

ACTIVITY SCHEDULE

FRIDAY, JULY 26– THURSDAY, AUGUST 1



YMCA OF THE ROCKIES- ESTES PARK CENTER



Children under the age of 13 must be accompanied by an adult at all times.

Some programs require advanced registration and may fill quickly, click [here](#) or call x1104 to sign up.

PROGRAM FACILITY HOURS

	Fri, July 26	Sat, July 27	Sun, July 28	Mon, July 29	Tues, July 30	Wed, July 31	Thurs, Aug 1
SWEET MEMORIAL	Stop by to get a full schedule of activities, and plan out your fun! Check out our game room in the basement! Sign out board games, puzzles, disc golf equipment and more! Questions? Call us at x1104.						
	8AM-9PM	8AM-9PM	8AM-9PM	8AM-9PM	8AM-9PM	8AM-9PM	8AM-9PM
BOONE FAMILY MOUNTAIN CENTER 	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.						
	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM
DUNCAN FAMILY CLUBHOUSE AND BENBROOK COURTS	Check out sports equipment including volleyballs, kickballs, mini golf equipment, pickleball and tennis equipment and more. Located between mini golf and Benbrook Courts. Children 12 and younger must have an adult. Questions? Call x1134.						
	8AM-9PM	8AM-9PM	8AM-9PM	8AM-9PM	8AM-9PM	8AM-9PM	8AM-9PM
LULA W. DORSEY MUSEUM	Come by and learn about the history and creation of YMCA of the Rockies. Guided tours available, no registration required. Last admittance 30 minutes before closing. Questions? Call us at x1136.						
	9AM-5PM	9AM-5PM	12PM-4PM	9AM-5PM	10:30AM-5PM	9AM-5PM	9AM-5PM
MAUDE JELLISON LIBRARY	Grab a good book, cup of coffee, and get cozy. Questions? Call us at x1133.						
	9AM-7PM	9AM-7PM	1PM-5PM	9AM-7PM	9AM-7PM	9AM-7PM	9AM-7PM
MOOTZ FAMILY CRAFT & DESIGN CENTER 	Drop in crafts available everyday, prices and availability vary. Glazed ceramics and Glass fusion must be finished by 3:00pm to be ready for pick up at the next day. No new projects after 4:30PM, clean up at 4:45PM. Questions? Call us at x1132.						
	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM
DORSEY SWIMMING POOL	Maximum capacity limits may apply. Pool is closed during lightning storms. Pool will be cleared 5 minutes before closing time. Call x1135 for space availability and weather conditions. Towels provided. OPEN SWIM - Swim time for all, come to play or swim laps! 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.						
	OPEN SWIM 12:30PM-5PM 6:30PM-8PM LAP SWIM 6:30AM-8:30AM 5PM-6:30PM	OPEN SWIM 9AM-11:30 1PM-3PM 6:30PM-8PM LAP SWIM 6:30AM-8:30AM 5PM-6:30PM	OPEN SWIM 12:30PM-5PM	OPEN SWIM 12:30PM-5PM 6:30PM-8PM LAP SWIM 6:30AM-8:30AM 5PM-6:30PM	OPEN SWIM 12:30PM-3PM 6:30PM-8PM LAP SWIM 6:30AM-8:30AM 5PM-6:30PM	OPEN SWIM 12:30PM-3PM 6:30PM-8PM LAP SWIM 6:30AM-8:30AM 5PM-6:30PM	OPEN SWIM 12:30PM-3PM 6:30PM-8PM LAP SWIM 6:30AM-8:30AM 5PM-6:30PM
BOB ECKER ROLLER RINK	Roller skates provided. Roller blades are welcome, but not provided. Questions? Call x1104						
	5:30PM-9:30PM	5:30PM-8:00PM	5:30PM-7:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM

ON PROPERTY SELF GUIDED WALKING TOUR

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! QR Codes are available in Sweet Memorial and the Museum.

[PUBLIC ART TOUR](#) | [WALK ABOUT THE Y HISTORY TOUR](#)

LOST?
CHECK OUT OUR
[PROPERTY MAP](#)



WANT TO HIKE?
CHECK OUT OUR
[TRAIL MAP](#)



At YMCA of the Rockies we are stewards of the Earth. Please do your part and recycle this Activity Guide. Click [here](#) or visit our website to learn more about our sustainability goals and practices.



ADVENTURE ACTIVITIES

Registration Required

Archery, Axe Throwing, Climbing \$12/person. Aerial Challenge Course \$45/person. Click [Here](#) or call x1104 to check availability. Refunds not given within 24 hours of a paid program, unless the cancellation is due to weather.

NEW! AERIAL CHALLENGE COURSE

Located at the Boone Family Mountain Center. Traverse from tree to tree, well above the forest floor on our new high ropes course. Each session begins with a 30 minute ground school that each participant must pass before entering the course. People with known heart conditions or who are pregnant may not participate. Participants must be between 35 and 250 pounds and meet the minimum height requirement of 4'9. Up to 10 people per session.

OUTDOOR ARCHERY

Located at the Main Archery Range. Archery sessions allow beginners to learn the basics, while experienced archers get a chance to practice their skills. Open to ages 6 and older, up to 12 people per session.

NELSEN FAMILY INDOOR CLIMBING WALL

Located at the Boone Family Mountain Center. 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, up to 8 people per session.

OUTDOOR AXE THROWING

Located at the Main Axe Throwing Range. learn the basics of axe-throwing and have fun aiming for a bullseye! Open to ages 6 and older, up to 12 people per session.



ROCKY MOUNTAIN NATIONAL PARK

970-586-1206

Do you have questions about timed entry permits, road conditions, or entrance fees? Click [here](#) to visit the Rocky Mountain National Park website, or call 970.586.1206 to speak to the information office.

CHAPEL ACTIVITIES

FRIDAY, JULY 26

9:30AM - BIBLE STUDY

Help is here. Finding fresh strength and purpose in the power of the holy spirit. Meet at Dannen Library.

7PM - FRIDAY NIGHT FAITH FILM

Join us in Hyde Chapel for a showing of *I Heard the Bells*.

SUNDAY, JULY 28

10:00AM - WORSHIP IN THE ROCKIES

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

7:00PM - HYMN SING

Join us in Hyde Chapel for an evening of praise and song.

MONDAY, JULY 29

5:00PM - ADVENTURE MINISTRY ARCHERY

Meet at the Main Archery Range and join our staff for some Archery lessons, then enjoy a short devotion connecting biblical truths to the Archery experience. Limited to 15 participants, age 6 and older. Sign up, call X1104 or click [here](#).

WEDNESDAY, JULY 31

1PM - BIBLE STUDY

James, the practical guide to living your faith. Meet at Dannen Library.

5:00PM - ADVENTURE MINISTRY ARCHERY

Meet at the Main Archery Range and join our staff for some Archery lessons, then enjoy a short devotion connecting biblical truths to the Archery experience. Limited to 15 participants, age 6 and older. To sign up, call X1104 or click [here](#).

6:30PM - VESPER COMMUNION SERVICE

Join us in Dannen Chapel for our communion service.

7:30PM - CAMPFIRE WORSHIP SING-A-LONG

Join us at the gas firepit outside of Hyde Chapel to worship and sing.

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.

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.

BIBLE POINT TRAIL

Along the trail you will encounter selected Psalms that sing to the glory of God revealed in nature. Pick up a map in the Mountain Center.

24/7 PRAYER DANNEN CHAPEL

Entrance located on the outside northeast corner of Hyde Chapel, open 24/7 for your prayer needs.

BEATITUDE STUDY TRAIL

Enjoy a 1 mile hike while studying the beatitudes from Jesus' famous "Sermon on the Mount." Trailhead is located at Dorsey Lake

STORY WALK

Enjoy a children's book on a short walk equipped with reading stations. 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!



BIRD BANDING

MEET AT THE BIRD BLIND
WEDNESDAY - 4PM-6PM

Watch Scott Rashid, licensed bird bander, "net" different species of birds that come to Colorado in the summer. Drop in anytime. Bird Banding site near the corner of Mineral Rd and Association Drive.


SUSTAINABILITY AT THE Y

How many sustainability icons can you find in the Activity Guide? Bring your answer to Sweet Memorial for a prize!


At YMCA of the Rockies, we are committed to an emissions reduction goal that aims to cut our greenhouse gas emissions by a minimum of 50% by 2050.

Objectives included in the plan address 8 sustainability sectors. Learn about a few below, check out our website to learn about the other sectors and more about our sustainability practices

REDUCING EMISSIONS


 **WASTE:** Expand recycling, divert food waste from the landfill and reduce overall waste generation.

REDUCING LOCAL IMPACT

 **WATER:** Maximize water efficiency and water quality of local streams.

 **RESILIENCE AND LAND MANAGEMENT:** Increase resilience and fire preparedness through sustainable land stewardship practices.

ENGAGING VISITORS

 **EDUCATION AND ENGAGEMENT:** Engage guests in campus sustainability opportunities and education, and continuously share our story with guests and visitors.

Click [here](#) to register and find more course descriptions. Call 970-586

CRAFT CLASSES

Registration required

Registration Required, Click [Here](#) or call x1104 to register. Refunds not given within 24 hours of a paid program. All classes meet at the Mootz Family Craft and Design Center.

FRIDAY, JULY 26

10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
1:00PM Custom Earrings
2:30PM Custom Bracelet
3:30PM Custom Necklace

SATURDAY, JULY 27

10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
10:30AM Pony Bead Animal Keychain
1:00PM Rubber Block Printing
1:00PM Custom Earrings
2:30PM Custom Bracelet
3:30PM Custom Necklace

SUNDAY, JULY 28

10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
1:00PM Cyanotype Sun Printing
1:00PM Custom Earrings
2:30PM Custom Bracelet
3:30PM Custom Necklace

MONDAY, JULY 29

10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
1:00PM Rubber Block Printing
1:00PM Custom Earrings
2:30PM Custom Bracelet

TUESDAY, JULY 30

10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
1:00PM Custom Earrings
2:30PM Custom Bracelet
3:30PM Custom Necklace

WEDNESDAY, JULY 31

10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
10:30AM Pony Bead Animal Keychain
1:00PM Cyanotype Sun Printing
1:00PM Custom Earrings
2:30PM Custom Bracelet
3:30PM Custom Necklace

THURSDAY, AUG 1

10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
1:00PM Custom Earrings
2:30PM Custom Bracelet
3:30PM Custom Necklace

CRAFT CLASS DESCRIPTIONS

BEGINNER CLASSES

ELASTIC BRACELET OR NECKLACE \$10

String beads onto elastic cord for one necklace or two bracelets. Designed for ages 4 and up.

INTERMEDIATE CLASSES

FOR CRAFTERS OVER AGE 10:

LEATHER BOOT CHARM \$10

Make one custom tooled pair of full grain leather boot charms.

CUSTOM JEWELRY \$15-\$20

Learn the basic jewelry making techniques to create a custom pair of earrings, bracelet or necklace

CYANOTYPE SUN PRINT \$20

Make a bandana or paper prints using sunlight and objects in a timeless printmaking technique.

INTERMEDIATE PLUS CLASSES

FOR CRAFTERS OVER AGE 13:

RUBBER BLOCK PRINTING

Carve your design onto rubber blocks, print it onto paper or fabric, and bring your design to life.

HIKE WITH A RANGER REGISTRATION REQUIRED 10AM SUNDAY

Family friendly discovery hike into Rocky Mountain National Park with a ranger. Come drop by the Boone Family Mountain Center! Call x1104 or click [here](#) to register.



LIVE MUSIC PERFORMANCES

MONDAY, JULY 29

NEAL WHITLOCK: ACOUSTIC CLASSICS

7PM - MAUDE JELLISON LIBRARY

Enjoy this special evening of live music on the north lawn of Maude Jellison Library featuring the mellow sounds of singer/songwriters from the 1970s as performed by local artist Neal Whitlock.

TUESDAY, JULY 30

THAI POP AND CLASSIC ROCK WITH MR. PUNN

7PM - MAUDE JELLISON LIBRARY

Come be amazed by the talented Mr. Punn of Thailand as he serenades you with beautiful Thai pop tunes and rock hits from your past. You won't want to miss this wonderful evening of listening pleasure.

WEDNESDAY, JULY 31

COWBOY BRAD SING-A-LONG

7PM - KATHIE MENNEL AMPITHEATER

Join local singer/songwriter/guitarist Cowboy Brad at the Kathie Mennel Outdoor Amphitheater by the Mountain Center for songs and fun for the family! Please call Sweet Memorial (x1104) in case of inclement weather.

THURSDAY, AUG 1

SUMMERFEST CONCERT - 5280 A CAPELLA

7PM - KATHIE MENNEL AMPITHEATER

5280 A Cappella has been voted as one of Colorado's Top Vocal Bands by major news channels in Denver. They sing a variety of genres tailored to audiences members of ALL ages. 5280 A Cappella will have their audience clapping, stomping and singing along for a great evening of fun!

SPECIAL EVENTS

SUNDAY JULY 28

6PM - LINE DANCING

Join Line Dancing Expert Jan Tenzer in this classic, boot-stomping activity for all ages. Meet at Jellison Youth Building. Closed-toed shoes preferred.

MONDAY JULY 29

6PM - 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! Instruments provided, but feel free to bring your own if you find something you think will work!

WEDNESDAY JULY 31

2PM-4PM MOUNTAIN SKY CABIN OPEN HOUSE

Cabins at YMCA of the Rockies are donated by amazing people just like you. Visit this week's Cabin Open House to learn how the program works. Everyone is welcome! Contact Andrea Sherman at asherman@ymcarockies.org for more information or to schedule a private tour.

ARTIST IN RESIDENCE

LAURA BARROW

Laura studied painting (and printmaking) in acrylic, watercolor, oil, and gouache beginning in college. Her paintings celebrate not only her chosen subjects or views but also the creative act itself: translating nature through mark making.

MONDAY, JULY 29

COMMUNITY PROJECT

10AM - MOOTZ FAMILY CRAFT AND DESIGN CENTER

Drop by and learn how to Gelli print with Laura! Open to all ages, no registration required.

WEDNESDAY, JULY 31

GRID JOURNALING WORKSHOP

REGISTRATION REQUIRED

3PM-4:30PM - MOOTZ FAMILY CRAFT AND DESIGN CENTER

Participants use a grid to create a design based on the world around them. Registration required, click [here](#) or call x1104.

THURSDAY, AUG 1

ARTIST DEMONSTRATION

10AM - MAUDE JELLISON LIBRARY

Stop by to see Laura do a Plein Air Painting demonstration.

ARTIST DISCUSSION

7PM - MAUDE JELLISON LIBRARY

Listen to Laura talk about her creative process.





CAMPFIRE OPPORTUNITIES

SMORES KIT

AVAILABLE AT SWEET MEMORIAL

Ready for a classic camp treat? Stop by sweet memorial to pick up a smores kit. Includes graham crackers, marshmallows, chocolate and roasting stick. \$6, Serves 4.

COMMUNITY FIRE

FRI, SUN, MON, WED

7:45PM-9:45PM

Come join a free community campfire at the Main Fire Ring outside of the Administration Building. Feel free to bring your own s'mores supplies.

COOKOUT AND CAMPFIRE

TUESDAYS - 5:30PM-8PM

RESERVATION REQUIRED - LIMITED AVAILABILITY

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! Adults (13+) \$25/person; Children (2-12) \$16.50/person. Click [here](#) or call x1104 to register.

FIRE RING RENTAL

RESERVATION REQUIRED

Reserve one of our six fire rings located throughout property. Available every day from 5:30-7:30 or 7:45-9:45 for \$30. Rental includes 2 bundles of firewood, fire starter and matches. Pick up materials from Sweet.

MINDFUL MOVEMENT

FRIDAY, JULY 26

MOVEMENT AT THE MUSEUM

9:30AM - DORSEY MUSEUM

Join us as a certified Pilates instructor guides you through lengthening and strengthening exercises as you breathe and behold nature on the Museum lawn. You will be led through a fusion of Pilates and yoga movements. All levels are welcome. Modifications will be offered. Please bring water.

SATURDAY, JULY 27

VINYASA FLOW YOGA

9AM - 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. Registration required, click [here](#) or call x1104.

MONDAY, JULY 29

ZUMBA

9AM - OUTDOOR BASKETBALL COURTS

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.

TUESDAY, JULY 30

VINYASA FLOW YOGA

5:30PM - 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. Registration required, click [here](#) or call x1104.

DORSEY MUSEUM PROGRAMS

The Lula W. Dorsey Museum is housed in a guest lodge originally built in 1924. Come celebrate the 100th anniversary of the this special space!

FRIDAY, JULY 26

10AM - WALK ABOUT THE Y

Explore the architectural and social history of the YMCA of the Rockies main campus. Discover the "who" behind the names on buildings and enjoy the beautiful main promenade. Meet at the Museum Registration required, click [here](#) or call x1104.

2PM - WEAVE THROUGH THE PAST

Have you ever wondered how people used to make their own snowshoes, curtains, or even sandals! Come learn about the history of weaving and create your own. Registration required, click [here](#) or call x1104.

SATURDAY, JULY 27

10AM - ARCHAEOLOGY HIKE

This mile long hike will take you to an excavated rock shelter on property and provides an opportunity to learn about the early people who lived in the region. Please bring your own water and comfortable hiking shoes. Registration required, click [here](#) or call x1104.

MONDAY, JULY 29

1PM - HANNAH GOES WEST

Join us for an interactive storytime at the museum to learn about Hannah and her family as they traveled West.

TUESDAY, JULY 30

8:30AM - BREAKFAST AT THE 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. Free breakfast included with the presentation.

2:30PM - DOLL MAKING

Create your own doll and learn how young children in the 1880's made dolls prior to modern technology. Registration required, click [here](#) or call x1104.

WEDNESDAY, JULY 31

10AM - PLAYTIME AT THE MUSEUM

Venture into the past as museum artifacts and history inspire you through movement and play on the Museum lawn. An instructor will guide you through moves, poses and postures that will lighten your spirit and invigorate your mind. We then welcome you to take a tour of the museum and learn all about the fascinating history of the YMCA of the Rockies! Ages 5+ recommended. No registration required.

1PM - STAFF ALUMNI GATHERING

Drop by the museum to meet other staff alumni. Share stories and reminisce about your time as a staff member at YMCA of the Rockies. You'll also have an opportunity to find yourself in our annual staff photos too. Registration not required.

2PM - ANNA WOLFRAM

Meet Anna Wolfram Dove and learn about her life as the first independent female homesteader in the Estes Valley. In addition to being a homesteader, Anna was also a teacher and savvy businesswoman running the Wigwam tearoom for years. Hear about her many adventures! Registration not required.

THURSDAY, AUG 1

10AM - PRESIDENT TEDDY ROOSEVELT

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

1PM - ARCHAEOLOGY HIKE

This mile long hike will take you to an excavated rock shelter on property and provides an opportunity to learn about the early people who lived in the region. Please bring your own water and comfortable hiking shoes. Registration required, click [here](#) or call x1104.

ACCESSIBLE TRAIL - ENGER FAMILY NATURE TRAIL

The 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 forest. Learn about the ecosystem, culture and history of the area through interpretive panels.

FREE FAMILY PROGRAMS

Age Ranges Family Programs (all ages) † Little Learners (6 and under) * Young Adult+ (10 & up) †
 Locations: Legett Youth Building (Legett YB) Sweet Memorial (Sweet)

No registration required.

PROGRAM DESCRIPTIONS

FRIDAY, JULY 26

8:00AM * Little Explorers @ Sweet
 8:45AM † Animal Detective @ Sweet
 9:45AM † Floor Hockey @ Roller Rink
 10:15AM * Woolly Worm Hunt @ Sweet
 10:30AM † Knots @ Sweet
 11:45AM † Origami @ Sweet
 12:30PM † Survival @ Sweet
 1:00PM * Bugs, Bugs, Bugs @ Sweet
 2:15PM † Fire Quest @ Sweet
 2:15PM † Mineral Magic @ Sweet
 4:30PM * Parachute Games @ Sweet
 5:30PM † Walk in the Woods @ Sweet
 5:45PM † 4 Square @ Sweet
 6:00PM † BINGO @ Sweet
 7:00PM † Trivia @ Sweet
 7:45PM † Capture the Flag @ Sweet
 9:30PM † Stargazing @ Legett YB

SATURDAY, JULY 27

8:00AM * Little Explorers @ Sweet
 8:45AM † Animal Detective @ Sweet
 9:45AM † Floor Hockey @ Roller Rink
 10:15AM † Sidewalk Chalk @ Sweet
 10:30AM * Children's Story Time @ Library
 10:30AM † Knots @ Sweet
 11:45AM † Origami @ Sweet
 12:30PM † Survival @ Sweet
 1:00PM * Bugs, Bugs, Bugs @ Sweet
 2:15PM † Fire Quest @ Sweet
 2:30PM † Creek Stompin @ Dorsey Pond
 2:45PM † Kickball @ Sweet
 3:15PM † Tower Power @ Sweet
 3:30PM † Backyard Black Bears @ Sweet
 3:30PM * Jr. Survival @ Sweet
 4:30PM * Parachute Games @ Sweet
 5:30PM † Walk in the Woods @ Sweet
 5:45PM † 4 Square @ Sweet
 6:00PM † BINGO @ Sweet
 7:00PM † Trivia @ Sweet
 7:45PM † Ultimate Frisbee @ Sweet
 9:30PM † Stargazing @ Legett YB

SUNDAY, JULY 28

8:00AM * Little Explorers @ Sweet
 8:45AM † Animal Detective @ Sweet
 9:45AM † Floor Hockey @ Roller Rink
 10:15AM * Woolly Worm Hunt @ Sweet
 10:30AM † Knots @ Sweet
 11:45AM † Origami @ Sweet
 12:30PM † Survival @ Sweet
 1:00PM * Bugs, Bugs, Bugs @ Sweet
 1:30PM † Up, Up and Away @ Sweet
 1:45PM † Bird is the Word @ Sweet
 2:15PM † Fire Quest @ Sweet
 2:15PM † Slime @ Sweet
 2:30PM † Creek Stompin @ Dorsey Pond
 2:45PM † Kickball @ Sweet
 3:15PM † Tower Power @ Sweet
 3:30PM * Critter Crafts @ Sweet
 3:30PM † What About Wolves @ Sweet
 4:30PM † Parachute Games @ Sweet
 5:30PM † Walk in the Woods @ Sweet
 5:45PM † 4 Square @ Sweet
 6:00PM † BINGO @ Sweet
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 10:30AM † Knots @ Sweet
 11:45AM † Origami @ Sweet
 12:30PM † Survival @ Sweet
 1:00PM * Bugs, Bugs, Bugs @ Sweet
 1:30PM † Up, Up and Away @ Sweet
 1:45PM † Bird is the Word @ Sweet
 2:15PM † Fire Quest @ Sweet
 2:15PM † Marshmallow Catapult @ Sweet
 2:30PM † Creek Stompin @ Dorsey Pond
 2:45PM † Kickball @ Sweet
 3:15PM † Tower Power @ Sweet
 3:30PM * Critter Crafts @ Sweet
 3:30PM † What About Wolves @ Sweet
 4:30PM * Parachute Games @ Sweet
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 11:45AM † Origami @ Sweet
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 1:30PM † Navigation Games @ Sweet
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THURSDAY, AUG 1

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 10:30AM † Knots @ Sweet
 11:45AM † Origami @ Sweet
 12:30PM † Survival @ Sweet
 1:00PM * Bugs, Bugs, Bugs @ Sweet
 1:30PM † Navigation Games @ Sweet
 1:45PM † Bird is the Word @ Sweet
 2:15PM † Fire Quest @ Sweet
 2:15PM † Marshmallow Catapult @ Sweet
 2:30PM † Creek Stompin @ Dorsey Pond
 3:15PM † Tower Power @ Sweet
 3:30PM † Backyard Black Bears @ Sweet
 4:30PM * Parachute Games @ Sweet
 5:30PM † Walk in the Woods @ Sweet
 6:00PM † BINGO @ Sweet
 7:00PM † Trivia @ Sweet
 9:30PM † Stargazing @ Legett YB

FAMILY FUN

ANIMAL DETECTIVE (1hr)

Learn about animals at the Y! We will observe tracks, scat, bones, and antlers, then use your skills to see what animal clues can be found outside.

BACKYARD BEARS (30min)

Discover the fascinating world of black bears and learn to live in harmony with these magnificent animals.

BIRD IS THE WORD (1hr)

Come learn about fall birds in our area and make your very own bird feeder.

CREEK STOMPIN (1hr)

Get your feet wet in this intro to our mountain lakes and streams. Learn what makes a healthy waterway, and the importance of keeping our water clean!

FIRE QUEST (1hr)

Fire can be a life-saving tool outdoors. Come learn how to use various methods to spark safe fires.

MINERAL MAGIC (1hr)

Elevate your décor with unique handmade rocks, adding a touch of elegance and intrigue to any space!

NAVIGATION GAMES (1hr)

Practice your navigation skills using your wits and a map!

PARACHUTE GAMES (30min)

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

SURVIVAL (1.5hr)

Learn some important skills to help you stay safe in the wilderness.

TOWER POWER (1hr)

Unleash your inner engineer and build towering structures

WALK IN THE WOODS (1.5hr)

Take a leisurely hike around property to explore the trees, plants, and animals in our area!

WHAT ABOUT WOLVES(30min)

Learn about the effect of these large carnivores on their ecosystems.

LITTLE LEARNERS

FOR KIDS UNDER AGE 6:

BUGS, BUGS, BUGS (30 min)

Caterpillars, worms, beetles, butterflies, and more! Dig into what bugs look like, and what makes these crawly critters so cool!

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.

WOOLLY WORM HUNT (30 min)

Join our adventurous hunt for the mysterious woolly worms and learn about how animals use camouflage.

CRITTER CRAFT (1hr)

Craft an animal masks and then step into the shoes of their favorite Rocky Mountain creatures.



NIGHT WALK REGISTRATION REQUIRED EVERY NIGHT

8:30PM - 10:00PM

Experience the Ys night life, learn about nocturnal animals, and play night games! Short hike without flashlights, recommended ages 6+. Meets at Sweet Memorial, registration is required, call x1104.

GUIDED HIKING

Registration required

Requires sign up: Call the Boone Family Mountain Center at x1311 or click [here](#) to register. Hikes are free for YMCA of the Rockies guests and members. No call, no shows will incur a \$5 per person charge. Call x1311 to cancel your reservation, at least 24 hours in advance. It is imperative that all hikers check in with the hiking desk no later than 5pm the day before the hike. Check in can be done in person or over the phone. Please bring your Y lodge room number or cabin name at that time. A variety of circumstances may change the schedule of any hike. 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.

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. A "C" hike is the prerequisite for an "A" hike (A hikes may require additional hiker scrutiny due to the high level of physical demand); a "D" hike is the prerequisite for a "B" hike, etc.

	HIKE	MILES RT	ELEVATION GAIN	GRADE	TERRAIN	HIKEMASTER
FRIDAY, JULY 26						
6:00 AM – 4:30 PM	Flattop, Hallets and Otis Peaks	12.6	3700'	C	D	Larry S. and Richard L.
<i>Enjoy this classic trek to three 12K foot peaks on the Continental Divide overlooking Odessa Gorge, Tyndall Glacier & Chaos Canyon.</i>						
7:00 AM – 2:00 PM	Embryo Lake and Timberline Falls	7.4	1850'	E	E	Karen A. & Megan N.
<i>Enjoy an improved trail to Andrews Creek junction west of The Loch then hike 200 yards west to this pristine, woodland lake</i>						
7:30 AM – 1:00 PM	Cub Lake and the Pool	6.3	700'	F	F	Braden W.
<i>Loop hike past aspen woods & beaver ponds to Cub Lake, The Pool, & Arch Rocks.</i>						
8:30 AM – 2:00 PM	Mills Lake	5.2	850'	F	F	Program Staff
<i>Trail past Alberta Falls to a lake below Thatchtop Mtn & craggy Glacier Gorge.</i>						
9:00 AM – 12:00 PM	Moraine Park Loop	3.3	400'	G	F	John S.
<i>Hike from the Y into Rocky Mountain National Park and through a glacially carved valley with great views of the continental divide.</i>						
SATURDAY, JULY 27						
7:15 AM – 1:15 PM	Miner Bills Lost Mine	4.0	1600'	E	C	Bill B. & Tom D.
<i>Follow the historic route of Miner Bill's trail from the site of his cabins up the steep slope of Mt Chapin to spectacular rock spires, scenic vistas, and Miner Bill's Mine.</i>						
7:30 AM – 11:30 AM	Emerald Lake	3.6	750'	F	F	Tammy F.
<i>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.</i>						
8:00 AM – 3:30 PM	Odessa and Fern Lake Loops	9.8	1200'	E	E	Braden W.
<i>We will start at Bear Lake, climb moderately around the side of Flattop, then drop into the stunning Odessa Gorge. It's all downhill after that!</i>						
8:30 AM – 1:30 PM	Sprague Lake via Mountainside Dr.	4.0	200'	G	F	Harvey H.
<i>Beginning from Mountain Side Drive on the YMCA, follow this cascading stream to near Glacier Basin Campground & onto Sprague Lake</i>						
SUNDAY, JULY 28						
7:00 AM – 1:30 PM	Lake Helene	6.4	1200'	F	F	Harvey H.
<i>Enjoy taking this forested trail around the north face of Flattop Mountain to a shallow lake below Notchtop Mountain.</i>						
7:30 AM – 1:30 PM	Chaos Canyon to Lake Haiyaha	4.5	1200'	E	C	Braden W.
<i>Exciting off-trail climb up the Chaos Creek Cascades to huge boulders on the shore of Lake Haiyaha. This hike includes steep bushwhacking in marshy areas.</i>						
8:30 AM – 2:00 PM	Ute Trail West	4.3	-1135'	G	F	Karen A. & Larry S.
<i>This is a beautiful nature walk down tundra slopes through massive displays of alpine wildflowers, krumholtz and willows.</i>						
MONDAY, JULY 29						
6:00 AM – 3:30 PM	Bluebird Lake	12.7	2800'	D	E	Noah E.
<i>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.</i>						
7:00 AM – 2:30 PM	Twin Lakes	7.7	1600'	E	D	Megan B.
<i>RMNP Wild Basin hike to two hidden, pristine lakes reflecting Mts Copeland, Tanima, & Alice. On trail to North Saint Vrain Campground, then off-trail, steeply uphill, to the lakes.</i>						
9:00 AM – 11:30 PM	Lily Lake Nature Hike	2.0	200'	G	F	Karen A.
<i>Enjoy walking around one of the prettiest lakes in RMNP with a guide who is knowledgeable about the flora and fauna and is designed for those who want to take their time.</i>						

Click [here](#) to register and find more hike descriptions. Call 970.586.3341x1104 for more information.

GUIDED HIKING

Registration required

	HIKE	MILES RT	ELEVATION GAIN	GRADE	TERRAIN	HIKEMASTER
TUESDAY, JULY 30						
6:30 AM – 3:00 PM	Andrew's Tarn	8.5	2200'	D	D	Bill B.
<i>Hike past The Loch and up Andrews Creek to the rocky, blue tarn below an active ice glacier. This hike involves scrambling and light bushwhacking.</i>						
9:00AM – 12:00 PM	Orienteering Class					Dave F.
<i>Join HikeMaster Dave for a fun filled morning finding your way around one of the Y's Challenger courses using a map and compass. All materials and instruction provided</i>						
6:30 PM – 11:00 PM	Sunset on Sundance	1.0	450'	F	E	Harvey H.
<i>Awesome sunset views from the prominent alpine peak on Trail Ridge. Bring warm clothes -- it can be cold at night on the "Roof" of the continental US!</i>						
WEDNESDAY, JULY 31						
6:00 AM – 4:30 PM	Chapin, Chaquita, and Ypsilon Peaks	9.0	3500'	C	D	Megan N.
<i>Take a scenic drive up historic Fall River Road to the trailhead at Chapin Pass. Then hike up rock steps & tundra to the three, classic peaks</i>						
7:30 AM – 1:30 PM	Fall River Headwaters	3.5	700'	F	E	Megan B.
<i>Enjoy an off-trail hike from the historic Willow Park ranger cabin to the headwaters of Fall River (some marshy areas and tall grass).</i>						
8:00 AM – 3:00 PM	Circle of Lakes	6.5	850'	F	F	Larry S.
<i>Bear, Nymph, Dream, Haiyaha, and Mills Lakes, plus Glacier & Alberta Falls. Emerald Lake and Loch Vale are also possible, depending on the vigor of the group.</i>						
8:00 AM – 12:30 PM	Little Horseshoe Park	4.0	400'	G	F	Tammy F. & Noah E.
<i>Enjoy this nature and history hike as you learn about the old CCC Camp.</i>						
8:00 AM – 12:00 PM	Wednesday Wildflower Hike					Ginny K.
<i>Join one of our naturalists for an excursion to find and identify Rocky Mountain Wildflowers.</i>						
THURSDAY, AUG 1						
6:30 AM – 3:30 PM	Shelf and Solitude Lakes	8.8	2300'	D	C	Megan B.
<i>This is a steep bushwhack from the Glacier Gorge trail to the two beautiful, hidden tarns cradled between Thatchtop Mountain and Arrowhead Arête.</i>						
7:00 AM – 2:30 PM	Ypsilon Lake	9.1	2700'	E	F	Karen A.
<i>Hike past the alluvial fan, up a wooded ridgeline to Upper and Lower Chipmunk Ponds, then on to Ypsilon Lake.</i>						
8:30 AM – 2:00 PM	Tombstone Ridge	4.0	300'	F	E	Megan N. & Larry S.
<i>Walk in the steps of the Native Americans who followed the game over the ancient Ute Trail across the Continental Divide.</i>						

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. Check out the Glacier Creek and Wind River trails. If you collect one, turn in at the Boone Family Mountain Center for a special prize! One prize per person.

MAUDE JELLISON LIBRARY PROGRAMS

FRIDAY, JULY 26

**MAUDE JELLISON LIBRARY TURNS 60!
DROP IN ALL DAY TO CELEBRATE WITH US!
2PM – THE LEGACY OF THE LIBRARY:
MAUDE JELLISON LIBRARY
60TH ANNIVERSARY**

Come hear Bob Ruesch talk on "The Legacy of the Library: Maude Jellison Library Turns 60." This is part of our 60th anniversary Open House celebration. Bob's father was the camp director for thirty years, from 1950 to 1980. The Maude Jellison Library has had a role in some milestone moments of the Ruesch family. Come enjoy some refreshments!



PICK UP YOUR OLYMIC PASSPORT!

Stop by Sweet Memorial to pick up an Olympic Passport. Participate in Olympic activities on campus, collect your stamps, and win Gold! Bring completed passports to Sweet Memorial for a prize. 1 prize per person, no registration necessary.

Click [here](#) to register and find more hike descriptions. Call 970.586.3341x1104 for more

ON CAMPUS THIRD PARTY CONCESSIONAIRES



IN ROOM MASSAGE THERAPY

WWW.HOMEGROWN.YOGA.COM

(720) 218-1953 - TEXT!



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:

Open daily 9-5. Some evenings available.

To schedule your appointment:

Text: (720) 218-1953 - texting is the most reliable and quickest way!

Email: laura@homegrownyoga.com

Please let me know 1) your full name, 2) the number and length of massage(s) you'd like, 3) ideal day/time you'd like 4) the dates you are in Estes. Providing this information will expedite scheduling

Payment:

All forms of payment accepted. Pay at time of service. Cash and room charge preferred, credit cards fine. No insurance reimbursement, venmo or paypal.

Yoga Classes:

Private individual and group classes available. See Homegrown's website for details.

Services and Prices:

Mobile Massage Only Summer 2024

30 Min.	\$85	Perfect for achy feet or a great neck and back massage. (Only available with two or more massages)
60 Min.	\$130	Perfect for full body massage focusing on relaxation and health promotion
90 Min.	\$180	Allows additional time to focus on a certain pain issue
120 Min.	\$230	Allows time for multiple modalities and an in-depth full body massage

No Time Add Ons:

Complementary Aromatherapy
Deep Tissue: Included

Hot Stone: \$20

Body Brushing: \$20

(You take brush home)

*48 HOUR CANCELLATION POLICY OR FULL CHARGE

CONTACT HOMEGROWN YOGA AND MASSAGE DIRECTLY TO BOOK - (720) 218-1953 - TEXT IS BEST



FLY FISHING ADVENTURES

SASQUATCH FLY FISHING ADVENTURES

(970) 586-3341 x1153 7:30AM - 5PM

All inclusive fly fishing trips available everyday. Private trips available everyday, call to book. Trips include all gear and flies, one day licenses or day pass may be required. Equipment available to rent for independent use.

Things to Know for Your Trip

- Trips are all inclusive - **All gear and flies included at no extra cost!**
You must have someone sign up for our trips (email, call or stop by our desk - located 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 ALL ages!** 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, raingear, sunscreen, polarized sunglasses, tip for the guide; as needed - fishing license, water, snacks, possibly lunch / dinner (see desk).

Trip Rates

- Fly Fishing The YMCA: \$50.00 (no license needed)
- ½ Day Trips: \$75.00
- ¾ Day Trips: \$95.00
- All Day Hike: \$125.00
- Family Fun Trip: 11 & under \$38.00 / 12+ \$58.00
- Family Fun Cookout: 11 & under \$43.00 / 12+ \$63.00
- Belly Boat: Drive To \$110.00 / Backcountry \$145.00
- Fish n' Golf: \$120.00 (all-inclusive*)

FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1/2 Day Fly Fishing 7:45am - 12:30pm	1/2 Day Fly Fishing 7:45am - 12:30pm	1/2 Day Fly Fishing 7:45am - 12:30pm	3/4 Trip to the National Park 7:00am - 2:30pm 1/2 Day Fly Fishing 7:45am - 12:30pm Fly Fishing YMCA 1:30 - 3:45	3/4 Trip to the National Park 7:00am - 2:30pm Backcountry Belly Boating Trip 6:45am - 3:30pm Fly Fishing YMCA 1:30 - 3:45	All Day Hike n Fish 6:30am - 5:30pm (amazing fishing!) 1/2 Day Fly Fishing 7:45am - 12:30pm
Family Fun Trip 8am - 12pm				Family Fun Trip 8am - 12pm	Family Fun Trip 8am - 12pm	Family Fun Trip 8am - 12pm
Evening 1/2 Day 4:30pm - 9:00pm			Evening 1/2 Day 4:30pm - 9:00pm	Family Fun Cookout 4:30pm - 8:30pm	Family Fun Cookout 4:30pm - 8:30pm	Family Fun Cookout 4:30pm - 8:30pm

CONTACT SASQUATCH FLY FISHING DIRECTLY TO BOOK - (970) 586-3341 X1153

ON CAMPUS THIRD PARTY CONCESSIONAIRES

JACKSON STABLES, INC.

(970) 586-3341 x1140 or x1149 7:15AM - 6:00PM



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.**

RATES: (per person)

\$80 1 hour ride
 \$115 2 hour ride
 \$155 3 hour ride
 \$195 4 hour ride
 \$235 5 hour ride

YMCA Charges to Room may be accepted.

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
 2:00pm 1 hr. Glacier Basin
 3:30pm 2 hr. Moraine Park
 4:00pm 1 hr. Deer Meadows

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. Glacier Basin
 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

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
 2:00pm 1 hr. Deer Meadows
 3:30pm 2 hr. Moraine Park
 4:00 pm 1 hr. Glacier Basin

TUESDAY

7:40am 4 hr. Wind River
 8:00am 2 hr. Moraine Park
 8:40am 3 hr. Cub Canyon
 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

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. Beaver Meadows
 2:00pm 1 hr. Deer Meadows
 3:30pm 2 hr. Moraine Park
 4:00pm 1 hr. Glacier Basin

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. Cub Canyon
 2:00pm 1 hr. Deer Meadows
 3:30pm 2 hr. Moraine Park
 4:00pm 1 hr. Glacier Basin



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

HORSE RIDING TRAIL INFORMATION

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.

MORAINES 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, CUB CANYON, 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.