One of the most popular activities in Rocky Mountain National Park, sport fishing is permitted in balance with efforts to restore and perpetuate natural aquatic conditions. Since the 1970s, the park has worked to restore native cutthroat trout populations. Today, the park has populations of brown, brook, rainbow and cutthroat (Colorado River and Yellowstone) trout, as well as suckers and sculpin. Most high altitude lakes lack reproducing fish populations due to cold water and lack of spawning habitat.

You must have a valid Colorado fishing license to fish in Rocky Mountain National Park. While no other permit is required, special park regulations exist. It is your responsibility to know and obey them. Licenses and Habitat Stamps may be purchased from license agents at shops throughout the state, online, or by phone (800 244-5613).

- Each person shall use only one hand-held rod or line. A Second Rod Stamp is not honored in the park.
- In waters designated as catch-and-release, barbless hooks must be used. This helps protect and maintain fish populations.
- The use of lead sinkers or other lead fishing materials is strongly discouraged.
- Children 12 years old and younger may use worms or preserved fish eggs in all park waters open to fishing and not designated as catch-and-release.
- No bait or worms are allowed in catch-and-release waters.

Method of Capture

- Only artificial flies or lures with one hook (single, double, or treble) with a common shank may be used in park waters. Fly fishers may use a two-hook system with one hook as an attractant. "Artificial fly or lure" means devices designed to attract fish and made entirely of, or a combination of, materials like wood, plastic, glass, hair, metal, feathers, or fiber. This does not include: (a) any hand-moldable material designed to attract fish by the sense of taste or smell; (b) devices less than one and one-half inches in length to which scents or small attractants have been externally applied; (c) molded plastic devices less than one and one-half inches in length; (d) foods; (e) traditional organic baits like worms, grubs, crickets, leeches, minnows, and fish eggs; or (f) manufactured baits like imitation fish eggs, dough baits, or stink baits.

Possession Limit

- No person may have in their possession more than 18 trout, the combination of which must consist of either:
  - 18 brook trout (8 can be any size, but the remaining 10 must be 8 inches or less).
  - 16 brook trout (6 can be any size, but the remaining 10 must be 8 inches or less), plus 2 additional trout species 10 inches or more, which may include rainbow, brown, or cutthroat.
**Catch-and-Keep Waters**

- Adams Lake
- Arrowhead Lake
- Bench Lake and Ptarmigan Creek above War Dance Falls
- Big Crystal Lake
- Boundary Lake
- Caddis Lake
- Coney Creek above Calypso Cascades
- Dream Lake
- Fern Lake and Creek
- Fifth Lake
- Forest Canyon above The Pool Gorge Lakes (Rock Lake and Little Rock Lake) and Gorge Stream (from Arrowhead Lake to the confluence with the Big Thompson River)

**Catch-and-Release Waters**

- Black Lake
- Box Lake
- Fourth Lake
- Glass Lake
- Haynach Lake
- Jewel Lake
- Lake Haiyaha
- Lake Nanita (outlet closed)
- Lake Solitude
- Lake Verna
- Loch Vale
- Lone Pine Lake
- Mills Lake
- Mirror Lake
- Peacock Pool
- Pettingell Lake
- Poudre Lake
- Sky Pond
- Spirit Lake
- Sprague Lake
- Ten Lakes Park Lakes
- Thunder Lake

**Closed Waters**

- Bear Lake, including the inlet and outlet streams (extending 200 yards above and below Bear Lake)
- Kettle Tarn
- Lake Nanita outlet downstream 100 yards
- Shadow Mountain Reservoir below the spillway and to the southern park boundary, including Columbine Bay, is closed from October 1 through December 31
- South Fork of the Cache la Poudre River above Pinergic Park

**Safely Releasing Your Catch**

Ensure the fish doesn’t suffer injury by quickly and carefully removing the hook and returning the fish to the water. Using wet hands, or while the fish is in the water, use forceps or needle-nosed pliers to back the hook out the way it went in.

Do not wiggle the hook; if the hook is too deep, cut it off as close as possible and let it dissolve inside the fish’s body. Gently return a trout to the water head-first, supporting its belly and pointing upstream. Hang onto it until it starts to revive.

**Rocky Mountain National Park Aquatic Disinfection Guidelines**

Is this your first time fishing in Rocky Mountain National Park or your first time back after using your gear outside of the park? Are you moving within a drainage to sites that are more than 2.5 miles apart? Are you visiting a new drainage?

If you answered YES to any of these questions, disinfect any gear that has had contact with water and/or soil. This helps control the spread of aquatic threats.

Since aquatic threats are usually found in lower elevation areas, start at the top of a drainage and work your way downstream. Don’t transfer fish between waters—this can spread these threats. Don’t dispose of fish entrails into any waters. Don’t use felt wading soles.

To disinfect gear:
1. Remove all mud, snails, algae, and other debris from nets, boots, waders, and other equipment.
2. Soak and stir all gear and tools used to clean equipment with a 10% household bleach solution or a solution of 6 oz. Sparquat per gallon of water. Soak gear and tools in the solution for at least 10 minutes.
3. If a household bleach solution was used, freeze gear overnight, or soak and stir equipment for more than 10 minutes in a 1:1 solution of Formula 409 antibacterial household cleaner, or soak equipment for more than one minute in water that is 120 °F or warmer (a dishwasher is warm enough). If Sparquat was used, skip this step.
4. Dry gear in direct sunlight (at least 84 °F) for four hours.

If you do nothing else, clean off your equipment, rinse in tap water, and follow Step 4.

**Other Information and Regulations**

- **Watercraft**
  - Float tubes and other non-motorized watercraft are allowed on all lakes except Bear Lake. The operation of motorized watercraft is prohibited on all park waters.

- **Ice Fishing**
  - Ice fishing is allowed in the park except in designated Closed Waters. All fishing regulations apply. No mechanical equipment is allowed in designated wilderness, so only hand augers are permitted.

- **Volunteer Angler Report Cards**
  - The park encourages return of Volunteer Angler Report Cards. These cards help biologists monitor the health of fish populations in the park. To get a card, stop at any park visitor center, entrance station, campground, or the Wilderness Office. Cards can be returned at the same locations or returned by mail.