FRIDAY, July 21 – FRIDAY, July 28
YMCA OF THE ROCKIES – ESTES PARK CENTER

Questions about activities during your stay? Call x1104. Kids under 13 must be accompanied by an adult.

PROGRAM FACILITY HOURS

SWEET MEMORIAL BUILDING
Open Daily 8AM–9PM
The hub of the Programs Department, consider us your Activity Visitor Center. Come here to find out get a full schedule of activities, and plan out your fun! Make sure to check out our game room in the basement! Questions? Call us at x1104.

BOONE FAMILY MOUNTAIN CENTER
Open Daily 8:30AM –8PM – July 27th 8:30AM–7:00PM
Sign up for hikes, visit our nature center, or get info about our outdoor activities! Plus, find tons of information about hiking, both at the Y and in the National Park. Questions? Call x8402.

DUNCAN FAMILY CLUBHOUSE
Open Daily 8AM–9PM
Located in between the tennis courts and mini golf. Check out mini golf clubs, tennis equipment, and other outdoor recreation equipment. Play basketball, volleyball, and horseshoes on our courts in the Administration Field.

MOOZ FAMILY CRAFT & DESIGN CENTER
Prices range from $5–$85. Questions? Call us at x1132, Daily Open Studio Hours:

<table>
<thead>
<tr>
<th>GLAZED CERAMICS</th>
<th>ACRYLIC CERAMICS &amp; WOOD PRODUCTS</th>
<th>MOSAIC ART</th>
<th>TIE DYE</th>
<th>CANDLE MAKING</th>
<th>GLASS FUSION</th>
<th>SILK PAINTING</th>
<th>BEAD BAR</th>
<th>BASKET WEAVING</th>
</tr>
</thead>
</table>

LULA W. DORSEY MUSEUM
Questions? Call us at x1136. Last admittance 30 minutes before closing.

MAUDE JELLISON LIBRARY
Questions? Call us at x1133.

DORSEY SWIMMING POOL
Capacity may be restricted to as low as 20 people. Pool is closed during lightning storms. Call x1135 for space availability and weather conditions. Kids 12 and under must have an adult in the building at all times. Kids 7 and under must have an adult in the water. The water slide is open at the lifeguards’ discretion. Pool will be cleared 5 minutes before posted closing time.

BOB ECKER ROLLER RINK
Roller skates provided. Roller blades are welcome, but not provided. Questions? Call x1104

Call 970–586–3341 ext. 1104 for more information.
Friday, July 21

1:00PM – Bible Study – Parables from the Fishing Hole – The Andy Griffith Show

The focus of this program is not the show itself but the values and morals demonstrated. Mayberry is about a lifestyle: loving your neighbor, training a child in the way he should go, and helping others in need. We will see how to bring those lessons into our lives. Meet at Dannen Library.

7:00PM – Movie Night – Risen

Join us for a showing of Risen at Hyde Chapel. An epic biblical story of the Resurrection, as told through the eyes of a non-believer.

Sunday, July 23

10:00AM – Worship in The Rockies

Worship in the newly remodeled Hyde Chapel. Everyone is invited to join us for this great hour of worship!

7:00PM – Concert – Tracy Bundy

Join us in Hyde Chapel. Known as the “Acoustic Ninja,” Trace plays the guitar like no other!

Monday, July 24

5:00PM – Adventure Ministry Archery

Weather permitting. Meet at the Main Archery Range and join our staff for an Archery lesson, then enjoy a short devotion connecting biblical truths to the Archery experience. Limited to 15 participants, age 6 and older. To sign up, please call the Sweet Memorial Building, ext. 1104.

Tuesday, July 25

9:30AM – Worship Hike – Bible Point

Join us for a hike (approximately 2.5 miles round trip) to Bible Point where we will join in prayer and song. This is a strenuous hike and participants should wear good hiking shoes/boots, and bring water. Meet at the gas firepit outside of Hyde Chapel.

1:00PM – Bible Study – The Book of James

Many believe that because Martin Luther called James an “Epistle of Straw,” he wished to remove if from scripture. Too many believers that salvation is by faith alone. Today this has come to mean a get out of jail free card. Meet at Dannen Library.

Wednesday, July 26

9:00AM – Walkabout

Join Dave & Sybil and enjoy the beauty of God’s creation on the Y grounds. Hiking shoes and water are recommended. Meet at Hyde Chapel fire pit and return from walk by 11:15 am.

5:00PM – Adventure Ministry Archery

Weather permitting. Meet at the Main Archery Range and join our staff for an Archery lesson, then enjoy a short devotion connecting biblical truths to the Archery experience. Limited to 15 participants, age 6 and older. To sign up, please call the Sweet Memorial Building, ext. 1104.

7:30PM – Campfire Worship Sing-a-long

Weather permitting at Hyde Chapel fire pit.

Thursday, July 27

1:00PM – Bible Study – In the Footsteps of the Savior

A streaming study by Max Lucado. We will follow Jesus through the Holy Land – Capernaum, Sea of Galilee, Mount of Beatitudes, Temple Steps, Garden Tomb, and Caesarea by the Sea. Let’s see “where Jesus walked” and ponder the promises he made. Meet at Dannen Library.

7:00PM – Vespers Communion Service

Weather permitting at Sara Smith Outdoor Chapel.

Friday, July 28

1:00PM – Bible Study – Parables from the Fishing Hole – The Andy Griffith Show

The focus of this program is not the show itself but the values and morals demonstrated. Mayberry is about a lifestyle: loving your neighbor, training a child in the way he should go, and helping others in need. We will see how to bring those lessons into our lives. Meet at Dannen Library.

7:00PM – Movie Night – Come Away Home

Join us for a showing of Come Away Home at Hyde Chapel. A friendship develops when 12-year old Annie is coerced to stay with her Grandpa Donald.
SPECIAL EVENTS

Saturday, July 22
9:00AM – Vinyasa Flow Yoga
Meet at the Legett Youth Building. Join Instructor Laura Collins for an all-levels integral yoga class with a vinyasa flair. Class focuses on beginners with more advanced postures suggested for those who are able. Each class ends in a deep relaxation. Mats available.

Sunday, July 23
10:00AM – Hike with a Ranger
Meet at the Boone Family Mountain Center for a short walk with a ranger from Rocky Mountain National Park. Learn about local flora and fauna as well as the history of the national park! No registration required.

2:30PM – Nature, Faith & Dr. J.T. Stone
Meet at Dorsey Museum. Dr. John Timothy Stone made Estes Park his summer residence. He was inspired by the time he spent in nature and nearer to God. Join us as we learn more about Dr. J.T. Stone: his faith, values, his love for nature, and his relationship with YMCA of the Rockies.

Monday, July 24
6:00PM – Drum Circle
Join local Nancy Bell at the Kathie Mennel Amphitheater to create musical sounds with other guests. Talented and non-talented musicians are all welcome! The only requirement is that you must be able to bang on a drum or beat on an instrument and have a good time. Instruments provided, but feel free to bring your own if you find something you think will work!

7:00PM – Follow the Drinking Gourd – Live Telling of a True Story of the Underground Railroad
“Follow the Drinkin’ Gourd!” International School of Storytelling graduate Lise Nelson relates the dramatic story of her 4x great-aunt Jennie A. Nelson through her memoirs entitled “The Underground Railroad in Slavery Times”. Jennie grew up in the mid-1800s on an Ohio farm which was a station along the Underground Railroad. Meet on the north lawn of the Maude Jellison Library.

Tuesday, July 25
8:30AM – Breakfast at the Museum
Join us for continental breakfast on the front lawn of the Lula W. Dorsey Museum. Come learn about exciting new projects, share in fellowship and have your questions answered by Julie Watkins, President/CEO; Shannon Jones, Estes Park Center General Manager, and additional members of the Association Leadership Team. There will be prize drawings. No registration required.

9:00AM – Zumba with Kelly
Join Kelly Mann for a full body dance work out. Zumba encourages cardio through dance. Have fun outside moving with the mountains as a backdrop. No registration necessary. Meet on the Basketball Courts outside of the Admin Building.

5:30PM – Family Cookout and Campfire
Meet at Upper Cookout at 5:30 PM to enjoy a delicious dinner grilled up by our Food Service team. At 6:30 PM, we will begin a family-friendly campfire program with songs, skits, and games! Come for the food, stay for the fun! Prices: Adults (13+ years old) $20, Children (6-12 years old) $15, Kiddos 5 and under are free. Must register at least 24 hours in advance!

5:30PM – Vinyasa Flow Yoga
Meet at the Legett Youth Building. Join Instructor Laura Collins for an all-levels integral yoga class with a vinyasa flair. Class focuses on beginners with more advanced postures suggested for those who are able. Each class ends in a deep relaxation. Mats available.

Wednesday, July 26
9:00AM – Morning Movement at the Muesem
Join us for 40 minutes of lengthening and core strengthening on the back lawn of the Dorsey Museum with a certified Pilates instructor. Modifications and options will be offered, and you are encouraged to go at your own pace. We will be doing standing and supine (on your back) work on the mat. Limited mats are available so bring your own if you have one, as well as water to stay hydrated.

7:00PM – Artist in Residence: Ben and Melissa Panter
Join guest artist Melissa Panter in a beginner embroidery session. Choose one of three Rocky Mountain themed embroidery patterns to complete. Supplies will be provided. Meet at the Library.

7:00PM – Cowboy Brad Sing-a-long
Join local singer/songwriter/guitarist Cowboy Brad at the Kathie Mennel Outdoor Amphitheater by the Mountain Center for songs and fun for the whole family! Please call Sweet Memorial (ext. 1104) in case of inclement weather

Thursday, July 27
7:00PM – Magic Dragon
Join us at Kathie Mennel Outdoor Amphitheater to enjoy a performer from our Summerfest Concert Series. A live music tribute to the sounds of Peter, Paul and Mary.

Friday, July 28
12:30PM – Artist in Residence: Ben and Melissa Panter
Sunprints are bright blue, with white silhouettes of whatever objects you find to use for your design: leaves, flowers, or twigs. Guest artist Ben Panter will also have some photo negatives of the Rockies that you can use in your artwork. Meet at the Craft Shop.

PRESCHOOL OPEN HOUSE
JULY 25TH 4:30 – 5:30
Bennet Building / Mountaintop Preschool
Interested in learning more about the Beverly K. Booe Early Childhood Education Program? Stop by the open house to chat with our programs and philanthropy team. No registration required, refreshments provided.
**NELSEN FAMILY INDOOR CLIMBING WALL**

*Open Daily*

The indoor climbing wall is modeled to look and feel like real rock! Climb to the top of the 25-foot wall, or stay low to the ground on the bouldering wall. Open to ages 5 and older, $12 per person for an hour. There can be up to 8 people in each session. Meet at the Boone Family Mountain Center.

Advanced registration is required. Click [here](#) or call x1104 to check for availability!

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**OUTDOOR ARCHERY**

*Open Daily*

Archery sessions allow beginners to learn the basics, while experienced archers get a chance to practice their skills. Open to ages 6 and up, $12 per person. Up to 12 per session. Meet at the Outdoor Archery Range.

Advanced registration is required. Click [here](#) or call x1104 to check for availability!

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**OUTDOOR CLIMBING WALL**

*Open Daily*

The three-sided outdoor rock climbing tower at offers enough diversity and usability to suit the needs of beginner and intermediate rock climbers. Climbing shoes and harnesses are provided. Open to ages 5 and older, $12 per person for an hour.

Advanced registration is required. Click [here](#) or call x1104 to check for availability!

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**OUTDOOR AXE THROWING**

*Open Daily*

Come learn the basics of axe-throwing and have fun aiming for a bullseye! Open to ages 6 and up, $12 per person. Up to 12 per session. Meet at the Outdoor Axe-throwing Range.

Advanced registration is required. Click [here](#) or x1104 to check for availability!

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**JEWELRY CLASSES EVERYDAY**

Must register in advance. Click [here](#) or call Sweet Memorial at x1104. Refunds will not be given within 24-hours of a paid activity, unless the cancellation is due to weather.

9:30AM Elastic Necklaces and Bracelets

$8.00 per person – Ages 4+

Participants will learn how to string beads onto elastic pieces cut to their desired lengths for one necklace or two bracelets.

1:00PM Memory Wire Bracelets

$12.00 per person – Ages 10+

Learn how to work with shape holding memory wire and secure the ends of the wire with needle nose and flat nose pliers. Attendees will measure and cut the shape holding wire, string their selected beads, and secure the ends using their pliers.

2:30PM Pendant Earrings

$12.00 per person – Ages 10+

Learn the basics of creating straight pendants or circular pendants with chosen beads. Learn how to use pins or hoops to string beads and connect them to their earring posts.

3:30PM Beginner String Necklaces

$12.00 per person – Ages 10+

Learn the basics of using jewelry wire, crimp beads, lobster clasps, a crimping tool, and a wire cutter. Attendees will string their selected beads onto jewelry wire measured to their desired length. They will then secure the ends with crimp beads and lobster clasps using the crimping tool.

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**MUSEUM PROGRAMS**

No Registration Required

**HANNAH GOES WEST**

10AM Wednesdays @ Museum

Hannah goes West explores the life of Hannah and her family as they make their new home on the eastern plains. Through story time and exploring the contents of the family's trunk you'll learn more about what it was like to be a settler in the American West.

**ARCHEOLOGY WALK**

SAT & MON – 10:30AM @ Museum

Ever wonder who lived here before we did? We will travel back in time to when a glacial river flowed through the valley and early peoples used rock shelters and animal hides for protection and warmth. This mile long hike will take you to an excavated rock shelter on property and provides an opportunity to explore the early people who lived in the region. Be sure to visit the museum to learn more.

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Call 970-586-3341 ext. 1104 for more information.
GUIDED HIKING

Requirements sign up: Call the Boone Family Mountain Center at x1311. All hikes are free for YMCA of the Rockies guests and members. All no call, no shows for YMCA guided hikes will incur a $5 per person charge. Please contact the hiking desk at x1311 to cancel your reservation, at least 24 hours in advance, in order for your spot to be taken by another guest and no charge will be applied.

A variety of circumstances may change the schedule of any hike. It is imperative that all hikers check in at the Mountain Center hiking counter no later than 5pm the day before the hike. Please bring your Y lodge room number or cabin name at that time.

Hike Difficulty

A=Most Difficult B=Very Demanding C=Demanding D=Strenuous E=Moderate Plus F=Moderate G=Easy H=Easiest

Prerequisites:

To meet the prerequisite for an A, B, C, and D hike, a hiker must have completed without difficulty a YMCA of the Rockies (hikemaster-led) hike of no more than two grades lower within two weeks before the hike. This means a C hike is the prerequisite for an A hike (some A hikes may require additional hiker scrutiny due to their high level of physical demand); a D hike is the prerequisite for a B hike, etc.

All equipment will be provided for guided hikes requiring specialized snow equipment, such as snowshoes or microspikes. Please dress in layers and be prepared for snow and cold temperatures, especially for hikes higher than 8500’ in elevation.

FRIDAY, JULY 21

<table>
<thead>
<tr>
<th>Time</th>
<th>Hike Name</th>
<th>Miles RT</th>
<th>Grade</th>
<th>Terrain</th>
<th>Elev. Gain</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00AM-3:00PM</td>
<td>Pool of Jade to Flattop Mountain</td>
<td>9.0</td>
<td>C</td>
<td>B</td>
<td>2800’</td>
<td>Dave M. &amp; Chelsea D.</td>
</tr>
<tr>
<td>7:00AM-3:30PM</td>
<td>Chasm Lake</td>
<td>8.6</td>
<td>D</td>
<td>D</td>
<td>2700’</td>
<td>Wendy M.</td>
</tr>
<tr>
<td>7:15AM-2:15PM</td>
<td>Timberline Falls</td>
<td>7.8</td>
<td>F</td>
<td>E</td>
<td>1300’</td>
<td>Josh W.</td>
</tr>
<tr>
<td>7:30AM-12:00PM</td>
<td>Calypso Cascades</td>
<td>3.6</td>
<td>G</td>
<td>F</td>
<td>650’</td>
<td>John S.</td>
</tr>
<tr>
<td>1:00PM-4:00PM</td>
<td>Bible Point</td>
<td>3.0</td>
<td>F</td>
<td>E</td>
<td>850’</td>
<td>Aben k.</td>
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</table>

SATURDAY, JULY 22

<table>
<thead>
<tr>
<th>Time</th>
<th>Hike Name</th>
<th>Miles RT</th>
<th>Grade</th>
<th>Terrain</th>
<th>Elev. Gain</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30AM-5:00PM</td>
<td>Pipit Lake</td>
<td>13.5</td>
<td>C</td>
<td>D</td>
<td>3000’</td>
<td>Steve J. &amp; Mike M.</td>
</tr>
<tr>
<td>7:00AM-4:00PM</td>
<td>Ouzel Lake</td>
<td>10.0</td>
<td>E</td>
<td>F</td>
<td>1690’</td>
<td>Pete P.</td>
</tr>
<tr>
<td>7:30AM-2:30PM</td>
<td>Lake Helene</td>
<td>6.4</td>
<td>F</td>
<td>F</td>
<td>1215’</td>
<td>Dave F.</td>
</tr>
<tr>
<td>8:00PM-12:00PM</td>
<td>Iceberg Lake</td>
<td>1.0</td>
<td>F</td>
<td>D</td>
<td>200’</td>
<td>Harvey H. &amp; Cameron M.</td>
</tr>
</tbody>
</table>

SUNDAY, JULY 23

<table>
<thead>
<tr>
<th>Time</th>
<th>Hike Name</th>
<th>Miles RT</th>
<th>Grade</th>
<th>Terrain</th>
<th>Elev. Gain</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00PM-3:00PM</td>
<td>Lyric Falls</td>
<td>8.0</td>
<td>E</td>
<td>E</td>
<td>1800’</td>
<td>Chelsea D.</td>
</tr>
<tr>
<td>7:15PM-2:45PM</td>
<td>Lulu City</td>
<td>7.5</td>
<td>F</td>
<td>F</td>
<td>1050’</td>
<td>Megan B.</td>
</tr>
</tbody>
</table>
### Sunday, July 23

<table>
<thead>
<tr>
<th>Time</th>
<th>Hike</th>
<th>Miles RT</th>
<th>Grade</th>
<th>Terrain</th>
<th>Elev. Gain</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30AM-12:30PM</td>
<td>Lake Haiyaha</td>
<td>4.0</td>
<td>F</td>
<td>E</td>
<td>750’</td>
<td>Emma T. &amp; Laura B.</td>
</tr>
<tr>
<td></td>
<td><em>Enjoy a relaxed hike to the alpine lake, guarded by huge boulders and an 800 year-old limber pine. &quot;Haiyaha&quot; is an indigenous Indian word meaning ‘rock.’</em></td>
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<tr>
<td>9:00AM-12:00PM</td>
<td>Moraine Park Loop</td>
<td>3.0</td>
<td>G</td>
<td>F</td>
<td>400’</td>
<td>Karen A.</td>
</tr>
<tr>
<td>1:00PM-4:00PM</td>
<td>Moraine Park Loop</td>
<td>3.0</td>
<td>G</td>
<td>F</td>
<td>400’</td>
<td>Clyde M.</td>
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### Monday, July 24

<table>
<thead>
<tr>
<th>Time</th>
<th>Hike</th>
<th>Miles RT</th>
<th>Grade</th>
<th>Terrain</th>
<th>Elev. Gain</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00AM-3:30 PM</td>
<td>Chasm Lake and Peacock Pool</td>
<td>9.2</td>
<td>D</td>
<td>C</td>
<td>2760’</td>
<td>Megan B.</td>
</tr>
<tr>
<td></td>
<td>*Hike to the deep cirque between the towering east face of Longs Peak and Mt Lady Washington plus the rarely visited pool below Columbine Falls. <em>This hike requires you to have completed a prerequisite hike with the Y of 'F' level or harder to participate</em>.</td>
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<td>7:00AM-2:30PM</td>
<td>Estes Cone</td>
<td>6.5</td>
<td>E</td>
<td>D</td>
<td>1606’</td>
<td>Larry S.</td>
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<tr>
<td></td>
<td><em>Trail thru lodgepole pines past Eugenia Mine to Storm Pass, then switchbacks up to the exciting, rocky summit.</em></td>
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<tr>
<td>7:15AM-1:15PM</td>
<td>Windy Gulch Cascades</td>
<td>6.0</td>
<td>E</td>
<td>C</td>
<td>1200’</td>
<td>Steve J/</td>
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<td></td>
<td>Steep scramble to beautiful cascades flowing from Ute Meadows below Trail Ridge. Bushwhack up the west side of the cascades</td>
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<tr>
<td>7:30AM-1:00PM</td>
<td>Cub Lake and the Pool</td>
<td>6.3</td>
<td>F</td>
<td>F</td>
<td>675’</td>
<td>Pat N.</td>
</tr>
<tr>
<td></td>
<td>Loop hike past aspen woods &amp; beaver ponds to Cub Lake, The Pool, &amp; Arch Rocks.</td>
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</tr>
<tr>
<td>8:30AM-11:30AM</td>
<td>Dream Lake</td>
<td>2.2</td>
<td>G</td>
<td>G</td>
<td>425’</td>
<td>John S.</td>
</tr>
<tr>
<td></td>
<td>Enjoy a gentle climb on trail past Nymph Lake to a rocky, trout-filled lake in Tyndall Gorge. This scenic RMNP trail is a good choice for families!</td>
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### Tuesday, July 25

<table>
<thead>
<tr>
<th>Time</th>
<th>Hike</th>
<th>Miles RT</th>
<th>Grade</th>
<th>Terrain</th>
<th>Elev. Gain</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00AM-4:30PM</td>
<td>Chapin, Chiquita, and Ypsilon</td>
<td>9.0</td>
<td>C</td>
<td>D</td>
<td>3500’</td>
<td>Bill B. &amp; Megan B.</td>
</tr>
<tr>
<td></td>
<td>*Take a scenic drive up historic Fall River Road to the trailhead at Chapin Pass. Then hike up rock steps &amp; tundra to the three, classic peaks overlooking Ypsilon &amp; Spectacle Lakes. This hike takes place at high, alpine elevations. 'This hike requires you to have completed a prerequisite hike with the Y of 'E' level or harder to participate'</td>
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<tr>
<td>7:15AM-1:15PM</td>
<td>Lunch Rock</td>
<td>6.4</td>
<td>F</td>
<td>F</td>
<td>1200’</td>
<td>Wendy M.</td>
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<tr>
<td></td>
<td>Enjoy stopping for lunch upon Lunch Rock, a gorgeous rock outcropping with views of Odessa Gorge.</td>
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<tr>
<td>7:30AM-12:30PM</td>
<td>Wigwam Tea Room</td>
<td>4.5</td>
<td>F</td>
<td>E</td>
<td>950’</td>
<td>John S.</td>
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<tr>
<td></td>
<td><em>From The Summit, follow along a gentle trail along Aspen Brook the historic Wigwam Tea House, site of the first female Estes Valley homesteader.</em></td>
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<tr>
<td>7:45AM-1:45PM</td>
<td>Old Man Mountain from High Drive</td>
<td>6.0</td>
<td>E</td>
<td>C</td>
<td>1200’</td>
<td>Dave M.</td>
</tr>
<tr>
<td></td>
<td>The destination was an Ute vision quest site that is now an archeological site run by the University of Northern Colorado with intimate views of the town of Estes Park and the Fall River corridor. This hike requires Rock Scrambling to get to the top.</td>
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</tr>
<tr>
<td>8:30AM-11:30AM</td>
<td>Sprague Lake Nature Walk</td>
<td>1.0</td>
<td>H</td>
<td>G</td>
<td>50’</td>
<td>Karen A.</td>
</tr>
<tr>
<td></td>
<td>Enjoy a beautiful walk along one of the most famous lakes with view of the continental divide.</td>
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<tr>
<td>1:00AM-3:00PM</td>
<td>Wind River Loop</td>
<td>2.0</td>
<td>H</td>
<td>G</td>
<td>200’</td>
<td>Grace L.</td>
</tr>
<tr>
<td></td>
<td><em>Come and discover some secrets of the riverside nature on the YMCA grounds. Enjoy the wonderful flora and fauna on this scenic nature walk.</em></td>
<td></td>
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</tr>
</tbody>
</table>
### GUIDED HIKING CONTINUED

#### WEDNESDAY, JULY 26

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Distance RT</th>
<th>Grade</th>
<th>Terrain</th>
<th>Elev. Gain</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00AM-4:30PM</td>
<td>Flattop, Hallets, and Otis Peaks</td>
<td>12.0</td>
<td>C</td>
<td>D</td>
<td>4100’</td>
<td>Josh W. &amp; Steve J.</td>
</tr>
</tbody>
</table>

Enjoy this classic trek to three 12K foot peaks on the Continental Divide overlooking Odessa Gorge, Tyndall Glacier & Chaos Canyon. Be prepared for windy & cold weather on the tundra with persistent snowfields through early summer. "This hike requires you to have completed a prerequisite hike with the Y of "E" level or harder to participate*"

<table>
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</tr>
</thead>
<tbody>
<tr>
<td>7:30AM-1:00PM</td>
<td>Tombstone Ridge</td>
<td>4.0</td>
<td>F</td>
<td>E</td>
<td>300’</td>
<td>Tori P. &amp; Larry S.</td>
</tr>
</tbody>
</table>

Walk in the steps of the Native Americans who followed the game over the ancient Ute Trail across the Continental Divide. This hike takes place entirely in the Alpine Tundra: be prepared to be at high altitude the entire hike*"  

<table>
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<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:45AM-1:30PM</td>
<td>Teddy’s Teeth from Lily Lake</td>
<td>5.5</td>
<td>E</td>
<td>D</td>
<td>2100’</td>
<td>Tom D.</td>
</tr>
</tbody>
</table>

Starting at Lily Lake, countour off trail to the summit of Teddy’s Teeth, the rocky projections off the side of Ramshorn Mountain.

<table>
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<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00AM-12:30PM</td>
<td>Arch Rocks and the Pool</td>
<td>3.5</td>
<td>G</td>
<td>F</td>
<td>250’</td>
<td>Karen A.</td>
</tr>
</tbody>
</table>

A great hike along the level Fern Lake Trail to The Pool on the Big Thompson River. Before The Pool, you will pass through several house-sized rocks call the "Arch Rocks."

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</tr>
</thead>
<tbody>
<tr>
<td>8:00AM-11:00PM</td>
<td>Wednesday Wildflower Walk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Ginny K.</td>
</tr>
</tbody>
</table>

Learn about wildflowers in Rocky Mountains while we take a short hike. The destination will be decided the day of the hike, in order to go to the spot with the best blooms!

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</tr>
</thead>
<tbody>
<tr>
<td>9:00AM-12:00PM</td>
<td>Finch Lake Circuit</td>
<td>6.8</td>
<td>E</td>
<td>F</td>
<td>2200’</td>
<td>Mike M.</td>
</tr>
</tbody>
</table>

Enjoy a hike along the Finch Lake trailhead and return via the fisherman’s trail from Finch Lake down Cony Creek to Calypso Cascades.

<table>
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<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:15AM-1:00PM</td>
<td>Mills Lake</td>
<td>5.2</td>
<td>F</td>
<td>F</td>
<td>850’</td>
<td>Bill B.</td>
</tr>
</tbody>
</table>

Enjoy this popular trail past the roaring Alberta Falls to a photogenic lake below Thatchtop Mountain and the craggy Glacier Gorge.

<table>
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</thead>
<tbody>
<tr>
<td>8:00AM-11:30AM</td>
<td>Jack Moomaw Trail</td>
<td>3.5</td>
<td>F</td>
<td>E</td>
<td>1050’</td>
<td>Josh W.</td>
</tr>
</tbody>
</table>

Follow the footsteps of one of the earliest Rocky Mountain National Park rangers, Jack Moomaw, by hiking a secret trail up Hidden Valley, built by Jack himself.

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</thead>
<tbody>
<tr>
<td>1:00PM-4:00PM</td>
<td>YMCA Summit Loop</td>
<td>4.0</td>
<td>F</td>
<td>E</td>
<td>725’</td>
<td>Sam C.</td>
</tr>
</tbody>
</table>

Follow the trails along the eastern perimeter of the Y to the loop trail on the Summit Property.

#### FRIDAY, JULY 28

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<tr>
<th>Time</th>
<th>Activity</th>
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<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00AM-4:00PM</td>
<td>Lion and Snowbank Lakes</td>
<td>14.5</td>
<td>C</td>
<td>D</td>
<td>3600’</td>
<td>Wendy M. &amp; Pete P.</td>
</tr>
</tbody>
</table>

Classic Wild Basin trail along the North St Vrain to 3 beautiful lakes with superb flowers. "This hike requires you to have completed a prerequisite hike with the Y of "E" level or harder to participate*"

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</tr>
</thead>
<tbody>
<tr>
<td>6:30AM-4:00PM</td>
<td>Bluebird Lake</td>
<td>12.7</td>
<td>D</td>
<td>E</td>
<td>2800’</td>
<td>Larry S.</td>
</tr>
</tbody>
</table>

Lush forest and flowers along the Wild Basin trail past Copeland Falls, Calypso Cascades, and impressive Ouzel Falls then up to rocky shelves around scenic Bluebird Lake. "This hike requires you to have completed a prerequisite hike with the Y of "F" level or harder to participate*"

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</tr>
</thead>
<tbody>
<tr>
<td>7:00AM-3:00PM</td>
<td>Ptarmigan Tarns</td>
<td>7.3</td>
<td>E</td>
<td>D</td>
<td>1800’</td>
<td>John S.</td>
</tr>
</tbody>
</table>

Climb off trail, SW beyond Lake Helene, over rocky slabs to reach two emerald tarns, below Notchtop Spire.

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</tr>
</thead>
<tbody>
<tr>
<td>7:30AM-1:30PM</td>
<td>The Loch</td>
<td>5.0</td>
<td>F</td>
<td>F</td>
<td>1150’</td>
<td>Chelsea D.</td>
</tr>
</tbody>
</table>

Hike a gentle trail past the roaring Alberta Falls [the perfect photo op] to a large, trout-filled lake nestled in Loch Vale.
**FREE FAMILY PROGRAMS**

No registration required. Call x1104 for questions!

**Age Ranges Family Programs (all ages) • Little Learners (6 and under) • Young Adult (10 & up) •**

**Locations:** Mountain Center (MC) • Sweet Memorial (Sweet) • Longhouse Gym (LH) • Dorsey Museum (Museum) • Maude Jellison Library (Library)

---

**Friday, July 21**

8:00 AM • Little Explorers @ Sweet
8:45 AM • Animal Detective @ Sweet
9:45 AM • Kickball @ Sweet
10:15 AM • Woolly Worm Hunt @ Sweet
10:30 AM • Knots @ Sweet
10:30 AM • Children's Story Time @ Library
11:45 AM • Origami @ Sweet
12:30 PM • Survival @ Sweet
1:00 PM • Bugs, Bugs, Bugs @ Sweet
1:30 PM • Up, Up, and Away @ Sweet
1:45 PM • Bird is the Word @ Sweet
2:15 PM • Fire Quest @ Sweet
2:15 PM • Balloon Rockets @ Sweet
3:00 PM • Walk About the Y @ Museum
3:40 PM • Parachute Games @ Sweet
5:30 PM • Walk in the Woods @ Sweet
6:00 PM • BINGO @ Sweet
7:00 PM • Trivia @ Sweet
7:45 PM • Capture the Flag @ Sweet
9:30 PM • Stargazing @ Legett YB

---

**Can you find the Golden Nuggets?**

Follow our hiking trails around the YMCA and keep a look out for the golden nuggets. These shiny, golden rocks will be hiding all around the property. If you collect at least one, turn it in at the Mountain Center for a special prize! One prize per person.

---

**Sunday, July 23**

8:00 AM • Little Explorers @ Sweet
8:45 AM • Animal Detective @ Sweet
9:45 AM • Kickball @ Sweet
10:15 AM • Woolly Worm Hunt @ Sweet
10:30 AM • Knots @ Sweet
11:45 AM • Origami @ Sweet
12:30 PM • Survival @ Sweet
1:00 PM • Bugs, Bugs, Bugs @ Sweet
1:30 PM • Up, Up, and Away @ Sweet
1:45 PM • Bird is the Word @ Sweet
2:15 PM • Fire Quest @ Sweet
2:15 PM • Science! Oobleck @ Sweet
2:30 PM • Creek Stompin’ @ Dorsey Pond
2:45 PM • Gaga Ball @ Sweet
4:30 PM • Parachute Games @ Sweet
6:00 PM • BINGO @ Sweet
7:00 PM • Trivia @ Sweet
7:45 PM • Capture the Flag @ Sweet
9:30 PM • Stargazing @ Legett YB

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**Monday, July 24**

8:00 AM • Little Explorers @ Sweet
8:45 AM • Animal Detective @ Sweet
9:45 AM • Kickball @ Sweet
10:15 AM • Woolly Worm Hunt @ Sweet
10:30 AM • Knots @ Sweet
10:30 AM • Children’s Story Time @ Library
11:45 AM • Origami @ Sweet
12:30 PM • Survival @ Sweet
1:00 PM • Bugs, Bugs, Bugs @ Sweet
1:30 PM • Up, Up, and Away @ Sweet
1:45 PM • Bird is the Word @ Sweet
2:15 PM • Fire Quest @ Sweet
2:15 PM • Marshmallow Catapults@ Sweet
2:30 PM • Creek Stompin’ @ Dorsey Pond
2:45 PM • Gaga Ball @ Sweet
3:15 PM • Tower Power @ Sweet
4:30 PM • Parachute Games @ Sweet
5:30 PM • Walk in the Woods @ Sweet
6:00 PM • BINGO @ Sweet
7:00 PM • Trivia @ Sweet
7:45 PM • Capture the Flag @ Sweet
9:30 PM • Stargazing @ Legett YB

---

**Saturday, July 22**

8:00 AM • Little Explorers @ Sweet
8:45 AM • Animal Detective @ Sweet
9:45 AM • Kickball @ Sweet
10:15 AM • Woolly Worm Hunt @ Sweet
10:30 AM • Knots @ Sweet
10:30 AM • Children’s Story Time @ Library
11:45 AM • Origami @ Sweet
12:30 PM • Survival @ Sweet
1:00 PM • Bugs, Bugs, Bugs @ Sweet
1:30 PM • Up, Up, and Away @ Sweet
1:45 PM • Bird is the Word @ Sweet
2:15 PM • Make Your Own Ice Cream@ Sweet
2:15 PM • Fire Quest @ Sweet
2:30 PM • Creek Stompin’ @ Dorsey Pond
2:45 PM • Gaga Ball @ Sweet
3:15 PM • Tower Power @ Sweet
4:30 PM • Parachute Games @ Sweet
5:30 PM • Walk in the Woods @ Sweet
6:00 PM • BINGO @ Sweet
7:00 PM • Trivia @ Sweet
7:45 PM • Community Fire @ Main Fire Ring
9:30 PM • Stargazing @ Legett YB

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**Tuesday, July 25**

8:00 AM • Little Explorers @ Sweet
8:45 AM • Animal Detective @ Sweet
9:45 AM • Kickball @ Sweet
10:15 AM • Woolly Worm Hunt @ Sweet
10:30 AM • Knots @ Sweet
10:30 AM • Children’s Story Time @ Library
11:45 AM • Floor Hockey @ Roller Rink
11:45 AM • Origami @ Sweet
12:30 PM • Survival @ Sweet
1:00 PM • Bugs, Bugs, Bugs @ Sweet
1:15 PM • Dino Discovery @ Sweet
1:30 PM • Up, Up, and Away @ Sweet
1:45 PM • Bird is the Word @ Sweet
2:15 PM • Fire Quest @ Sweet
2:15 PM • Science! Slime @ Sweet
2:30 PM • Creek Stompin’ @ Dorsey Pond
2:45 PM • Gaga Ball @ Sweet
3:15 PM • Constellations @ Sweet
3:15 PM • Tower Power @ Sweet
3:30 PM • Jr. Survival @ Sweet
4:30 PM • Parachute Games @ Sweet
5:45 PM • Ultimate Frisbee @ Sweet
6:00 PM • BINGO @ Sweet
7:00 PM • Trivia @ Sweet
7:45 PM • Reverse Hide and Go Seek @ Sweet
7:45 PM • Community Fire @ Main Fire Ring
9:30 PM • Stargazing @ Legett YB

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**Wednesday, July 26**

8:00 AM • Little Explorers @ Sweet
8:45 AM • Animal Detective @ Sweet
9:45 AM • Kickball @ Sweet
10:15 AM • Woolly Worm Hunt @ Sweet
10:30 AM • Knots @ Sweet
10:30 AM • Children’s Story Time @ Library
11:45 AM • Origami @ Sweet
12:30 PM • Survival @ Sweet
1:00 PM • Bugs, Bugs, Bugs @ Sweet
1:30 PM • Up, Up, and Away @ Sweet
1:45 PM • Bird is the Word @ Sweet
2:15 PM • Fire Quest @ Sweet
2:15 PM • Science! Oobleck @ Sweet
2:45 PM • Parachute Games @ Sweet
3:30 PM • Walk in the Woods @ Sweet
4:00 PM • BINGO @ Sweet
6:00 PM • BINGO @ Sweet
7:00 PM • Trivia @ Sweet
9:30 PM • Stargazing @ Legett YB

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**Thursday, July 27**

8:00 AM • Little Explorers @ Sweet
8:45 AM • Animal Detective @ Sweet
9:45 AM • Kickball @ Sweet
10:15 AM • Woolly Worm Hunt @ Sweet
10:30 AM • Knots @ Sweet
10:30 AM • Children’s Story Time @ Library
11:45 AM • Origami @ Sweet
12:30 PM • Survival @ Sweet
1:00 PM • Bugs, Bugs, Bugs @ Sweet
1:30 PM • Up, Up, and Away @ Sweet
1:45 PM • Bird is the Word @ Sweet
2:15 PM • Fire Quest @ Sweet
2:15 PM • Marshmallow Catapults@ Sweet
2:30 PM • Creek Stompin’ @ Dorsey Pond
2:45 PM • Gaga Ball @ Sweet
3:15 PM • Constellations @ Sweet
3:15 PM • Tower Power @ Sweet
3:30 PM • Jr. Survival @ Sweet
4:30 PM • Parachute Games @ Sweet
5:45 PM • Ultimate Frisbee @ Sweet
6:00 PM • BINGO @ Sweet
7:00 PM • Trivia @ Sweet
7:45 PM • Reverse Hide and Go Seek @ Sweet
7:45 PM • Community Fire @ Main Fire Ring
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**President Teddy Roosevelt**

1PM Saturdays @ Museum
Meet the 26th president of the United States and listen as he shares his passion for the conservation of the West. Includes Q&A time with Teddy. Bully, Bully!

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**NEW! ENGER FAMILY NATURE TRAIL**

The new Enger Family Nature Trail is built for all ages, with accessibility in mind. The trail starts at the Boone Family Mountain Center and makes a pet-friendly loop through the montane forest. Along the trail, guests can learn about the ecosystem, culture and history of the area through interpretive panels.
Family Programs Descriptions

WHERE NATURE, HISTORY & ART INSPIRE!

The Lula W. Dorsey Museum has created two self-guided walking tours for you to enjoy! These informative strolls explore our history and public art and encourage you to engage with art and nature. Access the tours by clicking on the tour you are interested in!

PUBLIC ART TOUR
WALK ABOUT THE Y HISTORY TOUR

FAMILY FUN

ANIMAL DETECTIVE (1hr)
Learn about animals that call the Rockies home. We will observe tracks, scat, bones, and antlers, then put our detective skills to work to see what animal signs we can find outside.

BINGO (1hr)
B-1-N-G-O! Grab a card and get your game face on.

BIRD IS THE WORD (1hr)
Come learn about fall birds in our area and make your very own bird feeder.

CAPTURE THE FLAG (1hr)
How well can you hide, sneak, run and chase in the classic camp game to retrieve your flag from the other team's side. Come find out!

COMMUNITY FIRE (1hr)
Come join a free community campfire. Feel free to bring your own s'mores supplies.

CONSTELLATIONS (1hr)
Create your own constellations and learn how constellations are used in modern science.

CREEK STOMPIN’ (1hr)
Get your feet wet in this introduction to our mountain lakes and streams. As we play in the creek, we’ll see what lives in and near the water, learn what makes a healthy waterway, and the importance of keeping our water clean!

DINO DISCOVERY (1hr)
Learn about the rich history of Dinosaurs in Colorado and get ready to put your paleontology skills to the test.

FIRE QUEST (1hr)
Fire can be a life-saving tool outdoors. Come learn how to use various methods to spark safe fires.

FLOOR HOCKEY (1hr)
Whether you get a full game going or just practice penalty shots, grab a stick and let’s go.

GAGA BALL (1hr)
Played with a rubber ball, this game combines the skills of dodging, striking, running, jumping, while trying to hit opponents below the knees.

KICKBALL (1hr)
Join other game enthusiasts for kicking and running fun.

KNOTS (1hr)
Knot tying is an essential backcountry skill. Learn a half hitch, bowline, and more useful knots.

KNOT Tying is an essential backcountry skill. Learn a half hitch, bowline, and more useful knots.

NIGHT WALK (1hr)
Experience the Y’s night life, learn about nocturnal animals, and play night games. Must register in advance.

ORIGAMI (1hr)
We will explore basic folding patterns and replicate easy designs.

TOWER POWER (1hr)
Unleash your inner engineer and build towering structures! We will learn how some of the most magnificent structures in the world get their strength and do some constructing of our own.

ULTIMATE FRISBEE (1hr)
A great hour of Frisbee team excitement!

UP, UP, AND AWAY! (1hr)
It’s all things up! We’ll blow bubbles and let our kites drift up into the sky. Weather dependent. Call x1104 for current status.

WALK IN THE WOODS (1.5hr)
Take a leisurely hike around property to explore the trees, plants, and animals in our area and how they come together to thrive in our wild mountain woods.

LITTLE LEARNERS

FOR FAMILIES WITH CHILDREN UNDER AGE 6:

BUGS, BUGS, BUGS! (30min)
Caterpillars, worms, beetles, butterflies, and more! Dig into what bugs look like, how they change, and what makes these crawly critters so cool!

CHILDREN’S STORY TIME (30min)
Act like a Weasel and Pop! by the Maude Jellison Library for fun stories about nature and animals and more.

JUNIOR SURVIVAL (30min)
Come learn about the 10 essentials for hiking before we head outside for an outdoor treasure hunt!

LITTLE EXPLORERS (30min)
Explorers use their senses to observe and investigate the world around them. Take a walk with our facilitator and practice your exploring skills.

PARACHUTE GAMES (30min)
Rise and fall with our big parachute as we play games on, under, and around the billowing parachute.

WOOLLY WORM HUNT (30min)
Join our adventurous hunt for the mysterious wooly worms and learn about how animals use camouflage.

CALL THE OPEN BASE (1hr)
A great hour of Frisbee team excitement!

INTERESTED IN LEARNING MORE ABOUT ADOPTING A CABIN? Schedule a private tour, a quick and informative coffee date, or visit one of our Summer Cabin Tours & Open Houses. Contact Andrea Sherman at ashern@ymcarockies.org or stop by Charley.

EXPERIENCE THE Y’S NIGHT LIFE, LEARN ABOUT NOCTURNA L ANIMALS, AND PLAY NIGHT GAMES. MUST REGISTER IN ADVANCE.

ORIGAMI (1hr)
We will explore basic folding patterns and replicate easy designs.

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Rise and fall with our big parachute as we play games on, under, and around the billowing parachute.

WOOLLY WORM HUNT (30min)
Join our adventurous hunt for the mysterious wooly worms and learn about how animals use camouflage.
LATINO CONSERVATION WEEK EVENTS
SATURDAY, JULY 22ND

Join the YMCA and the Latino community in celebrating, enjoying and protecting our lands.

9am–12pm - Interpretive hike into Rocky Mountain National Park

- Meet at the Boone Family Mountain Center

All Programs Will Be Held in Spanish

Register at Sweet Memorial for the activity above and get a complimentary day pass for the rest of the YMCA facilities!
CONSERVACIÓN LATINA
EVENTOS DE LA SEMANA
SÁBADO, JULIO 22

Únase a la YMCA y la comunidad latina para celebrar, disfrutar y proteger nuestras tierras.

9am–12pm – Caminata con interprete en el Parque Nacional de las Montañas Rocosas
- Punto de encuentro: Boone Family Mountain Center

Todos los programas serán en Español.

¡Regístrese en Sweet Memorial para la actividad anterior y obtenga un pase de un día de cortesía para el resto de las instalaciones de la YMCA!
SPECIAL PERFORMANCE BY:

MIRANDA SCHREIBER & LAURA IRWIN

JULY 22, 8PM–10PM
HYDE CHAPEL

Come enjoy a night of music from YMCA of the Rockies very own staff, pianist Miranda and vocalist Laura.
Miranda Schreiber Masters in Music Composition from the University of Illinois, Urbana-Champaign.
Laura Irwin Senior Music Education Major at Bluffton University, Alum of NOLS Alaska, former Chaos Agent for Camp Wanake.

Event is free and open to all!
JACKSON STABLES, INC.
SUMMER May 6 – August 18, 2023

LIVERY OFFICE HOURS:
Daily- 7:15 am-6:00 pm
Phone- (970) 586-3341, ext. 1140 or 1149  (Dial only the ext. if on grounds)

RATES:
(per person) $75  1 hour ride  Deer Meadows/Glacier Basin
$110  2 hour ride  Moraine Park /Emerald Mtn.
$140  3 hour ride  Beaver Meadows/East Portal/Mill Creek
$180  4 hour ride  Wind River
$210  5 hour ride  Bierstadt Lake

SUNDAY
8:00am  2 hr. Emerald Mountain
8:40am  3 hr. Beaver Meadows
9:00am  1 hr. Deer Meadows
10:30am 1 hr. Glacier Basin
1:00pm  2 hr. Moraine Park
1:40pm  3 hr. Mill Creek
3:30pm  2 hr. Moraine Park
4:00 pm  1 hr. Glacier Basin

MONDAY
8:00am  2 hr. Moraine Park
8:20am  2 hr. Moraine Park
8:40am  1 hr. Glacier Basin
9:00am  1 hr. Deer Meadows
10:30am 1 hr. Deer Meadows
1:00pm  2 hr. Moraine Park
1:40pm  3 hr. East Portal
3:30pm  2 hr. Moraine Park
4:00pm  1 hr. Deer Meadows

TUESDAY
7:40am  4 hr. Wind River
8:00am  2 hr. Moraine Park
8:40am  3 hr. East Portal
9:00am  1 hr. Deer Meadows
10:30am 1 hr. Glacier Basin
1:00pm  2 hr. Emerald Mountain
1:40pm  3 hr. Mill Creek
2:00pm  1 hr. Deer Meadows
3:30pm  2 hr. Moraine Park
4:00pm  1 hr. Glacier Basin

WEDNESDAY
8:00am  2 hr. Emerald Mountain
8:40am  3 hr. Beaver Meadows
9:00am  1 hr. Glacier Basin
10:30am 1 hr. Deer Meadows
1:00pm  2 hr. Emerald Mountain
1:20pm  2 hr. Moraine Park
1:40pm  1 hr. Deer Meadows
2:00pm  1 hr. Deer Meadows
3:30pm  2 hr. Moraine Park
4:00 pm  1 hr. Glacier Basin

THURSDAY
8:00am  2 hr. Emerald Mountain
8:40am  3 hr. Mill Creek
9:00am  1 hr. Deer Meadows
10:30am 1 hr. Glacier Basin
1:00pm  2 hr. Moraine Park
1:40pm  3 hr. East Portal
2:00pm  1 hr. Deer Meadows
3:30pm  2 hr. Moraine Park
4:00pm  1 hr. Glacier Basin

FRIDAY
8:00am  2 hr. Moraine Park
8:40am  3 hr. East Portal
9:00am  1 hr. Deer Meadows
10:30am 1 hr. Glacier Basin
1:00pm  2 hr. Emerald Mountain
1:40pm  1 hr. Deer Meadows
2:00pm  1 hr. Glacier Basin
3:30pm  2 hr. Moraine Park
4:00pm  1 hr. Deer Meadows

SATURDAY
7:40am  5 hr. Bierstadt Lake
8:00am  2 hr. Moraine Park
8:20am  2 hr. Moraine Park
8:40am  1 hr. Deer Meadows
9:00am  1 hr. Glacier Basin
10:30am 1 hr. Deer Meadows
1:00pm  2 hr. Emerald Mountain
1:40pm  3 hr. Beaver Meadows
2:00pm  1 hr. Deer Meadows
3:30pm  2 hr. Moraine Park
4:00 pm  1 hr. Glacier Basin

The weight limit for an individual horseback rider is 230 pounds.

Family hayrides with marshmallow roasts are offered during the week $30 per person. Please call for dates and times.

PLEASE CALL FOR RESERVATIONS AND UPDATES ON OUR COVID POLICIES

YMCA charges to room may be accepted
HORSE RIDING TRAIL INFORMATION

JACKSON STABLES, INC., YMCA of the Rockies Livery, is authorized by the National Park Service, Department of the Interior to serve the public in Rocky Mountain National Park. All the horseback rides are guided trail rides into RMNP, and on YMCA property. Reservations are recommended - call ext. 1140 or 1149 during office hours ONLY. Below you will find a brief description of the rides we offer. We REQUIRE children age 6 and up to ride their own horse and the weight limit for an individual is 230 pounds.

PONY RIDES: The livery is proud to offer the “Minnie Mouse Pony Trail.” Reservations are recommended and are for children 5 years old and younger. There is a 50 lb. weight limit for the ponies. Sign up by phone or in the Livery Office. Cost: $30.00 per child. Available times: Daily: 8:30am-11:30am/1:00-4:30pm.

DEER MEADOWS: A 1-hour trail ride that follows Glacier Creek to the Wind River area. We consider this a beginner level ride, appropriate for children and first-time riders.

GLACIER BASIN: This 1-hour trail ride heads west along mildly steep terrain, up Glacier Basin. This ride does some climbing, while looking down on Glacier Creek and a small waterfall. The ride offers spectacular views of the Front Range, including Longs Peak, at the top. This trail is appropriate for riders of all ages.

MORAINE PARK: This 2-hour family ride, our most popular, takes you across bridges over Glacier Creek and the Big Thompson River into Moraine Park—a glacial moraine full of wildflowers and grand views of the Continental Divide. Wildlife is almost always a certainty to be observed and makes this even a more pleasurable ride.

EMERALD MOUNTAIN: This 2-hour loop begins on the Glacier Basin Trail and takes you through beautiful aspens while leading you around Emerald Mountain. The trail travels past the East Portal of the Adams Tunnel before returning along the Aspenbrook Trail. This ride includes many terrains and a variety of views.

3-HOUR RIDE TO BEAVER MEADOWS, EAST PORTAL or MILL CREEK: A true horseback riding experience! These rides take you deeper into the aesthetic and scenic values offered in RMNP, each providing a different view of forests, meadows, wildflowers, rivers and the Continental Divide. These rides offer a better opportunity to spot the many varieties of wildlife, and a short rest break is provided about half-way through. These longer rides are designed to include some trotting, but it is not guaranteed.

4-HOUR RIDE TO WIND RIVER: This trip takes you climbing west along Glacier Basin, then heads south along Wind River where the wildflowers are abundant. There is a short rest break about halfway through the ride nestled along Wind River.

5-HOUR RIDE TO BIERSTADT LAKE: This ride makes a continuous loop beginning in the lower Mill Creek area, on the way to the summit of the Bierstadt Lake shores and returns through Glacier Basin. Expect fantastic views of Longs Peak and a variety of sceneries not seen from our other rides. (This ride is not designed for first time riders.)

HAYRIDES: Private and Open horse-drawn hayrides are available throughout the summer. Cost is $30.00 per person. Kids 3 years old and under are free. Each hayride lasts approximately 1½ hours and includes a campfire and marshmallow roast. A family favorite! Call the YMCA Livery (ext. 1140) for scheduling and additional information. Group rates are available with advanced contract and deposit.
Homegrown Yoga & Massage offers state-of-the-art therapeutic massage in the convenience of your lodge room or cabin. Simply designate a private space in a cabin or your lodge room. The licensed massage therapist will bring everything - music, massage table, linens, aromatherapy, hot stones, and more - to create a relaxing spa environment.

**Hours of operation:**
Daily 9am - 5pm. Some evening availability.

**To schedule your appointment:**
Text Laura: (720) 218-1953 - texting is the most reliable and quickest way!
Email: laura@homegrownyoga.com
Please let me know the ideal day and time you’d like to receive your massage, the dates you are staying in Estes, your full name, and the number and length of massage(s) you would like. By providing me this information, it will expedite the scheduling process.

**Payment:**
All forms of payment accepted. Cash and room charge are preferred, credit cards fine. No insurance reimbursement.

**Yoga classes:**
I highly recommend following up your massage with an individualized yoga class targeting your specific needs for strength, flexibility, balance, and peaceful living. $125/hour; $70/30 min. Check the Y Activity Guide for weekly group yoga classes included in your stay.

**Services & Prices:**

<table>
<thead>
<tr>
<th>Time</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 min</td>
<td>$70</td>
<td>Only available with two or more massages.</td>
</tr>
<tr>
<td>60 min</td>
<td>$125</td>
<td>Perfect for full body massage focusing on relaxation and health promotion</td>
</tr>
<tr>
<td>90 min</td>
<td>$170</td>
<td>Allows additional time to focus on a certain pain issue</td>
</tr>
<tr>
<td>120 min</td>
<td>$215</td>
<td>Allows time for multiple modalities and an in-depth full body massage</td>
</tr>
</tbody>
</table>

**No time add ons:**
Complimentary Aromatherapy
Deep Tissue: Included

**“helping people be their best”**

**About Laura, the Massage Therapist:**
Laura has been the YMCA’s sole massage concessionaire for the past 11 years. Laura has a Master’s of Science in Community Health Education from the University of Illinois Champaign-Urbana. She is a Licensed Massage Therapist from the Boulder College of Massage Therapy in Boulder, CO. Laura has had training in a variety of massage modalities including Swedish, prenatal, myofacial release, shiatsu, integrative, lymphatic drainage, normalization of soft tissue, and trigger point therapy.
# Sasquatch Fly Fishing Adventures

## Weekly Trips July 22nd – July 28th

<table>
<thead>
<tr>
<th>Saturday 22nd</th>
<th>Sunday 23rd</th>
<th>Monday 24th</th>
<th>Tuesday 25th</th>
<th>Wednesday 26th</th>
<th>Thursday 27th</th>
<th>Friday 28th</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 Day Fly Fishing 7:45am -12:30pm</td>
<td>1/2 Day Fly Fishing 7:45am -12:30pm</td>
<td>3/4 Trip to the National Park 7:00am – 2:30pm</td>
<td>3/4 Trip to the National Park 7:00am – 2:30pm</td>
<td>All Day Hike n Fish (amazing fishing!) 6:30am – 9:30pm</td>
<td>1/2 Day Trip 7:45am -12:30pm</td>
<td>Fly Fishing the YMCA 1:30 – 3:45</td>
</tr>
<tr>
<td>Fly Fishing the YMCA 1:30 – 3:45</td>
<td>1/2 Day Evening Experience Cookout! 4pm – 9pm</td>
<td>1/2 Day Fly Fishing 7:45am -12:30pm</td>
<td>Backcountry Belly Boating 7:00am – 3:30pm</td>
<td>Fly Fishing the YMCA 1:30 – 3:45</td>
<td>3:45 – 7:45</td>
<td>1/2 Day Trip</td>
</tr>
<tr>
<td>Evening 1/2 Day 4:30pm – 9:00pm</td>
<td>Fly Fishing the YMCA 1:30 – 3:45</td>
<td>Family Fun Cookout 4:30pm – 9:00pm</td>
<td>Evening 1/2 Day 4:30pm – 9:00pm</td>
<td>Family Fun Cookout 4:30pm – 9:00pm</td>
<td>Family Fun Cookout 4:30pm – 9:00pm</td>
<td>Evening 1/2 Day 4:30pm – 9:00pm</td>
</tr>
</tbody>
</table>

### Trip Rates:

- **Fly Fishing The YMCA:** $45.00 (no license needed)
- **1/2 Day Trips:** $75.00 ($10 off / person if sign up 4+ people)
- **3/4 Day Trips:** $95.00 ($10 off / person if sign up 4+ people)
- **All Day Hike:** $125.00 ($10 off / person if sign up 4+ people)
- **Family Fun Trip:** 11 & under $38.00 / 12+ $55.00
- **Family Fun Cookout:** 11 & under $43.00 / 12+ $60.00
- **Belly Boat:** Drive To $110.00 / Backcountry $145.00
- **Fish n’ Golf:** $120.00 (all-inclusive*)

### Trips Include Gear Rental and Flies

(a one day license or day pass may be required)

#### Private Trips:
Available for small or large groups any day

**Call our desk for pricing.**

**WE HAVE RENTAL EQUIPMENT!**

- **Fly Rod Rentals:** $15.00 / Wader Rentals: $15.00
- **Combo (rod / waders):** $25.00
- **Spin Rod Rentals:** $5.00 / day (includes tackle)

**We Sell Worms!**

### Things To Know For Your Trip

- Trips are **all-inclusive** (includes all your gear and flies at no extra cost!)
- **NOTE:** A one-day license or day pass to our private lakes is required for ages 16+ on trips (see desk for details)
- You must have someone **sign up** for our trips ([email], **call** or **stop by our desk** - located at the YMCA of the Rockies inside the Boone Family Mountain Center)
- **AGE MINIMUM:** Must be at least **12 years old** to attend a fly-fishing outing. **EXCEPTION:** Family Fun Trips are open to people of **ALL ages!** Those ages 12+ will fly fish while ages 11 and under will spin fish
- **Most** trips have a **minimum (2 people) and a maximum (varies)** number of participants. 1 person trips will go out for an extra fee or be combined with other trips.
- **What to bring:** extra clothing (pants, sweatshirt, and socks), rain gear (poncho or waterproof jacket), sunscreen, polarized sunglasses, tip for the guide, **and as needed** - fishing license, water, snacks, possibly lunch / dinner (see desk).

Don’t forget your polarized glasses!

We Sell Fishing Licenses!

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**Fly Shop Hours**

7:30am – 5:00pm

Call us!

970-586-3341

X1153