



Bear Lake Summer Trail Guide



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 very busy, especially in summer and on fall weekends. Parking often fills by early morning. 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.

Tips for a Great Hike

Never Feed or Approach Wildlife

Keep yourself and Rocky's wildlife 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.

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: It changes quickly!

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. Always carry storm gear, even if the sky is clear when you start your hike. 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.
- 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
Trail Ridge Road Status.....	(970) 586-1222
Emergencies	911. Tell the dispatcher you are in Rocky Mountain National Park, Colorado

