



## Winter Activities



There is only one place in RMNP open to sledding and downhill sliding on snow: Hidden Valley. Snow conditions are sometimes poor to marginal. Snowshoeing and cross-country skiing can be enjoyed at many other places, particularly in the Bear Lake Area. Check at a visitor center for current information about snow, trail, and avalanche conditions.

## Guidelines for Sledding and Snowplay



At Hidden Valley the fenced snowplay hill is for the use of sleds, tubes, and saucers. Stay inside fenced and signed snowplay boundaries; sledding is not permitted outside the designated area.

Provide adequate supervision to children. Maintain safe speeds. Avoid obstacles and ensure a safe runout zone. Avoid crossing in front of others. Do not build or use jumps. Be aware of cold weather, chilling wind, and the effects of hypothermia.

Back country skiing is allowed outside the snowplay area. Skiers, snowboarders, and snowshoers must exercise caution when passing through sledding-snowplay areas. Slow down and yield the right of way when descending. Snowshoers should take care not to walk directly in the tracks of cross-country skiers. On weekends and holidays, skilled park staff, mostly volunteers, staff the Warming Hut. For your safety and enjoyment, please follow their guidance.

## Snowshoeing and Cross-country Skiing



When properly equipped, snowshoeing and skiing at Rocky Mountain National Park is often inspiring and invigorating. There are only a few marked winter trails; information is available on them in the park newspaper and at visitor centers. Even for short day tours, be sure to pack gear for all types of winter weather (snow, wind, cold, and sun). Strong winds are quite common, and warm, windproof clothing is essential gear to wear or carry.

Be prepared for the rigors of high elevation -drink plenty of water, and travel at a pace where you can still talk and breathe easily. The high elevations of park trails dry us out, reduce our stamina, and carry away our body heat more quickly than lower places. It is best not to travel alone in winter; if you do so, carry a whistle, bright clothing, and gear to get you through a cold night. Be sure to tell someone where you are going, including your route and when you plan to return. Be aware of avalanche dangers every time you travel in the park's winter back country.

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