ACTIVITY SCHEDULE FRIDAY, SEPTEMBER 20- THURSDAY, SEPTEMBER 26 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, SEPT 20	SAT, SEPT 21	SUN, SEPT 22	MON, SEPT 23	TUES, SEPT 24	WED, SEPT 25	THURS, SEPT 26	
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, sports equipment and more! Questions? Call us at x1104.							
	9AM-8PM	9AM-8PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	
BOONE FAMILY MOUNTAIN CENTER		visit our nature c in the National P			r activities! Plus, fii	nd tons of informa	tion about hiking,	
	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	
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.							
	9:30AM-5:30PM	9:30AM-5:30PM	1PM-5PM	9:30AM-5:30PM	9:30AM-5:30PM	9:30AM-5:30PM	9:30AM-5:30PM	
MAUDE JELLISON	Grab a good book	Grab a good book , cup of coffee, and get cozy . Questions? Call us at x1133.						
LIBRARY	9AM-5PM	9AM-5PM	1PM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	
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 x 1132.							
	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 10AM-12PM 1PM-6PM	OPEN SWIM 10AM-12PM 1PM-5PM	OPEN SWIM 10AM-12PM 3PM-5PM	OPEN SWIM 10AM-12PM 1PM-6PM	OPEN SWIM 1PM-6PM	OPEN SWIM 1PM-6PM	OPEN SWIM 1PM-6PM	
BOB ECKER	Roller skates provided. Roller blades are welcome, but not provided. Questions? Call x1104							
ROLLER RINK	5:30PM-9:30PM	5:30PM-7:30PM	5:30PM-9:30PM	CLOSED	5:30PM-9:30PM	6:30PM-9:30PM	5:30PM-7:30PM	
LONGHOUSE GYM	Pop over for a game of basketball or volleyball, equipment available in the gym. Questions? Call us at x1104.							
	9AM-9:30PM	9AM-9:30PM	9AM-9:30PM	9AM-7:30PM	9AM-9:30PM	9AM-6:30PM	9AM-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







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.

Finch Lake Circuit 6.4 2200' E D Larry S.	ikes may require additional hiker scrutiny due to the high level of physical demand); a "D" hike is the prerequisite for a "B" hike, etc.						
Finch Lake Circuit S.4 2200' E D Larry S.		HIKE	MILES RT	ELEVATION GAIN	GRADE	TERRAIN	HIKEMASTER
Enjoy a hike along the Finch Lake trailhead and return via the fisherman's trail from Finch Lake down Cony Creek to Calypso Cascades 7:30 AM - 12:30 PM The Loch 1.5.0 1.150' F F F John S. Hike a gentle trail past the roaming Alberta Falls (the perfect photo op) to a large, trout-filled lake nestled in Loch Valle. 8:800 AM - 13:00 PM Tombstone Ridge 4.0 4.0 400' F E E Karen A. Walk in the steps of the Native Americans who followed the game over the ancient Life Trail across the Continental Divide. 2:00 PM - 4:30 PM Lily Lake Nature Rike 1.5 250' G F Tom S. Enjoy walking around one of the pretitest lakes in RMINP with a guide who is knowledgeable about the flora and fauna and is designed for those who want to take their time. **SATURDAY, SEPT 21 7:15 AM - 1:30 PM Sprague Lake to Alberta Falls 6.8 850' F F F John S. **SATURDAY, SEPT 21 7:30 AM - 1:30 AM Calypso Cascades 3.6 750' G F Tom S. **Notice walk through kash woods along the North Saint Vrain river to the cascades of Cony Creek tumbing down from Pear Lake. **B:30 AM - 2:00 PM Tombstone Ridge 4.0 400' F E E Beth S. **Walk in the steps of the Native Americans who followed the game over the ancient Life Trail across the Continental Divide. **SUNDAY, SEPT 22 7:30 AM - 1:00 PM Steep Mountain 3.5 1200' E C Tom D. This lake is steep—just like the name of the mountain (and off-traill) The summit provides great views of Longs Peak and the peaks of the Continental Divide **B:00 AM - 3:00 PM Circle of Lakes 7.0 850' F F P Program Staff Includes: Bear, Mymph, Dream, Haiyaha, and Mills Lakes, plus Glacier & Alberta Falls are rough and steep. **MONDAY, SEPT 23 **ROAM - 1:00 PM Sandbeach Lake 8:30 AM - 1:00 PM Sandbeach Lake 9.4 2010' F F E Larry S. **Beth S. **Book M - 1:00 PM Sandbeach Lake where you can soak up the sun on the real sand beach below Mt. Orton. **B:00 AM - 1:30 PM Luck Bidge trail to a wonderland of rock formations. Parts of the trail are rough and steep. **MONDAY, SEPT 24 **ROAM - 1:30 PM Luck Bidge trail to the alpine lake, guarded by h	FRIDAY, SEPT 20						
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	8:00 AM – 1:00 PM	Bear to Bierstadt Lakes	4.0	400′	G	F	Beth S.
8:30 AM – 2:30 PM Macgregor Falls 6.4 1250′ F E John S.	Follow a mostly downhill trail through subalpine forest to Bierstadt Lake, then down the Bierstadt Moraine.						
	8:30 AM – 2:30 PM	Macgregor Falls	6.4	1250′	F	E	John S.
Enjoy this hike from the Lumpy Ridge trailhead, we will hike past Twin Owls and the historic MacGregor Ranch, across a peaceful meadow to Black Canyon Creek.							
1:00 PM – 4:30 PM Secret Pond 3.0 300' F E Tom D. & Clyde M.	1:00 PM – 4:30 PM	Secret Pond	3.0	300′	F	E	Tom D. & Clyde M.
Hike through the montane forest along the Northern border of Moraine Park to a little known Pond, called Secret Pond. There is roughly 1 mile of easy, off trail travel required							

GUIDED HIKING CONTINUED Registration required						
	HIKE	MILES RT	ELEVATION GAIN	GRADE	TERRAIN	HIKEMASTER
WEDNESDAY, SEPT 25						
8:00 AM - 12:30 PM	Mill Creek Loop – Fall Foliage Hike	4.3	600′	F	E	Larry S.
Enjoy this loop hike past old beaver ponds, historic logging roads, aspen forests, and rushing Mill Creek to the meadows of Upper Mill Creek Basin.						
8:30 AM - 2:30 PM	Bridal Veil Falls	6.6	900′	F	E	Beth S.
Enjoy a blissful hike past historic McGraw Ranch and through mountain meadows to the rocky grotto in Cow Creek canyon.						
2:00 PM – 5:00 PM Bear Lake to Alberta Falls 2.0 400′ G F Ginny K.						
Starting at Bear Lake, hike to the iconic Alberta Falls, a 90 foot water fall.						
THURSDAY, SEPT 26						
7:30 AM – 12:30 PM	The Loch	5.0	1150′	F	F	Karen A.
Hike a gentle trail past the roaring Alberta Falls (the perfect photo op) to a large, trout-filled lake nestled in Loch Vale.						

FREE FAMILY PROGRAMS

No registration required.

Age Ranges Family Programs (all ages) \$\ \text{Little Learners (6 and under) *} \ \text{Locations: Legett Youth Building (Legett YB)} \text{Sweet Memorial (Sweet)}

Young Adult+ (10 & up) 🌣

FRIDAY, SEPT 20

9:00AM * Little Explorers @ Sweet

10:30AM ☼ Knots @ Sweet

1:00PM * Parachute Games @ Sweet

1:45PM 🜣 Survival @ Sweet

3:30PM Fire Quest @ Sweet

5:30PM **BINGO** ⓐ Sweet

SATURDAY, SEPT 21

9:00AM * Little Explorers @ Sweet

1:45PM 🜣 Walk in the Woods @ Sweet

3:30PM [‡] Creek Stompin (a) Dorsey Pond

3:30PM [‡] Fire Quest @ Sweet

SUNDAY. SEPT 22

9:00AM * Little Explorers @ Sweet

10:30AM ☼ Knots @ Sweet

1:00PM * Parachute Games @ Sweet

1:45PM ☼ Survival @ Sweet

3:30PM **§** Fire Quest **@** Sweet

MONDAY, SEPT 23

9:00AM * Little Explorers @ Sweet

10:30AM ☼ Knots @ Sweet

1:00PM * Parachute Games @ Sweet

1:45PM 🜣 Survival (a) Sweet

2:00PM [‡] Tower Power @ Sweet

3:15PM \$ Kickball @ Sweet

3:30PM [‡] Fire Quest @ Sweet

NIGHT WALK

FRI, SAT; 7:45PM

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.

4:30PM [‡] Woolly Worm Hunt @ Sweet

TUESDAY, SEPT 24

9:00AM * Little Explorers @ Sweet

9:15AM \$ Capture the Flag @ Sweet

1:00PM * Parachute Games @ Sweet

1:45PM ☼ Walk in the Woods @ Sweet

3:30PM [‡] Fire Quest @ Sweet

WEDNESDAY, SEPT 25

9:00AM * Little Explorers @ Sweet

10:30AM ☼ Knots @ Sweet

1:00PM * Parachute Games @ Sweet

1:45PM 🜣 Survival @ Sweet

3:30PM Fire Quest @ Sweet

THURSDAY, SEPT 26

9:00AM * Little Explorers @ Sweet 9:15AM \$ Capture the Flag (a) Sweet

11:00AM [‡] Bird is the Word @ Sweet

1:45PM 🜣 Walk in the Woods @ Sweet

3:30PM Fire Quest @ Sweet

PROGRAM DESCRIPTIONS

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 are outside.

BIRD IS THE WORD (1hr)

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

CREEK STOMPIN (1hr)

Learn what makes a healthy waterway, and the importance of keeping our water clean!

FIRE QUEST (1hr)

Fire can be a life-saving tool. Learn how to spark safe fires.

MINERAL MAGIC (1hr)

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

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!

LITTLE LEARNERS

FOR KIDS UNDER AGE 6:

LITTLE EXPLORERS (30 min)

Explorers use their senses to observe and investigate the world.

WOOLLY WORM HUNT (30 min)

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

ROCKY MOUNTAIN NATIONAL PARK

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.

ACCESSIBLE ENGER FAMILY NATURE TRAIL

The Enger Family Nature Trail is built with accessibility in mind. The trail starts at the Boone Family Mountain Center and makes a petfriendly loop through the forest. Learn about the ecosystem, culture and history of the area through interpretive panels.

Archery, Axe Throwing, Climbing 12/person. Aerial Challenge Course 45/person. Click Here or call 104 to check availability. Refunds not given within 24 hours of a paid program, unless the cancellation is due to lightning.

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 8 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

ARTIST IN RESIDENCE

ALISON KAN GREVSTAD

Alison Kan Grevstad is an accomplished ceramic and visual artist from the Pacific Northwest. She is an active member of the Seattle arts community as a practicing ceramic and visual artist and has displayed her work in many prestigious gallery shows.



FRIDAY, SEPT 20 **PICTURE BOOK MAKING**

1PM - MAUDE JELLISON LIBRARY

Create your own picture book with Alison! Registration required. No cost. Call x1104 to register.

SATURDAY, SEPT 21

STORYTIME AND PUPPET MAKING

9:30AM - MAUDE JELLISON LIBRARY

Drop by and create your very own puppet while you enjoy our one of a kind story time!

MEET THE ARTIST

4PM - MAUDE JELLISON LIBRARY

Drop by and meet Alison and learn about her creative process!

THURSDAY, SEPTEMBER 26 ANIMAL SCULPTURE CLASS

1PM - MOOTZ CRAFT AND DESIGN CENTER

Create animal sculptures out of wet clay with Alison. Registration required. \$5 per person. Call x1104 to register.



CHAPEL ACTIVITIES

SUNDAY, SEPT 22 10:00AM - WORSHIP IN THE ROCKIES

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

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!

ELASTIC NECKLACE AND BRACELETS **EVERYDAY - 10AM REGISTRATION REOUIRED**

Stop by the Mootz Family Craft and Design Center to create an elastic necklace or bracelet. \$10 per person, registration required. Call x1104 to register.

MAUDE JELLISON LIBRARY PROGRAMS MON. SEPT 23 6:30PM **POEMSHARE: OPEN MIC**

Come share your favorite poem or song with everyone and enjoy their presentations as well. The library has guitars you may use if needed. Come and perform or just come and listen. Everyone is welcome. Please keep presentations under 4 minutes Iona. Brina your jacket as it can get quite cool in the evening.

DORSEY MUSEUM PROGRAMS

FRIDAY, SEPT 20

9:30AM MOVEMENT AT THE 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. All levels are welcome. Modifications will be offered.

1PM - ARCHAEOLOGY HIKE

This mile long hike will take you to an excavated rock shelter on property. Learn about the early people who lived in the region. Registration required, call x1104.

SATURDAY, SEPT 21

10AM - ARCHAEOLOGY HIKE

This mile long hike will take you to an excavated rock shelter on property. Learn about the early people who lived in the region. Registration required, call x1104.

1PM - PRESIDENT THEODORE ROOSEVELT

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

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, call x1104.

WEDNESDAY, SEPT 25

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 reauired.

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 prize!

ON CAMPUS THIRD PARTY CONCESSIONAIRES



MASSAGE THERAPY

HERE AT THE YMCA IN THE BIRCH CABIN

(720) 218-1953 - TEXT!





Hours of operation:

Open daily 9-5. Evenings available by request.

To schedule your appointment:

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

Email: laura@homegrownyoga.com

When scheduling, 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.

Location:

Massage (Birch) Cabin is at the corner of Friendship Lane and Association Drive, right next to the Arts and Design Center and easy to walk to. If driving, please take Program Way from Association Drive and park at the end of Program Way. Birch is on the right. There is no parking on Friendship Ln or Association Dr. even though you can see the cabin from those streets.

*48 HOUR CANCELLATION POLICY OR FULL CHARGE WWW.HOMEGROWNYOGA.COM

Services and Prices:

30 Min.	\$70	Perfect for achy feet or a great neck and back massage.
60 Min.	\$110	Perfect for full body massage focusing on relaxation and health promotion
90 Min.	\$160	Allows additional time to focus on a certain pain issue
120 Min.	\$220	Allows time for multiple modalities and an indepth full body massage

No Time Add Ons:

Deep Tissue: Included Hot Stones: \$20 Foot Sugar Scrub: \$20 Body Brushing: \$20 (You take brush home)

Four Pack/one hour: \$420 Complementary aromatherapy

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



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.

\$8U	i nour ride		
\$115	2 hour ride		
\$155	3 hour ride		
\$195	4 hour ride		
YMCA Charges to Room			
may be accepted.			

RATES: (per person)

SUNDAY

8:00am	2 hr. Emerald Mountain
8:40am	3 hr. East Portal
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	1 hr. Glacier Basin

MONDAY

8:00am 2 hr. Emerald Mountain 8:40am 1 hr. Deer Meadows 9:00am 1 hr. Glacier Basin 10:30am 1 hr. Deer Meadows 1:00pm 2 hr. Moraine Park 1:40pm 3 hr. Cub Canyon 2:00pm 1 hr. Deer Meadows 3:30pm 1 hr. Glacier Basin

TUESDAY 8:00am 2 hr. Emerald Mountain 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 1 hr. Deer Meadows 2:00pm 1 hr. Glacier Basin 3:30pm 1 hr. Deer Meadows

WEDNESDAY

CLOSED

THURSDAY

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

8:00am 2 hr. Emerald Mountain

FRIDAY

9:00am 1 hr. Glacier Basin 10:30am 1 hr. Deer Meadows 1:00pm 2 hr. Moraine Park 1:40pm 3 hr. Cub Canyon 2:00pm 1 hr. Glacier Basin 3:30pm 1 hr. Deer Meadows

8:40am 1 hr. Deer Meadows

SATURDAY

8:00am	2 hr. Emerald Mountai
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. Cub Canyon
2:00pm	1 hr. Deer Meadows
3.30nm	1 hr Glacier Basin

Family hayrides with marshmallow roasts are offered during the week \$30 per person.

HORSE RIDING TRAIL INFORMATION

PONY RIDES: Reservations are recommended and are for children 5 and younger. There is a 50 lb. weight limit for the ponies. Cost: \$30.00 per child. Available 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, while looking down on Glacier Creek and a small waterfall. This trail is appropriate for riders of all ages.

MORAINE PARK: This 2-hour family ride, our most popular, takes you to a glacial moraine full of wildflowers and views of the Continental Divide. Wildlife is almost always a certainty to be observed! EMERALD MOUNTAIN: This 2-hour loop begins on the Glacier Basin Trail and leads you around Emerald Mountain. 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 RMNP. Providing an 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.