



Fall River Area Hiking



Alpine Lakes, raging rivers and montane forests are only a few of the sights to see while hiking in the Fall River Area. Whether you want an easy day hike or a rigorous overnight backpacking trip, these trails are ideal for escaping the crowds.

Leave No Trace

- Plan ahead and prepare
- Travel and camp on durable surfaces
- Dispose of waste properly
- Leave what you find where you find it
- Minimize campfire impacts
- Respect wildlife
- Be considerate of other visitors

High Country Survival

- High elevations can cause altitude sickness and may aggravate existing medical conditions; use caution.
- Stay together as a hiking party. Don't separate; keep children with the family or group.
- Stay on the trail. Shortcutting causes erosion.
- Wear sturdy foot gear. A hike in these environs requires good ankle support and a treaded sole.
- Pack extra water and snacks. In these high elevations, lots of water is required.
- Changeable weather makes rain gear a must to take along.

Essentials

- Water
- Rain Gear
- Extra Food
- Hat and Dark Glasses
- Topographic Map and Compass
- Flashlight
- Waterproof Matches
- Pocket Knife
- Whistle

Hiking

In preparation for hiking, visitors acclimatized to lower elevations should take a couple of days to adjust to the park's high altitude before doing strenuous hikes. Rest, lots of fluids, and short, easy hikes under two miles long are suggested.

