



Hiking Trails

Hiking trails abound in Rocky Mountain National Park. Trails exist for hikers of all skill levels, from short walks to challenging wilderness excursions (permits required for all overnight wilderness trips). This brochure lists some of Rocky's most popular trails.

East Side Trails

TRAILHEAD	DESTINATION	DISTANCE ONE WAY		ELEVATION GAIN	
		mi	km	ft	m
Bear Lake	Bierstadt Lake	1.6	2.6	566	173
	Emerald Lake	1.8	2.9	605	184
	Fern Lake Trailhead	8.5	13.7	1215	370
	Flattop Mountain	4.4	7.1	2849	868
	Lake Haiyaha	2.1	3.4	745	227
	Odessa Lake	4.1	6.6	1205	367
Bierstadt Lake	Bierstadt Lake	1.4	2.3	566	172
Chapin Creek	Ypsilon Mountain	3.5	5.6	2874	876
Cub Lake	Cub Lake	2.3	3.7	540	164
Deer Ridge Junction	Deer Mountain	3.0	4.8	1083	330
Fern Lake	Fern Falls	2.7	4.3	645	196
	Fern Lake	3.8	6.1	1375	419
	Odessa Lake	4.4	7.1	1865	568
	The Pool	1.7	2.7	1442	439
Finch Lake	Finch Lake	4.5	7.2	1442	439
	Pear Lake	6.5	10.5	2112	643
Gem Lake	Gem Lake	2.0	3.2	1090	332
Glacier Gorge Junction	Alberta Falls	0.6	1.0	160	48
	Andrews Glacier	5.0	8.0	2460	749
	Black Lake	4.7	7.6	1390	424
	Lake Haiyaha	3.5	5.6	980	299
	The Loch	2.7	4.3	940	286
	Mills Lake	2.5	4.0	700	213
	Timberline Falls	4.0	6.4	1210	368
	Sky Pond	4.6	7.4	1660	506
Longs Peak Ranger Station	Chasm Lake	4.2	6.8	2390	728
	Eugenia Mine	1.4	2.3	508	154
	Longs Peak	8.0	12.9	4855	1479
Lawn Lake	Lawn Lake	6.2	10.0	2249	685
	Ypsilon Lake	4.5	7.2	2180	664
Lily Lake	Around lake	0.8	1.2	20	6

East Side Trails, continued

TRAILHEAD	DESTINATION	DISTANCE ONE WAY		ELEVATION GAIN	
		mi	km	ft	m
Rock Cut	Toll Memorial	0.5	0.8	260	79
Sandbeach Lake	Sandbeach Lake	4.2	6.8	1971	600
Sprague Lake	Around lake	0.5	0.8	20	6
Twin Sisters	Twin Sisters Peak	3.7	6.0	2338	701
Wild Basin Ranger Station	Copeland Falls	0.3	0.5	15	4
Wild Basin Entrance	Bluebird Lake	6.0	9.7	2478	755
	Calpyso Cascades	1.8	2.9	700	213
	Lion Lake No. 1	7.0	11.3	2565	781
	Ouzel Falls	2.7	4.3	950	289
	Thunder Lake	6.8	10.9	2074	632

West Side Trails

TRAILHEAD	DESTINATION	DISTANCE ONE WAY		ELEVATION GAIN	
		mi	km	ft	m
Colorado River	Lulu City Site	3.7	5.9	350	91
Coyote Valley	North Valley View	0.5	0.8	0	0
East Inlet	Adams Falls	0.3	0.5	79	24
	Lake Verna	6.9	11.1	1809	551
	Lone Pine Lake	5.5	8.9	1494	455
	Spirit Lake	7.8	12.6	1899	578
Green Mountain	Big Meadows	1.8	2.9	606	185
North Inlet	Cascade Falls	3.5	5.6	300	91
	Lake Nanita	11.0	17.7	2240	682
	Lake Nokoni	9.9	15.9	2240	682
Timber Lake	Timber Lake	4.8	7.7	2060	627

For Your Safety

High elevations can cause altitude sickness and may aggravate existing health conditions. Use caution. Take time to acclimatize to the park's high altitude before attempting strenuous hikes. Rest, drink lots of fluids, eat salty snacks, and start with easy hikes.

Thunderstorms are common in summer and are dangerous. Plan your day to be below treeline by early afternoon. If you see building storm clouds, head back to the trailhead. If caught in a lightning storm, get below treeline.

Park Information
Trail Ridge Road Status.....
Emergencies

- ✓ Bring waterproof outer layers and extra layers for warmth.
- ✓ Wear a hat, sunglasses, and sunscreen. Sunlight can damage your eyes and skin, even on cloudy days.
- ✓ Pack water and snacks. Don't drink from streams or lakes without treating the water.
- ✓ Carry a map and compass or GPS. Know how to use them.
- ✓ Wear sturdy footwear with good ankle support and a treaded sole.
- ✓ Don't rely on cell phones. Many areas have no service.

(970) 586-1206 or www.nps.gov/romo
(970) 586-1222
911. Tell the dispatcher you are in Rocky Mountain National Park, Colorado