

# Rocky Mountain

National Park  
Colorado

National Park Service  
U.S. Department of the Interior

## Hiking Trails

Over three hundred miles of walking and hiking trails abound in Rocky Mountain National Park. Offerings exist for both novice and experienced hikers, varying from short walks to challenging backcountry excursions. Permits are required for all overnight camping trips.

Trailhead (starting elevation)	Destination	Distance (one-way)	Elevation Gain	Difficulty Level
Bear Lake 9,475 feet 2,888 meters	Around Lake	0.5 miles .8 kilometers	20 feet 6.1 meters	Easy
	Nymph Lake	0.5 mi .8 km	225 ft 688 m	Easy
	Dream Lake	1.1 mi 1.8 km	425 ft 129 m	Moderate
	Emerald Lake	1.8 mi 2.9 km	605 ft 184 m	Moderate
	Lake Haiyaha	2.1 mi 3.4 km	745 ft 227 m	Moderate
	Flattop Mountain	4.4 mi 7.0 km	2,874 ft 868 m	Strenuous
	Bierstadt Lake	1.6 mi 2.6 km	255 ft 77 m	Moderate
	Odessa Lake	4.1 mi 6.6 km	1,215 ft 370 m	Moderate
	Fern Lake Trailhead	8.5 mi 13.7 km	1,865 ft 568 m	Moderate
Bierstadt Lake 8,850 ft 2,697 m	Bierstadt Lake	1.4 mi 2.3 km	566 ft 172 m	Moderate
Chapin Creek 10,640 ft 3,243 m	Ypsilon Mountain	3.5 mi 5.6 km	2,874 ft 876 m	Strenuous
Colorado River* 9,010 ft 2,746 m	Lulu City Site	3.1 mi 5.0 km	300 ft 91 m	Moderate
Copeland Lake 8,312 ft 2,533 m	Sandbeach Lake	4.2 mi 6.8 km	1,971 ft 600 m	Strenuous
Cub Lake 8,080 ft 2,463 m	Cub Lake	2.3 mi 3.7 km	540 ft 164 m	Moderate
Deer Ridge Junction 8,930 ft 2,722 m	Deer Mountain	3.0 mi 4.8 km	1,083 ft 330 m	Moderate
East Inlet* 8,391 ft 2,558 m	Adams Falls	0.3 mi .5 km	79 ft 24 m	Easy
	Lone Pine Lake	5.5 mi 8.9 km	1,494 ft 455 m	Strenuous
	Lake Verna	6.9 mi 11.1 km	1,809 ft 551 m	Strenuous
	Spirit Lake	7.8 mi 12.6 km	1,899 ft 578 m	Strenuous
Fern Lake 8,155 ft 2,486 m	The Pool	1.7 mi 2.7 km	245 ft 74 m	Easy
	Fern Falls	2.5 mi 4.0 km	645 ft 196 m	Moderate
	Fern Lake	3.8 mi 6.1 km	1,375 ft 419 m	Moderate
	Odessa Lake	4.9 mi 7.9 km	1,899 ft 578 m	Strenuous
Finch Lake 8,470 ft 2,582 m	Finch Lake	4.5 mi 7.2 km	1,442 ft 439 m	Moderate
	Pear Lake	6.5 mi 10.5 km	2,112 ft 643 m	Strenuous
Gem Lake 7,740 ft 2,359 m	Gem Lake	2.0 mi 3.2 km	1,090 ft 332 m	Moderate

Trailhead (starting elevation)	Destination	Distance (one-way)	Elevation Gain	Difficulty Level
<b>Glacier Gorge Junction</b> 9,240 ft 2,816 m	Alberta Falls	0.6 mi .97 km	160 ft 48 m	Easy
	Mills Lake	2.5 mi 4.0 km	700 ft 213 m	Moderate
	Black Lake	4.7 mi 7.6 km	1,380 ft 420 m	Strenuous
	Lake Haiyaha	3.5 mi 5.6 km	745 ft 227 m	Moderate
	The Loch	2.7 mi 4.3 km	940 ft 286 m	Moderate
	Timberline Falls	4.0 mi 6.4 km	1,210 ft 368 m	Strenuous
	Sky Pond	4.6 mi 7.4 km	1,660 ft 506 m	Strenuous
	Andrews Glacier	5.0 mi 8.0 km	2,460 ft 749 m	Strenuous
<b>Green Mountain*</b> 8,800 ft 2,682 m	Big Meadows	1.8 mi 2.9 km	600 ft 183 m	Moderate
<b>Lawn Lake</b> 8,540 ft 2,603 m	Lake Ypsilon	4.5 mi 7.2 km	2,180 ft 664 m	Strenuous
	Lawn Lake	6.2 mi 10.0 km	2,249 ft 685 m	Strenuous
<b>Longs Peak Ranger Station</b> 9,300 ft 2,835 m	Eugenia Mine	1.4 mi 2.3 km	508 ft 154 m	Moderate
	Chasm Lake	4.2 mi 6.8 km	2,360 ft 719 m	Strenuous
	Longs Peak	8.0 mi 12.9 km	4,855 ft 1,479 m	Strenuous
<b>North Inlet*</b> 8,540 ft 2,603 m	Cascade Falls	3.5 mi 5.6 km	300 ft 91 m	Moderate
	Lake Nokoni	9.9 mi 15.9 km	2,240 ft 682 m	Strenuous
	Lake Nanita	11.0 mi 17.7 km	2,240 ft 682 m	Strenuous
<b>Rock Cut</b> 12,110 ft 3,691 m	Toll Memorial	0.5 mi .8 km	200 ft 61 m	Moderate
<b>Sprague Lake</b> ♿ 8,710 ft 2,655 m	Around Lake	0.5 mi .8 km	20 ft 6 m	Easy
<b>Timber Lake*</b> 9,000 ft 2,743 m	Timber Lake	4.8 mi 7.7 km	2,060 ft 627 m	Strenuous
<b>Twin Owls</b> 7,920 ft 2,414 m	Gem Lake	1.8 mi 2.7 km	910 ft 277 m	Moderate
<b>Twin Sisters</b> 9,090 ft 2,771 m	Twin Sisters Peak	3.7 mi 6.0 km	2,338 ft 277 m	Strenuous
<b>Wild Basin Ranger Station</b> 8,500 ft 2,591 m	Copeland Falls	0.3 mi .48 km	15 ft 4 m	Easy
	Calypso Cascades	1.8 mi 2.9 km	700 ft 213 m	Moderate
	Ouzel Falls	2.7 mi 4.3 km	950 ft 289 m	Moderate
	Bluebird Lake	6.0 mi 9.7 km	2,478 ft 755 m	Strenuous
	Thunder Lake	6.8 mi 10.9 km	2,074 ft 632 m	Strenuous
	Lion Lake No. 1	7.0 mi 11.3 km	2,565 ft 781 m	Strenuous
	Lion Lake No. 2	7.5 mi 12.1 km	2,900 ft 883 m	Strenuous
	Snowbank Lake	8.0 mi 12.9 km	3,021 ft 920 m	Strenuous

♿ The Sprague Lake Nature Trail is recommended for those confined to wheelchairs who require assistance or those with particularly good upper body strength.

\* Trails on the west side of the park.

## FOOTNOTES



- Be prepared. Notify someone of your destination. Carry a compass, map, flashlight, and matches. Layered clothing, wool sweaters, and rain gear are important.

- Carry plenty of water. Stream and lake water should be boiled to kill Giardia, a parasite that causes human illness.  
- Pack out your trash and any you may find.