



Rocky Mountain National Park

The official newspaper
of Rocky Mountain National ParkSummer 2010
June 20 - September 6

Tundra Protection Areas

Enjoy but Protect the Alpine Tundra

Trail Ridge Road stretches nearly 50 miles across the top of the park between towns of Estes Park and Grand Lake, reaching a high point of 12,183 feet. The drive provides some of the most accessible alpine tundra in the lower 48 states. While normally open between late-May and mid-October, snow can close the road at any time!

Providing access for visitors to experience the alpine tundra while protecting it for future generations was one of the purposes for the establishment of Rocky Mountain National Park in 1915. Tundra is the land above the trees where tree growth is hindered by harsh winter and short growing seasons. Here treeline ends around 11,200 to 11,500 feet. Comparatively if you travel north, treeline decreases in elevation as average annual temperatures decrease and growing seasons shorten. In the furthest regions of Canada and Alaska tundra is found at sea level. In the park we use the term alpine tundra -- meaning a high-altitude treeless area.

But protecting this fragile landscape is the challenge. While wildlife and American Indians crisscrossed the tundra for thousands of years, their impacts are scant. The growing popularity of the park has accelerated human impacts. The human footprint is the greatest threat to the tundra.

Along Trail Ridge Road four **Tundra Protection Areas** have been established around the most popular viewpoints. Here you must stay on trails and not wander across the tundra. These include: **Rock Cut, Forest Canyon Overlook, Gore Range Overlook, and Alpine Visitor Center and store at Fall River Pass.**

The Alpine Ridge Trail, commonly referred to as Huffer Hill, across from the Alpine Visitor Center, is closed through next year for major reconstruction. This popular trail climbs over 200 feet, has steep grades, and provides incredible views. The condition of the trail has significantly deteriorated, resulting in erosion around the log steps and unlevel stepping surfaces, contributing to safety concerns and resource impacts to the tundra.

Roadwork 2010

Resurfacing Work on Trail Ridge Road

During the summers of 2010 and 2011, a major resurfacing project will take place on Trail Ridge Road from the Colorado River Trailhead to Rainbow Curve. This project will also involve resurfacing of all major Trail Ridge Road overlook parking areas, pull offs and the parking lot at Alpine Visitor Center.

Park visitors can expect 20 to 30 minute delays through the construction on Trail Ridge Road. There may be multiple areas of construction occurring concurrently, and in that case the combined delay time will not exceed 60 minutes. Motorcyclists and bicyclists should expect rough road conditions. There may be some temporary night closures of Trail Ridge Road as well. It is possible the project will be completed during the 2010 season.



Walking On Tundra

With the exception of four Tundra protection Areas at Alpine Visitor Center, Forest Canyon, Rock Cut, and Gore Range overlooks, you can, with care, hike on the tundra. In the four areas listed above you must stay on marked trails as you walk.

To help preserve tundra:

- Stay on trails where they exist.
- Never walk single file off trail.
- Step on rocks where possible.

The tiny plants thank you.



Park Phone Numbers and Website



Trail Ridge Road status: (970) 586-1222

Call Park Information (970) 586-1206 with your questions. We are available to assist you from 8 to 4:30 daily.



The Official Park Website is <http://www.nps.gov/romo>
Follow us on Twitter @RMNPOfficial



Hearing impaired persons may call the TTY at (970) 586-1319 from 8 to 5 daily



Dial 911 or (970) 586-1203 to report emergencies

You Need to Know

Visitor Centers



Park visitor centers are the places to find out what you need to know. All have knowledgeable staff, printed information on many topics, and great bookstores stocked with the best books for finding that perfect trail and learning what makes Rocky Mountain such an outstanding national park. Each visitor center has its own special features.

East of the Divide – Estes Park Area

Beaver Meadows Visitor Center

Open daily 8-9, through August 28, starting August 29, open daily 8-7. Features spectacular free park movie, bookstore, large park orientation map, and backcountry permits in an adjacent building.



Sheep Lakes Information Station

Open daily 8:30-4 through August 14. Horseshoe Park is a good place to look for wildlife, including bighorn sheep and elk.

Fall River Visitor Center

All services open daily 9-5. Features life-size wildlife displays, a children's discovery room with objects to touch, and a bookstore.



Alpine Visitor Center

Open daily (weather permitting) 9-5. Features extraordinary views of alpine tundra, tundra displays, bookstore, adjacent gift shop and snack bar. Call 586-1206 for current information.



Moraine Park Visitor Center

Open daily 9-5. Interactive exhibits on the past and present landscape, and a bookstore. Great views of glaciated Moraine Park.



West of the Divide – Grand Lake Area



Kawuneeche Visitor Center

Open daily 8-6. Features free movies, exhibits on wonders of the park, a bookstore, and backcountry permits.

Keep Wildlife Wild



Never feed wildlife. A fine may be issued to violators. Animals can kick, bite, or gore you. They can become dependent on human food and lose the ability to feed naturally. Wildlife also carry diseases which can be transmitted to humans, like rabies and plague. Photograph animals from the roadside.

Please don't feed me!

Firearms

- Hunting, recreational shooting, and target practice is not allowed in Rocky Mountain National Park.
- Firearms are permitted in Rocky Mountain National Park. As of February 22, 2010, a new federal law allows people who can legally possess firearms under federal, Colorado, and local laws, to possess firearms in Rocky Mountain National Park. It is the visitor's responsibility to understand and comply with all applicable state and federal firearms laws.
- Federal law prohibits firearms in certain facilities in this park; those buildings are posted with signs at public entrances.
- If you have questions, please contact the Park Information Office at (970) 586-1206.

Weather and Road Conditions

For current park road and driving conditions, please call the Trail Ridge Road status line (970) 586-1222. You can also check www.twitter.com/RMNPOfficial, or the park website at www.nps.gov and click on road conditions, inquire at park visitor centers, or call (970) 586-1206.

Pets



Pets are **prohibited** in all areas of Rocky Mountain National Park not accessible by motor vehicles, including all trails and meadows. Leashed pets (6' leash or less) are allowed in campgrounds, picnic areas and along roadsides.

Fishing

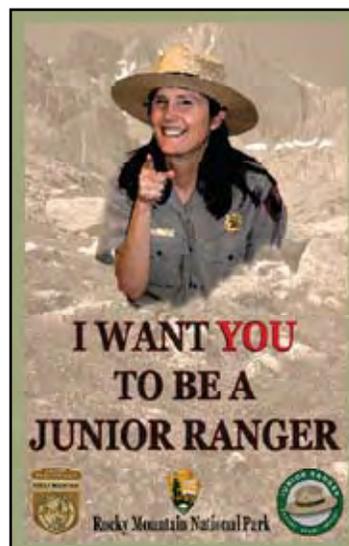


Obtain specific park regulations at visitor centers or park entrance stations. To fish in Rocky Mountain National Park, you must have a valid Colorado state fishing license.

Lost and Found

Please turn found items in at any park visitor center. To inquire about lost items, call the Backcountry Office at (970) 586-1242.

Junior Rangers



Free Junior Ranger books are available at park visitor centers for children ages 12 and under. A successfully completed book earns a badge!

You are an important part of this park. Stay in touch.

Contact us anytime at:
romo_junior_ranger@nps.gov

Los libros de guardaparque juveniles son para niños que tiene 12 años o menos. se pueden obtener sin costo en el centro de visitantes del parque. Si se completa el libro con éxito puede recibir una insignia!

Surviving Your Visit

1 Falling Trees

Falling trees are an ever-present hazard. When traveling or camping in the forest, trees can fall without warning. Be particularly watchful when it's windy, or following a snowstorm when branches are heavy with snow. Avoid parking or camping in areas where trees could fall.



2 Lightning

People are killed by lightning every year in Colorado. Afternoon storms are frequent and can bring an unhappy end to a hike. Watch for approaching storms and be well below treeline or back in your car before the storm hits. If you are caught out in the open during a lightning storm, do not seek shelter under a tree or rock overhang. You want to squat down as low as you can, keeping both feet together and avoid being the tallest thing around you. Keep your pack, hiking poles, and all metal away from you while you are exposed.



3 High Elevation

A large number of the visitors to this park each year experience symptoms of altitude sickness. Symptoms range from headache and dizziness to nausea and eventually unconsciousness. Rocky Mountain has the highest average elevation of any national park -- even the main road climbs higher than most U.S. mountains, to 12,183 feet! High altitude can also aggravate medical conditions such as heart and lung diseases. The only cure for altitude sickness is to go down to a lower elevation.



4 Dehydration and Safe Water

The park's high altitude and the dry climate both work to dry out your body. Carry and drink plenty of water as you hike or travel through Rocky Mountain. Avoid drinking untreated water from streams and lakes as it may be contaminated with giardia. Giardia can cause diarrhea, cramps, bloating, and weight loss. This microscopic organism enters surface water when animals or humans defecate in or near water. To prevent giardiasis, bring water to a full rolling boil for at least five minutes, or use a water filtration system that eliminates the organism.

5 Mountain Lions and Bears

Mountain lions and black bears are powerful and potentially dangerous. Some general guidelines for traveling in backcountry areas of Rocky Mountain where wildlife may be encountered:

- 1) **Travel in Groups** and make noise as you hike. Keep your group, especially children, close together.
- 2) **Do Not Approach** a mountain lion or bear.
- 3) **Stay Calm** when you see a mountain lion or bear.
- 4) **Stop**; back away slowly. Never turn your back and run.
- 5) **Stand Tall and Look Large**. Raise your arms. Protect small children by picking them up.
- 6) If approached, **make loud noises**, shout, clap hands, clang pots and pans.
- 7) If attacked by a mountain lion or bear, **Fight Back!**

Camping 2010

	Fee per night \diamond	Reservations?	Dump Stations	Elevation (feet)	Public Phones	Firewood, ice
\diamond When the water is turned on for the summer.						
Aspenglen 54 campsites Open May 26 through Sept 25	\$20	yes	no	8,220	yes	yes
Glacier Basin 150 campsites Open May 26 through Sept 6 13 group campsites 	\$20	Loops C & D & Group Loops	yes	8,500	yes	yes
Longs Peak 26 campsites Open all year--tents only	\$20	no	no	9,500	no	yes
Moraine Park 245 campsites Open all year 	\$20	yes	yes	8,160	yes	yes
Timber Creek 98 campsites Open year-round starting May 28 	\$20	no	yes	8,900	yes	wood

Campgrounds/Reservations

This summer three park campgrounds, Moraine Park, Glacier Basin and Aspenglen accept peak-season reservations (through October 4 at Moraine Park, September 25 at Aspenglen, and September 6 at Glacier Basin). Call (877) 444-6777 to make national park camping reservations up to 6 months prior to your visit. Internet reservations can be made at www.recreation.gov

The camping fee is \$20 per site per night for use from May 1 until the campground water is turned off, usually around October 31. **Stay Limit: 7 night total parkwide** June 1 - September 30, with an **additional 14 nights** allowed October 1 - May 31. *Limits are on a park basis rather than on a per campground basis.*

Glacier Basin Campground reservations are for loops C, D, and Group Sites; loops A & B are on a first-served basis only. Longs Peak Campground is open year-round (tents only). Call 970-586-1206 or check at a visitor center for current availability.

Food Storage

In campgrounds and picnic areas, if there is a food storage locker provided, use it. Avoid storing food and coolers in your vehicle. If you must, store food in airtight containers in the trunk or out of sight. Close vehicle windows completely. Do not store food in tents or pop-up campers in campgrounds, or in vehicles at trailheads. Food, coolers, and dirty cookware left unattended, even for a short time, are subject to confiscation by park rangers; citations may be issued. Dispose of garbage in bear-resistant dumpsters and trash cans. Human-fed bears usually end up as chronic problems and need to be removed - "A fed bear is a dead bear."

Recycling Available in Major Park Locations



Glass, plastic #1 and #2, and aluminum may be recycled in open park campgrounds and major park locations. Please inquire at any visitor center or open campground. Help us limit 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 Summer Ranger Programs - Alpine & East Side



All children must be accompanied by an adult

Alpine



Length Location SUN MON TUE WED THU FRI SAT

Tundra to Trees - Hike an ancient Ute trail that leads from alpine heights down through old growth forest. Plan to carpool for this moderate 4 mile hike. Bring warm clothing, rain gear, water, and snacks. Starts 7/3

4 hour hike

Milner Pass parking area

9 a.m.

9 a.m.

9 a.m.

High Country Geology - The park's spectacular scenery represents a chapter in a long history of geologic events. Join us on this hike over the tundra and experience the effects of these processes. Ends 8/11

3 hour hike

Alpine Visitor Center flagpole

9 a.m.

Tundra Nature Walk - Exhilarate your senses with alpine views and miniature wildflower gardens. Dress warmly, plan to caravan to the location. Ends 8/15

1.5-2 hour hike

Alpine Visitor Center

10 a.m.

All About Lightning - Learn why lightning can be a hair-raising experience and find out how to minimize your risk of being struck by lightning.



30 minute talk

Alpine Visitor Center

2 p.m.

2 p.m.

2 p.m.

2 p.m.

2 p.m.

Plants

Lily Lake Wildflower Walk - Take time to stop and smell the roses, and enjoy learning about the variety of flowers blooming this season. Easy walk. Ends 8/15



1.5 hour hike

Lily Lake parking lot

1:30 p.m.

9 a.m.

9 a.m.

9 a.m.

1:30 p.m.

Children's Programs

Junior Ranger Program - Earn your Junior Ranger badge! Join a ranger for a variety of programs and activities at the new Junior Ranger Headquarters. Children must be accompanied by an adult. Ends 8/15



30 minute program

Junior Ranger Headquarters at Hidden Valley

10:00

10:00

10:00

10:00

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10:00

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Dead Trees are Full of Life - Who hangs out in dead trees and calls them home? Find out during this 20-minute puppet program. Ends 8/15



20-30 minute talk

Fall River Visitor Center

10:00 a.m.

10:00 a.m.

Discovery Day - Discover the amazing world of Rocky Mountain National Park with your family through hands-on activities, crafts, and stories. Each week there is something new to discover. Ends 8/17 Drop-in program; come anytime 9 a.m. - 1 p.m.



Drop-in Anytime

Moraine Park Visitor Center

9 a.m. to 1 p.m.

Wildlife

Birds of Upper Beaver Meadows - Join a ranger to seek bluebirds, woodpeckers, wrens, and flycatchers in a rich mixture of aspen and pine woodlands. Bring binoculars and a field guide.

1.5 hour hike

End of Upper Beaver Meadows Road

7 a.m.

7 a.m.

7 a.m.

7 a.m.

7 a.m.

7 a.m.

Bighorn Basics - Sheep Lakes in Horseshoe Park is a popular viewing area for bighorn sheep. Learn about this majestic symbol of Rocky. Ends 8/14



30 minute talk

Sheep Lakes Information Station

10:30 a.m.

2 p.m.

Skins and Skulls - Want to pet an elk? Cuddle up to a bear? Are you crazy? That's not safe! Learn to safely feel skins and skulls while hearing about park wildlife.



30 minute talk

Beaver Meadows Visitor Center

10:30 a.m.

10:30 a.m.

10:30 a.m.

Amazing Beavers - Beavers drastically change their environment, and they have wonderful adaptations to do so. See their work first hand.



1 hour talk

Sprague Lake Picnic Area

2 p.m.

2 p.m.

2 p.m.

2 p.m.

2 p.m.

3 p.m.

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 Kawuneeche Visitor Center. For further information write to: Backcountry Office, Rocky Mountain National Park, Estes Park, Colorado 80517 or phone (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, carry in/carry out bear-resistant storage canisters are required of all park backcountry campers in areas below treeline between May 1 and October 31. Canisters may be rented or purchased at outdoor shops in surrounding communities. Pack out all garbage.

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 5 wheelchair users at the camp. The administrative permit fee is \$20 from May 1 to October 31.



Free Park Movie

See the stunning 23 minute park movie at the Beaver Meadows and Kawuneeche visitor centers during normal business hours. Available en español and English.



Features spectacular aerial footage of the rugged high country of Rocky Mountain National Park, as well as wildlife, history and other park resources.

Junior Ranger Headquarters

Hey, Kids! Come To The New Junior Ranger Headquarters!

This summer, there is a new place just for you – the Junior Ranger Headquarters located at Hidden Valley along Trail Ridge Road. Join a program and get started on or complete your Junior Ranger Book. The



Rocky Junior Ranger programs are offered for kids ages 6 to 12, from June 20 – August 15, several times a day, 7 days a week! The activities are created and presented with a young person's level of learning and interest in mind. The programs are free. Parents and adults, please remember - you must be present for your children to participate.

Wildlife			Length	Location	SUN	MON	TUE	WED	THU	FRI	SAT	
All About Elk - Learn about this magnificent animal and its current status in the park. Ends 8/21			1-1.5 hour walk	West Alluvial Fan parking lot	2 p.m.		2 p.m.	2 p.m.	2 p.m.	2 p.m.		
Lions and Bears, Oh My! - Worried about meeting a bear or mountain lion in the park? Find out what to do and what these animals are up to. Ends 8/21			30 minute talk	Beaver Meadows Visitor Center		10:30 a.m.		10:30 a.m.			10:30 a.m.	
Little Critters of Rocky - Squirrels, rabbits and bats; find out about the lives of Rocky's smaller animals and the critical roles they play.			30 minute talk	Fall River Visitor Center	2 p.m.		2 p.m.		2 p.m.		2 p.m.	
Cunning Coyotes - Coyotes are intriguing animals and play an important role in the the circle of life. Ends 8/21			20-30 minute talk	Fall River Visitor Center		2 p.m.		2 p.m.		2 p.m.		
Elk Echoes - Learn about elk adaptations, migration, and mating behavior. Programs are simultaneously held at both locations. Starts 9/1			30 minute talk	Moraine Park Visitor Center amphitheater and Sheep Lakes parking lot	6 p.m.	6 p.m.	6 p.m.	6 p.m.	6 p.m.	6 p.m.	6 p.m.	
Walks, Talks, and Hikes												
Dream Lake Hike - Explore the breathtaking glacial landscape and changes brought on by bark beetles on this moderate 2 mile hike.			2-2.5 hour	Bear Lake parking lot		8:30 a.m.		9 a.m.	9 a.m.		9 a.m.	
Bear Lake Stroll - Enjoy an easy walk around a lovely subalpine lake and learn about the natural and human forces that have shaped this landscape.			1-1.5 hour	Bear Lake parking lot	1:30 p.m.	1:30 p.m.	1:30 p.m.	1:30 p.m.	3 p.m.		1:30 p.m.	
Navigating Rocky with GPS and Maps - Discover how to use a GPS, map, and compass to safely journey into the park. We provide a map/compass/GPS (or bring your own). Family fun! Ends 8/21			2 hour activity	Hollowell Park Shuttle Stop			9:30 a.m.		1 p.m.			
Moraine Park Nature Walk -Enjoy a ¾ mile walk through the Moraine Park landscape. Encounter the dynamic forces that created this valley and discover what lives here today.			1 hour walk	Moraine Park Visitor Center	10 a.m.	10 a.m.	10 a.m.	10 a.m.	10 a.m.	10 a.m.	10 a.m.	
Here Come the Beetles! - Pine bark beetles are rapidly transforming our forests. Learn what this means for all species who share the park.			20-30 minute talk	Moraine Park Visitor Center		2:30 p.m.	2:30 p.m.			2:30 p.m.		
Geology Rocks! - Love the scenic views in the park? Come take a closer look at what is rocking at Rocky and the geologic forces behind the landscape.			30 minute talk	Moraine Park Visitor Center				2:30 p.m.			2:30 p.m.	
Hot Topics in the Park - Want to hear the very latest news about research and management challenges in the park? Join us for a movie overview with a Ranger to fill you in on the current details.			30- 45 minute discussion	Beaver Meadows Visitor Center Auditorium	3 p.m.	3 p.m.	3 p.m.	3 p.m.	3 p.m.	3 p.m.	3 p.m.	
Evening Programs June 20 - August 21												
Beaver Meadows Evening Program Enjoy a wide variety of informative and entertaining programs. Artist-in-the-Park Wednesday: The park, through the eyes of a different creative artist. Science Thursday: A different talk by a park researcher each Thursday.			45 minute talk	Beaver Meadows Visitor Center Auditorium	7:30 p.m.	7:30 p.m.	7:30 p.m.	7:30 p.m.	7:30 p.m.	7:30 p.m.	7:30 p.m.	7:30 p.m.
Glacier Basin Evening Program - Enjoy a wide variety of informative and entertaining programs. See weekly schedule at a visitor center for program topics. Dress warmly.			45 minute talk	Glacier Basin Campground amphitheater	7:30 p.m.	9 p.m. 6/20-7/18 8:30 p.m. 7/19-8/21		7:30 p.m.	9 p.m. 6/20-7/18 8:30 p.m. 7/19-8/21			
Aspenglen Evening Program - Enjoy a wide variety of informative and entertaining programs. See weekly schedule at a visitor center for program topics. Dress warmly.			45 minute talk	Aspenglen Campground amphitheater	9 p.m. 6/20-7/18 8:30 p.m. 7/19-8/21						9 p.m. 6/20-7/18 8:30 p.m. 7/19-8/21	9 p.m. 6/20-7/18 8:30 p.m. 7/19-8/21
Moraine Park Evening Program - Enjoy a wide variety of informative and entertaining programs. See weekly schedule at a visitor center for program topics. Dress warmly.			45 minute talk	Moraine Park Campground amphitheater	9 p.m. 6/20-7/18 8:30 p.m. 7/19-8/21	7:30 p.m.	7:30 p.m.	9 p.m. 6/20-7/18 8:30 p.m. 7/19-8/21	9 p.m. 6/20-7/18 8:30 p.m. 7/19-8/21	9 p.m. 6/20-7/18 8:30 p.m. 7/19-8/21	7:30 p.m.	
Evening Programs August 22 - 28												
Beaver Meadows Evening Program August 22 - 28			45 minute talk	BMVC Auditorium	7:30 p.m.			7:30 p.m. Artist Night		7:30 p.m.	7:30 p.m.	
Moraine Park Evening Program August 22 - 28			45 minute talk	Moraine Park Campground amphitheater			7:30 p.m.	8:30 p.m.		8:30 p.m.	7:30 p.m.	
Glacier Basin Evening Program August 22 - 28			45 minute talk	Glacier Basin Campground amphitheater		7:30 p.m.			8:30 p.m.		8:30 p.m.	
Evening Programs August 29 - Sept 6												
Beaver Meadows Evening Program August 29 - September 6			45 minute talk	BMVC Auditorium	7:30 p.m.			7:30 p.m. Artist Night		7:30 p.m.	7:30 p.m.	
Night Sky Programs												
Astronomy in the Park - Join a park ranger and local astronomers to discover the magic of the night sky. Dress warmly, bring binoculars, and a flashlight.			1/2 hour program followed by viewing	End of Upper Beaver Meadows Road						8:15 p.m. July 2, 16, 30 8 p.m. August 13, 27		
Stories Behind the Moon & Stars - The night sky comes alive through storytelling and fun activities. Celebrate darkness at Rocky Mountain National Park. Dress warmly, bring binoculars, and a flashlight.			1-1.5 hour activity	Moraine Park Visitor Center	8:30 p.m. June 25 8:15 p.m. July 9, 23 8 p.m. August 6, 20 7:30 p.m. Sept 3 All Stories Behind the Moon & Stars Programs are on a Friday evening at the times and dates above.							

Free Summer Ranger Programs - West Side



All children must be accompanied by an adult

Walks and Hikes



Length Location SUN MON TUE WED THU FRI SAT

High Country Birding - Enjoy a 1 mile bird walk across meadow and woodland habitats. Bring a bird guide and binoculars. **Ends 8/1**

1-1.5 hour

Holzwarth Historic Site parking area

7:30 a.m.

7:30 a.m.

Hike through History - Hike along the river to discover what led people to try mining, homesteading, and early dude ranching. **Ends 8/12**

3 hours - 3 miles

Colorado River Trailhead

9:30 a.m.

Mountain Wildflowers - Lovely montane flowers have amazing modes of adaptation. Caravan to this week's flowers. **Ends 8/13**

2 hour walk

Kawuneeche Visitor Center flagpole

10 a.m.

2 p.m.

2 p.m.

Coyote Valley River Walk - Explore the valley ecology and history on this easy walk along the Colorado River.



1 hour walk

Coyote Valley Trailhead

7 p.m. Evenings 7/12 thru 8/9 only

10:30 a.m. 6/23 - 9/1

Rocky Mountain Heritage Walk - Learn about prehistoric Indian people, miners and valley settlers while revisiting the Old West at an historic guest ranch.

1 hour plus time to explore 1 mile walk

Holzwarth Historic Site parking area

2:30 p.m.

2:30 p.m.

Headwater Habitats - Discover plants and animals that live just down stream from the start of the Colorado River.

1.5 hours, 1 mile walk

Colorado River Trailhead

10 a.m.

Sisters of Courage - Learn about the pioneer experience through the story of the remarkable Harbison sisters and their family. Includes a 1/2 mile walk to the homestead site.

2.5 hour walk

Kawuneeche Visitor Center flagpole

1 p.m.

A Glimpse of Paradise - This easy 3 mile round trip hike passes Adams Falls and leads to spectacular views of mountains surrounding the meadows of the East Inlet. **Starts 7/2**

2.5 hour walk

East Inlet Trailhead

6 p.m. Evenings 7/4 - 8/8 only

9 a.m. 7/2 - 9/3

Young Again! - The trees are dying and the forest is becoming young again. Come see!

1 hour walk

Timber Lake Trailhead

3 p.m. 6/20 - 9/5

7 p.m. Evenings 7/6 - 8/10 only

Children's Programs

A Walk Backwards - Step back in time and experience life on a 1920s dude ranch—chores, games, period costumes. For children 6-12. **Registration required at Kawuneeche V.C. Ends 8/13**

2 hour activity

Holzwarth Historic Site parking area

9:45 a.m.

Come Bug a Ranger - Learn fun facts about insects. Puppets, stories and activities for children 4-10 years old. **Ends 8/11**



1 hour activity

Holzwarth Historic Site parking area

10 a.m.

Web Walkers - Explore a section of the Colorado River. Activities are designed for children 6-12 years old. **Program runs 6/26 to 8/21**



1 hour activity

Coyote Valley Trailhead

10 a.m.

10 a.m.

Junior Ranger Program - Join a ranger for a short program and activities to earn your Junior Ranger badge. **Starts 6/26. Everyday through 8/22 then Sat/Sun only.**

1 hour 15 minute program

Kawuneeche Visitor Center

1:30 p.m.

Talks & Activities

Ranger's Flyfishing School - Learn about the park's fish management program, stream ecology, and flycasting. Bring your flyfishing gear or borrow the ranger's. **Ends 8/14**

3 hour activity

Timber Creek Campground amphitheater

8:30 a.m.

8:30 a.m.

Holzwarth Historic Site - Buildings are open 10:30 a.m.-4:30 p.m. daily. Discuss early settlement with staff. This is a great family activity!

Drop-in tour

Holzwarth Historic Site parking area

..... 10:30 a.m. to 4:30 p.m. Daily

Skins and Things - Examine the skins, skulls, antlers, teeth and bones of many park mammals.



40 minutes

Kawuneeche Visitor Center

3:30 p.m.

Exploring with a Camera - Join a ranger for a photography walk. Focus on composition, light, and basic tips to improve your pictures. **Ends 8/4**

1-1.5 hour activity

Timber Lake Trailhead

3 p.m.

Behind the Scenes - Join a ranger to view and discuss a series of short videos documenting how specialists at the park address challenges like elk management, pine beetles, and air quality. **Starts 6/25**

1 hour discussion

Kawuneeche Visitor Center

10:30 a.m.

10:30 a.m.

10:30 a.m.

10:30 a.m.

Evening Programs

Old Ranch Campfire Stories - Roasting marshmallows (bring 'em), tall tales (the old wrangler will tell 'em) and campfire songs bring back the old days. **Dress warmly. Ends 8/13**



2 hours, 1 mile walk

Holzwarth Historic Site parking area

7 p.m.

This Park Paper

The park newspaper is produced by Rocky Mountain National Park in cooperation with -- and funding provided by -- the Rocky Mountain Nature Association. Printed on recycled paper.

All children must be accompanied by an adult

Evening Programs



Length Location SUN MON TUE WED THU FRI SAT

<p>Saturday Night in the Park - Enjoy an evening program in the auditorium. For topics, inquire at the Kawuneeche Visitor Center.</p>		<p>1 hour presentation</p>	<p>Kawuneeche Visitor Center auditorium</p>							<p>7 p.m.</p>
<p>Walk Into Twilight - Enjoy a leisurely stroll as darkness, night sounds and wildlife fill the valley. Bring warm clothes, good hiking shoes, and a flashlight. Starts 7/7 and ends 8/11</p>		<p>2 hour walk</p>	<p>Onahu Creek Trailhead</p>				<p>8 p.m. thru 7/28 then 7:30 p.m. thru 8/11</p>			
<p>Timber Creek Evening Program - Presentation nightly at Timber Creek. Check at the campground or Kawuneeche Visitor Center for topics.</p>		<p>1 hour presentation</p>	<p>Timber Creek Campground amphitheater</p>	<p>9 p.m. thru 8/14 then 8:45 p.m.</p>	<p>9 p.m. thru 8/14 then 8:45 p.m.</p>	<p>9 p.m. thru 8/14 then 8:45 p.m.</p>	<p>9 p.m. thru 8/14 then 8:45 p.m.</p>			
<p>Celestial Wilderness - Explore the universe and the astronomy of Rocky's night sky. Meet at Harbison Meadow parking area. If overcast, meet at Kawuneeche Visitor Center for indoor presentation. Ends 8/12</p>		<p>1-1.5 hour activity</p>	<p>Harbison Meadow parking area. If overcast, Kawuneeche Visitor Center</p>				<p>9:15 p.m. in June 9 p.m. in July 8:45 p.m. in August</p>			
<p>Feature Film</p>										
<p>The Colorado: Secrets at the Source - This film tells the magnificent story of the Colorado River, which flows through some of America's most dramatic high country and canyon lands.</p>		<p>50 minute film</p>	<p>Daily at the Kawuneeche Visitor Center</p>	<p>1:15 p.m.</p>	<p>1:15 p.m.</p>	<p>1:15 p.m.</p>	<p>1:15 p.m.</p>	<p>1:15 p.m.</p>	<p>1:15 p.m.</p>	<p>1:15 p.m.</p>



On Technology

New technology moves at the speed of light, and Rocky Mountain National Park is committed to bringing it to you. Take a look!

- Climbing Longs Peak
- Opening Trail Ridge Road
- Lightning Safety
- The Mountain Pine Beetle
- Bighorn Sheep
- The Ten Essentials



RMNP Podcasts

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



ROCKY MOUNTAIN FIELD SEMINARS

IN ROCKY MOUNTAIN NATIONAL PARK
LEARN ~ EXPLORE ~ ADVENTURE



Sign up online at rmna.org

Fun Classes for Kids (& families)!

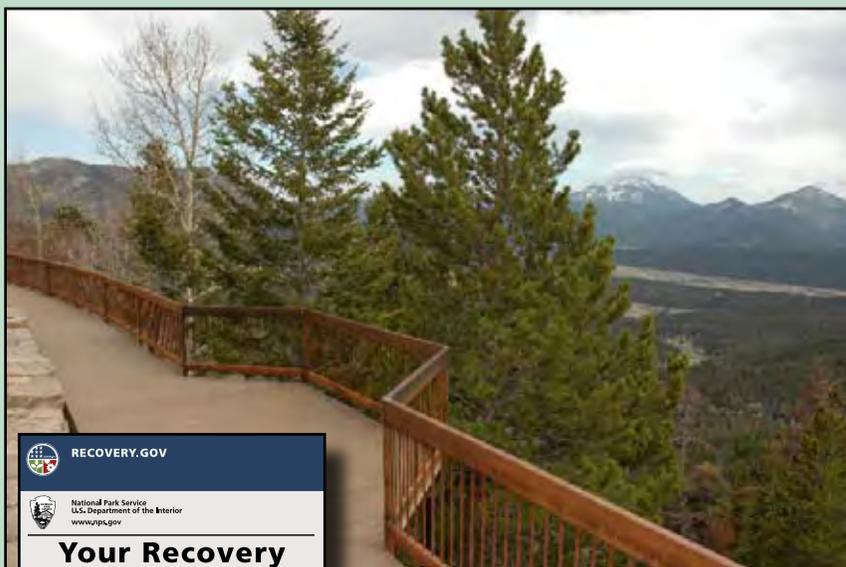
- Estes Park Treasure Hunt (a.k.a. Intro to Geocaching) (ages 9-13) Tuesdays, 9:00 AM - noon June 22, 29, ; July 6, 13, 20, 27; August 3
- Art Adventures for Kids (ages 6-9) Wednesdays: July 7, 14, 21, 28
- Photography Just For Kids! July 15, 29
- Animal Tracks Detectives July 17
- Astronomy: To Infinity & Beyond August 14

Field Seminars for Adults

- What Is a Healthy Forest? June 21
- RMNP Wildflowers: Amazing Manipulators July 12
- Be Still! Photographing Hummingbirds July 17
- Mountain Birds & How They Live July 20
- Geology of Trail Ridge Road July 29
- Sketchbook Journaling for Travelers August 9-10

Ask at park visitor centers for more information, or call: 970-586-3262

The American Recovery and Reinvestment Act of 2009 - Many Parks Curve Boardwalk Rebuild



Many Parks Curve boardwalk was built 24 years ago and the boards were beyond their service life. Harsh winter conditions and high UV sunlight exposure accelerated drying, splintering, and degradation of the wood treadway. Before the rebuild, the surface had become unsafe: boards were split or missing, handrails had large splinters, and bolts had become loose and rusted.

This project replaced the existing treadway with a recycled plastic lumber surface which will be more sustainable and a longer life solution. Handrails are replaced in order to eliminate splinter hazards.

Being one of the park's most frequently visited areas along Trail Ridge Road, Many Parks Curve boardwalk is fully accessible, and offers outstanding vistas and educational interpretative displays.



Your Recovery Dollars at Work
WWW.RECOVERY.GOV

Pine Beetle Epidemic From Canada to Mexico

Park Takes Local Actions

Bark beetles are native insects that have shaped the forests of North America for thousands of years. Bark beetles range from Canada to Mexico and can be found at elevations from sea level to 11,000 feet. Rocky Mountain National Park is just one relatively small area where trees are dying from the beetle epidemic. Because the task is enormous, the park's priorities for mitigation of the effects of beetles are focused on removing hazard trees and hazard fuels related to the protection of life and property.



An infected tree will have pitch tubes on its trunk and boring dust (frass) at the base of the tree. Sometimes the tree will be successful in repelling or "pitching out" beetles and beetles are occasionally found imbedded in a pitch out.

The goal is to mitigate hazard tree threats in or near park facilities such as campgrounds, parking lots, housing areas and visitor centers. Temporary closures may occur until hazards are reduced. The other goal is to protect high value trees on both east and west sides of the park by spraying with Carbaryl. High value trees are in frontcountry locations such as campgrounds, historic landscapes, picnic areas and visitor centers. They are important for shade, visual screening, cultural significance, and outstanding visual quality. Park staff are selective and limit use of chemical spraying to minimize any adverse impacts. Spraying does not take place near water courses or wetlands.

There is no effective means of controlling a large beetle outbreak in such a vast area as the park's backcountry, which comprises about 95% of the park. Therefore, in the backcountry, bark beetle populations are allowed to fluctuate under natural processes with some limited mitigation work occurring around designated backcountry campsites.

For several years, Rocky Mountain National Park has had a proactive bark beetle management program, spending over \$800,000 on mitigation work since 2006.

The issues of beetles, the changing forests of the western United States and Canada, as well as the changing landscape of Rocky Mountain National Park are reminders to us all of nature's ability to change beyond human control. As you explore the park, look for young seedling starting to take hold -- a new forest is emerging.

Resources and More

"Not Much of a Fence"

"Not much of a fence. Won't keep much in with that." The park visitor from the Midwest was studying the fenced area by the Alluvial Fan. And he was right. It won't keep much in. Or out. And that's the intent -- for these fences, surrounding areas each about 30 acres in size, are more like sieves than fences -- designed to let most animals, including us, freely move in and out. The exceptions? Mostly elk, and the occasional moose, are excluded from these habitat restoration areas along the park's streams in Horseshoe Park and Moraine Park.

These temporarily fenced areas were established to allow the recovery of riparian (streamside) vegetation such as willows, and to restore the habitat value for riparian-dependant wildlife species. Areas inside the woven-wire "sieves" have been altered to unnatural conditions through years and years of over-browsing and trampling by our unnaturally dense elk population, making them unsuitable for riparian-dependent species such as beaver, Wilson's warbler, Lincoln's sparrow, and altering the streams to be less than ideal habitat for trout. As the habitat values inside the fences are restored, the design allows their easy removal, perhaps to be moved to another area needing restoration. Visitors are encouraged to look at the differences in vegetation inside and outside these areas to judge for themselves how well it's working.



Elk enclosure fence in Moraine Park



Park Bookstores

At RMNA Bookstores, Your Purchase Makes A Difference

A premier selection of Rocky Mountain National Park books, maps and other interesting items can be found right here at one of the Rocky Mountain Nature Association (RMNA) bookstores located in park visitor centers. And when you make a purchase from our non-profit organization, proceeds are returned to the park, supporting important educational, interpretive and research programs.

Drop by today.

Visit the Rocky Mountain Nature Association bookstores at:
**Beaver Meadows Visitor Center • Alpine Visitor Center
 Moraine Park Visitor Center • Fall River Visitor Center
 Kawuneeche Visitor Center**

Rocky Mountain Nature Association • P.O. Box 3100, Estes Park, CO 80517 • (970) 586-0108 • rmna.org



ROCKY MOUNTAIN FIELD SEMINARS

IN
 ROCKY MOUNTAIN NATIONAL PARK
LEARN ~ EXPLORE ~ ADVENTURE



Fun Classes for Kids (& families)!

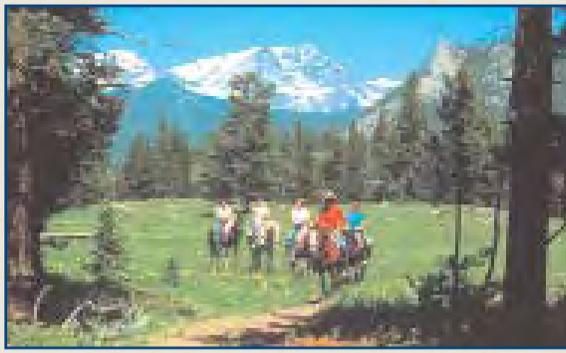
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August 9-10

Ask at park visitor centers for more information, or call: 970-586-3262

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Hiking Trails

With over 350 miles of trails, the park offers a vast array of hikes. A small selection of trails is described below.

When properly equipped, hiking at Rocky Mountain National Park is often inspiring and invigorating. Trails are typically less crowded on the west side of the park (Grand Lake entrance) than on the eastern slope. Even for short day trips, be sure to pack gear for all types of weather (sun, rain, wind). Windproof/waterproof clothing is essential gear to wear or carry. Snow may remain on some trails; check at a visitor center for current conditions. Additional hiking guides, books and maps are available for purchase at any visitor center.



Trail	Location	Round Trip Distance	Elevation Gain	Highlights
<u>East Side Trailheads</u>				
Sprague Lake	Sprague Lake on Bear Lake Road	.5 miles 	level	Famly-friendly hike around the lake with great views of beautiful peaks.
Deer Mountain	Deer Ridge Junction	6 miles	1083 feet	A busier trailhead; also offers great views of beautiful peaks and deep valleys.
Lawn Lake	Lawn Lake Trailhead	12.4 miles	2249 feet	A challenging hike to a beautiful lake; site of a failed dam, and a restored area.
Ypsilon Lake	Lawn Lake Trailhead	9 miles	2180 feet	A steep hike to a beautiful lake.
Cub Lake	Cub Lake on Cub Lake Road near Moraine Park Campground	4.6 miles	540 feet	Meadows, aspen groves, ponds and conifer forests highlight this hike.
The Pool	Fern Lake Trailhead	3.4 miles	245 feet	An easy, shaded hike this stream. Trail continues up to Fern and Odessa Lakes.
Nymph Lake	Bear Lake Trailhead	1 mile	225 feet	Beautiful views abound on an easy hike to a small lake.
Dream Lake	Bear Lake Trailhead	2.2 miles	425 feet	Excellent short hike to a very scenic backcountry lake.
Alberta Falls	Glacier Gorge Trailhead Bear Lake	1.6 miles 1.8 miles	210 feet 220 feet	Access this roaring waterfall from Bear Lake or glacier Gorge Trailheads.
Mills Lake	Glacier Gorge Trailhead	5.6 miles	750 feet	Classic day hike to a lake rimmed by mountains.
The Loch	Glacier Gorge Trailhead	6.2 miles	990 feet	A beautiful lake surrounded by tall peaks.
Lily Lake	Lily Lake on Highway 7 south of Estes Park	.8 miles 	20 feet	Wildflowers, waterfowl, and greenback trout may be seen on a level walk around the lake.
Estes Cone	Lily Lake Trailhead	7.4 miles	2369 feet	Great views are a reward of this strenuous hike to the top of a peak.
Twin Sisters	Lily Lake Trailhead	7.4 miles	2338 feet	A wonderful hike to a mountain top, for those seeking a vertical challenge.
Sandbeach Lake	Sandbeach Trailhead off Highway 7, near Wild Basin	8.4 miles	1971 feet	A steady uphill trail leads to a lake with beautiful views.
Chasm Lake	Longs Peak Trailhead	8.4 miles	2390 feet	A steep hike to a spectacular lake beneath the Diamond of Longs Peak.
Longs Peak 14,259'	Longs Peak Trailhead	16 miles	4855 feet	A difficult climb to the top. Best in mid-to-late summer. Start by 3 AM!
Eugenia Mine	Longs Peak Trailhead	2.8 miles	508 feet	Hike to an abandoned mine site.

Trail Tips

- Pets are not allowed on any park trails.
- Stay together as a group, especially children.
- Your trip itinerary should be left with a responsible person so Park Rangers can be notified if you fail to return.
- Be prepared for the rigors of high elevation -- drink plenty of water, and travel at a pace at which you can still talk and breath easily. If you do not feel well, descend to a lower elevation.
- Pack it in, pack it out -- including remains of all your food (pits, peels, etc.), as well as facial tissues.
- Let nature's sounds prevail; avoid loud voices and noises.

Leave No Trace

With approximately 3 million visitors every year, the wild lands of Rocky Mountain National Park are heavily used. In hiking, camping, and all your park activities, do your part to preserve this national treasure by following the seven easy Leave No Trace principles:

- 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 other visitors



Trail	Trailhead Location	Round Trip Distance	Elevation Gain	Highlights
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West Side Trailheads

Adams Falls	East Inlet , located on the far east end of Grand Lake	.6 miles	80 feet	A beautiful short hike. The trail continues beyond the falls to lush meadows.
Onahu Creek/Green Mountain Loop	Onahu Creek Trailhead or Green Mt. Trailhead in Kawuneeche Valley	7.6 miles	1100 feet	Excellent loop trail through quiet forest and meadow, along flowing mountain creeks.
Granite Falls	Green Mountain Trailhead in Kawuneeche Valley	10.4 miles	1406 feet	Quiet forest and flowing mountain waters await. A longer loop (13.6 miles) is possible, coming out on the Onahu Creek Trail.
Coyote Valley Trail	Coyote Valley in Kawuneeche Valley	1 mile 	10 feet	Follows the bank of the Colorado River, with views of the Never Summer Mountains. Look for moose, songbirds, and wildflowers.
Timber Lake	Timber Lake Trailhead in Kawuneeche Valley	10.6 miles	2060 feet	Lots of elevation gain on hike to a beautiful backcountry lake.
Lulu City	Colorado River Trailhead , north of Timber Creek Campground	7.4 miles	350 feet	A gentle trail to an historic site. A longer return loop is via the Grand Ditch to Red Mountain Trail.
Little Yellowstone Canyon	Colorado River Trailhead , north of Timber Creek Campground	9 miles	990 feet	An extension of the Lulu City hike, deeper into park wilderness.
Red Mountain	Colorado River Trailhead , north of Timber Creek Campground	11 miles	2565 feet	A steep trail featuring some great views of mountains and valleys in the park.
Lone Pine Lake	East Inlet , on the far east end of Grand Lake	11 miles	1494 feet	A longer hike near Grand Lake to a high lake. The trail continues beyond to other lakes.
Cascade Falls	North Inlet Trail off Tunnel Road in Grand Lake	6.8 miles	300 feet	A relatively level walk to Cascade Falls.
Shadow Mountain Lookout	East side of Shadow Mountain Lake , just south of Grand Lake	9.4 miles	1533 feet	Steep hike to an historic fire lookout with spectacular views.
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 re-connects with main trail, adding 1.4 miles.

Trail Ridge Road Trailheads

Alpine Ridge Trail	Near Alpine Visitor Center	.5 miles	200 feet	CLOSED SUMMERS 2010 & 2011 for reconstruction
Ute Trail	Across the road from Alpine Visitor Center , as well as other access points	1-8 miles	up to 1038 feet	Tremendous, open views above treeline; start and finish early before lightning and thunderstorms!
Tundra Communities Trail	Rock Cut high on Trail Ridge Road	1 mile	260 feet	Beautiful displays of tundra flowers in mid-summer. Walk slowly, as this trail starts at 12,110' elevation!

Rocky Mountain National Park

Free Shuttle Bus



The popular hiking trails along Bear Lake Road are served by a free shuttle bus service through the summer. Park your car at Park & Ride and

hop onto a free bus to the trailhead of your choice. Through October 3, shuttle buses operate every day.

Buses operate on the Bear Lake Loop (Park & Ride to Bear Lake) every 10-15 minutes. Buses will run on the Moraine Park Loop (Park & Ride to Fern Lake Trailhead) every 30 minutes.

The first bus departs from Park & Ride at 7 a.m. and the last bus leaves at 7 p.m. The last bus of the day leaves Bear Lake and Fern Lake Trailhead at 7:30 p.m.

From June 26 through September 6, the Hiker Shuttle travels from the Estes Park Visitors Center to Park & Ride, with one stop at the park's Beaver Meadows Visitor Center. This bus runs on an hourly schedule early & late in the day, switching to a half-hour

schedule between 10 a.m. - 6 p.m., leaving Estes Park from 6:30 a.m. until 7:30 p.m. A park pass is required to board the bus, and may be purchased at automated machines at Estes Park and Beaver Meadows visitor centers. The last bus leaves Park & Ride bound for Estes Park at 8 p.m.

Bear Lake Shuttle

June 12-October 3: buses operate daily between Park & Ride and Bear Lake, leaving Park & Ride every 10-15 minutes from 7 a.m. to 7 p.m.

Moraine Park Shuttle

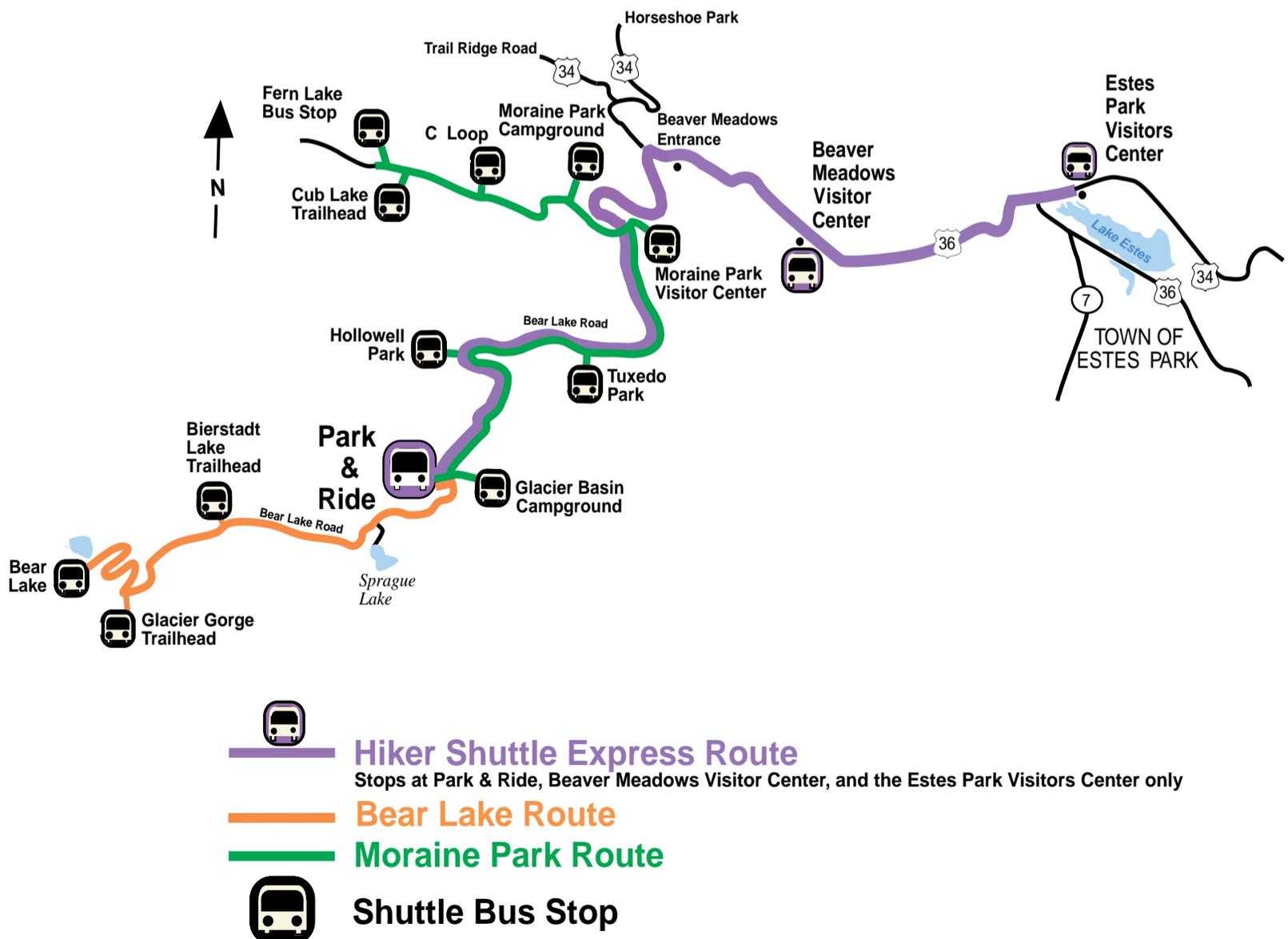
June 12-October 3: buses operate daily between Park & Ride and Fern Lake Bus Stop, leaving Park & Ride every 30 minutes from 7 a.m. to 7 p.m.

Hiker Shuttle

June 26-September 6: buses operate daily between Estes Park Visitors Center and Park & Ride on an hourly schedule from 6:30 a.m. to 7:30 p.m. and a half-hour schedule between 10 a.m. & 6 p.m.

Plus weekends:

September 11 & 12, 18 & 19, 25 & 26



New! Trail Ridge Road Bus Tour to Alpine Visitor Center
Five-hour interpretive bus tour of Trail Ridge Road. Tours are offered on Saturday 6/12, 19 & 26, Tuesdays and Wednesdays 6/29 & 30, through July and August, and 9/1. The tour leaves the Beaver Meadows Visitor Center (BMVC) in the park at 10 a.m. and arrives back at 2:30 p.m. Tickets are sold at BMVC - \$25 per adult, \$12 for

children 16 and under. Children not occupying a seat are free. Park staff will be on board to describe the history and wonders of the highest continuous paved road in the U.S. Tour stops include Rainbow Curve, Forest Canyon Overlook and Alpine Visitor Center. Reservations are required by calling 970-577-7477.