



## Hiking Trails

Walking and hiking trails abound in Rocky Mountain National Park. Trails exist for both novice and experienced hikers, varying from short walks to challenging backcountry excursions. Permits are required for all overnight backcountry trips. Listed below are some of the most popular trails.




Trailhead (starting elevation)	Destination	Distance (one-way)	Elevation Gain	Difficulty Level
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Difficulty levels are based on trail distances, elevation gain, beginning elevations, hiker reactions, ranger recommendations, and visitor origins. Over fifty percent of our visitors come from low elevation locales and are not acclimated to the high altitudes of the park. For further information, please ask at visitor centers for books and trail guides or contact a ranger.

### TRAILS ON EAST SIDE

<b>Bear Lake</b> 9,475 feet 2,888 meters	<b>Around Lake</b>	<b>0.6</b> miles <b>.9</b> kilometers	<b>20</b> feet <b>6.1</b> meters	<b>Easy</b>
	Nymph Lake	0.5 mi .8 km	225 ft 68.6 m	Easy
	<b>Dream Lake</b>	<b>1.1</b> mi <b>1.8</b> km	<b>425</b> ft <b>129</b> m	<b>Moderate</b>
	Emerald Lake	1.8 mi 2.9 km	605 ft 184 m	Moderate
	<b>Lake Haiyaha</b>	<b>2.1</b> mi <b>3.4</b> km	<b>745</b> ft <b>227</b> m	<b>Moderate</b>
	Flattop Mountain	4.4 mi 7.0 km	2,849 ft 868 m	Strenuous
	<b>Bierstadt Lake</b>	<b>1.6</b> mi <b>2.6</b> km	<b>245</b> ft <b>75</b> m	<b>Moderate</b>
	Odessa Lake	4.1 mi 6.6 km	1,205 ft 367 m	Moderate
	<b>Fern Lake Trailhead</b>	<b>8.5</b> mi <b>13.7</b> km	<b>1,215</b> ft <b>370</b> m	<b>Moderate</b>
<b>Bierstadt Lake</b> 8,850 ft 2,697 m	Bierstadt Lake	1.4 mi 2.3 km	566 ft 172 m	Moderate
<b>Chapin Creek</b> 10,640 ft 3,243 m	<b>Ypsilon Mountain</b>	<b>3.5</b> mi <b>5.6</b> km	<b>2,874</b> ft <b>876</b> m	<b>Strenuous</b>
<b>Cub Lake</b> 8,080 ft 2,463 m	<b>Cub Lake</b>	<b>2.3</b> mi <b>3.7</b> km	<b>540</b> ft <b>164</b> m	<b>Moderate</b>
<b>Deer Ridge Junction</b> 8,930 ft 2,722 m	Deer Mountain	3.0 mi 4.8 km	1,083 ft 330 m	Strenuous
<b>Fern Lake</b> 8,155 ft 2,486 m	<b>The Pool</b>	<b>1.7</b> mi <b>2.7</b> km	<b>245</b> ft <b>74</b> m	<b>Easy</b>
	Fern Falls	2.7 mi 4.3 km	645 ft 196 m	Moderate
	<b>Fern Lake</b>	<b>3.8</b> mi <b>6.1</b> km	<b>1,375</b> ft <b>419</b> m	<b>Moderate</b>
	Odessa Lake	4.4 mi 7.1 km	1,865 ft 568 m	Strenuous
<b>Finch Lake</b> 8,470 ft 2,582 m	<b>Finch Lake</b>	<b>4.5</b> mi <b>7.2</b> km	<b>1,442</b> ft <b>439</b> m	<b>Moderate</b>
	Pear Lake	6.5 mi 10.5 km	2,112 ft 643 m	Strenuous
<b>Gem Lake</b> 7,740 ft 2,359 m	<b>Gem Lake</b>	<b>2.0</b> mi <b>3.2</b> km	<b>1,090</b> ft <b>332</b> m	<b>Moderate</b>
<b>Glacier Gorge Junction</b> 9,240 ft 2,816 m	<b>Alberta Falls</b>	<b>0.6</b> mi <b>.97</b> km	<b>160</b> ft <b>48</b> m	<b>Easy</b>
	Mills Lake	2.5 mi 4.0 km	700 ft 213 m	Moderate
	<b>Black Lake</b>	<b>4.7</b> mi <b>7.6</b> km	<b>1,390</b> ft <b>424</b> m	<b>Strenuous</b>
	Lake Haiyaha	3.5 mi 5.6 km	980 ft 299 m	Moderate
	<b>The Loch</b>	<b>2.7</b> mi <b>4.3</b> km	<b>940</b> ft <b>286</b> m	<b>Moderate</b>
	Timberline Falls	4.0 mi 6.4 km	1,210 ft 368 m	Strenuous
	<b>Sky Pond</b>	<b>4.6</b> mi <b>7.4</b> km	<b>1,660</b> ft <b>506</b> m	<b>Strenuous</b>
	Andrews Glacier	5.0 mi 8.0 km	2,460 ft 749 m	Strenuous

Trailhead (starting elevation)	Destination	Distance (one-way)	Elevation Gain	Difficulty Level*
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<b>Longs Peak Ranger Station</b> 9,300 ft 2,835 m	<b>Eugenia Mine</b>	1.4 mi 2.3 km	508 ft 154 m	Moderate	
	Chasm Lake	4.2 mi 6.8 km	2,390 ft 728 m	Strenuous	
	<b>Longs Peak</b>	8.0 mi 12.9 km	4,855 ft 1,479 m	Strenuous	
<b>Lawn Lake</b> 8,540 ft 2,603 m	Ypsilon Lake	4.5 mi 7.2 km	2,180 ft 664 m	Strenuous	
	<b>Lawn Lake</b>	6.2 mi 10.0 km	2,249 ft 685 m	Strenuous	
	Around Lake	.75 mi 1.2 km	20 ft 6 m	Easy	
<b>Lily Lake</b>  8,880 ft 2,706 m					
<b>Rock Cut</b> 12,110 ft 3,691 m	<b>Toll Memorial</b>	0.5 mi .8 km	260 ft 79 m	Moderate	
<b>Sandbeach Lake</b> 8,312 ft 2,533 m	Sandbeach Lake	4.2 mi	1,971 ft	Strenuous	
<b>Sprague Lake</b>  8,710 ft 2655m	<b>Around Lake</b>	0.5 mi 8 km	20 ft 6 m	Easy	
Twin Owls 7,920 ft 2,414 m	Gem Lake	1.8 mi	910 ft	Moderate	
		2.7 km	277 m		
<b>Twin Sisters</b> 9,090 ft 2,771 m	<b>Twin Sisters Peak</b>	3.7 mi	2,338 ft	Strenuous	
		6.0 km	701 m		
<b>Wild Basin Ranger Station</b> 8,500 ft 2,591 m	Copeland Falls	0.3 mi .48 km	15 ft 4 m	Easy	
	<b>Calypso Cascades</b>	1.8 mi	700 ft	Moderate	
		2.9 km	213 m		
	Ouzel Falls	2.7 mi	950 ft	Moderate	
		4.3 km	289 m		
	<b>Bluebird Lake</b>	6.0 mi	2,478 ft	Strenuous	
		9.7 km	755 m		
	Thunder Lake	6.8 mi 10.9 km	2,074 ft 632 m	Strenuous	
	<b>Lion Lake No. 1</b>	7.0 mi	2,565 ft	Strenuous	
		11.3 km	781 m		
	<b>TRAILS ON WEST SIDE</b>				
	<b>Colorado River</b> 9,010 ft 2,746 m	Lulu City Site	3.7 mi	350 ft	Moderate
5.9 km			91 m		
<b>Coyote Valley</b>  8,846 ft 2,746 m	<b>North Valley View</b>	0.5 mi 0.8 km	0 ft 0 m	Easy	
<b>East Inlet</b> 8,391 ft 2,558 m	Adams Falls	0.3 mi 0.5 km	79 ft 24 m	Easy	
	<b>Lone Pine Lake</b>	5.5 mi	1,494 ft	Strenuous	
		8.9 km	455 m		
Lake Verna	6.9 mi 11.1 km	1,809 ft 551 m	Strenuous		
<b>Spirit Lake</b>	7.8 mi	1,899 ft	Strenuous		
	12.6 km	578 m			
<b>Green Mountain</b> 8,800 ft 2,682 m	Big Meadows	1.8 mi	606 ft	Moderate	
		2.9 km	185 m		
<b>North Inlet</b> 8,540 ft 2,603 m	<b>Cascade Falls</b>	3.5 mi 5.6 km	300 ft 91 m	Moderate	
	Lake Nokoni	9.9 mi 15.9 km	2,240 ft 682 m	Strenuous	
	<b>Lake Nanita</b>	11.0 mi	2,240 ft	Strenuous	
		17.7 km	682 m		
<b>Timber Lake</b> 9,000 ft 2,743 m	Timber Lake	4.8 mi 7.7 km	2,060 ft 627 m	Strenuous	

## FOOTNOTES



*Be prepared. Notify a friend or family member of your route and destination. Carry a compass, map, flashlight, and matches. Layered clothing, wool sweaters, and rain gear are important.*



*Pack out your trash and any you may find.*



*Carry plenty of water. Stream and lake water should be boiled or filtered to kill Giardia, a parasite that causes human illness.*



*Emergency phones are located at the Bear Lake parking lot, Cow Creek Trailhead, Lawn Lake Trailhead, and Longs Peak and Wild Basin Ranger Stations.*