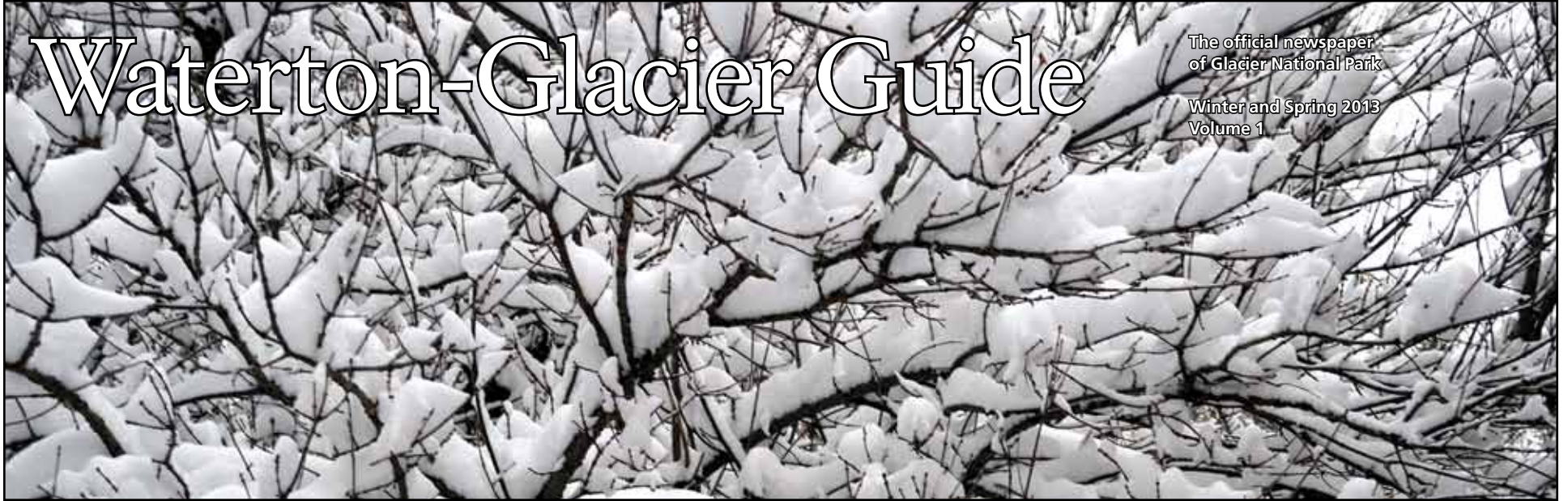




# Waterton-Glacier Guide

The official newspaper  
of Glacier National Park

Winter and Spring 2013  
Volume 1



Snow covered branches - photo by Bill Hayden

## A Busy Time of Year

THE PARK IS A BUSTLE OF ACTIVITY AS PREPARATIONS for winter are being made. Park lodges are winterized, winter supplies are stored, and most people retreat to the warmth and security of their homes outside the park. Those that stay face the added challenge of adapting to a Rocky Mountain winter.

Winter places enormous stress on wildlife in the park as well. In the highest alpine sections of the park, winter is even more severe with brutal winds, heavy snow-cover, and a lack of food supplies. Most animals migrate down to lower areas or fly south for the winter. Not many remain. Pika and marmots do remain, and face these challenges in dramatically different ways. Both species have evolved mechanisms and behaviors that allow them to thrive in environments that force others away.

Throughout the summer and early fall, pika scurry around the barren looking talus slopes feeding on grasses and wildflowers that grow between the rocks. When not eating, they clip grass stems and plant leaves, grab as many as they can in their mouths, and travel to favorite rocks to spread them out in the sun to dry. After the clippings have cured in the sun the pika take them under the rocks and build huge "haystacks" as food for the coming winter. If you see a pika while you are out hiking, try to follow its movements with binoculars. It may lead you to the location of one of these big piles of clippings.

Pika are active year-round and remain relatively warm and wind-free under an insulating blanket of tens of feet of snow. Throughout the winter they feast on the haystacks they constructed during the summer.

Marmots, on the other hand, are not the active and industrious creatures that pika are. Where pikas are very secretive and hard to spot, marmots tend to be slow moving and easily seen alpine residents. Like the pika, marmots spend the summer feasting on alpine vegetation and storing it away for the winter, but they don't store their's in haystacks, they store it as fat. The less they move in the summer the more fat they are likely to have in the winter. How can they store enough fat to last the whole winter? They hibernate! During hibernation their body processes (temperature, respiration, heart rate) all slow down. Marmots actually start hibernation at the end of August. Within a matter of a few days marmots just seem to disappear from the alpine sections of the park. They don't leave the area, they go underground. Once in the burrows they begin their seven to eight month hibernation. The ground around them and the snow-cover above helps protect them and keep them at a constant temperature. In spring, as new plants start to grow and food becomes available again, the marmots reawaken and begin another summer of fattening up.

When you visit Glacier, in the fall and winter, think about ways you adapt to this sometimes harsh environment. High calorie snacks fuel your body's internal engine to produce heat. Jackets with extra insulation help keep you warm. Special adaptations like snowshoes and skis allow access to hiking trails covered by snow. People, like wildlife residents of the park, must make special adjustments for winter, but they are worth the effort to see Glacier at this uncrowded time of year. We may not be able to hibernate like the marmots, but a day of winter activity in the park will help to reduce a bit of the fat reserves stored up earlier this summer.



Bald Eagle - NPS photo



Pika - NPS photo



Marmot - NPS photo

### Pages 2 & 3 Winter in Glacier

Glacier's long cold winter can be a harsh time of the year for park wildlife, but it can also be a wonderful time to visit. The entire park takes on a different character and a quiet snowshoe walk or an invigorating cross country ski can reveal a side of the park not often seen by most park visitors. Special precautions are needed however to safely enjoy a winter visit.

### Pages 4 & 5 Visiting in the Spring

Glacier's brief springtime is characterized by Pacific weather systems, which bring rain to the valleys and heavy snows to the high country, well into summer. Visiting at this time of year brings special challenges and amazing rewards. Pages four and five highlight special information you will need, to get the most out of a visit this time of the year.

### Pages 6 & 7 Bears

Glacier is at the core of one of the largest intact ecosystems in the country, providing large undisturbed areas vital for bears, especially grizzly bears, to survive in the wild. Bears are just one of the things that makes Glacier a truly special place. Read the information contained in this guide so that you can visit safely and help us protect these magnificent creatures.



Visit <http://www.nps.gov/glac> for the official Web site of Glacier National Park.





Mt. Brown - photo by Bill Hayden

# Winter Visitor Information



West Entrance - NPS photo

## Entrance Fees

7 Day Single Vehicle Pass through April 30 .....	\$15.00
7 Day Single Person Entry (by foot, bicycle, or motorcycle ) through April 30 .....	\$10.00
Glacier National Park Pass .....	\$35.00

Valid for 1 year from month of purchase.

The Federal Interagency Pass (\$80), Senior Pass (\$10), Access Pass (free), and Active Military Pass (free) are available at Park Headquarters and the West Entrance Station (when staffed).

Special fees are charged for commercial tour vehicles.

Waterton Lakes National Park has separate entrance fees.

## Weather

Winter weather in Glacier National Park is unpredictable. Expect numerous overcast or snowy days, especially on the west side of the park, with the possibility of extreme variations in temperature. While daytime temperatures average in the 20's and 30's, it may drop well below zero. Strong winds are typical on the east side of the park. Wind greatly accentuates the effects of temperature. This chill factor increases the danger of hypothermia and frostbite. Be prepared with proper winter clothing. Elevation, exposure, and wind patterns determine snow accumulation. Snow depths vary, with 2-3 feet common at lower elevations and 1-15 feet in the high country.

## Visitor Center Hours

**Headquarters Building - West Glacier**  
Monday - Friday ..... 8:00am to 4:30pm.  
closed lunchtime and holidays

**Apgar Visitor Center**  
Saturdays and Sundays... 9:00am to 4:30pm.  
closed holidays



Mountain goat - photo by David Restivo

# Winter Activities



Winter camping in Glacier can be both an exciting, and challenging experience - photo by Jeff Wright

## Winter Camping

### FRONTCOUNTRY CAMPING

Although campgrounds are limited during this time of year, self-reliant visitors find a wondrous and peaceful setting in Glacier National Park. Winter camping is allowed in the Apgar Picnic Area (until the Apgar Campground reopens in early May) and in the St. Mary Campground. Between December 1 and March 31, there is no fee for winter camping. No drinking water is available for winter camping. Instructions for registering your campsite are found on the bulletin board located at the entrance to the campground or camping area. There you will also find information on food storage regulations, water, firewood, and wildlife. Mountain lion sightings have increased in the last few years, and bears may be seen at any time of the year. Read and follow all wildlife precautions.

### BACKCOUNTRY CAMPING

A permit is required for all overnight trips in the park's backcountry. From November 20th to May 1st, special backcountry camping regulations are in effect. It is best to call the main park headquarters number at 406-888-7800 so that our Dispatch Center can arrange how to obtain a permit.

You may also obtain permits in person at:

#### Park Headquarters

Weekdays ..... 8:00am to 4:30pm  
(closed Federal holidays)

#### Apgar Visitor Center

Weekends..... 9:00am to 4:30pm

- Permits may be obtained up to 7 days in advance of your trip.
- Party size is limited to 12 people with a two night limit for any one campsite.

- Wood fires are prohibited in all backcountry areas because dead and down fuel is covered by snow. Self-contained camp stoves are recommended.
- Camping is not allowed within 100 feet of roads, trail corridors, creeks, lakes, or on vegetation freshly emerging from snow cover.
- Use pit toilets where available; otherwise human waste should be disposed of at least 200 yards from lakes, streams, trails, roads, or developed areas. Do not leave or burn garbage (including toilet paper) in the backcountry. Pack it out!



Dawn Mist Falls near Belly River - NPS photo

## Skiing

Cross-country skiing is an excellent way to enjoy Glacier National Park. Ski trails and routes throughout the park provide a range of scenery, terrain, and difficulty. For detailed information on routes and winter safety, pick up the *Cross-Country Skiing* brochure at Park Headquarters, Apgar Visitor Center, or ranger stations.

## Mountain Climbing

Winter weather conditions make climbing very challenging. With the inherent dangers of snow and ice-covered slopes, avalanche danger increases. Register all climbs with a ranger, and ask for the latest information.

## Snowshoeing

Snowshoeing provides another means of getting off the beaten path. Routes detailed in the Cross-country Skiing brochure are available to snowshoers as well. However, as a courtesy to skiers, snowshoers should maintain a separate track where possible. Guided snowshoe and ski trips in Glacier may be available from private guide services located outside the park. Cross-country skis and snowshoes may be rented in many of the neighboring communities.

## Scenic Drives

The Going-to-the-Sun Road is usually plowed from West Glacier to Lake McDonald Lodge and from St. Mary to 1½ miles past the entrance station. Most other roads in the park are closed for the season at the park boundary. U. S. Highway 89 provides access to the east side of the park. Blowing and drifting snow are common.

The North Fork Road from Columbia Falls is open for winter travel to the North Fork area and the Polebridge Ranger Station. Before setting out, check local park conditions by calling 406-888-7800. For statewide road conditions call 1-800-226-ROAD (7623).





Snow formations along the Middle Fork of the Flathead River - photo by Bill Hayden

## Winter's "Wonderland"



Snowshoeing is for everyone - photo by David Restivo

GLACIER NATIONAL PARK IS WRAPPED in a blanket of snow for a good share of the year. Winter is a quiet time. The summer visitors have gone, temperatures plummet, and only the well-prepared cross-country skiers and snowshoers venture into Glacier's backcountry.

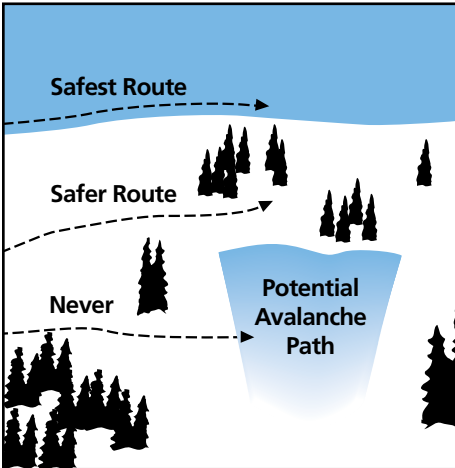
Some of the more popular ski and snowshoe trails are located in the Apgar and St. Mary areas, and along McDonald Creek. Less traveled routes are located in other sections of the park. Check with a park ranger for trail and weather conditions, before venturing out. Severe weather, lack of snow, rain, or melting conditions can quickly alter the difficulty of any winter trip. Ice is common on roads and on heavily

skied trails. Skiing on frozen lakes is dangerous and not recommended. Skiers, snowshoers, and hikers are asked to maintain separate tracks.

Cross park trips may contain avalanche and terrain hazards and should be attempted only by experienced, well-equipped parties. Most ski routes are not marked. Pay attention to descriptions and local landmarks. Climbers should complete the *Voluntary Climbers Registration* form, available at Park Headquarters, Apgar Visitor Center, and ranger stations. A backcountry camping permit (available at Park Headquarters, the Hudson Bay District Office, and the Apgar Visitor Center) is required for any overnight backcountry camping trip.

Survival during the long winter is difficult for Glacier's wildlife. Human contact adds unnecessary stress. Avoid approaching or startling any animals or birds. All animals are wild and should never be fed. Bears, asleep for most of the winter, sometimes awaken for short periods of time. In bear country, always exercise extreme caution, especially with food and garbage. If approached by a mountain lion, act aggressively. Do not run! Lions may be scared away by being struck with rocks or sticks, or by being kicked or hit.

## Avalanches



Avalanches are a real danger in the mountainous portions of Glacier. Please check <http://www.flatheadavalanche.org> for the latest avalanche advisory and weather discussion before entering Glacier's Backcountry.

Whenever possible, avoid areas that cross through or beneath avalanche terrain. Be mindful of changing weather, terrain, and snowpack conditions and be prepared to turnaround at the first sign of instability.

### RED FLAGS

- Recent avalanche activity in the area
- Cracking, collapsing snowpack, or whumphing sounds
- Heavy snowfall or rain in the past 24 hours
- Heavy wind loaded slopes
- Rapidly increasing temperature
- Persistent weak layers (check the avalanche advisory)

If you are caught in an avalanche, ditch awkward gear and attempt to escape to the side of the slide or self-arrest on trees or rocks. If you cannot escape, make an air pocket in front of your face with one hand and reach for the surface with the other hand.

Your best chance of survival depends on you and your partners. Be prepared and practiced with your avalanche rescue equipment - probe pole, shovel, and transceiver.

Please report any natural or human triggered avalanche activity to a Park Ranger.



Mt Edwards and Lake McDonald - photo by Bill Hayden



Discover winter safely - photo by David Restivo

## Hypothermia

Hypothermia, the progressive physical collapse and reduced mental capacity resulting from the chilling of the inner core of the body, can occur even at temperatures above freezing. Sudden storms and temperature drops can change a pleasant ski trip into a bitterly cold and life-threatening experience.

Warning signs include uncontrolled shivering, memory lapses and incoherence, slow or slurred speech, lack of coordination, stumbling, a lurching gait, drowsiness, and exhaustion.

- Drinking plenty of fluids and wear water-resistant clothing or clothes that wick moisture away from the body.

- Minimize wind exposure.
- Get victim into dry clothes, build a fire for heat, keep victim awake, and give warm non-alcoholic drinks.
- In more serious cases, undress victim and yourself, and get into sleeping bag making skin-to-skin contact.
- Seek professional help immediately.





Spring in the North Fork - photo by David Restivo

# Spring Visitor Information



Ground squirrel - photo by David Restivo

## Entrance Fees

7 Day Single Vehicle Pass starting May 1 ..... \$25.00  
 7 Day Single Person Entry (by foot, bicycle, or motorcycle ) starting May 1 ..... \$12.00  
 Glacier National Park Pass ..... \$35.00  
 Valid for 1 year from month of purchase.  
 The Federal Interagency Pass (\$80), Senior Pass (\$10), Access Pass (free), and Active Military Pass (free) are available at Park Headquarters and the West Entrance Station (when staffed). Special fees are charged for commercial tour vehicles.  
 Waterton Lakes National Park has separate entrance fees.

## Weather

Spring weather in Glacier National Park is unpredictable. Expect numerous overcast days with the occasional snow storm. While daytime temperatures average in the 40's and 50's, it may drop well below freezing, especially at night. Strong winds are always typical on the east side of the park. Rain is common, and wet clothes and wind greatly accentuates the effects of temperature. This chill factor increases the danger of hypothermia. Be prepared with proper clothing. Snow may remain in the high country well into summer and in shaded areas of the valleys as well. Often winter remains in the park long after spring arrives elsewhere.

## Visitor Center Hours

**Apgar Visitor Center**  
 Daily (starting May 6) .... 9:00am to 5:00pm.  
**Headquarters Building - West Glacier**  
 Monday - Friday ..... 8:00am to 4:30pm.  
 closed holidays and lunchtime



Ladies slippers- photo by Bill Hayden

# Spring Activities



Camping at Apgar - photo by Tom Gray

## Spring Camping

### FRONTCOUNTRY CAMPING

Most campgrounds in Glacier open in late May and June. The Apgar Campground opens in early May. Until open for the season, primitive camping is permitted at the Apgar Picnic area and St. Mary Campground. Some additional campgrounds may allow primitive camping before the regularly scheduled opening date. Between December 1 and March 31, there is no fee for camping. After March 31, primitive camping is \$10.00 per night.

Campsites are limited to 8 people and 2 vehicles per site. Campfires are permitted only in designated campgrounds and picnic areas where grates are provided. Collecting firewood is prohibited except along the inside North Fork Road from Dutch Creek to Kintla Lake, and along the Bowman Lake Road.

### BACKCOUNTRY CAMPING

Winter backcountry camping regulations remain in effect until May 1. After May 1, the regulations are the same as those listed in the Fall section of this guide.

Mail-in reservation requests (for trips starting between June 15 and October 31) for the initial permit lottery are accepted from January 1 through April 15. Requests submitted after that time are filled on a space available basis.



Bicycling near Rising Sun - photo by Tom Gray

## Bicycling

Bicycles are allowed on roadways, bike routes, and in parking areas. They are not allowed on trails. Observe all traffic regulations. Keep to the right side of the road and ride in single file. Pull over if four or more vehicles stack up behind you. During periods of low visibility, a white light, visible from a distance of at least 500 feet to the front, and a red light or reflector, visible from at least 200 feet to the rear, are required. Be visible! Attach a bright flag on a pole and wear light-colored clothing. Watch for falling rocks, drainage grates and culverts, and ice on roads. Once plowing of the Going-to-the-Sun Road begins, lower sections of the road may be opened to bicycle traffic before they are opened to vehicles. Check at Park Headquarters or the Visitor Center for current road status. Watch for ice in shaded areas and animals that may be near roadsides.

## Scenic Drives

Lower portions of the Going-to-the-Sun Road are open all year. Starting in April, additional roads start to open, as weather permits. The upper portion of the Going-to-the-Sun Road is generally not fully open until late-June, however roads into Many Glacier, Two Medicine and Bowman and Kintla Lakes (just north of Polebridge) offer outstanding opportunities for scenic drives and wildlife viewing. Late season snows can cause temporary road closures. Icy roads are common, especially early in the morning. Check at visitor centers or ranger stations for local road and weather conditions.



A beautiful April day on the road to Two Medicine - photo by Bill Hayden

## Fishing

The general park fishing season is from the third Saturday in May, through November 30. Lake fishing is open all year.

No fee or license is required to fish within the park, but fishermen must stop at a ranger station, visitor center, or boat dock to obtain current regulations.





Spring Beauty - photo by Bill Hayden

## Spring Brings Birds and Birders

WELCOME TO SPRING IN GLACIER National Park! One of the bonuses available to visitors this time of year is the abundance of bird life. You may spot dozens of species migrating through and others who have newly arrived at their park nesting grounds. Take time to stop and listen. You may

hear geese honking, loons wailing, varied thrushes whistling, woodpeckers tapping, ruffed grouse drumming, winter wrens trilling, ravens croaking, belted kingfishers rattling, warblers warbling, and all manner of other pleasing, or at least intriguing, calls, songs, and sounds.

Westside forests, eastside meadows, higher elevation tundra, and brushy or wetland areas parkwide provide habitat for a fascinating variety of bird life. If you're interested in what's been spotted here over the years, pick up a free bird checklist from one of the park's visitor centers or a ranger station.



Yellow Warbler - NPS photo



Loons - NPS photo



Grouse - NPS photo



Upper McDonald Creek is the main Montana nesting area for harlequin ducks. The male harlequin sports a snazzy pattern of black, white, slate blue, and chestnut. In contrast, the female is dark brown with distinct whitish head spots. These uncommon ducks are shy and easily disturbed. Please watch and photograph them from a good distance.



Starting to plow the road near Avalanche - NPS photo

## Opening the Going-to-the-Sun Road

ONE SURE SIGN OF SPRING IS THE start of the annual plowing of the Going-to-the-Sun Road. The first of April marks the target date for the start of plowing. Often plowing proceeds quickly on the lower stretches of road along McDonald Creek and St. Mary Lake. However, several avalanche paths cross these sections of roadway, and in the past, crews have discovered huge amounts of snow and rock and trees piled up on the road from winter slides.

Once cleared, and after the danger of avalanches has past, lower stretches of the road may be opened to hikers and bikers to enjoy the Going-to-the-Sun Road without cars. As the crews plow further up the road, additional sections are opened, first as hiking and biking routes, and later to cars.

The steep, upper sections of road, on either side of Logan Pass, provide the most challenges for the crews. This section traverses 70 avalanche paths, making the work difficult and very dangerous. Avalanche spotters constantly monitor the slopes and radio any signs of moving snow to the plow operators

at once. Some days crews encounter new slides blocking their way home, as slides continue to release behind them over areas already plowed.

It has been many decades since any fatalities have occurred plowing the road, but it is a constant threat. If the weather is overcast or rainy, and the spotters can't see the slopes above the road, crews do not work. Safety of the equipment operators is of paramount concern.

Park road crews always find different challenges from one year to the next, as they continue up the road. A few years ago when the plows reached the area called "Big Bend," an enormous mountain of snow covered a vast stretch of the road. Sometime earlier that winter, a series of unseen avalanches released at the same time creating a snow drift that was upwards of 60 feet deep in places. It took almost two weeks to plow through a section of road that took less than a day the year before. The final obstacle in opening the road is the Big Drift. This windblown snowdrift, just east of Logan

Pass, is usually 60-70 feet deep or more. Plumes of snow shooting up from the rotary plows make an impressive sight, as the crews nibble at the drift from both sides. After several days of exacting work, the plows reach the roadbed and the crews from both sides of the park meet. After a few more days of installing removable guard rails and final cleanup, the road can be opened for the summer season once again.

Plowing the Going-to-the-Sun Road can take two months or more. For the next few years road rehabilitation crews will be following closely behind the plows to accomplish much of their work, prior to the busy summer season. The entire road generally opens to traffic in mid-June.

It's sometimes hard for people to understand the magnitude of the task the road crew undertakes or the snow conditions they encounter in the high country. The original construction of the road was a major engineering feat. Maintaining the road and opening it each spring remains a continual challenge for park crews today.



Plowing the road is delicate and dangerous work - NPS photo



# Glacier is Bear Country



Grizzly - NPS photo

## Camping & Bears

Odors attract bears. Our campground and developed areas can remain “unattractive” to bears if each visitor manages food and trash properly. Regulations require that all edibles (including pet food), food containers (empty or not), and cookware (clean or not) be stored in a hard-sided vehicle or food locker when not in use, day or night.

- **Keep a clean camp!** Improperly stored or unattended food will likely result in confiscation of items and/or issuance of a Violation Notice.
- **Inspect campsites for bear sign and for careless campers nearby.** Please notify a park ranger of any potential problems that you may notice.

## Roadside Bears

It’s exciting to see bears up close, but we must act responsibly to keep them wild and healthy. If you see a bear along the road, please do not stop. Stopping and watching roadside bears will likely start a “bear jam” as other motorists follow your lead. “Bear jams” are hazardous to both people and bears as visibility is reduced and bears may feel threatened by the congestion. Roadside bears quickly become habituated to vehicles and people, increasing their chances of being hit by motor vehicles. Habituated bears may learn that it is acceptable to frequent campgrounds or picnic areas, where they may gain access to human food. When a bear obtains human food, a very dangerous situation is created that may lead to human injury and the bear’s death. Please resist the temptation to stop and get close to roadside bears – put bears first at Glacier National Park.

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*A fed bear is a dead bear!  
Please never feed bears or  
other wildlife.*

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## Bear Spray

### KNOW HOW TO USE IT

This aerosol pepper derivative triggers temporarily incapacitating discomfort in bears. It is a non-toxic and non-lethal means of deterring aggressive bears. Bear spray has proven to be effective for fending off threatening and attacking bears, and for preventing injury to the person and the animal involved.

Bear spray is intended to be sprayed towards an oncoming bear in an expanding cloud. It does not have to be aimed at the bears face and can be fired from the hip. Be sure to remove the zip-tie securing the safety clip before heading out on the trail. Bear spray is not intended to act as a repellent. Do not spray gear or your camp with bear spray. Under no circumstances should bear spray create a false sense of security or serve as a substitute for standard safety precautions in bear country. Environmental factors, including strong wind and heavy rain, can reduce the effectiveness of bear spray.

Canadian Customs will allow the importation of bear spray into Canada, if it is in a container that specifically states it for use on animals.

- Place all trash in bear proof containers.
- Pets, especially dogs, must be kept under physical restraint.
- Report all bear sightings to the nearest ranger or warden immediately.



Black bear - NPS photo



Grizzly family - video capture by Bob Chinn

## Hike Smart-Hike Safe

### DON'T SURPRISE BEARS!

Bears will usually move out of the way if they hear people approaching, so make noise. Most bells are not enough. Calling out and clapping hands loudly at regular intervals are better ways to make your presence known. Hiking quietly endangers you, the bear, and other hikers.

A bear constantly surprised by quiet hikers may become habituated to close human contact and less likely to avoid people. Don't be tempted to approach or get too close to these bears.

### DON'T MAKE ASSUMPTIONS!

You can't predict when and where bears might be encountered along a trail. People often assume they don't have to make noise while hiking on a well-used trail. Some of the most frequently used trails in the park are surrounded by excellent bear habitat. People have been charged and injured by bears fleeing from silent hikers who unwittingly surprised them along the trail. Even if other hikers haven't seen bears along a trail section recently, don't assume that bears aren't there.

Don't assume a bear's hearing is any better than your own. Some trail conditions make it hard for bears to see, hear, or smell approaching hikers. Be particularly careful by streams, against the wind, or in dense vegetation. A blind corner or a rise in the trail also requires special attention.

### DON'T APPROACH BEARS!

Bears spend a lot of time eating, so be extra cautious when passing through obvious feeding areas like berry patches, cow parsnip thickets, or fields of glacier lilies. Take the time to learn what these foods look like.

Keep children close by. Hike in groups and avoid hiking early in the morning, late in the day, or after dark.

Never intentionally get close to a bear. Individual bears have their own personal space requirements, which vary depending on their mood. Each will react differently and its behavior can't be predicted. All bears are dangerous and should be respected equally.

### WHAT DO I DO IF I RUN INTO A BEAR?

A commonly asked question is “What do I do if I run into a bear?” There is no easy answer. Like people, bears react differently to each situation. The best thing you can do is to make sure you have read all the suggestions for hiking and camping in bear country and follow them. Avoid encounters by being alert and making noise.

Bears may appear tolerant of people and then attack without warning. A bear's body language can help determine its mood. In general, bears show agitation by swaying their heads, huffing, and clacking their teeth. Lowered head and laid-back ears also indicate aggression. Bears may stand on their hind legs or approach to get a better view, but these actions are not necessarily signs of aggression. The bear may not have identified you as a person and is unable to smell or hear you from a distance.

### BEAR ATTACKS

The vast majority of bear attacks have occurred because people have surprised a bear. In this type of situation the bear may attack as a defensive maneuver.

In rare cases, bears have attacked at night or after stalking people. These types of attacks are very serious because it may mean the bear is looking at you as prey.

If you are attacked at night or if you feel you have been stalked and attacked as prey, try to escape. If you cannot escape or if the bear follows, use bear spray, or shout and try to intimidate the bear with a branch or rock. Do whatever it takes to let the bear know you are not easy prey.

### IF YOU SURPRISE A BEAR

- Stop and assess the situation. Is it a black bear or grizzly bear? Does it have cubs? Is it aware of your presence?
- If the bear appears unconcerned or unaware of your presence, take this opportunity to quietly leave the area. Do not run! Back away slowly, but stop if it seems to agitate the bear.
- If the bear approaches or charges you, stop. Stand your ground. Speak to it in a calm voice.
- If it's a grizzly and is about to make contact, play dead. Lie on the ground on your stomach and cover your neck with your hands.
- If a bear attacks and you have bear spray, use it!
- Most attacks end quickly. Do not move until the bear has left the area.
- If it's a black bear fight back. Defensive attacks by black bears are very rare.



Grizzly - video capture by Bob Chinn



# Wildlife Hazards

Glacier provides a wonderful opportunity to view animals in their natural setting. Along with this opportunity comes a special obligation for park visitors. With just a little planning and forethought, visitors can help ensure the survival of a threatened or endangered species.

Always enjoy wildlife from the safety of your car or from a safe distance. Feeding, harassing, or molesting wildlife is strictly prohibited and subject to fine. Bears, mountain lions, goats, deer, or any other species of wildlife can present a real and painful threat, especially females protecting their young.



Bighorn ram - photo by David Restivo



Mountain lion - NPS photo

## Mountain Lions

A glimpse of one of these magnificent cats would be a vacation highlight, but you need to take precautions to protect you and your children from an accidental encounter. Don't hike alone. Make noise to avoid surprising a lion and keep children close to you at all times. If you do encounter a lion, do not run. Talk calmly, avert your gaze, stand tall, and back away. Unlike with bears, if attack seems imminent, act aggressively. Do not crouch and do not turn away. Lions may be scared away by being struck with rocks or sticks, or by being kicked or hit.

Lions are primarily nocturnal, but they have attacked in broad daylight. They rarely prey on humans, but such behavior occasionally does occur. Children and small adults are particularly vulnerable. Report all mountain lion encounters immediately!

## Rodents & Hantavirus

Deer mice are possible carriers of Hantavirus. The most likely source of infection is from rodent urine and droppings inhaled as aerosols or dust. Initial symptoms are almost identical to the onset of flu. If you have potentially been exposed and exhibit flu-like symptoms, you should seek medical care immediately.

Avoid rodent infested areas. Camp away from possible rodent burrows or shelters (garbage dumps and woodpiles), and keep food in rodent-proof containers. To prevent the spread of dust in the air, spray the affected areas with a water and bleach solution (1½ cups bleach to one gallon of water).

## Giardia

Giardiasis is caused by a parasite (*Giardia lamblia*) found in lakes and streams. Persistent, severe diarrhea, abdominal cramps, and nausea are the symptoms of this disease. If you experience any symptoms, contact a physician. When hiking, carry water from one of the park's treated water systems. If you plan to camp in the backcountry, follow recommendations received with your permit. Bring water to a boil or use an approved filter.



McDonald Creek - photo by David Restivo



St. Mary Falls - photo by David Restivo

# Personal Safety

## Mountainous Terrain

Many accidents occur when people fall after stepping off trails or roadsides, or by venturing onto very steep slopes. Stay on designated trails and don't go beyond protective fencing or guard rails. Supervise children closely in such areas. At upper elevations, trails should be followed carefully, noting directions given by trail signs and markers.

## Snow and Ice

Snowfields and glaciers present serious hazards. Snowbridges may conceal deep crevasses on glaciers or large hidden cavities under snowfields, and collapse under the weight of an unsuspecting hiker. Don't slide on snowbanks. People often lose control and slide into rocks or trees. Exercise caution around any snow or icefield.

## Rivers and Lakes

Use extreme caution near water. Swift, cold glacial streams and rivers, moss-covered rocks, and slippery logs all present dangers. People have fallen victim to these rapid, frigid streams and deep glacial lakes. Avoid wading in or fording swift streams. Never walk, play, or climb on slippery rocks and logs, especially around waterfalls. When boating, don't stand up or lean over the side, and always wear a lifejacket.

## Drowning

Sudden immersion in cold water (below 80°F, 27° C) may trigger the "mammalian diving reflex." This reflex restricts blood from outlying areas of the body and routes it to vital organs like the heart, lungs, and brain. The colder the water, the younger the victim, and the quicker the rescue, the better the chance for survival. Some cold-water drowning victims have survived with no brain damage after being submerged for over 30 minutes.

### REVIVAL PROCEDURE:

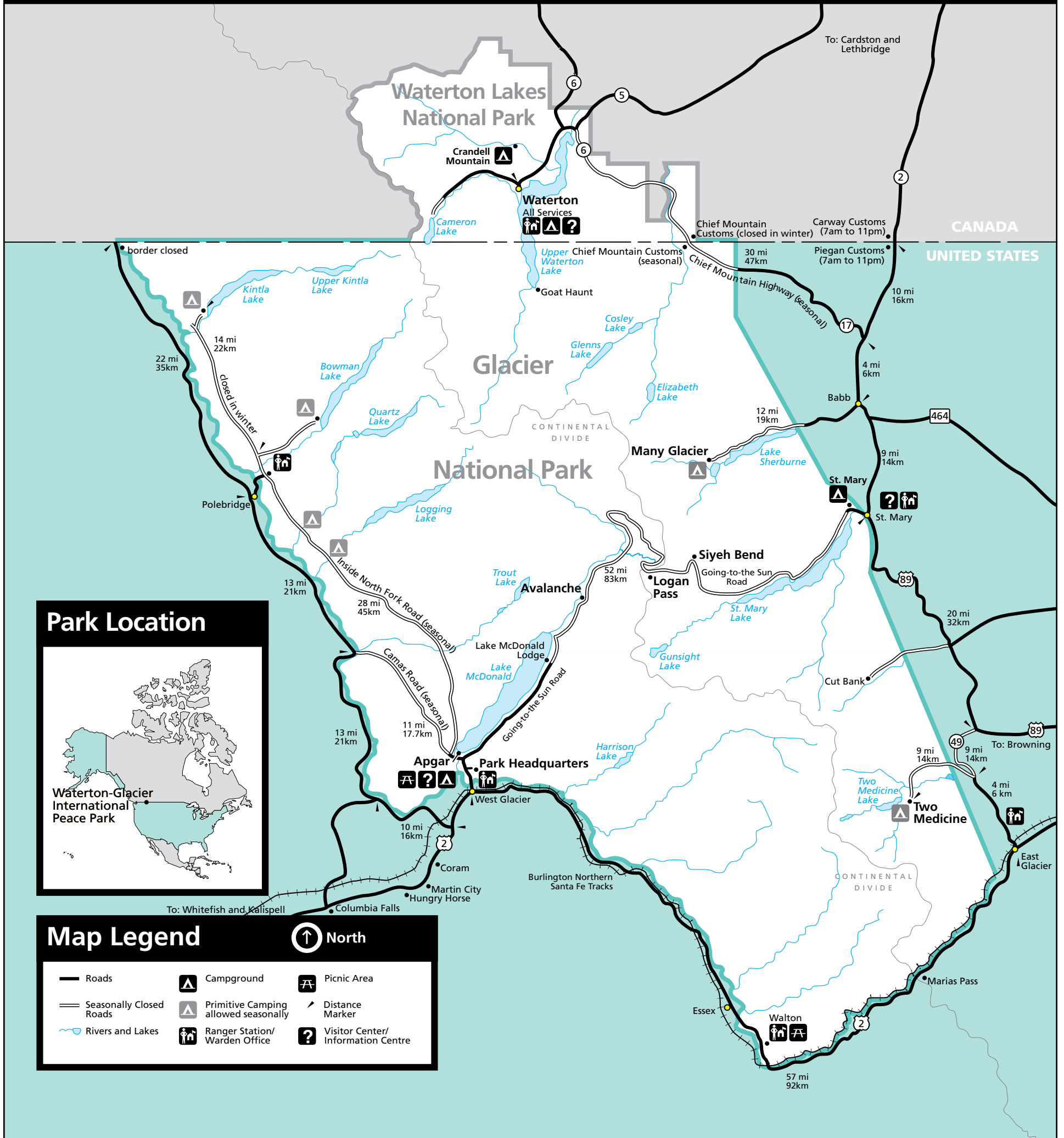
- Retrieve victim from water without endangering yourself.
- Prevent further body heat loss, but do not rewarm.
- Near-drowning victims may appear dead. Don't let this stop you from trying to revive them! If there is no pulse, start CPR regardless of the duration of submersion.
- Delayed symptoms may occur within 24 hours. Victims must be evaluated by a physician.



Always use extreme caution in and around water - photo by David Restivo



# Waterton-Glacier International Peace Park



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## Park Regulations

It is your responsibility to know and respect park regulations. Violations are punishable by fines up to \$5000.00 and/or six months in jail. Park regulations are strictly enforced.

- Pets must be on a leash, and are not permitted on trails or anywhere off plowed roadways. You may not ski with your pet.
- Feeding or disturbing wildlife is prohibited.
- It is illegal to remove any natural or cultural feature including plants, rocks, artifacts, driftwood, or antlers.
- Open containers of alcohol in a motor vehicle are prohibited.
- All food and utensils must be properly stored to protect wildlife.
- Hunting is not allowed in Glacier.
- The park fishing season for all waters in the park is from the third Saturday in May through November 30, with some exceptions. Please obtain Glacier's current *Fishing Regulations* prior to fishing.



Mt. Reynolds - NPS photo

## Border Crossing

All travelers crossing the border must present documents that are Western Hemisphere Travel Initiative (WHTI) compliant. Those documents include:

- U.S. Citizens must present a U.S. Passport, Enhanced Drivers License\*, U.S. Passport Card, or NEXUS Card
- U.S. Resident Aliens must present a U.S. Resident Alien Card
- Canadian citizen must present a Canadian Passport, Enhanced Drivers License\*, or NEXUS Card
- Citizens from countries other than Canada or the United States must present a valid passport and a current I-94 or an I-94W. I-94 forms are available at the Port of Entry for \$6.00 U.S. currency and all major credit cards are accepted. Canadian currency is not accepted.

\* For a list of States and Provinces who currently issue Enhanced Drivers Licenses, please visit [www.getyouhome.gov/html/EDL\\_map.html](http://www.getyouhome.gov/html/EDL_map.html)

Special restrictions apply when crossing the border with pets, defensive sprays, alcohol, firewood, and purchases. All firearms must be declared. For more information on crossing from the USA to Canada, call 1-800-320-0063; and if crossing from Canada to the USA, call 1-406-889-3865.

**Border Crossing Dates & Times**  
**Roosville**..... open 24 hours  
 West of the park on Highway 93, north of Whitefish, MT and south of Fernie, B.C.

**Piegan/Carway** ..... 7 a.m. to 11p.m.  
 East of the park at the joining of U.S. Highway 89 with Alberta Highway 2

**Chief Mountain**  
 Closed until mid-May 2013