SEPTEMBER 2019 RANGER-LED ACTIVITY GUIDE

Enjoying Glacier National Park in September

September is a wonder-filled time of the year to visit. Summer crowds have started to thin and the brilliant explosions of autumn color are tingeing the mountainsides. Watch for wildlife, as they may be closer to roads and developed areas at this time of year.

Some facilities are starting to close for the season, but a host of lodging, dining, and recreational activities can still be found.

Are You Prepared for the Trail?

Even if you are just hiking a short distance, being prepared for the trail is essential. Make sure you bring the following items.

- Water - Carry enough water for the day. Water is not always nearby and any surface water in the park needs to be treated or filtered before consuming.
- Sunscreen and Hat - Even on cloudy days, prolonged exposure to the sun can leave you with a sunburn.
- Dress in Layers - Be prepared for changing weather conditions. It’s possible to start your trip in bright sunny weather and end up in a drenching thunderstorm.
- Bear Spray - Bring something to eat when hiking. You might end up on the trail longer than you anticipated. Pack out any garbage or left over food. Do not dispose of apple cores or orange peels, etc... by leaving them in the backcountry. They take longer to decompose than you think and they will attract wildlife to human food sources.
- First Aid Supplies - Carrying first aid supplies is always a good idea. Untreated cuts, scrapes, and blisters can make an enjoyable trip miserable.
- Bear Spray - Glacier National Park recommends carrying bear spray on all your hikes. Rangers will be happy to provide pointers on how to use it.

Concession-operated Boat Tour and Hike Activities

Glacier Park Boat Company
Glacier Park Boat Company offers scenic boat tours, some with optional guided hikes. Tour lengths and prices vary by location. Boat tours are available at Lake McDonald, Two Medicine, Many Glacier, and on St. Mary Lake at Rising Sun. Reservations are highly recommended. Limited same day tickets are available on a walk-up basis. Reservations can be made online at www.glacierparkboats.com or by calling 406-257-2426. Arrive 20 minutes prior to departure.

Grinnell Valley Boat Tour & Hike
Take a relaxing cruise on Swiftcurrent Lake and Lake Josephine (0.25-mile walk over a moderate hill is required between the lakes) followed by an optional hike to spectacular Grinnell Lake. Fee: Adults $27.50; Children ages 4-12 $13.75; Children ages 3 and under are free. Hike dependent on trail conditions. Daily 9 am and 2 pm 3½ to 4 hours, easy 2.5-mile (4 km) hike

Two Medicine Lake Boat Tour & Hike
Cruise on scenic Two Medicine Lake followed by an optional hike to the beautiful Twin Falls. Fee: Adults $13.75; Children ages 4-12 $6.75; Children ages 3 and under are free. Hike dependent on trail conditions. Daily 1 pm and 3 pm 2½ to 3 hours, easy 1.8-mile (2.9 km) hike

Special Native America Speaks Presentations

Native America Speaks
The Native America Speaks program provides opportunities for local tribal members to share their rich history and culture with visitors to the park. The program has expanded to include locations on the Blackfeet Indian Reservation.

Museum of the Plains Indian
September 11 and 25 - 1:30 pm Join a member of the Blackfeet Nation to experience the Blackfeet culture through language, storytelling, song, and art. A fee is required for admission to the museum.

Chewing Black Bones Campground
September 3 - 7:30 pm Gain a new perspective as a member of the Blackfeet Nation shares their cultural history and traditions. 45 minutes 6.2 miles north of St. Mary, on Hwy 89.

Welcome exhibit near East Glacier

Glacier National Park Conservancy
The Glacier National Park Conservancy helps support Glacier’s interpretive programs with funding for Native America Speaks, park interns, summer astronomy interpreters, and the park’s free publication program. They also support trail maintenance activities, scientific research, and K-12 education programs. This year, the Conservancy will fund many essential projects throughout the park. Scan the QR code to the right to visit the Conservancy website, glacier.org.
Lake McDonald Valley

<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
<th>Location</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apgar Visitor Center Plaza</td>
<td>15-20 minutes</td>
<td>Apgar Visitor Center Plaza</td>
<td>30 minutes Explore a topic of his/her choice. Discover unique aspects of the park as a ranger talks about some of Glacier’s famous inhabitants.</td>
</tr>
<tr>
<td>Ranger’s Choice Talk</td>
<td>1 hour</td>
<td>Apgar Campground Amphitheater</td>
<td>Enjoy a casual stroll through diverse habitats along beautiful lower McDonald Creek.</td>
</tr>
<tr>
<td>Sanctuary of Cedars</td>
<td>3:30 pm</td>
<td>Apgar Campground Amphitheater</td>
<td>Join this introductory bird walk and learn the basics to identifying birds and uncover their natural history.</td>
</tr>
<tr>
<td>Apgar Campground Evening Talk</td>
<td>7:30 pm</td>
<td>Lake McDonald Lodge Auditorium</td>
<td>Learn the history of the park and the stories they tell.</td>
</tr>
<tr>
<td>Apgar Campground Evening Talk</td>
<td>8:45 am</td>
<td>Apgar Visitor Center flagpole</td>
<td>Join an astronomer-in-the-park and peer into the mysteries of the night sky. Telescope viewing is highly recommended. For reservations, call 406-257-2426 or visit <a href="http://www.glacierparkboats.com">www.glacierparkboats.com</a>.</td>
</tr>
<tr>
<td>Rocky Point Ramble</td>
<td>2:30 pm</td>
<td>Johns Lake Loop Hike</td>
<td>Explore striking cedar-hemlock forests, quiet lakes, and roaring cascades on this leisurely hike.</td>
</tr>
<tr>
<td>Sanctions of Cedars</td>
<td>2:30 pm</td>
<td>Rocky Point Trailhead</td>
<td>Ascend through an emerging forest to a mountain summit and find inspiration in the dramatic scenery in the park.</td>
</tr>
<tr>
<td>A Walk through Time</td>
<td>Anytime between 3:30 pm and 4:30 pm</td>
<td>Anytime between 3:30 pm and 4:30 pm</td>
<td>Enjoy scenic vistas and a diverse landscape as you hike along an ever-changing trail to the lakeshore.</td>
</tr>
<tr>
<td>Walking Tours, NPS</td>
<td></td>
<td></td>
<td>Enjoy a historical walking tour and unravel the unique history of the Lake McDonald Lodge and surrounding area.</td>
</tr>
<tr>
<td>Boat Tours, NPS</td>
<td></td>
<td></td>
<td>Cruise scenic Lake McDonald and enjoy a sampling of Glacier’s stories aboard the historic Dilator.</td>
</tr>
</tbody>
</table>

Walks and Hikes

<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
<th>Location</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Autumn Amble</td>
<td>1 hour</td>
<td>Apgar Visitor Center Plaza</td>
<td>Discover what is happening to the forest and its inhabitants during the changing season.</td>
</tr>
<tr>
<td>Avalanche Lake Hike</td>
<td>2 hours</td>
<td>Apgar Campground Amphitheater</td>
<td>Journey through a majestic old growth forest to scenic Avalanche Lake, and uncover the intricacies of this unique environment.</td>
</tr>
<tr>
<td>Avalanche Lake Hike</td>
<td>2 hours</td>
<td>Apgar Campground Amphitheater</td>
<td>Make reservations, in person, up to three days in advance at the Apgar Visitor Center.</td>
</tr>
<tr>
<td>Creekside Stroll</td>
<td>2/1 hours</td>
<td>Apgar Visitor Center Plaza</td>
<td>Enjoy a casual stroll through diverse habitats along beautiful lower McDonald Creek.</td>
</tr>
<tr>
<td>Forest and Fire Walk</td>
<td>1 hour</td>
<td>Apgar Visitor Center Plaza</td>
<td>Experience a different area of the park while exploring a forest reborn from fire and uncovering the diversity contained within.</td>
</tr>
<tr>
<td>Fire and Tree Walk</td>
<td>2 hours</td>
<td>Apgar Visitor Center Plaza</td>
<td>Enjoy a casual stroll through diverse habitats along beautiful lower McDonald Creek.</td>
</tr>
<tr>
<td>Apgar Visitor Center flagpole</td>
<td></td>
<td></td>
<td>Join this introductory bird walk and learn the basics to identifying birds and uncover their natural history.</td>
</tr>
<tr>
<td>Apgar Campground Amphitheater</td>
<td></td>
<td></td>
<td>Learn the history of the park and the stories they tell.</td>
</tr>
</tbody>
</table>

Park rangers will be available during the times listed. “Drop-in” and see what we are up to. Stay for a minute or stay for an hour.

Sanctuary of Cedars

NPS

A Walk through Time

Enjoy a historical walking tour and unravel the unique history of the Lake McDonald Lodge and surrounding area. 1 hour, easy 0.25-mile (0.4 km) walking tour Lake McDonald Lodge lakeside entrance

Drop-in Programs

- Lake McDonald Boat Tour
  Cruise scenic Lake McDonald and enjoy a sampling of Glacier’s stories aboard the historic Dilator. Arrive 20 minutes prior to departure. Fee: $18.25 adults; $9.25 children ages 4-12; free for ages 3 and younger. Reservations are highly recommended. For reservations, call 406-257-2426 or visit www.glacierparkboats.com. 1 hour Lake McDonald Lodge Boat Dock
Boat Tours and Hikes

Reservations are highly recommended. Limited same day tickets are available on a walk-up basis. (Adults $27.50; Children ages 4-12 $13.75.) Children ages 3 and under are free. Reservations can be made online at www.glacierparknps.com or by calling 406-257-4627. Amire 20 minutes prior to departure at the Rising Sun Boat Dock.

Boat Tour & Hike to St. Mary Falls
Cruise St. Mary Lake, and be impressed by the glacial floods that sculptured the landscape. Revel amongst towering peaks while learning about Glacier’s ever-changing landscape. Take the optional 3-mile round-trip guided hike and see natural renewal of the land following the 2015 Reynolds Creek Fire. Catch a later boat back.

3½ hours, boat and hike, moderate
3-mile (4.8 km) hike
Sunrise Boat Dock
(5 miles west of St. Mary Visitor Center on the Going-to-the-Sun Road)

Boat Tours and Hikes

Reservations are highly recommended. Limited same day tickets are available on a walk-up basis. (Adults $27.50; Children ages 4-12 $13.75.) Children ages 3 and under are free. Reservations can be made online at www.glacierparknps.com or by calling 406-257-4627. Amire 20 minutes prior to departure at the Rising Sun Boat Dock.

Boat Tour & Hike to St. Mary Falls
Cruise St. Mary Lake, and be impressed by the glacial floods that sculptured the landscape. Revel amongst towering peaks while learning about Glacier’s ever-changing landscape. Take the optional 3-mile round-trip guided hike and see natural renewal of the land following the 2015 Reynolds Creek Fire. Catch a later boat back.

3½ hours, boat and hike, moderate
3-mile (4.8 km) hike
Sunrise Boat Dock
(5 miles west of St. Mary Visitor Center on the Going-to-the-Sun Road)
The Institute provides hands-on, field-based educational adventures. The classrooms are the mountain trails and vast river basins that are home to more than 1,100 species of native plants, over 270 species of birds, and nearly 70 species of mammals. Instructors are recognized experts in their fields, published authors, wildlife biologists, college professors, naturalists, and teachers.

406-755-1211
register@glacierinstitute.org
www.glacierinstitute.org

Courses Offered in September and October

- **Biomes of Glacier: A Natural History Overview**
  - September 7-9
  - $350
- **Reading the Forest Landscape**
  - September 11
  - $65
- **Glacier Discovery Week**
  - September 14-21
  - $1,125
- **Autumn in Glacier**
  - September 19
  - $65
- **Full Birds of Glacier National Park**
  - October 4
  - $65

**Many Glacier Valley**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grinnell Glacier Boat Tour and Hike</td>
<td>8:30 am</td>
<td>$350</td>
</tr>
<tr>
<td>Grinnell Glacier “Hike it All”</td>
<td>8:30 am</td>
<td>Free</td>
</tr>
<tr>
<td>Iceberg Lake Hike</td>
<td>8:30 am</td>
<td>$65</td>
</tr>
</tbody>
</table>

**Walks and Hikes**

- **Grinnell Glacier “Hike it All”**
  - Length: 8½ hours, strenuous 11-mile (18 km) hike to Grinnell Glacier Trailhead in the Many Glacier Picnic Area.
  - Date: September 7-9
  - Fee: $350
- **Iceberg Lake Hike**
  - Discover the treasures of Glacier’s interior on this vista-filled hike to a unique cirque where icebergs linger in the lake much of the summer.
  - Length: 6-7 hours, moderate 10-mile (16 km) hike.
  - Date: September 7-9
  - Fee: $350

**Boat Tours and Hikes**

- **Grinnell Glacier Boat Tour and Hike**
  - View spectacular scenery, including three of the park’s receding glaciers on this iconic hike.
  - Length: 8½ hours, strenuous 8-mile (12.9 km) hike.
  - Date: September 7-9
  - Fee: $350
- **Iceberg Lake Hike**
  - Discover the treasures of Glacier’s interior on this vista-filled hike to a unique cirque where icebergs linger in the lake much of the summer.
  - Length: 6-7 hours, moderate 10-mile (16 km) hike.
  - Date: September 7-9
  - Fee: $350

**Hotel Tour**

- **Historic Hotel Walking Tour**
  - Join a ranger for an engaging look at the history, traditions, and restoration of the Many Glacier Hotel.
  - Date: September 7-9
  - Fee: Free

**Spotting Scope Programs**

- **Grinnell Glacier**
  - Use our spotting scopes to scan the slopes for wildlife as a park ranger answers your questions about Glacier’s animals.
  - Date: September 7-9
  - Fee: Free

**Many Glacier Campground Evening Talk**

- **Where Have All the Glaciers Gone?**
  - Join a ranger to learn about the advance and retreat of our namesake ice over the years.
  - Date: September 7-9
  - Fee: Free

**Many Glacier Hotel Evening Program**

- **Triple Divide: Heritage and Legacy**
  - Explore Native American heritage with the artistic stylings of storysmith Jack Gladstone.
  - Date: September 7-9
  - Fee: Free

**Talks and Evenings Programs**

- **Many Glacier Campground Evening Talk**
  - Relax and enjoy a national park tradition by joining a ranger for an engaging look at the natural and cultural history of the park.
  - Date: September 7-9
  - Fee: Free

- **Many Glacier Hotel Evening Program**
  - Spend an evening discovering the many wonders of Glacier National Park in this slide-illustrated ranger presentation.
  - Date: September 7-9
  - Fee: Free

**Glacier Institute**

The Institute provides hands-on, field-based educational adventures. The classrooms are the mountain trails and vast river basins that are home to more than 1,100 species of native plants, over 270 species of birds, and nearly 70 species of mammals. Instructors are recognized experts in their fields, published authors, wildlife biologists, college professors, naturalists, and teachers.

406-755-1211
register@glacierinstitute.org
www.glacierinstitute.org

Courses Offered in September and October

- **Biomes of Glacier: A Natural History Overview**
  - September 7-9
  - $350
- **Reading the Forest Landscape**
  - September 11
  - $65
- **Glacier Discovery Week**
  - September 14-21
  - $1,125
- **Autumn in Glacier**
  - September 19
  - $65
- **Full Birds of Glacier National Park**
  - October 4
  - $65