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; 7/29 8AM–5:30PM
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.

**MOOTZ 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.

- Fri, July 28 9:30AM–5PM
- Sat, July 29 9:30AM–5PM
- Sun, July 30 9:30AM–5PM
- Mon, July 31 9:30AM–5PM
- Tues, Aug 1 9:30AM–5PM
- Wed, Aug 2 9:30AM–5PM
- Thurs, Aug 3 9:30AM–5PM
- Fri, Aug 4 9:30AM–5PM

**MAUDE JELLISON LIBRARY**
Questions? Call us at x1133.

- Fri, July 28 9AM–7PM
- Sat, July 29 9AM–7PM
- Sun, July 30 9AM–7PM
- Mon, July 31 9AM–7PM
- Tues, Aug 1 9AM–7PM
- Wed, Aug 2 9AM–7PM
- Thurs, Aug 3 9AM–7PM
- Fri, Aug 4 9AM–7PM

**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.

<table>
<thead>
<tr>
<th>Fri, July 28</th>
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<th>Sun, July 30</th>
<th>Mon, July 31</th>
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<th>Wed, Aug 2</th>
<th>Thurs, Aug 3</th>
<th>Fri, Aug 4</th>
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</thead>
<tbody>
<tr>
<td>LAP SWIM 6:30AM–8:30AM</td>
<td>OPEN SWIM 1PM–5PM</td>
<td>OPEN SWIM 6PM–8PM</td>
<td>LAP SWIM 6:30AM–8:30AM</td>
<td>OPEN SWIM 1PM–5PM</td>
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<td>LAP SWIM 6:30AM–8:30AM</td>
<td>LAP SWIM 5PM–6:30PM</td>
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<td>LAP SWIM 6:30AM–8:30AM</td>
<td>OPEN SWIM 1PM–5PM</td>
<td>OPEN SWIM 1PM–8PM</td>
<td>LAP SWIM 5PM–6:30PM</td>
</tr>
</tbody>
</table>

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

<table>
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<tr>
<td>5:30PM–9:30PM</td>
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</table>

Call 970–586–3341 ext. 1104 for more information.
**CHAPEL PROGRAMS**

**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.

**Sunday, July 30**

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 – Hymn Sing
Join us at Hyde Chapel as we sing your favorite hymns and hear stories about why and how they were written.

**Monday, July 31**

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, Aug 1**

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 believe that salvation is by faith alone. Today this has come to mean a get out of jail free card. Meet at Dannen Library.

**Wednesday, Aug 2**

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.

**Thursday, Aug 3**

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.

**Thursday, Aug 3**

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.

**ADDITIONAL CHAPEL PROGRAMS**

**INTERACTIVE PRAYER TRAIL**
Located behind the Legett Christian Center. Walk the trail and encounter 5 interactive stations based on the prayer forms of Adoration, Confession, Thanksgiving, Supplication, and Intercession. All ages will find this a fun and meaningful way to pray!

**LABYRINTH**
Labyrinth is a spiritual tool, a path of prayer, a walking meditation. Our Labyrinth is designed out of stones and located behind the Museum. Brochures about the Labyrinth and how to walk the Labyrinth are located at the starting point.

**BIBLE POINT TRAIL**
Along the trail you will encounter selected Psalms that sing to the glory of God revealed in nature. If you need help finding the trail, pick up a map in the Mountain Center.

**24/7 PRAYER CHAPEL – DANNEN CHAPEL**
Enterance located on the outside northeast corner of Hyde Chapel, open 24/7 for your prayer needs.

**BEATITUDE STUDY TRAIL**
Enjoy a hike while studying the beatitudes from Jesus’ famous “Sermon on the Mount.” The trailhead and study guides are located at the Dorsey Lake parking lot. The trail makes a 1-mile loop.

**STORY WALK**
Enjoy a children’s book on a short walk equipped with reading stations. Story Walk begins on the walking path by the Hyde Chapel fire pit.

**LAWN GAMES**
Located on the west side of Hyde Chapel is a storage shed full of lawn games for your enjoyment. Feel free to play these games on the Hyde Chapel lawn anytime you wish! Please return games to shed when you are finished using them.

Call 970-586-3341 ext. 1077 for more information.
**SPECIAL EVENTS**

**Friday, July 28**
12:30PM – **Artist in Residence : Ben and Melisa 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**.

**Saturday, July 29**
9:00AM – **Vinyasa Flow Yoga**
Meet at the **Leggett 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 30**
8:30AM – **Artist in Residence : Ben and Melisa Panter**
Observe God’s creation in a new way: through “nature journaling.” A family-friendly way to ponder Psalm 19, while deeply observing the beauty of creation through writing and drawing. All skill levels welcome! Nature Journaling involves more than just sketching— you’ll also use words and numbers to describe what you see. Mini-sketchbooks (4x4”) and pencils will be provided. We’ll meet at the **trailhead at Dorsey Lake, Wind River trail**.

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.

**Monday, July 31**
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 – **Hits of the 70’s with Neal Whitlock**
Come enjoy the mellow sounds of classic singer/songwriters Jim Croce, Cat Stevens, Gordon Lightfoot, Glen Campbell and many more performed by local musician Neal C. Whitlock. Meet on the north lawn of the **Maude Jellison Library**.

**Tuesday, Aug 1**
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!

**Wednesday, Aug 2**
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, Aug 3**
7:00PM – **5280 A Cappella**
Join us at **Kathie Mennel Outdoor Amphitheater** to enjoy a performer from our Summerfest Concert Series. 5280 A Cappella has been voted as one of Colorado’s Top Vocal Bands by major news channels in Denver. They have performed all over Colorado at large sporting events, fund raisers, public festivals and they perform privately as well. They sing a variety of genres tailored to audiences members of ALL ages. 5280 A Cappella will have their audience clapping, foot stomping and singing along to their music for a great evening of fun!

**Friday, Aug 4**
12:30PM – **Artist in Residence : Ben and Melissa Panter**
Drop in anytime between 12:30 and 2 to make a sunprint to celebrate your time at the YMCA of the Rockies. 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**.
RESERVATION REQUIRED

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.

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!

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!

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!

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 call x1104 to check for availability!

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.

MUSEUM PROGRAMS
Must register in advance. No cost. Click Here or call Sweet Memorial at x1104.

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.

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

Requires 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, 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

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

### Equipment Rentals

- Hiking Poles: $5
- Day Pack: $5
- Kid Carrier: $10
- Stroller: $5
- Microspikes: $10
- Snowshoes: $10

### Registration Required Call x1311

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**FRIDAY, JULY 28**

<table>
<thead>
<tr>
<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>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”

<table>
<thead>
<tr>
<th>Hike</th>
<th>Miles RT</th>
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<th>Elev. Gain</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<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”

<table>
<thead>
<tr>
<th>Hike</th>
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</tr>
</thead>
<tbody>
<tr>
<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>
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</thead>
<tbody>
<tr>
<td>The Loch</td>
<td>5.0</td>
<td>F</td>
<td>F</td>
<td>1150’</td>
<td>Chelsea D.</td>
</tr>
</tbody>
</table>

**SATURDAY, JULY 29**

<table>
<thead>
<tr>
<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>Ypsilon Lake</td>
<td>9.0</td>
<td>E</td>
<td>F</td>
<td>2680’</td>
<td>Megan B.</td>
</tr>
</tbody>
</table>

Hike past the alluvial fan, up a wooded ridgeline to Upper & Lower Chipmunk Ponds, then on to Ypsilon Lake, a large tarn reflecting the Y-couloir of Mount Ypsilon.

<table>
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<th>Terrain</th>
<th>Elev. Gain</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>Embryo Lake</td>
<td>7.0</td>
<td>E</td>
<td>E</td>
<td>1290’</td>
<td>Laura B. &amp; Payton C.</td>
</tr>
</tbody>
</table>

Enjoy an improved trail to Andrews Creek junction west of The Loch then hike 200 yards west to this pristine, woodland lake.

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<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emerald Lake</td>
<td>3.6</td>
<td>F</td>
<td>F</td>
<td>700’</td>
<td>Josh W. &amp; Kyle P.</td>
</tr>
</tbody>
</table>

Climb a smooth trail past Nymph and Dream Lakes up to the beautiful green gem-of-a-lake in Tyndall Gorge. This hike is perfect for most families.

<table>
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<tr>
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<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bear to Bierstadt</td>
<td>4.0</td>
<td>G</td>
<td>F</td>
<td>400’</td>
<td>Karen A. &amp; Emma W.</td>
</tr>
</tbody>
</table>

Follow a mostly downhill trail through subalpine forest to Bierstadt Lake, then down the Bierstadt Moraine. Transportation will be provided through a YMCA mini bus.

**SUNDAY, JULY 30**

<table>
<thead>
<tr>
<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>Bridal Veil Falls</td>
<td>6.6</td>
<td>F</td>
<td>E</td>
<td>960’</td>
<td>Bill B.</td>
</tr>
</tbody>
</table>

Blissful hike past historic McGraw Ranch to the 90 foot waterfall, Bridal Veil Falls. Can be warm in summer.

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<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lyric Falls</td>
<td>8.0</td>
<td>E</td>
<td>E</td>
<td>1800’</td>
<td>Pete P.</td>
</tr>
</tbody>
</table>

Enjoy hiking along the Sandbeach Lake trail then bushwhacking up Hunter’s Creek in search of these beautiful cascades.

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<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sprague Lake vis Mountainside Drive</td>
<td>4.0</td>
<td>G</td>
<td>F</td>
<td>200’</td>
<td>Laura B. &amp; Cameron M.</td>
</tr>
</tbody>
</table>

Beginning from Mountain Side Drive on the YMCA, follow this cascading stream to near Glacier Basin Campground & onto Sprague Lake.
<table>
<thead>
<tr>
<th>DAY</th>
<th>START TIME</th>
<th>END TIME</th>
<th>Hike Description</th>
<th>Terrain</th>
<th>Grade</th>
<th>Elev. Gain</th>
<th>Mileage RT</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SUNDAY, JULY 30</strong></td>
<td>1:00PM-00PM</td>
<td>2:00PM</td>
<td>Enjoy this pleasant hike through lush forest to a shady rock cliff that retains a hidden falls.</td>
<td>F</td>
<td>C</td>
<td>250’</td>
<td>1.8</td>
<td>Megan B. &amp; Dan I.</td>
</tr>
<tr>
<td><strong>MONDAY, JULY 31</strong></td>
<td>6:00AM-3:30PM</td>
<td>3:00PM</td>
<td>Starting right on the Continental Divide at Milner Pass, follow the Poudre river to a split that leads to Chapin Pass on Old Fall River Road.</td>
<td>D</td>
<td>G</td>
<td>1050’</td>
<td>10.0</td>
<td>Megan B.</td>
</tr>
<tr>
<td></td>
<td>7:15AM-1:15PM</td>
<td>1:15PM</td>
<td>Hike this historic trail up Deer Ridge to an accessible summit. From there we can appreciate the panoramic views while avoiding the Bear Lake corridor traffic!</td>
<td>F</td>
<td>E</td>
<td>1360’</td>
<td>6.0</td>
<td>John S.</td>
</tr>
<tr>
<td></td>
<td>7:15AM-1:15PM</td>
<td>1:15PM</td>
<td>Follow a forested trail up the North St Vrain River past Copeland Falls, Calypso Cascades and the 1978 fire area to feel the spray from the broad, impressive Ouzel Falls.</td>
<td>F</td>
<td>E</td>
<td>900’</td>
<td>5.5</td>
<td>Mike M.</td>
</tr>
<tr>
<td></td>
<td>8:00AM-12:30PM</td>
<td>12:30PM</td>
<td>Enjoy a short, steep climb to the a rocky summit overlooking the Estes Valley. <em>Due to the difficult, steep terrain on this hike, helmets are required and will be provided by the Y</em></td>
<td>C</td>
<td>E</td>
<td>1500’</td>
<td>3.0</td>
<td>Wendy M.</td>
</tr>
<tr>
<td></td>
<td>9:00AM-12:00PM</td>
<td>12:00PM</td>
<td>Identify plants &amp; wildlife along the Big Thompson River &amp; an ancient glacial moraine.</td>
<td>G</td>
<td>C</td>
<td>400’</td>
<td>3.0</td>
<td>Addison L. &amp; Larry S.</td>
</tr>
<tr>
<td></td>
<td>1:00PM-3:30PM</td>
<td>3:30PM</td>
<td>Starting from the Mountain Center, follow the Frolicking Glacier Creek then loop back to the Mountain Center. This hike is entirely on the Y grounds.</td>
<td>G</td>
<td>C</td>
<td>300’</td>
<td>2.2</td>
<td>Kyle P.</td>
</tr>
<tr>
<td><strong>TUESDAY, AUG 1</strong></td>
<td>6:00AM-4:00PM</td>
<td>4:00PM</td>
<td>Scramble up the cascading stream to the two spectacular, alpine tarns hidden in the deep cirque on the east face of Mount Ypsilon. Portions of the last half mile, above Lake Ypsilon, require hand over hand scrambling, occasional vertical exposure, and some physical agility. <em>Due to the difficult, steep terrain on this hike, helmets will be required and will be provided by the Y</em> <em>This hike requires you to have completed a prerequisite hike with the Y of 'E' level or harder to participate</em></td>
<td>B</td>
<td>C</td>
<td>3450’</td>
<td>11.5</td>
<td>Mike M. &amp; Sam M.</td>
</tr>
<tr>
<td></td>
<td>7:00AM-2:30PM</td>
<td>2:30PM</td>
<td>Enjoy the hike up to Timberline Falls, then scramble up a falls to two gorgeous, alpine lakes below Taylor Glacier &amp; Sharkstooth.</td>
<td>E</td>
<td>E</td>
<td>1930’</td>
<td>8.5</td>
<td>Steve J.</td>
</tr>
<tr>
<td></td>
<td>7:00AM-1:00PM</td>
<td>1:00PM</td>
<td>On this hike you must hike uphill approx. 600 ft. in less than a mile and then downhill approx. 600 ft. in both directions on this hike. Please be aware that unlike many other F hikes, there is some uphill hiking in both directions on this hike. <em>Transportation for this hike will be provided by the Y through a YMCA mini bus</em></td>
<td>E</td>
<td>F</td>
<td>1760’</td>
<td>5.0</td>
<td>Bill B.</td>
</tr>
<tr>
<td></td>
<td>8:00AM-12:30PM</td>
<td>12:30PM</td>
<td>Hike to the Summit Cabins at the YMCA of the Rockies and hike down into the Aspen Brook Valley. We will then hike up to Lily Lake and get picked up by a Y mini bus.</td>
<td>F</td>
<td>E</td>
<td>1000’</td>
<td>6.0</td>
<td>John S.</td>
</tr>
<tr>
<td></td>
<td>1:00AM-3:00PM</td>
<td>3:00PM</td>
<td>Come and discover some secrets of the riverside nature on the YMCA grounds. Enjoy the wonderful flora and fauna on this scenic nature walk.</td>
<td>H</td>
<td>G</td>
<td>200’</td>
<td>2.0</td>
<td>Sam C.</td>
</tr>
<tr>
<td></td>
<td>2:00PM-5:00PM</td>
<td>5:00PM</td>
<td>Follow this well-maintained trail through beautiful aspens and lodge poles to the majestic waterfall that appears in the logo for Coors Brewing Company. <em>Transportation for this hike will be provided by the Y through a YMCA mini bus</em></td>
<td>G</td>
<td>E</td>
<td>400’</td>
<td>1.8</td>
<td>Wendy M.</td>
</tr>
<tr>
<td><strong>WEDNESDAY, AUG 2</strong></td>
<td>6:00AM-5:00PM</td>
<td>5:00PM</td>
<td>These spectacular lakes sit on glacial shelves in upper glacier gorge against the back drop of Arrowhead and Spearhead Arêtes, and the spectacular rock faces of Longs, Chiefs Head and McHenry’s Peaks. <em>This hike requires you to have completed a prerequisite hike with the Y of 'E' level or harder to participate</em></td>
<td>C</td>
<td>C</td>
<td>2500’</td>
<td>13.5</td>
<td>Bill B. &amp; Wendy M.</td>
</tr>
</tbody>
</table>
### WEEKLY HIKES calendar (all hikes meet at the YMCA grounds)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Hike</th>
<th>Distance</th>
<th>Grade</th>
<th>Terrain</th>
<th>Elev. Gain</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEDNESDAY</td>
<td>8:00AM-3:00PM</td>
<td>Ute Trail East</td>
<td>7.5</td>
<td>F</td>
<td>C</td>
<td>-3200</td>
<td>Josh W.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Follow the footsteps of the Native Ute people and descend one way from the alpine tundra on Trail Ridge Road to a meadow grasslands in Beaver Meadows. One Way Hike. A YMCA shuttle will be provided for transportation for this hike.</td>
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<td></td>
<td>8:00AM-11:00PM</td>
<td>Wednesday Wildflower Walk</td>
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<td></td>
<td>Ginny K.</td>
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<td></td>
<td></td>
<td>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!</td>
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<td></td>
<td>1:00PM-4:00PM</td>
<td>Bible Point</td>
<td>3.0</td>
<td>F</td>
<td>E</td>
<td>850’</td>
<td>Emma T.</td>
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<td></td>
<td></td>
<td>Originally called 'Belle Vista', this rocky high point on the YMCA grounds provides great views into Rocky Mountain National Park.</td>
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<tr>
<td>THURSDAY</td>
<td>6:00AM-4:30PM</td>
<td>Green Knoll</td>
<td>10.0</td>
<td>C</td>
<td>D</td>
<td>3400’</td>
<td>Dave M. &amp; Tom D.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hike to a promontory on the east ridge of Mount Stratus in the Never Summer Range. It’s location provides unique, close-up views of Mounts Numbus, Stratus and Baker to the west and the whole Kawaneechee Valley to the east. <em>This hike requires you to have completed a prerequisite hike with the Y of ‘E’ level or harder to participate</em></td>
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<tr>
<td></td>
<td>7:00AM-2:00PM</td>
<td>Glacier Knobs</td>
<td>5.6</td>
<td>E</td>
<td>C</td>
<td>1600’</td>
<td>Josh W.</td>
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<tr>
<td></td>
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<td>Fun, off-trail, rock scramble to one or more of the granite domes, called &quot;Glacier Knobs&quot;, overlooking Glacier Gorge. We will choose the particular knobs, based on the skills and interests of the group. In any case, the hike will involve bushwhacking and some amount of scrambling to get to the top of each knob.</td>
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<tr>
<td></td>
<td>7:30AM-12:30PM</td>
<td>Lake Haiyaha</td>
<td>4.0</td>
<td>F</td>
<td>E</td>
<td>750’</td>
<td>John S. &amp; Sam C.</td>
</tr>
<tr>
<td></td>
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<td>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.'</td>
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<td></td>
<td>8:00AM-2:00PM</td>
<td>Ute Trail West</td>
<td>4.3</td>
<td>G</td>
<td>F</td>
<td>-1130’</td>
<td>Karen A.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>We will drop through lush subalpine forest through easy switchbacks to Poudre Lake at Milner Pass following the continental divide. <em>Transportation for this hike will be provided by the Y through a YMCA mini bus</em></td>
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<td></td>
<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>Grace L.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Follow the trails along the eastern perimeter of the Y to the loop trail on the Summit Property</td>
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<tr>
<td>FRIDAY</td>
<td>6:30AM-4:30PM</td>
<td>Jackstraw Mountain Adventure</td>
<td>8.5</td>
<td>D</td>
<td>C</td>
<td>2600’</td>
<td>Josh W.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>An alpine adventure from Milner Pass along the Continental Divide and over Jackstraw Mountain. <em>Enjoy these amazing, unsurpassed views! 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></td>
<td>7:00AM-4:00PM</td>
<td>Emerald Lake Overlook</td>
<td>5.5</td>
<td>E</td>
<td>F</td>
<td>1825’</td>
<td>Larry S.</td>
</tr>
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<td>Start at the Bear Lake trailhead and make your way up toward Flattop. Before we get there, we will reach a point where we can have a bird’s eye view of Emerald Lake below.</td>
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<td></td>
<td>7:15AM-2:00PM</td>
<td>Chapin Peak</td>
<td>5.0</td>
<td>E</td>
<td>E</td>
<td>1800’</td>
<td>Larry S.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Scenic drive up historic Fall River Road to the trailhead at Chapin Pass. Then hike up rock steps &amp; tundra hike to this classic peak overlooking the Fall River Canyon.</td>
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<tr>
<td></td>
<td>7:30AM-1:00PM</td>
<td>Mills Lake</td>
<td>5.2</td>
<td>F</td>
<td>F</td>
<td>850’</td>
<td>John S. &amp; Aben K.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Enjoy this popular trail past the roaring Alberta Falls to a photogenic lake below Thatchtop Mountain and the craggy Glacier Gorge.</td>
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<tr>
<td></td>
<td>1:00PM-3:30PM</td>
<td>Glacier Creek Loop</td>
<td>2.2</td>
<td>G</td>
<td>F</td>
<td>300’</td>
<td>Payton C.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Starting from the Mountain Center, follow the Frolicking Glacier Creek then loop back to the Mountain Center. This hike is entirely on the Y grounds.</td>
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</tbody>
</table>
**FREE FAMILY PROGRAMS**

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

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

**Friday, July 28**
8:00 AM • Little Explorers @ Sweet
8:45 AM • Animal Detective @ Sweet
9:45 AM • Kickball @ Sweet
10:15 AM • Wooly 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 • Balloon Rockets @ Sweet
3:00 PM • Walk About the Y @ Museum
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 29**
8:00 AM • Little Explorers @ Sweet
8:45 AM • Animal Detective @ Sweet
9:45 AM • Kickball @ Sweet
10:15 AM • Wooly Worm Hunt @ Sweet
10:30 AM • Children’s Story Time @ Library
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 • Make Your Own Ice Cream @ Sweet
2:15 PM • Fire Quest @ Sweet
2:30 PM • Creek Stompin’ @ Dorsey Pond
2:45 PM • Gala Ball @ Sweet
3:15 PM • Constellations @ 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

**Sunday, July 31**
8:00 AM • Little Explorers @ Sweet
8:45 AM • Animal Detective @ Sweet
9:45 AM • Kickball @ Sweet
10:15 AM • Wooly Worm Hunt @ Sweet
10:30 AM • Knots @ Sweet
11:45 AM • Origami @ Sweet
11:45 AM • Floor Hockey @ Roller Rink
12:30 PM • Survival @ Sweet
1:00 PM • Bugs, Bugs, Bugs @ Sweet
1:15PM • Dino Discovery @ Sweet
1:30 PM • Up, Up, and Away @ Sweet
1:30 PM • Walk About the Y @ Museum
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 • Gala Ball @ Sweet
3:15 PM • Constellations @ 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

**Monday, July 31**
8:00 AM • Little Explorers @ Sweet
8:45 AM • Animal Detective @ Sweet
9:45 AM • Kickball @ Sweet
10:15 AM • Wooly 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 • Gala 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

**Tuesday, Aug 1**
8:00 AM • Little Explorers @ Sweet
8:45 AM • Animal Detective @ Sweet
9:45 AM • Kickball @ Sweet
10:15 AM • Wooly 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
1:15 PM • Dino Discovery @ Sweet
1:30 PM • Up, Up, and Away @ Sweet
1:30 PM • Walk About the Y @ Museum
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 • Gala Ball @ Sweet
3:15 PM • Constellations @ Sweet
3:15 PM • Tower Power @ 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

**Wednesday, Aug 2**
8:00 AM • Little Explorers @ Sweet
8:45 AM • Animal Detective @ Sweet
9:45 AM • Kickball @ Sweet
10:15 AM • Wooly 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
2:30 PM • Parachute Games @ Sweet
3:00 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

**Thursday, Aug 3**
8:00 AM • Little Explorers @ Sweet
8:45 AM • Animal Detective @ Sweet
9:45 AM • Kickball @ Sweet
10:15 AM • Wooly 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 • Gala Ball @ Sweet
3:15 PM • Tower Power @ Sweet
3:30 PM • Jr. Survival @ Sweet
4:30 PM • Parachute Games @ Sweet
5:30 PM • Walk in the Woods @ 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

**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.

Call 970-586-3341 ext. 1104 for more information.
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 (1 hr)
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 (1 hr)
B-I-N-G-O! Grab a card and get your game face on.

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

CAPTURE THE FLAG (1 hr)
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 (1 hr)
Come join a free community campfire. Feel free to bring your own s’mores supplies.

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

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

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

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

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

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

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

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

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

REVERSE HIDE AND GO SEEK (1 hr)
One person hides, and everyone else seeks! This variation of hide and seek will have everyone running around and having fun! Meet at the Sweet Memorial Building.

SCIENCE (1 hr)
Become a scientist. Make ice cream, Oobleck, Slime, marshmallow catapults, and balloon rockets.

STARGAZING (1.5 hr)
Observe a variety of celestial objects including the moon, planets, constellations and more!

SURVIVAL (1.5 hr)
Learn some important skills to help you stay safe in the wilderness.

TRIVIA (1 hr)
Test your random knowledge on a team with your family, or mix it up with other guests.

TOWER POWER (1 hr)
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 (1 hr)
A great hour of Frisbee team excitement!

UP, UP, AND AWAY! (1 hr)
It’s all things up! We’ll blow bubbles and let our kites drift up into the sky. Weather dependent. Call x 1104 for current status.

WALK IN THE WOODS (1.5 hr)
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! (30 min)
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 (30 min)
Act like a Weasel and Pop! by the Maude Jellison Library for fun stories about nature and animals and more.

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

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

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

BIRD BANDING

WED, FRI 4PM – BIRD BLIND SITE
Watch Scott Rashid, licensed bird bender, “net” different species of birds that come to Colorado in the summer. Drop in anytime between 4 pm and 6 pm. Meet at the Bird Banding site located near the corner of Mineral Rd and Association Drive.

Call 970-586-3341 ext. 1104 for more information.
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:**
- $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

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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tbody>
<tr>
<td>8:00am 2 hr. Emerald Mountain</td>
<td>8:00am 2 hr. Moraine Park</td>
<td>7:40am 4 hr. Wind River</td>
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<td>8:40am 3 hr. Beaver Meadows</td>
<td>8:20am 2 hr. Moraine Park</td>
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<td>8:40am 1 hr. Glacier Basin</td>
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<th>WEDNESDAY</th>
<th>THURSDAY</th>
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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
- 4:00pm 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:**
**Mobile Massage Only Summer 2023**

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<thead>
<tr>
<th>Duration</th>
<th>Price</th>
<th>Description</th>
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<tr>
<td>30 min</td>
<td>$70</td>
<td>Only available with two or more massages.</td>
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<tr>
<td>60 min</td>
<td>$125</td>
<td>Perfect for full body massage focusing on relaxation and health promotion</td>
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<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>
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**No time add ons:**
- Complimentary Aromatherapy
- Deep Tissue: Included
- Body Brushing: $20
- Hot Stone: $20

**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 August 5th – August 11th**

<table>
<thead>
<tr>
<th>Saturday 5th</th>
<th>Sunday 6th</th>
<th>Monday 7th</th>
<th>Tuesday 8th</th>
<th>Wednesday 9th</th>
<th>Thursday 10th</th>
<th>Friday 11th</th>
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<tbody>
<tr>
<td>1/2 Day Fly Fishing 7:45am - 12:30pm</td>
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<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!) 7:00am – 5:30pm</td>
<td>Backcountry Belly Boating 7:00am – 3:30pm</td>
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<tr>
<td>Evening 1/2 Day 4:30pm – 9:00pm</td>
<td>Evening 1/2 Day 4:30pm – 9:00pm</td>
<td>Evening 1/2 Day 4:30pm – 9:00pm</td>
<td>Evening 1/2 Day 4:30pm – 9:00pm</td>
<td>Family Fun Trip 8am - 3:00pm</td>
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### Trip Rates:

- **Fly Fishing The YMCA:** $45.00 (no license needed)
- **½ Day Trips:** $75.00 ($10 off / person if sign up 4+ people)
- **¾ 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 your 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).

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**Fly Shop Hours**

7:30am – 5:00pm

Call us! 970-586-3341 X1153

Don’t forget your polarized glasses!

We Sell Fishing Licenses!