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Our Mission:
YMCA of the Rockies puts Christian principles into practice through programs, staff, and facilities in an environment that builds healthy spirit, mind, and body for all.

Questions? Call Sweet Memorial Program Building at ext. 1104
HELPFUL TIPS & TRICKS

CHECK IN & OUT
Our Front Desk is located in the Administration Building.

Your accommodations will be ready by 6:00PM. If your room is not ready upon arrival, come participate in our programs and utilize our recreational facilities. Peruse the Activity Guide or stop by Sweet Memorial to find out what’s going on.

Check out is 10:00 AM
You are also welcome to use our facilities and participate in programs the entire day of check out.

ASPEN DINING ROOM MEALS
Current hours and prices:
(Subject to change)
Breakfast:
7:00 – 9:00, Adults: $10.50, Children: $7
Lunch:
11:30 – 1:30, Adults: $12.50, Children: $8.50
Dinner:
5:00 – 7:30, Adults: $15.50, Children: $10.50

EMERGENCY INFORMATION
First Responders – call 911
In case of a medical or non-medical emergency that requires an ambulance and first responders, contact any YMCA staff member or call 911 on any land line on property. First responders on property and local emergency personnel will respond quickly.

HEALTH AT HIGH ALTITUDE
First Aid Station: 8:00 AM – 5:30 PM
The Gaylord First Aid station, located near Sweet Memorial Building, is available to all guests on property. Open daily.
Altitude Sickness:
YMCA of the Rockies is located at an elevation of 8,010 feet above sea level. Signs and symptoms of altitude sickness include headache, nausea, vomiting, fatigue, and sleep disturbances. Get plenty of rest and drink lots of water throughout the days prior to arrival, upon arrival, and throughout your stay.

FAMILY ORIENTATION
Wondering what to do while here at YMCA of the Rockies? Come get an overview of activities and facilities and have your questions answered. Find out more about how to have fun here at the Y!

Check the Activity Guide for schedule.

Yearly Membership
Becoming a member of the YMCA of the Rockies means becoming part of our family. Call 970-586-3341 ext. 6014 for more information.

Family Membership Cost:
One Year: $250  Three Year: $600

Day Passes
Not staying with us? You can purchase a Day Pass at the Administration Building, Sweet Memorial, or the Mountain Center and still join in on the fun!

Day Pass Cost:
$10 – Children 6–12 years old
$25 – Adults 13+ years old
FREE – Children 5 and under

The YMCA of the Rockies has an app!
Scan the QR code to see an up-to-date activity schedule & other useful information!

Questions? Call Sweet Memorial Program Building at ext. 1104
SWEET MEMORIAL BUILDING

FAMILY FUN JUST GOT “SWEET”ER!
Located west of the Administration Building parking lot, the Sweet Memorial Building is the hub of the Program Department. If you have any questions, comments, or concerns about programs or activities, come by or give us a call at 970-586-3341 ext. 1104.

FAMILY PROGRAMS
We provide unifying experiences for families through fun-filled activities! From BINGO night to learning about wildlife, we offer activities for all ages that are guaranteed to create lifelong memories. Children age 12 and under must be accompanied by an adult. https://ymcarockies.org/activity-guide/

GAME ROOM
Anyone for ping pong, billiards, foosball or table shuffleboard? See our newly renovated game room in the basement of the Sweet Memorial Building. We also have board games and puzzles to play here, or take back to your cabin!

Do you frolf? Our 18-hole frisbee golf course is great for beginners and avid disc golfers. Cruise around property, enjoy the scenery, and see who can keep their score the lowest! Disc golf discs can be checked out at the Sweet Memorial Building for a $10 cash or credit card deposit per disc.

CAMPFIRES
Campfires are allowed in designated fire rings located throughout the property. Please call ext. 1104 to check fire ring availability. A fee of $25 includes use of the site and two bundles of wood. Firewood is for sale at Sweet Memorial, or at the Administration Building for $5.00 plus tax. We also have a few gas fire rings to use at no cost that are first come, first serve. Just dial “0” on any YMCA phone and ask security to get it started for you.

Questions? Call the Sweet Memorial Program Building at ext. 1104
FAMILY PROGRAMS

Programs are free and do not require sign up unless noted in the activity guide. Bring the whole family for these exciting activities! Children under 13 must be accompanied by an adult. Check the activity guide for specific program offerings as well as dates and times.

GUIDED EXPLORATION
Explore nature and outdoor skills with one of our instructors. Learn how to build fires, tie knots, or survive outdoors. Observe the wildlife around us and identify the signs of their presence. Programs are between thirty minutes to an hour and a half and are enjoyable learning experiences for the whole family.

FAMILY FUN
Spend time enjoying one of our fun family programs! Break out of our escape room or bring marshmallows to roast over our community fire. Solve clues to search for treasure or team up for a sports activity like kickball capture the flag, or ultimate frisbee.

NIGHTTIME EXPLORATION
Go for a night walk and learn about our nocturnal wildlife or get a closer look at the night skies during our astronomy sessions. Activities are weather dependent. Astronomy requires advanced sign-up and is best suited for ages 10+.

EVENING ACTIVITES
Join us on Friday and Saturday evenings as we play family games like BINGO and trivia, roast s’mores, and enjoy time together.

ARCHERY
Requires early registration. Draw back and fire at the bull's-eye in one of our archery programs. Open to ages 6+. Register online or in the Sweet Memorial Building.

LITTLE LEARNERS
For families with children ages 6 and under, come enjoy one of our little learners’ programs. Explore the natural world, run under a billowing parachute, or learn about camouflage as we hunt for wooly worms.

AXE THROWING
New for 2020. Experience the rush of axe throwing! Ages 6+, register online, in person, or over the phone.

Questions? Call the Sweet Memorial Program Building at ext. 1104
ADVENTURE ACTIVITIES

Located near Upper Cookout on the north end of our property, the Mountain Center provides a base camp to launch outdoor and high-adventure activities such as hiking, biking, archery, an indoor climbing wall, and more!

The Mountain Center houses a hands-on educational nature center designed to allow you to explore local flora and fauna and other natural wonders in the incredible Rocky Mountains. Be sure to check out the 3D topographic map and all the other interactive displays.

GEAR SHOP

Forget something at home or need gear for your next adventure through Rocky Mountain National Park? The Gear Shop offers a wide variety of items ranging hiking poles to snowshoes that will help you make the most of your time in the mountains.

Located on the main floor of the mountain center, the shop offers the latest apparel from Osprey and Outdoor Research, some of the more trusted brands in the outdoor industry.

Safety in the wilderness is essential, so whether it’s the beating sun’s rays at our high elevation or supplies to keep you warm, such as hiking socks, hats, and gloves, the Gear Shop is a great place to stop before your next adventure!

GUIDED MOUNTAIN BIKING

We offer guided mountain bike rides around the property. We tailor the, to fit the skill level of the group. Sign up in the Mountain Center. $15 per participant.

MOUNTAIN BIKE RENTALS

Come by the Mountain Center to rent your bikes and head out to the trails!

ADULT & YOUTH SIZES AVAILABLE.
Bike rental includes a helmet.

Check the Activity Guide for Guided Mountain Bike rides!

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*Contact bike shop for overnight and multi-day rentals

CLIMBING

Check the Activity Guide for availability.
Experience the thrill of scaling our 25-foot outdoor climbing wall or get your hands on our indoor climbing walls, including a 25-foot wall and a bouldering wall. All gear is provided; must wear sturdy, hiking or tennis shoes. This activity is geared towards climbers with beginner to intermediate abilities. Register online or at the Mountain Center. Meet 15 minutes prior to your session at the Mountain Center.
Ages 5+, $10 per person

Want to join our team of enthusiastic staff?
Join our community of staff for seasonal employment opportunities.
Apply online at www.ymcarockies.org/work/seasonal-employment

Questions? Call the Boone Family Mountain Center at ext. 8402
HIKING

HIKING INFORMATION DESK
Bordering Rocky Mountain National Park on three sides, we are blessed by an amazing hiking program. In the Mountain Center you will find our hiking information desk where you can ask one of our Hikemasters questions, look up hikes in our guide books, grab a map, or sign up for a guided hike.

DAILY GUIDED HIKES

HIKES GRADED A–H
We offer a variety of daily treks graded A–H. Higher level hikes require hikers to complete pre-requisite hikes. Check the Weekly Activity Guide for scheduled hikes, then register online: http://tinyurl.com/ymcaepc

Easy & Easiest (Grades G & H) – Thoroughly enjoyable and informational, these hikes are perfect for grandchildren and grandparents.

Moderate (Grade E & F) – Moderate in difficulty, these hikes provide spectacular views, points of interest, and serene settings.

Hard (Grades C & D) – Perfect for conditioning, these hikes are physically demanding and sure to excite.

Most Difficult & Challenging (Grades A & B) – These hikes face greater exposure to heights and weather, greater mileage, more difficult terrain, and higher altitudes. Even in summer, be prepared for inclement weather: lightning storms may arise, and rain, hail, and snow may make difficult terrain treacherous.

SIGN UP & AVAILABILITY
Sign up required for guided hikes. Go online http://tinyurl.com/ymcaepc or go to the Mountain Center. Check the Weekly Activity Guide for current hike schedules.

RENTALS AND DEMOS
Rentals:
• Daypacks – $5
• Trekking Poles – $5
• Child Hiking Carriers – $10
• Strollers – $5
• Microspikes – $10
• Snow Shoes – $10
• FREE LOWA boot demos

Questions? Call the Boone Family Mountain Center at ext. 8402
RECREATION & FITNESS

STRENGTHEN SPIRIT, MIND, BODY

Through exercise and fitness, experience growth and development in all aspects of your personal life.

DUNCAN FAMILY CLUBHOUSE

OPEN 8:00 AM – 10:00 PM DAILY

Located next to the Mini Golf Course, the Clubhouse is the go-to place for recreation equipment check-out and participation in fun and games! Check out or rent a variety of equipment at the Clubhouse. We have equipment for mini-golf, your next pick up game, or a relaxing yard game. If you have any questions, come by or give us a call at 970-586-3341 ext. 1134.

MINI GOLF

Located on the Administration Field, we boast two mini golf courses. Try our 18-hole course or an easier 9-hole course with larger holes for younger children. Fun and entertaining for the entire family. The course is lit at night for a great evening activity under the stars.

TENNIS COURTS

Three full-sized tennis courts are located right next door to our mini golf course. Tennis racquets and balls are available at the Clubhouse for your use. Interested in Pickleball instead? Ask the Clubhouse attendant about checking Pickleball equipment or check the Activity Guide for YMCA facilitated Pickleball games!

ADMINISTRATION FIELD

The Administration Field is located outside of the main Administration Building. There are basketball courts, sand volleyball courts, gag ball pits, horseshoe pits, a baseball diamond and open field space. Equipment can be checked from the Clubhouse, located near mini golf and the tennis courts.

OUTDOOR FITNESS TRACK

Take your workout routine back to the basics with our outdoor fitness trail. There are 10 unique stations to add variety to your walk/run. Both the

DORSEY SWIMMING POOL

OPEN SWIM

The pool is generally available for open swim from 1-5 PM and 6-10 PM, but hours may vary. Please check updated schedule in Activity Guide.

LAP SWIM

Five lanes are open and exclusively available for Lap Swim.

HYDRO2GA

HydrO2ga is a holistic therapeutic no-impact deep water exercise that is challenging, strengthening, toning, aerobic, relaxing, and balancing for the emotional, physical, and mental body.

WATER EXERCISE

Enjoy a low impact water exercise class in our heated indoor pool. Exercises are done in 4-5 feet of water, with the option of moving to the deep end.

YOGA CLASSES

MULTI-LEVEL YOGA

Join instructor Laura Collins for integral yoga with a vinyasa flair, suited for all levels. Class focuses on beginners, yet more advanced postures are suggested for those who are able. Each class ends in a deep relaxation. Mats available.

CHAIR YOGA

Join instructor Laura Collins for gentle seated yoga poses and simple mindfulness techniques you can do anywhere. She will also discuss the health benefits of yoga and provide simple experiential ways to help eliminate stress and promote health in your life. Chairs and outdoor inspiration provided.
Craft & Design Center

Individual Crafts From $6–$85

For Any Age
- Glazed & Painted Ceramics
- Wood Crafts to Paint or Mosaic
- Leather Stamping
- Tie Dye
- Kids Jewelry

For Adults and Youth, 4th Grade +
- Jewelry
- Silk Painting
- Basket Weaving
- Magic T-shirts
- Glass Fusing
- Wood Burning (14yr+)

- Typically open 7 days a week, 9:30AM–5:00PM. Hours may vary, please check the Activity Guide.
- Children 12yrs and under must be accompanied by an adult or a responsible party, 13yrs or older.
- Bringing a group of 15 or more? Please contact the Craft & Design Center Director sgabelhouse@ymcarockies.org

Questions? Call Ext. 1132

Questions? Call Sweet Memorial Program Building at ext. 1104
MAUDE JELLISON LIBRARY

Come visit the beautiful Maude Jellison Library located behind the Administration Building & Hyde Chapel.

GET LOST IN A GOOD BOOK
Browse among our 15,000 volumes including books on our Y history, Estes Park history, RMNP history, hiking/wildlife/wildflower guides and more. We carry the latest editions of the Wall Street Journal, USA Today, and many magazines. Relax on our porch swings with inspiring mountain views.

AN ENCHANTING YOUTH LIBRARY
Children of all ages enjoy our youth library with a large selection of children’s and young adult literature. We have daily story times, giant puzzles, and comfy bean bag chairs.

PROGRAMMING
Check the Activity Guide for dates and times of special programs featuring author talks, live musical performances, guest lecturers, poetry readings, and more!

DORSEY MUSEUM

HISTORY COMES ALIVE...
Housed in a 1924 guest lodge, the Dorsey Museum offers engaging opportunities to explore our period room settings and display galleries. Here you will learn more about the rich history of the YMCA of the Rockies and the growth of tourism in the Estes Park Valley. In addition, we also have two furnished turn-of-the-twentieth century cabins located in our beautiful museum grounds. Join us this summer to experience a bygone age of camp life.

PROGRAMMING
During the summer months the museum offers historical programming for all ages. Hikes and tours of the Estes Park Center provide deeper dives into our rich institutional history and local landscapes, while our day camp activities offer hands-on learning opportunities and experiences into the history of the American West.

100TH YEAR ANNIVERSARY OF MOUNTAINSIDE LODGE
This year, Mountainside Lodge celebrates 100 years. Come and learn more about Mountainside Lodge and Dr. John Timothy Stone in our new museum exhibition, or join us at the Lodge for history tours and programming on June 5th and 6th and 14th and August 14th and 15th. All events free. Check the activity guide for dates and times of other special programming.
YOUNG ADULT+

KEEP EXPLORING
Designed with adults in mind! Check activity guide for days and times two weeks in advance.

A.A. HYDE HISTORY WALK
Explore the history of family camps and conferences at the YMCA of the Rockies through the work of A.A. Hyde, founder of the Mentholatum Company and supporter of the YMCA. Discover how leaders like Hyde created a foundation for the YMCA of the Rockies on the principles of healthy spirit, mind and body on this easy walk.

ARCHAEOLOGY WALK
Ever wonder who lived here before Y camp existed? Travel back in time to when a glacial river flowed through the valley and homes were made of rock shelters and animal hides. This mile long hike will provide an opportunity to explore prehistoric life in the region. A visit at the Museum before your walk will set the stage for adventure.

BURNING ISSUES: LECTURE SERIES
Join us for informed discussions on hot topics. Each week will feature an expert professor. Topics are geared towards young adults and up.

CHESS & SCRABBLE CLUB
Whether you’re a beginner or a skilled player, join others interested in these classic games of the mind and strategy.

HIKERS HUDDLE
Come learn about the YMCA of the Rockies hiking program! Our experienced hikemasters will provide details about upcoming hikes for the week—including pictures—and feature a short presentation on the history, ecology, and geology of Rocky Mountain National Park and its inhabitants.

HISTORY OF THE Y
Come and explore the history of the Y from the early twentieth century to present times. This easy hike starts at the museum before heading out to the site of the original Wind River Lodge. From there we will wind our way back to the main campus and learn about our rich history encompassing people and places.

WALK ABOUT THE Y
Quarter-mile stroll. Explore the architectural and social history of the YMCA of the Rockies’ main campus. Discover the “who” behind the names on buildings and enjoy sculptures on the main promenade.

BREAKFAST AT THE MUSEUM
Please join us for a continental breakfast, prize drawings and fellowship in the front yard of the Museum on Tuesday mornings! Julie Watkins, President/CEO; and other members of the YMCA of the Rockies’ Executive Leadership Team will be there to visit with you. We’ll be happy to answer your questions and we hope you’ll take a few minutes to share your personal Y story with us!

CABIN DONOR PROGRAM OPEN HOUSE
CHECK THE ACTIVITY GUIDE FOR DATES AND TIMES
Have you ever considered cabin adoption/donation at the YMCA of the Rockies? Are you curious how the program is structured? What ARE the benefits of being a cabin donor? Would you like to see what a newly remodeled or newly constructed cabin looks like? Staff will be available to chat with you. Come join us for lemonade and cookies and learn more about this great program. Pick up a map at the front desk or follow the yard signs to the cabin. Individual inquiries: please contact the philanthropy office. Ext. 6018

Questions? Call Sweet Memorial Program Building at ext. 1104
SPIRIT & FAITH
FOR ALL
Through faith based programs & activities, the YMCA of the Rockies Chapel Ministry with Greg Bunton seeks to create a culture that is spiritually engaging, safe, & respectful of all. Check activity guide for days & times two weeks in advance.

BIBLE STUDY
Gather for a bible study led by a Chaplain’s Assistant.

WORSHIP IN THE ROCKIES
SUN 10:00 AM
Guests and Staff are invited to Hyde Chapel for a special hour of worship for people of all denominations and of all ages. Dress is mountain casual and weather appropriate. Come early and enjoy hot beverages, and breakfast pastries as we fellowship together before worship! Individuals, couples, families and groups are welcome to Worship in the Rockies as we seek to make this your “church home away from home.”

WORSHIP HIKE TO BIBLE POINT
Join us for a 2 mile round-trip hike to Bible Point. After admiring the view, we will join our hearts and voices in worship to the one who created those views! Chaplain Greg Bunton will have his guitar and be ready to lead singing, scripture reading, and prayer. This is a strenuous hike and participants should wear good hiking shoes/boots, and bring water and a rain jacket.

CAMPFIRE WORSHIP
Join Chaplain Greg Bunton for fellowship and worship. Come ready to sing some old church camp favorites, hymns, and some new praise and worship songs. Weather Permitting.

VESPER SERVICE AT SARA SMITH OUTDOOR CHAPEL
Join the Chapel Ministry for this outdoor evening communion service. What better place to worship God and give praise for all the creation that surrounds us than at Sara Smith Outdoor Chapel located on the way to the Jackson Stables. If inclement weather, service will be held at the Ponder Chapel inside the Legett Christian Center.

MOVIE NIGHT
Join us in Hyde Chapel for a fun family friendly movie, along with movie snacks!

24/7 PRAYER CHAPEL
Need a quiet place to pray, reflect, or meditate? Dannen Chapel, enter on the outside northeast corner of Hyde Chapel, is open 24/7 for your prayer needs. When chapel is closed, a notice will be posted on the chapel door.

BEATITUDE BIBLE STUDY TRAIL
Enjoy a hike while studying the beatitudes from Jesus’s famous Sermon on the Mount. The trailhead and study guides are located at the Dorsey Lake parking lot. Trail makes a 1 mile loop.

BIBLE POINT TRAIL
Enjoy a hike on the new and improved Bible Point trail. Along the trail you will encounter selected Psalms that sing to the glory of God revealed in nature. Trail maps located at the Mountain Center.

INTERACTIVE PRAYER TRAIL
Located behind the Legett Christian Center. Walk the trail and encounter 5 interactive stations that will engage you in active prayer. All ages will find this a fun and meaningful way to pray!

LABYRINTH
A Labyrinth is a spiritual tool, a path of prayer, a walking meditation. Our Labyrinth is designed out of stones and located behind the Museum. Brochures about the Labyrinth and how to walk the Labyrinth are located at the starting point. Enjoy a time of peace and prayer!

LAWN GAMES
Located on the west side of Hyde Chapel, there 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! Many fun games including the ever-impressive JUMBO Connect 4! Please return games to storage shed when finished.
TEEN BACKPACKING CAMP

Give your teen the trip of a lifetime!

Camp For 13-15 year olds:
July 6 - 10 & July 20 - 24

Camp For 15 - 17 year olds:
July 27 - 31

Monday & Tuesday: 9:00 AM – 5:00 PM.
Spend the first two days of the week learning all the skills necessary to enjoy living out of a backpack in the Rocky Mountains.

Wednesday – Friday: Embark on a three day, two night backpacking trip in Rocky Mountain National Park learning more about yourself than any other experience in your life!

Sign them up today by visiting and clicking “register for day camp”:
https://ymcarockies.org/summer-day-camp/specialty-camps/

Questions? Call Sweet Memorial Program Building at ext. 1104
**Trip Rates:**

Fly Fishing The YMCA: **$45.00** *(no license needed)*

½ Day Trips: **$65.00**

¾ Day Trips: **$85.00**

All Day Hike: **$105.00**

Family Fun Trip: 15 & under **$38.00** / 16+ **$65.00***

Family Fun Cookout: 15 & under **$43.00** / 16+ **$69.00***

Belly Boat: Drive To **$95.00** / Backcountry **$125.00**

Fish N Golf: *(all inclusive!)* **$120.00**

**Trips Include Gear Rental and Flies!**

*(a one day license may be required)*

**Private Trips:**

Available for small or large groups any day!  
*Stop by our desk for pricing!*

**WE HAVE RENTAL EQUIPMENT!!!**

Fly Rod Rentals: **$15.00**  
Wader Rentals: **$15.00**

Combo (rod and waders): **$25.00**

Spin Rod Rentals: **$5.00 / day** *(includes tackle!)*

We Sell Worms!

**Things To Know For Your Trip**

- **Trips are all inclusive!** *(includes all gear and flies at no extra cost)*  
  *NOTE: A one day license is required for ages 16+*  
  *Exception: Family Fun trips INCLUDE your one day license in the cost!*

- You must have someone **sign up or call to book** our trips *(Desk is located inside the Boone Family Mountain Center)*

- Most trips have a **minimum (2 people) and a maximum (varies)** number of participants.

- **AGE MINIMUM:** Must be at least **12 years old** to attend a fly fishing outing.  
  *Exception – Family Fun Fishing Trips are open to ALL AGES!*

- We **carpool on all trips!**  
  Reminder, trips that go into RMNP require a parks pass *(if you are driving your vehicle please plan accordingly)*

- **What to bring:** extra clothing (pants, sweatshirt, and socks), raingear *(poncho or waterproof jacket)*, sunscreen, polarized sunglasses, tip for the guide, *and as needed* - fishing license, water, snacks, possibly lunch / dinner *(see desk)*.

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**Sasquatch Fly Fishing is open from Mid May – End of August.**

This is a **sample** weeks schedule for Sasquatch Fly Fishing. You can visit our website to see actual our week’s offerings. We also do Private Excursions for 1 – 30 people!  
For more info please visit: [www.sasquatchflyfishing.com](http://www.sasquatchflyfishing.com)
JACKSON STABLES, INC.
SUMMER 2020

LIVERY OFFICE HOURS:
Daily- 7:15 am-6:00 pm
Phone- (970) 586-3341, ext. 1140 or 1149  (Dial only the ext. if on grounds)

RATES:  
(per person)  $55  1 hour ride  Deer Meadows/Glacier Basin
$70  2 hour ride  Moraine Park /Emerald Mtn.
$90  3 hour ride  Beaver Meadows/East Portal/Mill Creek
$110  4 hour ride  Wind River
$120  5 hour ride  Bierstadt Lake
$200  All Day ride  Fern-Odessa

**A portion of your RMNP ride fee is being used for horse trail maintenance.**

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SATURDAY

| 7:40am      | 5 hr. Bierstadt Lake    |                         |
| 8:00am      | 2 hr. Moraine Park       |                         |
| 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. East Portal        |                         |
| 2:00pm      | 1 hr. Glacier Basin      |                         |
| 3:30pm      | 2 hr. Moraine Park       |                         |
| 4:00 pm     | 1 hr. Deer Meadows       |                         |
| 5:00 pm     | FAMILY HAYRIDE/ WIENER ROAST | $35.00 per person       |

Estes Park Center
YMCA of the ROCKIES LIVERY

**ADVANCED RESERVATIONS ARE RECOMMENDED**

*Family hayrides with marshmallow roasts are offered during the week. Please call for dates and times.

*Group rates available with advanced contract and deposit for horseback riding with 18 or more riders.

*The weight limit for an individual is 250 pounds.
HORSE RIDING TRAIL INFORMATION

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 of 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 250 pounds.

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: $20.00 per child. Available times: Daily: 8:30am-11:25am/1:00-4:45pm.

*Please note: Day Camp children use the Pony Trail between 9:30-11:00 a.m. on Tuesdays and Thursdays, mid-June through mid-August. This is usually a very busy time.

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.

MORaine 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, 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 wild flowers are abundant. There is a short rest break about half way 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.)

ALL-DAY RIDE: This ride is designed for the seasoned horseback rider and takes you further into the rugged back country of RMNP. The destination varies depending on the time of year and trails that are open, or closed, due to impassable snow conditions. However, the ride does promise to be the highest altitude obtainable, providing the grandest of scenic mountain views.

HAYRIDES: Private and Open horse-drawn hayrides are available throughout the summer. Cost is $23.00 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.
MASSAGE THERAPY
Here at the YMCA!

Oak Cabin on Friendship Lane
Conveniently located on grounds of YMCA
(970) 586-3341 Ext 4101
www.homegrownyoga.com

Homegrown Yoga & Massage offers state-of-the-art massage therapy services in a serene mountain cabin located conveniently on the grounds of the YMCA of the Rockies up the hill from the Arts and Design Center.

Hours of operation:
May through October: 9am - 6pm daily. Extended evening hours mid July/mid August.

For more information or to schedule your appointment:
May through October
In person – come by Oak Cabin on Friendship Lane. Find a binder on the porch 24/7 where you can sign up for your massage. By putting your name in binder, you are confirmed.

Or call 970-586-3341 Ext 4101 or just 4101

All forms of payment taken. Cash, check and room charge preferred.

24 hour cancellation policy. No insurance reimbursement.

Services & prices:

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 min</td>
<td>$45</td>
<td>(perfect for achy feet or a great neck and back massage)</td>
</tr>
<tr>
<td>60 min</td>
<td>$85</td>
<td>(perfect for full body massage focusing on relaxation and health promotion)</td>
</tr>
<tr>
<td>90 min</td>
<td>$125</td>
<td>(allows additional time to focus on a certain pain issue)</td>
</tr>
<tr>
<td>120 min</td>
<td>$160</td>
<td>(allows time for multiple modalities and an in-depth full body massage)</td>
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</tbody>
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No time add ons:

Deep tissue: $5/30 min  
Hot stone: $15  
Hikers feet heaven: $10  
Fruit Refresh: $10  
Foot sugar scrub: $10  
Body brushing: $15

Four pack/one hour: $320
Complimentary warm towel treatment and aromatherapy on every massage.

“helping people be their best”