

ACTIVITY SCHEDULE

FRIDAY, AUGUST 2 – THURSDAY, AUGUST 8



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, Aug 2	Sat, Aug 3	Sun, Aug 4	Mon, Aug 5	Tues, Aug 6	Wed, Aug 7	Thurs, Aug 8
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-6PM	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-5:30PM	8AM-5:30PM	8AM-5:30PM	8AM-5:30PM	8AM-5:30PM	8AM-5:30PM	8AM-5:30PM
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	9:30AM-5:30PM	12PM-4PM	9:30AM-5:30PM	10:30AM-5PM	9:30AM-5:30PM	9:30AM-5:30PM
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. Open crafting and craft classes available. 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. Some crafts have age restrictions. 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 LAP SWIM 6:30AM-8:30AM 5PM-6:30PM	OPEN SWIM 9AM-11:30 12:30PM-6PM LAP SWIM 6:30AM-8:30AM	OPEN SWIM 12:30PM-5PM	OPEN SWIM 12:30PM-6PM LAP SWIM 6:30AM-8:30AM	OPEN SWIM 12:30PM-6PM LAP SWIM 6:30AM-8:30AM	OPEN SWIM 12:30PM-6PM LAP SWIM 6:30AM-8:30AM	OPEN SWIM 12:30PM-6PM LAP SWIM 6:30AM-8:30AM
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.



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 x 1104 or click [here](#) to register.

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, AUG 2

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 *The Hill*.

SUNDAY, AUG 4

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 - DAN HOLMES

Join us in Hyde Chapel for an evening of praise and song by singer songwriter Dan Holmes.

WEDNESDAY, AUG 7

1PM - BIBLE STUDY

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

6:30PM - VESPERS

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

FRI, MON, WED - 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 and goals.

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 970-586-3341x1104 for more information.

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, AUG 2

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

SATURDAY, AUG 3

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

SUNDAY, AUG 4

- 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, AUG 5

- 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, AUG 6

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

WEDNESDAY, AUG 7

- 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 8

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

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.

LIVE MUSIC PERFORMANCES

MONDAY, AUG 5

MCDAILY'S TRIO

7PM - MAUDE JELLISON LIBRARY

Come enjoy Bluegrass/Americana music performed by the popular McDailey's Trio out on the library lawn. Remember to bring extra layers of clothing as the evenings can get quite cool quite quickly.

WEDNESDAY, AUG 7

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 8

SUMMERFEST CONCERT - MAGIC DRAGON

7PM - KATHIE MENNEL AMPITHEATER

Magic Dragon, a sonic tribute to the recordings of Peter, Paul and Mary.

SPECIAL EVENTS

SUNDAY AUG 4

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 AUG 5

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 AUG 7

2PM-4PM REJOICE 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 asherma@ymcarockies.org for more information or to schedule a private tour.

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.

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.

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, AUG 5

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, AUG 7

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 8

ARTIST DEMONSTRATION

10AM - MAUDE JELLISON LIBRARY

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



PICK UP YOUR OLYMPIC 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 970x1104 for more information.

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, 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 smores 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, AUG 2

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.

SUNDAY, AUG 4

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, AUG 5

ZUMBA

9AM - OUTDOOR BASKETBALL COURTS

Join Kelly Mann for a full body dance workout. 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.

TENNIS LESSONS

9AM - LITTLE LOBBERS - OUTDOOR TENNIS COURTS

This is a parent - child clinic for children 4 - 6 year old, to better develop the child's basic hand and eye coordination, athletic skills along with tennis. Movement, balance, and proper techniques will be taught by using fun games. Registration required. Parents must accompany children.

10AM - NEW TO TENNIS - OUTDOOR TENNIS COURTS

Parent - child tennis clinic for children 7 - 17 years old. You will learn and play games while getting a better understanding of proper stroke technique. Registration required. Parents must accompany children.

11AM - LETS PLAY - OUTDOOR TENNIS COURTS

This session is for intermediate to advanced juniors that play in USTA Sanctioned Tournaments, or are on middle or high school tennis teams, or compete in Junior Team Tennis. Fun games, drills and match play are the essence of this session. Registration required.

TUESDAY, AUG 6

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

FRIDAY, AUG 2

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, AUG 3

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, AUG 5

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, AUG 6

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 girls in the 1880's made dolls prior to modern technology. Registration required, click [here](#) or call x1104.

WEDNESDAY, AUG 7

10AM - GRANDMAS BYGONE GAMES

Stop by the Museum porch to enjoy some bygone games from the past. Learn how to play jacks, checkers, hop scotch and more! 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 8

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.



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

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, AUG 2

8:00AM * Little Explorers @ Sweet
8:45AM † Animal Detective @ Sweet
9:45AM † Floor Hockey @ Roller Rink
10:15AM * Woolly Worm Hunt @ 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
1:30PM † Up, Up and Away @ Sweet
1:45PM † Bird is the Word @ 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, AUG 3

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
1:30PM † Navigation Games @ Sweet
1:45PM † Bird is the Word @ Sweet
2:15PM † Fire Quest @ Sweet
2:15PM † Make Ice Cream @ 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, AUG 4

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
7:00PM † Trivia @ Sweet
7:45PM † Capture the Flag @ Sweet
9:30PM † Stargazing @ Legett YB

MONDAY, AUG 5

8:00AM * Little Explorers @ Sweet
8:45AM † Animal Detective @ Sweet
9:45AM † Floor Hockey @ Roller Rink
10:15AM * Woolly Worm Hunt @ 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
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

TUESDAY, AUG 6

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
1:30PM † Navigation Games @ Sweet
1:45PM † Bird is the Word @ Sweet
2:15PM † Fire Quest @ Sweet
2:15PM † Mineral Magic @ 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
6:00PM † BINGO @ Sweet
7:00PM † Trivia @ Sweet
7:45PM † Ultimate Frisbee @ Sweet
9:30PM † Stargazing @ Legett YB

WEDNESDAY, AUG 7

8:00AM * Little Explorers @ Sweet
8:45AM † Animal Detective @ Sweet
9:45AM † Floor Hockey @ Roller Rink
10:15AM † Woolly Worm Hunt @ 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
1:30PM † Up, Up and Away @ Sweet
1:45PM † Bird is the Word @ Sweet
2:15PM † Fire Quest @ Sweet
2:15PM † Slime @ 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

THURSDAY, AUG 8

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
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
2:45PM † Kickball @ Sweet
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)

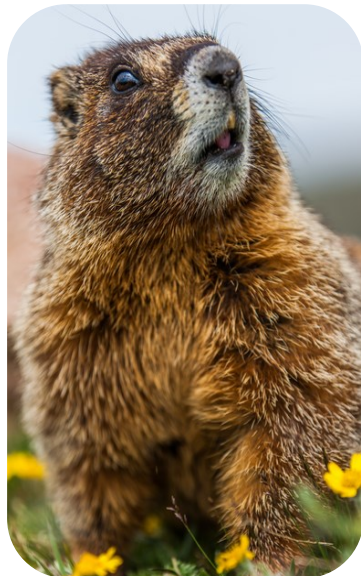
Explorers use their senses to observe and investigate the world around them. Take a walk with our facilitator and practice your exploring skills.

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, AUG 2						
2:00 AM – 5:30 PM	Mount Meeker and Longs Peak	14.5	6200	A	A	Sam M.
<i>Enjoy this rigorous climb via the Loft couloir and Clark's Arrow route to the two highest summits in RMNP. Significant exposure to vertical drops on upper sections.</i>						
7:00 AM – 3:30 PM	Sandbeach Lake	9.4	2000'	E	F	Tammy F.
<i>Hike through lush woodland along Hunters Creek to the lake where you can soak up the sun on the real sand beach below Mt. Orton.</i>						
7:30 AM – 1:30 PM	Alberta Falls to Sprague Lake	3.4	650'	F	F	Karen A.
<i>Take this one way hike by starting at the scenic Alberta Falls and hike on to Sprague Lake.</i>						
7:30 AM – 11:30 AM	Calypto Cascades	3.4	670'	G	F	Megan N.
<i>Nature walk through lush woods along the North Saint Vrain river to the cascades of Cony Creek tumbling down from Pear Lake.</i>						
8:30 AM – 2:30 PM	Bridal Veil Falls	6.6	900'	F	E	Larry S. & John S.
<i>Enjoy a blissful hike past historic McGraw Ranch and through mountain meadows to the rocky grotto in Cow Creek canyon.</i>						
SATURDAY, AUG 3						
6:30 AM – 3:30 PM	Odessa, Fern and Spruce Lakes	10.5	1750'	E	E	Bill B.
<i>We will start at Bear Lake, climb moderately around the side of Flattop, then drop into the stunning Odessa Gorge and make a pit stop at Spruce Lake. It's all downhill after that!</i>						
6:30 AM – 12:30 PM	Ouzel Falls	5.2	900'	F	F	Harvey H.
<i>Follow a forested trail up the North St Vrain River past Copeland Falls, Calypto Cascades and the 1978 fire area to feel the spray from the broad, impressive Ouzel Falls.</i>						
7:30 AM – 1:30 PM	Mills Lake	5.2	850'	F	F	John S. & Pete P.
<i>Trail past Alberta Falls to a lake below Thatchtop Mtn & craggy Glacier Gorge.</i>						
8:00 AM – 11:30 PM	Bighorn Lake	1.5	380'	F	E	Tom D.
<i>Enjoy a scenic drive over Trail Ridge Road to Lake Irene. Then hike off-trail to find Bighorn Lake. This hike involves orienteering and light bushwhacking through open woods.</i>						
SUNDAY, AUG 4						
7:00 AM – 2:00 PM	Twin Sisters	7.6	2700'	E	E	Karen A.
<i>From the trailhead above Lily Lake, take 37 switchbacks across the landslide caused by the Flood of 2013 to the aerie summit directly opposite Longs Peak.</i>						
7:15 AM – 1:45 PM	Lake Helene	6.4	1200'	F	F	Dave F.
<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	Mill Creek to Bierstadt Lake	6.0	1200'	F	F	Harvey H.
<i>Follow the trail less traveled and hike from Hollowell Park to the stunning Bierstadt Lake.</i>						
1:00 PM – 4:30 PM	Dream Lake	2.2	425'	G	F	Larry S.
<i>Enjoy a gentle climb on trail past Nymph Lake to a rocky, trout-filled lake in Tyndall Gorge. This scenic RMNP trail is a good choice for families!</i>						
MONDAY, AUG 5						
6:30 AM – 2:00 PM	Finch Lake Circuit	6.4	2200'	E	D	Bill B.
<i>Enjoy a hike along the Finch Lake trailhead and return via the fisherman's trail from Finch Lake down Cony Creek to Calypto Cascades.</i>						
7:00 AM – 2:00 PM	Boulder Brook Loop	6.7	1300'	F	F	Pat N.
<i>Pass Alberta and Rebecca Falls, then east onto the North Long's Peak Trail. This hike takes you through subalpine forests with occasional panoramic views of high peaks</i>						
8:00 AM – 12:00 PM	Gem Lake	3.4	1450'	F	E	Noah E.
<i>This is a short, occasionally steep, hike past wonderful rock formations with names like "Twin Owls" and "Paul Bunyon's Boot" to a crystalline lake on Lumpy Ridge.</i>						
3:00 PM – 6:00 PM	Alluvial Fan	2.0	200'	G	F	Karen A.
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, AUG 6						
6:30 AM – 2:30 PM	Flattop Mountain	9.0	2850'	D	F	Mike M.
<i>Enjoy following this historic trail to the Continental Divide (12324') with magnificent views of the Fern-Odessa Gorge and Tyndall Glacier</i>						
6:30 AM – 3:30 PM	Ouzel Lake	10.0	1700'	E	F	Pete P.
<i>We will follow the Wild Basin trail along the N. St. Vrain and Cony Creeks, through a 1978 wildfire burn area to a quiet woodland lake.</i>						
7:00 AM – 1:30 PM	Lake Helene	6.4	1200'	F	F	Megan N.
<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	Beaver Mountain	5.0	2000'	E	E	Tom D.
<i>Traverse the scenic Ute Trail East from Upper Beaver Meadows past the "Indian Rock", then go off-trail up the broad, SE ridge to the wooded summit.</i>						
7:30 AM – 11:30 PM	Emerald Lake	3.6	750'	F	F	Bill B.
<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>						
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>						
3:30 PM – 5:30 PM	Bear Lake Nature Walk	1.0	75'	H	G	Harvey H. & Noah E.
<i>At Bear Lake, enjoy iconic views of Longs Peak, Halletts Peak and Tyndall Glacier. Hike around Bear Lake, one of the highest lakes in the USA that is accessible via a paved road.</i>						
WEDNESDAY, AUG 7						
5:30 AM – 4:30 PM	Thatchtop Mountain	8.6	3550'	C	B	Megan B. & Dave M.
<i>Exciting loop hike over 12668' Thatchtop Mountain. Ascend via the "S couloir" and long tundra slope overlooking Mills Lake to the centrally-located summit</i>						
6:45 AM – 4:00 PM	Thunder Lake	13.2	2450'	E	F	Noah E.
<i>Wonder-filled trail through Wild Basin forests, along the North Saint Vrain River, and past several waterfalls to a historic cabin beside the scenic lake.</i>						
7:30 AM – 1:30 PM	Sprague Lake to Alberta Falls	6.8	850'	F	F	Larry S.
<i>Take this hike by starting at the scenic Sprague Lake and hike to Alberta Falls.</i>						
8:30 AM – 1:30 PM	Wigwam Tearoom	6.0	400'	F	F	Laura B.
<i>Starting at Lily Lake, take this one way hike to the historic Wigwam Tearoom, a historic backcountry tea house started by the first single female homesteader in the Estes Valley.</i>						
9:00 AM – 12:00 PM	Moraine Park Loop	3.0	400'	G	F	Megan N. & Bill B.
<i>Hike from the Y into Rocky Mountain National Park and through a glacially carved valley with great views of the continental divide.</i>						
THURSDAY, AUG 8						
6:45 AM – 2:45 PM	Odessa and Fern Lakes Loop	9.8	1200'	E	F	Wendy M.
<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>						
7:00 AM – 2:00 PM	Glacier Knobs	5.6	1600'	E	C	Megan N.
<i>Fun, off-trail, rock scramble to one or more of the granite domes, called "Glacier Knobs", 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.</i>						
7:30 AM – 12:30 PM	Lake Haiyaha	4.0	850'	F	E	Megan B. & Karen A.
<i>Enjoy a relaxed hike to the alpine lake, guarded by huge boulders and an 800 year-old limber pine. "Haiyaha" is an indigenous Indian word meaning 'rock.'</i>						
8:00 AM – 2:00 PM	Ute Trail East	7.5	-3200'	F	C	Tammy F.
<i>Starting on the Alpine Tundra, descend the Ute Trail East, a historic trail used by the Ute people to go over the Continental Divide. This is a one way hike with steep down hill</i>						

NATURE WORKSHOPS

Our multi-day Nature Workshops cater to adult learners, providing an engaging and hands-on approach to exploring the wonders of the natural world in the beautiful setting of the Rocky Mountains.

ON THE TRAIL WITH STEVE JOHNSON

AUG 4 - AUG 6

\$195 - REGISTRATION REQUIRED

This course is meant to awaken the curiosity of hikers who want to experience some of the lesser known trails in and around RMNP. Hiking in the montane, sub alpine, and up to the tundra in different areas of the eastern side of the Park will help you see the rich variety of ecosystems and locations worthy of the effort required to reach them. Participants will gain knowledge of specific habitats, annual patterns in the animal world, forest fire succession, weathering and erosion, and climate conditions that limit plant and animal species. Participants in the class must be willing to walk 5-10 miles daily with a daypack holding food, water, and bad weather clothing. Registration Required, click [here](#) or call x1104.

NATURE WORKSHOPS AVAILABLE ALL SUMMER LONG!

MAUDE JELLISON LIBRARY PROGRAMS

SUNDAY, AUG 4

3PM - GPS - YOUR PLACE IN THE UNIVERSE

Astronomy and GPS: Your Place in the Universe—Find out how cell tower and satellite GPS is used to determine your cell phone position. Learn how the mysterious and very far away astronomical objects called Quasars are now used to determine your ultimate position in the universe! .

THURSDAY, AUG 8

7PM - MAGIC IN THE AIR - ALL ABOUT HUMMINGBIRDS

Come learn everything you have always wanted to know about hummingbirds from two life-long bird enthusiasts Dave and Sybil Eberhart. Their presentation includes actual nests, a beautiful video, and a life-time of experiences with our feathered friends. Meets in the lower level of Maude Jellison Library. !

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

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)
- 1/2 Day Trips: \$75.00
- 3/4 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.