

ACTIVITY SCHEDULE

FRIDAY, MAY 24 – THURSDAY, MAY 30

YMCA OF THE ROCKIES- ESTES PARK CENTER



Children under the age of 13 must be accompanied by an adult at all times.

Some programs require advanced registration, click [here](#) or call x1104 to sign up.

PROGRAM FACILITY HOURS

	Fri, May 24	Sat, May 25	Sun, May 26	Mon, May 27	Tues, May 28	Wed, May 29	Thurs, May 30
SWEET MEMORIAL	Stop by to get a full schedule of activities, and plan out your fun! Check out our game room in the basement! Sign out board games, puzzles, disc golf equipment and more! Questions? Call us at x1104.						
	8:30AM-6PM	8AM-9PM	8AM-9PM	8AM-9PM	8AM-9PM	8AM-9PM	8AM-9PM
BOONE FAMILY MOUNTAIN CENTER	Sign up for hikes, visit our nature center, or get info about our outdoor activities! Plus, find tons of information about hiking, both at the Y and in the National Park. Questions? Call x8402.						
	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
DUNCAN FAMILY CLUBHOUSE AND BENBROOK COURTS	Check out sports equipment including volleyballs, kickballs, mini golf equipment, pickleball and tennis equipment and more. Located between mini golf and Benbrook Courts. Children 12 and younger must have an adult. Questions? Call x1134.						
	CLOSED	8AM-5:30PM	8AM-5:30PM	8AM-5:30PM	8AM-5:30PM	8AM-5:30PM	8AM-5:30PM
LULA W. DORSEY MUSEUM	Come by and learn about the history and creation of YMCA of the Rockies. Guided tours available, no registration required. Last admittance 30 minutes before closing. Questions? Call us at x1136.						
	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
MAUDE JELLISON LIBRARY	Grab a good book , cup of coffee, and get cozy . Questions? Call us at x1133.						
	9AM-5PM	9AM-5PM	1PM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
MOOTZ FAMILY CRAFT & DESIGN CENTER	Drop in crafts available everyday, prices and availability vary. Glazed ceramics and Glass fusion must be finished by 3:00pm to be ready for pick up at the next day. No new projects after 4:30PM, clean up at 4:45PM. Questions? Call us at x1132.						
	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM
DORSEY SWIMMING POOL	Maximum capacity limits may apply. Pool is closed during lightning storms. Pool will be cleared 5 minutes before closing time. Call x1135 for space availability and weather conditions. Towels provided.						
	OPEN SWIM - Swim time for all, come to play or swim laps! Kids 12 and under must have an adult in the building at all times. Kids 7 and under must have an adult in the water. The water slide is open at the lifeguards' discretion.						
	OPEN SWIM 10AM-12PM 1PM-6PM	OPEN SWIM 10AM-12PM 1PM-5PM 6PM-8PM	OPEN SWIM 10AM-12PM 1PM-5PM 6PM-8PM	OPEN SWIM 10AM-12PM 1PM-6PM	OPEN SWIM 10AM-12PM 1PM-6PM	OPEN SWIM 10AM-12PM 1PM-6PM	OPEN SWIM 10AM-12PM 1PM-6PM
BOB ECKER ROLLER RINK	Roller skates provided. Roller blades are welcome, but not provided. Questions? Call x1104						
	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM

ON PROPERTY SELF GUIDED WALKING TOUR

These informative strolls explore our history and public art and encourage you to engage with art and nature. Access the tours by clicking on the tour you are interested in! QR Codes are available in Sweet Memorial and the Museum.

[PUBLIC ART TOUR](#) | [WALK ABOUT THE Y HISTORY TOUR](#)

LOST?
CHECK OUT OUR
[PROPERTY MAP](#)



WANT TO HIKE?
CHECK OUT OUR
[TRAIL MAP](#)



At YMCA of the Rockies we are stewards of the Earth. Please do your part and recycle this Activity Guide. Click [here](#) or visit our website to learn more about our sustainability goals and practices.



ADVENTURE ACTIVITIES

Registration Required

Archery, Axe Throwing, Climbing \$12/person. Aerial Challenge Course \$45/person. Click [Here](#) or call x1104 to check availability. Refunds not given within 24 hours of a paid program, unless the cancellation is due to weather.

OUTDOOR ARCHERY

Located at the Main Archery Range. Archery sessions allow beginners to learn the basics, while experienced archers get a chance to practice their skills. Open to ages 6 and older, up to 12 people per session.

NELSEN FAMILY INDOOR CLIMBING WALL

Located at the Boone Family Mountain Center. The indoor climbing wall is modeled to look and feel like real rock! Climb to the top of the 25-foot wall, or stay low to the ground on the bouldering wall. Open to ages 5 and older, up to 8 people per session.

OUTDOOR AXE THROWING

Located at the Main Axe Throwing Range. Learn the basics of axe-throwing and have fun aiming for a bullseye! Open to ages 6 and older, up to 12 people per session.

NEW! AERIAL CHALLENGE COURSE

Located at the Boone Family Mountain Center. Traverse from tree to tree, well above the forest floor on our new high ropes course. Each session begins with a 30 minute ground school that each participant must pass before entering the course. People with known heart conditions or who are pregnant may not participate. Participants must be between 35 and 250 pounds and meet the minimum height requirement of 4'9. Up to 10 people per session.



CAN YOU FIND THE GOLDEN NUGGETS?

Follow our hiking trails around the YMCA and keep a look out for the golden nuggets. These shiny, golden rocks will be hiding all around the property. Check out the Glacier Creek and Wind River trails. If you collect one, turn in at the Boone Family Mountain Center for a special prize! One prize per person.

MINDFUL MOVEMENT

SUNDAY, MAY 26

VINYASA FLOW YOGA

9AM - LEGETT YOUTH BUILDING

Join Instructor Laura Collins for an all-levels integral yoga class with a vinyasa flair. Class focuses on beginners with more advanced postures suggested for those who are able. Each class ends in a deep relaxation. Mats available.



BIRD BANDING

MEET AT THE BIRD BLIND

FRI, SAT, MON, WED - 3PM-5PM

Watch Scott Rashid, licensed bird bander, "net" different species of birds that come to Colorado in the summer. Drop in anytime between 4pm and 6 pm. Meet at the Bird Banding site located near the corner of Mineral Rd and Association Drive.




SUSTAINABILITY AT YMCA OF THE ROCKIES

How many sustainability icons can you find in this Activity Guide? Bring your answer to Sweet Memorial for a prize!

At YMCA of the Rockies, we are committed to an emissions reduction goal that aims to cut our greenhouse gas emissions by a minimum of 50% by 2050.

Objectives included in the plan address 8 sustainability sectors. Learn about a few below, check out our website to learn about the other sectors and more about our sustainability practices.

REDUCING EMISSIONS


 **WASTE:** Expand recycling, divert food waste from the landfill and reduce overall waste generation.

REDUCING LOCAL IMPACT

 **WATER:** Maximize water efficiency and water quality of local streams.

 **RESILIENCE AND LAND MANGEMENT:** Increase resilience and fire preparedness through sustainable land stewardship practices.

ENGAGING VISITORS

 **EDUCATION AND ENGAGEMENT:** Engage guests in campus sustainability opportunities and education, and continuously share our story with guests and visitors.

ROCKY MOUNTAIN NATIONAL PARK

970-586-1206

Do you have questions about timed entry permits, road conditions, construction, or entrance fees? Click [here](#) to visit the Rocky Mountain National Park website, or call 970.586.1206 to speak to the information office.

CHAPEL ACTIVITIES

SUNDAY, MAY 26

10:00AM - **Worship in The Rockies**

Worship with us in Hyde Chapel. Everyone is invited to join us for this great hour of worship!

ADDITIONAL CHAPEL PROGRAMS

INTERACTIVE PRAYER TRAIL

Located behind the Legett Christian Center. Walk the trail and encounter 5 interactive stations based on the prayer forms of Adoration, Confession, Thanksgiving, Supplication, and Intercession.

LABYRINTH

Labyrinth is a spiritual tool, a path of prayer, a walking meditation. Our Labyrinth is designed out of stones and located behind the Museum.

BIBLE POINT TRAIL

Along the trail you will encounter selected Psalms that sing to the glory of God revealed in nature. Pick up a map in the Mountain Center.

24/7 PRAYER - DANNEN CHAPEL

Entrance located on the outside northeast corner of Hyde Chapel, open 24/7 for your prayer needs.

BEATITUDE STUDY TRAIL

Enjoy a 1 mile hike while studying the beatitudes from Jesus' famous "Sermon on the Mount." The trailhead is located at the Dorsey Lake parking lot.

STORY WALK

Enjoy a children's book on a short walk equipped with reading stations. Begins on the walking path by the Hyde Chapel fire pit.

LAWN GAMES

Located on the west side of Hyde Chapel is a storage shed full of lawn games for your enjoyment. Feel free to play these games on the Hyde Chapel lawn anytime you wish! Please return games to shed when you are finished using them.



Click [here](#) to register and find more course descriptions. Call x1104 for more information.

FREE FAMILY PROGRAMS

No registration required.

Age Ranges Family Programs (all ages) † Little Learners (6 and under) * Young Adult+ (10 & up) ☀
 Locations: Mountain Center (MC) Sweet Memorial (Sweet) Longhouse Gym (LH)

PROGRAM DESCRIPTIONS

FRIDAY, MAY 24

8:45AM * Little Explorers @ Sweet
 9:30AM † Animal Detective @ Sweet
 10:45AM † Knots @ Sweet
 11:00AM † Outdoor Origami @ Sweet
 11:45AM * Parachute Games @ Sweet
 1:15PM † What About Wolves @ Sweet
 1:30PM * Critter Crafts @ Sweet
 2:00PM † Walk in the Woods @ Sweet
 2:45PM † Floor Hockey @ Roller Rink
 3:45PM † Wildland Wind Chimes @ Sweet
 4:00PM † Slime @ Sweet
 6:00PM † BINGO @ Sweet
 7:00PM † Trivia @ Sweet

SATURDAY, MAY 25

8:00AM * Little Explorers @ Sweet
 8:45AM † Animal Detective @ Sweet
 9:45AM † Floor Hockey @ Roller Rink
 10:15AM † Sidewalk Chalk @ Sweet
 10:30AM* Children's Story Time @ Library
 10:30AM † Knots @ Sweet
 11:45AM † Origami @ Sweet
 12:30PM † Survival @ Sweet
 1:00PM * Bugs, Bugs, Bugs @ Sweet
 1:30PM † Navigation Games @ Sweet
 1:45PM † Bird is the Word @ Sweet
 2:15PM † Fire Quest @ Sweet
 2:15PM † Make Ice Cream @ Sweet
 2:30PM † Creek Stompin @ Dorsey Pond
 2:45PM † Kickball @ Sweet
 3:30PM † Backyard Black Bears @ Sweet
 3:30PM * Jr. Survival @ Sweet
 4:30PM *Parachute Games @ Sweet
 5:45PM † Gaga Ball @ Sweet
 6:00PM † BINGO @ Sweet
 7:00PM † Trivia @ Sweet

SUNDAY, MAY 26

8:00AM * Little Explorers @ Sweet
 8:45AM † Animal Detective @ Sweet
 9:45AM † Floor Hockey @ Roller Rink
 10:15AM * Woolly Worm Hunt @ Sweet
 10:30AM † Knots @ Sweet
 11:45AM † Origami @ Sweet
 12:30PM † Survival @ Sweet
 1:00PM * Bugs, Bugs, Bugs @ Sweet
 1:30PM † Up, Up and Away @ Sweet
 1:45PM † Bird is the Word @ Sweet
 2:15PM † Fire Quest @ Sweet
 2:15PM † Slime @ Sweet
 2:30PM † Creek Stompin @ Dorsey Pond
 2:45PM † Kickball @ Sweet
 3:30PM * Critter Crafts @ Sweet
 3:30PM † What About Wolves @ Sweet
 4:30PM * Parachute Games @ Sweet
 5:45PM † Gaga Ball @ Sweet
 6:00PM † BINGO @ Sweet
 7:00PM † Trivia @ Sweet

MONDAY, MAY 27

8:00AM * Little Explorers @ Sweet
 8:45AM † Animal Detective @ Sweet
 9:45AM † Floor Hockey @ Roller Rink
 10:15AM *Woolly Worm Hunt @ Sweet
 10:30AM* Children's Story Time @ Library
 10:30AM † Knots @ Sweet
 11:45AM † Origami @ Sweet
 12:30PM † Survival @ Sweet
 1:00PM * Bugs, Bugs, Bugs @ Sweet
 1:30PM † Up, Up and Away @ Sweet
 1:45PM † Bird is the Word @ Sweet
 2:15PM † Fire Quest @ Sweet
 2:15PM † Marshmallow Catapult @ Sweet
 2:30PM † Creek Stompin @ Dorsey Pond
 2:45PM † Kickball @ Sweet
 3:30PM * Critter Crafts @ Sweet
 3:30PM † What About Wolves @ Sweet
 4:30PM * Parachute Games @ Sweet
 5:45PM † Gaga Ball @ Sweet
 6:00PM † BINGO @ Sweet
 7:00PM † Trivia @ Sweet

TUESDAY, MAY 28

8:00AM * Little Explorers @ Sweet
 8:45AM † Animal Detective @ Sweet
 9:45AM † Floor Hockey @ Roller Rink
 10:15AM † Sidewalk Chalk @ Sweet
 10:30AM* Children's Story Time @ Library
 10:30AM † Knots @ Sweet
 11:45AM † Origami @ Sweet
 12:30PM † Survival @ Sweet
 1:00PM * Bugs, Bugs, Bugs @ Sweet
 1:30PM † Navigation Games @ Sweet
 1:45PM † Bird is the Word @ Sweet
 2:15PM † Fire Quest @ Sweet
 2:15PM † Mineral Magic @ Sweet
 2:30PM † Creek Stompin @ Dorsey Pond
 2:45PM † Kickball @ Sweet
 3:30PM † Backyard Black Bears @ Sweet
 3:30PM † Jr. Survival @ Sweet
 4:30PM * Parachute Games @ Sweet
 6:00PM † BINGO @ Sweet
 7:00PM † Trivia @ Sweet

WEDNESDAY, MAY 29

8:00AM * Little Explorers @ Sweet
 8:45AM † Animal Detective @ Sweet
 9:45AM † Floor Hockey @ Roller Rink
 10:15AM † Woolly Worm Hunt @ Sweet
 10:30AM † Knots @ Sweet
 11:45AM † Origami @ Sweet
 12:30PM † Survival @ Sweet
 1:00PM * Bugs, Bugs, Bugs @ Sweet
 1:30PM † Up, Up and Away @ Sweet
 1:45PM † Bird is the Word @ Sweet
 2:15PM † Fire Quest @ Sweet
 2:15PM † Slime @ Sweet
 4:30PM * Parachute Games @ Sweet
 5:45PM † Gaga Ball @ Sweet
 6:00PM † BINGO @ Sweet
 7:00PM † Trivia @ Sweet

THURSDAY, MAY 30

8:00AM * Little Explorers @ Sweet
 8:45AM † Animal Detective @ Sweet
 9:45AM † Floor Hockey @ Roller Rink
 10:15AM † Sidewalk Chalk @ Sweet
 10:30AM* Children's Story Time @ Library
 10:30AM † Knots @ Sweet
 11:45AM † Origami @ Sweet
 12:30PM † Survival @ Sweet
 1:00PM * Bugs, Bugs, Bugs @ Sweet
 1:30PM † Navigation Games @ Sweet
 1:45PM † Bird is the Word @ Sweet
 2:15PM † Fire Quest @ Sweet
 2:15PM † Mineral Magic @ Sweet
 2:30PM † Creek Stompin @ Dorsey Pond
 2:45PM † Kickball @ Sweet
 3:30PM † Backyard Black Bears @ Sweet
 4:30PM * Parachute Games @ Sweet
 6:00PM † BINGO @ Sweet
 7:00PM † Trivia @ Sweet

FAMILY FUN

ANIMAL DETECTIVE (1hr)

Learn about animals at the Y! We will observe tracks, scat, bones, and antlers, then use your skills to see what animal clues can be found outside.

BACKYARD BEARS (30min)

Discover the fascinating world of black bears and learn to live in harmony with these magnificent animals.

BIRD IS THE WORD (1hr)

Come learn about fall birds in our area and make your very own bird feeder.

CREEK STOMPIN (1hr)

Get your feet wet in this intro to our mountain lakes and streams. Learn what makes a healthy waterway, and the importance of keeping our water clean!

FIRE QUEST (1hr)

Fire can be a life-saving tool outdoors. Come learn how to use various methods to spark safe fires.

NAVIGATION GAMES (1hr)

Practice your navigation skills using your wits and a map!

PARACHUTE GAMES (30min)

Rise and fall with our big parachute as we play games on, under, and around the billowing parachute.

SURVIVAL (1.5hr)

Learn some important skills to help you stay safe in the wilderness.

TOWER POWER (1hr)

Unleash your inner engineer and build towering structures

WALK IN THE WOODS (1.5hr)

Take a leisurely hike around property to explore the trees, plants, and animals in our area!

WHAT ABOUT WOLVES(30min)

Learn about the effect of these large carnivores on their ecosystems.

LITTLE LEARNERS

FOR KIDS UNDER AGE 6:

BUGS, BUGS, BUGS (30 min)

Caterpillars, worms, beetles, butterflies, and more! Dig into what bugs look like, and what makes these crawly critters so cool!

LITTLE EXPLORERS (30 min)

Explorers use their senses to observe and investigate the world around them. Take a walk with our facilitator and practice your exploring skills.

WOOLLY WORM HUNT (30 min)

Join our adventurous hunt for the mysterious woolly worms and learn about how animals use camouflage.

CRITTER CRAFT (1hr)

Craft an animal masks and then step into the shoes of their favorite Rocky Mountain creatures.



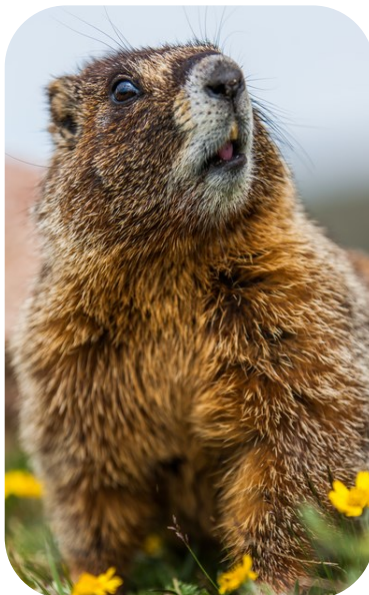
NIGHT WALK

REGISTRATION REQUIRED

SATURDAY - THURSDAY

8:30PM-10:00PM

Experience the Ys night life, learn about nocturnal animals, and play night games! Short hike without flashlights, recommended ages 6+. Meets at Sweet Memorial, registration is required, call x1104.



CRAFT CLASSES

Registration Required, Click [Here](#) or call x1104 to register. Refunds not given within 24 hours of a paid program. All classes meet at the Mootz Family Craft and Design Center.

FRIDAY, MAY 24

- 10:00AM Elastic Bracelets or Necklaces
- 10:00AM Leather Boot Charms
- 1:00PM Custom Earrings
- 2:30PM Custom Bracelet
- 3:30PM Custom Necklace

SATURDAY, MAY 25

- 10:00AM Elastic Bracelets or Necklaces
- 10:00AM Leather Boot Charms
- 1:00PM Custom Earrings
- 1:00PM Rubber Block Printing
- 2:30PM Custom Bracelet
- 3:30PM Custom Necklace

SUNDAY, MAY 26

- 10:00AM Elastic Bracelets or Necklaces
- 10:00AM Leather Boot Charms
- 1:00PM Custom Earrings
- 1:00PM Cyanotype Sun Prints
- 2:30PM Custom Bracelet
- 3:30PM Custom Necklace

MONDAY, MAY 27

- 10:00AM Elastic Bracelets or Necklaces
- 10:00AM Leather Boot Charms
- 1:00PM Custom Earrings
- 1:00PM Rubber Block Printing
- 2:30PM Custom Bracelet
- 3:30PM Custom Necklace

Registration required

TUESDAY, MAY 28

- 10:00AM Elastic Bracelets or Necklaces
- 10:00AM Leather Boot Charms
- 1:00PM Custom Earrings
- 2:30PM Custom Bracelet
- 3:30PM Custom Necklace

WEDNESDAY, MAY 29

- 10:00AM Elastic Bracelets or Necklaces
- 10:00AM Leather Boot Charms
- 1:00PM Custom Earrings
- 1:00PM Cyanotype Sun Prints
- 2:30PM Custom Bracelet
- 3:30PM Custom Necklace

THURSDAY, MAY 30

- 10:00AM Elastic Bracelets or Necklaces
- 10:00AM Leather Boot Charms
- 1:00PM Custom Earrings
- 2:30PM Custom Bracelet
- 3:30PM Custom Necklace

CRAFT CLASS DESCRIPTIONS

BEGINNER CLASSES

ELASTIC BRACELET OR NECKLACE \$10

Participants will learn how to string beads onto elastic cord for one necklace or two bracelets. Designed for ages 4 and up.

INTERMEDIATE CLASSES

FOR CRAFTERS OVER AGE 10:

LEATHER BOOT CHARM \$10

Make one custom tooled pair of full grain leather boot charms.

CUSTOM JEWELRY \$15-\$20

Learn the basic jewelry making techniques to create a custom pair of earrings, bracelet or necklace

INTERMEDIATE PLUS CLASSES

FOR CRAFTERS OVER AGE 13:

RUBBER BLOCK PRINTING

Carve your design onto rubber blocks, print it onto paper or fabric, and bring your design to life with vibrant ink colors, no prior experience needed.

DORSEY MUSEUM PROGRAMS

ARCHAEOLOGY HIKE

SAT 10AM & SUN 1PM

This mile long hike will take you to an excavated rock shelter on property and provides an opportunity to learn about the early people who lived in the region. Please bring your own water and comfortable hiking shoes. Priority for registered guests

PRESIDENT TEDDY ROOSEVELT

THURSDAY 10AM

Meet the 26th president of the United States, Theodore Roosevelt, and listen as he shares his passion for the conservation of the West.



LIVE MUSIC PERFORMANCES

SATURDAY, MAY 25

COWBOY BRAD SING-A-LONG

7PM - KATHIE MENNEL AMPATHEATER

Join local singer/songwriter/guitarist Cowboy Brad at the Kathie Mennel Outdoor Amphitheater by the Mountain Center for songs and fun for the whole family! Please call Sweet Memorial (ext. 1104) in case of inclement weather.

MONDAY, MAY 27

ALEXANDRIA MCCLINTON: SOLO CELLO

7PM - MAUDE JELLISON LIBRARY

Enjoy classical and pop music performed on the cello for you by Alexandria McClinton at the Maude Jellison Library. It will be an entertaining and educational evening for the whole family.

CAMPFIRE OPPORTUNITIES

SMORES KIT

AVAILABLE AT SWEET MEMORIAL

Ready for a classic camp treat? Stop by sweet memorial to pick up a smores kit. Includes graham crackers, marshmallows, chocolate and roasting stick. \$6, Serves 4.

COMMUNITY FIRE

SUN, MON, WED - 7:45PM-9:45PM

Come join a free community campfire at the Main Fire Ring outside of the Administration Building.

Feel free to bring your own s'mores supplies.

COOKOUT AND CAMPFIRE

TUESDAYS - 5:30PM-8PM

RESERVATION REQUIRED - LIMITED AVAILABILITY

Meet at Upper Cookout at 5:30 PM to enjoy a delicious dinner grilled up by our Food Service team. At 6:30 PM, we will begin a family-friendly campfire program with songs, skits, and games! Come for the food, stay for the fun! Adults (13+) \$25/person; Children (2-12) \$16.50/person. Click [here](#) or call x1104 to register.

FIRE RING RENTAL

RESERVATION REQUIRED

Reserve one of our six fire rings located throughout property. Available every day from 5:30-7:30 or 7:45-9:45 for \$30. Reservation includes two bundles of firewood, fire starter and matches. Book online or call x1104.

ACCESSIBLE TRAIL - ENGER FAMILY NATURE TRAIL



The Enger Family Nature Trail is built for all ages, with accessibility in mind. The trail starts at the Boone Family Mountain Center and makes a pet-friendly loop through the forest. Learn about the ecosystem, culture and history of the area through interpretive panels.

Click [here](#) to register and find more hike descriptions. Call x1104 for more information.

GUIDED HIKING

Registration required

Requires sign up: Call the Boone Family Mountain Center at x1311 or click [here](#) to register. Hikes are free for YMCA of the Rockies guests and members. No call, no shows will incur a \$5 per person charge. Call x1311 to cancel your reservation, at least 24 hours in advance.

It is imperative that all hikers check in with the hiking desk no later than 5pm the day before the hike. Check in can be done in person or over the phone. Please bring your Y lodge room number or cabin name at that time. A variety of circumstances may change the schedule of any hike. All equipment will be provided for guided hikes requiring specialized snow equipment, such as snowshoes or microspikes. Please dress in layers and be prepared for snow and cold temperatures, especially for hikes higher than 8500' in elevation.

Hike Difficulty: A=Most Difficult B=Very Demanding C=Demanding D=Strenuous

E=Moderate Plus F=Moderate G=Easy H=Easiest

Prerequisites: To meet the prerequisite for an A, B, C, and D hike, a hiker must have completed without difficulty a YMCA of the Rockies (Hikemaster-led) hike of no more than two grades lower within two weeks before the hike. A "C" hike is the prerequisite for an "A" hike (A hikes may require additional hiker scrutiny due to the high level of physical demand); a "D" hike is the prerequisite for a "B" hike, etc.

	HIKE	MILES RT	ELEVATION GAIN	GRADE	TERRAIN	HIKEMASTER
FRIDAY, MAY 24						
7:00 AM – 1:00 PM	Cub Lake and Pool	6.3	700'	F	F	Karen A.
<i>Loop hike past aspen woods & beaver ponds to Cub Lake, The Pool, & Arch Rocks.</i>						
1:00 PM – 4:30 PM	Bible Point	3.5	900'	F	F	Program Staff
<i>We will start by hiking along the frolicking Glacier Creek, then head up Bible Point, originally called "Buena Vista," which provides great views into Rocky Mountain National Park.</i>						
SATURDAY, MAY 25						
1:00 PM – 5:00 PM	Summit Loop	4.5	750'	F	F	Camryn H.
<i>Embark on a journey tracing the winding trails that gracefully snake along the eastern perimeter of the Y, leading you to the loop trail nestled within the Summit Property.</i>						
SUNDAY, MAY 26						
7:30 AM – 12:30 PM	Fern Falls	5.5	1000'	F	F	Megan B.
<i>Enjoy hiking along the Big Thompson River, past the site of the Old Forest Inn. Enjoy the cooling spray of the waterfalls, the shady woods, and great wildflowers!</i>						
9:00 AM – 1:00 PM	Sprague Lake from Mountainside Dr.	4.0	250'	G	F	Larry S.
<i>Beginning from Mountain Side Drive on the YMCA, follow a stream to near Glacier Basin Campground & onto Sprague Lake.</i>						
MONDAY, MAY 27						
7:00 AM – 2:00 PM	Lake of Glass	7.5	1900'	E	D	Bill B.
<i>Hike up to Timberline Falls, then scramble up a falls to an alpine lake. Enjoy awesome views of the Loch Vale from the top of the falls. Snowfields often persist through mid-June.</i>						
7:30 AM – 12:30 PM	Mills Lake	5.2	850'	F	F	Karen A.
<i>Trail past Alberta Falls to a lake below Thatchtop Mtn & craggy Glacier Gorge.</i>						
7:30 AM – 1:30 PM	Ouzel Falls	5.5	900'	F	F	Megan B.
<i>Follow a forested trail up the North St Vrain River past Copeland Falls, Calypso Cascades and the 1978 fire area to feel the spray from the broad, impressive Ouzel Falls.</i>						
TUESDAY, MAY 28						
8:00 AM – 12:00 PM	Gem Lake	3.5	1450'	F	E	Bill B.
<i>This is a short, occasionally steep, hike past wonderful rock formations with names like "Twin Owls" and "Paul Bunyon's Boot" to a crystalline lake on Lumpy Ridge.</i>						
8:00 AM – 2:30 PM	Sheep Mountain	6.8	8400'	E	D	Megan B.
<i>Bushwhack up historic horse trails from the Cow Creek trail to a flat, forested summit.</i>						
1:00 PM – 4:30 PM	Bible Point	3.5	900'	F	F	Jens J.
<i>We will start by hiking along the frolicking Glacier Creek, then head up Bible Point, originally called "Buena Vista," which provides great views into Rocky Mountain National Park.</i>						
WEDNESDAY, MAY 29						
7:00 AM – 1:00 PM	Cub Lake and Pool	6.3	700'	F	F	Pat N.
Loop hike past aspen woods & beaver ponds to Cub Lake, The Pool, & Arch Rocks.						
THURSDAY, MAY 30						
7:00 AM – 2:30 PM	Twin Lakes	7.7	1600'	E	D	Larry S.
<i>RMNP Wild Basin hike to two Lakes reflecting Mts Copeland, Tanima, & Alice. On trail to North Saint Vrain Campground, then off-trail, due north, steeply uphill, to the lakes.</i>						
8:30 AM – 3:30 PM	Circle of Lakes	6.5	850'	F	F	Karen A.
<i>Includes: Bear, Nymph, Dream, Haiyaha, and Mills Lakes, plus Glacier & Alberta Falls.</i>						
9:00 AM – 12:00 PM	Moraine Park Loop	3.3	400'	G	F	Dave F.
<i>Hike from the Y into Rocky Mountain National Park and through a glacially carved valley with great views of the continental divide.</i>						
1:00 PM – 3:30 PM	Wind River Loop	2.0	200'	G	F	Camryn H.
<i>Starting at the Mountain Center, follow in the footsteps of Native Americans along the babbling Wind River.</i>						

Click [here](#) to register and find more hike descriptions. Call x1104 for more information.

ON CAMPUS THIRD PARTY CONCESSIONAIRES



MASSAGE THERAPY

BIRCH CABIN ON GROUNDS AT THE YMCA

(720) 218-1953 - TEXT! WWW.HOMEGROWN.YOGA.COM



Homegrown Yoga & Massage offers state-of-the-art massage therapy services in a serene mountain cabin located conveniently on the grounds of the YMCA of the Rockies on the corner of Friendship Lane and Association Drive.

Hours of operation:

Open daily 9-5. Some evenings available.

To schedule your appointment:

Text: (720) 218-1953 - texting is the most reliable and quickest way!

Email: laura@homegrownyoga.com

Let me know the days you'll be in Estes Park, your ideal days/times, and the length of massage you would like as well as the names of the people wanting a massage.

You can try calling, but know that voice messages are sometimes severely delayed in the mountains if they come through at all.

Location:

Massage (Birch) Cabin is at the corner of Friendship Lane and Association Drive, right next to the Arts and Design Center and easy to walk to. If driving, please take Program Way from Association Drive and park at the end of Program Way. Birch is on the right. There is no parking on Friendship Ln or Association Dr. even though you can see the cabin from those streets.

Payment:

Pay at time of service at massage cabin. Cash and room charge preferred. Credit cards accepted. No Venmo payments or insurance reimbursement.

Services and Prices:

30 Min.	\$65	Perfect for achy feet or a great neck and back massage
60 Min.	\$105	Perfect for full body massage focusing on relaxation and health promotion
90 Min.	\$155	Allows additional time to focus on a certain pain issue
120 Min.	\$220	Allows time for multiple modalities and an in-depth full body massage

No Time Add Ons:

Deep Tissue: Included
 Foot Sugar Scrub \$20
 Hot Stone: \$20
 Body Brushing: \$20
 (You take brush home)

Four pack/one hour: \$400

Complimentary aromatherapy with every massage.

***48 hour cancellation policy or full charge.**

CONTACT HOMEGROWN YOGA AND MASSAGE DIRECTLY TO BOOK - (720) 218-1953



FLY FISHING ADVENTURES

SASQUATCH FLY FISHING ADVENTURES

(970) 586-3341 x1153 8AM - 4PM

All inclusive fly fishing trips available everyday. Private trips available everyday, call to book. Trips include all gear and flies, one day licenses or day pass may be required. Equipment available to rent for independent use.

Things to Know for Your Trip

- Trips are all inclusive - **All gear and flies included at no extra cost!**
 You must have someone sign up for our trips (email, call or stop by our desk - located inside the Boone Family Mountain Center).
- AGE MINIMUM: Must be at least 12 years old to attend a fly-fishing outing.
 EXCEPTION: **Family Fun Trips are open to ALL ages!** Ages 12+ will fly fish while ages 11 and under will spin fish.
- Most trips have a minimum (2 people) and a maximum (varies) number of participants. 1 person trips will go out for an extra fee or be combined with other trips.
- What to bring: extra clothing, raingear, sunscreen, polarized sunglasses, tip for the guide; as needed - fishing license, water, snacks, possibly lunch / dinner (see desk).

Trip Rates

- Fly Fishing The YMCA: \$50.00 (no license needed)
- ½ Day Trips: \$75.00 (**\$10 off / person if sign up 4+ people**)
- ¾ Day Trips: \$95.00 (**\$10 off / person if sign up 4+ people**)
- All Day Hike: \$125.00 (**\$10 off / person if sign up 4+ people**)
- Family Fun Trip: 11 & under \$38.00 / 12+ \$58.00
- Family Fun Cookout: 11 & under \$43.00 / 12+ \$63.00
- Belly Boat: Drive To \$110.00 / Backcountry \$145.00
- Fish n' Golf: \$120.00 (all-inclusive*)

FRIDAY 24th	SATURDAY 25th	SUNDAY 26th	MONDAY 27th	TUESDAY 28th	WEDNESDAY 29th	THURSDAY 30th
Fly Fishing the YMCA 1:30 - 3:45	3/4 Trip to the National Park 7:00am - 2:30pm	1/2 Day Fly Fishing 7:45am - 12:30pm 1/2 Day Evening Experience Cookout! 4pm - 9pm	3/4 Trip to the National Park 7:00am - 2:30pm 1/2 Day Fly Fishing 7:45am - 12:30pm Fly Fishing YMCA 1:30 - 3:45	3/4 Trip to the National Park 7:00am - 2:30pm 1/2 Day Fly Fishing 7:45am - 12:30pm	3/4 Trip to the National Park 7:00am - 2:30pm Fly Fishing the YMCA 1:30 - 3:45	All Day Hike n Fish 6:30am - 5:00pm (amazing fishing!)
Family Fun Trip 8am - 12pm	Family Fun Trip 8am - 12:00pm		Family Fun Trip 8am - 12pm	Family Fun Trip 8:00am - 12:30pm	Family Fun Trip 8am - 12pm	1/2 Day Trip 8:00am - 12:30pm
Evening 1/2 Day 4:00pm - 8:30pm	Evening 1/2 Day 4:00pm - 8:30pm		Family Fun Cookout 4:00pm - 8:30pm	Evening 1/2 Day 4:00pm - 8:30pm	Family Fun Cookout 4:00pm - 8:30pm	Family Fun Cookout 4:00pm - 8:30pm

CONTACT SASQUATCH FLY FISHING DIRECTLY TO BOOK - (970) 586-3341 X1153

ON CAMPUS THIRD PARTY CONCESSIONAIRES

JACKSON STABLES, INC.

(970) 586-3341 x1140 or x1149 7:15AM - 6:00PM



JACKSON STABLES, INC., YMCA of the Rockies Livery, is authorized by the National Park Service, Department of the Interior to serve the public in Rocky Mountain National Park. All the horseback rides are guided trail rides into RMNP, and on YMCA property. Reservations are recommended - call ext. 1140 or 1149 during office hours ONLY. Below you will find a brief description of the rides we offer. **We REQUIRE children age 6 and up to ride their own horse and the weight limit for an individual is 230 pounds.**

RATES: (per person)

\$80 1 hour ride
 \$115 2 hour ride
 \$155 3 hour ride
 \$195 4 hour ride
 \$235 5 hour ride

YMCA Charges to Room may be accepted.

MONDAY

8:00am 2 hr. Moraine Park
 8:20am 2 hr. Moraine Park
 8:40am 1 hr. Glacier Basin
 9:00am 1 hr. Deer Meadows
 10:30am 1 hr. Deer Meadows
 1:00pm 2 hr. Moraine Park
 1:40pm 3 hr. East Portal
 2:00pm 1 hr. Glacier Basin
 3:30pm 2 hr. Moraine Park
 4:00pm 1 hr. Deer Meadows

WEDNESDAY

8:00am 2 hr. Emerald Mountain
 8:40am 3 hr. Beaver Meadows
 9:00am 1 hr. Glacier Basin
 10:30am 1 hr. Deer Meadows
 1:00pm 2 hr. Emerald Mountain
 1:20pm 2 hr. Moraine Park
 1:40pm 1 hr. Deer Meadows
 2:00pm 1 hr. Glacier Basin
 3:30pm 2 hr. Moraine Park
 4:00pm 1 hr. Glacier Basin

FRIDAY

8:00am 2 hr. Moraine Park
 8:40am 3 hr. East Portal
 9:00am 1 hr. Deer Meadows
 10:30am 1 hr. Glacier Basin
 1:00pm 2 hr. Emerald Mountain
 1:40pm 1 hr. Deer Meadows
 2:00pm 1 hr. Glacier Basin
 3:30pm 2 hr. Moraine Park
 4:00pm 1 hr. Deer Meadows

SUNDAY

8:00am 2 hr. Emerald Mountain
 8:40am 3 hr. Beaver Meadows
 9:00am 1 hr. Deer Meadows
 10:30am 1 hr. Glacier Basin
 1:00pm 2 hr. Moraine Park
 1:40pm 3 hr. Mill Creek
 2:00pm 1 hr. Deer Meadows
 3:30pm 2 hr. Moraine Park
 4:00 pm 1 hr. Glacier Basin

TUESDAY

7:40am 4 hr. Wind River
 8:00am 2 hr. Moraine Park
 8:40am 3 hr. Cub Canyon
 9:00am 1 hr. Deer Meadows
 10:30am 1 hr. Glacier Basin
 1:00pm 2 hr. Emerald Mountain
 1:40pm 3 hr. Mill Creek
 2:00pm 1 hr. Deer Meadows
 3:30pm 2 hr. Moraine Park
 4:00pm 1 hr. Glacier Basin

THURSDAY

8:00am 2 hr. Emerald Mountain
 8:40am 3 hr. Mill Creek
 9:00am 1 hr. Deer Meadows
 10:30am 1 hr. Glacier Basin
 1:00pm 2 hr. Moraine Park
 1:40pm 3 hr. Beaver Meadows
 2:00pm 1 hr. Deer Meadows
 3:30pm 2 hr. Moraine Park
 4:00pm 1 hr. Glacier Basin

SATURDAY

7:40am 5 hr. Bierstadt Lake
 8:00am 2 hr. Moraine Park
 8:20am 2 hr. Moraine Park
 8:40am 1 hr. Deer Meadows
 9:00am 1 hr. Glacier Basin
 10:30am 1 hr. Deer Meadows
 1:00pm 2 hr. Emerald Mountain
 1:40pm 3 hr. Cub Canyon
 2:00pm 1 hr. Deer Meadows
 3:30pm 2 hr. Moraine Park
 4:00pm 1 hr. Glacier Basin



Family hayrides with marshmallow roasts are offered during the week \$30 per person. Please call for dates and times.

HORSE RIDING TRAIL INFORMATION

PONY RIDES: The livery is proud to offer the "Minnie Mouse Pony Trail." Reservations are recommended and are for children 5 years old and younger. There is a 50 lb. weight limit for the ponies. Sign up by phone or in the Livery Office. Cost: \$30.00 per child. Available times: Daily: 8:30am-11:30am/1:00-4:30pm.

DEER MEADOWS: A 1-hour trail ride that follows Glacier Creek to the Wind River area. We consider this a beginner level ride, appropriate for children and first-time riders.

GLACIER BASIN: This 1-hour trail ride heads west along mildly steep terrain, up Glacier Basin. This ride does some climbing, while looking down on Glacier Creek and a small waterfall. The ride offers spectacular views of the Front Range, including Longs Peak, at the top. This trail is appropriate for riders of all ages.

MORAINES PARK: This 2-hour family ride, our most popular, takes you across bridges over Glacier Creek and the Big Thompson River into Moraine Park—a glacial moraine full of wildflowers and grand views of the Continental Divide. Wildlife is almost always a certainty to be observed and makes this even a more pleasurable ride.

EMERALD MOUNTAIN: This 2-hour loop begins on the Glacier Basin Trail and takes you through beautiful aspens while leading you around Emerald Mountain. The trail travels past the East Portal of the Adams Tunnel before returning along the Aspenbrook Trail. This ride includes many terrains and a variety of views.

3-HOUR RIDE TO BEAVER MEADOWS, CUB CANYON, EAST PORTAL or MILL CREEK: A true horseback riding experience! These rides take you deeper into the aesthetic and scenic values offered in RMNP, each providing a different view of forests, meadows, wildflowers, rivers and the Continental Divide.

These rides offer a better opportunity to spot the many varieties of wildlife, and a short rest break is provided about half-way through. These longer rides are designed to include some trotting, but it is not guaranteed.

4-HOUR RIDE TO WIND RIVER: This trip takes you climbing west along Glacier Basin, then heads south along Wind River where the wildflowers are abundant. There is a short rest break about halfway through the ride nestled along Wind River.

5-HOUR RIDE TO BIERSTADT LAKE: This ride makes a continuous loop beginning in the lower Mill Creek area, on the way to the summit of the Bierstadt Lake shores and returns through Glacier Basin. Expect fantastic views of Longs Peak and a variety of sceneries not seen from our other rides. (This ride is not designed for first time riders.)

HAYRIDES: Private and Open horse-drawn hayrides are available throughout the summer. Cost is \$30.00 per person. Kids 3 years old and under are free. Each hayride lasts approximately 1½ hours and includes a campfire and marshmallow roast. A family favorite! Call the YMCA Livery (ext. 1140) for scheduling and additional information. Group rates are available with advanced contract and deposit.