

# ACTIVITY GUIDE

## FRIDAY, SEPTEMBER 13 – THURSDAY, SEPTEMBER 19



### 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 left 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!

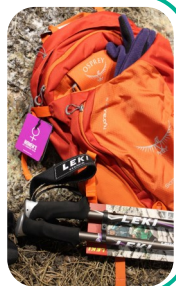
Questions? Call us at x1104



	Fri, Sep 13	Sat, Sep 14	Sun, Sep 15	Mon, Sep 16	Tues, Sep 17	Wed, Sep 18	Thurs, Sep 19
<b>Boone Family Mountain Center</b> 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
<b>Longhouse Gym</b> x1104	Closed	Closed	Closed	8:00 AM – 9:00 PM	8:00 AM – 9:00 PM	8:00 AM – 9:00 PM	8:00 AM – 9:00 PM
<b>Bob Ecker Roller Rink</b> x1159	4 – 4:45 PM 6:15 – 8:45 PM	4 – 9 PM	4 – 9 PM	2 – 9 PM	1 – 4:15 PM 8:15 – 9 PM	1 – 3:45 PM 6:15 – 9 PM	1 – 3:45 PM 5:15 – 9 PM
<b>Dorsey Swimming Pool</b> x1135	10 AM – 12 PM 1 – 4:30 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 – 3:30 PM	8 AM – 12 PM 1 – 3:30 PM
<b>Lap Swim</b>	6 – 8 AM	7 – 10 AM	7 – 9 AM	6 – 8 AM	6 – 8 AM	6 – 8 AM	6 – 8 AM
<b>Mootz Family Craft &amp; Design Center</b> 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
<b>Dorsey Museum</b> 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
<b>Maude Jellison Library</b> 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 13	Saturday, Sep 14	Sunday, Sep 15	Monday, Sep 16	Tuesday, Sep 17	Wednesday, Sep 18	Thursday, Sep 19
<b>Escape Room</b> 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
<b>Archery</b> Main Archery Range Ages 6+ \$10/person	10:00 AM 11:00 AM 2:00 PM 3:00 PM	10:00 AM 11:00 AM 2:00 PM 3:00 PM	10:00 AM 11:00 AM 2:00 PM 3:00 PM	10:00 AM 11:00 AM 1:00 PM 2:00 PM 3:00 PM	N/A	N/A	N/A
<b>Indoor Climbing Wall</b> Mountain Center Ages 5+ \$10/person	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 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 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	9:00 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM
<b>Guided Mountain Bike Ride</b> Mountain Center Ages 12+ \$20/person	N/A	9:30 AM 1:30 PM	9:30 AM 1:30 PM	N/A	N/A	N/A	N/A

## SPECIAL EVENTS

Questions? Call x1104

### RANGER TALK: EIK 101

Friday, September 13 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.**

### ESTES PARK: THEN AND NOW

Saturday, September 14 at 7:00 PM

Local resident Jim Pickering will present his extensive knowledge of Estes Park history as showcased in his recent book *Estes Park; Then and Now*. As the Historian Laureate of the Town of Estes Park, Pickering offers a unique look at historical buildings, places, and landmarks of the area—including YMCA of the Rockies.

Meet at **Boone Family Mountain Center.**

### NATURE FILM: BEAVERS IN THE ROCKY MOUNTAINS

Monday, September 16 at 7:00 PM

Enjoy watching a year in the life of a Rocky Mountain beaver family. Tireless worker, exceptional parent, and highly skilled worker, the beaver has earned its reputation as nature's greatest architect and engineer.

Meet at **Maude Jellison Library.**

### KITES

Wednesday, September 18 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.**

## 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.**

### HYDRO<sub>2</sub>GA

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 **Longhouse Gym.**

### MULTI-LEVEL YOGA

Sunday at 8:30 AM

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

Meet at **Leggett 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 13

- 8:45 AM \* Little Explorers @ Sweet
- 9:30 AM 🍂 Fire Quest @ Sweet
- 10:45 AM 🍂 Science: Oobleck @ Sweet
- 11:30 AM \* Woolly Worm Hunt @ Sweet
- 1:30 PM 🍂 Bible Point Hike @ MC
- 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 14

- 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 🍂 Family Movie @ Library
- 2:15 PM 🍂 Geocaching @ Sweet
- 2:15 PM 🍂 Bear Talk @ MC
- 3:00 PM 🍂 Treasure Trek @ MC
- 3:00 PM 🍂 Chess/Scrabble Club @ Library
- 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 15

- 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 @ MC
- 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
- 6:30 PM 🍂 Sardines @ Legett Youth
- 8:00 PM 🍂 Star Gazing @ Legett Youth

### Monday, September 16

- 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 17

- 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 18

- 8:45 AM 🍂 Fire Quest @ Sweet
- 1:30 PM 🍂 Bible Point Hike @ MC
- 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 19

- 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](http://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 13**

	Hike	Mile RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
4:00am-4:30pm	Lake of the Clouds	14.6	C	C	2850'	11450'	Laura B
<i>Cross the Grand Ditch &amp; hike up Hitchens Gulch to this remote, alpine tarn, nestled in the spectacular cirque between Cirrus &amp; Howard Peaks in Never Summer Range. This hike involves scrambling over rock shelves &amp; steep scree.</i>							
7:15am-3:00pm	Mitchell and Blue Lakes	4.8	F	F	860'	11320'	Beth S
<i>Long but rewarding drive to the beautiful Indian Peaks Wilderness Area with Mt. Toll rising majestically above Blue Lake. The wildflowers, waterfalls, and lakes are unequalled anywhere.</i>							
5:30pm-9:00pm	Emerald Mountain Full Moon Hike	2	G	E	900'	9237'	Tom S
<i>Short hike up this steep peak. Once you arrive on the summit you will enjoy striking panoramic vistas lit by a bright, full moon.</i>							

**Saturday, September 14**

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
7:00am-12:00pm	Fern Falls	5.5	F	F	645'	8800'	Laura B
<i>Hike past lush woods along the Big Thompson River, past the site of Old Forest Inn, to thundering waterfalls.</i>							
7:15am-12:15pm	Lake Haiyaha	4	F	E	745'	10220'	Beth S
<i>Enjoy a relaxed hike to this alpine lake, guarded by huge boulders and an 800 year-old limber pine.</i>							
7:30am-2:00pm	Lake Helene	6.4	F	F	1215'	10580'	Tom S
<i>Take this forested trail around the north face of Flattop Mountain to a shallow lake below Notchtop Mountain.</i>							

**Sunday, September 15**

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
7:00am-2:30pm	The Craggs	5.4	E	E	1600'	9860'	Laura B
<i>Hike partly off-trail to a craggy buttress on the north side of Twin Sisters Mountain. This area offers spectacular views of the east face of Longs Peak and the entire Estes Valley.</i>							
9:00am-12:00pm	Moraine Park Nature Walk	3	G	F	400'	8400'	Keith P
<i>Identify plants and wildlife along the Big Thompson River and ancient glacial moraine.</i>							

**Monday, September 16**

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
7:30am-1:00pm	Mills Lake	5.2	F	F	850'	9940'	John S
<i>Popular trail past the roaring Alberta Falls to a photogenic lake below Thatchtop Mountain and the craggy Glacier Gorge.</i>							
7:30am-2:30pm	Ute Trail West	4.3	G	F	-1135'	11760'	Clyde M
<i>Beautiful nature walk down tundra slopes through massive displays of alpine wildflowers, Krumholtz, and willows following a historic Native American Trail.</i>							
5:00pm-9:00pm	Dream Lake Dinner Hike	2.2	G	F	425'	9900'	Keith P
<i>Gentle climb on a good trail past Nymph Lake to a rocky, trout-filled lake in Tyndall Gorge. Good choice for families to enjoy their BYO sack dinners together.</i>							

**Tuesday, September 17**

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
7:00am-4:30pm	Thunder Lake	13.2	E	F	2420'	10574'	Laura B
<i>Wonder-filled trail through Wild Basin forests, along the North St Vrain River, and past several waterfalls to the scenic lake.</i>							

# GUIDED HIKES

Questions? Call x1311

## Tuesday, September 17 continued

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
7:00am-1:00pm	West Creek Falls	5	F	E	1760'	8190'	Tom S
<i>This wonderful hike is in a less travelled but easily accessible area of the park. Please be aware that unlike many other F hikes, there is some uphill hiking in both directions on this hike.</i>							
8:00am-3:30pm	Bear to Sprague Lake to Park & Ride	5	F	E	-835'	9765'	Clyde M
<i>Hike the lovely downhill trail from Bear Lake to Sprague Lake, viewing two popular lakes. Close the loop by using the shuttle system.</i>							
8:30am-2:30pm	Wigwam Team Room to Baldpate for Lunch	6	F	E	900'	9000'	Beth S
<i>Begin from Lily Lake and hike to the historic Wigwam Tea Room then on to Baldpate Inn for a Dutch treat lunch. After lunch, we will trace our steps back to the Y. Bring \$17.95 for the famous Baldpate soup &amp; salad lunch buffet + extra for pie and a tip.</i>							

## Wednesday, September 18

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
8:30am-2:30pm	Gem Lake & Balanced Rock	8	E	E	2100'	8960'	Tom D
<i>Hike past wonderful rock formations to a crystalline lake on Lumpy Ridge, then on to a rock balancing impossibly on the tip of a spire.</i>							
7:30am-11:30am	Emerald Lake	3.6	F	F	713'	10080'	Beth S
<i>Climb a smooth trail past Nymph and Dream Lakes up to the beautiful green gem-of-a-lake. This hike is perfect for most families.</i>							
7:30am-1:00pm	Boulder Brook Loop	6.7	F	F	1300'	10300'	Tom S
<i>Hike through lovely subalpine forests with occasional panoramic views of high peaks and along a babbling brook.</i>							

## Thursday, September 19

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
7:30am-1:30pm	Ouzel Falls	5.5	F	F	900'	9450'	Keith P
<i>Follow a forested trail up the North St. Vrain River past Copeland Falls, Calypso Cascades, and the 1978 fire area to the Falls.</i>							
8:00am-1:00pm	Deserted Village	6.3	G	F	650'	8160'	Laura B
<i>Enjoy a gentle hike to a historic destination to see the remains of a lot building from the late 1800s.</i>							
8:30am-3:00pm	South Glacier Knobs	6	E	D	1200'	10373'	Tom D
<i>Fun, off-trail, bushwhack and rock scramble to one or more of the granite domes overlooking Glacier Gorge.</i>							

### Mountain Bike Rentals available at the Mountain Center

8+ hours	\$25
4-8 hours	\$20
Up to 4 hours	\$15
*Contact bike shop for overnight and multi-day rentals	

### RENTALS & DEMOS available at the Mountain Center

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

**LOWA**  
simply more...

# CHAPEL MINISTRY

Questions? Call x1012

### WORSHIP IN THE ROCKIES

Sundays at 10:00 AM

Guests, staff, individuals, couples, families, and groups are invited to a great hour of worship. Dress is always mountain casual and weather appropriate. Come early to enjoy coffee and breakfast pastries as we fellowship together before worship! Meet at **Ponder Chapel**.

### PRAYER MEETING

Wednesdays from 12:00 - 12:30 PM

30-minute prayer meeting for all guests and staff. Meet at **Ponder Chapel**.



### Check out our other offerings:

**24/7 Prayer Chapel at Dannen Chapel** - Need a quiet place to pray, reflect, and meditate? Located on the outside northeast corner of Hyde Chapel.

**Interactive Prayer Trail** - Located behind the Legett Christian Center. Walking trail with 5 interactive stations.

**Labyrinth** - Located behind the Museum

**Bible Point Trail** - Pick up a trail map at the Mountain Center. Along the trail you will encounter selected Psalms that sing to the glory of God revealed in Nature.

**Beatitude Study Trail** - Enjoy a hike while studying the beatitudes from Jesus' famous "Sermon on the Mount." Trailhead and study guide located at Dorsey Lake parking lot.