A PARK HIGH AND WILD

Encompassing 415 square miles of rock-rubbed wilderness, Rocky Mountain National Park is a land of superlatives.

Here, more than 110 of the peaks that soar above 10,000 feet elevate have names, such as Cirrus, Chiefs Head, Isolation, Little Matterhorn, Mummy and Storm. A few high points remain nameless, perhaps awaiting their turn. Seventy-two mountains exceed 12,000 feet, topping off at 14,259 feet on the expansive summit of Longs Peak. The mountains provide Rocky Mountain National Park with its sense of wonder and inspiration. These great peaks contribute mightily to the “wild, fantastic views” that thrilled noted British visitor Isabella Bird more than a century ago.

Today, Rocky Mountain’s sky-scaping summits overlook cities and towns experiencing surging population growth. Each year, approximately three million people visit the park, many driving its roads and hiking a trail system that if linked together would extend from Denver almost to Santa Fe. Despite the changes around and within, Rocky Mountain National Park is a bastion of preservation. And there’s more to this park than mountains.

More than 100 square miles of the park are alpine tundra, a land above the trees. Trail Ridge Road and Old Fall River Road offer easy summer access to this wide-open, windswept ecosystem where the starling views seem to span forever.

The Continental Divide runs north-west to southeast through the park on its course from Alaska. Snowmelt and rainwater to the west of the Great Divide flows toward the Pacific Ocean; runoff to the east is bound for the distant Gulf of Mexico and the Atlantic Ocean.

Rocky Mountain also is home to lakes, about 150 of them. Some occupy serene forested settings. Others are perched on almost inaccessible shelves high in the park’s wilderness, remaining frozen most of the year.

Throughout Rocky Mountain National Park, the unforgettable sound of rushing mountain waters breaks the wilderness silence. The high country gives rise to small streams and great rivers, notably the Colorado, the Cache la Poudre and the Big Thompson.

Several of the park’s more than 450 miles of streams tumbled down waterfalls that bear such names as Alberta, Ouzel, Timberline and Thunder.

Planning, Preparation Essential For Park Visits

No matter what the season, visits to the stunning wilderness of Rocky Mountain National Park require planning and preparation. A few tips:

- Most visitors arrive during the summer months. Expect lots of company on roads, along popular trails and in parking areas, especially between Memorial Day and Labor Day, when camping reservations inside the park and lodging reservations outside the park are imperative.

- Don’t push your physical limits in this region located above 8,000 feet. Altitude sickness symptoms include shortness of breath, fatigue, dizziness, nausea, rapid heartbeat and insomnia. If symptoms persist, go to lower elevations.

- Beware of falling trees. Increasing numbers of dead trees create an ever-present hazard for park visitors. Trees can fall without warning, especially on windy days or after a snowstorm, when branches are laden with snow.

- Staying well-hydrated is very important while visiting the park, but there is limited drinking water available. Please bring your own reusable water containers and refill them at park visitor centers.

- Order trip planning materials from pages 10 and 11 of this publication. Products featured in the 2011 Guide – including those recommended in the book icons appearing on some of the following pages – are particularly helpful in preparing for a trip to the park.

- Upon arrival, stop by a park visitor center for current information on everything from road and weather conditions to hiking trails, camping and ranger-led programs.

- For further information, visit the park’s official website at nps.gov/romo or call the Rocky Mountain National Park Information Office (970-586-1206).
Bear Lake Road & Hiker Shuttle Services

The Bear Lake Road corridor is served by two shuttle routes: Bear Lake Route and Moraine Park Route. The shuttle is free to park visitors.

Rocky Mountain National Park and the Town of Estes Park operate a Hiker Shuttle connecting the town’s visitor center, the park’s Beaver Meadows Visitor Center and the Park & Ride shuttle bus parking area on Bear Lake Road. The shuttle is free, but a park pass (available in automated fee machines at the Estes Park and Beaver Meadows visitor centers) is required.

Please call 970-586-1206 or visit nps.gov/romo/planyourvisit/shuttle_bus_route.htm for the 2011 shuttle schedules.

2011 Shuttle Bus Operations

Bear Lake Shuttle Routes (Bear Lake and Moraine Park)
May 28, 29 and 30
June 4 and 5
June 11 – October 2 daily service

Hiker Shuttle (express route between Estes Park Visitor Center – Beaver Meadows VC – Park & Ride)
June 25 – September 5 daily service
Then weekends only through October 2

Trail Ridge Road Tours: TBD

See pages 10-11 for trip planning publications
Climbing
COLORADO MOUNTAIN SCHOOL
970-586-7578
cmsschool.com
HI COUNTRY STABLES
970-586-2327 & 586-3244
sombrero.com
MEKKER PARK LODGE
303-747-2222 & 747-2274
meckerparklodge.com
National Park Gateway Stables
970-586-3269
cowpokecorral.com
Services In The Park
Food & Water
In summer, the only place to pur- chase food and beverages in the park is the Trail Ridge Store, adjacent to the Alpine Visitor Center. When shuttle buses are operating, bottled water is sold at the Park & Ride. The park encourages limiting the use of plastic water bottles by refilling reusable water containers at visitor centers and campgrounds. Recycling containers are available parkwide. In winter, water is only available at open visitor centers. Restaurants and grocery stores are located in nearby communities.

Lodging & Visitor Services
No lodging is available inside the park, but hundreds of accommodations are located in nearby communities. Contact the Estes Park Convention and Visitors Bureau (800-443-7837, 970-577-9900, visitestespark.com) and the Grand Lake Chamber of Commerce (800-531-1019, 970-627-3402, grandlakechamber.com) for information on everything from lodging, camping, restaurants and retail stores to guided tours, recreational opportunities, instruction and gear sales or rentals.

National Forests
Area Forest Service lands offer campgrounds and other recreational opportunities, including hiking, water recreation, four-wheeling, hunting, mountain biking and winter sports. Arapaho and Roosevelt national forests (970-295-6700; Fort Collins, 303-541-2500 Boulder); Arapaho National Recreation Area, located near Grand Lake, (970-887-4110). Visit www.fs.fed.us/12arff/.

Phone Numbers & Websites

Camping
For more detailed information, including license fees, open and closed waters, methods of capture and limits on size and possession, is available on park visitor centers, ranger stations and online at:

nps.gov/romo/planyourvisit/fishing.htm

PARK ALWAYS OPEN
Rocky Mountain National Park is open 24 hours a day, year-round. Visitors can enter or exit at any time. If they intend to stay overnight, visitors must be in a designated campground site or a backcountry campsite reserved by a valid permit.

Backcountry Campsite Permits
Permits are required for all camping in backcountry sites and zones. Carry-in/carry-out food cannisters are required of all backcountry campers below treeline between May 1 and October 31. There are inherent risks to traveling and camping in the backcountry. One of those risks is hazard trees. Camp safely away from standing dead trees. An administrative fee of $20 is charged for backcountry camping between May 1 and October 31. Obtain permits by mail or in person year-round at the Backcountry Office next door to the Beaver Meadows Visitor Center and at the Kawuneeche Visitor Center. For details and further reservation information, visit:

nps.gov/romo/planyourvisit/backcountry.htm

Backcountry campers below treeline
Northern Oklahoma and Texas plains are dry, while the Rocky Mountain region has snow. The southern border is in the high desert, with a mix of sagebrush, cactus and mesquite for miles. In the west, elevation gains are significant, so be prepared for chilly conditions—especially at higher altitudes—year-round. Bring appropriate footwear and clothing for each season, including rainwear for summer storms and winter gear designed to protect against extreme cold and wind. Layers of warm clothing are recommended. What to expect each season:

SUMMER (JUNE, JULY, AUGUST)
Warm and cold, wet and dry; deep, wet roadsides, picnic areas and campsites are available. Licenses are sold in nearby communities. Register only, with special regulations in place.

FISHING
Populations of trout species, including brown, brook, rain- bow and cutthroat, are found in the park. Fishing is permitted in designated park waters. A valid Colorado license is required for all persons 16 years of age and older. Annual, five-day and one-day resident and non-resident licenses are available. Licenses are sold in neighbor- ing communities.

Some lakes and streams are closed to fishing to protect threatened native species. Other areas are catch-and-release only, with special regulations in place. Detailed information, including license fees, open and closed waters, methods of capture and limits on size and possession, is available on park visitor centers, ranger stations and online at:

nps.gov/romo/planyourvisit/fishing.htm

Eye protection is recommended against extreme cold and wind. Layers of warm clothing are recommended. What to expect each season:

SPRING (APRIL, MAY)
Unpredictable, alternating between warm and cold, wet and dry; deep, wet snowfalls often occur. For information on Colorado road conditions, call 877-315-7623, or visit www.dotrip.org.

Frosty mornings; pleasant, usually clear afternoons; chilly nights; the possibility of early snowstorms. Frosty mornings; pleasant, usually clear afternoons; chilly nights; the possibility of early snowstorms.

2011 Campground Information
Aspenâ€‘
Campsites accessible May 25-Sept. 25. Reservations recommended (call 877-444-6777 or visit recreation.gov). Camping fee $20 a night. Located in a pine forest near Fall River.

GLACIER BASIN
Campsites accessible May 25-Sept. 11. The A and B loops are first-come, first-served. Reservations recommended for the C, D and group loops (call 877-444-6777 or visit recreation.gov). Camping fee $20 a night. Pine beetle outbreak has resulted in the removal of most of the trees in the C,D and group loops, so there is no shade in these sites.

LONGS PEAK
Open year-round (water is usually from late May to mid-September). First-come, first-served. Tent only. Camping fee $20 a night when water is on, $14 a night when water is off. Campsites are situated in pine forest.

MORaine PARK
Open year-round (water is usually from mid-May to early October). Reservations recommended from May 25 to October 1 (call 877-444-6777 or visit recreation.gov). Camping fee $20 a night when water is on, $14 a night when water is off. Located in a ponderosa pine forest above Moraine Park meadows.

TIMBER CREEK
Open year-round. First-come, first-served. Camping fee $20 a night when water is on, $14 a night when water is off. Water is usually available from late-May to mid-Sept. Pine beetle outbreak has resulted in the removal of most of the trees in this campground, so there is no shade in the sites.

A seven-night stay limit is in place at all park campgrounds from June 1-Sept. 30. An additional 14 nights are allowed at the year-round campgrounds from October through May. Reservations may be made up to six months in advance. During summer and fall, park campgrounds fill daily by mid morning.

For more information, visit www.nps.gov/romo/planyourvisit/backcountry.htm

RANGER-LED PROGRAMS
A wide range of ranger-led walks, talks and evening programs is offered throughout the summer. In winter, ski and snowshoe trails are available by reservation. Programs are listed in the official park newspaper. For further information, call 970-586-1206 or visit:

nps.gov/romo/planyourvisit/ranger_led_activities.htm

5042,
Suggested Activities

A WEEK IN THE PARK

ROCKY OFFERS PLENTY TO PONDER

When famed Rocky Mountain News editor William Byers visited this region back in 1864, he tried to climb Longs Peak. Byers failed, but he had a memorable experience making it to the summit of neighboring Mount Meeker.

To anyone planning a visit to this stretch of the Rockies, Byers advised a trip of at least eight days. Of course, he traveled by horseback and it took him a couple of days just to get here from Denver. But a week in this area definitely is worth considering, especially if you’re in search of the perfect trip. Some suggestions on how to spend seven days in Rocky.

DAY ONE: Time to stretch those legs. Pick a gentle trail for a stroll. Amble toward a waterfall (maybe Copeland, Adams or Alberta) or around a popular lake (perhaps Bear, St. Vrain or Lily). Many people require a day or two to get up to the altitude, and some time spent sauntering at the park’s lower elevations is a good idea.

DAY TWO: If you’re feeling acclimated to the elevation, explore the high country by car. The trip across Trail Ridge Road is punctuated by many pullovers that will introduce you to the region. There’s lots to see: scenery, wildlife and wildflowers. A little extra time here and you can do: Hike the backcountry. Pick a more heavily illustrae booklets, young- ers are awarded an official Rocky ranger badge. Find more information about Rocky Mountain Field Seminars at: www.rmna.org

DISCOVER NATURE WITH YOUR KIDS

Kids are born naturalists. They access the natural world by asking questions. Introducing children to the outdoors can begin at any age, but why not begin early? And why not start them out in Rocky Mountain National Park, one of the country’s premier outdoor wonders?

Infants can be carried in a front pack, which can be tucked inside the jacket if it’s chilly. Hike anywhere. The stunning scenery and the fresh mountain air will put them to sleep in short order.

Toddler begin to more actively interact with nature. It is a time of observation, of making connections and stockpiling information. This is a wonderful time to introduce them to one of the many discovery trips found around the park. A few suggestions:

• Explore the edges of Bear Lake while enjoying the guidebook-guided trail tour that explains the area’s interesting natural and human history.
• Discover Rocky Mountain’s wonderful wildlife. At particular times throughout the year (ask a park ranger), the bighorn sheep come down to Sheep Lakes. Kids especially enjoy watching them cross the road after the lambs are born.
• Kids a little bit older might enjoy expending energy hiking along a trail, but most seem happiest trading hours for a picnic along the way. Whether it takes place somewhere along the roadway, in one of the dozens of picnic areas or simply on a flat rock out in the woods, a picnic is one of life’s little pleasures – easily organized and long remembered.

A DAY IN THE PARK

YOU’LL SEE MOUNTAINS, AND MUCH MORE

What can we see in a single day in Rocky Mountain National Park? Lots of mountains, that’s for sure. Whatever else you see here depends on what you’re looking for. Several park rangers and local guides were asked what they’d suggest if a traveler had only a single day to spend exploring the park. Here’s what they recommend:

• Drive Trail Ridge Road. It is one of America’s most spectacular scenic drives. Stopping at various vista points – from Many Parks Curve to Farview Curve – and soaking in the grandeur can make this trip last all day long, two or three hours at the least.
• Take a hike. Rocky Mountain National Park is one of the mostuser-friendly parks in the nation. There are lots of trails and a wide variety of destinations, from lakes and waterfalls to summits, forests and meadows. An hour or two of strolling allows you to get an enticing sample of Rocky Mountain’s renowned backcountry.
• Watch for wildlife. Viewing the great variety of animal and birds is one of the most popular activities in the park. A few words of warning: Mind your manners, respect their privacy and never feed them.
• Take pictures. These mountains are perfect subjects for photography. Because wildlife is abundant and the mountain scenes tend to change hourly with varying light, clouds and shadows, the park is a great place to capture the spectacular Colorado Rockies with a camera.
• Visit a visitor center or historical site. Places such as the Moraine Park Visitor Center (filled with natural history exhibits) or the Holzwarth Historic Site (preserving a historical resort) help us understand what the area was like before the park was formed.
• Enjoy a picnic. Many places within the park provide pleasant outdoor settings made better with food, friends and family. Whether it takes place along the roadway, in one of the dozens of picnic areas or simply on a flat rock out in the woods, a picnic is one of life’s little pleasures – easily organized and long remembered.

Fun, affordable and taught by top-flight instructors, Rocky Mountain Field Seminars offer expert insights into the park’s myriad wonders. (Joan Nesseford)
When Are the Park Roads Open?

Trail Ridge Road usually opens for the season on the Friday of Memorial Day weekend. It is not uncommon for the road to be closed temporarily during the summer season because of snowfalls. Heavy snows typically close the road for the winter season in mid- to late October.

Old Fall River Road usually is open from early July to late September. Bear Lake Road is open year-round, but visitors are strongly urged to take advantage of the free Bear Lake Road shuttle bus service available from late May through September. (See page 2 for information.)

More information about Old Fall River Road available at: www.nps.gov/romo/planyourvisit/old_fall_river_road.htm

When Are the Park Roads Open?
More than one-quarter of Rocky Mountain National Park is alpine tundra, which begins at elevations above 11,000 feet and boasts some of the most dramatic mountain scenery imaginable. Many tundra trekkers are captivated by sweeping views encompassing rock, ice, sky and distant ranges. But pausing to take in the subtle wonders of the alpine world can enhance the hiking experience. The vast, wide-open scenery of the alpine world can enhance the hiking experience. The vast, wide-open

Hiking & Climbing

Enjoy – and Protect – Rocky’s Alpine Tundra

More than one-quarter of Rocky Mountain National Park is alpine tundra, which begins at elevations above 11,000 feet and boasts some of the most dramatic mountain scenery imaginable. Many tundra trekkers are captivated by sweeping views encompassing rock, ice, sky and distant ranges. But pausing to take in the subtle wonders of the alpine world can enhance the hiking experience. The vast, wide-open

Climbing For Technical Types

Mountain adventures in the park are not limited to hiking. Technical climbing routes abound east of the Continental Divide.

Lower-elevation climbing is especially popular on Lumpy Ridge. Less-accessible technical climbing routes can be found high above treeline. They often involve a lengthy hike, higher elevations and considerably greater skill and risk.

For more information about specific climbing sites, safety precautions and regulations, contact the park’s Backcountry Office at 970-586-1242.

Know Before You Hike...

▶ Stay together - never leave someone alone in the backcountry, and always keep your kids close.
▶ Leave detailed plans of your itinerary, and stick to the plan!
▶ Be aware of falling trees, which are hazards throughout the park.
▶ Be prepared for changing weather. Avoid being above treeline when afternoon thunderstorms occur.
▶ Drink lots of water to stay hydrated in this dry climate, and bring high-energy snacks to fuel your hike.
▶ Practice Leave No Trace ethics: plan ahead and prepare; travel on durable surfaces; dispose of waste properly; leave what you find; respect wildlife; be considerate of other visitors.
▶ Always remember: pets are not allowed on any park trails!

See The Bookstore For:

Active Alpines of Rocky Mountain National Park
Topo Maps
The Next Generation Fund
Learn more about climbing Longs Peak at:
www.nps.gov/romo/planyourvisit/longspeak.htm

Learn more about Rocky’s alpine tundra at:
www.nps.gov/romo/naturescience/alpine_tundra_ecosystem.htm

Longs Peak Much More Than A Mountain

At 14,259 feet, Longs Peak towers above all other summits in Rocky Mountain National Park. The flat-topped monarch is seen from almost anywhere. Different angles show the great mountain’s unique profiles.

Changing weather reflects Longs Peak’s many moods. In the summertime – the season when thousands climb to Longs’ summit – those moods can be unpredictable. Variable weather, including snow, cold temperatures and gusty winds can occur at any time. Most days see clouds building in the afternoon sky, often exploding in storms of brief, heavy rain, thunder and dangerous lightning. Most people start hiking well before dawn to avoid these weather-related hazards.

Birds, who ascended Longs in the company of mountain man “Rocky Mountain Jim” Nugent, were not the first woman to climb Longs Peak. She was preceded to the summit that same year by Anna Dickinson. Both followed in the footsteps of Eddie Alexander and a “Miss Bartlett,” two women who successfully climbed Longs in 1871.

Tragically, these were those who never left Longs Peak alive. A stone gazebo at the Keyhole formation displays a plaque memorializing Agnes Vaille, a well-known climber in the 1920s. The pioneer of numerous mountain routes in the Rockies, Vaille attempted the first winter ascent of the mountain’s precipitous East Face by a woman in January, 1925. She and her climbing partner, Walter Kiener, succeeded after more than 24 hours of dangerous mountainmeering through frigid blizzard conditions. While descending the North Face, Vaille fell 100 feet down the rock cliff. Her injuries were minor, but because of fatigue and hypothermia, Vaille was unable to walk. Kiener, battling frostbite that would cost him toes and fingers, promptly summoned help. Vaille’s rescuers arrived to find her dead from exposure.

Agnes Vaille and more than 50 other climbers have lost their lives on Longs Peak. It is not a mountain tolerant of the unprepared.

Keyhole Route climbers should be properly outfitted with sturdy footwear, layers of clothing, high-energy food and plenty of water. Use caution when ascending or descending steep areas. Don’t be too proud to back off when bad weather threatens or when conditions are marginal.

Climbing Longs Peak is an experience not easily forgotten. But it is essential to be prepared, to be aware of surrounding conditions, and always to use common sense. Have a safe trip.

Learn more about climbing Longs Peak at:
www.nps.gov/romo/planyourvisit/longspeak.htm

“Are we there yet?”
“How much farther? I have to go to the bathroom!”

Guess what? Those kids in the back seat are the future stewards of Rocky Mountain National Park. Help ensure that today’s children are prepared to care for the park tomorrow...

A fundraising campaign of the Rocky Mountain Nature Association

The Next Generation Fund
Learn more at nextgenerationfund.org or call 719-586-1010

**Popular Hikes**

### Lakes

**Nymph Lake**

Destination: Bear Lake

Distance: 0.5

- This is a great "get into shape" hike for new park arrivals.

**Dream Lake**

Destination: Bear Lake

Distance: 1.1

- Dramatic scenery rewards hikers making this short climb.

**Bierstadt Lake**

Destination: Bear Lake

Distance: 1.4

- This popular mountain lake is nestled in heavy timber.

**The Pool**

Destination: Bear Lake

Distance: 1.7

- A gurgling stream waterpocket offers a peaceful respite.

**Emerald Lake**

Destination: Bear Lake

Distance: 1.8

- Mountains rise steeply above this popular hiking destination.

**Gem Lake**

Destination: Lumpy Ridge

Distance: 1.8

- The trail to this pretty lake usually is hikable year-round.

**Lake Haiyaha**

Destination: Bear Lake

Distance: 2.1

- Haiyaha is almost surrounded by the Continental Divide.

**Cub Lake**

Destination: Cub Lake

Distance: 2.3

- The trail travels through abundant early summer wildflowers.

**Mills Lake**

Destination: Glacier Gorge

Distance: 2.8

- Sweeping mountain scenery surrounds this lovely lake.

**Loch**

Destination: Glacier Gorge

Distance: 3.0

- The popular lake occupies an inspiring mountain setting.

**Fern Lake**

Destination: Fern Lake

Distance: 3.8

- A tourist lodge once occupied Fern Lake’s scenic shoreline.

**Ophir Lake**

Destination: Bear Lake

Distance: 4.1

- Wildflowers grow profusely in this subalpine lake.

**Lake Verna**

Destination: East Inlet

Distance: 6.9

- Fjord-like Lake Verna rewards the ambitious hiker.

**Lawn Lake**

Destination: Lawn Lake

Distance: 6.2

- It's a steep hike to this Mummy Range lake.

**Bluebird Lake**

Destination: Wild Basin

Distance: 6.0

- Gorgeous wildflowers highlight this hike in Rocky's southeast.

**Lawn Lake**

Destination: Lawn Lake

Distance: 6.2

- It's a steep hike to this Mummy Range lake.

**Pear Lake**

Destination: Finch Lake

Distance: 6.5

- Hikers find solitude at a remote Wild Basin area destination.

**Thunder Lake**

Destination: Wild Basin

Distance: 6.8

- This high-elevation lake occupies a flower-filled meadow.

**Lake Verna**

Destination: East Inlet

Distance: 6.9

- Fjord-like Lake Verna rewards the ambitious hiker.

**Ypsilon Lake (no. 1)**

Destination: Wild Basin

Distance: 7.0

- Wildflowers grow profusely in this subalpine lake.

**Spirit Lake**

Destination: East Inlet

Distance: 7.8

- Some hike to the remote west side lake toting fishing poles.

**Lake Nokoni**

Destination: North Inlet

Distance: 9.9

- Tranquility and solitude abound at this distant west side lake.

**Lake Nanita**

Destination: North Inlet

Distance: 11.0

- Hiking in the park’s interior is a true wilderness experience.

### Waterfalls

**Copeland Falls**

Destination: Wild Basin

Distance: 0.3

- This easy hike to a beautiful setting is ideal for families.

**Alberta Falls**

Destination: Glacier Gorge

Distance: 0.8

- Bear Lake

**Fern Falls**

Destination: Fern Lake

Distance: 2.7

- This refreshing, inspiring place is perfect for trail breaks.

**Ouzel Falls**

Destination: Wild Basin

Distance: 2.7

- These scenic falls are frequently photographed.

**Cascade Falls**

Destination: North Inlet

Distance: 3.5

- A gentle hike through a lodgepole forest brings hikers here.

**Timberline Falls**

Destination: Glacier Gorge

Distance: 4.0

- Seeing this jewel of a waterfall is well worth the climb.

### Mountain Summits

**Flattop Mtn. (12,324')**

Destination: Bear Lake

Distance: 4.4

- It's an arduous climb to this peak offering panoramic views and access to many other great mountain summits.

**Estes Cone (11,006')**

Destination: Lily Lake

Distance: 3.7

- The views from the top of this peak are some of the finest in the park. Be prepared for a steep, rough trail after Storm Pass.

### Historic Sites

**Tundra Communities Trail**

Destination: Trail Ridge Road

Distance: 0.5

- This paved trail at Rock Cut along Trail Ridge Road leads to panoramic views of the alpine tundra at the Toll Memorial.

**Eugenia Mine**

Destination: Longs Peak

Distance: 1.4

- Mine remains in the Longs Peak area recall the dashed hopes of early prospectors.

**Lulu City**

Destination: Colorado River

Distance: 3.7

- This 1880s mining camp boomed briefly and went bust.

### Hiking Essentials

- Sturdy hiking boots
- Rain gear
- Layered clothing
- Sweater or fleece jacket
- Long pants
- Mittens
- Hat
- Extra socks
- Sun block
- Sunglasses
- Plenty of water
- Flashlight
- Nutritious snacks
- Other navigational aid

### Accessible and Family-friendly Trails

- **Alluvial Fan**
  - Endovalley Road: 0.2
  - Strollers permitted
  - A quarter-mile paved interpretive trail connects two parking areas located at this flood-scoured feature.

- **Hulzworth**
  - Trail Ridge Road: 0.5
  - Strollers permitted
  - It's a short walk on a level gravel trail to this dude ranch complex developed in the early 1900s.

- **Sprague Lake**
  - Sprague Lake: 0.5 (loop)
  - Strollers permitted
  - Views of the 1978 Ouzel Fire highlight this Wild Basin trek.

- **Bear Lake Nature Trail**
  - Bear Lake: 0.6 (loop)
  - Partially accessible (strollers permitted)
  - An excellent booklet-guided nature trail circles this popular subalpine lake at the end of Bear Lake Road.

- **Lily Lake**
  - Lily Lake: 0.7 (loop)
  - Strollers permitted
  - Look for wildflowers in the spring and early summer along the level gravel trail around a pretty mountain lake.

- **Coyote Valley**
  - Coyote Valley: 1.0 (loop)
  - Elk and moose sometimes are seen from this level gravel trail, especially during the early morning and early evening.

- **Adams Falls**
  - East Inlet Trailhead: 0.3
  - Hiking trail
  - It's a short hike to a dramatic waterfall near Grand Lake on the west side of the park.

- **Moraine Park Visitor Center Nature Trail**
  - Moraine Park Visitor Center: 0.6 (loop)
  - Hiking trail
  - Interpretive signs and a full-color booklet guide visitors along this scenic nature trail in Moraine Park.
Rocky Mountain National Park visitors have a passion for viewing wild animals, especially the large ones. With elk, bighorn sheep, mule deer and moose calling the park home, it’s no surprise that wildlife watching is rated the number-one activity by a vast majority of Rocky’s visitors.

The park’s great large-animal population makes it one of the country’s top wildlife watching destinations. But also found in Rocky Mountain National Park are nearly 60 other species of mammals, more than 280 recorded bird species, six amphibians (including the endangered boreal toad), one reptile (the harmless garter snake), 11 species of fish and countless insects, including a surprisingly large number of butterflies. On this page are a few of the wild residents park visitors might encounter.

**WILDLIFE & WATCHABLE**

**Rocky Mountain National Park**

*How to Best Enjoy Watching Wildlife*

- Never, ever feed wildlife. Feeding reduces its ability to survive the long mountain winter. When they panhandle by roadsides, animals fall easy prey to automobiles. As they become habituated to humans and lose their natural fear, the animals become aggressive and may be destroyed. Feeding or harassing wildlife is illegal in all national parks.
- Watch from a distance. Use binoculars or a telephoto lens to get close-up views. Following larger animals too closely to get a photograph or a better look can stress them and threaten their health. If animals notice you or if they seem nervous, you are too close. Move away quietly.
- Obey all signs posting closed areas. At different times of the year, some areas are closed to protect wildlife during nesting, mating and birthing seasons.
- Use of wildlife calls and spotlights is illegal. They stress animals and alter their natural behavior.
- Keep pets in your vehicle. They may scare wildlife, and wild animals can hurt your pet.
- Large animals such as elk, sheep, bears and mountain lions can be dangerous. Check at visitor centers for valuable tips on safety around wildlife.
- Drive slowly and cautiously. Watch for animals crossing the road. Deer and elk are seldom alone. If you see one animal, look for others that may follow.
- Keep your eyes peeled for lambs and newborn bighorn sheep when crossing the mountain winter. When they panhandle by roadsides, animals fall easy prey to automobiles. As they become habituated to humans and lose their natural fear, the animals become aggressive and may be destroyed. Feeding or harassing wildlife is illegal in all national parks.
- Watch from a distance. Use binoculars or a telephoto lens to get close-up views. Following larger animals too closely to get a photograph or a better look can stress them and threaten their health. If animals notice you or if they seem nervous, you are too close. Move away quietly.
- Obey all signs posting closed areas. At different times of the year, some areas are closed to protect wildlife during nesting, mating and birthing seasons.
- Use of wildlife calls and spotlights is illegal. They stress animals and alter their natural behavior.
- Keep pets in your vehicle. They may scare wildlife, and wild animals can hurt your pet.
- Large animals such as elk, sheep, bears and mountain lions can be dangerous. Check at visitor centers for valuable tips on safety around wildlife.
- Drive slowly and cautiously. Watch for animals crossing the road. Deer and elk are seldom alone. If you see one animal, look for others that may follow.
- Stop your car to watch animals only if you can pull off the road safely. Do not block traffic.
- When possible, get away from roadsides and sit quietly to observe and listen for wildlife. Talk only when necessary, and do so quietly so you don’t disturb the animals or other wildlife watchers. If viewing from your vehicle, turn off the motor.

*See The Bookstore For:*

- Field Guide to Wildlife in Rmnp

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**BEAR AWARE!**

Rocky Mountain National Park has a small population of black bears. Chances are you won’t see one during your visit, but it is very important that your actions do not attract bears, which are, by nature, intelligent, curious and hungry. Once a bear gets a taste of human food, almost nothing will stop it from looking for more. This leads to conflict with campers, park visitors and home owners, which can eventually lead to the bear’s death.

“Food items” include food, drinks, toiletries, cosmetics, pet food and bowls, and other odoriferous attractants. At trailheads, please do not leave any food items in your vehicle. On the trail, keep food items with you at all times. Always keep a clean campsite, in campgrounds and in backcountry sites. Never leave food items unattended. Store food items inside vehicle trunks with windows closed and doors locked or in park-provided bear boxes. At backcountry campsites, all food items must be stored in a bear-resistant storage container.

**Mule Deer**

**Habitat:** All habitats

**Viewing Tips:** At lower elevations, mule deer are most often found in open areas.

**Bighorn Sheep**

**Habitat:** Rocky mountainsides and canyons

**Viewing Tips:** Bighorn sheep are often seen at Sheep Lakes from May through mid-August. Keep your eyes peeled for lambs around mid-June.

**Yellow-bellied Marmot**

**Habitat:** Rock piles

**Viewing Tips:** Look for marmots sunbathing on the tundra along Trail Ridge and Old Fall River roads.

**Elk**

**Habitat:** Meadows, and where meadows and forests meet. Common at lower elevations in the fall, winter and spring

**Viewing Tips:** Look for elk at dawn and dusk. During the fall mating season, bull elk can be heard bugling and seen sparring with their large antlers.

**Moose**

**Habitat:** Stream beds and meadows

**Viewing Tips:** These large mammals frequent willow thickets along the Colorado River in the Kawuneeche Valley on the park’s west side.

**Coyote**

**Habitat:** All habitats

**Viewing Tips:** The coyote’s yipping and howling sometimes is heard in the evening and morning.

**White-tailed Ptarmigan**

**Habitat:** Around willows and rock outcrops on the alpine tundra

**Viewing Tips:** Look carefully. Their excellent camouflage makes ptarmigans hard to spot.

**Rocky Mountainside**

**Viewing Tips:** Listen for its sharp, distinctive bark and watch for movement among the rocks.

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**How To Best Enjoy Watching Wildlife**

- Never, ever feed wildlife. Feeding reduces its ability to survive the long mountain winter. When they panhandle by roadsides, animals fall easy prey to automobiles. As they become habituated to humans and lose their natural fear, the animals become aggressive and may be destroyed. Feeding or harassing wildlife is illegal in all national parks.
- Watch from a distance. Use binoculars or a telephoto lens to get close-up views. Following larger animals too closely to get a photograph or a better look can stress them and threaten their health. If animals notice you or if they seem nervous, you are too close. Move away quietly.
- Obey all signs posting closed areas. At different times of the year, some areas are closed to protect wildlife during nesting, mating and birthing seasons.
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- When possible, get away from roadsides and sit quietly to observe and listen for wildlife. Talk only when necessary, and do so quietly so you don’t disturb the animals or other wildlife watchers. If viewing from your vehicle, turn off the motor.

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*See pages 10-11 for trip planning publications*
Scenery And Solitude Await On Rocky's West Side

I n its variety of resources and human history, the park's Colorado River District west of the Continental Divide is filled with opportunities for adventure, exploration, solitude and reflection.

The Utes and Arapahos were the most recent American Indians to frequent the area. They did not settle permanently, but their passages over high mountain passes within the park were regular occurrences. Active settlement in the park's west began during the late 1800s, when ranchers and miners first entered the Kawuneeche Valley. The Civilian Conservation Corps was active during the 1930s, building trails, roadways and a fire lookout in the park, and reservoirs on its borders.

The landscape has changed over the years, but evidence of earlier inhabitants and spectacular views are there for discovery. A pleasant 3 3/4 miles of hiking along the Colorado River from the Colorado River Trailhead leads to Lulu Canyon. A hike of an early morning, the Holzwarth Historic Site, a dude ranch that opened in 1920, is reached after a short walk across a large meadow. For those who favor longer, more strenuous hikes, the Shadow Mountain Fire Lookout and the Top of the Devil's Staircase are recommended destinations.

The hike to the Shadow Mountain Lookout on the East Shore Trail, which begins at the East Shore Trailhead south of Grand Lake, covers six miles round trip and 1,700 feet in elevation gain. The lookout affords unparalleled views of the headwaters of the Colorado River, glimpses of the Continental Divide, a panoramic view of the three lakes – Granby, Shadow Mountain and Grand – and sightings of impressive mountain peaks, including the Vasquez, Indian Peaks and Gore ranges.

Completed in 1933, this fire lookout was staffed seasonally for several decades. It was occupied as recently as the early 1990s, when fire danger was exceptionally high. Restored in the mid-1990s, the fire lookout is listed on the National Register of Historic Places.

Hikers begin their approximately seven-mile (round trip) hike to the Top of the Devil's Staircase at the East Inlet Trailhead immediately southeast of the town of Grand Lake. A while after passing a small but exquisite waterfall, the ascent becomes increasingly aggressive, climbing steadily for the next mile.

Hikers see blackened aspen trees and related signs of the Mount Cairns fire of 1994. They pause to enjoy the very special moments indeed. A

Mountain bluebells, which start returning from their winter grounds in early March, are brilliant in flight. Beginning in mid-March, look for nesting raptors on Lumpy Ridge as peregrine and prairie falcons, golden eagles, red-tailed hawks and ravens nest on the warm, sunny cliffs. In early April, stroll Moraine Park to search for the season's first wildflowers, including tulip-shaped pasqueflowers, pink spring-beauties and yellow sage buttercups. Also in early April, ground squirrels and marmots emerge from hibernation.

As the spring season progresses, the melting snowline climbs higher into the mountains. Following soon are summer and summer’s crowds. But those relatively few people who visited the park during the fall, winter and spring, Rocky Mountain’s quiet seasons, know they and nature shared some very special moments indeed.

Shadows Mountain Lookout
These products have been selected by the nonprofit Rocky Mountain Nature Association (RMNA) for their usefulness in planning a visit to Rocky Mountain National Park. RMNA proceeds help support important park programs.

**Be sure to visit the RMNA bookstores at:**
- Alpine Visitor Center
- Fall River Visitor Center
- Kawuneeche Visitor Center
- Moraine Park Visitor Center

**ROCKY MOUNTAIN RUSTIC: HISTORIC BUILDINGS OF THE ROCKY MOUNTAIN NATIONAL PARK AREA**
James Lindberg, Patricia Raney & Janet Robertson
Early settlers came to today’s park area with dreams of cattle ranches, farms, productive mines, successful commercial ventures or summer homes amid the stunning scenery. They left behind one of the West’s premier collections of historic lodges, guest ranches, cabins and retreats. Accompanying the beautiful contemporary and historical images in this best-selling coffee table classic are the stories behind the buildings, including the lives and times of the people who built and enjoyed these remarkable landmarks. 176 pages, softcover. Item# 2881 $19.95

**GEOLOGY ALONG TRAIL RIDGE ROAD**
Omer B. Raup
REvised Edition! Award winner! The fascinating geologic episodes that created the park’s amazing scenery come to life in an extraordinary award-winning book written by a veteran USGS geologist. Color photos and informative text detail 17 stops along Trail Ridge Road. This beautiful best-seller also features a glossary and three-dimensional foldout map. See Trail Ridge Road like never before! 75 pages, softcover. Item# 2884 $14.95

**ROCKY MOUNTAIN MAMMALS: A HANDBOOK OF MAMMALS OF RMNP AND VICINITY**
David M. Armstrong
REvised Edition! Illustrated with more than 50 new color photographs, this guide was designed for quick reference and enjoyable reading. Includes wildlife watching support, a checklist with page numbers for quick field reference, an identification key, a glossary, derivations of scientific names and advice on how, when and where to watch mammals. This lavishly illustrated new edition is a must-buy. 288 pages, softcover. Item# 1889 $19.95

**ROCKY MTN. NAT’L. PARK: A YEAR IN PICTURES**
David Dahms
This lovely book is a rich photographic showcase of the magnificent scenery in Rocky Mountain National Park. More than 100 stunning color photographs celebrate the progression of the seasons. Images of rugged mountain vistas, alpine lakes, rushing streams and brilliant sunrises are complemented by intimate wildflower and wildlife photos. 64 pages. Item# 2672 Softcover $9.95 Item# 2673 Hardcover $15.95

**RMNP ROAD GUIDE**
National Geographic
This 93-page book is the essential guide for motorists. Discover roadside wonders, including towering mountains, a profusion of animals, the park’s fascinating human history and the region’s stunning beauty. This helpful book includes road maps with side-by-side commentaries. Softcover. Item# 2823 $8.95

**A DAY IN ROCKY**
Rocky Mountain Nature Association
REvised Edition! Beautifully illustrated with full-color photographs, this best-selling booklet expertly answers the question, “What can we do in a day at Rocky Mountain National Park?” A Day in Rocky was written by park rangers, who describe the park’s premier experiences and point the way to many of Rocky’s special places. The Rocky Mountain Nature Association’s premier trip planning publication is a great guide and a nice keepsake. 24 pages, softcover. Item# 9 $3.95

**FIELD GUIDE TO WILDLIFE VIEWING IN ROCKY MOUNTAIN NATIONAL PARK**
Rocky Mountain Nature Association
Illustrations by Wendy Smith
Exquisite illustrations by natural scientist Wendy Smith and expert information provided by park wildlife specialists make this 40-page guide essential to wildlife watchers. Each chapter in this award-winning RMNA booklet begins with a panel illustration depicting one of the park’s four plant and animal communities known as life zones, or ecosystems. The following pages contain individual fine-art vignettes of many mammals and birds commonly seen in the respective life zones. Accompanying text offers expert information on the animals most likely to be seen in each life zone, as well as viewing tips and fast facts. 40 pages, softcover. Item# 2894 $4.95

**ROCKY MOUNTAIN WILDFLOWERS**
David Dahms
A handy pocket guide to Rocky Mountain wildflowers. Great for taking into the field. 123 pages, softcover. Item# 2675 $6.95

**RANGER RECOMMENDATIONS**
ALPINE WILDFLOWERS OF THE ROCKY MOUNTAINS
Beatrice E. Willard & Michael Smithson
REvised Edition! Written by leading tundra ecology experts, this beautiful RMNA classic is a guide to many of the wildflowers that carpet the alpine tundra during the high-country summer. 40 pages, softcover. Item# 30 $5.95

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Beatrice E. Willard & Michael Smithson
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**EXPERIENCE ROCKY MOUNTAIN NATIONAL PARK**
Rocky Mountain Nature Association
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The ninth edition of this guidebook to the park and the Indian Peaks Wilderness is the hiker’s bible. Detailed descriptions, maps, charts and illustrations show the way to all destinations. 297 pages, softcover.
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HIKING ADVENTURES IN ROCKY MOUNTAIN N.P. Rocky Mountain Nature Association
This easy-to-use, award-winning “Dollar Guide” newspaper offers a broad range of hiking options available in six regions of RMNP. Includes maps, trail descriptions, mileage, difficulty levels, trails checklist and helpful tips for hikers of all abilities. Great product, great price! 8 pages.
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- [www.nps.gov/learn](http://www.nps.gov/learn) (click on webrangers)
- [www.nps.gov/romo/forkids](http://www.nps.gov/romo/forkids) (click on Junior Ranger)
- [www.heartoftherockies.net](http://www.heartoftherockies.net) (click on Just for Kids)