



Essentials to Carry

- Water
- Rain Gear
- Extra Food
- Hat & Dark Glasses
- First Aid Kit
- Topographic Map & Compass
- Flashlight
- Waterproof Matches
- Pocket Knife
- Whistle

Leave No Trace

- Plan ahead and prepare
- Travel and camp on durable surfaces
- Dispose of waste properly
- Leave what you find where you find it
- Minimize campfire impacts
- *Fires may be restricted or banned as conditions require*
- Respect wildlife
- Be considerate of other visitors

High Country Survival

- High elevations can cause altitude sickness and may aggravate existing medical conditions; use caution.
- Stay together as a hiking party. Don't separate; keep children with the family or group.
- Stay on the trail. Shortcutting causes erosion.
- Wear sturdy foot gear. A hike in this environment requires good ankle support and a treaded sole.
- Pack extra water and snacks. Traveling in high elevations, requires lots of water. Don't drink from streams or lakes without treating the water!
- Always take a rain parka; thunderstorms come up quickly.
- In the event of a lightning storm, get below treeline quickly.

Mountain Hiking

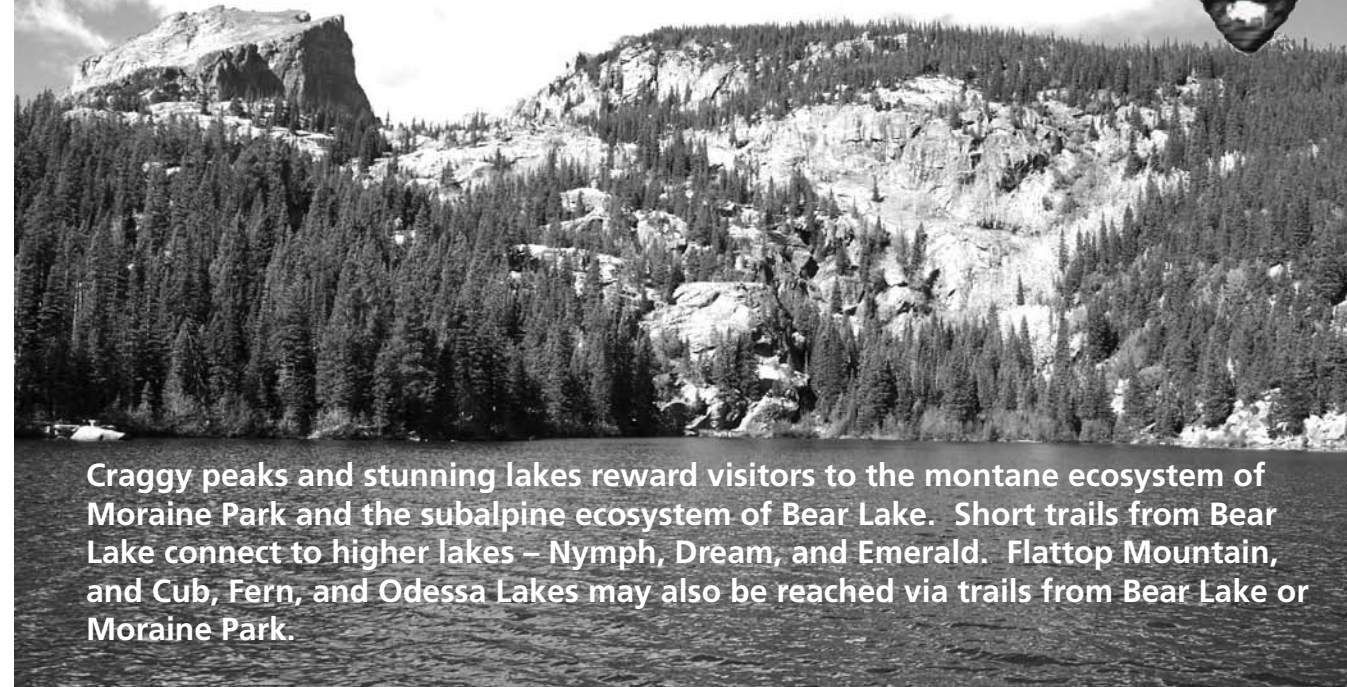
In preparation for hiking, visitors from lower elevations should take a couple of days to adjust to the park's high altitude before doing strenuous hikes. Drinking lots of water and taking short, easy hikes under two miles long are suggested.

Pets, Wildlife, Strollers

- No pets are allowed on trails; pets are permitted along roadways and parking lots, but must be closely leashed.
- Strollers are permitted only on the nature trails around Sprague and Bear lakes.
- Do not approach or feed wildlife.

January, 2009

Bear Lake Area Hiking



Craggy peaks and stunning lakes reward visitors to the montane ecosystem of Moraine Park and the subalpine ecosystem of Bear Lake. Short trails from Bear Lake connect to higher lakes – Nymph, Dream, and Emerald. Flattop Mountain, and Cub, Fern, and Odessa Lakes may also be reached via trails from Bear Lake or Moraine Park.

Shuttle Buses

Free shuttle buses operate through the summer along the upper parts of Bear Lake Road. Please refer to your park newspaper or check at a visitor center for current bus schedules. Bear Lake corridor buses may be accessed by parking at Park & Ride.

Bear Lake Route

Buses leave from Park & Ride going to Bear Lake with stops at Bierstadt Lake Trailhead and Glacier Gorge Junction.

Moraine Park Route

Buses leave from Fern Lake Bus Stop going to Park & Ride with stops at Cub Lake Trailhead, Moraine Park Campground, Moraine Park Museum and Tuxedo Park.




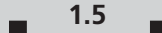

Hiker Shuttle

Buses leave from Estes Park Visitor Center going to Park & Ride with a brief stop at the Beaver Meadows Visitor Center.

Bus schedules: Please check at an entrance gate, visitor center, or Park & Ride for current shuttle bus schedules.

Bear Lake Corridor Trails

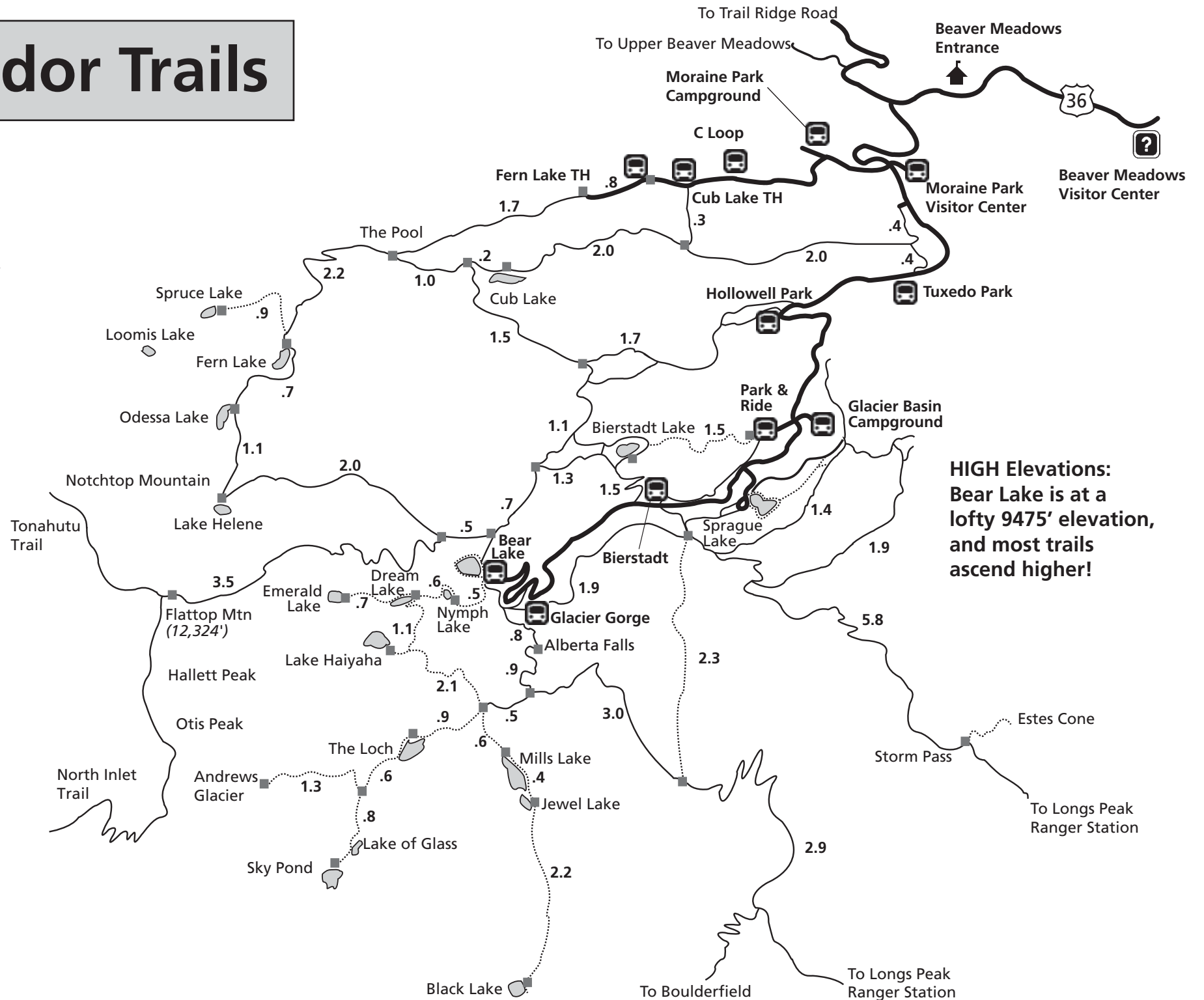
LEGEND

-  Roads
-  Horses/ Hikers Trails
-  Hikers Only Trails
-  1.5 Trail Mileage
-  Shuttle Bus Stop



Destination	Miles	Gain
<i>(One way from nearest trailhead)</i>		
*Alberta Falls	0.8	160'
Bear Lake	0.5	20'
Bierstadt Lake	1.6	566'
Cub Lake	2.3	540'
Dream Lake	1.1	425'
Emerald Lake	1.8	605'
Fern Lake	3.8	1,375'
Flattop Mtn.	4.4	2,849'
Lake Haiyaha	2.1	745'
Mill Ck Basin	1.6	600'
*Mills Lake	2.8	750'
Nymph Lake	0.5	225'
Sprague Lake	0.5	20'
*The Loch	3.1	990'
The Pool	1.7	245'

*All Glacier Gorge trails can be accessed from Bear Lake



HIGH Elevations:
 Bear Lake is at a lofty 9475' elevation, and most trails ascend higher!