

Pay Attention to Weather and Conditions

Expect snow, gusty winds, and cold temperatures at any time. Winter days are short—start early and plan conservatively.

Streams and lakes can have thin ice and be very dangerous. If you choose to

cross, first test your steps with a pole.

Only travel off-trail if you are extremely familiar with the area. Snow-covered landscapes look very different than in summer. Snow can be deep once you are off-trail.

Watch for Hypothermia

When your body loses heat faster than it can produce it, your body temperature begins to drop. This is an emergency medical condition called hypothermia. It is serious and can be fatal.

Symptoms include shivering, drowsiness, exhaustion, loss of coordination, impaired judgment, and slurred or incoherent speech.

Wear warm, quick-drying layers of clothes. Stay dry. Take frequent stops to warm up.

If symptoms occur, warm the chilled person with dry clothing and warm, non-alcoholic liquids. Get back to your car, and promptly seek medical attention.

Bring the Right Gear

✓ Wear layers of synthetic or wool clothing that wick moisture.

✓ Take extra layers of clothing (socks included).

✓ Bring windproof outer layers, a warm hat, and warm gloves or mittens.

✓ Wear sunglasses and sunscreen.

Sunlight can damage your eyes and skin even on cold days.

✓ Drink lots of water and eat high-energy snacks.

✓ Carry a map and compass or GPS. Know how to use them.

Follow the Rules and Practice Good Etiquette

Sledding is not allowed at Bear Lake. Please go to the Hidden Valley Snowplay Area, the only place in Rocky where sledding is permitted.

Don't walk or snowshoe in ski tracks: it

creates dangerous conditions for skiers.

You must be in control at all times and let others know when you're approaching them. Yield to those traveling faster than you. Pass with care.

Emergencies

Park Information (970) 586-1206 or www.nps.gov/romo
Emergencies **911.** Tell the dispatcher you are in Rocky Mountain National Park, Colorado

Rocky Mountain

National Park Service
U.S. Department of the Interior



Rocky Mountain National Park

Bear Lake Winter Trails Guide



NPS PHOTO / JOHN MARINO

Exploring the outdoors in winter is undeniably magical. It is also challenging. Use this map and guide to plan a safe, enjoyable trip. Be prepared, stay aware, and have fun!

Know Where You Are

Navigating in winter can be extremely difficult. Park trails are not marked or maintained for winter use. Trails that are easy to follow in summer can be completely hidden under snow. You can't rely on others' tracks—they may have been headed somewhere else or have made a wrong turn themselves.

To find your way in winter:

- Have and know how to use a topographic map and compass.
- When used correctly, GPS units can be very helpful.
- Discuss your plans with park staff at visitor centers and trailhead kiosks.

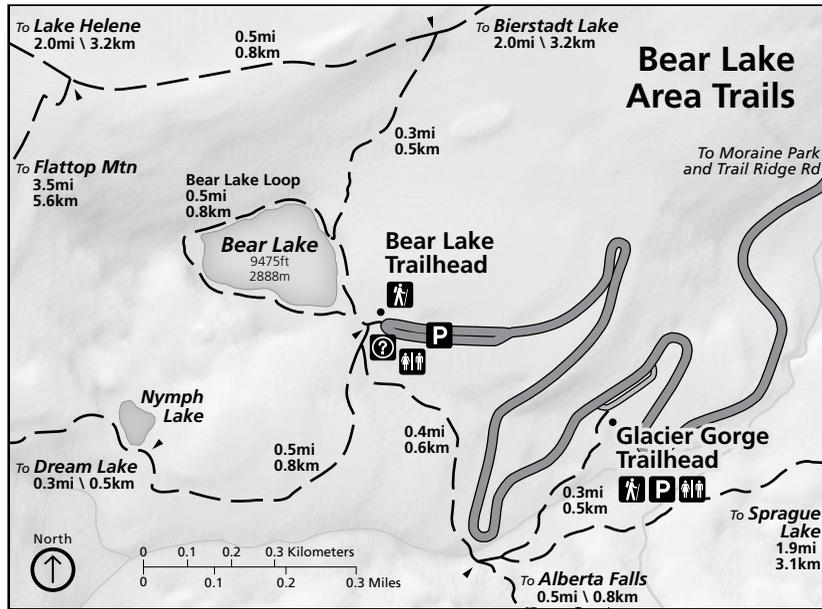
Be Avalanche Aware

Avalanches can be easily triggered by backcountry travelers.

- Visit avalanche.state.co.us/ for the latest avalanche forecast. If danger is high, consider staying home.
- Avoid traveling in steep gullies and on ridge tops. Open slopes of 30 to 45 degrees can be loaded with dangerous masses of snow.

- If you choose to travel in these areas, carry an avalanche beacon, probe, and shovel. However, don't take extra risks just because you are carrying this equipment.
- If caught in an avalanche, make swimming motions and try to stay on top of the snow.

Bear Lake Corridor Trails



| DESTINATION | DISTANCE | | ELEVATION GAIN | |
|--|----------|-----|----------------|-----|
| | mi | km | ft | m |
| one way from nearest TH | | | | |
| Alberta Falls | 0.8 | 1.3 | 160 | 49 |
| Bear Lake Loop | 0.5 | 0.8 | 20 | 6 |
| Bierstadt Lake <small>from Bear Lake Trailhead</small> | 2.3 | 3.7 | -34 | -10 |
| Cub Lake | 2.3 | 3.7 | 540 | 165 |
| Dream Lake | 0.8 | 1.3 | 425 | 130 |
| Emerald Lake | 1.5 | 2.4 | 605 | 184 |
| Fern Lake | 3.8 | 6.1 | 1,375 | 419 |
| Lake Helene | 2.9 | 4.7 | 1,215 | 370 |
| Mills Lake | 1.8 | 2.9 | 750 | 229 |
| Nymph Lake | 0.5 | 0.8 | 225 | 69 |
| Sprague Lake Loop | 0.5 | 0.8 | 20 | 6 |
| The Loch | 2.1 | 3.4 | 990 | 302 |
| The Pool | 2.5 | 4.0 | 245 | 75 |

All Glacier Gorge trails can be accessed from Bear Lake. Add 0.1 miles to trail distance.

Shuttle buses do not operate in winter.

- Unpaved road
- Closed road
- Trail
- Trail distances
- High avalanche risk
- Trailhead
- Information
- Picnic area
- Campground
- Parking
- Restrooms

