

A hiker in Rocky Mountain National Park. NPS PHOTO / KIM GROSSMAN

Help Us Protect Your Park

IMAGINE A ROCKY MOUNTAIN NATIONAL PARK whose forests are scarred by human-caused fires, whose trails are littered and waters are polluted with trash and excrement, whose wildlife are scarce and scarred from harassment and feeding.

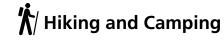
Luckily, this isn't the Rocky that we see today! **But** without your help, it could very well be the Rocky we see tomorrow. With more than 4.5 million visitors in 2016, every action, no matter how small, matters.

Set aside more than 100 years ago for not only you, but also your children, and their children, and all children of every generation, this park—your park—has been entrusted to your care. Please take pride in your park and treat it with respect! Your fellow visitors and the generations of visitors to come will thank you.

How can you help protect Rocky?

- Take the Rocky Pledge! The Rocky Pledge is a promise you can make to protect Rocky's priceless treasures. It only takes a few minutes, so visit page 10 and Pledge to Protect.
- Read and follow important safety information on page 2 and on signs throughout the park. Our rules and regulations weren't invented to ruin anyone's fun—they were created to keep you safe and to keep your park beautiful. Read and take heed!
- Plan ahead for your next visit, whether tomorrow or in a decade. With Rocky's growing popularity come growing crowds and congestion. Planning ahead can help you avoid the not-so-fun stuff so that you have more time and energy to enjoy the totally-fun stuff. For details, visit our website at nps.gov/romo/.

Road Conditions



Free Park Movie

See the stunning 23-minute park movie *Spirit* of the Mountains in the Beaver Meadows and Kawuneeche visitor centers.

Visitor Centers

EAST SIDE Near Estes Park

Beaver Meadows Visitor Center Open 8am to 6pm daily

Near the Beaver Meadows Entrance on US Hwy 36. Information, bookstore, and park movie (see left). For wilderness camping permits, follow the trail east of the visitor center to the Wilderness Office.

Fall River Visitor Center Open 9am to 5pm daily

Near the Fall River Entrance on US Hwy 34. Life-sized wildlife displays, bookstore, and new Arts Alive Activity Center (all ages welcome).

Moraine Park Discovery Center Open 9am to 4:30pm daily

On Bear Lake Road. Interactive exhibits, nature trail with great views of Moraine Park, family-friendly activities, and a bookstore.

Sheep Lakes Information Station Open 9am to 4:30pm daily (weather permitting) through August 14. In Horseshoe Park on US Hwy 34 west of Estes Park. Information and ranger programs. Good wildlife viewing.

Turn to page 8 for our NEW Trail Ridge Road Driving Guide! Learn good places to stop, how to protect the tundra, how to stay safe, and more

o, how **page 9.** Id

Overnight stays in Rocky must be in a

For tips on hiking and a list of trails, see

Trail Ridge Road is open for the season.

Temporary closures are possible in the event of hazardous weather. It usually closes for the winter in mid-October. **Call 970 586-1222 for the most up-to-date status of Trail Ridge Road.**

Old Fall River Road is scheduled to open to motorized travel in early July.

campground or designated wilderness site and require a permit. Staying overnight in a car or RV along roads or at trailheads is not allowed.

Rocky has five campgrounds. For details, visit go.nps.gov/RockyCamping or stop by a visitor center. For wilderness camping, visit go.nps.gov/RockyWildernessCamping or stop at the Wilderness Office (east side near Beaver Meadows Visitor Center) or the Kawuneeche Visitor Center (west side).

Beaver Meadows and Kawuneeche have assisted listening devices for audio description and amplification and induction loops for those with hearing aids. Both visitor centers have a captioned version of the park film and a version *en Español*. All park visitor centers are accessible.

TRAIL RIDGE ROAD

Alpine Visitor Center

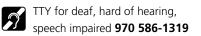
Open 9am to 5pm daily (weather permitting). Highest visitor center in the NPS at 11,796 feet. Extraordinary alpine views, displays, information, a bookstore, and an adjacent gift shop and cafe.

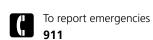
WEST SIDE Near Grand Lake

Kawuneeche Visitor Center Open 8am to 6pm daily On US Hwy 34 north of Grand Lake. Information, maps, free park movie, exhibits, a bookstore, and wilderness camping permits.

website nps.gov/romo/
 instagram @RockyNPS #RMNP
 facebook.com/RockyNPS
 twitter @RockyNPS
 youtube.com/user/RockyNPS







FIND YOUR PARK

Stay Safe

Be Responsible

It is your responsibility to be safe and to know and obey park rules. You can find park safety information, rules, and regulations at visitor centers, entrance stations, trailhead bulletin boards, and the park website at nps.gov/romo.



Altitude Sickness affects many

visitors every year. Symptoms include headaches, nausea, fatigue, dizziness, vomiting, and in acute situations, even unconsciousness. Altitude can also aggravate preexisting conditions like heart and lung disease. Take your time, drink plenty of water, eat lightly, and rest. The only cure for altitude sickness is to go down to a lower altitude.

Backcountry Travel should be done in a group, not alone. Leave a detailed trip itinerary with a friend. This helps park authorities if you fail to return. Mountain weather changes quickly. If conditions are more difficult than anticipated, turn around. Longs Peak, a popular climb, can have treacherous ice and snow any time of year. Camping is only

allowed in designated sites.

Bicycles are prohibited on trails. They are permitted on all roads open to motor vehicles, paved and dirt, unless otherwise posted. There are no designated bicycle lanes in the park. Roads are narrow with few or no shoulders-ride with care. By law, you must ride single file. Shuttle buses do not accept bicycles. Visit go.nps.gov/RockyBicycling.



Campfires are permitted only in campgrounds and picnic areas with fire grates. During high fire danger,

campfires may be prohibited. You can purchase firewood at campgrounds in summer. Collecting vegetation, dead or alive, is prohibited

Cell Service is unavailable in much of the park. Don't depend on a cell phone for emergency help.

Drones are not allowed anywhere in Rocky Mountain National Park.

Falling Trees are an ever-present **hazard** and can fall without warning. Be extra careful around dead trees when it's windy or following a snowstorm.

Firearm Possession in the park is permitted for those legally authorized to possess firearms 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.

Fishing requires a Colorado state fishing license. Trout in the park include

brown, brook, rainbow, and cutthroat (including the protected Colorado River and greenback). Not all park lakes have reproducing fish populations. For more information, visit go.nps.gov/RockyFishing.

Hypothermia can happen any time of year. Watch for drowsiness,

impaired judgment, excessive shivering, and slurred speech. To prevent, wear insulated, wind-proof layers and drink plenty of fluids.

> Lightning regularly strikes in Rocky. There is no safe place in the

backcountry when lightning strikes. Check the forecast before heading out. Watch for building storm clouds. Plan activities so you can quickly return to your car if a storm begins. If hiking, plan to return to the trailhead before noon, and return to the trailhead immediately if you hear thunder.

Marijuana possession and use is illegal in Rocky Mountain Nation-

al Park and all federal lands, even though small amounts of recreational marijuana are legal in Colorado.

Pets are prohibited on ALL park trails, tundra, and meadow areas.

Leashed pets are only allowed in picnic areas, parking lots, campgrounds, and along roadsides. Never leave pets in vehicles if it puts them in danger or they become a public nuisance. When outside vehicles, pets must be on leashes no longer than six feet. Service animals that have been individually trained to perform specific tasks for the benefit of persons with disabilities are allowed in the park. Emotional support ("therapy animals") and service-ani-

mals-in-training are not service animals under the Americans with Disabilities Act and may not access trails or other non-motorized areas.

Rivers and Streams can be deadly.

Park waters are frigid. Powerful currents can knock you over and pull you downstream or underwater, where you may become trapped. Streamside rocks are often slippery, and nearby water may be deep. Always closely supervise children around all water but especially near rivers and streams.

Take only pictures. It is illegal to take any natural features including pinecones, rocks, antlers, and artifacts or to disturb soil, rocks, or vegetation (including flowers). Metal detector use is prohibited.

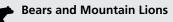
ご Ticks are out. In areas with plants, particularly tall grasses, regularly check yourself for ticks. Wear long sleeves, pants, and repellent with DEET. If you find an embedded tick, slowly pull it straight out with tweezers. Ticks can carry disease, including Colorado Tick Fever.



KEEP WILDLIFE WILD Never feed or approach wildlife

Many amazing animals call Rocky home. To keep them and you safe and comfortable:

- 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.
- Keep a safe distance. If you cause an animal to move or change behavior, you are too close! Approaching an animal puts you at risk and may cause it stress, leading to disease and illness.
- Never feed wildlife, including birds and chipmunks.



Seeing a bear or mountain lion is rare, and interactions are even more rare. However, keep the following in mind:

- Travel in groups and make noise as you hike closely together. Keep children close! A predator does not distinguish a running child from running prey.
- If you see a bear or mountain lion, stop, stay calm, and back away slowly. Never approach wildlife or turn your back and run. Stand tall and look large. Raise your arms. Protect small children by picking them up.
- If approached, make loud noises, shout, clap hands, bang pots or pans, and fight back if attacked.

See our camping site bulletin, available at campgrounds and visitor centers, to learn how to properly store food and other scented items.



View from Old Fall River Road. NPS PHOTO / ANN SCHONLAU

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NPS PHOTO / KIM GROSSMAN

Rocky offers FREE amazing ranger programs all summer long—no reservations required. Rather than a dry classroom-style lecture, our programs are interactive, engaging, and fun ways to learn about your park. We've got a wide variety of topics and activities available.

Check out the summaries below, then turn to pages 4–7 to find all the details. And if you have an internet connection, visit go.nps.gov/**RockyCal** to search for events on the dates of your visit. We look forward to seeing you soon!



Talks and Activities

Quick, casual, and interactive, talks and activities are great for all ages and abilities! Learn about bears, bighorns, lightning, the history of Trail Ridge Road, and so much more.



Walks and Hikes

From brief strolls to true hikes, these programs get you moving. Birds, lakes, flowers, waterfalls, geology, history—join a ranger to discover new trails and ideas.



Evening Programs

Hosted in the park's campground amphitheaters, evening programs cover an ever-changing variety of topics in a fun group environment. Everyone is welcome.



Fun Stuff for Kids

Kide are our futural Recome

a Junior Ranger (see page 7), enjoy hands-on activities and hikes at Discovery Days (page 4), learn about bugs and insects, and more.



Special Events

Special events are going on all summer long. Visit go.nps.gov/**RockyCal** to find special events happening during your visit, including those featured at right. World Listening Day July 18, 10 am to 2 pm Fall River Visitor Center

Let's hear it for the world of sound! Join us to enjoy fun sound-related activities. More details on other World Listening Day activities online. Holzwarth Homestead Centennial July 18, 11 am to 6 pm Holzwarth Historic Site

Celebrate the 100th anniversary of Holzwarth Historic Site! Booths, events, a campfire program, and more. Details online.

Ranger-Led Programs

East Side

ACTIVITIES AND TALKS	LENGTH	LOCATION	SUN	MON	TUE	WED	тни	FRI	SAT
Bear Necessities b Join a ranger to learn about the amazing lives of Rocky's bears and how you can help save them.	20 to 30 minute talk	Beaver Meadows Visitor Center	10 am		10 am		10 am		
Bighorn Basics Sheep Lakes is a popular place to view bighorn sheep. Learn about this majestic symbol of Rocky. (May be canceled due to weather.) Ends 8/13	30 minute talk	Sheep Lakes Information Station	10:30 am	10:30 am	10:30 am	10:30 am	10:30 am	10:30 am	10:30 am 2 pm
Coffee With a Ranger Join the conversation and share your own perspectives about different resource issues facing Rocky while en- joying a warm morning beverage. Ends 8/10	1 hour chat	Glacier Basin Campground Amphitheater					8 am		
Volunteer in Rocky! Join a ranger to learn about volunteers at Rocky, then spend the rest of the hour volunteering. You'll receive a free gift. All ages welcome!	1 hour activity	See dates for location			9 am Beaver Meadows Visitor Center		9:30 am Hidden Valley	3:30 pm Moraine Park Campground	

WALKS AND HIKES	LENGTH	LOCATION	SUN	MON	TUE	WED	тни	FRI	SAT
Birds of Upper Beaver Meadows Join a skilled birder 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 walk	Upper Beaver Meadows Trailhead			7 am		7 am		
Hike with a Ranger! Join a park ranger for a guided hike through lush subalpine forests to glacially-carved Mills Lake. Bring water, lunch, snacks, sunscreen, sunglasses, a hat, warm layers, and a rain jacket.	5 to 6 hour, 5.6 mile hike	Meet the ranger at Park & Ride to ride the shuttle		8:30 am					
Lily Ridge Hike Explore unseen connections between rocky ridges, enchanting forests, Longs Peak, and Lily Lake in this moderate hike on the ridge.	1.5 hour, 2 mile walk	Lily Lake			9:30 am	9:30 am		9:30 am	9:30 am
Sprague Lake Stroll Enjoy a leisurely stroll with a ranger around beautiful Sprague Lake as you discuss past, present, and future management issues of wild places like Rocky Mountain National Park.	1 to 1.5 hour, 1 mile walk	Sprague Lake Picnic Area	9:30 am		9:30 am				
Welcome to Rocky! Curious about what there is to see and do at Rocky Mountain National Park? Join a ranger for a short stroll and introduction to the park, its opportunities, and the intriguing landscapes it contains. A great way to jump- start your visit!	20 minute stroll	Meet in front of Beaver Meadows Visitor Center		10 am		10 am		10 am	10 am
FUN PROGRAMS FOR KIDS!	LENGTH	LOCATION	SUN	MON	TUE	WED	тни	FRI	SAT
Discovery Days Discover Rocky with your family through hands-on ac- tivities, crafts, and games. Each week offers something new to discover. Limited parking. Starts 6/27–Ends 8/16	Drop-in program	Moraine Park Discovery Center			12:30 pm to 4:30 pm	9 am to 4:30 pm			
Discovery Hikes Come out and discover the wonders of Moraine Park with hands-on activities on this family-friendly hike. Parents must accompany children. Ends 8/20	1 to 1.5 hour hike	Moraine Park Discovery Center	9:30 am	9:30 am	9:30 am		9:30 am	9:30 am	9:30 am
Junior Ranger Program Earn your Junior Ranger badge! Join a ranger for pro- grams and activities. Children must be accompanied by an adult. Starts 6/24–Ends 8/20	30 minute activity	Junior Ranger Headquarters at Hidden Valley	10 am 11:30 am 1 pm 2:30 pm						

Notes and Tips• All children must be
accompanied by an adult.
• Programs may be canceled due to weather.• Wheelchair-accessible programs
are marked with a blue icon.check the schedule before heading out.
• For outdoor programs, be sure to bring
the essentials (see top of page 9).

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East Side (continued)

EVENING PROGRAMS	LENGTH	LOCATION	SUN	MON	TUE	WED	тни	FRI	SAT
Aspenglen Campground Enjoy a variety of informative and fun programs. See the weekly schedule at a visitor center for topics. Dress warmly. Ends 8/26	45 minute program	Aspenglen Campground Amphitheater	9 pm 6/25–7/9 8:30 pm 7/16–8/20				9 pm 6/22–7/13 8:30 pm 7/20–8/24		
Glacier Basin Campground Enjoy a variety of informative and fun programs. See the weekly schedule at a visitor center for topics. Dress warmly. Ends 8/26	45 minute program	Glacier Basin Campground Amphitheater	8:30 pm 6/18–8/20	9 pm 6/19–7/10 8:30 pm 7/17–8/21	7:30 pm 6/20–8/22	9 pm 6/28–7/12 8:30 pm 7/19–8/23	7:30 pm 6/29–8/24	9 pm 6/30–7/14 8:30 pm 7/21–8/25	9 pm 7/1–7/15 8:30 pm 7/22–8/26
Moraine Park Campground Enjoy a variety of informative and fun programs. See the weekly schedule at a visitor center for topics. Dress warmly. Ends 8/26	45 minute program	Moraine Park Campground Amphitheater	8:30 pm 7/16–8/20	9 pm 6/26–7/10 8:30 pm 7/17–8/21	9 pm 6/20–7/11 8:30 pm 7/18–8/22	7:30 pm 6/21–8/23	9 pm 6/22–7/13 8:30 pm 7/20–8/24	9 pm 6/23–7/14 8:30 pm 7/21–8/25	9 pm 6/24–7/15 8:30 pm 7/22–8/26
Astronomy in the Park Observe the night sky with the help of a park ranger and expert volunteer astronomers. Dress warmly. Bring binoculars and a flashlight. Ends 8/25	30 minute program followed by viewing	Upper Beaver Meadows Trailhead			Friday	, 6/23 8:30 pn , 7/14, 7/21, ar 8/18 and 8/25	nd 7/28 8:15 p	om	
Stories Behind the Moon and Stars The night sky comes alive through storytelling and fun activities. Celebrate darkness in Rocky! Dress warmly. Bring binoculars and a flashlight. Ends 8/12	1 to 1.5 hours	Moraine Park Discovery Center	Friday, 6/30 8:30 pm Friday, 7/7 8:15 pm Friday, 8/4 and 8/11 at 8 pm						
Twilight Walk Soak in the magical twilight hour as the sun sinks behind the high peaks. Learn what the natural world is doing as day slips into night. Dress warmly and bring a flashlight. Ends 8/23	1 to 1.5 hour walk	See dates for location		7:45 pm June–July 7:15 pm August Bear Lake Ends 8/7		7:45 pm June–July 7:15 pm August Bear Lake Ends 8/23			7:45 pm June–July 7:15 pm August Sprague Lake Ends 8/19



Alpine (Trail Ridge Road)

Visitors at the Alpine Visitor Center. NPS PHOTO / PETER BIDDLE

TALKS AND WALKS	LENGTH	LOCATION	SUN	MON	TUE	WED	THU	FRI	SAT
All About Lightning L Learn why lightning can be a hair-raising experience and how to minimize your risk of being struck.	20 to 30 minute talk	Alpine Visitor Center			2:30 pm No pro- gram 8/1	2:30 pm No pro- gram 8/2		2:30 pm	
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. Starts 7/5–Ends 8/16	3 hour hike	Alpine Visitor Center Flagpole				9 am No pro- gram 8/2			
Road to the Top I Humans have been part of the alpine landscape for centuries. Come learn how Native American routes through the tundra became the roads you drive today.	20 to 30 minute talk	Alpine Visitor Center					2:30 pm No pro- gram 8/3, 8/17		2:30 pm
Tundra Nature Walk Exhilarate your senses with alpine views and miniature wildflower gardens. Dress warmly. We'll caravan to the location. Ends 8/13	1.5 to 2 hour hike	Alpine Visitor Center	9:30 am	9:30 am	9:30 am No pro- gram 8/1	9:30 am No pro- gram 8/2	9:30 am No pro- gram 8/3	9:30 am	9:30 am

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Ranger-Led Programs (continued)

West Side

ACTIVITIES AND TALKS	LENGTH	LOCATION	SUN	MON	TUE	WED	THU	FRI	SAT
Exploring with a Camera Learn tips to improve your pictures during this photography walk. Starts 6/30–Ends 7/28	1 to 1.5 hour activity	Timber Lake Trailhead						1:30 pm	
Holzwarth Historic Site Tour a 1920s-era dude ranch for a taste of early homesteading and tourism.	Drop-in tour	Holzwarth Historic Site Parking Area	10:30 am to 4:30 pm						
Journaling and Sketching in Nature Join a ranger for an introduction to journaling and sketching in the natural world. No artistic talent required! Starts 6/29–Ends 7/27	1.5 hour activity	Holzwarth Historic Site Parking Area					9:15 am		
Mountain Wildflowers A ranger will lead you to the best current blooms and explore why they're special. Caravan to this week's flowers. Ends 8/6	2 hour activity	Kawuneeche Visitor Center Flagpole	9 am						
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 activity	Kawuneeche Visitor Center Flagpole		1 pm					
Skins and Things L Examine the skins, skulls, antlers, teeth, and bones of many park mammals.	40 minute activity	Kawuneeche Visitor Center	3:15 pm						
Volunteer at Rocky! Join an hour-long service project and receive a free gift. All ages welcome. Ends 8/5	1 hour activity	Timber Creek Campground Amphitheater							9:30 am
WALKS AND HIKES	LENGTH	LOCATION	SUN	MON	TUE	WED	THU	FRI	SAT
Beyond the Falls A pleasant stroll to Adams Falls and a spectacular view just beyond. Starts 7/2–Ends 7/30	1 mile, 1.5 hour hike	East Inlet Trailhead	2:15pm						
Coyote Valley River Walk Explore ecology and history on this easy walk along the Colorado River. Ends 8/8	1 mile, 1 hour walk	Coyote Valley Trailhead			7 pm				
Hike Through History Discover hidden remnants of mining and dude ranch history along the Colorado River on this gentle 3-mile hike. Starts 7/1–Ends 7/29	3 mile, 3 hour hike	Colorado River Trailhead							9:30 am
People of the Kawuneeche Valley Join us for a look back at the people who have called the Kawuneeche Valley home.	0.75 mile, 1.5 hour walk	Bowen-Baker Trailhead			11 am				
Rocky Mountain Heritage Walk Learn about the human history of the Kawuneeche Valley while strolling to the grounds of an historic guest ranch. Starts 6/26–8/14	1 mile, 1.5 hour walk	Holzwarth Historic Site Parking Area		9:30 am					
Wilderness Connections Celebrate wilderness with a moderate hike to a hidden meadow and picturesque creek. Starts 6/30	2 mile, 1.5 hour hike	Onahu Trailhead						9 am	

The Never Summer Mountains on the park's west side. NPS PHOTO / KIM GROSSMAN



Notes and Tips

- All children must be accompanied by an adult.
- Programs may be canceled due to weather.
- Wheelchair-accessible programs are marked with a blue icon.
- Programs and hours vary. Please double-

check the schedule before heading out.

• For outdoor programs, be sure to bring the essentials (see top of page 9).

West Side (continued)

west side (continued)									
FUN PROGRAMS FOR KIDS!	LENGTH	LOCATION	SUN	MON	TUE	WED	THU	FRI	SAT
Come Bug a Ranger Learn fun facts about insects. Puppets, stories, and activities for children 4–10 years old. Ends 8/2	1 hour activity	Holzwarth Historic Site Parking Area				10:30 am			
The Great American Solar Eclipse 🕹 On August 21, a solar eclipse will happen across the US. Drop by to learn how a solar eclipse happens, what you might see, and how to view the eclipse safely.	Drop in from 10 am to 12 pm	Kawuneeche Visitor Center		July 3 July 17 July 24	July 18 July 25	June 28 July 19 July 26	July 20 July 27	July 21 July 28	July 1
Junior Ranger Program Join a ranger for a short program and activities to earn your Junior Ranger badge. Starts 6/24–Ends 8/7	1 hour activity	Kawuneeche Visitor Center		1:30 pm	1:30 pm				1:30 pm
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 Visitor Center or 970 627-3471. Ends 8/4.	2 hour activity	Holzwarth Historic Site Parking Area						9:45 am	
Web Walkers L Explore a section of the Colorado River. Activities are designed for children 6–12 years old. Ends 8/8	1 hour walk	Coyote Valley Trailhead			9:30 am				
EVENING PROGRAMS	LENGTH	LOCATION	SUN	MON	TUE	WED	тни	FDI	CAT
				MON	TUL	WED	ТНО	FRI	SAT
Timber Creek Campground Program Check at the campground or Kawuneeche Visitor Center for topics. Starts 6/20	1 hour program	Timber Creek Campground Amphitheater		MON	6/20–7 8/1–8/	7/31 8:45 pm 19 8:30 pm 9/4 at 8:15 pm	ļ	FRI	SAT
Check at the campground or Kawuneeche Visitor		Timber Creek Campground		9 pm July 24 only	6/20–7 8/1–8/	7/31 8:45 pm /19 8:30 pm	ļ	FKI	SAT
Check at the campground or Kawuneeche Visitor Center for topics. Starts 6/20 Celestial Wilderness Use a telescope to explore the astronomy of Rocky's night sky. Dress warmly, bring binoculars if you have them. If overcast, meet at Kawuneeche Visitor Center	program 1 to 1.5 hour	Timber Creek Campground Amphitheater Harbison Meadow Parking Area (if		9 pm July 24	6/20–7 8/1–8/ 8/20–9 9 pm June 27	7/31 8:45 pm /19 8:30 pm	9 pm 6/29–7/27 8:45 pm	7 pm	SAT
Check at the campground or Kawuneeche Visitor Center for topics. Starts 6/20 Celestial Wilderness Use a telescope to explore the astronomy of Rocky's night sky. Dress warmly, bring binoculars if you have them. If overcast, meet at Kawuneeche Visitor Center for an indoor presentation. Starts 6/29 Old Ranch Campfire Roasted marshmallows (bring 'em), tall tales (the old wrangler will tell 'em), and campfire songs bring back	program 1 to 1.5 hour activity 1 mile, 2	Timber Creek Campground Amphitheater Harbison Meadow Parking Area (if cloudy, see left) Holzwarth Historic Site		9 pm July 24	6/20–7 8/1–8/ 8/20–9 9 pm June 27	7/31 8:45 pm /19 8:30 pm	9 pm 6/29–7/27 8:45 pm		7 pm

Become a Junior Ranger

JUNIOR RANGERS AT ROCKY MOUNTAIN National Park have fun discovering the natural world and learning why we need to protect our national parks. We need the help of all our rangers to keep Rocky protected for many years to come. Pick up a free Junior Ranger activity booklet at any visitor contact station, discover the park, and become a ranger by earning your badge! There are activity books for kids ages 5 and under, 6-8, and 9 and up.

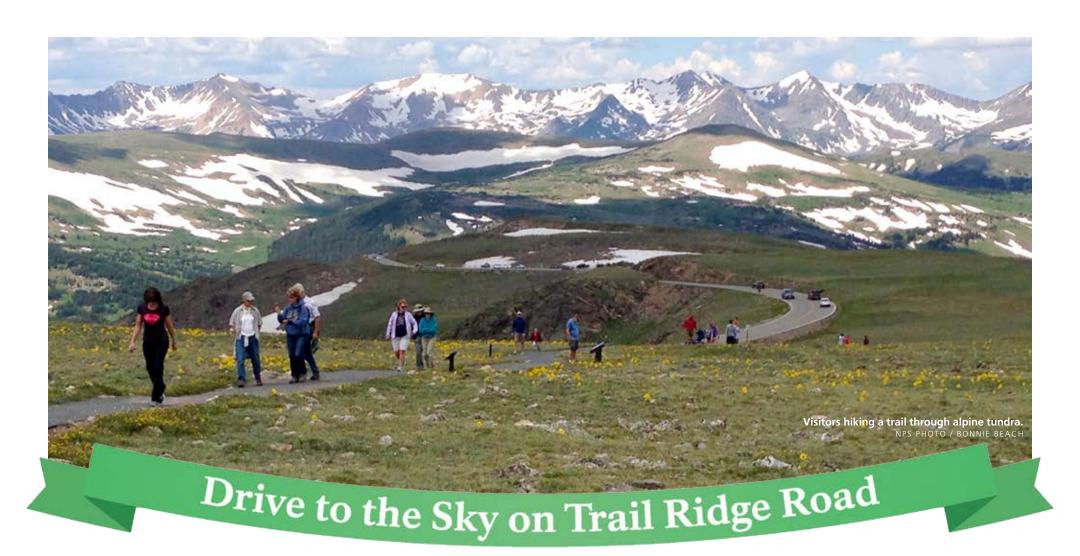




You can attend an astronomy program on Friday nights to earn the Junior Ranger Night Explorer patch, and on Thursdays at Junior Ranger Headquarters you can become a Junior Wildland Firefighter by learning about fire's role in shaping our park lands. The park's Junior Ranger Program is funded by the Rocky Mountain Conservancy and is a great way to get kids out exploring and discovering their national park.

WebRangers is the online extension of the Junior Ranger program. It's a website for kids of all ages. If you love our national parks, historic sites, and monuments, then this site is for you. nps.gov/webrangers/

Complete your Junior Ranger booklet and earn cool stuff!



Trail Ridge Road is truly a wonder. From Estes Park or Grand Lake, you climb thousands of feet, finally arriving in the alpine tundra: the land above the trees. As elevation increases, average temperatures lower and extreme winds become the norm. In these conditions—like those found in the Alaskan Arctic—no trees can grow. Yet the tundra is also home to vibrant life and vivid color, from pika and marmots to sweeping fields of tiny flowers.

The alpine tundra is unique and almost certainly very different from where you call home. This condensed guide has vital information to help you explore Trail Ridge Road while keeping yourself and others safe and the fragile tundra ecosystem protected.

Thank you for coming to experience this magical place. We hope you have the trip of a lifetime!

- Trail Ridge Road is narrow, winding, and has few guardrails. Drive carefully.
- Lightning can kill you. If thunderstorms are approaching or if you see or hear lightning, immediately seek shelter in your car or a building.
- High elevation can make you feel sick and aggravate preexisting conditions. See page 2 for details.
- Temperatures on the tundra can be 20 to 30° F (10 to 15° C) colder than park entrances, and weather changes quickly. Always bring warm, windproof layers, including a hat and gloves, even on warm days.
- Sunlight is intense at elevation. Even on cool, cloudy days, UV levels can be extreme. Wear sunglasses that block UV to protect your eyes. Use sunscreen and wear a hat. Consider full-coverage clothing for long outings.

While seemingly hardy, the tundra is in fact quite fragile. Repeated footsteps often destroy tundra plants. Recovery can take hundreds of years.

• You must stay on trails in the park's six Tundra Protection Areas:

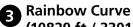
- Alpine View Trail
- Alpine Visitor Center area
- Forest Canyon overlook
- Gore Range overlook
- Rock Cut overlook
- Tundra Communities Trail
- Never pick flowers or plants.
- Never feed or approach wildlife, no matter how small.
- Park only in designated areas, never on vegetation.
- Pets are prohibited on ALL tundra areas.

Estes Park, CO (7522 ft / 2293 m)

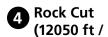
Rocky's eastern gateway sits in a broad valley that is a mix between open meadows—locally called

Many Parks Curve (9640 ft / 2938 m)

Enjoy sweeping views of some of Rocky's famous parks, including Horseshoe Park, Beaver Meadows, Moraine Park, and even parts of Estes Park.



(10829 ft / 3301 m) This is a great area to see *krummholz*, small twisted trees that grow near treeline. Conditions here are so harsh that trees are stunted and gnarled.



(12050 ft / 3673 m) Rock Cut features superb panoramic views of the park.

PROTECT

the

TUNDRA

STAY SAFE

"parks"—and lodgepole-pine dominated montane forests.

5 Alpine Visitor Center (11796 ft / 3595 m)

Take in the views and explore the exhibits at the highest elevation visitor center in the National Park Service. Old Fall River Road joins Trail Ridge Road here.

5 Milner Pass (10758 ft / 3279 m)

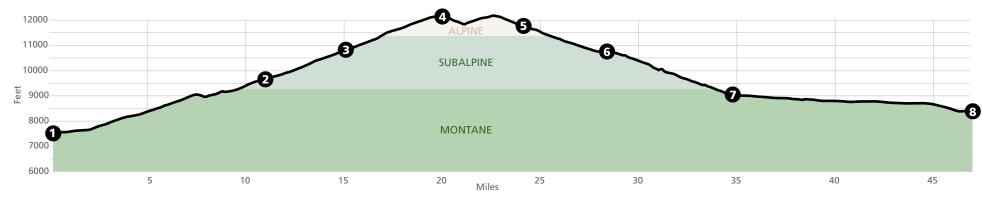
This pass straddles the Continental Divide. Water falling on the east side of the Divide flows to the Atlantic Ocean. Water falling on the west side flows to the Pacific.

Colorado River Trailhead (8990 ft / 2740 m)

The mighty Colorado River begins in Rocky Mountain National Park! Stop here to hike and enjoy the river just a few miles from its source near La Poudre Pass. Hike the Tundra Communities Trail to see unique plants and animals of the alpine.

3 Grand Lake, CO (8367 ft / 2550 m)

The western gateway to the park, Grand Lake features an old west feel. With food, shops, and access to incredible hikes and lakes, this is a town you won't want to miss.



8 Rocky Mountain National Park, Colorado

Hiking Trails

Wheelchair-accessible trail Family-friendly trail

Plan Ahead for a Better Hike

Rocky is extremely busy throughout the summer and on fall weekends. Most trailheads completely fill by early morning, and road restrictions must sometimes be put in place for visitor safety. Here are some tips to help you plan ahead for your next hiking adventure.

- Hike early. How early? Popular trail-
- heads filled at these times in 2016: • Glacier Gorge: 6 am
 - Bear Lake: 8:30 am
 - Park & Ride: 10:30 am
 - Wild Basin Corridor: 9 am
- Hike late. Rocky tends to be less busy after 3 pm. However, especial-

ly if you're headed above treeline, check the forecast-never hike above treeline if thunderstorms are nearby.

• Always bring essential items, including water, food, layers of clothing (storm gear, hats, gloves), sunglasses with UV protection, sunscreen, map and compass,

flashlight or headlamp, and a whistle.

East Side DISTANCE ELEVATION HIGHLIGHTS TRAIL TRAILHEAD ROUND TRIP GAIN End of Bear Lake Road Follow a self-guiding nature trail around beautiful Bear 0.5 mi 20 ft **Bear Lake** Lake. Trail has snow well into June. 농 M 0.8 km 6 m **Deer Mountain** Deer Mountain Trailhead 6 mi 1,083 feet One of the few mountains in RMNP with a trail to the Deer Ridge junction where US 34 and 36 meet 9.7 km 330 m summit. Great views of mountains and valleys. Gem Lake Lumpy Ridge Trailhead 3.2 mi 1,000 ft Big rocks and nice views on this rather steep hike. The lake is small and spring-fed (no stream). Devils Gulch Road north of Estes Park 5.1 km 305 m Lily Lake Lily Lake Trailhead 0.8 mi 20 ft A level walk around Lily Lake featuring wildflowers, waterfowl, and mountain views. 达 H south of Estes Park on Highway 7 1.3 km 6 m 20 ft **Moraine Park Discovery Center** Bear Lake Road 0.5 mi Self-guiding trail booklet available. Winds up and **Nature Trail** 0.8 km down hillside behind Discovery Center. 6 m Fern Lake Trailhead 245 ft The Pool 3.4 mi Pretty, shaded hike in deep valley along rushing off of Bear Lake Road 5.5 km 75 m stream. Sprague Lake Packed gravel, level grade trail around lovely lake. Bear Lake Road 0.5 mi 10 ft 达 M 0.8 km 3 m

Trail Ridge Road

TRAIL	TRAILHEAD	DISTANCE ROUND TRIP	ELEVATION GAIN	HIGHLIGHTS
Alpine Ridge Trail	Alpine Visitor Center	0.5 0.8 km	209 ft 64 m	Amazing views in all directions from this small summit. Keep an eye on the sky: if storms approach, stay off!
Tundra Communities Trail	Rock Cut	0.6 1.0 km	260 ft 79 m	View the miniature world of the alpine tundra and enjoy sweeping views of the park.
Ute Trail	Across road from Alpine Visitor Center plus other access points	1 to 8 mi 1.6 to 12.9 km	1,308 ft 399 m	Stunning views above treeline. Start and finish early before lightning and thunderstorms!

West Side

TRAIL	TRAILHEAD	DISTANCE ROUND TRIP	ELEVATION GAIN	HIGHLIGHTS
Adams Falls	East Inlet Trailhead far east end of Grand Lake	0.6 mi 1 km	80 ft 24 m	A beautiful short hike near Grand Lake. Trail continues beyond the falls to lush meadows with mountain views.
Cascade Falls	North Inlet Trailhead off West Portal Road in Grand Lake	7 mi 11.3 km	300 ft 91 m	A relatively level hike to a rocky cascade.
Coyote Valley Trail	Coyote Valley Trailhead 6 miles north of Kawuneeche Visitor Center	1 mi 1.6 km	10 ft 3 m	Follows bank of the Colorado River with views of Never Summer Mountains. Look for wildlife. Packed gravel, level grade.
East Shore Trail	East side of Shadow Mountain Lake <i>just south of Grand Lake</i>	5.2 mi 8.4 km	100 ft 30 m	2.6 mi to Green Ridge Campground. A side loop to Ranger Meadows reconnects with main trail, adding 1.4 mi.
Holzwarth Historic Site	US Hwy 34 8 miles north of Kawuneeche Visitor Center	1 mi 1.6 km	10 ft <i>3 m</i>	Explore a historic homestead cabin and 1920s dude ranch. Brochures, interpretive signs.
Lulu City	Colorado River Trailhead 10 miles north of Grand Lake Entrance	7.4 mi 11.9 km	350 ft 107 m	Not much is left of historic Lulu City along this gentle trail. For a longer hike, return via the Grand Ditch to Red Mountain Trail.
Onahu Creek - Green Mountain Loop	Onahu Creek Trailhead or Green Mountain Trailhead	7.6 mi 12.2 km	1,100 ft 335 m	Loop trail through a quiet forest and meadow along flowing mountain streams.
Notes and Tips	Detailed hiking guides and maps are available at vicitor contors and kicks		w areas (see page 2)	

- available at visitor centers and kiosks.
- Pets are prohibited on all park trails, tundra,
- Weather conditions can change quickly. Always be willing to turn around.
- Longs Peak Ranger Station or our website to learn more: go.nps.gov/Longs Peak.

Learn More

Take the Rocky Pledge

WE, THE STAFF AND VOLUNTEERS OF ROCKY MOUNTAIN National Park, do our utmost to protect Rocky and provide you, the visitor, with experiences of a lifetime. But here's the truth: we can't do it without you. With over 4.5 million visitors in 2016, the choices each of us makes during our visit add up quickly. What you do while at Rocky truly matters.

Here's another truth: we know you love Rocky and want to protect it. How do we know? Because you're visiting us and reading this! By choosing to spend your time in Rocky, you've recognized the beauty of this park enough to learn about and care for it.

How can you help?

- **1. Take the Rocky Pledge (see below)**. You can read it aloud or to yourself, in the park or at home, alone or with friends. All we ask: read it thoughtfully and take it seriously.
- 2.Encourage your followers to protect Rocky. Share a photo of yourself taking the pledge to your social media of choice and tag it #rockypledge. If you're on Instagram, there's a chance you'll get hundreds of thousands of eyes on your photo—we'll regularly repost our favorite #rockypledge shots!
- 3. Tell your friends and family: Take the Rocky Pledge! Visit go.nps.gov/RockyPledge to learn more.

The Rocky Pledge "To preserve unimpaired for this and future generations the beauty, history, and wildness therein, I pledge to protect Rocky Mountain National Park."

- To prevent fire scars and human-caused fires, I pledge to never build a fire outside of a campground or picnic area fire ring.
- To protect plants, meadows, and alpine tundra, I pledge to park only on designated asphalt or gravel parking areas.
- To respect other visitors' experiences, if I need to go but am not near a restroom, I pledge to leave no trace by stepping well away from the trail and water sources, burying my waste at least six inches deep or packing it out in a waste bag, and carrying out my toilet paper.
- To respect Rocky's wild creatures and to protect myself, I pledge to watch wildlife from a distance that doesn't disturb them in any way. I will never feed an animal—doing so causes it harm.



- To respect history, heritage, and natural processes, I pledge to remove nothing from the park except my own and others' trash. I will leave no trace of my visit so that the next person can experience the same beauty as I did.
- To keep my pet, wildlife, and other visitors safe, I pledge to keep my leashed pet only on roads, in campgrounds, and in picnic and parking areas. I will never take my dog on Rocky's trails, meadows, or tundra areas.
- To preserve them for the enjoyment, education, and inspiration of this and future generations, I pledge to honor, respect, and protect all our national parks and public lands.

Rocky Mountain National Park #rockypledge

Frequently Asked Questions

Where can I go camping?

Overnight stays in Rocky must be in a campground or designated wilderness site and require a permit. Staying overnight in a car or RV along roads or at trailheads is not allowed.

Rocky has five campgrounds. Aspenglen, Glacier Basin, and Moraine Park campgrounds accept reservations for the summer up to six months in advance, and most if not all campsites are reserved well ahead of time. Longs Peak and Timber Creek campgrounds are first come, first served and fill early.

roads and in parking areas, picnic areas, and established campgrounds.

Pets are prohibited in all areas of Rocky not accessible by motor vehicle, including trails, tundra, and meadows. There are exceptions for service animals—see page 2 under "Pets" for details. programs. Volunteer positions are available throughout the park—learn more at go.nps.gov/**RockyVIP**.

What is the highest elevation in the park?

The summit of Longs Peak rises to 14,259 feet (4346 m). The highest point accessible by vehicle is on Trail Ridge Road at 12,183 feet (3713 m).

Why do some of the elk have collars? Collars help park researchers track elk as they move in and around the park. This information is used for research projects including the park's Elk and Vegetation Management Plan and the study of chronic wasting disease.

Wilderness camping—camping away from roads that requires you to carry in and out all your gear and supplies—is allowed by permit only in designated sites and areas. Visit go.nps.gov/**RockyWildernessCamping** or stop at the Wilderness Office (east side near Beaver Meadows Visitor Center) or the Kawuneeche Visitor Center (west side).

Where can I see wildlife?

Our wildlife is truly wild, so we can't predict when or where you might see it. However, the more you explore the park, the better your chances of discovering a variety of wildlife.

Can I bring my pet in the park? Leashed pets are allowed along established

Where can I eat in the park?

Picnic tables, available throughout the park, offer beautiful scenic views in a variety of settings. Find them by looking for the picnic symbols on your park map.

Food, drink, and snacks can be purchased at the Trail Ridge Store, located by the Alpine Visitor Center on Trail Ridge Road.

What kind of hikes can I do in one day?

Sprague Lake, Lily Lake, and Lake Irene are just a few of the family friendly trails that can easily be done within a day's visit. For more options, see page 9, explore the park map, or ask a ranger.

How can I get a job with the park?

All National Park Service jobs are advertised online at USAJobs.gov. Internships are available through the park, the Rocky Mountain Conservancy, and other

Can I fish in the park?

Yes. Fishing requires a Colorado state fishing license and is subject to Rocky-specific rules and regulations. Learn more at go.nps.gov/**RockyFishing**.

Can I use marijuana in the park?

Marijuana possession and use is illegal in Rocky Mountain National Park and all federal lands, even though small amounts of recreational marijuana are legal in Colorado.

Can I fly a drone in the park?

No. Flying drones is not allowed anywhere in Rocky Mountain National Park.

Did You Know That Rocky Mountain National Park Has Sisters?

IT'S TRUE! Rocky has "sister" park relationships with national parks in Poland, Slovakia, and Costa Rica.

In 2007, Rocky Mountain National Park signed a sister park agreement with the Tatra National Parks in Poland and Slovakia. All three are mountain parks and international biosphere reserves.



In 2012, Rocky signed another agreement with the Monteverde Cloud Forest, Santa Elena Cloud Forest Reserve, Children's Eternal Rainforest, and Arenal National Park in Costa Rica. What do we share with places in Costa Rica? Birds! Over 150 species of birds, like the Yellow-rumped Warbler (lower right), share the ecosystems of Rocky and Costa Rica.

Since 2007, we have engaged in staff exchanges and conferences, started joint science projects, and shared ideas and lessons learned. Issues that once seemed specific to a single park or country are now seen through a global lens and recognized as common to many protected areas.

The future of protected areas is international. As Shakespeare said, "One touch of nature makes the whole world kin." Working with colleagues in our sister parks reminds us to think a bit larger in preserving our global landscapes for future generations.



NPS/ANN SCHONLAU

Elevate Your Shopping Experience



Take the trail to the clouds and not only will you find breathtaking vistas, you'll find the best selection of Rocky Mountain National Park souvenirs including an amazing selection of authentic Native American gifts. Plus, enjoy a bite to eat at our café and coffee bar.



VISIT US AT THE TOP OF TRAIL RIDGE ROAD



Toward a Greener Park



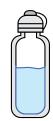


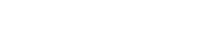
A volunteer next to one of Rocky's hybrid vehicles

NPS PHOTO Recycling containers

Reduce, Reuse, Recycle

GLASS, PLASTIC #1 THROUGH 7, and aluminum may be recycled in campgrounds and major locations. Look for recycling containers or ask at any visitor center or campground for their locations. Help us reduce plastic bottle use! There's limited drinkable water in the park. Please remember to bring your own reusable containers and refill them at park visitor centers.





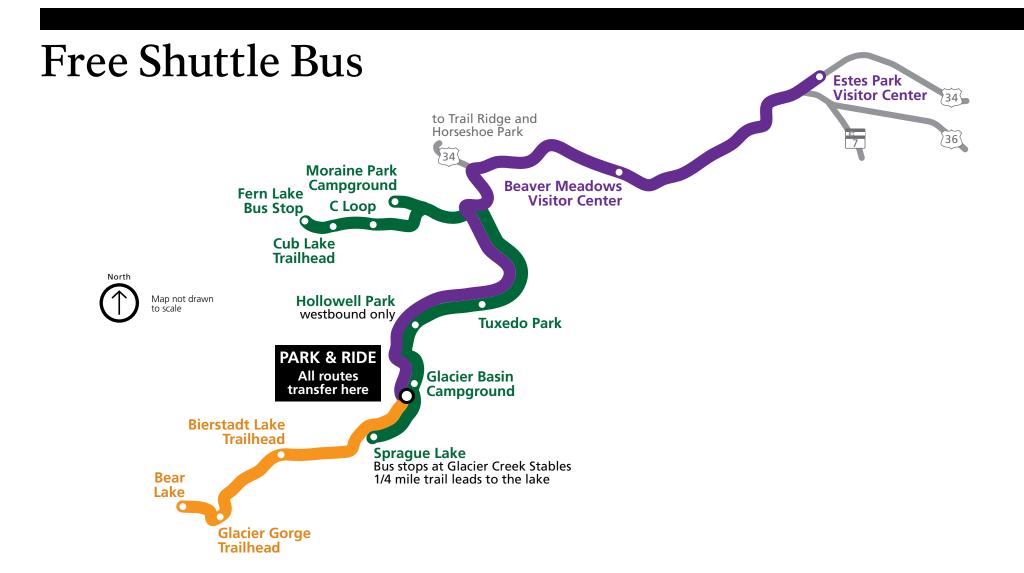


Green Your Ride

JOIN ROCKY MOUNTAIN NATIONAL Park in our efforts to cut emissions, save fuel, and improve air quality.

By taking a few simple actions during your visit, you can make a difference and help keep Rocky beautiful for generations to come. **Reduce vehicle idling**, which wastes fuel, creates noise, and pollutes the air. Turn off your engine while parked, waiting at wildlife crossings, or stopping to take photos.

Take the FREE Shuttle! See back page for schedule and details.



Free Shuttle Service at a Glance

ROUTE	SCHEDULE	DATES
Hiker Shuttle Express	Hourly 7:30 am to 11 am 30 min 11 am to 6 pm Hourly 6 pm to 8 pm	Daily May 27–Sep 10 Weekends Sep 16–Oct 9
Bear Lake Route	10–15 min 7 am to 7:30 pm	Daily May 27–Oct 9
Moraine Park Route	30 min 7 am to 7:30 pm	Daily May 27–Oct 9

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 shuttle buses.

Most shuttle buses are accessible and can accommodate wheelchairs.
Contact shuttle staff or rangers if accommodation is needed.

Dogs are not allowed on shuttle buses. Except service animals that have been individually trained to perform specific tasks for the benefit of persons with disabilities (see page 2 for more).

Rocky Mountain Field Institute Educational Bus Tours in Rocky!

Grand Lake Safari Adventure Tuesdays, June 9 - August 25 Journey to the Top! Trail Ridge Rd Adventure Wednesdays & Thursdays, June 10 - Sept. 3 Trail Ridge Sunset Safari Adventure Fridays, June 13 - September 5 Elk Expeditions Thursdays, Fridays, Saturdays & Mondays Sept. 10 - October 17

Call 970-586-3262 or register at park visitor centers!

www.RMConservancy.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

www.RMConservancy.org





Want one?



The Rocky Mountain National Park license plate from the Rocky Mountain Conservancy. Proceeds benefit Rocky Mountain National Park!

www.RMConservancy.org

This newspaper is funded by the Rocky Mountain Conservancy. For more information visit RMConservancy.org

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