

Safety & Resource Protection



- High elevations can cause altitude sickness and may aggravate existing medical conditions; use caution.
- Stay together as a hiking party. Don't separate; keep children with the family or group.
- Stay on the trail. Shortcutting causes erosion.
- Wear sturdy foot gear. A short hike in these environs requires good ankle support and a treaded sole.
- Pack extra water and snacks. This is a semiarid climate requiring lots of water.
- Changeable weather makes rain or wind gear a must to take along.

Transportation

During summer months two shuttle bus routes are operated. One runs between the Shuttle Bus parking lot opposite the Glacier Basin Campground and Bear Lake with stops at Bierstadt Lake trailhead and Glacier Gorge Junction. The other runs between the Fern Lake Road turn around and the Shuttle Bus parking lot with stops at Moraine Park Campground, Moraine Park Museum, and the Glacier Basin Campground.

These shuttles are free.

Call the Information Office at 970-586-1206 or the Backcountry Office at 970-586-1242 for additional hiking and safety information.

Rocky Mountain National Park Colorado



Bear Lake & Moraine Park Areas

Views of craggy peaks reflecting in glassy lakes are among the rewards for coming to the montane life zone of Moraine Park and the sub-alpine life zone of Bear Lake. Short trails from Bear Lake connect to higher lakes -- Nymph, Dream, and Emerald. Flattop Mountain, Glacier Gorge, and Hollowell Park area trails can also be reached via trails from Bear Lake or Moraine Park. Cub, Fern, and Odessa lakes can also be reached from either Moraine Park or Bear Lake.

The following information about visitor responsibilities is important to understand and follow for a most enjoyable time in these beautiful areas.

Ten + Essentials

- Water
- Extra Food
- Dark Glasses
- First Aid Kit
- Topographic Map & Compass
- Pocket Knife
- Flashlight, Spare Bulb, & Batteries
- Space Blanket
- Nylon Cord
- Waterproof Matches
- ...and **COMMON SENSE**

Hiking

In preparation for hiking, visitors acclimatized to lower elevations should take a couple of days to acclimatize to the park's high altitude before doing strenuous hikes. Rest, lots of fluids (avoiding alcohol & caffeine), and short hikes under 2 miles long that gain not more than 500 feet in elevation are suggested.

Leave No Trace Principles

- Plan ahead and prepare**
- Travel and camp on durable surfaces**
- Dispose of waste properly**
- Leave what you find where you find it**
- Minimize campfire impacts**
- Respect wildlife**
- Be considerate of other visitors**