

Mixing Skis and Shoes

If snowshoeing or hiking, avoid walking in the tracks set by skiers. Snowshoers and skiers should try to maintain different tracks whenever possible.

Avoid *hiking* in soft snow. It is fatiguing and creates hazardous holes for those who follow.

Skiers need to be in control at all times.

Frostbite

Prevent frostbite by keeping your extremities and face well protected. Watch for warning signs of frostbite—white or waxy skin, tingling or numbness.

Hypothermia

Hypothermia is the lowering of the body's core temperature to a level that impairs normal muscle and brain activities. It is serious and sometimes fatal. Preparation is the best prevention for hypothermia. Dress in layers and carry extra clothing. Wool or synthetic pile, under a windproof shell, are recommended as they retain body heat even when wet. Carry an extra hat and mittens.

Avalanches

Avoid steep slopes and gullies where avalanches occur most often. Slopes of 30 percent and steeper present the greatest risk, but gentler slopes can have an avalanche.

Sunburn

Ultraviolet radiation is more intense at high elevation. In addition, snow reflects ultraviolet rays, leading to more exposure. Wear sunblock and protect your eyes with sunglasses.

Stream and Lake Crossing

In winter, stream and lake crossing can be dangerous. Ice is thinner near inlets and outlets and over fast moving water. Use extreme caution whenever crossing streams or lakes.

Emergencies

In the park contact the nearest park ranger or call **(970) 586-1399** or **911**. Cell phone coverage is unreliable in the park.

For current park information call (970) 586-1206.

Rocky Mountain National Park



Wild Basin Winter Trails



Skiing and snowshoeing opportunities abound in Wild Basin.

Go prepared for fast-changing mountain weather. Clear, warm conditions can shift to severe snow storms with strong winds and whiteouts within minutes. Be prepared to spend the night. The few extra pounds in your pack may save your life. Check at visitor centers for current conditions.

Essentials

*Always carry these **life saving** essentials:*

- Water
- Extra clothing
- Extra Food
- Hat & Dark Glasses
- First Aid Kit
- Topo Map & Compass
- Flashlight or headlamp
- Waterproof Matches
- Pocket Knife
- Whistle

For most fun:

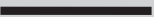

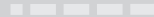
Skiing or snowshoeing alone is not recommended. Go with a companion, and let others know your planned route and return time.

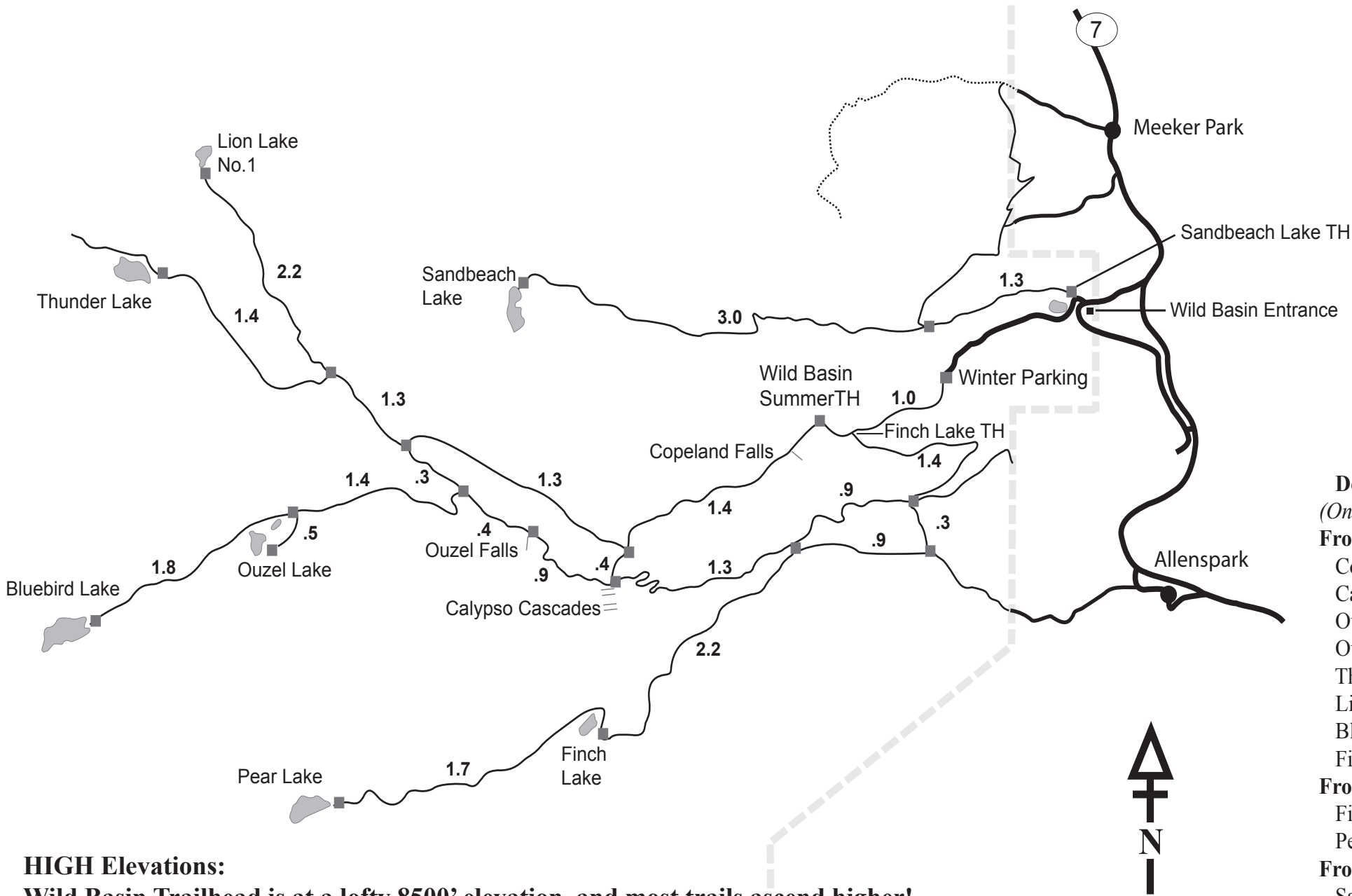
Stay aware of your surroundings, and your physical condition. Plan to be back to the trailhead well before dark.

Pack extra food and water. Exercise in cold temperatures and dry high-elevation air demand lots of water and food.

Wild Basin Area Trails

LEGEND

-  Roads
-  Winter Trail
-  Park Boundary



Destination	Miles	Gain
<i>(One way from nearest trailhead)</i>		
From Wild Basin Ranger Station:		
Copeland Falls	0.3 mi	15'
Calypso Cascades	1.8 mi	700'
Ouzel Falls	2.7 mi	920'
Ouzel Lake	4.9 mi	1,510'
Thunder Lake	6.8 mi	2,074'
Lion Lake #1	7.0 mi	2,563'
Bluebird Lake	6.3 mi	2,478'
Finch Lake	5.2 mi	1,412'
From Finch Lake Trailhead:		
Finch Lake	4.5 mi	1,442'
Pear Lake	6.5 mi	2,112'
From Sandbeach Lake Trailhead:		
Sandbeach Lake	4.2 mi	1,963'

HIGH Elevations:
Wild Basin Trailhead is at a lofty 8500' elevation, and most trails ascend higher!