



Elevation Alert



Capulin's Rim Trail increases 300 feet from the parking lot to the top of the trail, reaching a maximum height of 8,100 feet above sea level. This can pose a health threat to those who have certain medical conditions or are not used to physical exertion at high elevations. The higher altitude of the trail means that less oxygen is available for the body to process, as well as a faster rate of evaporation, making dehydration more likely.

For your safety:

- Take your time hiking the trail. It takes about 45 minutes to complete the 1 mile Rim Trail; plan accordingly.
- Drink plenty of water! There is no water fountain on the top of the volcano, so make sure you have enough before you leave the Visitor Center.
- Be aware of any medical problems that you or members of your group have that could be exacerbated by strenuous activity.
- People with medications that control heart rate, such as beta blockers, should take particular care not to over do it.