

ACTIVITY GUIDE

FRIDAY, SEPTEMBER 6 - THURSDAY, SEPTEMBER 12



DOWNLOAD OUR APP

YMCA of the Rockies has gone digital to be more environmentally friendly! You can download our YMCA of the Rockies App to get all the information you need on activities, dining, maps, weather and local information. Scan the QR code on the right to get started!

<https://guidebook.com/guide/94656/>

PROGRAM FACILITY HOURS

SWEET MEMORIAL BUILDING

Sunday - Thursday 8:30 AM - 5:00 PM, Friday & Saturday 8:30 AM - 8:30 PM

The hub of the Programs Department, consider us your Activity Visitor Center. Come here to find out the inside scoop, get full schedules of activities, and plan out your fun!

Questions? Call us at x1104

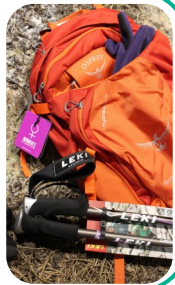


	Fri, Sep 6	Sat, Sep 7	Sun, Sep 8	Mon, Sep 9	Tues, Sep 10	Wed, Sep 11	Thurs, Sep 12
Boone Family Mountain Center x8402	8:30 AM - 8:30 PM	8:30 AM - 8:30 PM	8:30 AM - 5:00 PM	8:30 AM - 5:00 PM	8:30 AM - 5:00 PM	8:30 AM - 5:00 PM	8:30 AM - 5:00 PM
Bob Ecker Roller Rink x1159	2 - 9 PM	2 - 9 PM	2 - 9 PM	4 - 9 PM	6:15 - 9 PM	5:45 - 9 PM	4 - 9 PM
Dorsey Swimming Pool x1135	10 AM - 12 PM 1 - 5 PM 6 - 8 PM	10 AM - 12 PM 1 - 5 PM 6 - 8 PM	9 AM - 12 PM 1 - 5 PM	10 AM - 12 PM 1 - 3:30 PM	8 AM - 12 PM 1 - 3:30 PM	10 AM - 12 PM 1 - 4 PM	8 AM - 12 PM 1 - 5 PM
Lap Swim	6 - 8 AM	7 - 10 AM	7 - 9 AM	6 - 8 AM	6 - 8 AM	6 - 8 AM	6 - 8 AM
Mootz Family Craft & Design Center x1132	9:30 AM - 5 PM	9:30 AM - 5 PM	9:30 AM - 5 PM	9:30 AM - 5 PM	9:30 AM - 5 PM	9:30 AM - 5 PM	9:30 AM - 5 PM
Dorsey Museum x1136	10 AM - 5 PM	10 AM - 5 PM	12 - 5 PM	10 AM - 4 PM	10 AM - 4 PM	10 AM - 4 PM	10 AM - 4 PM
Maude Jellison Library x1133	9 AM - 5 PM	9 AM - 5 PM	1 - 5 PM	9 AM - 5 PM	9 AM - 5 PM	9 AM - 5 PM	9 AM - 5 PM



GEAR SHOP

Stop by our retail store located in the **Mountain Center** to get all the gear you need for your next adventure. From sunscreen and bug spray to trekking poles and day packs, we've got you covered!



PASSPORT TO ADVENTURE

Make memories you'll never forget!

Pick up your passport at Sweet Memorial, the Mountain Center, the Craft & Design Center, or the Admin Building. Then, take part in all of our activities, record your experiences, and turn your passport back in to us for a chance to win a free two-night stay at YMCA of the Rockies!



PAID ACTIVITIES

Must register in advance at Sweet Memorial or the Mountain Center

Questions? Call x1104

	Friday, Sept 6	Saturday, Sep 7	Sunday, Sep 8	Monday, Sep 9	Tuesday, Sep 10	Wednesday, Sep 11	Thursday, Sep 12
Escape Room Sweet Memorial \$5/person	10:00 AM 1:45 PM 3:15 PM	10:00 AM 1:45 PM 3:15 PM	10:00 AM 3:15 PM	10:00 AM 3:15 PM	9:00 AM 1:30 PM	1:30 PM	9:00 AM 1:30 PM
Archery Main Archery Range Ages 6+ \$10/person	2:00 PM 3:00 PM	10:00 AM 11:00 AM 1:00 PM 2:00 PM 3:00 PM	10:00 AM 11:00 AM 3:00 PM	10:00 AM 11:00 AM 1:00 PM 2:00 PM 3:00 PM	N/A	N/A	N/A
Indoor Climbing Wall Mountain Center Ages 5+ \$10/person	1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 6:00 PM 7:00 PM	9:00 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 6:00 PM 7:00 PM	9:00 AM 1:00 PM 2:00 PM 3:00 PM	9:00 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM	9:00 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM	9:00 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM	9:00 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM

SPECIAL EVENTS

Questions? Call x1104

RANGER TALK: Elk 101

Friday, September 6 at 7:00 PM

Listen as a Rocky Mountain National Park Ranger explains the elk rut and describes fascinating facts about our area's most popular animal. Each fall, the elk put on a show with their annual rut. Learn more about this mating ritual and other important elk information.

Meet at **Boone Family Mountain Center.**

KITES

Wednesday, September 11 at 10:00 AM

Build and fly your own kite! Registration is required. \$5 per person. Ages 10 and up. Activity is weather-dependent.

Participants get to take their kites home!

Meet at **Sweet Memorial Building.**

LAID BACK EVENING WITH NEAL: Acoustic Guitar

Tuesday, September 10 7:00 PM

Come enjoy the mellow sounds of classic singer/songwriters Jim Croce, Cat Stevens, Gordon Lightfoot, Glen Campbell and many more performed by local artist Neal C. Whitlock.

Meet at **Maude Jellison Library.**

THE UNDERGROUND RAILROAD OF SLAVERY TIMES

Thursday, September 12 at 7:00 PM

"Follow the Drinkin' Gourd!" International School of Storytelling graduate Lise Nelson relates the dramatic story of her 3x great-aunt Jennie A. Nelson through her memoirs entitled "The Underground Railroad in Slavery Times." Jennie grew up in the mid-1800s on an Ohio farm which was a stop on the Railroad.

Meet at **Maude Jellison Library.**

FITNESS CLASSES

Questions? Call x1104

WATER EXERCISE

M, W, F at 8:15 AM

Geared towards all ages, exercises aim at mobility, movement, and strength & do not require swimming.

Meet at **Dorsey Pool.**

HYDRO₂GA

Saturday at 8:15 & 9 AM

Wednesday at 9 AM

Low-impact, deep-water exercise class.

Sat 8:15 am class for the advanced. Sat 9 am class for beginners. Wed class for all levels.

Meet at **Dorsey Pool.**

BOOT CAMP

Monday & Wednesday at 5:15 PM

High intensity interval workout that can be modified for all fitness levels.

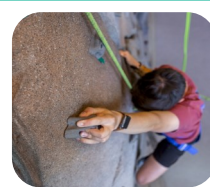
Meet at **Duncan Family Clubhouse.**

MULTI-LEVEL YOGA

Saturday & Sunday at 9:00 AM

Integral yoga with a vinyasa flair, suited for all levels.

Meet at **Legett Youth Building.**



FREE FAMILY PROGRAMS

For activity descriptions, please visit our website or app

Questions? Call x1104

Family Programs

Little Learners (6 and under) *

Young Adult+ (10 & up) ☀

Mountain Center MC

Friday, September 6

- 8:45 AM * Little Explorers @ Sweet
- 9:30 AM ☿ Fire Quest @ Sweet
- 9:30 AM * Bible Story Time @ Library
- 10:30 AM * Children's Story Time @ Library
- 10:45 AM ☿ Science: Oobleck @ Sweet
- 11:30 AM * Woolly Worm Hunt @ Sweet
- 1:30 PM ☿ Bible Point Hike @ Sweet
- 1:30 PM ☿ Kickball @ Sweet
- 1:45 PM ☿ Creek Stompin' @ MC
- 3:15 PM * Parachute Games @ Sweet
- 3:30 PM ☿ Treasure Trek @ MC
- 3:30 PM ☿ Bird Banding @ Sweet
- 3:45 PM ☿ Knots @ Sweet
- 4:30 PM ☿ Ultimate Frisbee @ Sweet
- 6:30 PM ☿ S'mores @ Sweet
- 6:30 PM ☿ Sardines @ Legett Youth
- 8:00 PM ☿ Star Gazing @ Legett Youth

Saturday, September 7

- 8:45 AM ☿ Animal Detective @ Sweet
- 10:00 AM ☿ Survival @ Sweet
- 10:30 AM * Children's Story Time @ Library
- 12:30 PM ☿ Creek Stompin' @ MC
- 12:45 PM * Bugs, Bugs, Bugs! @ Sweet
- 1:15 PM ☿ Science: Bouncy Balls @ Sweet
- 2:00 PM ☿ Children's Movie @ Library
- 2:15 PM ☿ Geocaching @ Sweet
- 2:15 PM ☿ Bear Talk @ MC
- 3:00 PM ☿ Chess/Scrabble Club @ Library
- 3:00 PM ☿ Treasure Trek @ MC
- 3:15 PM ☿ Capture the Flag @ Sweet
- 3:30 PM ☿ Walk in the Woods @ Sweet
- 4:15 PM * Playing in the Pines @ Sweet
- 4:30 PM ☿ Ultimate Frisbee @ Sweet
- 6:00 PM ☿ Basketball Mania @ Sweet
- 6:30 PM ☿ BINGO @ Sweet

- 7:15 PM ☿ Night Walk @ Sweet
- 7:30 PM ☿ Family Game Night @ Sweet

Sunday, September 8

- 8:45 AM * Little Explorers @ Sweet
- 9:30 AM ☿ Fire Quest @ Sweet
- 10:45 AM ☿ Science: Bubbles @ Sweet
- 11:30 AM * Woolly Worm Hunt @ Sweet
- 1:30 PM ☿ Bible Point Hike @ Sweet
- 1:30 PM ☿ Kickball @ Sweet
- 1:45 PM ☿ Creek Stompin' @ MC
- 2:00 PM ☀ Bridge Play & Lessons @ Library
- 3:30 PM ☿ Treasure Trek @ MC
- 3:45 PM ☿ Knots @ Sweet
- 4:30 PM ☿ Ultimate Frisbee @ Sweet

Monday, September 9

- 8:45 AM ☿ Animal Detective @ Sweet
- 10:00 AM ☿ Survival @ Sweet
- 12:30 PM ☿ Creek Stompin' @ MC
- 1:15 PM ☿ Science: Slime @ Sweet
- 2:15 PM ☿ Geocaching @ Sweet
- 2:15 PM ☿ Bear Talk @ MC
- 3:00 PM ☿ Treasure Trek @ MC
- 3:30 PM ☿ Bird Banding @ Sweet
- 3:30 PM ☿ Walk in the Woods @ Sweet
- 4:00 PM ☀ iPhone/iPad Tips & Tricks @ Library
- 4:15 PM * Playing in the Pines @ Sweet
- 4:30 PM ☿ Ultimate Frisbee @ Sweet
- 6:00 PM ☿ Basketball Mania @ Sweet
- 7:15 PM ☿ Night Walk @ Sweet

Tuesday, September 10

- 9:00 AM ☿ Animal Detective @ Sweet
- 10:15 AM ☿ Science: Ice Cream in a Bag @ Sweet
- 10:30 AM ☿ Capture the Flag @ Sweet
- 12:30 PM ☿ Creek Stompin' @ MC
- 2:15 PM ☿ Bear Talk @ MC
- 3:00 PM ☿ Treasure Trek @ MC
- 3:00 PM ☿ Fire Quest @ Sweet
- 4:00 PM ☀ Book Lovers' Hour @ Library
- 4:15 PM * Playing in the Pines @ Sweet

Wednesday, September 11

- 8:45 AM ☿ Fire Quest @ Sweet
- 1:30 PM ☿ Bible Point Hike @ Sweet
- 3:00 PM ☿ Geocaching @ Sweet
- 3:30 PM ☿ Bird Banding @ Sweet
- 3:45 PM ☿ Knots @ Sweet
- 6:00 PM ☀ Bridge Play & Lessons @ Library

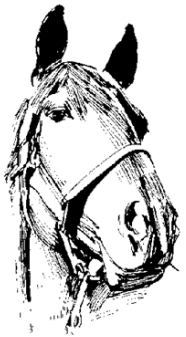
Thursday, September 12

- 9:00 AM ☿ Animal Detective @ Sweet
- 10:00 AM ☿ President Teddy Roosevelt @ Museum
- 10:15 AM ☿ Science: Blobs in a Bottle @ Sweet
- 10:30 AM ☿ Capture the Flag @ Sweet
- 12:30 PM ☿ Creek Stompin' @ MC
- 2:15 PM ☿ Bear Talk @ MC
- 3:00 PM ☿ Treasure Trek @ MC
- 3:00 PM ☿ Fire Quest @ Sweet
- 4:15 PM * Playing in the Pines @ Sweet

THE AMAZING RACE!

Explore our property in an AMAZING way! Take the challenge and follow the clues around the YMCA to finish our Amazing Race. Come to Sweet Memorial to get started. Good luck!

PARTNERS OF THE Y



JACKSON STABLES, INC.

YMCA of the Rockies Livery

HORSEBACK RIDES — PONY RIDES — HAYRIDES

Horseback Rides - We offer guided trail rides on the YMCA of the Rockies and Rocky Mountain National Park properties. We require children age 6 and up to ride their own horse and the weight limit for an individual is 250 pounds.

Please call (970) 586-3341 ext. 1140 or 1149 for reservations and additional information.

Hayrides - Family hayrides include roasting marshmallows over a campfire and last about 1 ½ hours. Dinner hayrides last about 2 hours and include roasting hot dogs over a campfire and side dishes.

Marshmallow Roast: \$22

Dinner Hayride: \$34

(Children 3 years old and younger are free on hayrides)

Horseback Riding

1 hour ride	\$48	4 hour ride	\$95
2 hour ride	\$60	5 hour ride	\$110
3 hour ride	\$80		

Pony Rides

Available for children 5 & under
 Cost: \$20.00 per child
 Times: 8:30am – 11:25am,
 1:00pm – 4:45pm

Massage Therapy

Enjoy a therapeutic massage in a serene cabin here at the Y!

Located in Oak Cabin on Friendship Lane. Sign up using the binder located on the porch.

Open daily 9am-6pm.

All forms of payment accepted.

www.homegrownyoga.com

970-586-3341, ext. 4101



FAMILY PROGRAM DESCRIPTIONS

FAMILY FUN

Get the entire family together for these fun experiences:

ANIMAL DETECTIVE (1hr)

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

BEAR TALK (30min)

Explore the lives of bears and how to keep yourselves and them safe in this bear-y interesting talk!

BIBLE POINT HIKE (2hr)

Join us as we take a beautiful 2 mile hike up Bible Point. Meet at Sweet Memorial with sturdy shoes, appropriate clothing, and water.

BINGO (1hr)

B-I-N-G-O! Grab a card and get your game face on.

BIRD BANDING (1hr)

Watch Scott Rashid, licensed bird bander, "net" different species of birds.

CHESS/SCRABBLE CLUB (1hr)

Whether you're a beginner or a skilled player, join others interested in these classic games of the mind and strategy.

CHILDREN'S MOVIE (1hr 30min)

Come watch a family video. First family to arrive gets to choose!

CREEK STOMPIN' (1hr 30min)

Get your feet wet in our mountain lakes and streams. As we play in the creek, we'll learn what lives in and near the water, what makes a healthy waterway, and the importance of keeping our water clean!

FAMILY GAME NIGHT (1hr)

Get your team together and join us for fun, family games like charades, Pictionary, or trivia!

FIRE QUEST (1hr)

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

GEOCACHING (1hr)

Navigate to a specific set of GPS coordinates and then attempt to find the geocache hidden at the location!

KNOTS (1hr)

Knot tying is an essential backcountry skill. Learn a half hitch, bowline, and more useful knots!

NIGHT WALK (1hr 30min)

Experience the Y's night life, learn about nocturnal animals, and play night games.

PRESIDENT TEDDY ROOSEVELT (30min)

Meet the 26th president of the United States and listen as he shares his passion for the conservation of the West. Bully bully!

S'MORES (2hr)

A tasty treat that everyone likes to eat! We'll provide the s'mores supplies, all you need to bring is your marshmallow roasting skills.

SARDINES (1hr)

One person hides, everyone else seeks in this variation of hide & seek.

SCIENCE EXPERIMENTS (30min)

Check the schedule to see what cool experiment we're doing today!

STAR GAZING (1hr)

Check out what's visible in our night sky and look for constellations!

Survival (1hr 30min)

Learn some important skills to help you stay safe in the wilderness. We'll go over what to do if you find yourself lost and practice building a shelter!

TREASURE TREK (1hr)

Put your thinking cap on and unravel clues that will lead you around property to find the treasure. Who knows where you'll go, or what you'll find?

WALK IN THE WOODS (1hr 30min)

Take a leisurely hike around property to explore trees, plants, and animals, and how they thrive in our wild, mountain woods.

LITTLE LEARNERS

For families with children 6 and under:

BIBLE STORY TIME (45min)

Listen to timeless Bible Stories and sing fun Bible Songs.

BUGS, BUGS, BUGS (30min)

Caterpillars, beetles, butterflies, & more! Dig into what bugs look like, how they change, & what makes these crawly critters so cool!

CHILDREN'S STORY TIME (45min)

Act like a weasel and POP by Maude Jellison Library for stories about nature and animals.

LITTLE EXPLORERS (30min)

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

PARACHUTE GAMES (30min)

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

PLAYING IN THE PINES (30min)

There's no better playground than the great outdoors! Get the kids together for fun, forest games.

WOOLY WORM HUNT (30min)

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

YOUNG ADULT+

Designed with adults in mind:

BOOK-LOVERS' HOUR (1hr)

Like to read? Join other lovers of books to discuss what you are presently reading, have read, and looking forward to reading.

BRIDGE PLAY & LESSONS (1hr)

Join the library staff for bridge play or lessons. Beginners welcome.

IPHONE/IPAD TIPS AND TRICKS (1hr)

Come learn how to be more efficient and less frustrated as you use your iPhone/iPad. Simple photo editing and organizing tips will also be on the agenda.

RECREATION PROGRAMS

Get out and get moving:

BASKETBALL MANIA (1hr)

Get a pick up game going, or play fun hoop games like Horse, Around the World, Free Throw Challenge, and others.

CAPTURE THE FLAG (1hr)

A classic game pitting team against team in a fast-paced, strategy-based struggle for victory. Capture the other team's flag before they get yours or before you get tagged!

KICKBALL (1hr)

Join other game enthusiasts for some outdoor kicking and running fun.

ULTIMATE FRISBEE (1hr)

A great hour of Frisbee team excitement!

Requires sign up: <http://tinyurl.com/ymcaepc> or at the **Boone Family Mountain Center**

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

Hike Difficulty

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

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

Friday, September 6

	Hike	Mile RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
6:30am-4:30pm	Frozen Lake	12	C	C	2640'	11600'	Tom D
<i>Scramble up the cascades above Black Lake to a rocky tarn hidden in a wonderland of rock shelves & grottos in upper Glacier Gorge.</i>							
7:00am-3:00pm	Estes Cone	7.2	E	F	2066'	11006'	Tom S
<i>Take a trail from Lily Lake to a rocky summit with panoramic views. This trail has a steep scramble at the top.</i>							
7:30am-1:00pm	Cub Lake & The Pool Circuit	6.3	F	F	675'	8620'	Keith P
<i>Loop hike past aspen woods & beaver ponds to Cub Lake, The Pool, and Arch Rocks.</i>							

Saturday, September 7

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
7:00am-3:00pm	Flattop Mountain	9	D	F	2849'	12323'	John S
<i>Historic trail to the Continental Divide with magnificent views down Fern-Odessa Gorge and Tyndall Glacier.</i>							
7:30am-12:30pm	Lake Haiyaha	4	F	E	745'	10220'	Pat N
<i>Enjoy a relaxed hike to this alpine lake, guarded by huge boulders and an 800 year-old limber pine.</i>							
9:00am-1:00pm	Sprague Lake via Mountainside Dr	4	G	F	200'	8720'	Roy P
<i>Follow this cascading stream to Sprague Lake. See rushing mountain streams and glacier carved country.</i>							

Sunday, September 8

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
7:15am-2:15pm	Boulder Brook Loop	6.7	F	F	1300'	10300'	Beth S
<i>Hike through lovely subalpine forests past Alberta and Rebecca Falls with occasional panoramic views along a babbling brook.</i>							
7:30am-3:30pm	Odessa and Fern Lakes	9.8	E	E	1215'	10020'	Pat N
<i>Start at bear lake, climb moderately around the side of Flattop, then drop into the stunning Odessa Gorge. All downhill after that!</i>							
9:00am-12:00pm	Moraine Park Nature Walk	3.3	G	F	400'	8400'	Ginny K
<i>Identify plants and wildlife along the Big Thompson River and ancient glacial moraine.</i>							

Monday, September 9

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
6:30am-3:30pm	Mount Ida	9.6	D	D	2130	12880'	John S
<i>Extended tundra exploration from Milner Pass along the Continental Divide to the accessible summit overlooking Jackstraw Mountain to the south and the beautiful Gorge lakes and Trail Ridge to the north.</i>							
7:15am-12:00pm	Mill Creek Loop	4.3	F	F	600'	9000'	Tom D
<i>Nicely paced hike that follow historic logging roads, aspen forests, and rushing Mill Creek to the meadows of Upper Mill Creek Basin.</i>							
7:30am-11:30am	Emerald Lake	3.6	F	F	713'	10080'	Keith P
<i>Climb a smooth trail past Nymph and Dream Lakes up to the beautiful green lake in Tyndall Gorge. Perfect for most families.</i>							

Tuesday, September 10

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
7:30am-1:30pm	Beaver Mountain Loop	5	F	E	800'	9217'	Beth S
<i>Loop through meadows, ponderosa parks, & aspen-fir forests in a uniquely diverse life zone. This is the ideal habitat to see wildlife.</i>							
8:00am-12:30pm	Flood of 82: Alluvial Fan & Horseshoe Park	3	G	F	500'	9160'	Keith P
<i>Join a naturalist for a closer look at the history and damage of the Lawn Lake Flood of 82. See boulders broke, carved and carried first by glaciers and later by raging flood waters. Perhaps we'll see bighorn sheep, too!</i>							
9:00am-12:00pm	Moraine Park Nature Walk	3.3	G	F	400'	8400'	Ginny K
<i>Identify plants and wildlife along the Big Thompson River and ancient glacial moraine.</i>							
5:30pm-9:30pm	Sunset on Sundance	1	F	E	446'	12446'	Laura B
<i>Awesome sunset views from the prominent alpine peak on Trail Ridge. Bring warm clothes—it can be cold at night up high!</i>							

Wednesday, September 11

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
6:00am-4:30pm	Lion Lake 1	14	D	E	2565'	11065'	John S
<i>Follow Wild Basin trail past Copeland Falls, along the cascading North St. Vrain river, and over 3 rock shelves to Lion Lake 1.</i>							
7:00am-1:00pm	Bridal Veil Falls	6.6	F	E	960'	8900'	Tom S
<i>Enjoy a blissful hike past historic McGraw Ranch and through mountain meadows to the rocky grotto in Cow Creek Canyon.</i>							
7:00am-12:30pm	Mills Lake	5.2	F	F	850'	9940'	Ginny K
<i>Popular trail past the roaring Alberta Falls to a photogenic lake below Thatchtop Mountain and the craggy Glacier Gorge.</i>							
8:30am-5:00pm	Cub Lake from the Y	10.3	F	F	1100'	8660'	Laura B
<i>Good trail over the south lateral moraine, past beaver ponds, to a lake covered with lily pads.</i>							


Thursday, September 12

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
7:00am-3:00pm	North Fork Ranger Station	11.5	E	E	1650'	9280'	Laura B
<i>This hike is in a less travelled but easily accessible area of the park to the picturesque ranger cabin near Fox Creek.</i>							
7:15am-12:45pm	Bear to Bierstadt Lake TH	4.8	F	F	675'	9766'	Beth S
<i>Hike this historic trail up Deer Ridge to an accessible summit. From there, appreciate the panoramic views.</i>							
7:30am-1:00pm	Deserted Village	6.3	G	G	650'	8160'	Tom S
<i>Enjoy a gentle hike to a historic destination to see the remains of a lot building from the late 1800s.</i>							
8:00am-3:00pm	Sprague Lake to Wind River	9	F	F	1050'	8720'	Clyde M
<i>Take the back way in along this lovely trail. Great views and no crowds!</i>							

Mountain Bike Rentals available at the Mountain Center	
8+ hours	\$25
4-8 hours	\$20
Up to 4 hours	\$15
<i>*Contact bike shop for overnight and multi-day rentals</i>	

RENTALS & DEMOS available at the Mountain Center

- Daypacks - \$5
- Trekking Poles - \$5
- Kid Carriers - \$10
- Strollers - \$5
- **FREE** Lowa boot demos



LOWA
simply more...

