WHAT ABOUT CROWDS
During July and August many of the more popular trails can be crowded. Grinnell Glen, Iceberg Lake, Granite Park Glacier, and Avalanche Lake are all beautiful destinations, but hikers on those trails will not find solitude. Consider including one or two of the more remote or lesser used trails, to experience the quiet wild character of the park. Staff at visitor centers will be happy to discuss hiking opportunities and provide suggestions.

The Trail of the Cedars, Forest and Fire, Hidden Lake, Sun Point, Running Eagle Falls, and Southwest Nature Trails encourage hikers to experience Glacier at their own pace. The Trail of the Cedars, and Running Eagle Falls are wheelchair accessible trails.

SAFETY
Read the information on hiking safety and bear in the Waterfall Glacier Guide. You will increase your odds of a safe hike, decrease your disturbance to park wildlife, and lessen damage to resources. Hikers need to assume individual responsibility for hiking safely.

USE EXTREME CAUTION NEAR WATER. Swift, cold streams, snow-covered iced, and slippery logs pose dangers. Avoid wading in or ford swift streams. Never walk, play, or climb on slippery rocks and logs, especially if wet. People have fallen victims to these rapids, which streams and glacial lakes.

PLANNING A HIKE
Over half of the visitor to Glacier report taking a hike. That’s a lot of hikers, but over 700 miles of trails provide many outstanding opportunities for both short hikes and extended backpacking trips. Take a few moments to look over the maps in this guide. They highlight a large number of both short and long day hikes.

Day Hikes in Glacier

LEAVE NO TRACE PRINCIPLES
Challenge, adventure, a sense of discovery, and solitude can be part of your backcountry experience. But in order to ensure that Glacier’s backcountry remains untamed for future generations, action must be motivated by an ethic that compels responsibility toward the resources. It is the task of every backcountry visitor to learn and practice Leave No Trace skills and ethics.

Leave No Trace outdoor skills and ethics is a national program promoting responsible outdoor recreation and stewardship of our public lands. The National Park Service is a partner in this program, along with other federal and management agencies.

TRIP PLANNING INFORMATION
Hiking books and maps are an excellent way of preparing for your trip. The Glacier National Park Conservancy is a nonprofit organization working with the National Park Service to assist Glacier’s educational and interpretive activities, cultural programs, and special projects. They stock a number of publications that are excellent pre-planning guides.

Contact the Conservancy:
Glacier National Park Conservancy
PO Box 2749
Whitefish, MT 59937-0279
(406) 892-3250
info@glacierparkconservancy.org
www.glcierparkconservancy.org

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GLACIER NATIONAL PARK
DON’T SURPRISE BEARS!

In Bear Country
Day Hikes in Glacier

DON’T SURPRISE BEARS!
Bears can be surprised by quiet hikers who unexpectedly encounter them. Bears will become habituated to close human contact and less likely to avoid people. This sets up a dangerous situation for both visitors and bears. Hiking quietly endangers you, bears, and other hikers.

You can’t predict when and where bears might be encountered along a trail. People often assume that they don’t have to make noise while hiking on a well-traveled trail. Some of the most frequently used trails in the park are surrounded by excellent bear habitat. People have been charged and bears fleeing from hikers who unexpectedly surprised them among the trees. Even if other hikers haven’t seen bears along a trail section recently, don’t assume that bears aren’t there.

Don’t assume a bear’s hearing is any better than your own. Some trail conditions make it hard for bears to see, hear, or smell approaching hikers. Be particularly careful by streams, against the wind, or in dense vegetation. A bird call or noise might attract the bear and cause it to unexpectedly turn.

DON’T APPROACH BEARS!
Bears spend a lot of time eating, and will be more likely to associate human food with you. Trail signs indicate they do not want visitors to approach bears. Hikers should not approach bears on trails.

Avoid hiking early in the morning, late in the day, or after dark. Keep children close by. Hike in groups and watch for bear parsnip thickets, or fields of glacier lilies. Sometimes bears will walk on paths near the top of the cliffs.

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Use extreme caution near water. Swift, cold streams, snow-covered iced, and slippery logs all present dangers. Avoid wading in or ford swift streams. Never walk, play, or climb on slippery rocks and logs, especially if wet. People have fallen victims to these rapids, which streams and glacial lakes.

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