ACTIVITY GUIDE
FRIDAY, SEPTEMBER 18– THURSDAY, SEPTEMBER 24
YMCA OF THE ROCKIES ESTES PARK CENTER

Questions about what’s available during your stay? Visit our What-to-Expect page here or call x1104.

PROGRAM FACILITY HOURS
Masks are required inside all facilities. Limited capacities.

SWEET MEMORIAL BUILDING
Open daily 9:00 AM – 5:00 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

BOONE FAMILY MOUNTAIN CENTER
Open Fri–Tues 9:00 AM – 5:00 PM
Sign up for hikes or get info about our climbing and biking activities! Questions? Call us at x8402

MOOTZ FAMILY CRAFT & DESIGN CENTER
Open Thursday–Monday 9:30 AM – 4:30 PM
Unleash your creativity through any of our various crafts. Try glazed ceramics, tie dye, mosaics, painting woodcrafts and more. Prices range from $6–$85. Activities may vary by day. Masks Required for ages 3+ when inside. Questions? Call us at x1132

LUWA W. DORSEY MUSEUM
Timed entry to the museum begins on the hour at opening time. Last entry to the museum is at 4:00pm. Guests are limited to 8 people per hour and are on a first come basis. Please wait outside the museum until a staff member guides you inside! Staff Alumni Cabin open by appointment only Sat, Mon, Thurs, Fri 1-4pm. Call x1136 to reserve a spot.

Maude Jellison Library (Upper Level/Adult Section Only)
Fri, Sep 18 Sat, Sep 19 Sun, Sep 20 Mon, Sep 21 Tues, Sep 22 Wed, Sep 23 Thurs, Sep 24
9 AM – 5 PM 9 AM – 5 PM 10 – 5 PM 9 AM—5 PM CLOSED CLOSED 9 AM – 5 PM

LULA W. DORSEY MUSEUM
Fri, Sep 18 Sat, Sep 19 Sun, Sep 20 Mon, Sep 21 Tues, Sep 22 Wed, Sep 23 Thurs, Sep 24
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

BOB ECKER ROLLER RINK
Masks are required. Skating capacity limited to 20 skaters at a time.
Open daily 5:30 PM – 9:00 PM
Saturdays 3:00 PM–9:00 PM Questions? Call us at x1159

LONGHOUSE GYM
Open daily 5:30 PM – 9:00 PM
Saturdays 3:00 PM–9:00 PM
Play indoor basketball, volleyball and pickleball and more. Equipment available from the roller skating rink attendant.

DORSEY SWIMMING POOL
Reservations required. Click on time slot to register!

Fri, Sep 18 Sat, Sep 19 Sun, Sep 20 Mon, Sep 21 Tues, Sep 22 Wed, Sep 23 Thurs, Sep 24
Open Swim
8:30 AM 8:30 AM 8:30 AM 8:30 AM 8:30 AM CLOSED 8:30 AM 8:30 AM
9:45 AM 9:45 AM 9:45 AM 9:45 AM 9:45 AM 9:45 AM 9:45 AM
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Lap Swim
7:15 AM 7:15 AM 7:15 AM CLOSED 7:15 AM 7:15 AM 7:15 AM

Call 970-586-3341 ext. 1104 for more information.
**NICK MOLLE’S NATURE FILMS**

Fri–Tues showings in the Mountain Center at 2:00pm

Local producer Nick Molle shows off the beauty of the Rocky Mountains in his documentaries. On Sundays, Tuesdays and Thursdays, enjoy *Nature of the Beasts*. On Mondays, Wednesdays, Fridays and Saturdays, enjoy *The Living Dream: 100 years of RMNP*.

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**PAID ACTIVITIES**

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**WORSHIP IN THE ROCKIES**

Guests and staff are invited for a special hour of worship for people of all denominations and of all ages! *Join us here as we livestream on Sunday mornings at 10 AM.*

Questions? Call us at x1012

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**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. If you collect at least one, turn in at Sweet Memorial for a special prize!

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**BOOK LOVERS HOUR W/ BERNICE**

Like to read? Join Bernice Rohlich and other lovers of books to discuss books you are presently reading, have read, and are looking forward to reading. It’s a pleasant hour of talking about what you love to do: read books! Meets outdoors at Maude Jellison Library at 4 PM on Wednesday!

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**FISHING POLES NOW AVAILABLE FOR RENT!**

$5 per day

Pick up at the Mountain Center

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**Make sure to sign our Virtual Guest Book!**

[Click here!](#)

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Call 970-586-3341 ext. 1104 for more information.
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 (30 min)**
Explore the lives of bears and how to keep yourself and them safe in this bear-y interesting talk!

**BIBLE POINT HIKE (1 hr)**
Join our staff as we take a beautiful 2 mile hike up Bible Point. We will learn about some of our local trees as well as the history of Bible Point and Edwin Brandt. Wear sturdy shoes, appropriate clothing and bring water!

**BINGO (1 hr)**
B—J—N—G—O! Grab a card and get your game face on. For summer 2020, pick up a card from Sweet Memorial and participate virtually!

**BIRD BANDING (1 hr)**
Watch Scott Rashid, licensed bird bander, "net" different species of birds that come to Colorado in the summer.

**BIRD IS THE WORD (1 hr)**
Come learn about fall birds in our area and make your very own pinecone bird feeder!

**CAPTURE THE FLAG (1 hr)**
How well can you hike, sneak, run, and chase in this classic camp game to retrieve your flag from the other team's side!

**CREEK STOMPIN’ (1 hr)**
Get your feet wet in this introduction to our mountain lakes and streams. As we play in the creek, we’ll see what lives in and near the water, learn what makes a healthy waterway, and the importance of keeping our water clean!

**FAMILY FUN NIGHT (50 min)**
Play campfire games, sing silly songs, and enjoy time together. Currently, we will not have a campfire due to the fire ban.

**FIRE QUEST (1 hr)**
Fire can be a life-saving tool outdoors. Come learn how to use various methods to spark safe fires.

**KICKBALL (1 hr)**
Join other game enthusiasts for some outdoor kicking and running fun.

**KNOTS (1 hr)**
Knot tying is an essential backcountry skill. Learn a half hitch, bowline, and more useful knots!

**NIGHT WALK (1 hr)**
Experience the Y's night life, learn about nocturnal animals, and play night games.

**ORIGAMI (1 hr)**
For centuries, cultures have created ways to artistically approach, adopt, and adapt the paper craft. We will explore basic folding patterns and replicate easy designs.

**SARDINES (1 hr)**
One person hides, and everyone else seeks! This variation of hide and seek will get everyone running around and having fun!

**SCIENCE EXPERIMENTS (30 min)**
Check the schedule to see what cool experiment we’re doing today!

**SURVIVAL (1.5 hr)**
Learn some important skills to help you stay safe in the wilderness. We’ll go over what to do if you’re lost and practice building a shelter!

**TRIVIA (1 hr)**
Test your random knowledge on a team with your family, or mix it up with other guests! Questions are designed with all ages in mind. For summer 2020, register in advance and participate virtually!

**ULTIMATE FRISBEE (1 hr)**
A great hour of Frisbee team excitement!

**WALK ABOUT THE Y (30 min)**
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. Meet at the Museum.

**WHAT ABOUT WOLVES? (45 min)**
Grey wolves were extirpated from Colorado in the late 1800’s. As wolves begin to migrate back, learn about the effect of these large carnivores on their ecosystems.

LITTLE LEARNERS
For families with children 6 and under:

**BUGS, BUGS, BUGS (30 min)**
Caterpillars, worms, beetles, butterflies, and more! Dig into what bugs look like, how they change, and what makes these creepy critters so cool!

**CHILDREN’S STORY TIME (45 min)**
Act like a weasel and POP by Maude Jellison Library for stories about nature and animals.

**LITTLE EXPLORERS (30 min)**
Explorers use their senses to observe and investigate the world around them. Take a walk with our facilitator and practice your exploring skills!

**PARACHUTE GAMES (30 min)**
Rise and fall with our big parachute as we play games on, under, and around the billowing parachute!

**WOOLLY WORM HUNT (30 min)**
Join our adventurous hunt for the mysterious woolly worms and learn about how animals use camouflage!
GUIDED HIKES

Requires sign up: Click on the hike name to register online or call the Boone Family Mountain Center at x1311.

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.

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.

Call 970-586-3341 ext. 1104 for more information.

### Saturday, September 19

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<tr>
<th>Hike</th>
<th>Miles RT</th>
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<th>Terrain</th>
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<th>High Point</th>
<th>Hikemaster</th>
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<tbody>
<tr>
<td>8:00am – 12:00pm Tales, Trails, and Tribes</td>
<td>2.0</td>
<td>F</td>
<td>E</td>
<td>200’</td>
<td>11500’</td>
<td>Beth S.</td>
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This hike will take us to examine evidences of the first travelers in Rocky Mountain National Park.

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<tbody>
<tr>
<td>9:00am – 12:00pm Ruts Up with the Elk Nature Walk</td>
<td>3.0</td>
<td>G</td>
<td>F</td>
<td>400’</td>
<td>8400’</td>
<td>Roy P.</td>
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Hike with us in hopes of seeing some elk, perhaps bugling and battling with their antlers. Learn about their behavior from our local elk expert.

### Sunday, September 20

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<tbody>
<tr>
<td>7:15am – 12:15pm Fern Falls</td>
<td>5.5</td>
<td>F</td>
<td>F</td>
<td>645’</td>
<td>8800’</td>
<td>Clyde M.</td>
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Enjoy hiking past lush woods along the Big Thompson River, past the site of the Old Forest Inn, to thundering waterfalls.

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<tr>
<td>7:30am – 11:00am Gem Lake</td>
<td>3.5</td>
<td>F</td>
<td>E</td>
<td>1460’</td>
<td>8830’</td>
<td>Tom S.</td>
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This is a short, occasionally steep, hike past wonderful rock formations with names like “Twin Owls” and “Paul Bunyon’s Boot” to a crystalline lake on Lumpy Ridge.

### Monday, September 21

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<tbody>
<tr>
<td>7:00am – 3:00pm Odessa and Fern Lakes</td>
<td>9.8</td>
<td>E</td>
<td>E</td>
<td>1215’</td>
<td>10020’</td>
<td>Beth S.</td>
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We will start at Bear Lake, climb moderately around the side of Flattop, then drop into the stunning Odessa Gorge.

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<tr>
<td>7:30am – 1:00pm Mill Creek to Bierstadt Lake</td>
<td>4.5</td>
<td>D</td>
<td>D</td>
<td>1000’</td>
<td>9416’</td>
<td>Laura B.</td>
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Explore changing aspens along Mill Creek and Bierstadt Lake.

### Tuesday, September 22

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<tr>
<td>7:00am – 2:30pm Estes Cone</td>
<td>6.5</td>
<td>F</td>
<td>F</td>
<td>1606’</td>
<td>11006’</td>
<td>Tom S.</td>
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Longs Peak trail to rocky summit with panoramic views of Battle Mountain, Longs Peak, Twin Sisters, Lily Mountain and Estes Valley.

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<tr>
<td>3:00pm – 6:00pm Ruts Up with the Elk Nature Walk</td>
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<td>G</td>
<td>F</td>
<td>400’</td>
<td>8400’</td>
<td>Beth S.</td>
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Hike with us in hopes of seeing some elk, perhaps bugling and battling with their antlers.

### Wednesday, September 23

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<tr>
<td>7:00am – 3:00pm Ypsilon Lake</td>
<td>9.1</td>
<td>E</td>
<td>F</td>
<td>2680’</td>
<td>10760’</td>
<td>Beth S.</td>
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Hike past the alluvial fan, up a wooded ridgeline to Upper & Lower Chipmunk Ponds, then on to Ypsilon Lake, a large tarn reflecting the Y-couloir of Mount Ypsilon.

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<tr>
<td>7:30am – 1:30pm Beaver Mountain Loop and Upper Beaver Meadows</td>
<td>5.0</td>
<td>F</td>
<td>E</td>
<td>800’</td>
<td>9217’</td>
<td>Tom S.</td>
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The Beaver Mountain Trail loops through meadows, ponderosa parks and aspen-fir forests in a uniquely diverse life zone.

### Thursday, September 24

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<tr>
<td>7:30am – 1:00pm Cub Lake and The Pool Circuit</td>
<td>6.3</td>
<td>F</td>
<td>F</td>
<td>675’</td>
<td>8620’</td>
<td>Tom S.</td>
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Loop hike past aspen woods & beaver ponds to Cub Lake, The Pool, & Arch Rocks.

Call 970-586-3341 ext. 1104 for more information.
MOVEMENT AT THE MUSEUM

Come let the museum artifacts and history inspire you through movement and play on the Lula W. Dorsey Museum lawn. Instructors will guide you through moves and postures that will lighten your spirit and invigorate your mind. The fun starts at 2pm on Saturdays through September.

Suitable for all ages!

Click here to register!

FALL PHOTOGRAPHY FRIDAYS

Bring your camera and take aim at the fall colors and majestic wildlife in the Rocky Mountains. Tag us in your photos on Instagram or Facebook and we will choose a winner who will receive a YMCA activity gift certificate. Questions? Call us at x1104.

Stories by Light– Friday, 9-11 AM. Learn about composition and lighting to make your mountain photos sparkle. Please bring your camera and, if available, a tripod. We will be walking approximately one mile during this program. Meets at Sweet Memorial. Ages 12+.

From Auto to Manual– Friday, 12-2 PM. Ever wondered what the manual settings on your camera do? Learn how to set your aperture, shutter speed and ISO for a perfect picture. Bring your camera and, if available, a tripod. We will be walking approximately one mile during this program. Meets at Sweet Memorial. Ages 12+.

Bird Banding– Friday, 3:00 PM and 4:15 PM.

Moraine Park Nature Walk– Saturday, 9 AM.

MURPHY DOG PARK
Open daily from dawn until dusk
Visit the dog park to let out some energy and make some new furry friends!

POEM SHARE

Monday, September 21 at 6:30pm
Come join an evening in the garden at the library as we share our favorite poetry. You can read your own original work or just come to listen.

Recommended for ages 13+.

Register Here!

Outdoor Ed Kits To-Go

Did you take on the role of teacher this fall? We have fully designed curriculum for kids in 3rd-8th grade. Bring your homeschool classroom to the Y!

Kits are free and can be reserved by calling x1104. Each class takes 3 hours.

Classes include:

• Montane Forest Ecology
• Outdoor Living Skills
• Night Hike
• Route Orienteering
• Water Ecology

*No teaching experience is necessary. Follow step by step guides for a hands on educational experience.

HIKING RENTALS

Prices per day.

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hiking Poles</td>
<td>$5</td>
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<tr>
<td>Day Pack</td>
<td>$5</td>
</tr>
<tr>
<td>Kid Carrier</td>
<td>$10</td>
</tr>
<tr>
<td>Stroller</td>
<td>$5</td>
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MOUNTAIN BIKE RENTALS

ADULT & YOUTH SIZES. Available at the Mountain Center.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Day</td>
<td>$20</td>
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<tr>
<td>Half Day</td>
<td>$15</td>
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<tr>
<td>24 Hour Rental</td>
<td>$40</td>
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</tbody>
</table>

Looking for a good spot to see our wild birds?

Visit the bird feeders at our bird banding site! The feeders are up every day from 9 AM - 7 PM. At our feeders, you can see three species of hummingbirds, dozens of species of songbirds and the uncommon Band-Tailed Pigeon. You can pick up the YMCA birding checklist list and a map in the Sweet Memorial Building.

Rocky Mountain National Park is OPEN with some restrictions.

For more details, CLICK HERE!

Still wondering more about the park? Come chat with a park ranger outside of the Amin Building on Friday, 3:00-6:00 pm.

Check out all of the on grounds hiking trails using our hiking trail map:

CLICK HERE!

Iphone/Ipad Tips and Tricks

Thursday, September 17 at 4
Come learn how to be more efficient and less frustrated as you use your iPhone/iPad. Special apps to help deal with the covid pandemic will also be on the agenda. Call x1104 to register or click here!

Call 970-586-3341 ext. 1104 for more information.
Enjoy some great books or videos during your stay at the Y! Maude Jellison Library is offering “curbside” check-out service as well as physical entry of the library building.

Follow the simple steps below to order your Bag o’ Books:

1. Find word documents of books and DVDs by category by clicking here!
2. Request the books/DVDs you’d like by emailing your requests to epclibrary@ymcarockies.org
   INFO NEEDED: Your Name, contact info, departure date and the title and author of the material you would like to check out.
3. We will contact you when your order is ready! Pick up your bag of books/DVDs at the back porch (south side/Uphill side) of the library! Your bag will be clearly labeled with your name and return date.
4. Return all materials by your due date using the same bag given to you to the return box located on the back porch (south side/Uphill side).

Questions? Call x1133
**JACKSON STABLES, INC.**
**FALL August 15– October 25, 2020**

**LIVERY OFFICE HOURS:**
Daily- 7:30 am-6:00 pm  
Phone- (970) 586-3341, ext. 1140 or 1149  
(Dial only the ext. if on grounds)

<table>
<thead>
<tr>
<th>RATES:</th>
<th>1 hour ride</th>
<th>2 hour ride</th>
<th>3 hour ride</th>
<th>4 hour ride</th>
</tr>
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<tbody>
<tr>
<td>(per person)</td>
<td>$55</td>
<td>$70</td>
<td>$90</td>
<td>$110</td>
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</table>

Deer Meadows/Glacier Basin  
Moraine Park/Emerald Mountain  
Beaver Meadows/East Portal/Mill Creek  
Wind River (Call for availability)

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

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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</thead>
<tbody>
<tr>
<td>8:00am 2 hr. Emerald Mountain</td>
<td>8:00am 2 hr. Moraine Park</td>
<td>8:00am 2 hr. Moraine Park</td>
</tr>
<tr>
<td>8:40am 3 hr. Mill Creek</td>
<td>8:40am 3 hr. East Portal</td>
<td>8:40am 3 hr. Mill Creek</td>
</tr>
<tr>
<td>9:00am 1 hr. Deer Meadows</td>
<td>9:00am 1 hr. Deer Meadows</td>
<td>9:00am 1 hr. Deer Meadows</td>
</tr>
<tr>
<td>10:30am 1 hr. Glacier Basin</td>
<td>10:30am 1 hr. Glacier Basin</td>
<td>10:30am 1 hr. Glacier Basin</td>
</tr>
<tr>
<td>1:00pm 2 hr. Moraine Park</td>
<td>1:00pm 2 hr. Emerald Mountain</td>
<td>1:00pm 2 hr. Moraine Park</td>
</tr>
<tr>
<td>1:40pm 3 hr. East Portal</td>
<td>1:40pm 3 hr. Mill Creek</td>
<td>1:40pm 3 hr. East Portal</td>
</tr>
<tr>
<td>2:00pm 1 hr. Glacier Basin</td>
<td>2:00pm 1 hr. Deer Meadows</td>
<td>2:00pm 1 hr. Glacier Basin</td>
</tr>
<tr>
<td>3:45pm 1 hr. Deer Meadows</td>
<td>3:45pm 1 hr. Deer Meadows</td>
<td>3:45pm 1 hr. Deer Meadows</td>
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</table>

**WEDNESDAY**  
CLOSED

**THURSDAY**  
8:00am 2 hr. Moraine Park  
8:40am 3 hr. East Portal  
9:00am 1 hr. Deer Meadows  
10:30am 1 hr. Glacier Basin  
1:00pm 2 hr. Emerald Mountain  
1:40pm 3 hr. Mill Creek  
2:00pm 1 hr. Deer Meadows  
3:45pm 1 hr. Glacier Basin

**FRIDAY**  
8:00am 2 hr. Emerald Mountain  
8:40am 3 hr. Beaver Meadows  
9:00am 1 hr. Glacier Basin  
10:30am 1 hr. Deer Meadows  
1:00pm 2 hr. Moraine Park  
1:40pm 3 hr. East Portal  
2:00pm 1 hr. Glacier Basin  
3:45pm 1 hr. Deer Meadows

**SATURDAY**  
8:00am 2 hr. Moraine Park  
8:40am 3 hr. Beaver Meadows  
9:00am 1 hr. Glacier Basin  
10:30am 1 hr. Deer Meadows  
1:00pm 2 hr. Moraine Park  
1:40pm 3 hr. Mill Creek  
2:00pm 1 hr. Deer Meadows  
3:45pm 1 hr. Glacier Basin

YMCA charges to room may be accepted

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

The weight limit for an individual is 250 pounds.

**PLEASE CALL FOR RESERVATIONS AND UPDATES ON OUR COVID POLICIES**
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/1:00-4:30pm.

**DEER MEADOWS:** A 1-hour trail ride that follows Glacier Creek to the Wind River area. We consider this a beginner level ride, appropriate for children and first time riders.

**GLACIER BASIN:** This 1-hour trail ride heads west along mildly steep terrain, up Glacier Basin. This ride does some climbing, while looking down on Glacier Creek and a small waterfall. The ride offers spectacular views of the Front Range, including Longs Peak, at the top. This trail is appropriate for riders of all ages.

**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.

**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
(720) 218-1953 or ext. 4101 from YMCA phone
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:**
Open daily by appointment.

**To schedule your appointment:**
By appointment only.
Call/text (720) 218-1953 (text preferred) or ext 4101 from YMCA phone. Provide your preferred day and time you would like to receive massage and how long you will be at the YMCA or in Estes Park.

**COVID requirements:**
The Massage Cabin takes COVID-19 very seriously. Clients must wear mask during the entire massage. Please do not schedule a massage or come in if you are not feeling well, have been around someone who is positive or symptomatic or if you have not been wearing a mask in public or social distancing.

**Services & prices:**

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 min</td>
<td>$45</td>
</tr>
<tr>
<td>60 min</td>
<td>$85</td>
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</tbody>
</table>

**No time add-ons:**
Deep tissue: $5/30 min
Hot stone: $20
Hikers feet heaven: $10

**Four pack/one hour:** $320

**Complimentary warm towel treatment and aromatherapy on every massage.**

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

**Flexible cancellation policy due to COVID. Please cancel if you feel unwell.**

**No insurance reimbursement.**

Call/text (720) 218-1953 or Ext. 4101 from YMCA phone

“helping people be their best”