# Rocky Mountain NATIONAL PARK



The Official Newspaper and Trip Planner of Rocky Mountain National Park

2019 Summer 1 | June 16-September 2



Longs Peak and columbine. NPS PHOTO / JIM DAUGHERTY VIP

### Welcome to **Your National Park**

Set aside more than 100 years ago, Rocky Mountain National Park has been entrusted to your care. Please take pride in your park and treat it with respect! Generations of future visitors will thank you.

Read and follow important safety information on page 2, then take the Rocky Pledge. 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!

Vehicle access to Bear Lake, Alpine Visitor Center, or Wild Basin may be restricted when parking areas fill and heavy congestion warrants. When restrictions are in place, consider using our shuttle system (back page), visiting other areas, or returning before 9 am or after 3 pm.

Plan ahead for your next visit, whether tomorrow or in a decade. 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/.



**PLEDGE PROTECT** 

**Rocky Mountain National Park** #rockypledge

### **Contact Us**

Trail Ridge Road Status Line 970 586-1222

**Park Information** 970 586-1206

970 586-1319

**Emergencies** 911

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

### Things to Do in a Day or Less

#### Take a Scenic Drive Watch Wildlife PAGE 4

Driving Rocky's roads is a great way to explore the park. Learn more about our roads and famous drives, including times of the year when many major roads are closed to motorized traffic.

### PAGE 9

Rocky is home to many animals, big and small. While we're unable to tell you exactly where wildlife will be (they're wild, after all!), we've got a great guide inside that'll help you learn more.

### Hike a Trail **PAGE 10**

Rocky has trails for every age and ability. Find a trail, check your packing list against our recommended items, and learn where you can get even more in-depth info.

### See Visitor Centers Join a Ranger **PROGRAM GUIDE**

Visitor centers are a great way to explore the park's wonders. Lucky for youwe've got quite a lot! See your program guide for opening and closing dates and times and general descriptions.

### **PROGRAM GUIDE**

Year-round, Rocky offers ranger-led programs on a wide variety of awesome topics. Check out our program guide to find the perfect program for you and yours.

#### Just for KIDS **PROGRAM GUIDE**

Our kids are our future, and Rocky is here for them, too! From becoming a Junior Ranger to enjoying Discovery Days, there are plenty of fun activities for kids of all ages.

### **Safety**

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.

### 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 wildlife—doing so causes it harm.





**Rocky Mountain National Park** #rockypledge

- 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.



#### 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

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.



firearm laws.

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 National 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 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-animals-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 pine cones, rocks, antlers, and artifacts or to disturb soil, rocks, or vegetation (including flowers). Metal detector use is prohibited.

particularly tall grasses, regularly check と Ticks are out. In areas with plants, 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



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.

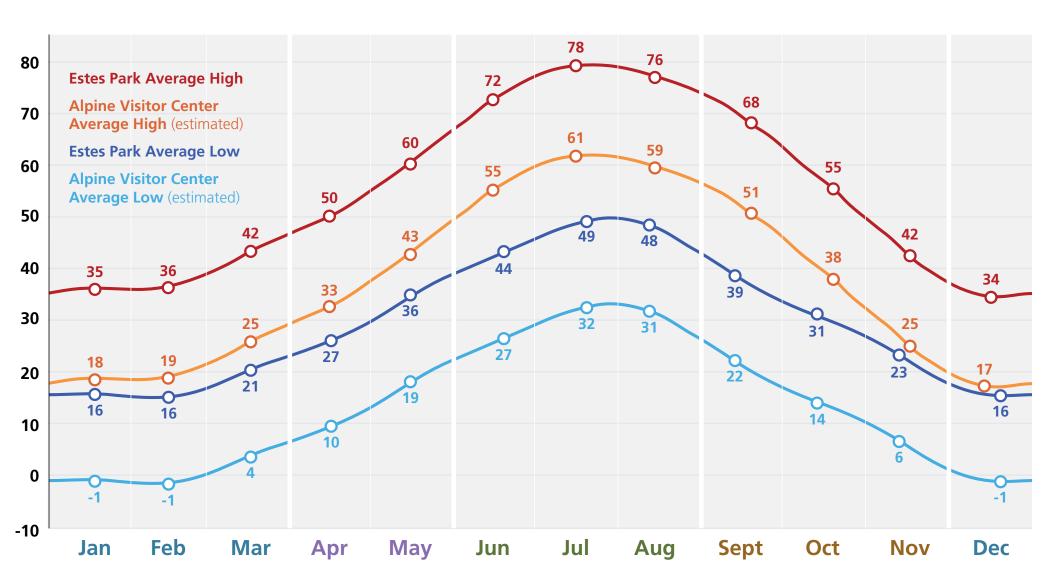


Seeing a bear or mountain lion is rare, and interactions are even more rare. However, keep the following in mind:

- 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.

### Weather



### Winter December-March

Cold temperatures, high winds, and ice and snow define winter at Rocky Mountain National Park. Skiing and snowshoeing conditions are best in January, February, and March.

### **Estes Park area**

Usually free of deep snow. Winds are often extremely high (50+ mph gusts).

### **Higher elevations**

Arctic conditions: sudden blizzards, damaging winds, deep snowpack.

### **Grand Lake area**

Deeper snow common. Winds less extreme. Clearer and colder than the east side of the park.

### **Spring** April-May

A warm, sunny day can make it seem that summer's arrived early, only to be followed by a day of cold temperatures and heavy snowfall. Expect snow and ice on most if not all trails.

### Montane

(8000-9500 ft, 2450-2900 m) Spring arrives here first, usually in late April.

### Subalpine

(9500-11,500 ft, 2900-3500 m) Spring is just reaching the subalpine country in June.

### Summer

### June-August

Sunny mornings, afternoon thunderstorms (often with dangerous lightning), and clear, cool nights. This is the busiest time of year in the park. Most park facilities are open.

### Alpine

(11,500+ ft, 3500+ m) Magnificent wildflowers bloom from late June to early August.

Snow can stick around in gorges and other shaded areas well into summer.

#### Fall September-November

Expect clear crisp air, blue skies, and generally dry weather mixed with the occasional early snowstorm. Trail Ridge Road usually closes for the winter by mid-October.

### **Fall colors**

Aspen leaves start changing in mid-September. Fall color is magical but usually brief, lasting only a few weeks.

### Elk rut

Elk mating season begins in September and continues through mid-October.

### Why is it colder at elevation?

Take a look at the temperature chart above. The Alpine Visitor Center is, on average, 15-20 degrees colder than Estes Park, yet it's only a few miles away as the crow flies.

How can this be? Elevation, which measures a location's height above sea level.

Most people live relatively close to sea level (maybe you do, too), so they don't know about the big effect elevation has on almost every everything, from solar radiation to weather to—you guessed it—temperature. But here in Rocky, where elevations start at around 7,500 ft, you can experience these changes first hand!

For every 1,000 feet gained in elevation, temperature decreases 3-5°F. Why?

- The atmosphere gets thinner. With less air and clouds between the ground and the darkness of space, less of the sun's heat is trapped and re-radiated back to Earth.
- **Air pressure drops.** This causes the temperature of air, a gas, to decrease.

Add to these factors more exposure to extreme wind and weather, and it's no wonder a warm day at the park entrances can be much chillier in the mountains.

### What clothes should I bring?

Dressing for a trip to the mountains is part of the adventure.

As you can see, conditions vary wildly throughout the year and between different elevations. But conditions also vary wildly even within the same day!

A single summer day could bring clear skies and frosty breath in the morning; blistering sun and sweat at noon; and a thunderstorm in the afternoon with a 20 degree temperature drop, lightning, rain, and hail.

A winter day can go from still with warm sun to howling wind and whiteout conditions in a matter of minutes.

How can you prepare for such wild weather?

- Always carry wind and waterproof outerwear. Sudden cold rainstorms happen even in summer, and chilling winds are common.
- Bring warm, quick-drying layers to adjust to changing temperatures.
- Wear closed-toe, durable footwear. The park is rarely entirely without ice and snow.
- Bring a warm hat and gloves-even in summer.
- Protect yourself from the sun with clothing, sunscreen, and sunglasses. UV radiation is much higher at elevation.

### **Scenic Drives**

### **Driving Conditions Through the Seasons**

#### Winter

December-March

While Bear Lake Road and other major paved roads remain open (weather permitting), smaller park roads, Old Fall River Road, and most of Trail Ridge Road are closed. Winter driving conditions are possible at any time—be prepared.

#### **Spring** April-May

Snow, ice, rain, sun anything's possible in spring. Some smaller roads open, weather permitting.

### Summer

June-August

It's prime time at Rocky. Nearly all park roads, including Trail Ridge Road, open by Memorial Day (weather permitting). Old Fall River Road opens latest in the season, in early July.

### Fall

September-November

Snow and ice are back on the menu be prepared. Old Fall River Road closes by early October. Trail Ridge usually closes in mid-October but depends on the year's specific weather conditions.

### Trail Ridge Road

#### Recorded Status Line: 970 586-1222

This recorded message has the most up-to-date information on whether Trail Ridge Road is open or closed and is available 24 hours per day.

Stretching 50 miles, from Estes Park in the east to Grand Lake in the west, Trail Ridge Road is the highest continuous paved highway in North America.

Winding across the alpine tundra's vastness to a high point of 12,183 ft (3713 m), the route offers thrilling views, scenic pullouts, wildlife sightings, and spectacular alpine wildflower displays.

A trip up Trail Ridge Road is like traveling to the Arctic. By 11,400 ft (3475 m), the average annual temperature is so cold that none of Rocky's trees can survive. Called treeline, you'll know you're above it when the trees disappear and the views stretch to forever.



Trail Ridge Road with Longs Peak in the background.

NPS PHOTO / ANN SCHONLAU VIP

### **Old Fall River Road**

#### Opens to vehicles in early July (weather and conditions permitting)

Completed in 1920, Old Fall River Road was the first auto route in the park offering access to the alpine tundra. It follows a route long used by Native American tribes, including Ute and Arapaho.

Old Fall River Road is a "motor nature trail." Gravel and dirt, one-way uphill, with no guardrails and tight switchbacks, vehicles 25 feet and longer or with trailers are not allowed. The 9-mile long road leads from Horseshoe Park up a deeply cut valley to Fall River Pass at 11,796 ft (3595 m), where it joins Trail Ridge Road at the Alpine Visitor Center.

### **Stay Safe**

- · 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.

### **Protect the Tundra**

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 wild life, no matter how small.
- Park only in designated areas, never on vegetation.
- Pets are prohibited on ALL tundra areas.



### Traffic, Parking, and Shuttle Buses

Rocky hosted over 4.6 million visitors in 2018. With most visitors arriving by car, this means park roads can get extremely busy and parking extremely limited.

We understand this can be frustrating—but we're all here to enjoy and celebrate Rocky.

Help yourself and other visitors keep fun levels high and stress levels low by being courteous to other motorists, obeying posted speed limits, and watching for visitors and wildlife in parking lots and near roadways.

- Roads are busiest from 9 am to 3 pm during the summer and on fall weekends. Arrive early or late to avoid the crowds.
- Parking at our most popular trailheads can fill as early as 6:30am. Even less popular trailheads will fill by early morning and on winter weekends. If you're planning to hike, start early!
- In summer, consider riding the shuttle from the Estes Park Visitor Center (park pass required) or Park & Ride. Save money on gas, skip the traffic, and enjoy mountain views while someone else drives! Learn more on the back page.

## **Summer Program Guide**

### **Visitor Centers**

### Beaver Meadows Visitor Center Open 8am to 6pm daily

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

# Sheep Lakes Information Station Open 9am to 4:30pm daily (weather permitting) CLOSES 8/11

In Horseshoe Park on US Hwy 34 west of Estes Park. Information and ranger programs. Good wildlife viewing.

### Fall River Visitor Center Open 9am to 5pm daily

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

### 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.

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

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

### Kawuneeche Visitor Center Open 8am to 6pm daily

On US Hwy 34 north of Grand Lake. Information, maps, park movie, exhibits, a bookstore, and wilderness camping permits.



### **Talks and Activities**

Engaging and interactive talks and activities are great for all ages and abilities! Learn about bears, bighorns, lightning, 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 perspectives.



#### **Evening Programs**

Hosted in the park's campground amphitheaters and out under the stars, evening programs cover a variety of topics and offer a special evening experience.



### **Fun Stuff for Kids**

Become a Junior Ranger, stop by Moraine Park Discovery Center, or go back in time at the Holzwarth Historic Site. And of course, have fun in the beautiful outdoor playground of Rocky!

### **Ranger-led Programs**

### **East Side**

Wheelchair-accessible

ACTIVITIES AND TALKS	LENGTH	LOCATION	SUN	MON	TUE	WED	THU	FRI	SAT
Bear Necessities   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	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 8/11	30 minute talk	Sheep Lakes Information Station	10:30 am 2 pm	10:30 am 2 pm	10:30 am 2 pm	10:30 am 2 pm	10:30 am 2 pm	10:30 am 2 pm	10:30 am 2 pm
Explore Rocky's Greenhouse  Rocky has its own greenhouse! Explore it and learn how the park manages vegetation on this fun tour.  Ends 9/4	1 hour tour	Beaver Meadows Visitor Center				9 am 6/5, 7/10, 8/7, 9/4 ONLY			
Story of the Elk Discover the majesty of these iconic animals and how they have transformed the park. Ends 8/23	30 minute talk	Fall River Visitor Center		10 am					
Leave It to Beaver	30 minute talk	Fall River Visitor Center	10 am			10 am	10 am		

WALKS AND HIKES	LENGTH	LOCATION	SUN	MON	TUE	WED	THU	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	7 am	7 am	
Hike with a Ranger!  Join a ranger on a hike through lush subalpine forest to a glacially carved lake, while exploring the park's wild landscape. The hike will end at The Loch on Mondays, Mills Lake on Thursdays, with the option to explore other lakes on your own. Bring water, lunch, snacks, sunscreen, sunglasses, a hat, and warm layers, including a rain jacket. Ends 8/22	5 to 6 hour, ~6 mile hike	Meet the ranger at Park & Ride to ride the shuttle to Glacier Gorge Trailhead		8:30 am to The Loch (6.2 mi)			8:30 am to Mills Lake (5.6 mi)		
A Mirror Through Time  Take a stroll with a ranger and reflect on the beauty of these mountains and the stories they tell.	1 to 1.5 hour walk	Sprague Lake Picnic Area			9 am		9 am		
Walk on the Wild Side Discover the secret lives of the wildlife roaming about this landscape and the roles they play in a variety of habitats. Wear close-toed shoes and be prepared for an easy off-trail walk. Ends 8/23	1 to 1.5 hour walk	Upper Beaver Meadows Trailhead			9 am		9 am	9 am	

FUN PROGRAMS FOR KIDS	LENGTH	LOCATION	SUN	MON	TUE	WED	THU	FRI	SAT
Discovery Days Discover Rocky with your family through hands-on activities, crafts, and games. Each week offers something new to discover. Limited parking. Starts 6/25-Ends 8/14	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 8/17	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
Junior Ranger Program  Earn your Junior Ranger badge! Join a ranger for programs and activities. Children must be accompanied by an adult. Starts 6/22–Ends 8/18	30 minute activity	Junior Ranger Headquarters at Hidden Valley	10 am 11:30 am 1 pm 2:30 pm						

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 or campground for topics. Dress warmly. Ends 8/25	45 minute program	Aspenglen Campground Amphitheater	9 pm 6/23–7/14 8:30 pm 7/21–8/25			9 pm 6/26–7/17 8:30 pm 7/24–8/21	9 pm 6/27–7/18 8:30 pm 7/25–8/22		9 pm 6/29–7/20 8:30 pm 7/27–8/24
Glacier Basin Campground Enjoy a variety of informative and fun programs. See the weekly schedule at a visitor center or campground for topics. Dress warmly. Ends 8/25	45 minute program	Glacier Basin Campground Amphitheater	9 pm 6/23–7/14 8:30 pm 7/21–8/25	9 pm 6/17–7/15 8:30 pm 7/22–8/19	9 pm 6/18–7/16 8:30 pm 7/23–8/20	9 pm 6/19–7/17 8:30 pm 7/24–8/21	9 pm 6/20–7/18 8:30 pm 7/25–8/22	9 pm 6/21–7/19 8:30 pm 7/26–8/23	9 pm 6/29–7/20 8:30 pm 7/27–8/24
Moraine Park Campground Enjoy a variety of informative and fun programs. See the weekly schedule at a visitor center or campground for topics. Dress warmly. <b>Ends 8/25</b>	45 minute program	Moraine Park Campground Amphitheater	9 pm 6/23–7/14 8:30 pm 7/21–8/25	<b>7:30 pm</b> 6/17–8/19	7:30 pm 6/18–8/20	9 pm 6/19–7/17 8:30 pm 7/24–8/21	9 pm 6/27–7/18 8:30 pm 7/25–8/22	9 pm 6/28–7/19 8:30 pm 7/26–8/23	9 pm 6/22–7/20 8:30 pm 7/27–8/24
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.	30 minute program followed by viewing	Upper Beaver Meadows Trailhead		'	Frida Frida	y, 6/21 and 6/2 y, 7/5 and 7/26 y, 8/2 8 pm y, 8/23 7:45 pr	8:15 pm	,	
Stories Behind the Moon and Stars  The night sky comes alive through storytelling and fun activities. Celebrate darkness in Rocky! Dress warmly.	1 to 1.5 hours	Moraine Park Discovery Center				lay, 7/9 and 7/′ lay, 8/6 and 8/′	•		

Bring binoculars and a flashlight.

### Alpine (Trail Ridge Road)

TALKS AND WALKS	LENGTH	LOCATION	SUN	MON	TUE	WED	THU	FRI	SAT
All About Lightning	20 to 30 minute talk	Alpine Visitor Center	2:30 pm	2:30 pm	2:30 pm	2:30 pm		2:30 pm	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 7/10-Ends 8/14	3.5 to 4 hour hike	Alpine Visitor Center Flagpole				9 am			
Tundra Nature Walk Exhilarate your senses with alpine views and miniature wildflower gardens. Dress warmly. We'll caravan to the location. Ends 8/11	1.5 to 2 hour hike	Alpine Visitor Center	10 am	10 am	10 am	10 am	10 am	10 am	10 am



The heart of the park's west side: the Kawuneeche Valley.

NPS PHOTO / MACI MACPHERSON

### **West Side**

ACTIVITIES AND TALKS	LENGTH	LOCATION	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Exploring with a Camera</b> Focus on composition, light, and basic tips to improve your pictures during this photography walk. <b>Ends 7/26</b>	1 to 1.5 hour activity	Timber Lake Trailhead						9:30 am 6/28, 7/12, 7/26 ONLY	
Holzwarth Historic Site  Spend time exploring a 1920s-era dude ranch for a taste of early homesteading and tourism.	Drop-in tour	Holzwarth Historic Site	10:30 am to 4:30 pm	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! Ends 8/2	1.5 hour activity	Holzwarth Historic Site Parking Area						9:30 am 6/21, 7/5, 7/19, 8/2 ONLY	
Lions, Bears, and Moose! Oh My!  It's a wild world out there! Join a ranger to learn about these three animals that inspire both fear and awe.	30 to 45 minute talk	Kawuneeche Visitor Center Breezeway	2:30 pm	2:30 pm					
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					

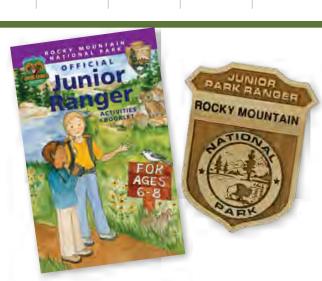
### **West Side (continued)**

WALKS AND HIKES	LENGTH	LOCATION	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Hike Through History</b> Discover hidden remnants of mining and dude ranch history along the Colorado River. <b>Starts 6/22-Ends 8/3</b>	3 mile, 3 hour gen- tle hike	Colorado River Trailhead							9:30 am
Mountain Wildflowers  A ranger will lead you to the best current blooms and explore why they're special. Ends 7/27	1.5 to 2 hour activity	Onahu Trailhead	9:30 am		9:30 am	9:30 am			
A Rocky Past  How have people of the past influenced how a national park is managed today? Join a walk and conversation with a ranger. Starts June 23	1.5 hour walk	Holzwarth Historic Site Parking Area	11 am	11 am	11 am	11 am	11 am		11 am
A River Runs Through Us  Join a ranger for a pleasant stroll to Adams Falls and a spectacular view just beyond as we explore the power of water.	1 mile, 1.5 hour walk	East Inlet Trailhead	9:30 am			9:30 am	9:30 am		
FUN PROGRAMS FOR KIDS	LENGTH	LOCATION	SUN	MON	TUE	WED	THU	FRI	SAT
Junior Ranger Program  Join a ranger for a short program and activities to earn your Junior Ranger badge. Activities designed for children 6–12 years old. Starts 6/16–Ends 8/10	45 minute activity	Holzwarth Historic Site Parking Area	1:30 pm	10 am	1:30 pm	10 am			10 am
Colorado River Adventure Walk The Colorado River supports a web of life. Fun activities and discoveries for the whole family! Starts 7/2-Ends 8/6	1 hour walk	Coyote Valley Trailhead			10 am				
Come Bug a Ranger Learn fun facts about insects. Puppets, stories, and activities for children 4–10 years old. Ends 8/1	1 hour activity	Holzwarth Historic Site Parking Area					10 am		
A Walk Backwards Step back in time and experience life on a 1920s dude ranch: chores, games, period costumes. For children 6–12. Ends 8/2.	2 hour activity	Holzwarth Historic Site Parking Area						9:30 am	
EVENING PROGRAMS	LENGTH	LOCATION	SUN	MON	TUE	WED	THU	FRI	SAT
Timber Creek Campground Program  Check at the campground or Kawuneeche Visitor  Center for topics.	45 minute program	Timber Creek Campground Amphitheater	NO PROGRAM SUNDAYS				7/27 9 pm 8/31 8:30 pm	J	J
Bat Safari! Enjoy a stroll into twilight as bats emerge and night sounds and wildlife fill the valley. Bring warm clothes, good hiking shoes, and a flashlight. Ends 8/11	1.5 hour walk	Holzwarth Historic Site Parking Area	8 pm						
Old Ranch Campfire Relive the good old days with tall tales and campfire songs. Bring some marshmallows to roast to complete the experience. Dress warmly. Starts 6/28–Ends 8/9	1 mile walk, 2 hours total	Holzwarth Historic Site Parking Area						7 pm	
Saturday Night in the Park	1 hour program	Kawuneeche Visitor Center							7 pm
Rocky After Dark  Join our guest astronomers and view planets and other objects through telescopes. We'll meet in the gathering dusk to discuss the wonder of darker sky and what it adds to the national park experience.	2 hour activity	Holzwarth Historic Site Parking Area					8 pm to 10 pm <b>8/1 ONLY</b>	8 pm to 10 pm <b>8/2 ONLY</b>	

### **Become a Junior Ranger**

Junior Rangers 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. And new this year: a Not So Junior Ranger Book for adults, available on our website.

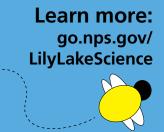
You can attend an astronomy program to earn the Junior Ranger Night Explorer patch, and on Thursdays at Junior Ranger Headquarters you can become a Junior Wildland Firefighter by learning about fire's role in shaping our park lands. The park's Junior Ranger Program is funded by the Rocky Mountain Conservancy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



### Wildlife

**Visiting Lily** Lake while in the park?

Bee-come a citizen scientist!





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.

### Wild and Watchable

With elk, bighorn sheep, mule deer and moose calling Rocky Mountain National Park home, it's no surprise to this wonderful world, so bring your binoculars and don't forget your camera — you never know when

that wildlife watching is rated the number-one activity by many of Rocky's visitors. Park roads provide access you may see something!

The park's great large-animal population makes it one of the country's top wildlife watching destinations. But also found in Rocky Mountain National Park are nearly 60 other species of mammals, more than 270 recorded bird species, six amphibians (including the endangered boreal toad), one reptile (the harmless garter snake), 11 species of fish, and countless insects, including a surprisingly large number of butterflies.

For the bird aficionados, keep an eye out for the birds that call Rocky home. Steller's Jays, with their striking blue bodies, are year-round residents, as are Gray Jays, Clark's Nutcrackers, and the iridescent, longtailed Black-billed Magpies. Other birds, like the tiny, brilliant Broad-tailed Hummingbirds and Western Tanagers come here to nest and raise their young in the summers, wintering in warmer places.



### Elk

#### Habitat

Meadows, meadow-forest boundaries. Common at lower elevations spring-fall.

#### Viewing tips

Look at dusk and dawn in Horseshoe Park, Moraine Park, Upper Beaver Meadows, and Harbison and Holzwarth meadows. During the fall mating season, bull elk can be heard bugling as they attempt to attract harems of cow elk.



### Moose

#### Habitat

Streambeds and meadows

### Viewing tips

These large mammals frequent willow thickets along the Colorado River in the Kawuneeche Valley on the park's west side and are increasingly being seen on the park's east side.



**Bighorn Sheep** Habitat

Rocky mountainsides and canyons

May through mid-August, often seen along US Hwy 34/Fall River corridor on park's east side, or high on Trail Ridge Road and the rocky alpine of the park's west side. Look for lambs around mid-June.



**Habitat** 

All habitats throughout the park

### Viewing tips

At lower elevations, mule deer are most often found in open areas, usually at dawn and dusk.



**Black Bear** Habitat

All habitats throughout the park

Black bears range over large areas—sightings are a rare treat and should be treated with respect (see detailed tips on page 2). There are no grizzly bears in Rocky—if you see a bear, it's a black bear.



### Coyote

Habitat

All habitats throughout the park

Can be seen parkwide at any time of day. Yipping and howling is sometimes heard in the evening and morning.



### **Yellow-bellied Marmot**

Habitat Rock piles

### Viewing tips

Look for marmots sunbathing on rock outcroppings on the tundra along Trail Ridge and Old Fall River roads.



### Pika

Habitat

Rock piles at higher elevations

### Viewing tips

Listen for its sharp, distinctive bark and watch for movement among the rocks.

### Hiking

#### **Hiking Essentials**

- ✓ Sturdy footwear
- ✓ Rain gear
- √ Layered clothing
- ✓ Jacket/sweater and long pants
- ✓ Gloves, hat, extra socks

- √ Sunscreen, hat, sunglasses
- ✓ Whistle and waterproof matches
- √ Headlamp or flashlight
- √ High-energy snacks
- ✓ Plenty of water
- ✓ First-aid supplies
- ✓ Topo map and compass or GPS
- Pets are prohibited on **all** park trails, tundra, and meadow areas (see page 2).
- Don't hike alone. Keep your group together. Tell someone where you're going; check back in when you return.
- Weather conditions can change guickly. Always be willing to turn around.

### **Gentle Trails**

East Side	<b>₫</b> Strollers allowed	& Wheelchair-a	accessible trail	
TRAIL	TRAILHEAD	DISTANCE ROUND TRIP	ELEVATION GAIN	HIGHLIGHTS
Bear Lake	End of Bear Lake Road	0.5 mi 0.8 km	<b>20 ft</b> 6 <i>m</i>	Follow a self-guiding nature trail around beautiful Bear Lake. Trail often has snow well into June.
Hidden Valley Nature Trail	Hidden Valley	0.5 mi 0.8 km	20 ft 6 m	Follow a nature trail through the sub-alpine forests of Hidden Valley.
Lily Lake ☑ <mark>&amp;</mark>	Lily Lake Trailhead south of Estes Park on Highway 7	0.8 mi 1.3 km	<b>20 ft</b> 6 <i>m</i>	A level walk around Lily Lake featuring wildflowers, waterfowl, and mountain views.
Moraine Park Discovery Center Nature Trail	Bear Lake Road	0.5 mi 0.8 km	<b>20 ft</b> 6 <i>m</i>	Self-guiding trail booklet available. Winds up and down hillside behind Discovery Center.
Sprague Lake	Bear Lake Road	<b>0.5 mi</b> 0.8 km	<b>10 ft</b> 3 m	Packed gravel, level grade trail around lovely lake.

### **Trail Ridge Road**

TRAIL	TRAILHEAD	DISTANCE ROUND TRIP	ELEVATION GAIN	HIGHLIGHTS
Alpine Ridge Trail	Alpine Visitor Center	0.5 0.8 km	<b>209 ft</b> 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	<b>0.6</b> 1.0 km	<b>260 ft</b> 79 m	View the miniature world of the alpine tundra and enjoy sweeping views of the park. Keep an eye on the sky: if storms approach, stay off!

### **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.
Coyote Valley Trail	Coyote Valley Trailhead 6 miles north of Kawuneeche Visitor Center	<b>1 mi</b> 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.
Holzwarth Historic Site	US Hwy 34 8 miles north of Kawuneeche Visitor Center	1 mi 1.6 km	10 ft 3 m	Explore a historic homestead cabin and 1920s dude ranch. Brochures, interpretive signs.

### **Leave No Trace**

Treating your park with respect is essential both to protect the park and to provide a better experience for all park visitors.

- Use town, park, and trailhead restroom facilities whenever possible. If you're on the trail and have to go, move well away from the trail; bury your waste at least 6" deep; and pack out your toilet paper.
- Do not remove anything from the park, including rocks, plants, and antlers. In addition to being illegal, removing these things means the next person after you won't be able to enjoy them as you did.
- Campfires are absolutely illegal outside of designated fire rings in park campgrounds and picnic areas. Illegal campfires scar the landscape and can grow into deadly wildfires.

### **More Challenging Hikes**

Looking for longer, steeper, more demanding hikes? Rocky has plenty to offer.

More difficult hikes require a higher level of fitness; more planning and safety preparations; and a greater knowledge with and comfort in the wilderness.

If you feel you meet these requirements:

- Research hikes online at nps.gov/romo/.
- Talk with a ranger at any of our visitor centers or staffed trailheads.
- · Visit one of our nature store locations and purchase a high-quality, detailed map and guidebook.

### **Longs Peak**

The Keyhole Route to the summit of Longs Peak (14,259 ft / 4346 m) is NOT a hike. It is a climb that crosses enormous sheer vertical rock faces—often with falling rocks—and requires scrambling where an unroped fall would likely be fatal. The route has narrow ledges, loose rock, and steep cliffs.

The terrain requires a high level of fitness and good route-finding and scrambling skills.

Injuries requiring rescue are very dangerous and take hours, if not days, to evacuate.

If you are considering climbing Longs Peak, detailed information is available on the park website (go.nps.gov/LongsPeak) or at the Longs Peak Ranger Station.

### Camping



#### **Cell Service is limited** in park campgrounds.

Don't depend on a cell phone for communication or emergency help.

CAMPGROUND	RESERVABLE	FIREWOOD AND ICE	MAX RV TRAILER LENGTH	SUMMER DUMP STATION	DESIGNATED ACCESSIBLE SITES	TENT PAD SIZE	SUMMER FLUSH TOILETS	DESCRIPTION
Aspenglen 8,220 feet 52 sites late May – late Sep	Yes. May fill by reservation.	Yes	30 ft	No. Use Glacier Basin, Moraine Park, or Timber Creek	Yes	13 × 15 ft	Yes	In pine forest by rushing Fall River just inside the Fall River Entrance on US Hwy 34 west of Estes Park.
Glacier Basin 8,500 feet 150 sites, 13 group sites late May – mid-Sep	Yes. May fill by reservation.	Yes	35 ft	Yes	Yes	Varies	Yes	On Bear Lake Road across from the Park & Ride. Hazard trees were removed so no shade in C, D, Group Loops, but there are good views and night sky, and it's good for slideouts.
Longs Peak 9,405 feet 26 sites late June – mid-Sep	No. All sites are first-come, first-served.	Firewood summer only (No ice)	Tents only	No	No	13 × 15 ft	No, vault toilets only	In pine forest nine miles south of Estes Park off Highway 7.
Moraine Park 8,160 feet 244 sites summer, 77 sites winter Open year-round Reservable for summer	May fill by reservation in summer. First-come, first-served in winter.	Yes, summer only	Limited number of sites up to 40 ft	Yes	Yes	Varies	Yes, except B Loop (vault toilets)	In pine forest above meadows of Moraine Park. A short drive from Beaver Meadows Entrance on Bear Lake Road.
Timber Creek 8,900 feet 98 sites late May – late Oct	No. All sites are first-come, first-served.	Firewood only	30 ft	Yes	Yes	Varies	Yes	Only campground on park's west side. Near Colorado River ten miles north of Grand Lake on US Hwy 34.

Overnight stays in Rocky Mountain National Park must be in a campground or designated wilderness site. You are not allowed to stay overnight in a car or RV along roads or at trailheads.

All park campgrounds usually fill on summer days and fall weekends. Reservations for late-May through September can be made six months to one day in advance and are highly recommended. To make a reservation:

- · recreation.gov
- 877 444-6777

### **Fees to Camp**

• When the water is on (summer), all campgrounds are \$26 per night.

- When the water is off (winter), Moraine Park Campground Loop B is **\$18 per night**.
- · America the Beautiful Senior and Access Pass holders receive a 50 percent discount on camping fees

### **Stay Limits**

You can stay no more than seven nights TOTAL between May 1 and October 15, plus an additional 14 nights from October 16 to April 30. Stay limits are on a parkwide, rather than per campground, basis.

### **At All Standard Campsites**

- Eight people or less may camp at a given site.
- · All campsites, including RV sites,

have a tent pad, picnic table, and fire grate.

- Shared food storage lockers are available throughout all campgrounds.
- There are no electric, water, or sewer hookups at any park campsites.

### Food Storage

Do not attract wildlife, including black bears, to your campsite.

Improperly stored or unattended food items will result in a violation notice. Food items include food, drinks, drinking containers, toiletries, cosmetics, pet food and bowls, odoriferous attractants, cleaning supplies, and garbage, including empty cans, food wrappers,

etc. These must be disposed of in trash or recycling receptacles.

In campgrounds, store all food items in food storage lockers. If full, store food:

- Inside vehicle trunks with windows closed and doors locked.
- If you don't have a trunk, put items in the passenger compartment as low as possible and covered from sight, with windows closed and doors locked.
- If driving a convertible or motorcycle, use food storage lockers, available in all park campgrounds. Food storage lockers are shared with other visitors and cannot be locked. Food storage lockers are shown on all campground maps.

## Wilderness Camping

### **Permits and Fees**

Overnight stays in the wilderness require a permit available at the Beaver Meadows Wilderness Office or Kawuneeche Visitor Center. To learn more or make a reservation (highly recommended for summer), visit go.nps.gov/RockyWildernessCamping.

A \$30 fee is required between May 1 and October 31. This nonrefundable, non-exchangeable fee must be paid when reservations are made.

### Food Storage

To protect visitors and wildlife, all food items and garbage must be secured inside an approved, commercially-made carryin/carry out bear-resistant food storage container that is either hard-sided or has a non-crushable insert in all areas of the park between April 1 and October 31. Containers may be rented or purchased at outdoor shops in nearby communities.

### **Leave No Trace**

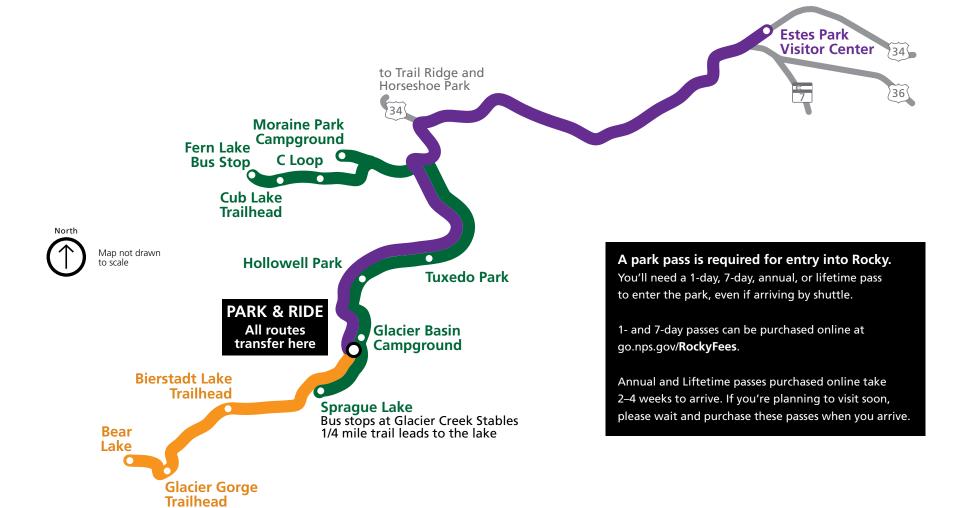
About 4.5 million people visit Rocky every year. Whether hiking, camping, or driving, keep your park beautiful by practicing Leave No Trace Ethics.

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

#### **Sprague Lake Accessible** Wilderness Campsite 🕓

Contact the Wilderness Office at **970 586-1242**. 12 campers with up to five wheelchair users can stay at the site. A \$30 administrative permit fee is required from May 1 to October 31.

### **Park Shuttle Bus**



2019 Shu	ttle Service at a G	lance	
	ROUTE	SCHEDULE	DATES
	Hiker Shuttle Express	Hourly 7:30 am to 10 am 30 min 10 am to 6 pm Hourly 6 pm to 8 pm	Daily May 25–Sep 13 Weekends Only Sep 14–Oct 20
	Bear Lake Route	10–15 min 7 am to 7:30 pm	Daily May 25–Oct 20
	Moraine Park Route	30 min 7 am to 7:30 nm	Daily May 25-Oct 20

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

Except service animals that have been individually trained to perform specific tasks for the benefit of persons with disabilities (see page 2 for more).

# At Rocky Mountain Conservancy Nature Stores, Your Purchase Makes A Difference

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

### **Visit Conservancy Nature Stores at:**

Alpine Visitor Center & Beaver Meadows Visitor Center Fall River Visitor Center & Kawuneeche Visitor Center

Moraine Park Visitor Center

www.RMConservancy.org





# ROCKY MOUNTAIN FIELD INSTITUTE EDUCATIONAL BI

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**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

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