

DAY HIKES IN THE TWO MEDICINE VALLEY

FOR YOUR SAFETY

- Check with a ranger about current hiking conditions and regulations.
- Pets are not allowed on any trails in Glacier National Park.
- Prepare for a variety of weather. Even in the middle of summer, it can be sunny in the morning and rain, hail or snow in the afternoon.
- Wear a hat and drink water to prevent heat stroke on hot days.
- Hypothermia is possible even on warm sunny days, especially if you become wet or if it is windy. Stay dry. Pack layers of clothing that can be put on or taken off as conditions warrant.
- Glacier's water is clear and cold, but may contain Giardia. Don't drink untreated surface water in the park.
- Traveling over snow or ice is dangerous. Never cross steep untreaded snowfields without the proper equipment.
- Horses and mules have the right of way. Move off the trail on the downhill side and stand quietly until they pass.
- Do not cut across switchbacks, it scars the landscape, causes harmful erosion, and damages park resources.
- Bicycles are not permitted on trails in Glacier National Park.

BEARS

BEFORE STARTING YOUR HIKE, READ THE INFORMATION ABOUT BEARS IN THE WATERTON/GLACIER GUIDE.

- Hiking alone is not recommended. Hike in a group and stay together.
- Do not approach bears! They are exceptionally fast and you **can not** outrun them.
- Don't surprise a bear. Let bears know you are coming by making noise. Bears will often move away if they hear people coming.
- Bells may not be as effective as many people believe. The human voice works better. Call out, sing, or talk loudly and often.
- Most hikers do not encounter bears, but people have been seriously injured, maimed, or killed by bears in Glacier.

IF YOU ENCOUNTER A BEAR, THE FOLLOWING SUGGESTIONS MAY HELP.

- Talk quietly or not at all. Back away slowly! Stop if the bear seems to be getting agitated.
- Bend at the knees and turn sideways. You will appear smaller and less threatening.
- Use peripheral vision. Bears may often interpret direct eye contact as threatening.
- A charge may only be a bluff and the bear may stop. If the bear does not stop, fall to the ground in a fetal position to reduce the trauma of an attack.

TRAIL	TRAILHEAD	MILEAGE ^{ONE WAY}	ELEVATION
APISTOKI FALLS	Mount Henry Trailhead .25 miles east of the Two Medicine Ranger Station	.6 miles	Climbs 260'
ASTER PARK VIEWPOINT	Two Medicine Lake south shore Trailhead, just past the boat dock	1.9 miles	Climbs 670'
COBALT LAKE	Two Medicine Lake south shore Trailhead, just past the boat dock	5.7 miles	Climbs 1400'
DAWSON PASS**	Two Medicine Campground Trailhead	6.7 miles	Climbs 2450'
NO NAME LAKE	Two Medicine Campground Trailhead	5.0 miles	Climbs 800'
OLD MAN LAKE	Two Medicine Campground Trailhead	5.5 miles	Climbs 1500'
PITAMAKAN PASS**	Two Medicine Campground Trailhead	6.9 miles	Climbs 2400'
ROCKWELL FALLS	Two Medicine Lake south shore Trailhead, just past the boat dock	3.4 miles	Climbs 375'
RUNNING EAGLE FALLS	Running Eagle Falls Trailhead 1 mile west of the Entrance Station	.3 miles	Climbs 60'
SCENIC POINT	Mount Henry Trailhead .25 miles east of the Two Medicine Ranger Station	3.1 miles	Climbs 2350'
TWIN FALLS	Two Medicine Campground Trailhead	3.8 miles or 0.9 miles via boat & hike*	Climbs 75'
TWO MEDICINE PASS	Two Medicine Lake south shore Trailhead, just past the boat dock	7.9 miles	Climbs 2350'
UPPER TWO MEDICINE LAKE	Two Medicine Campground Trailhead	5.0 miles or 2.2 miles via boat & hike*	Climbs 350'

* Boat trips depart from the Two Medicine Boat Dock.

** Dawson Pass and Pitamakan Pass trips can be linked together to form a loop of 16.9 miles.



Two Medicine Trail Map

