



Fall River Area Trail Guide

Deep valleys and towering alpine mountaintops, beautiful lakes and rushing rivers, historic roads, rocky trails, and stunning wilderness: all are part of the Fall River Area of Rocky Mountain National Park.

Bighorn Sheep and Elk are Frequently Seen in This Area

Horseshoe Park including the Sheep Lakes area can have abundant wildlife. When viewing any wildlife:

- Obey wildlife closure areas and “no stopping” traffic zones.
- Use parking areas along the road. If not available, pull your vehicle completely off the road and do not park on vegetation.

- Do not approach wildlife. Wildlife are unpredictable and can hurt you, and approaching them can cause them stress, leading to disease or illness. If an animal changes its behavior because of you: you are too close! Enjoy and photograph them from a distance.
- Never feed wildlife, including birds and chipmunks.

Tips for a Great Hike

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

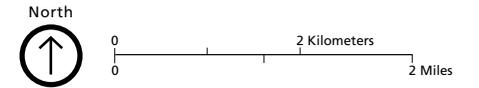
- **Pets are prohibited on all Rocky Mountain National Park trails, tundra, and meadows areas.** There are pet-friendly hikes outside the park, and nearby communities have boarding facilities and veterinary clinics. To learn more, visit go.nps.gov/RockyPets.
- Stay together! Keep everyone, including children, with the group.
- Stay on the trail. Shortcutting causes erosion.
- In the Fall River Corridor, strollers are allowed only on the nature trails around Hidden Valley.

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

Fall River Area Trails

Rocky is very busy in summer and on fall weekends. Expect congestion on roads, in parking areas, and along popular trails. Tour and hike early and late in the day. Parking areas often fill by mid-morning. Carpool or use the free summer shuttle buses.



Alpine Visitor Center



To Grand Lake

Fall River Pass

Chapin Creek Trailhead

1.5mi / 2.4km

Old Fall River Road

9.0mi / 14.5km

One-way up only. Road open early July-Sept.

Narrow dirt road with no guardrails, tight switchbacks

Chasm Falls

1.4mi / 2.3km

Start of Old Fall River Road

1.4mi / 2.3km

Endovalley

1.4mi / 2.3km

Rainbow Curve

Hidden Valley

Many Parks Curve

Deer Ridge Junction Trailhead

0.6mi / 1.0km

3.0mi / 4.8km

7.3mi / 11.7km

Deer Mtn

0.9mi / 1.4km

Upper Beaver Meadows

0.4mi / 0.6km

4.7mi / 7.6km loop

Beaver Mountain Loop

Beaver Meadows Entrance Station

Beaver Meadows Visitor Center

66

Marys Lake Road

To Lily Lake Longs Peak and Wild Basin

To Loveland

To Lyons and Boulder

To Glen Haven

Devils Gulch Road

Lumpy Ridge Trailhead

0.6mi / 1.0km

0.5mi / 0.8km

The Twin Owls

1.2mi / 1.9km

Balanced Rock

1.0mi / 1.6km

Gem Lake

1.1mi / 1.8km

MacGregor Mountain

3.2mi / 5.1km

The Needles

4.2mi / 6.8km

Cow Creek

Black Canyon

4.5mi / 7.2km

Dark Mountain

4.3mi / 6.9km

Roaring River

1.4mi / 2.3km

Lawn Lake

0.6mi / 1.0km

Crystal Lake

1.4mi / 2.3km

Fairchild Mountain

13502ft / 4115m

Ypsilon Mountain

13514ft / 4119m

Spectacle Lakes

Chiquita Lake

Mount Chiquita

13069ft / 3983m

Mount Tileston

11254ft / 3430m

Bighorn Mountain

11463ft / 3494m

MacGregor Mountain

10486ft / 3196m

Castle Mountain

8834ft / 2693m

Beaver Mountain

10491ft / 3198m

Deer Mtn

9937ft / 3029m

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