

## Pay Attention to Altitude

High elevations can cause altitude sickness and may aggravate existing health conditions. Use caution. Take time to acclimatize to the park's high altitude before attempting strenuous hikes. Rest, drink lots of fluids, eat salty

snacks, and start with easy hikes.

Even on cloudy days, ultraviolet radiation can be intense at altitude. Protect yourself by wearing a hat, sunglasses with UV protection, and sunscreen.

## Watch the Weather

Weather here changes quickly.

Always carry storm gear, even if the sky is clear when you start your hike.

Thunderstorms are common in summer and are dangerous. Plan your day to be below treeline by early afternoon. If you see building storm clouds, head back to the trailhead. If caught in a lightning storm, get below treeline.

It might be summer, but expect snow, gusty winds, and cold temperatures at any time. Carry layers of windproof clothing. If the weather turns, you'll be glad to have them.

## Bring the Right Gear

- ✓ Bring waterproof outer layers and extra layers for warmth.
- ✓ Wear a hat, sunglasses, and sunscreen. Sunlight can damage your eyes and skin, even on cloudy days.
- ✓ Pack extra water and snacks. Don't drink from streams or lakes without

treating the water.

- ✓ Carry a map and compass or GPS. Know how to use them.
- ✓ Wear sturdy footwear with good ankle support and a treaded sole.
- ✓ Don't rely on cell phones. Many areas have no service.

## Stay Safe and Practice Good Etiquette

• **Pets are prohibited on all Rocky Mountain National Park trails, tundra, and meadows areas.** There are pet-friendly hikes outside the park, and nearby communities have boarding facilities and veterinary clinics. To learn more, visit [go.nps.gov/RockyPets](http://go.nps.gov/RockyPets).

- Stay together! Keep everyone, including children, with the group.
- Stay on the trail. Shortcutting causes erosion.
- In the Bear Lake Corridor, strollers are allowed only on the nature trails around Sprague and Bear lakes.

## For More Information

Park Information ..... (970) 586-1206 or [www.nps.gov/romo](http://www.nps.gov/romo)  
Trail Ridge Road Status..... (970) 586-1222  
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 Summer Trails Guide



NPS PHOTO / BRENNA RODRIGUEZ

Welcome to a wilderness of lakes, waterfalls, and magnificent peaks. Use this map and guide to plan a safe, enjoyable trip.



RIDE THE Shuttle

The Bear Lake area is extremely busy, especially in summer and on fall weekends. Parking areas usually fill by early morning, and roads are congested.

The park's free shuttle bus is here to help! You can ride the shuttle to stunning destinations and popular

trailheads, all while avoiding the hassle of dealing with traffic and searching for parking.

Detailed schedules and maps are available in the park newspaper, park visitor centers, at park bus stops, and at [go.nps.gov/RockyShuttle](http://go.nps.gov/RockyShuttle).

## Never Feed or Approach Wildlife

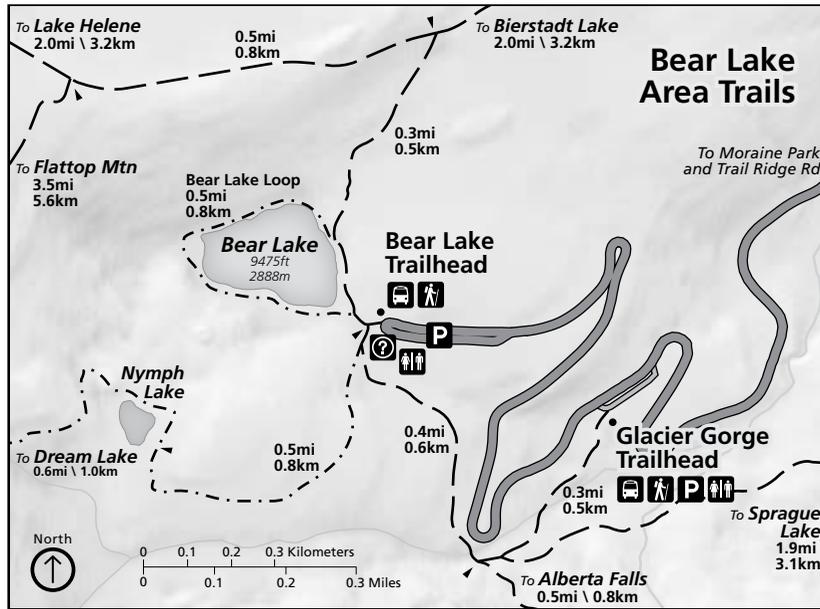
Many amazing animals call Rocky home. To keep them and you safe:

- Obey wildlife closures.
- Keep a safe distance. If you cause an animal to move or change behavior,

you are too close! Approaching an animal puts you at risk and may cause it stress, leading to disease and illness.

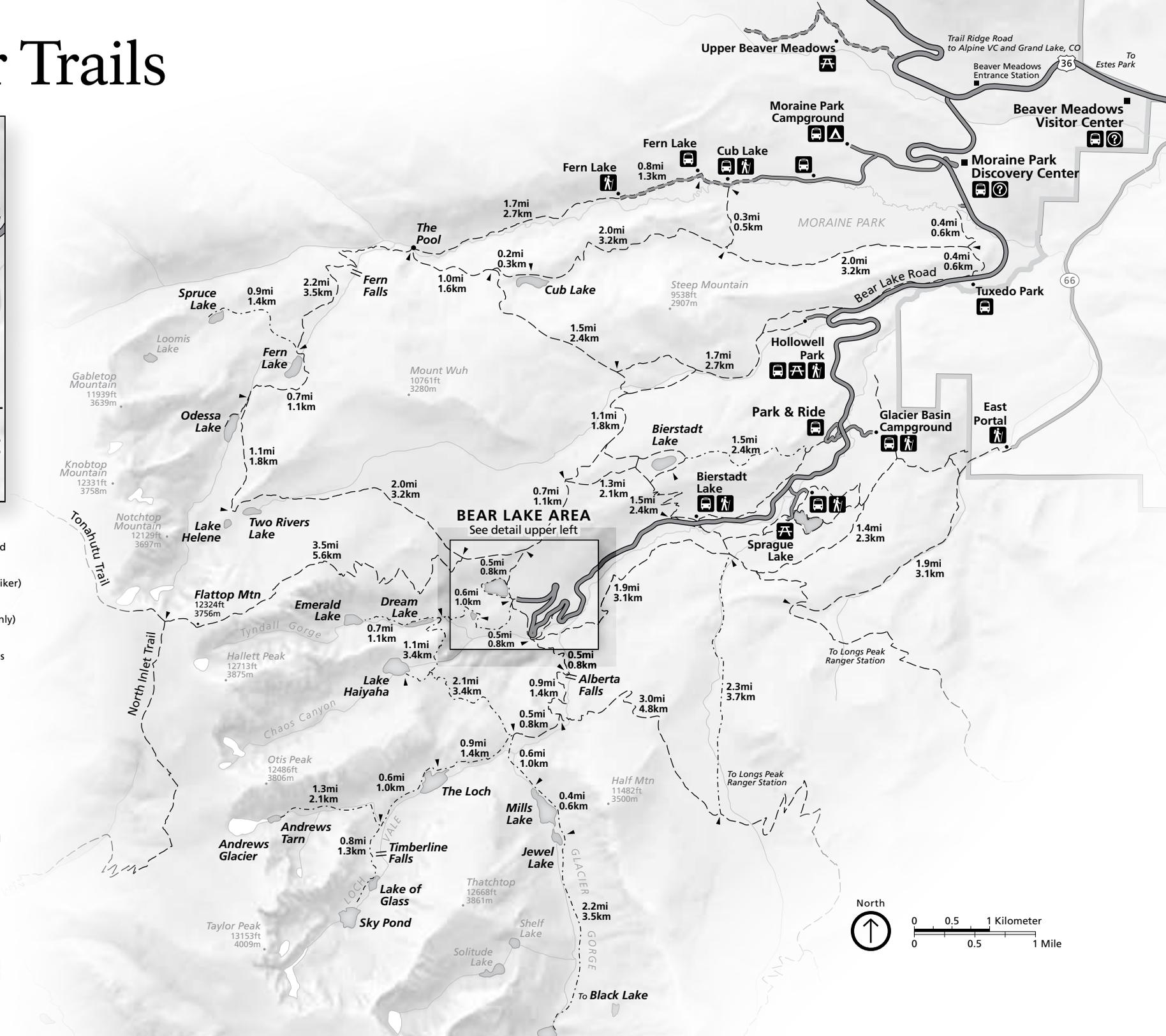
- Never feed wildlife, including birds and chipmunks.

# Bear Lake Corridor Trails



DESTINATION	DISTANCE		ELEVATION GAIN	
	mi	km	ft	m
Alberta Falls	0.8	1.3	160	49
Bear Lake Loop	0.5	0.8	20	6
Bierstadt Lake	1.6	2.6	566	173
Black Lake	5.0	8.0	1,380	421
Cub Lake	2.3	3.7	540	165
Dream Lake	1.1	1.8	425	130
Emerald Lake	1.8	2.9	605	184
Fern Lake	3.8	6.1	1,375	419
Flattop Mountain	4.4	7.1	2,849	868
Lake Haiyaha	2.1	3.4	745	227
Lake Helene	2.9	4.7	1,215	370
Mills Lake	2.8	4.5	750	229
Nymph Lake	0.5	0.8	225	69
Sky Pond	4.9	7.9	1,650	503
Sprague Lake Loop	0.5	0.8	20	6
The Loch	3.1	5.0	990	302
The Pool	1.7	2.7	245	75

- Unpaved road
- Trail (horse/hiker)
- Trail (hiker only)
- Trail distances
- Trailhead
- Shuttle stop
- Information
- Picnic area
- Campground
- Parking
- Restrooms



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