



NPS PHOTO / CHELSEA HERNANDEZ

TRAILHEAD	DESTINATION	DISTANCE ONE WAY		ELEVATION GAIN	
		mi	km	ft	m
Alpine Visitor Center (AVC) 11796ft / 3595m	Alpine Ridge Summit 12005ft / 3659m <b>MODERATE</b>	0.3	0.5	209	64
	Ute Trail to Milner Pass 10758ft / 3279m <b>MODERATE</b>	4.1	6.6	-1011	-308
Lake Irene 10748ft / 3276m 4.8 mi/7.7 km west of AVC	Around lake (loop) <b>EASY</b>	0.7	1.1	-95	-29
Milner Pass 10758ft / 3279m 4.3 mi/7.9km west of AVC	Ute Trail to AVC 11796ft / 3595m <b>STRENUOUS</b>	4.1	6.6	1011	308
Medicine Bow Curve 11660ft / 3554m 0.5 mi/0.8 km west of AVC	Out and back <b>EASY</b>	0.5	0.8	100	30
Rock Cut 12050ft / 3673m 4.2 mi/6.8 km east of AVC	Tundra Communities Trail <b>MODERATE</b> (Toll Memorial) 12310ft / 3752m	0.5	0.8	230	70
Ute Crossing Pullout 11435ft / 3485m 7.4 mi/11.9 km west of AVC	Out and back to treeline <b>MODERATE</b>	2.0	3.2	132	40

### For Your Safety

High elevations can cause altitude sickness and may aggravate existing health conditions. Use caution. Thunderstorms are common in summer and are dangerous. Plan your day to be below treeline by early afternoon. If you see building storm clouds, head back to the trailhead. If caught in a lightning storm, get below treeline.

- ✓ Bring waterproof outer layers and extra layers for warmth.
- ✓ Wear a hat, sunglasses, and sunscreen. Sunlight can damage your eyes and skin, even on cloudy days.
- ✓ Pack water and snacks. Don't drink from streams or lakes without treating the water.

# Alpine Trails

