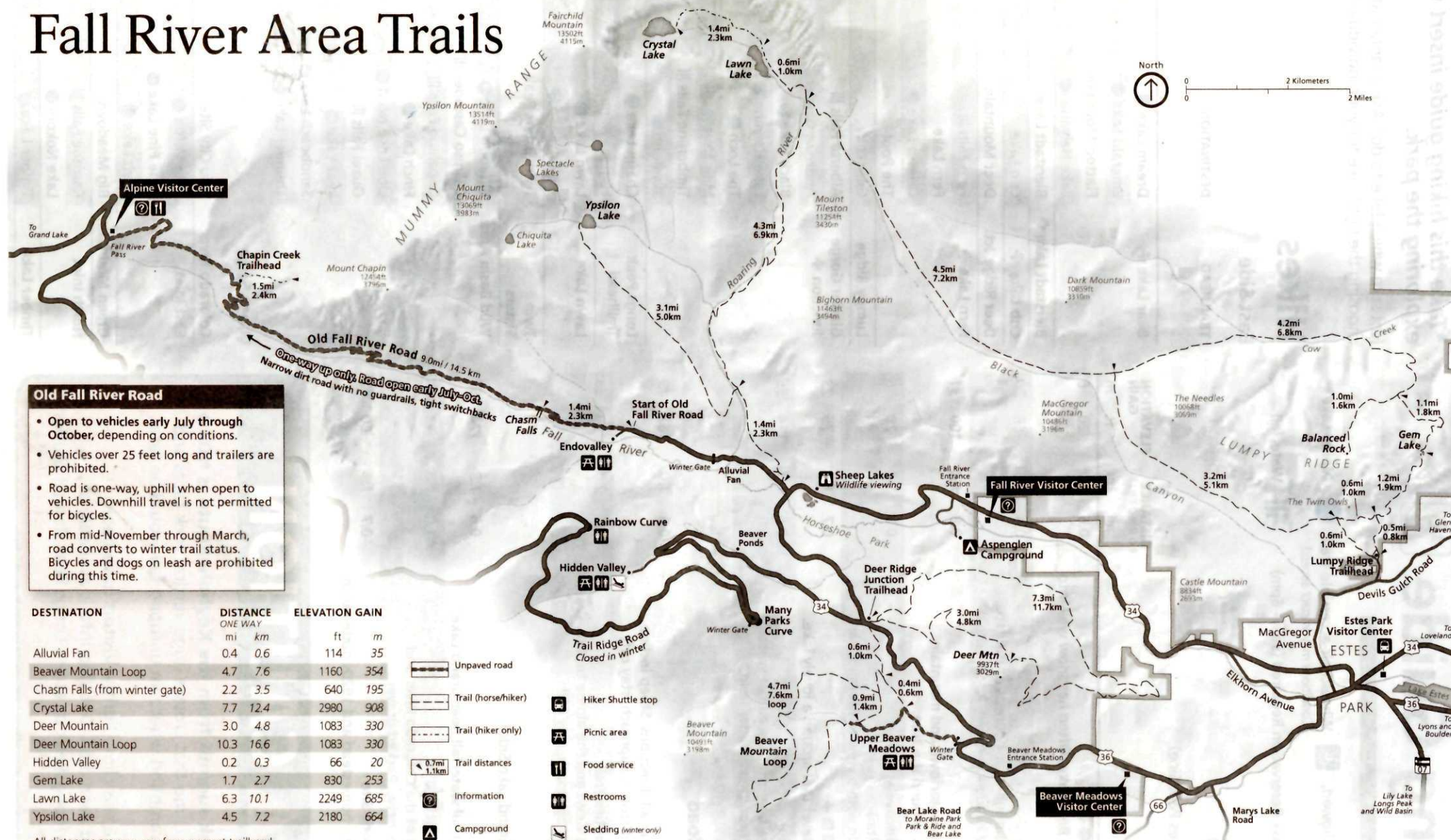
TRAILHEAD	DESTINATION	DISTANCE ONE WAY		ELEVATION GAIN	
		mi	km	ft	m
Bear Lake 	Dream Lake 	1.1	1.8	425	130
	Emerald Lake 	1.8	2.9	605	184
	Flattop Mountain	4.4	7.1	2849	868
	Lake Haiyaha 	2.1	3.4	745	227
Bierstadt Lake 	Bierstadt Lake	1.4	2.3	566	173
Cub Lake 	Cub Lake	2.3	3.7	540	165
Deer Ridge Jct.	Deer Mountain	3.0	4.8	1083	330
Fern Lake 	Fern Falls 	2.7	4.3	645	197
	Fern Lake	3.8	6.1	1375	419
	Odessa Lake 	4.4	7.1	1865	568
	The Pool	1.7	2.7	245	75
Lumpy Ridge	Gem Lake	1.7	2.7	830	253
Glacier Gorge Junction 	Alberta Falls 	0.8	1.3	160	49
	Andrews Glacier	5.0	8.0	2460	750
	Black Lake 	5.0	8.0	1380	421
	Lake Haiyaha 	2.1	3.4	745	227
	The Loch 	3.1	5.0	990	302
	Mills Lake 	2.8	4.5	750	229
	Timberline Falls 	4.0	6.4	1210	369
Longs Peak Trailhead	Sky Pond 	4.9	7.9	1650	503
	Chasm Lake 	4.2	6.8	2390	728
Lawn Lake	Eugenia Mine	1.4	2.3	508	155
	Lawn Lake 	6.3	10.1	2249	685
Twin Sisters	Ypsilon Lake 	4.5	7.2	2180	664
	Twin Sisters Peak	3.7	5.9	2338	713
Wild Basin Area	Bluebird Lake 	6.3	10.1	2478	755
	Calypso Cascades 	1.8	2.9	700	213
	Copeland Falls 	0.3	0.5	15	5
	Finch Lake 	5.3	8.5	1412	430
	Lion Lake No. 1 	7.0	11.3	2565	782
	Ouzel Falls 	2.7	4.3	950	290
	Pear Lake 	6.5	10.5	2112	644
	Sandbeach Lake 	4.2	6.8	1970	601
	Thunder Lake 	6.6	10.6	2074	632

West Side

Colorado River	Lulu City Site	3.7	6.0	350	107
East Inlet	Lake Verna 	6.9	11.1	1809	551
	Lone Pine Lake 	4.8	7.7	1494	455
	Spirit Lake 	7.8	12.6	1899	579
Green Mountain	Big Meadows	1.8	2.9	606	185
North Inlet	Cascade Falls 	3.4	5.5	300	91
	Lake Nokoni 	9.9	15.9	2240	683
Timber Lake	Timber Lake 	4.8	7.7	2060	628

Hiking Guide

Fall River Area Trails



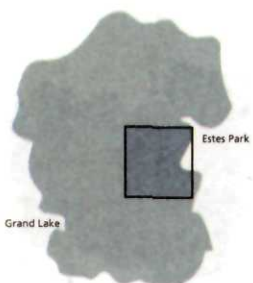
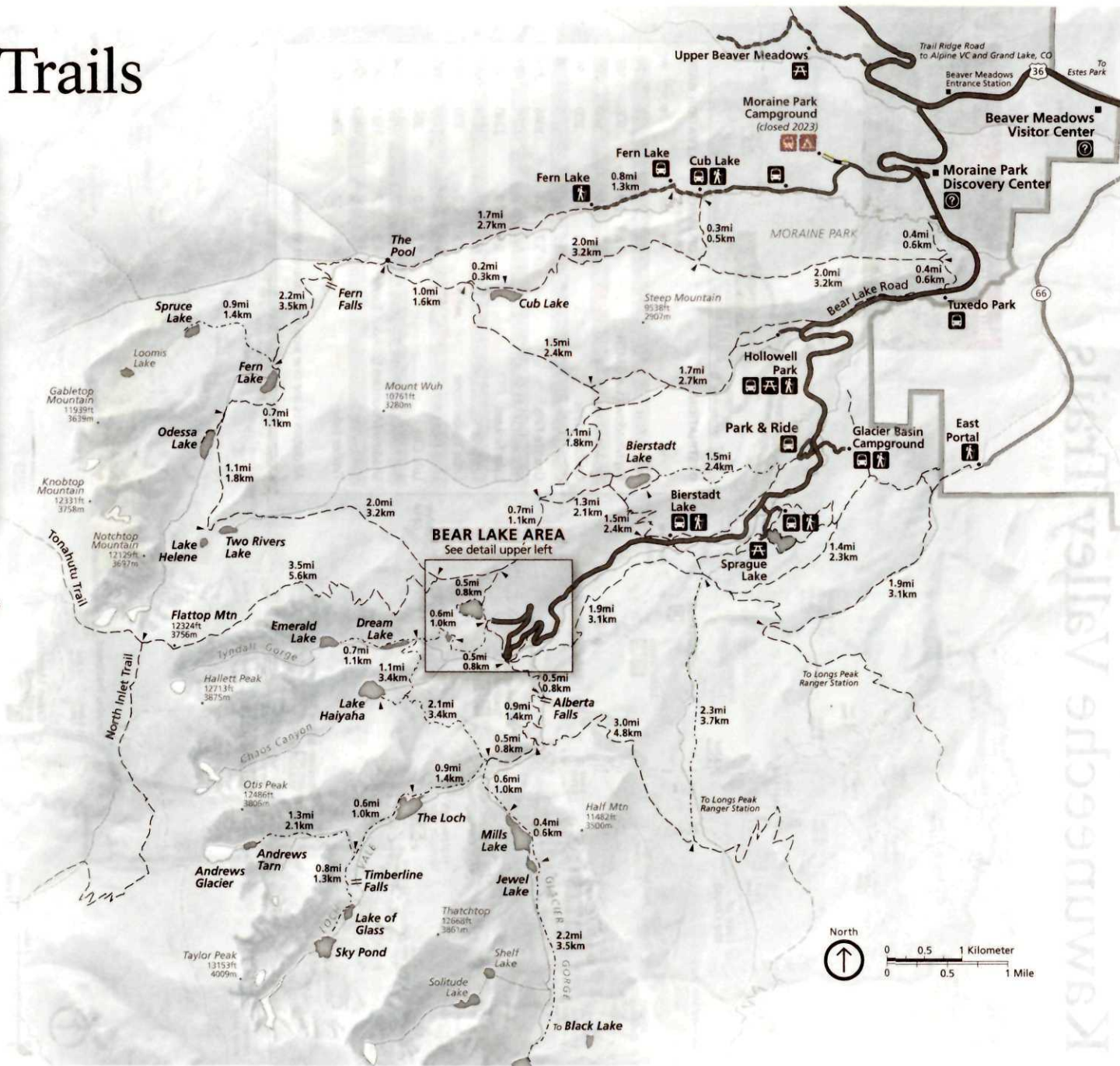
Bear Lake Corridor Trails



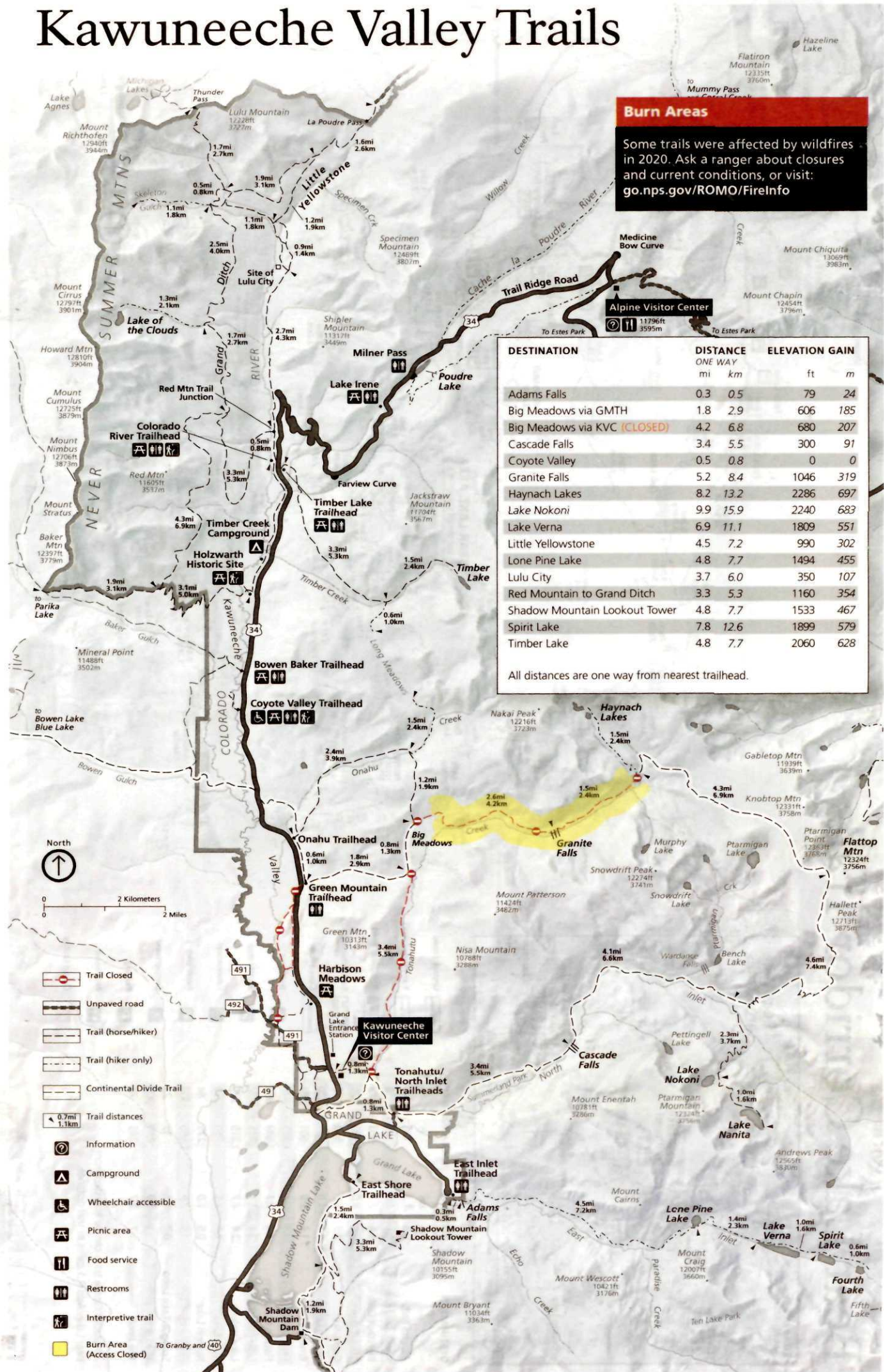
DESTINATION	DISTANCE		ELEVATION GAIN	
	mi	km	ft	m
Alberta Falls	0.8	1.3	160	49
Bear Lake Loop	0.6	1.0	20	6
Bierstadt Lake	1.4	2.3	566	173
Black Lake	5.0	8.0	1,380	421
Cub Lake	2.3	3.7	540	165
Dream Lake	1.1	1.8	425	130
Emerald Lake	1.8	2.9	605	184
Fern Lake	3.8	6.1	1,375	419
Flattop Mountain	4.4	7.1	2,849	868
Lake Haiyaha	2.1	3.4	745	227
Lake Helene	2.9	4.7	1,215	370
Mills Lake	2.8	4.5	750	229
Nymph Lake	0.6	1.0	275	84
Sky Pond	4.9	7.9	1,650	503
Sprague Lake Loop	0.7	1.1	75	23
The Loch	3.1	5.0	990	302
The Pool	1.7	2.7	245	75

All Glacier Gorge trails can be accessed from Bear Lake. Add 0.1 miles to trail distance.

- Unpaved road
- Trail (horse/hiker)
- Trail (hiker only)
- Trail distances
- Closed Road
- Trailhead
- Shuttle stop
- Information
- Picnic area
- Campground
- Parking
- Restrooms
- Closed facility



Kawuneeche Valley Trails



Scenic Drives

-  Scenic overlook
-  Restrooms
-  Interpretive Trail

-  Bookstore and Souvenirs
-  Cafe



Trail Ridge Road

Open late May through October, depending on conditions

Stretching from Estes Park to Grand Lake, Trail Ridge Road is the highest continuously paved highway in North America. This route takes you up to the alpine tundra and offers thrilling views, scenic pullouts, and wildlife sightings.

Estes Park to Grand Lake Stop-by-Stop Overlook Guide:

- **Many Parks Curve**  A short walk with views of Longs Peak.
- **Rainbow Curve**   Perched on the edge of treeline. Great vistas to the east.
- **Forest Canyon**   First stop above treeline. Paved path to overlook.
- **Rock Cut**   Views of the alpine tundra. Tundra Communities Trail access.
- **Lava Cliffs**  View a layer of volcanic rock.
- **Gore Range**  Views of the Never Summer Mountains and Gore Range.
- **Alpine Visitor Center**     Highest visitor center in the National Park Service. See page 3 for hours. Alpine Ridge Trail access. Food available at adjacent Trail Ridge Store.
- **Medicine Bow Curve**  North vistas stretching into Wyoming on a clear day.
- **Farview Curve**  Views of the Never Summer Mountains and the Kawuneeche Valley.

Distance: 50 miles (81 km)

Estimated Time: 3 hours, round-trip

Need to know: Road often closes temporarily in the spring and fall due to weather. When closed, the 1.5-hour drive between Estes Park and Grand Lake becomes a 4-hour drive.

**SPEED
LIMIT
35**



Old Fall River Road

Open early to mid-July through October, depending on conditions

Completed in 1920, Old Fall River Road was the first auto route in the park offering access to the alpine tundra.

The dirt road is a one-way, uphill "motor nature trail," with tight switchbacks and no guardrails. The drive leads from Horseshoe Park up a deeply cut valley to Fall River Pass at 11,796 feet (3595 meters), where it joins Trail Ridge Road at the Alpine Visitor Center.

Stops along road:

- **Chasm Falls**  View of a waterfall. Steep trail with stairs to viewing area.
- **Alpine Visitor Center**     Highest visitor center in the National Park Service. See page 3 for hours. Alpine Ridge Trail access. Food available at adjacent Trail Ridge Store.

Distance: 9 miles (15 km)

Estimated Time: 1 hour

Need to know: Vehicles 25 feet or longer and vehicles with trailers are not allowed. Road is one-way, uphill only. Use Trail Ridge Road to return.

**SPEED
LIMIT
15**

Bus Tours



The Rocky Mountain Conservancy Field Institute offers guided bus tours throughout Rocky Mountain National Park to areas including Trail Ridge Road, Bear Lake Road, Grand Lake, and meadow areas highlighting the elk rut in the fall.

Scan the QR code for more information



Ranger-led Activities



Wheelchair-accessible activity
(Trail conditions may impact ability to access certain activities)

All ranger-led activities are free. For most up-to-date information, check any visitor center or call **(970) 586-1206**.

Note: activities may be changed or canceled at any time due to weather or staffing.

East Side (Estes Park)	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Bird Walks <i>Meet at end of Upper Beaver Meadows Road 1 hour</i> Discover the wonder of migratory and resident birds in the transitional environment of Upper Beaver Meadows.			7:30am		7:30am		
Walk: Fire to Flowers <i>Meet at end of Upper Beaver Meadows Road 1 hour</i> Upper Beaver Meadows has experienced extreme weather impacts. Learn and see how the meadow is rebounding and flourishing.	8:30am					8:30am	8:30am
Birding for All: Accessible Walk (starts 7/20) <i>Lily Lake 1-2 hours</i> Join us for a leisurely birding experience along a flat, 1-mile dirt trail. This activity is designed for beginner and advanced birders with disabilities or other health considerations. Binoculars available to borrow.				8:30am			
Talk: Lions, and Moose, and Bears, Oh My! <i>Beaver Meadows Visitor Center 15 minutes</i> Wildlife safety is vital while visiting Rocky Mountain National Park. Uncover the secrets of these wild animals and how to stay safe in the park.	11:30am 2:30pm	11:30am 2:30pm	11:30am 2:30pm	11:30am 2:30pm	11:30am 2:30pm	11:30am 2:30pm	11:30am 2:30pm
Talk: Bighorn Basics (ends 8/13) <i>Sheep Lakes Information Station 20 minutes</i> Bighorn sheep are among the most resilient and adaptable animals in the park. Explore the natural history and behavior of these elusive animals.	Daily 10:30am 11:30am 2:30pm 3:30pm						
Explore Sprague Lake! <i>Sprague Lake length varies</i> Find your friendly, neighborhood ranger on the trail! Sprague Lake has many stories to tell...which one awaits you?	2pm	2pm	2pm	2pm	2pm	2pm	2pm
Lily Lake Stroll <i>Lily Lake 1 hour</i> Enjoy an easy walk around lovely Lily Lake and discover the natural and human forces that shaped it.		4:30pm		4:30pm			
Family Activities							
Family Discovery Hike (ends 10/10) <i>Moraine Park Discovery Center 30-45 minutes</i> Stretch your legs as you discover and learn about the park.	10am	10am	10am	10am	10am	10am	10am
Talk: Discovering Rocky (ends 9/4) <i>Moraine Park Discovery Center 30 minutes</i> Meet a ranger and learn more about a variety of topics in a fun and engaging environment.	2pm	2pm	2pm	2pm	2pm	2pm	2pm
What Rangers Do (ends 8/19) <i>Hidden Valley Varies</i> Meet rangers and learn about the different jobs they do in the park.				Varies			
West Side Junior Ranger Activities (ends 8/31) <i>Check visitor centers or call (970) 586-1206 for location 9am - 1pm</i> Hey kids! Join a park ranger for a Junior Ranger Event every Thursday on the west side of the park!				9am			

Ranger-led Activities



Alpine Visitor Center	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Hike: Alpine Adventure (ends 7/28) Call (970) 586-1206 for location 3 hours Share in the beauty of the tundra and explore the hidden secrets of the land above the trees. Bring warm layers, sunscreen, water, snacks, and be prepared for off trail travel.	9:30am				9:30am		
Tundra Nature Walk (ends 7/28) Medicine Bow Curve 1 - 1.5 hour Discover what makes the alpine tundra an amazing place! Bring warm layers, water, and sunscreen.		10am	10am	10am		10am	
Talk: Wild Mountain Weather (ends 8/26) Alpine Visitor Center 20 minutes Learn how mountains influence weather and get tips on how to stay safe during summertime storms.	2:30pm	2:30pm	2:30pm	2:30pm	2:30pm		2:30pm
Talk: High Country Tales (8/27 through 10/7) Alpine Visitor Center 20 minutes Discover some of the many stories of the alpine tundra and what makes it such a unique place.	2:30pm	2:30pm	2:30pm	2:30pm	2:30pm		2:30pm
Twilight Discovery Walk (7/31 through 8/25) Call (970) 586-1206 for time and location 1 hour Explore the magic of twilight in the park on a moderate walk. Bring warm layers and a flashlight.	Varies				Varies		
West Side (Grand Lake)							
Fire Ecology Walk (ends 9/4) Meet at flagpole at Kawuneeche Visitor Center 45 minutes Discover how fire interacts with Rocky's landscapes and learn about the 2020 East Troublesome Fire. This is a moderate walk through a burned area.	9:30am	9:30am	9:30am	9:30am	9:30am	9:30am	9:30am
Talk: Life on the Homestead (ends 9/4) Holzwarth Historic Site (1/2 mile from parking lot) 15 minutes Step back in time as you learn about the Holzwarth family and what life was like for the early mountain homesteader.	11am	11am	11am	11am	11am	11am	11am
Talk: Critter Chat (ends 9/4) Harbison Meadows Picnic Area 20 minutes Explore what kinds of wildlife you may encounter in the Kawuneeche Valley.	1:30pm	1:30pm	1:30pm	1:30pm	1:30pm	1:30pm	1:30pm
Talk: Glimpse Into the Kawuneeche Valley (ends 9/4) Holzwarth Historic Site parking lot 30 minutes Dive deeper into what makes the Kawuneeche Valley special.	3pm	3pm	3pm	3pm	3pm	3pm	3pm
Talk: West Side Stories (ends 9/4) Kawuneeche Visitor Center 30 minutes Get to know the west side of Rocky and the unique stories it has to share.	4pm	4pm	4pm	4pm	4pm	4pm	4pm
Fishing Activities							
West Side Junior Angler Activity (ends 9/27) Holzwarth Historic Site - 1/4 mile from parking lot 10am-1pm Interested in learning about the fish that live in the Rocky Mountains? Want to learn how to fish? Stop by and learn about the safety and ethics of fishing...and maybe even catch one yourself! Fishing gear provided. *Please note: anyone 16 years or older must have a Colorado Fish and Wildlife permit to fish.			10am				

Special Events

Astronomy in the Park

Upper Beaver Meadows | 8:30pm

Observe the night sky with the help of a park ranger and expert volunteer astronomers. *Dress warmly and bring binoculars and a flashlight. Schedule:*

Friday, July 14

Friday, July 21

Friday, August 11

Friday, August 18

Fly Fishing in the Rockies: A Reduced Barriers Event

Holzwarth Historic Site | 9am - 12pm

Join the National Sports Center for the Disabled (NSCD) and Rocky Mountain National Park on the river! Learn the basics of fly fishing with trained instructors. Event is free and open to the public (ages 6 and up). Learn more at: nscd.org

Pre-registration for those needing assistance is full. Visitors are still encouraged to attend but will not have a ranger assigned to assist.

Saturday, July 22

Stories Behind the Moon and Stars

Moraine Park Discovery | 8:30pm

The night sky comes alive through storytelling and fun activities. Celebrate darkness in Rocky! *Dress warmly and bring binoculars and a flashlight. Schedule:*

Monday, July 24

Monday, July 31

Tuesday, August 22

Tuesday, August 29

Family Activities

Use the suggestions below to plan your family visit to the park!



Be a Community Scientist

Interested in helping the park collect important data? Then head over to Lily Lake and take part in the Phenology Project. Record your observations as you walk along the loop trail and help the park track changes in plant and animal activity. Scan the QR code for more information.



Visit the Moraine Park Discovery Center + or Holzwarth Historic Site

Moraine Park Discovery Center is an insightful stop for any visit to the park. The museum highlights the park's geology, glacial history, and more. Discovery activities for families are available outside.

Open daily 9am-4:30pm

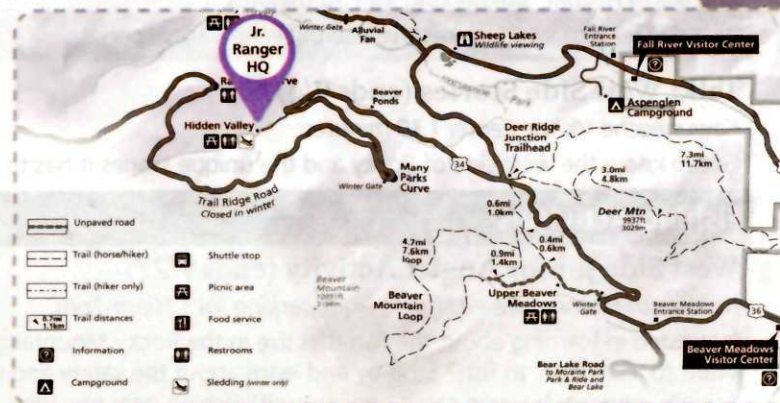
At Holzwarth Historic, step back in time as you learn about the Holzwarth family and what life was like for the early mountain homesteader.

Buildings open daily 9:30am-2:30pm

Become a Junior Ranger

Junior Rangers help the National Park Service protect parks and their stories. Stop at any visitor center for a book and badge, or practice your nature detective skills at the Junior Ranger Headquarters located at Hidden Valley (see map below).

Open daily 9am - 4:30pm through August 19



Wildlife



Elk

1



Mule Deer

2



Moose

3



Bighorn Sheep

4



Pika

5



White-tailed ptarmigan



Clark's nutcracker

6



Steller's jay

Wildlife can be seen throughout the park. The best time to view many animals is around sunrise or sunset. **Remember, these are wild animals.** If you get too close, you could be charged or bit. Do your part and keep wildlife wild.

1 Elk

Elk can be seen year-round in meadows and where meadows and forest meet. During the summer, they can be seen at all elevations of the park, even above treeline. During the fall mating season (known as the rut), they are mostly found at lower elevations.

2 Mule Deer

A common sight in the park, mule deer can most often be found at lower elevations in open areas.

3 Moose

The best place to see moose is along the Colorado River in the Kawuneeche Valley on the west side of the park.

4 Bighorn Sheep

From May to mid-August, bighorn sheep are often seen along U.S. Highway 34/Fall River corridor on the east side. They can also be found high on Trail Ridge Road and the rocky alpine on the west side.

5 Pika and Marmots

These alpine tundra residents favor rocky areas. **Pika** are small and light-colored to blend in with rock piles. Listen for their sharp, distinctive 'eep' and watch for movement.

Marmots can be seen along Trail Ridge Road and Old Fall River Road.

6 Birds

Clark's nutcrackers, Steller's jays, golden eagles, and prairie falcons can be seen along Trail Ridge Road.

White-tailed ptarmigan are common but difficult to spot. They can be found on the alpine tundra.

American dippers can be found along most streams. Listen for their loud call, similar to the rapid clicking of two stones together.



Do You Follow the Rule of Thumb?

Sometimes the best relationship is a long-distance relationship. You can help wild animals feel comfortable in their natural environment by following the "rule of thumb."

1. Make a thumbs up
2. Extend your arm all the way
3. Close one eye
4. See if you can hide the animal with your thumb. If you can see the animal, back away until it is completely hidden. Now you are at a safe distance!

If a wild animal changes its behavior, you are too close. Never approach or feed wild animals.



Safety and Regulations

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 [go.nps.gov/ROMO/RulesRegulations](https://www.nps.gov/ROMO/RulesRegulations).



Campfires are permitted only in campgrounds and picnic areas with fire grates. In the summer, you can purchase firewood at campgrounds. During high fire danger, campfires may be 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.



Marijuana possession and use is illegal in Rocky Mountain National Park and all federal lands.



Pets are prohibited on ALL park trails, tundra, and meadow areas. Pets on leashes no longer than 6 feet are allowed only in picnic areas, parking lots, campgrounds, and along roadsides. Pets may not be left tied to vehicles, trees, or other objects. 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.



Service animals that have been individually trained to perform specific tasks for the benefit of persons with disabilities are allowed in the park.



Rivers and streams can be deadly. Park waters are frigid. Powerful currents can knock you over and pull you downstream or underwater, where you can become trapped. Streamside rocks are often slippery, and nearby water may be deep. Always monitor children closely around water, especially near rivers and streams.



Take only pictures. It is illegal to take any natural features including pinecones, 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. Camping is only allowed in designated sites with a permit.



Seeing a bear or mountain lion is rare, and interactions are even more rare. Travel in groups. 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 and make noise. Protect small children by picking them up.

- If you store food in your vehicle, use airtight containers and place them in the trunk or out of sight. Close vehicle windows completely and lock your doors.
- Pack out all garbage. Dispose of garbage in bear-resistant dumpsters and trash cans. If a trash can is full, find a different one or take your trash with you.

In Case of Emergency, Dial 911