



# Hikes for Your Health

Ranger-led Hikes January, February & March 2016

Wednesdays & Sundays • 10am—1pm

For more information, contact 719-748-3253 ext. 122 or 202

[www.nps.gov/flfo](http://www.nps.gov/flfo)

## Jan 24 & 27 – Sawmill Trail

2.7 miles roundtrip, varied terrain.  
Meet at the Visitor Center.  
Learn what it takes to enjoy the backcountry comfortably and safety in the winter.

## Jan 31 & Feb 3 – Boulder Creek Trail

2.8 miles roundtrip, varied terrain.  
Meet at the Visitor Center.  
Hike through an area traversed by the Ute on their annual pilgrimage to Pikes Peak.

## Feb 7 & 10 – Hornbek Wildlife Trail

3-4 miles roundtrip, varied terrain.  
Meet at the Visitor Center.  
Tour the Hornbek Homestead, then embark on a hike across multiple landscape zones.

## Feb 14 & 17 – Shooting Star & Twin Rock Trail, Off Trail

6 miles roundtrip, varied terrain.  
Meet at the Visitor Center.  
Winter offers a rare opportunity to feel as if you have the park all to yourself. Take time to hike and reflect in this magical, white landscape.

## Feb 21 & 24 - Ranger's Choice

5 miles roundtrip, varied terrain.  
Meet at the Visitor Center.  
View wildlife tracks and make some of your own. Observe scat n' tracks of local wildlife along the Florissant valley's floor.

## Feb 28 & Mar 2 – Hans Loop

4.1 miles roundtrip, varied terrain.  
Meet at the Visitor Center.  
Learn to leave a smaller footprint while enjoying the great outdoors & discuss Leave No Trace with a ranger.

## Mar 6 & 9 – Shooting Star

3.2 miles roundtrip, varied terrain.  
Meet at the Visitor Center.  
Explore the Monument's ancient rocks and work up a sweat!

## Mar 13 & 16 – Off Trail

2-3 miles roundtrip, varied terrain.  
Meet at the Visitor Center.  
See ancient petrified redwood stumps, and trek through a modern montane ecosystem.

**Special Note:** Weather permitting, hikes may be on snowshoes or skis. Participants must provide their own snowshoes or skis and safety gear. Hikes will be led with a minimum of 4 people, so bring a friend! (Otherwise hike is self-guided.)

Trekking or ski poles are highly recommended for all hikes.

2016

National Park Service  
CENTENNIAL