

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*
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**Trails on the west side of the park.

Bear Lake 9,475 feet 2,888 meters	Around Lake	0.6 miles .9 kilometers	20 feet 6.1 meters	Easy
	Nymph Lake	0.5 mi .8 km	225 ft 68.6 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	2,849 ft 868 m	Strenuous
	Bierstadt Lake	1.6 mi 2.6 km	245 ft 75 m	Moderate
	Odessa Lake	4.1 mi 6.6 km	1,205 ft 367 m	Moderate
	Fern Lake Trailhead	8.5 mi 13.7 km	1,205 ft 367 m	Moderate
	Bierstadt Lake 8,850 ft 2,697 m	Bierstadt Lake	1.4 mi 2.3 km	566 ft 172 m
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	3.7 mi 5.9 km	350 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
	The Pool	1.7 mi 2.7 km	245 ft 74 m	Easy
Fern Lake 8,155 ft 2,486 m	Fern Falls	2.7 mi 4.3 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	1,865 ft 568 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

* Difficulty levels are based on trail distances, elevation gain, beginning elevations, hiker reactions, ranger recommendations, and visitor origins. Over fifty percent of our visitors come from low elevation locales. For further information, please ask at visitor centers for books and trail guides or contact a ranger.

Trailhead (starting elevation)	Destination	Distance (one-way)	Elevation Gain	Difficulty Level*
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** Trails on the west side of the park.

Glacier Gorge Junction 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	1,390 ft 424 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	
	Green Mountain** 8,800 ft 2,682 m	Big Meadows	1.8 mi 2.9 km	606 ft 185 m	Moderate
		Ypsilon Lake	4.5 mi 7.2 km	2,180 ft 664 m	Strenuous
Lawn Lake 8,540 ft 2,603 m	Lawn Lake	6.2 mi 10.0 km	2,249 ft 685 m	Strenuous	
	Lily Mountain	1.5 mi 2.4 km	1,006 ft 307 m	Moderate	
Longs Peak Ranger Station 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	2,390 ft 728 m	Strenuous	
	Longs Peak	8.0 mi 12.9 km	4,855 ft 1,479 m	Strenuous	
	Cascade Falls	3.5 mi 5.6 km	300 ft 91 m	Moderate	
North Inlet** 8,540 ft 2,603 m	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	
	Toll Memorial	0.5 mi .8 km	260 ft 79 m	Moderate	
Rock Cut 12,110 ft 3,691 m	Around Lake	0.5 mi .8 km	20 ft 6 m	Easy	
Sprague Lake  8,710 ft 2,655 m	Timber Lake	4.8 mi 7.7 km	2,060 ft 627 m	Strenuous	
Timber Lake** 9,000 ft 2,743 m	Gem Lake	1.8 mi 2.7 km	910 ft 277 m	Moderate	
Twin Owls 7,920 ft 2,414 m	Twin Sisters Peak	3.7 mi 6.0 km	2,338 ft 277 m	Strenuous	
Wild Basin Ranger Station 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	

FOOTNOTES



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



Pack out your trash and any you may find.



Carry plenty of water. Stream and lake water should be boiled to kill Giardia, a parasite that causes human illness.



Emergency phones are located at the Bear Lake parking lot, Cow Creek Trailhead, Deer Ridge Junction, Lawn Lake Trailhead, and Longs Peak and Wild Basin Ranger Stations.