

Hiking

Rocky Mountain is a park for hikers. More than 480 kilometers (300 miles) of trails provide access to the remote sections of the park so you can get away from the crowds and savor the streams, meadows, and mountains. For detailed information on elevations, lakes, and hiking trails, purchase a U.S. Geological Survey topographic map or other guides at any visitor center. Because of the great numbers of people in the park during the summer, some trails are heavily used. If you wish to avoid this congestion, ask a ranger to suggest lightly used trails.

INTERPRETIVE TRAILS If you prefer on-your-own learning experiences, the park has a number of self-guiding trails. Folders describing features along the

trails can be picked up at the trailheads or visitor centers. Distances are for round trips.

BEAR LAKE NATURE TRAIL This stroll around an alpine lake tells the story of glaciation and subalpine life. Distance: 0.8 kilometer (0.5 mile). Elevation: 2,888 meters (9,475 feet).

NEVER SUMMER RANCH The landscape and cabins tell the story of homesteading and dude ranch life in the central Rockies during the early 20th century. Distance: 1.6 kilometers (1 mile). Elevation: 2,743 meters (9,000 feet).

LONGS PEAK TRAIL The main hiking trail to the park's highest peak leads through subalpine forests, tundra, and glacial landscapes. Distance: 26 kilometers

(16 miles). Elevation 2,812 to 4,345 meters (9,554 to 14,255 feet).

LULU CITY Traces of log cabins are all that remain of a once-booming mining town. Distance: 11.6 kilometers (7.2 miles). Elevation: 2,835 meters (9,300 feet).

MORaine PARK NATURE TRAIL This easy stroll helps you identify local plants and animals. Distance: 0.4 kilometer (0.25 mile). Elevation: 2,438 meters (8,000 feet).

SPRAGUE LAKE FIVE SENSES TRAIL Ideal for wheelchair visitors, this is a level walk to use all your senses. Distance: 0.8 kilometer (0.5 mile). Elevation: 2,960 meters (8,710 feet).

TUNDRA WORLD Short trails lead from both the



Forest Canyon and Rock Cut overlooks. Elevation: 3,535 and 3,752 meters (11,600 and 12,310 feet).

WILD BASIN This is a wild corner of the park with scenic glaciated valleys, streams, and waterfalls. Distances: up to 26 kilometers (16 miles). Elevation: 2,582 to 3,353 meters (8,470 to 11,000 feet).

BACKCOUNTRY Step into the wilderness, get away from the crowd, 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. The free permits may be obtained in advance or upon arrival at park headquarters, the West Unit Office, and at most ranger stations. Backcountry

camping is limited to seven nights between June and September and 15 more nights during the remainder of the year. Backcountry camping is allowed in designated campsites only, unless authorized by permit. Camp no closer than 30 meters (100 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. 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 in the backcountry.

