



Rocky Mountain National Park Visitor Guide

Look for this symbol throughout the guide for activities that require a Timed Entry+ reservation from 5 am - 6 pm.



Mountain Iris

2026 Summer Edition
Printed May 2026

Printing of this publication is made possible by the Rocky Mountain Conservancy



Inside

2
Information and Services

3
Visitor Centers

4-5
Things to Do with a Timed Entry Reservation

6
Shuttle Buses

7-10
Hiking Guide and Area Maps Insert

11
Scenic Drives

12-13
Ranger-led Walks, Talks, and Activities

14
Special Events and Family Activities

15
Wildlife

16
Safety and Regulations

Information and Services



Altitude

Altitude sickness affects many visitors every year. Symptoms include headache, nausea, fatigue, dizziness, vomiting, and even unconsciousness. Altitude can also aggravate pre-existing conditions like heart and lung disease.

Take your time, drink water, eat, and rest. The only cure is to go down to a lower elevation.



Accessibility

The park has some accessible facilities, including visitor centers, scenic overlooks, trails, campsites, picnic areas, fishing piers, and a wilderness campsite.

Assistive audio devices are available for the park film offered at visitor centers.

Learn more at go.nps.gov/RMNP/Accessibility



Food and Water

Drinkable water is available at some facilities and trailheads. Water from lakes and streams is not safe to drink unless treated or filtered.

Food services are available only at Trail Ridge Store next to the Alpine Visitor Center.

Connect with Us

Trail Ridge Road Status
970-586-1222

Park Information
970-586-1206

Wilderness Camping Office
970-586-1242

Recreation.gov
877-444-6777

Website
nps.gov/ROMO



Gas

There are no gas stations inside the park. It is approximately 50 miles between Grand Lake and Estes Park. Plan accordingly.



Restrooms

Vault toilets can be found at some trailheads, picnic areas, and overlooks. Check your official park map for locations.

Need to go but not close to a restroom? Follow Leave No Trace principles. Move at least 70 steps off the trail, bury waste at least six inches deep, and pack out toilet paper.



Weather

A bright, sunny day can turn windy and wet in minutes. Be prepared for changing conditions.

Lightning regularly strikes in the park. Check the forecast before heading out. If you see lightning or hear thunder, seek safety. Avoid open areas like lakes or meadows. Stay away from mountain tops, ridgelines, and isolated trees.



Where Can I Take My Pet?

Pets are only allowed in picnic areas, parking lots, campgrounds, and along roadsides. They must be on leashes no longer than 6 feet at all times. **Pets are not allowed anywhere else in the park,** including park trails, tundra or meadow areas, or in buildings.

Help Us Protect the Alpine Tundra



**WATCH YOUR
STEP**

DON'T TRAMPLE THE TUNDRA

The alpine tundra, or "the land above the trees," is the most distinct feature of Rocky Mountain National Park. While the plants here are well-adapted to their harsh environment, they are not adapted to human trampling or vehicle tires. **Repeated footsteps and tire tracks can quickly destroy plants, and recovery can take hundreds of years.**

To help protect the fragile alpine tundra ecosystem, follow these easy steps:

Stay on the trail. Stepping off the trail kills plants, some of which are decades or centuries old.

Drive only on established roads and park only in official asphalt or gravel parking areas.

Visitor Centers

For the most up-to-date information, visit go.nps.gov/RMNP/VC



Beaver Meadows Visitor Center Open Daily | 9 am-6 pm

Near the Beaver Meadows Entrance on US Hwy. 36. Information, park film, and Nature Store.



Passport stamp available



Moraine Park Discovery Center Open Daily | 9 am-4:30 pm

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



Passport stamp available



Fall River Visitor Center Open Daily | 9 am-5 pm

Near the Fall River Entrance on US Hwy. 34. Life-sized wildlife displays, Nature Store, and Artist in Residence exhibit.



Passport stamp available



Alpine Visitor Center Open Daily | 9:30 am-5 pm (weather permitting)

In the park along Trail Ridge Road. Information, exhibits, and Nature Store. Trail Ridge Store and cafe located nearby.



Passport stamp available



Kawuneeche Visitor Center Open Daily | 9 am-5 pm

On US Hwy. 34 north of Grand Lake. Information, maps, park film, exhibits, and Nature Store.



Passport stamp available



Wilderness Camping Offices Open Daily | 7 am-3:30 pm

Overnight travel in the wilderness requires a permit. Permits and information are available at two locations in the park. On the east side, there is an office adjacent to the Beaver Meadows Visitor Center. On the west side, the office is in Kawuneeche Visitor Center.

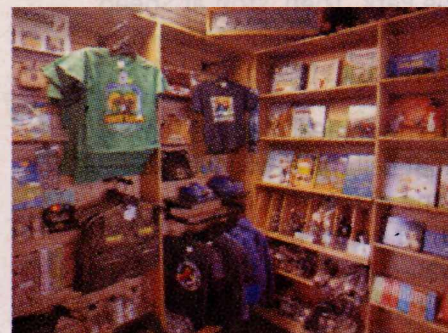


Rocky Mountain Conservancy

Founded in 1931, the Rocky Mountain Conservancy is a nonprofit organization supporting Rocky Mountain National Park through fundraising and educational programs.

Want to Learn More About the Park?

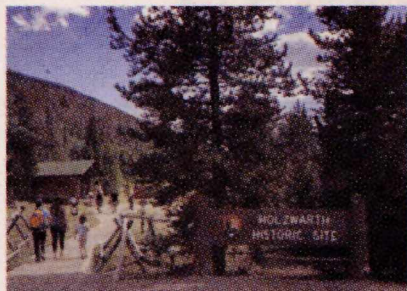
Rocky Mountain Conservancy Nature Stores have a wide range of educational books, activities, and resources available for sale. Stores can be found in all park visitor centers.



What to Do With a **Timed Entry** Reservation

With Timed Entry Reservations (required 9 am - 2 pm), visit any area of the park outside of Bear Lake Road Corridor. Re-entry allowed with valid reservation.

Have a Half Day or Less in the Park?



Go for a Stroll or a Hike

Take a stroll around Holzwarth Historic Site (west side) or the Alluvial Fan (east side). Challenge yourself with a hike up to Deer Mountain (east side) or explore the Colorado River Trail (west side).

See pages 7-10 for trail information and maps



Enjoy the Slow and Scenic Route

Take a drive up Old Fall River Road, stop at Alpine Visitor Center, and drive back down Trail Ridge Road. This scenic drive is great for those entering on the east side of the park.

See page 11 for information



Attend a Ranger-led Walk, Talk, or Activity

Want to learn about the park but only have a few hours? Join rangers for a variety of activities! You can even start your day at Cocoa with a Ranger starting at 8:15 am at the Kawuneeche Visitor Center.

Check pages 12 and 13 for a list of topics, times, and locations



Visit the Highest Visitor Center in the NPS

Located atop Trail Ridge Road, Alpine Visitor Center is the highest facility of its kind in the National Park Service. Take in sweeping views and attend daily ranger talks.

See page 3 for hours

Have a Day or More?



Learn About and Look for Wildlife

Start the day by looking for wildlife in Horseshoe Park. Then, stop at Sheep Lakes Information Station to learn the Bighorn Basics (see page 12).

In the afternoon, learn about the wildlife that call the Kawuneeche Valley home at Critter Chat (see page 13). Or go for a stroll on the Coyote Valley trail. End the day looking for elk throughout the park.

See page 15 for wildlife information



Challenge Yourself with a Long Hike

Adjusted to the elevation and ready to spend a day hiking? Popular destinations include Lawn Lake (east side) or Lulu City along the Colorado River Trail (west side).

Ask a ranger at any visitor center for help choosing the right hike for your individual fitness and experience level. Check the forecast before heading out. If you see lightning or hear thunder, seek safety.

See pages 7-10 for trail information



Drive Over the Continental Divide

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

Spend the day driving up to the alpine tundra while enjoying thrilling views, scenic pullouts, and wildlife sightings.

Check page 11 for more information and a list of overlooks

What to Do With a **Timed Entry+** Reservation

With Timed Entry+ Bear Lake Road Reservations (required 5 am - 6 pm), visit any area of the park, including Bear Lake Road Corridor.

Have a Half Day or Less in the Park?



In the Park Before Your Bear Lake Road Entrance Time?

Exploring areas outside the Bear Lake Road Corridor is a great way to maximize your trip to the park.

Check page 4 for suggestions



Go for a Stroll or a Hike

Take in the leisurely view at Bear Lake, or take a hike up to Alberta Falls, Cub Lake, or Bierstadt Lake. Remember, these areas get congested in the summer, so plan accordingly.

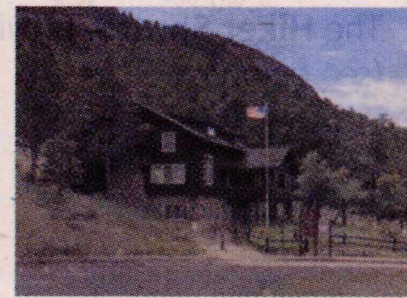
See pages 7-10 for trail information



Stop by RockyLAB

Looking for something the whole family can enjoy? Drop into RockyLAB at Moraine Park Discovery Center and dive into hands-on fun! What will you discover?

Kids must be accompanied by an adult. Offered daily 1-3 pm



Visit Moraine Park Discovery Center

Moraine Park Discovery Center is an insightful stop for any visit. The museum highlights the park geology, glacial history, human history, weather and climate, and ecology.

Open daily 9 am - 4:30 pm

Have a Day or More?



Hike in the Morning and Take a Scenic Drive in the Afternoon

Have an early timed entry reservation? Then spend the morning exploring the Bear Lake Road Corridor and then head up Trail Ridge Road to explore the alpine tundra.

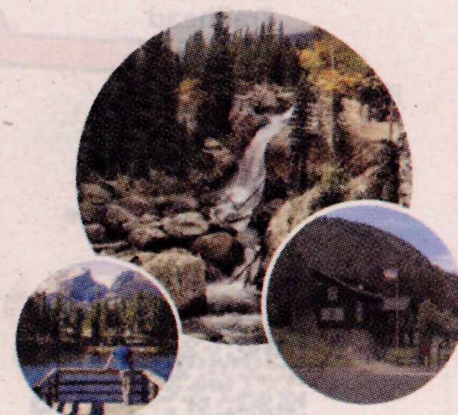
See pages 7-10 for trail information and page 11 for scenic drives



Challenge Yourself with a Long Hike

Adjusted to the elevation and ready to spend a day hiking? Popular destinations include Sky Pond or Lake Haiyaha. Ask a ranger at any visitor center for help choosing the right hike for your individual fitness and experience level. Check the forecast before heading out. If you see lightning or hear thunder, seek safety.

See pages 7-10 for trail information



See the Sights

Spend the day in the Bear Lake Road Corridor by looking for wildlife in Moraine Park, enjoying a stroll around Sprague Lake and Bear Lake, hiking up to Alberta Falls, picnicking in Hollowell Park, and exploring Moraine Park Discovery Center.

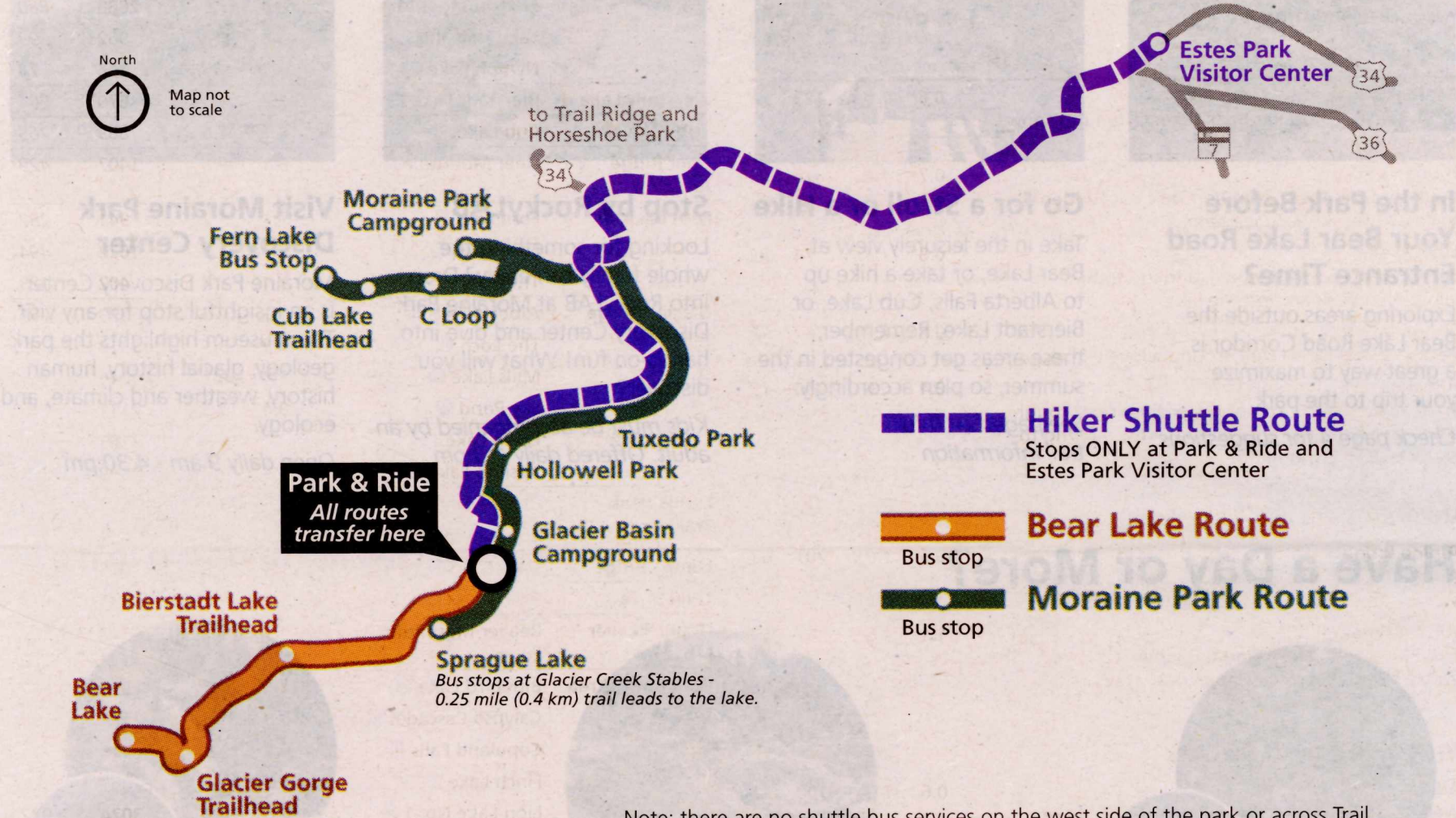
Take the free shuttle to avoid traffic; see page 6 for shuttle information

Re-entry to Bear Lake Road allowed after 2 pm with valid Timed Entry+ reservation

Shuttle Bus Service

The park offers two types of shuttle bus service in the Bear Lake Road Corridor that allow you to enjoy the beautiful scenery without the distraction and stress of navigating traffic.

- **Free, in-park shuttles** stop in areas along the Bear Lake Road Corridor. These shuttles are available for visitors with a valid Timed Entry+ Bear Lake Road reservation.
- The **Hiker Shuttle** provides access to the park from the Estes Park Visitor Center. Reservations are required (see below).



Note: there are no shuttle bus services on the west side of the park or across Trail Ridge Road.

ROUTE	SCHEDULE	DATES	LAST SHUTTLE
 Bear Lake Route	Every 10–15 min. 6:30 am to 7:30 pm	Daily May 22–October 18	7:30 pm
 Moraine Park Route	Every 60 min. 7 am to 7:30 pm	Daily May 22–October 18	7:30 pm
 Hiker Shuttle Route (Reservations Required)	9:30 am 2:30 pm 10 am 3 pm 11 am 4 pm 11:30 am 4:30 pm 12:30 pm 6 pm 1 pm	Daily May 22–September 7 Weekend only September 12 – October 18	6 pm

Hiker Shuttle Reservations

Staying in Estes Park? The Hiker Shuttle provides service from the Estes Park Visitor Center to Park & Ride, located on Bear Lake Road.

The shuttle is available by reservation only and covers the need for a timed entry reservation. Learn more by scanning the QR code.



Shuttle buses are accessible and can accommodate up to two wheelchairs per bus.



Pets are not allowed on shuttle buses except for service animals.



There are no bike racks on the shuttle buses.



There are no food services at Park & Ride Transit Hub.

Hiking Guide



- Wheelchair-accessible Trail
(Conditions may impact access)
- Alpine Lake
- Waterfall
- Timed Entry+ Bear Lake Road Required (5 am - 6 pm)

Strolls

East Side (Estes Park Side)

POPULAR DESTINATIONS	DISTANCE ROUND-TRIP		ELEVATION GAIN	
	mi	km	ft	m
Bear Lake	0.6	1.0	123	38
Stroll the ever popular Bear Lake. Often has snow well into June.				
Hidden Valley	0.7	1.2	76	23
Walk through the subalpine forests of Hidden Valley. Jr. Ranger Headquarters				
Lily Lake	0.8	1.3	74	23
See wildflowers, waterfowl, and mountain views on a walk around the lake.				
Sprague Lake	0.8	1.3	87	27
Packed gravel, level trail around a lovely lake.				
Alluvial Fan	0.4	0.6	50	15
Trail leads to a cascade of water flowing through a boulder field. Distance is from west parking to cascade. East parking not accessible.				

Alpine Tundra (Trail Ridge Road)

Alpine Ridge	0.6	1.0	207	63
Amazing views in all directions. Steep incline. Watch the sky; if storms approach, stay off!				
Tundra Communities Trail	1.1	1.8	187	57
Enjoy sweeping views and the alpine tundra. Watch the sky; if storms approach, stay off!				

West Side (Grand Lake Side)

Adams Falls	0.6	1.0	100	31
Walk to a beautiful waterfall near Grand Lake.				
Coyote Valley Trail	1.3	2.1	40	12
Walk the banks of the Colorado River and enjoy mountain views. Packed gravel.				
Holzwarth Historic Site	0.9	1.5	29	9
Explore a historic homestead and 1920s dude ranch.				

Not sure which hike to do? Ask a ranger at any visitor center for help choosing the right hike for your individual fitness and experience level.

Hikes

East Side

TRAILHEAD	POPULAR DESTINATIONS	DISTANCE ROUND-TRIP		ELEVATION GAIN	
		mi	km	ft	m
Bear Lake	Dream Lake	1.9	3.1	510	156
	Emerald Lake	3.2	5.1	811	247
	Flattop Mountain	8.4	13.5	2888	880
	Lake Haiyaha	3.8	6.1	962	293
	Nymph Lake	1.1	1.8	256	78
Bierstadt Lake	Bierstadt Lake	2.8	4.5	670	204
Cub Lake	Cub Lake	4.7	7.6	869	265
Deer Ridge Junction	Deer Mountain	6.1	9.8	1407	429
Fern Lake	Fern Falls	5.1	8.2	941	287
	Fern Lake	7.3	11.8	1622	494
	The Pool	3.4	5.5	402	123
Glacier Gorge Junction	Alberta Falls	1.6	2.6	299	91
	The Loch	5.9	9.5	1310	399
	Mills Lake	5.4	8.7	1015	309
	Sky Pond	8.4	13.5	2111	643
Lawn Lake	Lawn Lake	11.9	19.2	2757	840
	Ypsilon Lake	8.5	13.7	2399	731
Longs Peak Trailhead	Chasm Lake	8.4	13.5	2617	798
	Eugenia Mine	2.7	4.3	561	171
Lumpy Ridge	Gem Lake	3.4	5.5	1071	326
Twin Sisters	Twin Sisters Peak	6.5	10.5	2343	714
Upper Beaver Meadows	Beaver Mountain Loop	4.9	7.9	1123	342
Wild Basin Area	Bluebird Lake	12.5	20.1	2893	882
	Calypto Cascades	3.5	5.6	681	208
	Copeland Falls	0.9	1.5	116	35
	Finch Lake	8.4	13.5	1861	567
	Lion Lake No. 1	13.8	22.2	3024	922
	Ouzel Falls	5.3	8.5	1051	320
	Pear Lake	12.5	20.1	2682	817
	Sandbeach Lake	8.6	13.8	2217	676
	Thunder Lake	13.1	21.2	2571	784

West Side

Colorado River	Little Yellowstone	8.5	13.7	1165	355
	Lulu City	7.1	11.4	894	273
East Inlet	Lake Verna	13.1	21.1	2768	844
	Lone Pine Lake	10.1	16.3	2219	676
	Spirit Lake	14.5	23.3	2876	877
Green Mountain	Big Meadows	3.5	5.6	699	213
	Granite Falls	11.4	18.3	1520	463
	Haynack Lakes	17.6	28.3	3030	924
North Inlet	Cascade Falls	6.7	10.8	716	218
	Lake Nokoni	18.7	30.1	3160	963
Timber Lake	Timber Lake	9.8	15.8	2401	732

Trail data is determined using an ArcGIS elevation profile tool, which uses the best available Digital Elevation Model (DEM) to calculate the elevation gain and distance of a trail.

CAUTION



Longs Peak summit from the Keyhole Route is NOT a hike. It's a climb that crosses huge vertical rock faces and requires scrambling where an unroped fall would be fatal.

Do not take this climb lightly. Visitors have been injured and even died. Visit [go.nps.gov/LongsPeak](https://www.nps.gov/LongsPeak) or the Longs Peak Ranger Station for more information.

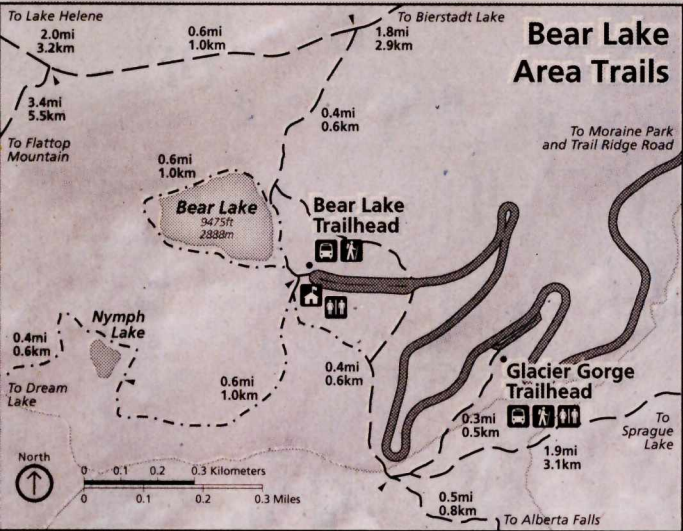
Hiking Guide

Timed Entry Required 9 am-2 pm

Fall River and Alpine Tundra Trails



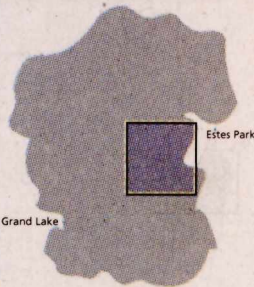
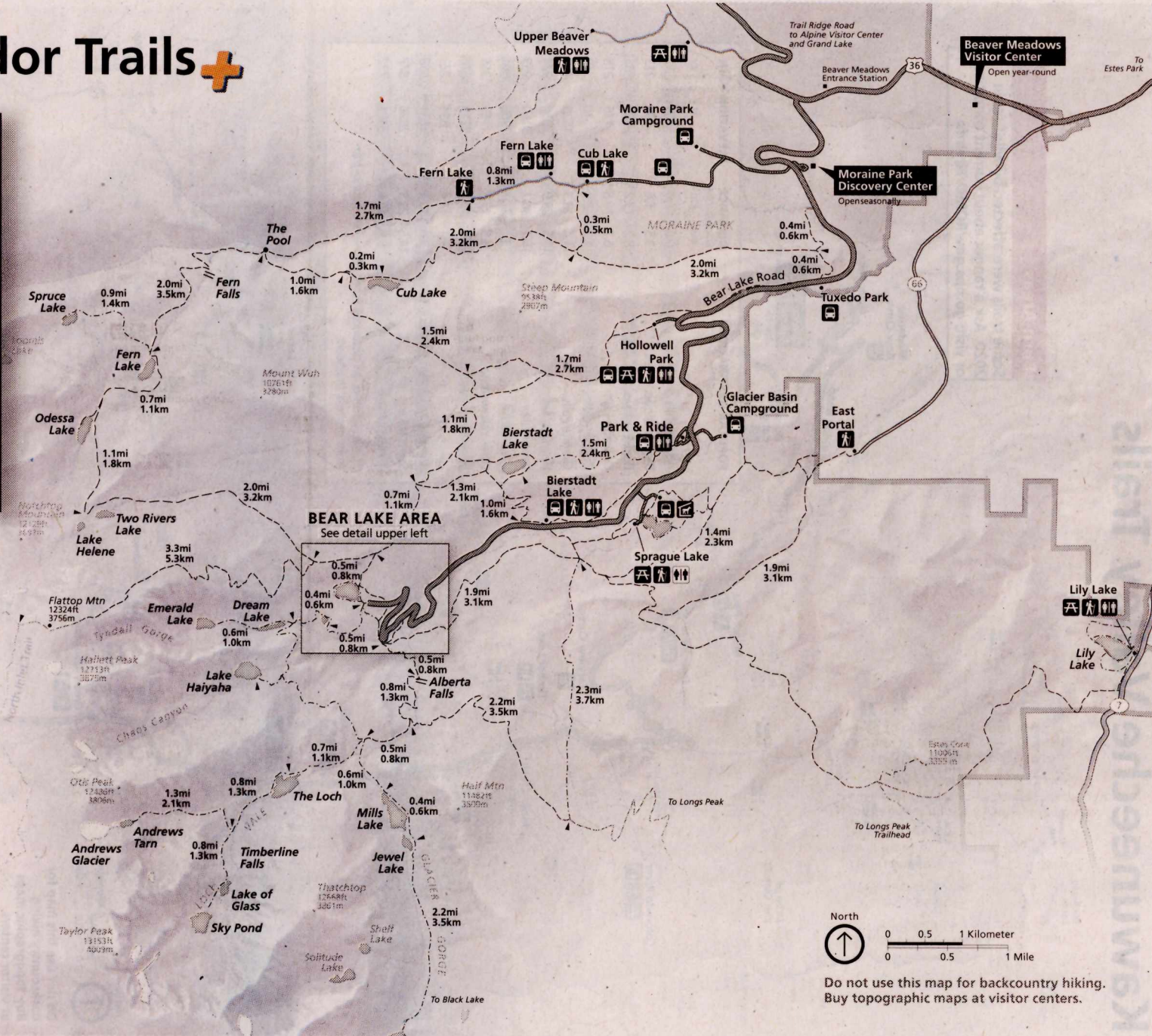
Bear Lake Road Corridor Trails+



POPULAR DESTINATIONS	DISTANCE		ELEVATION GAIN	
	mi	km	ft	m
Alberta Falls	1.6	2.6	299	91
Bear Lake Loop	0.6	1.0	123	38
Bierstadt Lake	2.8	4.5	670	204
Cub Lake	4.7	7.6	869	265
Dream Lake	1.9	3.1	510	156
Emerald Lake	3.2	5.1	811	247
Fern Lake	7.3	11.8	1622	494
Flattop Mountain	8.4	13.5	2888	880
Lake Haiyaha	3.8	6.1	962	293
Mills Lake	5.4	8.7	1015	309
Nymph Lake	1.1	1.8	256	78
Sky Pond	8.4	13.5	2111	643
Sprague Lake Loop	0.8	1.3	87	27
The Loch	5.9	9.5	1310	399
The Pool	3.4	5.5	402	123

*Unless noted, all distances listed above are round-trip from nearest trailhead.

All Glacier Gorge trails can be accessed from Bear Lake. Add 0.2 miles to round-trip distance.



Hiking Guide

Timed Entry Required 5 am-6 pm

Hiking Guide

Timed Entry Required 9 am-2 pm

Kawuneeche Valley Trails

Burn Areas

Some trails were affected by wildfires in 2020. Ask a ranger about current conditions, or visit: go.nps.gov/ROMO/FireInfo

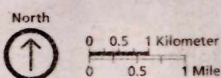
POPULAR DESTINATIONS

DISTANCE

ELEVATION GAIN

	ROUND-TRIP			
	mi	km	ft	m
Adams Falls	0.6	1.0	100	31
Big Meadows	3.5	5.6	699	213
Big Meadows from Kawuneeche Visitor Center	8.2	13.2	936	285
Cascade Falls	6.7	10.8	716	218
Coyote Valley	1.3	2.1	40	12
Granite Falls	11.4	18.3	1520	463
Haynack Lakes	17.6	28.3	3030	924
Lake Nokoni	18.7	30.1	3160	963
Lake Verna	13.1	21.1	2768	844
Little Yellowstone	8.5	13.7	1165	355
Lone Pine Lake	10.1	16.3	2219	676
Lulu City	7.1	11.4	894	273
Shadow Mountain Lookout Tower	9.4	15.1	1831	558
Spirit Lake	14.5	23.3	2876	877
Timber Lake	9.8	15.8	2401	732

*Unless noted, all distances listed above are round-trip from nearest trailhead.



Do not use this map for backcountry hiking. Buy topographic maps at visitor centers.

- Paved road
- Unpaved road
- Trail (horse/hiker)
- Trail (hiker only)
- Continental Divide National Scenic Trail
- Distance indicator
- Tundra closure area
- Medical service
- Picnic area
- Point of interest
- Scenic viewpoint
- Trailhead
- Vault toilet



Scenic Drives



- Scenic overlook
- Vault toilet
- Interpretive Trail
- Bookstore and souvenirs
- Cafe



Trail Ridge Road

Open late May through October, depending on conditions

Stretching from Estes Park to Grand Lake, Trail Ridge Road is the highest continuous paved highway in North America. This route takes you up to the alpine tundra and offers thrilling views, scenic pullouts, and wildlife sightings.

Estes Park to Grand Lake Stop-by-Stop Overlook Guide:

- **Many Parks Curve** A short walk with views of Longs Peak.
- **Rainbow Curve** Perched on the edge of treeline. Great vistas to the east.
- **Forest Canyon** First stop above treeline. Paved path to overlook.
- **Rock Cut** Views of the alpine tundra. Tundra Communities Trail access.
- **Lava Cliffs** View a layer of volcanic rock.
- **Gore Range** Views of the Never Summer Mountains and Gore Range.
- **Alpine Visitor Center** Highest visitor center in the National Park Service. See page 3 for hours. Alpine Ridge Trail access.
- **Medicine Bow Curve** North vistas stretching into Wyoming on a clear day.
- **Farview Curve** Views of the Never Summer Mountains and the Kawuneeche Valley.

Distance: 50 miles (81 km)

Estimated Time: 3 hours, round-trip

Need to know: Road often closes temporarily in the spring and fall due to weather. When closed, the 1.5-hour drive between Estes Park and Grand Lake becomes a 4-hour drive.



Old Fall River Road

Open early to mid July through October, depending on conditions

Completed in 1920, Old Fall River Road was the first auto route in the park offering access to the alpine tundra.

The dirt road is a one-way, uphill "motor nature trail," with tight switchbacks and no guardrails. The drive leads from Horseshoe Park up a deeply cut valley to Fall River Pass at 11,796 feet (3595 meters), where it joins Trail Ridge Road at the Alpine Visitor Center.

Stops along road:

- **Chasm Falls** View of a waterfall. Steep trail with stairs to viewing area.
- **Alpine Visitor Center** Highest visitor center in the National Park Service. See page 3 for hours. Alpine Ridge Trail access.

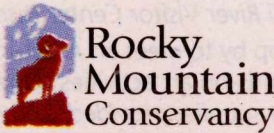
Distance: 9 miles (15 km)

Estimated Time: 1 hour

Need to know: Vehicles 25 feet or longer and vehicles with trailers are not allowed. Road is one-way, uphill only. Use Trail Ridge Road to return.



Bus Tours



The Rocky Mountain Conservancy Field Institute offers guided bus tours throughout Rocky Mountain National Park to areas including Trail Ridge Road, Bear Lake Road, Grand Lake, and meadow areas highlighting the elk rut in the fall.

Scan the QR code for more information



Ranger-led Walks, Talks, and Activities



All activities are free. For most up-to-date information, check any visitor center or call **970-586-1206**.

East Side District (Estes Park)	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Walks							
Discover Birding! <i>Meet at end of Upper Beaver Meadows Road 1.5 hours</i> Discover the migratory and resident birds found in the park alongside a skilled birder! <i>Binoculars provided.</i>				7:30 am			7:30 am
Talks							
Ranger Ready <i>Beaver Meadows Visitor Center outdoor plaza 15-20 minutes</i> Get Ranger Ready before you explore! Connect with a park ranger or naturalist for timely tips and essential guidance on how to make smart, safe choices during your park adventure. Being prepared makes all the difference for protecting yourself and the park.	10 am	10 am	10 am	10 am	10 am	10 am	10 am
Bighorn Basics <i>Sheep Lakes Information Station 15-20 minutes</i> Explore the natural history and behavior of the elusive bighorn sheep; a symbol of Rocky Mountain National Park since 1915. Will you spot one?	Daily 10:30 am 11:30 am 2:30 pm 3:30 pm						
Rocky Mountain Speaks: Art in the Park <i>Beaver Meadows Visitor Center Auditorium 1-1.5 hours</i> Explore the park through a new lens! Join us as guest presenters cover a variety of topics, from art to science, and everything in between.	Sundays at 1 pm May 31 June 21 July 12 August 2 August 23 September 13						
Drop-in Activities							
Bird Sit and Stroll (starts June 5) <i>Alluvial Fan west parking Anytime 7:30-9 am</i> So, what's a bird sit, anyway? Stop by and enjoy a relaxing exploration of our feathered friends. Bring a chair or blanket to settle in! <i>Binoculars provided.</i>						7:30 am	
Junior Angler Adventures (starts June 4) <i>Alluvial Fan west (meet in meadow across from parking lot) 8:30-10:30 am</i> Calling all Junior Rangers! Drop-in and earn your Junior Angler Badge while learning the ins and outs of fishing in the park. Participate anytime. <i>*Anyone 16 and older must have a Colorado Fish and Wildlife permit to fish.</i>					8:30 am		
Discovery Days! <i>Moraine Park Discovery Center Anytime 10 am - 3:30 pm</i> Looking for a short activity to get to know the park? Join anytime to participate in hands-on activities and discover something new.	Daily Anytime from 10 am - 3:30 pm						
Art Unleashed: Interactive Art Experience <i>Fall River Visitor Center Discovery Room Anytime 11 am - 2 pm</i> Stop by to meet an Artist-in-Resident and explore your creativity through hands-on art activities! Open to all ages. <i>Art supplies provided, and no prior knowledge or skills necessary.</i>	Saturdays at 11 am June 6 June 27 July 18 August 8 August 29 September 19						
RockyLAB <i>Moraine Park Discovery Center Anytime 1 - 3 pm</i> Drop into RockyLAB and dive into hands-on fun! What will you discover? Perfect for all ages. <i>Children must be accompanied by an adult.</i>	Daily Anytime from 1 - 3 pm						

Wheelchair-accessible Location
(Trail conditions may impact access)

Timed Entry+ Bear Lake Road
Reservation Required (5 am - 6 pm)

**Walks, talks, and activities may be changed or canceled at any time due to weather or staffing.*

Alpine Tundra (Trail Ridge Road)	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Hikes & Walks							
Alpine Adventure Hike (starts June 24) <i>Forest Canyon Overlook 2.5-3 hours</i> Share in the beauty of the tundra on this moderately strenuous off-trail hike. Bring warm layers, snacks, water, sun protection, and be prepared to spend the morning at high elevation.				9 am			
Citizen Science on the Tundra: Explore Science at the Edge of the Sky (starts June 7) <i>Rock Cut Overlook 1-1.5 hours</i> Explore one of Earth's harshest environments - the tundra. Take part in community science as you collect data on alpine flowers. A hands-on adventure for curious minds of all ages. Bring warm layers, snacks, water, and sun protection.	9:30 am		2 pm		9:30 am		
Tundra Nature Walk (starts June 15) <i>Medicine Bow Curve 1-1.5 hours</i> Discover what makes the alpine tundra such an amazing place! Bring warm layers, snacks, water, and sun protection.		10 am	10 am			10 am	10 am

Talks							
High Country Tales (starts June 7) <i>Alpine Visitor Center 20 minutes</i> Join a ranger to hear fascinating and sometimes unexpected stories of how humans and wildlife interact with the alpine world.	3 pm	3 pm	3 pm	3 pm	3 pm	3 pm	3 pm

Colorado River District (Grand Lake)	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Walks							
Ecology Walk <i>Green Mountain Trailhead 45 minutes</i> Join a guided walk to learn about plants, animals, and new growth after a wildfire.	10:30 am	10:30 am	10:30 am	10:30 am	10:30 am	10:30 am	10:30 am
Talks							
Holzwarth Stories <i>Holzwarth Historic Site (0.5 mile walk from parking area) 20 minutes</i> Step back in time as you listen to the history of the Holzwarth family and their journey to the Kawuneeche Valley in the early 1900s.	10 am	10 am	10 am	10 am	10 am	10 am	10 am
Critter Chat <i>Kawuneeche Visitor Center outdoor plaza 20 minutes</i> Discover the different animals that live on the west side of the park. After the chat, staff will be available until 2 pm to chat more about critters!	1 pm	1 pm	1 pm	1 pm	1 pm	1 pm	1 pm
Evening Program (starts June 1) <i>Timber Creek Campground Amphitheater 30 minutes</i> Join an evening talk to learn more about the west side of a park.	8 pm	8 pm	8 pm	8 pm	8 pm	8 pm	8 pm

Drop-in Activities							
Cocoa with a Ranger <i>Kawuneeche Visitor Center outdoor plaza Anytime 8:15 - 9 am</i> Enjoy free hot cocoa to start your day and learn about what you can see and do on the west side of the park.	Daily Anytime from 8:15 - 9 am						
Calling All Junior Anglers! (starts June 5) <i>Holzwarth Historic Site bridge (0.25 miles from parking) 10 am - 1 pm</i> Join anytime between 10 am - 1 pm and learn how to fly fish and practice casting...and maybe catch one yourself! Kids can earn a Junior Angler Badge! Open to all ages; Fishing gear provided. <i>*Anyone 16 and older must have a Colorado Fish and Wildlife permit to fish.</i>						10 am	

Looking for evening programs? Check at visitor centers, campgrounds, or call 970-586-1206 for more information.

Special Events

Fly Fishing in the Rockies

Holzwarth Historic Site | 9 am - 12 noon

Join park rangers and the National Sports Center for the Disabled (NSCD) to learn the basics of fly fishing and practice your casting. Event is free and open to the public.

Pre-registration with NSCD required for those needing assistance:
nscd.connectintouch.com/fishing.

Anyone 16 and older must have a Colorado Fish and Wildlife permit to fish. Meet at the bridge, 0.25 miles from the Holzwarth parking area.

Saturday, June 20

Saturday, July 18

Saturday, August 15

Astronomy in the Park

Park & Ride | Anytime 8:30 - 11 pm

Experience the dark night sky with the help of a park ranger and expert volunteer astronomers. Find constellations, see the Milky Way, spot planets and gaze at deep space objects through telescopes.

Weather permitting. Dress warmly and bring a headlamp or flashlight.

Friday, June 5

Friday, June 12

Friday, July 10

Friday, August 7

Friday, August 14

Weekend of Stargazing

Locations throughout the park | Times vary

Experience dark night skies and the science surrounding them during the 2026 Weekend of Stargazing. Enjoy afternoon activities with nightly sky viewing sessions by rangers, expert volunteer astronomers, and their telescopes.

Weather permitting.

July 17-18, 2026



For more information, visit:
go.nps.gov/romo/nightsskyprograms.

Family Activities

Use the suggestions below to plan your family visit to the park!



Exploring Rocky!

Timber Lake Trailhead | Thursdays
Join anytime 10 am - 1 pm

Hey kids! Join a park ranger every Thursday for a Junior Ranger Program to explore the west side of the park. Kids earn a special prize each time!

Starts June 4



Stop by RockyLAB or Visit Holzwarth Historic Site

Drop into RockyLAB at Moraine Park Discovery Center and dive into hands-on fun! What will you discover? Perfect for all ages. *Kids must be accompanied by an adult.*

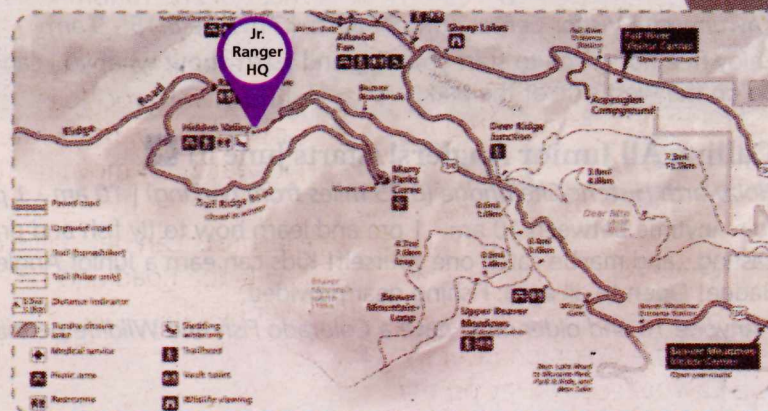
Offered daily 1-3 pm

At Holzwarth Historic Site, step back in time as you learn about the Holzwarth family and what it was like to homestead. *Buildings open daily 9:30 am - 2:30 pm*

Become a Junior Ranger

Junior Rangers help the National Park Service protect parks and their stories. Visit any ranger station for a book and badge or practice your nature detective skills at the Junior Ranger Headquarters located at Hidden Valley (see map below).

Open daily 9:00 am - 3:30 pm



Wildlife



Elk

1



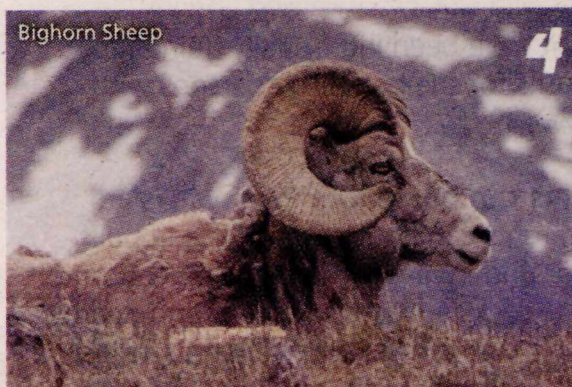
Mule Deer

2



Moose

3



Bighorn Sheep

4



Pika

5



White-tailed ptarmigan



Steller's jay



Clark's nutcracker

6

Wildlife can be seen throughout the park. The best time to view many animals is around sunrise or sunset. Remember, these are wild animals. If you get too close, you could be charged or bit. **Do your part and keep wildlife wild.** Never approach or feed wild animals.

1 Elk

Elk can be seen year-round in meadows and where meadows and forest meet. During the summer, they can be seen at all elevations of the park, even above treeline. During the fall mating season (known as the rut), they are mostly found at lower elevations.

2 Mule Deer

A common sight in the park, mule deer can most often be found at lower elevations in open areas.

3 Moose

The best place to see moose is along the Colorado River in the Kawuneeche Valley on the west side of the park.

4 Bighorn Sheep

From May to mid-August, bighorn sheep are often seen along Hwy 34/Fall River corridor on the east side. They can also be found high on Trail Ridge Road and the rocky alpine on the west side.

5 Pika and Marmots

These alpine tundra residents favor rocky areas. **Pika** are small and light-colored to blend in with rock piles. Listen for their sharp, distinctive 'eep' and watch for movement.

Marmots can be seen along Trail Ridge Road and Old Fall River Road.

6 Birds

Clark's nutcrackers, Steller's jays, golden eagles, and prairie falcons can be seen along Trail Ridge Road.

White-tailed ptarmigan are common but difficult to spot. They can be found on the alpine tundra.

American dippers can be found along most streams. Listen for their loud call, similar to the rapid clicking of two stones together.



Do You Follow the Rule of Thumb?

The best relationship is a long-distance relationship. You can help wild animals feel comfortable in their natural environment by following the rule of thumb.

1. Make a thumbs up and extend your arm.
2. Close one eye
3. If you can hide the animal with your thumb then you are at a safe distance! If you can still see the animal, back away until it is completely hidden.

If a wild animal changes its behavior, you are too close.



Safety and Regulations

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 [go.nps.gov/ROMO/RulesRegulations](https://www.nps.gov/ROMO/RulesRegulations).



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



Cell service is unreliable in much of the park. Do not depend on your phone for emergency help.



Drones are not allowed anywhere in Rocky Mountain National Park. This includes launching, landing, and operating drones.



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.



Marijuana possession and use is illegal in Rocky Mountain National Park and all federal lands.



It is **illegal to feed wildlife**, including birds and chipmunks. Obey wildlife closure areas and "no stopping" traffic zones.



Seeing a bear or mountain lion is rare, and interactions are even more rare. Travel in groups. 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 and make noise. Protect small children by picking them up.



Pets are only allowed in picnic areas, parking lots, campgrounds, and along roadsides. They must be on leashes no longer than 6 feet at all times. **Pets (including emotional support or therapy animals) are not allowed anywhere else in the park**, including park trails, tundra or meadow areas, or in buildings. Pets may not be left tied to vehicles, trees, or other objects.



Service animals that have been individually trained to perform specific tasks for the benefit of persons with disabilities are allowed.



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



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



Wilderness 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. Camping is only allowed in designated sites with a permit.

- If you store food in your vehicle, use airtight containers and place them in the trunk or out of sight. Close vehicle windows completely and lock your doors.
- Pack out all garbage. Dispose of garbage in bear-resistant dumpsters and trash cans. If a trash can is full, find a different one or take your trash with you.

In Case of Emergency, Dial 911