



The official newspaper of Rocky Mountain National Park
Fall - 2011, September 6 - October 22

Alpine Tundra

...where the sky is the size of forever and the flowers the size of a millisecond –
Ann H. Zwinger and Beatrice E. Willard, *Land Above the Trees*

Krummholz, boulder fields, talus, scree, frost heaving, fellfields, meadows, graupel, nearly-constant winds, permanent snowfields. Sound foreign? The tundra is an exhilarating, spectacular, and extreme place, where people are the visitors, weather can be harsh, beauty is both immense and infinitesimal, and ancient plants can be only inches high.

What and where is tundra? Worldwide, these are areas where trees can't grow due to low temperatures and short growing seasons. The Arctic and Antarctic have vast tundra areas. Alpine tundra is found on many mountaintops. In Rocky, treeline is at roughly about 11,000 feet, more than two miles above sea level. Rocky's sister parks, Tatra National Parks in Poland and Slovakia, have alpine tundra.

Krummholz is the German word for 'crooked wood.' These stunted trees grow at treeline where protection is provided, whether by other krummholz trees, rocks, or snowfields, and bear witness to the often-severe winds.

Winds are nearly constant here. Especially strong in winter, winds blow sand and snow, not only causing drifting, but scouring anything in their paths.

Go easy; don't over-exert at high altitudes. For people who venture here, the air is very dry and UV levels high. Sunscreen and adequate hydration are musts. To help prevent altitude sickness, drink two to three times more non-alcoholic fluids than usual and eat snacks throughout the day. Preexisting medical conditions can be aggravated by high altitude; take your usual medications. Signs and symptoms of altitude sickness, such as headache, dizziness or lightheadedness, nausea, sleepiness or fatigue, weakness, shortness of breath, loss of appetite, or trouble sleeping. The only cure is to go down to a lower elevation.

Tundra needs your care!

Despite its harshness, tundra is a very fragile environment. The park has established Tundra Protection Areas surrounding the Alpine Visitor Center, and at Forest Canyon, Rock Cut, and Gore Range Overlooks. In these areas visitors must stay on trails and are not allowed to walk on the tundra. In any other tundra area, try to walk on rocks. Do not walk single-file, which tramples plants. Help rangers protect this special place.

Elk Viewing

When temperatures cool and there are fewer minutes of daylight, aspen trees pull the chlorophyll out of their leaves, which turn glorious shades of gold, yellow and red. Bull elk bugle to gather "harems" of cows, their shrill calls ringing out through the evening twilight. In the fall, you can see and hear the spectacle of the elk rut, their annual mating ritual. This activity is most easily experienced in the waning light of evening.

Prime elk viewing areas include: Moraine Park, Horseshoe Park, and Upper Beaver Meadows on the east side of the park.

On the west side, elk can often be seen throughout the Kawuneeche Valley, especially Holzwarth Meadow and Harbison Meadow.



For the good of the animals and other visitors:

- Park using roadside pullouts -- do not park on vegetation
- Turn off car lights and engine upon parking
- Stay by the roadside when viewing animals
- Do not approach animals closely -- wildlife are unpredictable
- Do not use artificial lights or calls
- Do not walk into posted meadows after 5 p.m.
- Watch for other cars & keep an eye on children
- Never feed wildlife

Five meadows are closed to entry from 5 p.m. until 7 a.m. daily from September 1 through October 31 to minimize disturbance to elk: Moraine Park, Horseshoe Park, Upper Beaver Meadows, Harbison Meadow, and Holzwarth Meadow.

Weather and Road Conditions

Trail Ridge Road is open daily, weather permitting. Trail Ridge Road usually closes for season around mid-October. For current park road and driving conditions, please stop at a visitor center or call the Trail Ridge Road status line (970) 586-1222.

Old Fall River Road is open when weather permits. It will close early this fall for repairs and maintenance. The road is narrow, one-way up only, has tight switchbacks, and no guardrails. Vehicles over 25 feet long and trailers are prohibited.

The park Information Office operates seven days a week and can be reached at (970) 586-1206. For more information see www.twitter.com/RMNPOfficial, or the park website at www.nps.gov and click on road conditions.



For your convenience, free WIFI is available in and around the Beaver Meadows Visitor Center and the Kawuneeche Visitor Center.

Bear Lake Road Reconstruction - Phase Two

Funding has been secured for the second phase of the Bear Lake Road reconstruction. Work would take place this winter through the summer of 2013 along the lower section of the road. This project would improve the road surface and widen the road two feet to accommodate

park shuttle buses, correct structural deficiencies in the roadway, and include significant retaining wall work in order to accommodate much-needed safety and drainage improvements.

Be Bear Aware!

During late summer and early fall, black bears need 20,000 calories a day to gain enough fat to survive the winter without eating or drinking. When visitors let bears get into food and garbage, the lure of an easy meal can overcome a bear's natural wariness of people.

Once bears learn to follow their super-sensitive noses to your picnic table, vehicle or campsite, they can damage property and even break into cars! With a nose that's 100 times more sensitive than ours, a bear can literally smell food five miles away. Bears are very smart, and have great memories - once they find food, they come back for more.

HERE'S HOW YOU CAN HELP!

- Stash your trash. Use bear-proof boxes when available at trailheads or campgrounds. If not, double bag trash and lock it up. Never leave trash outside.
- Store food, beverages and toiletries in airtight containers. Many bears have discovered that coolers, bags and boxes are full of food; never leave containers out or anywhere a bear could see, smell or reach them.
- Keep a clean campsite, picnic table and vehicle. Bears are attracted to odors of all kinds and will investigate anything interesting in hopes of finding food.
- Bears WILL break into cars! Lock RVs and vehicles. Close windows and cover food boxes and coolers so they are not visible.

A fed bear is a dead bear!

Visitor Centers

East of the Divide – Estes Park Area



Beaver Meadows Visitor Center

Open daily 8 to 5.
Features spectacular free park movie, information, bookstore, and backcountry permits in an adjacent building.



Fall River Visitor Center

Open daily 9 to 5.
Features beautiful life-size wildlife displays, a children's discovery room with objects to touch, information and a bookstore.



Alpine Visitor Center

Open daily (weather permitting) 10:30 to 4:30. September 6 - October 10. Features extraordinary views of alpine tundra, displays, information, bookstore, adjacent gift shop and cafe. Call 586-1222 for Trail Ridge Road conditions.



Moraine Park Visitor Center

Open daily 9 to 4:30. September 6 - October 10. Interactive exhibits on the past and present landscape, and a bookstore. Great views of glaciated Moraine Park.

What Can I Do While I'm Here in Rocky?

Rocky Mountain National Park has so much to offer, whether you have a couple of hours, a couple of days, or more. Here are some ideas:

If You Only Have Two Hours

- Stop at a visitor center and explore the exhibits, or talk to a ranger.
- Take a drive.
 - ◊ On the east side:
 - The scenic road to Bear Lake is open year-round. To avoid congestion, hop aboard a free park shuttle bus. See the back page for schedules.
 - Loop through Horseshoe Park and drive up to the Alluvial Fan.
 - Look for wildlife. Year-round, elk, mule deer, and bighorn sheep may be seen.
 - Go as far as you want on Trail Ridge Road. Every one of the many overlooks provide spectacular fall views.
 - ◊ On the west side:
 - Drive as far as you want on Trail Ridge Road, and enjoy the many scenic overlooks and pull-offs. Depending on traffic, the Continental Divide at Milner Pass is about 40 minutes from Kawuneeche Visitor Center.
 - Visit Holzwarth Historic Site and get a taste of early tourism at one of the first dude ranches in Colorado. Self-guided booklet available.
 - Look for moose in the Kawuneeche Valley.
 - Take a short walk on one of the area trails.

If You Only Have Four Hours

Do any of the above PLUS:

- Take a stroll on a self-guided nature trail.
- Linger longer at overlooks and pull-offs to read the wayside exhibits.
- Experience the wilderness of the park's backcountry on a hike. Check with a ranger for trail suggestions.
- Attend a ranger-led activity or program. Lists are on pages 5 & 6.
- Enjoy a picnic. Picnic areas are marked on the park map.
- Go horseback riding. Two stables are located in the park, and many more in adjacent areas lead rides into the park.
- Go fishing. Many streams and lakes harbor trout.
- Try bird watching. A beautiful variety of birds call Rocky home.

If You Have a Day (or More)

Do any of the above PLUS:

- Go farther. Take a longer drive or hike.
- Take time for yourself to soak in the magnificent fall colors. Unwind and detach from the world (cell phones don't work in most of the park).
- Become a Junior Ranger. Designed for children 12 and younger, booklets (Spanish and English) include fun activities the whole family can enjoy. Pick up a booklet at a park visitor center and earn a Junior Ranger badge.
- Visit other parts of the park. This is a big place and there is a lot to see.
- Combine a variety of the above. Whatever you do, enjoy your visit to Rocky Mountain National Park!

West of the Divide – Grand Lake Area



Kawuneeche Visitor Center

Open daily 8 to 5, September 6 - September 30. Open daily 8 to 4:30 starting October 1. Features free movies, exhibits on wonders of the park, a bookstore, and backcountry permits.

Park Phone Numbers and Website



Trail Ridge Road status: (970) 586-1222
Call Park Information (970) 586-1206 with your questions. We are available to assist you from 8 to 4:30 daily.



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



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



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

ROCKY MOUNTAIN FIELD SEMINARS IN ROCKY MOUNTAIN NATIONAL PARK LEARN~EXPLORE~ADVENTURE

Fall programs:

- Hike with a Naturalist: Tundra Ute Trail - September 6
- Hike with a Naturalist: Bierstadt Lake - September 16
- Capturing Wildlife Images - September 21-23
- Hike with a Naturalist: Gem Lake - September 23
- Hike with a Naturalist: Bridal Veil Falls - September 30
- Photographing Elk & Aspen - October 9

Ask at any visitor center for more information. Or call 970-586-3262 www.rmna.org

Park Bookstores

At RMNA Bookstores, Your Purchase Makes A Difference

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

Drop by today.

Visit the Rocky Mountain Nature Association bookstores at:

- Beaver Meadows Visitor Center • Alpine Visitor Center
- Moraine Park Visitor Center • Fall River Visitor Center
- Kawuneeche Visitor Center

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



Advance reservations only
Call 970-586-3262

Tickets: \$40 adults
\$20 kids 12 and under

ELK EXPEDITIONS!

EDUCATIONAL ADVENTURES BY BUS

Travel to the best sites in RMNP to view elk during the fall rut! Learn about elk natural history with an on-board naturalist and discover the magic of autumn in the high country.

Friday & Saturday eves. September 16 - October 22, 2011 5:30 p.m. - dusk



You Need to Know

Bicycles in the Park

Bicycling is permitted on public roads, both paved and dirt, but not on trails. There are no bike paths and many roads are narrow and have little or no shoulders, so ride cautiously.

Campfires

Campfires are permitted in campgrounds and picnic areas where fire grates are provided. Campfires are not allowed in the backcountry. Collecting vegetation, living or dead, is prohibited. Firewood is for sale at all park campgrounds.

Concessions Services

Horseback Riding

- **CowPoke Corner Corral Stables**
YMCA Road on Highway 66 at Glacier Lodge
(970) 586-5890

- **Hi Country Stables**

Located in Rocky Mountain National Park

Moraine Park (970) 586-2327
Glacier Creek (970) 586-3244

- **Jackson Stables**
YMCA of the Rockies Livery
(970) 586-3341

- **National Park Gateway Stables**
Rocky Mountain Gateway near the Fall River Entrance on U.S. 34
(970) 586-5269

Gifts Shop and Cafe

- **Trail Ridge Store**
Gifts and Cafe. (970) 586-2133

Mountaineering

- **Colorado Mountain School**
Rock Climbing
Estes Park, (800) 836-4008

Firearms

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

Food Storage

Do not attract wildlife, including black bears, to your campsite. Keep a clean camp! Never leave food items unattended. Improperly stored or unattended food items will likely result in confiscation and/or issuance of a citation by a park ranger.

In campgrounds, all food items must be stored by one of the following methods:

- Inside vehicle trunks. Be sure windows are closed and doors are locked.
- In vehicles without trunks, items should be placed as low in the vehicle passenger compartment as possible and covered from sight, with windows closed and doors locked.
- In park-provided bear boxes at campgrounds and some trailheads. Boxes are shared and cannot be locked.

Park Entrance Fees

Automobile Entrance Fee - Single-family vehicle entrance fee is valid for seven consecutive days, including date of purchase. \$20

Rocky Mountain National Park Annual Pass - Provides unlimited entry to this park for one year from the date of purchase. \$40

Rocky Mountain National Park/ Arapaho National Recreation Area Annual Pass - Provides unlimited entry to both areas for one year from the date of purchase. \$50

America the Beautiful – National Parks and Federal Recreational Lands Annual Pass - Available to everyone which provides access to, and use of, Federal recreation sites that charge an entrance or standard amenity fee for one year from date of purchase. \$80

America the Beautiful – National Parks and Federal Recreational Lands Senior Pass - A lifetime pass for U.S. citizens or permanent residents age 62 or older. \$10

America the Beautiful – National Parks and Federal Recreational Lands Access Pass - A free lifetime pass for U.S. citizens or permanent residents with a permanent disability.

Fishing

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

Pets

Pets are allowed in the park, but only in picnic areas, parking lots, campgrounds and along roadsides, never on trails or meadow areas. Pets must be on leashes no longer than 6 feet when outside vehicles.

For the safety of your pet and the benefit of park wildlife and other visitors, pets should not be left unattended. You may not leave your pet unattended in vehicles if it creates a danger to the animal or if it becomes a public nuisance. Pets may not be left tied to vehicles, trees or other objects.

A Pet Brochure available at visitor centers lists regulations and trails outside of Rocky Mountain National Park where pets are permitted.

Picnicking

Picnic areas are located throughout Rocky Mountain National Park. Check the park map for specific locations and directions.

Lost and Found

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

You Are Responsible

You are responsible for knowing and obeying park rules. Check at visitor centers, at entrance stations, on trailhead bulletin boards, and on the park website <http://www.nps.gov/romo> to find out more. When in doubt, ask a ranger.



Leave No Trace

With approximately 3 million visitors every year, the wild lands of Rocky Mountain National Park are heavily used. While hiking, camping, and all your park activities, do your part to preserve this national treasure by following the seven easy 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 other visitors
- For more information visit <http://www.lnt.org/>

Toward a Greener Park Recycling Available in Major Park Locations

Glass, plastic #1 and #2, and aluminum may be recycled in park campgrounds and at major park locations. Look for our distinctive recycling containers or ask at any visitor center or campground for their locations.



The park is actively engaged in green practices, including using hybrid/alternative fueled vehicles, a bicycle for mail delivery, low-wattage compact fluorescent lights bulbs, and active recycling of office materials.

The picnic and restroom facilities at Hidden Valley were constructed using recycled lumber and materials. All new construction and rehabilitation projects are designed using energy-efficient LEED standards. Recycle containers are available throughout the park.

Help us reduce the use of plastic water bottles! There is limited potable drinking water in the park. Please remember to bring your own reusable water containers and refill them at park visitor centers.

Junior Ranger

Free Junior Ranger books are available at park visitor centers for children ages 12 and under. A successfully completed book earns a badge! You are an important part of this park. Stay in touch. Contact us anytime at:

romo_junior_ranger@nps.gov

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



Heart of the Rockies

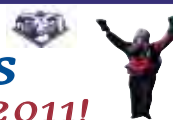
Teachers, Parents, Students!

Rocky Mountain National Park's "Heart of the Rockies" education program provides an outdoor classroom to children throughout the region. Teachers who are interested

in participating in this program may contact the park's Education Specialist at (970) 586-3777, or through the website at www.heartoftherockies.net



**JOIN THE MILLION DOLLAR CHALLENGE
FOR THE NEXT GENERATION OF CONSERVATIONISTS**
HELP RAISE \$1M FOR EDUCATIONAL PROGRAMS IN RMNP...EVERY DOLLAR MATCHED IN 2011!
Information available at any RMNP visitor center bookstore - just ask!



Surviving The Park

Falling Trees

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

Mountain Climbing

Specialized skills and equipment may be required to safely reach a summit. Snow can fall at any time and mornings can be icy. Be aware and prepared. Summiting Longs Peak is not a hike, but a climb. Ask for information before you climb or visit the park website at <http://www.nps.gov/romo/planyourvisit/longspeak.htm>

High Elevation

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

Lightning

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

Hiking Safety

With over 350 miles of trails, the park offers a vast array of choices. Please check at a visitor center for current conditions before hiking. Even for short day trips, be sure to pack gear for all types of weather (sun, rain, snow, wind). Windproof/waterproof clothing is essential gear to wear or carry.

Trail Tips: stay together. This is the most important tip that comes from the experience of park search and rescue teams! Be prepared for the rigors of high elevation -- drink plenty of water, and travel at a pace where you can still talk and breathe easily. If you feel poorly, descend to a lower elevation. Pack it in, pack it out, including remains of all your food (pits, peels, etc.), and facial tissues. Let nature's sounds prevail; avoid loud voices and noises. Pets are not allowed on park trails.

Longs Peak Keyhole Route

The Keyhole Route is NOT a hike! It is a climb with exposure requiring scrambling where an unroped fall would likely be fatal. The route has narrow ledges, loose rock, and steep cliffs. A permit is not required. The best route follows red and yellow bulls-eyes. If you lose the bulls-eyes you are likely off route and will encounter more difficult climbing with more severe consequences. It is important to retrace your steps back to the bulls-eyes before continuing. The Keyhole Route can experience winter-like conditions at any time, requiring greater skill and judgment. Be prepared to turn back during sudden, drastic weather changes. The high elevation may affect your condition and judgment. Careful descent is the best treatment. Don't have summit fever: enjoy the experience, but be willing to turn around at any time.

Hypothermia

Hypothermia is a serious and sometimes fatal condition brought on by exposure to wet and cold. The core body temperature drops to a level that impairs normal muscle and brain activities. Symptoms include drowsiness, loss of judgment or coordination, slurred speech, and uncontrolled shivering. If these symptoms occur, warm the chilled person with dry clothing and warm, nonalcoholic liquids. Get back to your car and seek medical attention.

Mountain Lions and Bears

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

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

Be Prepared

Be prepared for all types of weather, no matter what activity you are enjoying in the national park. Unforeseen weather conditions can change a short afternoon hike into an unpleasant experience. Carry a windproof/snowproof outer shell and extra layers of clothing. Drink plenty of water; high elevation, wind, and cold can dry us out and chill us.

Most importantly, stay dry!

Fall Camping 2011

PARK CAMPGROUND	Elev (feet)	# sites in summer	Reservable	Firewood & Ice	Public Phone	Max RV/Trailer Length	Dump Station	Notes
Aspenglen Closes-noon 9/25	8220	54	Yes	Yes	No	30'	No	Located on US Hwy. 34 by the Fall River Entrance.
Glacier Basin Closes-noon 9/13	8500	150	C & D Loops only Loops A & B first-come, first-served	Yes	Yes	29' (a few sites up to 35')	Yes	On Bear Lake Road opposite the Park & Ride. No shade in C & D Loops due to hazard tree removal.
Longs Peak Open year-round	9405	26	Always first-come, first-served	Firewood only	No	tents only	No	Located off of Highway 7 south of Estes Park. Flush toilets summer; vault toilets winter.
Moraine Park Open year-round. Winter: First-come, first-served (Loop B)	8160	245	Last night to stay by reservation is 10/3	Yes	Yes	Limited # of RV/trailer sites up to 40'	Yes	On Bear Lake Road. Flush toilets, except B Loop where there are vault toilets year-round.
Timber Creek Open year-round	8900	98	Always first-come, first-served	Firewood only	No	30'	Yes	The only west side campground. No shade due to hazard tree removal.

Overnight stays in Rocky Mountain National Park must be in a campground (or a backcountry site). You may not stay overnight in your car or RV along a road or at a trailhead.

It is common for all park campgrounds to fill on most 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: www.recreation.gov or 1-877-444-6777.

Fees to Camp

- When the water is on (summer), all campgrounds are \$20.00/site/night.
- When the water is off (winter), Longs Peak, Timber Creek, and Moraine Park Loop B campgrounds are \$14/site/night.
- America the Beautiful Senior and Access Pass +holders receive a 50% discount on camping fees.
- Park entrance fees and camping fees can be paid by cash, check or credit card any time.

STAY LIMITS

The maximum length of stay is seven nights total between June 1 and September 30, plus an additional 14 nights between October 1 and May 31. Stay limits are on a parkwide basis rather than on a per campground basis.

At All Standard Campsites

- No more than eight people may camp at a given site.
- All campsites, including RV sites, have a tent pad, picnic table and fire grate.
- Tents must fit on the tent pad; two or three tents are allowed, as long as they fit.
- There are no electric, water or sewer hookups at any park campsites.
- None of the campgrounds have showers. Portable showers are prohibited. Public showers are available in nearby communities.
- The maximum number of vehicles allowed per site is two.

Pets

All campgrounds allow pets with certain restrictions: they must be on a leash no longer than six feet; pet owners must pick up and dispose of pet excrement in trash receptacles; pets may not make noise that impacts visitors or wildlife. Pets are never allowed on any park trails or in meadow areas. Pets should never be left unattended.



Food Storage

Do not attract wildlife, including black bears, to your campsite. Keep a clean camp! Never leave food items unattended. Improperly stored or unattended food items will likely result in confiscation and/or issuance of a citation by a park ranger.

In campgrounds, all food items must be stored by one of the following methods:

- Inside vehicle trunks. Be sure windows are closed and doors are locked.
- In vehicles without trunks, items should be placed as low in the vehicle passenger compartment as possible and covered from sight, with windows closed and doors closed & locked.
- In park-provided bear boxes. Boxes are shared and cannot be locked.

Free Ranger Programs - Alpine & East Side



All children must be accompanied by an adult

Alpine		Length	Location	SUN	MON	TUE	WED	THU	FRI	SAT
Alpine Aspects - Discover the survival strategies tundra plants and animals use to live in gale-force winds, driving snow and a severely short summer. Ends 10/9		30 minute talk	Alpine Visitor Center	2 p.m.			2 p.m.			2 p.m.
Daytime Programs - East										
Autumn Bird Walk - Join a ranger in search of fall migrants in an excellent birding area. For all levels of birders. Bring binoculars and a field guide. Ends 10/8		1.5 hour walk	Upper Beaver Meadows				8 a.m.		8 a.m.	8 a.m.
Tyndall Gorge Walk - Explore the breathtaking glacial landscape and lush subalpine forests above Bear Lake on this moderate hike. Ends 9/29		1.5 hour walk	Bear Lake parking lot		1:30 p.m.	9:30 a.m.	1:30 p.m.	9:30 a.m.		
Moraine Park Nature Walk - Discover what lives and grows around Moraine Park Visitor Center. Ends 10/10		1 hour walk	Moraine Park Visitor Center	10 a.m.	10 a.m.	10 a.m.	10 a.m.	10 a.m.	10 a.m.	10 a.m.
Portraits of the Past - Moraine Park was once a thriving community of early-day ranchers, inn-keepers and influential residents. Join a park ranger on this walk for a glimpse into the lives of those who came before us. Meet at the Moraine Park Visitor Center. Ends 10/8		45-60 minute walk	Moraine Park Visitor Center					1:30 p.m.		1:30 p.m.
Bear Necessities - The bear went over the mountain, the bear went over the mountain...to see this terrific program. Join a ranger to learn all about black bears. Ends 10/7		20-30 minute talk	Fall River Visitor Center			11 a.m.	11 a.m.		11 a.m.	
Bear Lake Stroll - Enjoy an easy walk around a lovely subalpine lake and learn about the natural and human forces that have shaped this landscape. Ends 10/9		1 hour stroll	Bear Lake parking lot	1:30 p.m.			10 a.m.		1:30 p.m.	10 a.m.
Amazing Beavers - Beavers drastically change their environment, and they have wonderful adaptations to do so. See their work first hand. Ends 9/24		30-40 minute talk	Sprague Lake Picnic Area				2 p.m.		2 p.m.	
Here Come The Beetles - Pine bark beetles are rapidly transforming our forests. Learn what this means for all species who share the park. Ends 9/22		20-30 minute talk	Moraine Park Visitor Center					2:30 p.m.		
Skins and Skulls - Examine the skins, skulls, antlers, teeth and bones of many park mammals. Great program for children.		20-30 minute talk	Beaver Meadows Visitor Center	10 a.m.						10 a.m.
Elk Echoes - Learn about elk adaptations, migration, and mating behavior. Programs held simultaneously at both locations. Ends 10/10	 Sheep Lakes Only	30 minute talk	Sheep Lakes Parking Lot & Moraine Park Visitor Center Amphitheater	6 p.m.	6 p.m.	6 p.m.	6 p.m.	6 p.m.	6 p.m.	6 p.m.
Evening Programs - East										
Beaver Meadows Evening Program Enjoy a wide variety of informative and entertaining programs. Ends 10/15		45 minute talk	Beaver Meadows Visitor Center Auditorium							7 p.m.
Artist Night - September 7 and 14 only							7 p.m.			

Backcountry Camping

Permits are required for all overnight backcountry camping, and reservations are recommended for summer. Camping is allowed only in designated sites and areas. Permits may be obtained at the Beaver Meadows Backcountry Office or Kawuneeche Visitor Center. For further information write to: Backcountry Office, Rocky Mountain National Park, Estes Park, Colorado 80517 or phone (970) 586-1242. The administrative permit fee of \$20 is required for backcountry permits between May 1 and October 31; there is no charge in winter.

Sprague Lake Accessible Backcountry Campsite

Reservations and information are available through the Backcountry Office at (970) 586-1242. This site accommodates 12 campers with a maximum of five wheelchair users at the camp. The administrative permit fee is \$20 from May 1 to October 31.



Scan this with your mobile device to download the Backcountry Camping Guide.



For your safety and the protection of park wildlife, carry in/carry out hard-sided, bear-resistant food storage canisters are required of all backcountry campers parkwide between May 1 and October 31. Canisters may be rented or purchased at outdoor shops in surrounding communities. Pack out all garbage.

This Park Paper

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



Free Ranger Programs - West Side



All children must be accompanied by an adult

Walks and Hikes



Length Location SUN MON TUE WED THU FRI SAT

The Long and The Short - Visit a research enclosure to learn about beaver, moose, elk and the plants they love. Ends 9/29

1.5 hours,
1 mile walk

Colorado
River
Trailhead

10:30
a.m.

9:30
a.m.

Coyote Valley River Walk - Explore the valley ecology and history on this easy walk along the Colorado River. Sundays only in Oct. Ends 10/9



1 hour
1 mile walk

Coyote Valley
Trailhead

10:00
a.m.

10:00
a.m.

2:00
p.m.

Skins and Things - Examine the skins, skulls, antlers, teeth and bones of many park mammals. Weekends only in October. Ends 10/9



40 minutes

Kawuneeche
Visitor Center

3:30
p.m.

3:30
p.m.

3:30
p.m.

3:30
p.m.

3:30
p.m.

3:30
p.m.

3:30
p.m.

Rocky Mountain Heritage Walk - Learn about the human history of the Kawuneeche Valley while strolling to the grounds of an historic guest ranch. Ends 9/27



1 hour plus
time to
explore
1 mile walk

Holzwarth
Historic Site
Parking Area

2:00
p.m.

Tundra To Trees - Hike an ancient Ute trail from alpine heights down through old-growth forest. Plan to carpool for this moderate hike. Bring warm clothing, rain gear, water and snacks. Ends 9/30

4 hours
4 miles

Milner Pass
Parking Area

9:00
a.m.

Beyond The Falls - Join a ranger for a stroll to Adams Falls and a spectacular view just beyond. One mile round trip. Saturdays only in October. Ends 10/8

1.5 hours
1 mile

East Inlet
Trailhead

2:00
p.m.

9:30
a.m.

2:00
p.m.

9:30
a.m.

Evening Programs - West

Timber Creek Campground Evening Program - Check at the campground or Kawuneeche Visitor Center for topics. Ends 9/24



1 hour
presentation

Timber Creek
Campground
Amphitheater

7:45
p.m.

7:45
p.m.

Saturday Night in the Park - Enjoy an evening program in the auditorium. For topics, inquire at the Kawuneeche Visitor Center.



1 hour
presentation

Kawuneeche
Visitor Center
Auditorium

7 p.m.
9/10 &
10/8

Special Programs

Behind The Scenes - Join a ranger to view and discuss a series of short videos documenting how the park addresses challenges like elk management, pine beetles, air quality, and bears. Ends 9/30



1 hour
presentation

Kawuneeche
Visitor Center
Auditorium

2:00
p.m.

2:00
p.m.

2:00
p.m.

Elk Day, Holzwarth Historic Site Picnic Area
10:00 a.m. to 2:00 p.m.
Saturday, September 17 only



Learn all about these bugling beauties in a special day of elk activities. Rangers will be on hand from 10 a.m. to 2 p.m. at the Holzwarth Historic Site picnic area with fun family activities to share. Please drop in! Program will move to the Kawuneeche Visitor Center if inclement weather occurs.

Resources and More Tell Me More About the Fences

Research has shown that the elk herd in Rocky Mountain National Park and the Estes Valley, is larger, less migratory and more concentrated than it would be under natural conditions. As a result, willow and aspen stands were declining, depriving other wildlife of the important habitat they need. Fences are one of the many tools the park is using in the implementation of the Elk and Vegetation Management Plan.

Each fall since 2008, the park has installed enclosure fences on elk winter range in the Moraine Park, Beaver Meadows, and Horseshoe Park areas. These enclosures are protecting important riparian willow and aspen habitat from elk browsing.



Elk enclosure fence

Family-Friendly Trails

Tight on time? Try one of these short walks in Rocky Mountain National Park. Some are accessible.

Some allow strollers. All have educational brochures or signs. Pets are not permitted on any park trails.

On the West Side



Coyote Valley Trail

Lulu City/Colorado River Trail



Holzwarth Historic Site

On the East Side



Sprague Lake

Moraine Park Museum Nature Trail



Lily Lake



Bear Lake Nature Trail (partially accessible)



Alluvial Fan



Forest Canyon Overlook Trail



Tundra Communities Trail at Rock Cut

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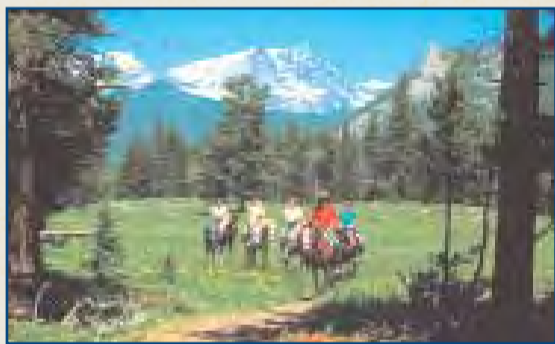
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Rocky Mountain National Park - Free Shuttle Bus

Using Rocky Mountain National Park's free shuttle bus service enables you to access many destinations and loop hikes along the Bear Lake corridor, while enjoying the beautiful scenery without the distraction and hassle of traffic congestion and limited parking.

Bear Lake Shuttle

June 11-October 2: buses operate daily between Park & Ride and Bear Lake, leaving Park & Ride every 10-15 minutes from 7 a.m. to 7 p.m.

The Bear Lake Route is based at the Park & Ride shuttle bus parking area across from the Glacier Basin Campground.

Moraine Park Shuttle

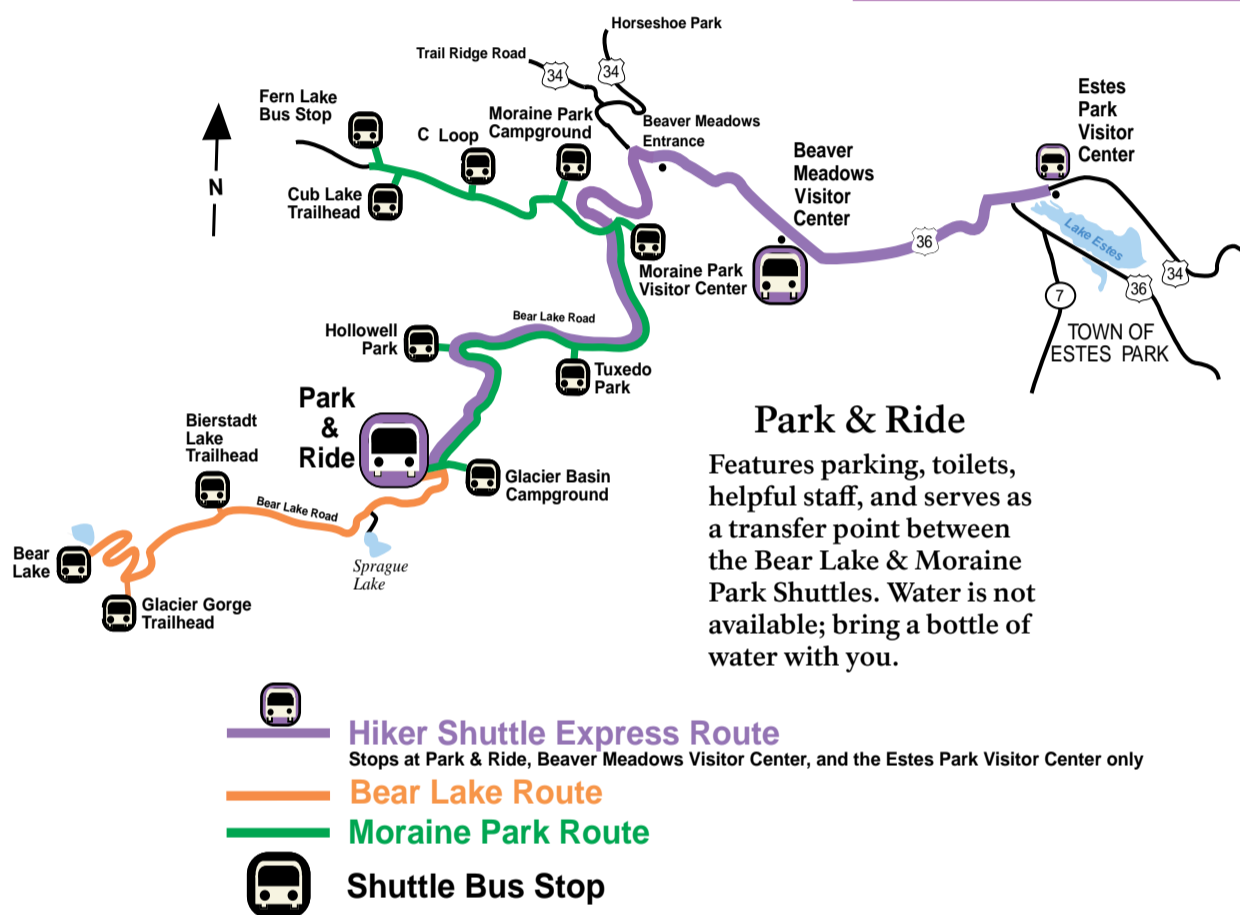
June 11-October 2: buses operate daily between Park & Ride and Fern Lake Bus Stop, leaving Park & Ride every 30 minutes from 7 a.m. to 7 p.m.

The Moraine Park Route is based at the Park & Ride shuttle bus parking area across from the Glacier Basin Campground.

Hiker Shuttle

Weekends through October 2. Buses operate daily between Estes Park Visitor Center and Park & Ride on an hourly schedule from 6:30 a.m. to 7:30 p.m., and a half-hour schedule between 10 a.m. & 6 p.m.

The only stop on this express route is the Beaver Meadows Visitor Center.



Hiking Trails

With over 350 miles of trails, the park offers a vast array of hikes. A small selection of trails is described below. Check at a visitor center for current conditions. Additional hiking guides, books and maps are available for purchase at all park visitor centers. See page 4 for safety tips.

East Side Hikes	Trailhead Location	Round-Trip Distance	Elevation Gain	Highlights
Cub Lake	Cub Lake on Cub Lake Road near Moraine Park Campground	4.6 miles	540 feet	Meadows, aspen groves, ponds and conifer forests highlight this hike.
The Pool	Fern Lake Trailhead	3.4 miles	245 feet	An easy, shaded hike along a stream. The trail continues up to Fern and Odessa Lakes.
Nymph Lake	Bear Lake Trailhead	1 mile	225 feet	Not far from Bear Lake. Longs Peak and Hallett Peak are reflected in this tranquil lake.
Dream Lake	Bear Lake Trailhead	2.2 miles	425 feet	Well-named, this popular lake lies below high peaks. Sit on a rock and enjoy the view.
West Side Hikes	Trailhead	Round-Trip	Elevation	Highlights
Cascade Falls	North Inlet Trail off Tunnel Road in Grand Lake	6.8 miles	300 feet	Big granite boulders surround the rushing falls.
Onahu Creek/Green Mountain Loop	Onahu Creek Trailhead or Green Mt. Trailhead 3 or 3.6 miles north of Kawuneeche Visitor Center	7.6 miles	1,100 feet	Loop trail winds through quiet forests, lush meadows, and along flowing mountain creeks.
Adams Falls	East Inlet, located on the far east end of Grand Lake	.6 mile	80 feet	A beautiful short hike near Grand Lake. The trail continues beyond the falls to lush meadows.
Shadow Mountain Fire Lookout	East side of Shadow Mountain Lake, just south of Grand Lake	9.4 miles	1,533 feet	Strenuous hike to a former fire lookout with spectacular views.