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Alert:

Due to the 2013 Flood, backcountry travelers may encounter missing foot bridges, missing trail segments, difficult water crossings and unstable slopes. Please stop at a visitor center or visit our website for more specific information.

Stay Connected:

Official Website: www.nps.gov/romo
Follow us on Twitter: @RMNPOfficial
Like us on Facebook: RockyMountainNP
Instagram: rockynps

RMNP

Rocky Mountain National Park

National Park Service
U.S. Department of the Interior

The official newspaper
of Rocky Mountain National Park



Park News

Spring 2014

March 23, 2014 – June 14, 2014



Spring is truly a time of celebrating transitions and new beginnings.



NPS/Ann Schonlau

Springtime in Rocky

by Katy Sykes, Information Office Manager

What pictures in your mind does the word "springtime" conjure up? Fields of flowers, baby animals, twittering birds? How about white mountains and snowfalls measured in feet? Springtime in Rocky Mountain National Park is all these and more. Actually, springtime in Rocky can feel like any season of the year: it can be sunny, snowy, rainy, windy, warm, and cold.

Spring days can be gorgeous with crystal blue skies and bright sunshine that pours down over the mountains. It can also snow, and some of the park's biggest snowfalls can be in March and April. It can actually snow into early June up on the mountaintops. Trail Ridge Road is scheduled to open for the season on May 23 this year, but its opening is always weather-dependent, and it stays open as long as weather and road conditions permit. Spring snows are usually quite wet, which is great for forest fire prevention but not always great for winter sports like snowshoeing and cross-country skiing, and early season hiking. Check with a ranger about current conditions.

Mountain stream and lake ice starts melting in the warm spring sun, so be extra careful not to fall in, as the water is very cold.

Some of the first harbingers of spring are the brilliant Mountain bluebirds, first spotted in late February and early March. Pasqueflowers, Snow buttercups, and Easter daisies start blooming in early April. By the third week of May, fields of cheery bright-yellow Golden banner, a member of the pea family, splash the mountainsides and roadsides. In early June, look for the several species of delicate orchids that bloom in the park, then Wild roses and Colorado blue columbine around the third week of June.

Bears usually come out of winter hibernation around early April. They are hungry and not much natural food is available yet. Help protect them by properly securing food items. Baby animals start showing up in May and June. As fun as they are to look at, be sure to give the new Mule deer, Bighorn sheep, Elk, and Moose moms extra space, as they can be quite protective of their precious babies.

Visitor Centers Estes Park Area

Alpine Visitor Center

Starting May 23, open daily (weather permitting) 10:30-4:30. It features extraordinary views of alpine tundra, displays, information, a bookstore, an adjacent gift shop, cafe and a coffee bar. Call (970) 586-1222 for Trail Ridge Road status.

Beaver Meadows

Open daily 8-4:30. Starting May 3, open daily 8-5. Park information, free park movie and bookstore available. Backcountry camping permits are available by following the footpath just east of the visitor center to the Backcountry Office.



Alpine Visitor Center Plaza

Fall River

Open daily 9-5, starting May 10. Features life-sized wildlife displays, a book store and discovery room where kids can touch objects and dress up as rangers, American Indians and pioneers.

Sheep Lakes Information Station

This station offers information and ranger programs. Open daily 9-4:30 starting May 10. Horseshoe Park is a good place to look for wildlife, including bighorn sheep and elk.

Grand Lake Area

Kawuneeche

Open daily 8-4:30. Starting May 5, open daily 8-5. Park information and maps, free movie and exhibits on how to plan your visit, bookstore, backcountry camping permits.



Kawuneeche Visitor Center

Old Fall River Road and Alluvial Fan Flood Damage

Old Fall River Road and the Alluvial Fan suffered significant damages during flooding last September. The road will remain closed to vehicles through 2014. Once construction begins to repair the road and the Alluvial Fan (date to be determined) the road west of the

Lawn Lake Trailhead to the Alpine Visitor Center will be closed to vehicles, pedestrians, and bicycles. Please stop at a visitor center or visit the park's website for more up-to-date information, nps.gov/romo.

Park Phone Numbers



Trail Ridge Road Status: (970) 586-1222
Park Information: (970) 586-1206



Hearing impaired persons may call the TTY at (970) 586-1319



Dial **911** to report Emergencies

Entrance Fees

Automobile 7-day Pass - Valid for seven consecutive days including date of purchase. \$20

Rocky Mountain National Park Annual Pass - Provides unlimited entry to this park for one year from the date of purchase. \$40

Rocky Mountain National Park/ Arapaho National Recreation Area Annual Pass - Provides unlimited entry to both areas for one year from the date of purchase. \$50

America the Beautiful Pass – National Parks and Federal Recreational Lands Annual Pass - Available to everyone and provides unlimited entry to federal recreation sites that charge an entrance or standard amenity fee for one year from date of purchase. \$80

America the Beautiful National Parks and Federal Recreational Lands Senior Pass - A lifetime pass for U.S. citizens or permanent residents age 62 or older. \$10

America the Beautiful Military Pass - Free unlimited entry to federal recreation sites (including National Parks) for active duty US military personnel and dependents with required proper identification (CAC Card or DD Form 1173) for one year.

America the Beautiful National Parks and Federal Recreational Lands Access Pass - A free lifetime pass for U.S. citizens or permanent residents with a permanent disability.

All fees may be paid by check, cash, or credit card.

Important Information and Safety Considerations

Nature's beauty is alluring. Her power is also awe-inspiring and dangerous. Keep your vacation from turning into a nightmare by following these safety tips.

Don't Get Zapped by Lightning

Hike early in the morning. Thunderstorms and lightning strikes are common in the afternoon. Leave your umbrella behind - metal attracts lightning. Never seek shelter under a tall tree or rocky overhang where electrical currents often go.

Avert Avalanches

Snow slides are most often triggered by people. Hikers, skiers and snowshoers should avoid crossing steep gullies and open snow-covered slopes with a 30-45 degree angle. Check the Colorado Avalanche Information Website at: <http://avalanche.state.co.us/index.php>

Be Wary of Rivers

Jumping across a stream during spring melt-off is dangerous. Rivers can run fast, cold and deep. When near swift water, bypass slippery rocks and always keep children next to adults. One slip can take a life.

Ward-off Hypothermia

Avoid this potentially fatal drop in core body temperature- keep dry and warm with rain gear, a windbreaker and extra layers. Be alert for hypothermia's warning signs – shivering, confusion and drowsiness.

Be Mountain Savvy

Training and technical skills are needed to summit many of Rocky's high peaks. Slipping is not the problem when climbing up steep terrain with snow and ice. It's the landing that can hurt, maim and kill. Longs Peak is NOT a hike! There is no trail to the summit and the rocks are often coated in ice until mid-July.

Avoid Bear and Mountain Lion Encounters

When hiking, ALWAYS keep children next to adults. If you encounter these animals, make yourself look big – pick up small children, raise your arms and keep your group standing close together. Never run – instead SLOWLY back away and leave the area. If attacked, fight back!

Do Not Feed Wildlife

Wildlife, including chipmunks and birds, are beautiful to look at and it's tempting to feed them. But they can bite you, carry disease and become beggars. Human food is unhealthy for them. Plus feeding wildlife is illegal. Enjoy them from a distance.

Watch Out for Falling Trees

The Mountain Pine Beetle epidemic has increased the chances of falling trees. Avoid hiking through the forest on windy days and plan your rest breaks away from red or dead trees.

Altitude Sickness

Altitude can aggravate preexisting medical conditions and even be fatal. Acclimatize by drinking plenty of water and driving to 12,000 feet up Trail Ridge Road later in your stay. If you feel lousy at altitude, descend immediately.

Don't get Ticked

Ticks abound on low-lying vegetation from March through June. Ticks can carry Rocky Mountain Spotted Fever. Evade these bugs with insect repellent and by checking your clothes and body after outdoor activities.

Bicycles in the Park

Bicycling is prohibited on trails. By law, you must ride single file. Park roads are narrow and may not have shoulders. Shuttle buses are not equipped to transport bicycles.

Campfires

Campfires are permitted only in campgrounds and picnic areas with fire grates. During high fire danger, campfires may be prohibited. Firewood can be purchased at campgrounds in summer. Collecting vegetation, dead or alive, is prohibited.

Firearms

Possessing firearms in Rocky Mountain National Park is permitted for those who are legally authorized under federal, Colorado or local laws. However, hunting, recreational shooting, and target practice are illegal.

Federal law prohibits firearms in park buildings and facilities. Those legally allowed to carry firearms must comply with all applicable state and federal firearm laws. Need to know more? Contact us at 970-586-1206.

Fishing

Fishing in the park? You'll need a valid Colorado state fishing license. Pick up regulations at visitor centers or entrance stations.

Pets and Service Animals

Pets are only allowed in picnic areas, campgrounds and along roadsides. They must be on a leash, no longer than 6 feet. Pets must not be unattended in cars, or tied to trees or objects. Pets are never allowed on trails or meadows. Ask for a Pet Brochure at a visitor center.

Service animals individually trained to perform specific tasks are allowed on trails and in park facilities only if they are providing a service for a disabled person. Under the Americans with Disabilities Act (ADA), "therapy animals" providing emotional support do not qualify as service animals. These pets are prohibited on trails, in park buildings or other non-motorized areas. Service dogs-in-training are not service animals under ADA, but are considered pets.

Food Storage

Properly stored food and a clean camp protect you, your car, and wildlife from harm. Unattended food, toiletries and other scented items can attract wildlife including bears. Violators will be cited for improperly stored or unattended food items including food, drinks, garbage, wrappers, pet food, cosmetics toiletries, and odoriferous containers.

Picnicking

Check the park map for designated picnic areas.

Take Only Pictures

It's illegal to disturb or remove natural feature such as pinecones, rocks, antlers, artifacts, soil, rocks, or vegetation. Metal detector use is prohibited in the park.

Viewing Wildlife

View wildlife from roadside parking areas. Always pull completely off the road without parking on vegetation. Approaching animals may stress and provoke them and could get you injured. If an animal changes their behavior, you're too close. Feeding any animal or bird is illegal.

Watch for Flood and Fire Damage

Recent floods have damaged trails or made sections impassable. Watch for collapsed or missing foot bridges and directional signs, unstable slopes, fallen trees and rough trails. Travel at your own risk. Safety is your responsibility.

Keep it Pristine

Rocky Mountain National Park lures three million visitors a year. Keep your park beautiful by practicing Leave No Trace Ethics.

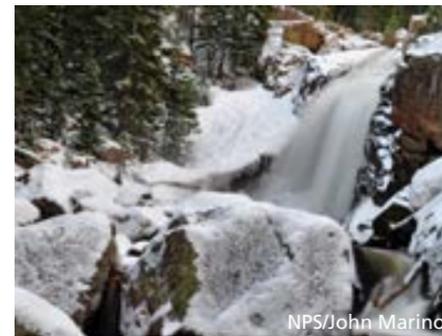
- Plan ahead and prepare
- Travel and camp on durable surfaces
- Dispose of waste properly
- Leave what you find
- Minimize campfire impacts
- Respect wildlife
- Be considerate of others

Going Hiking?

Rocky has over 350 miles of trails. Most of these trails are still buried under snow in spring and early summer. Ask for current trail conditions at a visitor center or online at nps.gov/romo. Be prepared for variable and changing weather conditions.

Be Advised

Although small amounts of recreational marijuana are now legal in Colorado - possession and use of marijuana continues to be illegal in Rocky Mountain National Park and all federal lands.



NPS/John Marino

Travel Tips

Essentials to wear and carry

- Lots of water
- High-energy food
- Layers of clothing (jackets & pants)
- Storm gear
- Sunglasses with UV protection
- Pocket knife
- Topographic map & compass/GPS
- Waterproof matches
- Whistle
- Sturdy footwear & extra socks
- Hat and gloves
- Sunscreen
- First aid kit
- Flashlight or headlamp
- Common sense!

Weather and Road Conditions

Trail Ridge Road is scheduled to open for the season on May 23, weather permitting. It usually closes for the season in mid-October. For current park road and driving conditions, please stop at a visitor center. The park Information Office operates seven days a week 8 am - 4:30.

Call the Trail Ridge Road status line (970) 586-1222 for current road status.

Be aware of changing weather, as conditions can deteriorate quickly.

Resources and More

Nitrogen Deposition in Rocky Mountain National Park *by Jim Cheatham, Biologist*

Over 25 years of scientific research has shown that atmospheric nitrogen deposition in Rocky Mountain National Park (RMNP) is about 15 times greater than the natural background deposition rate. Nitrogen emissions from a variety of human made sources, including nitrogen oxides from fossil fuel combustion and ammonia from agricultural production, contribute to excess atmospheric nitrogen deposited in RMNP.

High elevation ecosystems in the park are especially susceptible to excess nitrogen due to their development and adaptation to low nitrogen conditions. Within these ecosystems, alpine tundra, aquatic

plants, soil, and water quality are most affected. Ecosystem health first began to decline at high elevation areas on the east side of RMNP between 1950 and 1964. The beginning of this shift corresponded to exceeding the critical load of nitrogen deposition of 1.5 kilograms of nitrogen per hectare per year (kg N/ha/yr).

Rocky Mountain National Park is classified as a Class 1 air quality area (cleanest air designation) as defined by the Clean Air Act. Regional haze, ground-level ozone, and atmospheric nitrogen deposition are issues currently affecting air quality, park resources, and visitor experiences.

Begun in 2007, the National Park Service, Colorado Department of Public Health and Environment, and the Environmental Protection Agency are working collaboratively to implement a RMNP Nitrogen Deposition Reduction Plan (NDRP). While the NDRP will also help improve park visibility and ozone conditions, the plan's focus is to address the ecological impacts of excess nitrogen and reduce nitrogen deposition by approximately 50% (from 3.1 to the 1.5 kg N/ha/yr critical load) over 25 years.

Decreasing nitrogen deposition trends are anticipated in the next several years because of state and

federal air quality regulations that anticipate 37% reduction in Colorado nitrogen oxides emissions by 2018.

The NDRP 2012 Milestone Report containing these findings and determinations is available at www.colorado.gov/cdphe/rmnpinitiative.



Tundra Protection

Walking on the Alpine Tundra

You may walk, with care, on the alpine tundra. However, there are four Tundra Protection Areas in which you must stay on trails as you walk. These include: the area surrounding the Alpine Visitor Center, Forest Canyon, Rock Cut, and Gore Range overlooks.

To help preserve alpine tundra:

- Stay on trails where they exist.
 - Never walk single file off trail.
 - Step on rocks or gravel wherever possible.
- The tiny plants thank you.



Park Partners

International Sister Parks



Rocky Mountain National Park and the Tatra National Parks in Slovakia and Poland established an ongoing sister park relationship in 2007. The three parks have similar mountain terrain and ecosystems and are seeking solutions to common issues. The exchange of information and expertise to better manage these great preserves benefits all.

Republic of Poland



Slovakia



Tatra National Park of Slovakia and Poland



Love Rocky Mountain National Park? Help Us Make it Even Better!



If you've **walked the Lily Lake Trail, explored the Fall River Visitor Center**, or introduced a child to nature through the park's **Junior Ranger Program**, you know our work.

Become a Member or Donate Today! **Rocky Mountain Nature Association**
www.rmna.org

At RMNA Stores, Your Purchase Makes A Difference!



Visit RMNA stores in any park visitor center for the best RMNP t-shirts, games, jewelry, books, maps and other great park items. Proceeds support the park!

Educational Adventures and Tours in the Park

Rocky Mountain Field Seminars
970-586-3262 www.rmna.org

At Rocky Mountain Conservancy Nature Stores, **YOUR PURCHASE MAKES A DIFFERENCE**



The best Rocky Mountain National Park t-shirts, games, toys, books, maps and other interesting items are here, at any of the Rocky Mountain Conservancy Nature Stores located in park visitor centers. When you make a purchase from our nonprofit organization, proceeds are returned to the park, supporting important educational and research programs. Drop by today.

Visit Conservancy Nature Stores at:
 Alpine Visitor Center 🐾 Beaver Meadows Visitor Center
 Fall River Visitor Center 🐾 Kawuneeche Visitor Center
 🐾 Moraine Park Visitor Center

www.rmconservancy.org

ROCKY MOUNTAIN FIELD SEMINARS IN ROCKY MOUNTAIN NATIONAL PARK

Outdoor learning adventures in the Rockies!

Coyotes: Song Dogs of the West	March 29
Beavers: Nature's Engineers	May 24
Understory Plants Response to Beetle Epidemic	May 30
Orienteering for Beginners: Map & Compass Basics	May 31
Plant & Wildflower ID with a Naturalist	June 11
Birds of the Kawuneeche Valley	June 14

Adventures by Bus Tours:

Journey to the Top! Trail Ridge Road Adventure Tours	June 11, 12, 18, 19
Grand Lake Safari: An Educational Adventure by Bus	June 10, 17, 24
Escape to Bear Lake: An Educational Adventure by Bus	June 13, 20, 27

 970-586-3262 www.rmna.org Ask at any visitor center for more information

Ranger-Led Programs | East Side and West Side

Special Events & Activities

		LENGTH	LOCATION	SUN	MON	TUE	WED	THU	FRI	SAT
<p>International Migratory Bird Day Event 8:00 am-12:00 pm Saturday, June 7</p> <p>Bring binoculars and a field guide for this ranger-led birding excursion.</p> <p>Come for part or all of this multi-location event. Meet at the Beaver Meadows Visitor Center. Call (970) 586-1206 for information.</p>		4 hours	Beaver Meadows Visitor Center							8a -12p 6/7 only
<p>Astronomy in the Park - 8:30 pm Friday, June 6</p> <p>Observe the night sky with the help of a park ranger and expert volunteer astronomers. Dress warm, bring binoculars and a flashlight.</p>		Into the evening	Meet at the Upper Beaver Meadows Trailhead parking area						8:30p 6/6 only	

East Side Programs

<p>Bighorn Basics</p> <p>Sheep Lakes is a popular viewing area for bighorn sheep. Meet at the Sheep Lakes Information Station in Horseshoe Park to learn about this majestic symbol of Rocky. Starts May 10</p>		30 min talk	Sheep Lakes Information Station	10:30a & 2:00p	10:30 a & 2:00p	10:30a & 2:00p				
<p>Spring Bird Walk</p> <p>Join a local expert for birding at one of the best times of the year. Bring binoculars and a field guide. Be prepared for frosty, damp mornings.</p>		1.5 hour program	Meet at Cub Lake Trailhead	8:00a	8:00a	8:00a			8:00a	8:00a
<p>Bear Necessities</p> <p>Join a ranger at to learn about the amazing lives of Rocky's bears. Learn how you can help save them.</p>		20-30 min talk	Beaver Meadows Visitor Center	10:30a						10:30a
<p>The Secret Lives of Wild Cats</p> <p>The secret lives of mountain lions and bobcats will be revealed in this 30 minute talk. Come learn about their habits and what to do if you meet them in the wild. Starts May 10</p>		30 min talk	Fall River Visitor Center	2:30p						2:30p

West Side Programs

<p>Skins and Things</p> <p>Examine the skins, skulls, antlers, teeth and bones of many park mammals. Sat 5/24, then Fri, Sat, Sun 5/30-6/7.</p>		40 min talk	Kawuneeche Visitor Center	3:00p					3:00p	3:00p
<p>Wilderness Connections</p> <p>Celebrate the 50th anniversary of the Wilderness Act with a moderate hike to a hidden meadow and picturesque creek. Sat 5/24 - 6/7</p>		1.5 to 2 hours 2 miles	Onahu Trailhead							9:30a
<p>Beyond the Falls</p> <p>A pleasant stroll to Adams Falls and a spectacular view just beyond. Sun 6/1 only</p>		1.5 hr. 1 mile	East Inlet Trailhead	9:00a						
<p>Coyote Valley River Walk</p> <p>Explore ecology and history on this easy walk along the Colorado River. Fri 5/30 and 6/6 only</p>		1 hour 1 mile	Coyote Valley Trailhead						10:00a	
<p>Saturday Night in the Park</p> <p>Enjoy an evening program in the auditorium. For topics, inquire at the Kawuneeche Visitor Center. Sat 5/24 - 6/7</p>		1 hour talk	Kawuneeche Visitor Center							7:00p

All children must be accompanied by an adult. Programs may be cancelled due to high winds or lightning.

Camping | 2014

PARK CAMPGROUNDS	Reservable for summer?	First-Come, First-Served Sites	Summer Firewood/Ice	Max RV/Trailer Length	Summer Dump Station	Designated Accessible Sites	Tent Pad Size	Summer Drinking Water, Flush Toilets	Food Storage Lockers	Location and Brief Description
Aspenglen Elevation 8,220 ft 53 Sites May 22 – Sept 28	●		●	30 ft	No; use Glacier Basin, Moraine Park or Timber Creek	●	13 ft x 15 ft	●	●	Situated in a pine forest near Fall River just inside the Fall River Entrance on US Hwy 34 west of Estes Park.
Glacier Basin Elevation 8,500 ft 150 Sites May 22 – Sept 7	●		●	35 ft	●	●	Varies	●	●	Located on Bear Lake Rd. access from the Park & Ride. Due to hazard tree removal there is no campground shade in the C & D Loops.
Longs Peak Elevation 9,405 ft 26 Sites May 23 - Nov 2		●	● No ice	Tents only			13 ft x 15 ft	● Only vault toilets	●	In a pine forest, nine miles south of Estes Park. Turn west at the Longs Peak Area sign.
Moraine Park Elevation 8,160 ft 244 Sites Open year-round Reservable for May 22 - Sept 28	●	● B Loop year-round	●	Limited number of sites up to 40 ft	●	●	Varies	● B Loop has vault toilets year-round	●	Located in a ponderosa pine forest above the meadows of Moraine Park, this campground is a short drive from the Beaver Meadows Entrance on Bear Lake Road. A solar heated shower bag stall facility is available in summer.
Timber Creek Elevation 8,900 ft 98 Sites May 23 - Nov 2		●	● No ice	30 ft	●	●	Varies	●	●	On the park's west side near the Colorado River, 10 miles north of the town of Grand Lake on US Hwy 34. Due to hazard tree removal there is no campground shade.

Camping Information

Overnight stays in Rocky Mountain National Park must be in a campground (or a backcountry site). You may not stay overnight in your car or RV along a road or at a trailhead.

It is common for all park campgrounds to fill up on most summer days and fall weekends. Reservations for late-May through September can be made six months to one day in advance and are highly recommended. Make a reservation online at www.reserveamerica.com or www.recreation.gov or call 1-877-444-6777.

Fees to Camp

- When the water is off (winter), Moraine Park Loop B campground is \$14/site/night.
- When the water is on (summer), all campgrounds are \$20.00/site/night.
- America the Beautiful Senior and Access Pass holders receive a 50% discount on camping fees.
- Park entrance fees and camping fees can be paid by cash, check or credit card any time of year.

Stay Limits

The maximum length of stay is seven nights total between June 1 and September 30, plus an additional 14 nights between October 1 and May 31. Stay limits are on a parkwide basis rather than on a per campground basis.

At All Standard Campsites

- No more than eight people may camp at a given site.
- All campsites, including RV sites, have a tent pad, picnic table and fire grate.
- Shared food storage lockers are available throughout all campgrounds.
- Tents must fit on the tent pad; two or three tents are allowed, as long as they fit.
- There are no electric, water or sewer hookups at any park campsites.
- A solar-heated shower bag stall facility (no running water) is at Moraine Park Campground.

There are no other shower facilities in the park, but showers are available in nearby communities. Portable showers are prohibited

except in the solar shower facility in Moraine Park Campground. Remember, toiletries attract wildlife and need to be properly stored when not in use.

Pets

All campgrounds allow pets with certain restrictions: they must be on a leash no longer than six feet; pet owners must pick up and dispose of pet excrement in trash receptacles; pets may not make noise that impacts visitors or wildlife. Pets are never allowed on any park trails or in meadow areas. Pets should never be left unattended. Keep a clean camp! Never leave pet food unsecured or unattended.

Food Storage

Do not attract wildlife, including black bears, to your campsite. Keep a clean camp! Never leave food items unsecured or unattended. Improperly stored or unattended food items will result in a violation notice. "Food items" include food, drinks, toiletries, cosmetics, pet food and bowls, and odoriferous attractants. Garbage, including empty cans, food wrappers, etc., must be disposed of

in trash or recycling receptacles. Hummingbird feeders and bird feeders are attractants for wildlife such as raccoons, elk, deer, and bears, and are not allowed in campgrounds. Coolers, dirty stoves, grills, non-disposable tableware and cookware must be washed and stored in the same manner as food. Camp kitchens must be kept clean and individual items properly stored. In campgrounds, store all food items in food storage lockers; if full, store food items by one of the following methods:

- Inside vehicle trunks; be sure windows are closed and doors are locked.
- In vehicles without trunks, items should be placed as low in the vehicle passenger compartment as possible and covered from sight, with windows closed and doors locked.
- Visitors with convertibles or motorcycles are encouraged to use food storage lockers, available in all park campgrounds. Food storage lockers, which are approximately 3 ft x 4 ft x 3 ft are shared with other visitors and cannot be locked. Food storage locker symbols are located on all campground maps.

Backcountry Camping

Permits are required for all overnight backcountry camping, and reservations are recommended for summer. Camping is allowed only in designated sites and areas. Permits may be obtained at the Beaver Meadows Backcountry Office or at the Kawuneeche Visitor Center.

For further information write to: Backcountry Office, Rocky Mountain National Park, Estes Park, Colorado 80517, or call (970) 586-1242. The administrative permit fee of \$20 is required for backcountry permits between May 1 and October 31. There is no charge in winter.

For your safety and the protection of park wildlife:

Backcountry campers are required to use carry in/carry out, commercially-manufactured, hard-sided, bear-resistant food storage containers in all areas of the park between May 1 and October 31.

Containers may be rented or purchased at outdoor shops in surrounding communities.

Sprague Lake Accessible Backcountry Campsite

Reservations and information are available through the Backcountry Office at (970) 586-1242. This site accommodates 12 campers with a maximum of five wheelchair users at the camp. The administrative permit fee is \$20 from May 1 to October 31.

Early Season Hiking Trails



Though early-season trails tend to melt out earlier than other park trails, expect that they may have some snow and ice. Check conditions with a Ranger before you go.



Trail	Trailhead	Round-Trip Distance	Elevation Gain	Highlights
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Featured Hikes West Side Trailheads

Cascade Falls	North Inlet Trail off Tunnel Road in Grand Lake	6.8 miles	300 feet	A relatively level walk to a rocky cascade.
East Shore Trail	East side of Shadow Mountain Lake, just south of Grand Lake	5.2 miles	100 feet	2.6 miles to Green Ridge Campground; a side loop trail to Ranger Meadows reconnects with main trail, adding 1.4 miles.

Featured Hikes Central and East Side Trailheads

Deer Mountain	Deer Ridge Junction	6 miles	1083 feet	Great views of beautiful peaks and deep valleys as you hike to the top of a peak.
Gem Lake	Lumpy Ridge Trailhead	3.2 miles	1000 feet	A rocky hike to a small lake with outstanding views along the way.
Cub Lake	Cub Lake Trailhead on Fern Lake Road near Moraine Park Campground	4.6 miles	540 feet	Watch for signs of new growth developing from the Fern Lake Fire.
The Pool	Fern Lake Trailhead	3.4 miles	245 feet	An easy, shaded hike along a stream.

Family-Friendly Trails

Tight on time? Try one of these short easy walks. Some allow strollers. Some are not early-season hikes: check conditions with a Ranger before you go. Most have educational brochures or exhibits. Pets are not permitted on any park trails.

On the West Side

Coyote Valley Trail	Coyote Valley on Highway 34, north of Kawuneeche Visitor Center	1 mile  	10 feet	Follows the bank of the Colorado River with views of the Never Summer Mountains. Look for moose, songbirds, and wildflowers. Packed gravel, level grade.
Adams Falls	East Inlet, located on the far east end of Grand Lake	.6 mile	80 feet	A beautiful short hike near Grand Lake. The trail continues beyond the falls to lush meadows.
Holzwarth Historic Site	8 miles north of Kawuneeche Visitor Center on Highway 34	.5 miles 	10 feet	Explore a historic homestead cabin and 1920s dude ranch.

On the East Side

Lily Lake	On Highway 7 south of Estes Park	.8 miles  	20 feet	Wildflowers, waterfowl, and greenback cutthroat trout may be seen on a level walk around the lake.
Sprague Lake	On Bear Lake Road	.25 mile  	10 feet	½ mile packed gravel, level grade around Sprague Lake.
Moraine Park Visitor Center Nature Trail	On Bear Lake Road	.8 mile	20 feet	Self-guiding trail booklet available.
Bear Lake Nature Trail	At end of Bear Lake Road	.5 miles  	20 feet	Trail around Bear Lake. ½ mile packed gravel, the first portion of trail in either direction is accessible.
Tundra Communities Trail	At Rock Cut on Trail Ridge Road (opens May 23, weather permitting)	.5 mile 	260 feet	View the miniature world of the alpine tundra and enjoy sweeping views of the park.

While You're Here

Tips When Viewing Wildlife

Obey wildlife closure areas and "no stopping" traffic zones.

Use parking areas along the road. If not available, pull your vehicle completely off the road and do not park on vegetation.

Never feed wildlife, including birds and chipmunks.

Approaching animals may cause them stress, leading to disease or illness. If you cause an animal to move or change its behavior, you are too close!

Wildlife can be unpredictable. For your safety and theirs, enjoy and photograph wildlife from a distance.

Free Park Movie

See the stunning 23-minute park movie at the Beaver Meadows Visitor Center and Kawuneeche Visitor Center from 8:30 am-4 pm daily. Features spectacular aerial footage of the rugged high country of RMNP, as well as wildlife information and park history.

Captioned version available at Kawuneeche Visitor Center.

Captioned, audio description and en Español are available Beaver Meadows Visitor Center.

Junior Ranger Program



NPS/Bonnie Beach



NPS/Ann Schonlau

Hey, Junior Rangers We Need You!

Junior Ranger activity booklets are offered for kids of all ages and are available at visitor centers and summer campgrounds. Complete as many activities in the book as you can with your family and friends. After you are done, turn in your book, a ranger will go through what you learned, and you will be presented with a badge!

As a Junior Ranger you become an important part of the park, helping to protect the special treasures found here at Rocky Mountain and back home in your own community. Become a Junior Ranger today!

Visit the "For Kids" section of the park website... <http://www.nps.gov/romo/forkids/index.htm>

Bears Remembering



Bears Remembering:

When people let bears get into food and garbage, the lure of an easy meal can overcome a bear's natural wariness of people. Once bears learn to follow their super-sensitive noses to your neighborhood, they can damage property and even break into houses and cars! With a nose that's 100 times more sensitive than ours, a bear can literally smell food five miles away. Bears are very smart, and have great memories - once they find food, they come back for more.

Black bears are not naturally aggressive, but they are strong, powerful animals. A bear intent on getting a meal can easily injure someone who gets in its way. Every year bears that have become too comfortable around people have to be destroyed.

Bears are most active April through November. It is estimated that only 20 to 24 bears live in Rocky Mountain National Park. There are lots of simple things you can do to help protect them.

Podcast Highlight

Bears and Campground Food Storage Lockers

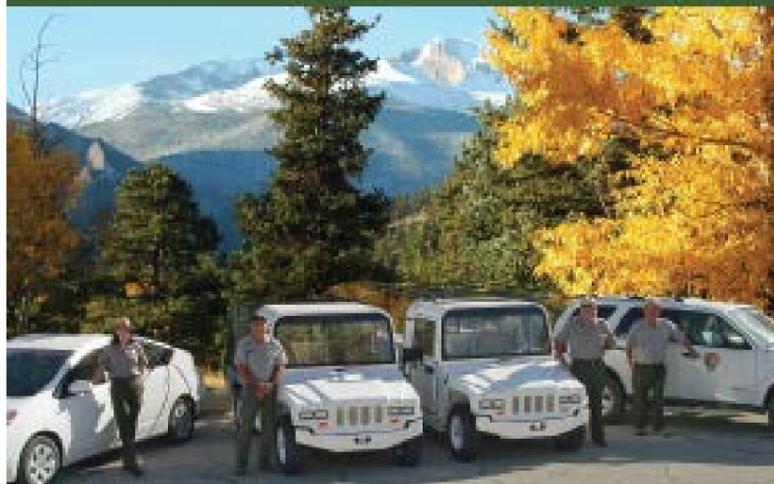
Learn about how food storage lockers can be used to safeguard your food and scented items from bears while camping.



Check out nps.gov/romo and click on PHOTOS & MULTIMEDIA for more podcasts, blogs, and videos!

Toward a Greener Park

Green Your Ride at Rocky



Join the National Park Service in our efforts to cut emissions and save fuel.

You can help protect our climate and the air quality in this park by reducing vehicle idling. Remember to turn off your engine while parked, waiting at wildlife crossings, or stopping to take photos.

Greening Your Park



Recycling Available in Major Park Locations

Glass, plastic #1 through #7 and aluminum may be recycled in park campgrounds and at major park locations. Look for our distinctive recycling containers or ask at any visitor center or campground for their locations.

Help us reduce the use of plastic water bottles! There is limited potable drinking water in the park. Please remember to bring your own reusable water containers and refill them at park visitor centers.



Free Shuttle Bus Information

Using Rocky Mountain National Park's free shuttle bus service enables you to access many destinations and loop hikes along the

Bear Lake corridor, while enjoying the beautiful scenery without the distraction and hassle of traffic congestion and limited parking.

Bear Lake Shuttle

Weekends: May 24, 25, 26, & 31
June 1, 7, & 8

Daily Service: June 14-October 12
Buses operate daily between Park & Ride and Bear Lake, leaving Park & Ride every 10-15 minutes from 7 a.m. to 7 p.m.

The Bear Lake Route is based at the Park & Ride shuttle bus parking area across from the Glacier Basin Campground.

Moraine Park Shuttle

Weekends: May 24, 25, 26, & 31
June 1, 7, & 8

Daily Service: June 14-October 12
Buses operate daily between Park & Ride and Fern Lake Bus Stop, leaving Park & Ride every 30 minutes from 7 a.m. to 7 p.m.

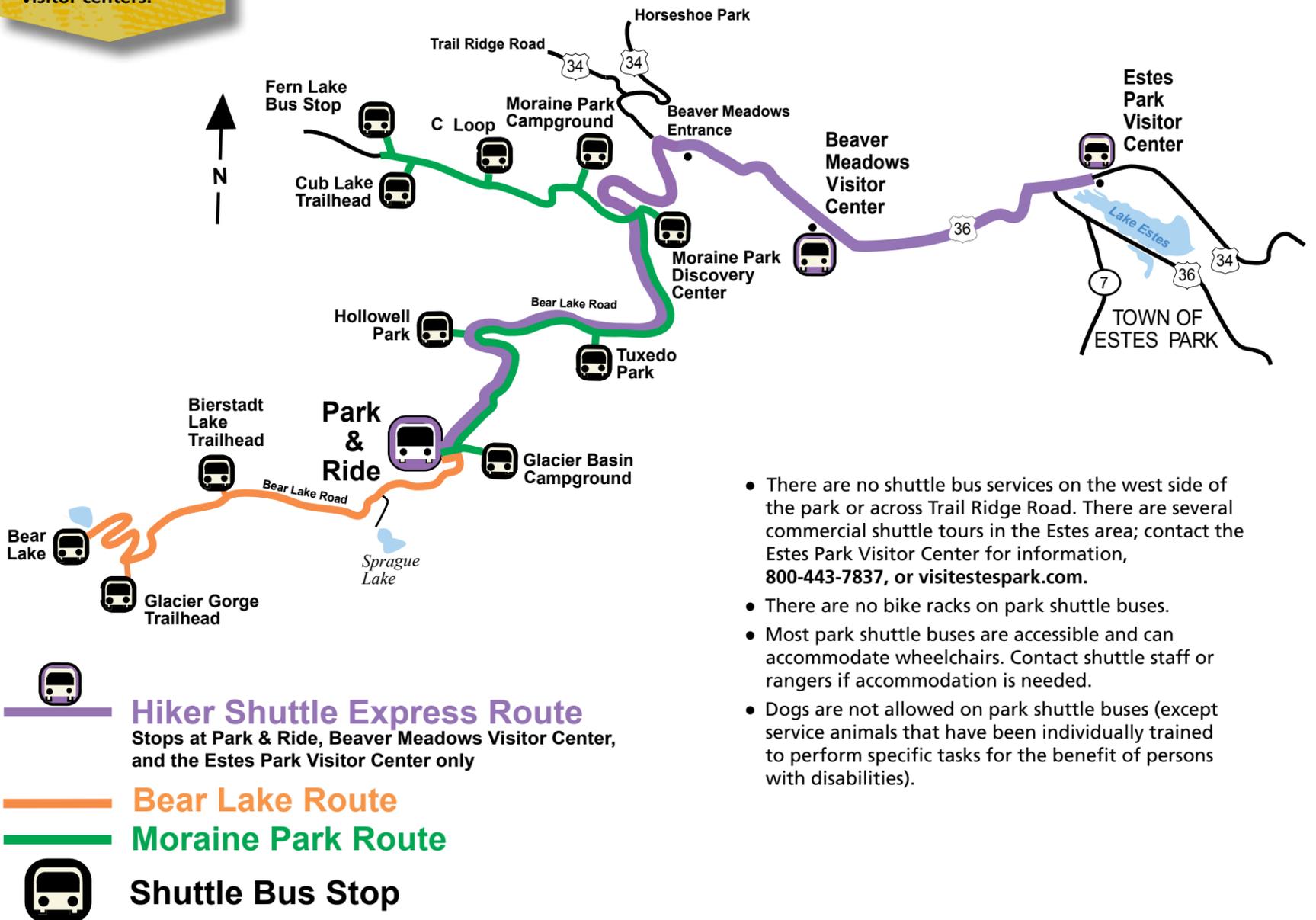
The Moraine Park Route is based at the Park & Ride shuttle bus parking area across from the Glacier Basin Campground.

Hiker Shuttle

Daily Service: June 28-September 7, plus weekends through October 12 between the Estes Park Visitor Center and the RMNP Park & Ride. The only stop on this express route is Beaver Meadows Visitor Center.

The first Bus leaves the Estes Park Visitor Center at 6:30 a.m., and the last bus leaves for Estes Park at 8 p.m. It runs on an hourly schedule early and late in the day, and a half-hour schedule from 10 a.m. to 6 p.m.

A park pass is required to board the Hiker Shuttle, it may be purchased at automated machines at the Estes Park and Beaver Meadows visitor centers.



- There are no shuttle bus services on the west side of the park or across Trail Ridge Road. There are several commercial shuttle tours in the Estes area; contact the Estes Park Visitor Center for information, **800-443-7837**, or **visitestespark.com**.
- There are no bike racks on park shuttle buses.
- Most park shuttle buses are accessible and can accommodate wheelchairs. Contact shuttle staff or rangers if accommodation is needed.
- Dogs are not allowed on park shuttle buses (except service animals that have been individually trained to perform specific tasks for the benefit of persons with disabilities).