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

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

### PROGRAM FACILITY HOURS

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<th>Fri, July 12</th>
<th>Sat, July 13</th>
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### 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](#)

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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.
FREE FAMILY PROGRAMS

Age Ranges Family Programs (all ages) | Little Learners (6 and under) | Locations: Leggett Youth Building (Leggett YB) | Sweet Memorial (Sweet)

FRIDAY, JULY 12
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 • Slime @ Sweet
2:30PM • Creek Stompin’ @ Dorsey Pond
2:45PM • Kickball @ Sweet
3:15PM • Tower Power @ Sweet
3:30PM • Critter Crafts @ Sweet
3:30PM • What About Wolves @ Sweet
4:30PM • Parachute Games @ Sweet
5:30PM • Walk in the Woods @ Sweet
5:45PM • 4 Square @ Sweet
6:00PM • BINGO @ Sweet
7:00PM • Trivia @ Sweet
7:45PM • Capture the Flag @ Sweet
9:30PM • Stargazing @ Legett YB

SATURDAY, JULY 13
6:00PM • Stargazing @ Legett YB
8:00AM • Little Explorers @ Sweet
8:45AM • Animal Detective @ Sweet
9:45AM • Floor Hockey @ Roller Rink
10:15AM • Sidewalk Chalk @ 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 • Magic Ice Cream @ Sweet
2:30PM • Creek Stompin’ @ Dorsey Pond
2:45PM • Kickball @ Sweet
3:15PM • Tower Power @ Sweet
3:30PM • Critter Crafts @ Sweet
3:30PM • What About Wolves @ Sweet
4:30PM • Parachute Games @ Sweet
5:30PM • Walk in the Woods @ Sweet
5:45PM • 4 Square @ Sweet
6:00PM • BINGO @ Sweet
7:00PM • Trivia @ Sweet
7:45PM • Capture the Flag @ Sweet
9:30PM • Stargazing @ Legett YB

SUNDAY, JULY 14
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
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3:30PM • Critter Crafts @ Sweet
3:30PM • What About Wolves @ Sweet
4:30PM • Parachute Games @ Sweet
5:30PM • Walk in the Woods @ Sweet
5:45PM • 4 Square @ Sweet
6:00PM • BINGO @ Sweet
7:00PM • Trivia @ Sweet
7:45PM • Capture the Flag @ Sweet
9:30PM • Stargazing @ Legett YB

MONDAY, JULY 15
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
3:15PM • Tower Power @ Sweet
3:30PM • Critter Crafts @ Sweet
3:30PM • What About Wolves @ Sweet
4:30PM • Parachute Games @ Sweet
5:30PM • Walk in the Woods @ Sweet
5:45PM • 4 Square @ Sweet
6:00PM • BINGO @ Sweet
7:00PM • Trivia @ Sweet
7:45PM • Capture the Flag @ Sweet
9:30PM • Stargazing @ Legett YB

TUESDAY, JULY 16
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 • Slime @ Sweet
4:30PM • Parachute Games @ Sweet
5:30PM • Walk in the Woods @ Sweet
5:45PM • 4 Square @ Sweet
6:00PM • BINGO @ Sweet
7:00PM • Trivia @ Sweet
7:45PM • Capture the Flag @ Sweet
9:30PM • Stargazing @ Legett YB

THURSDAY, JULY 18
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 • Marshmallow Catapult @ Sweet
2:30PM • Creek Stompin’ @ Dorsey Pond
2:45PM • Kickball @ Sweet
3:15PM • Tower Power @ Sweet
3:30PM • Backyard Black Bears @ Sweet
4:30PM • Parachute Games @ Sweet
5:30PM • Walk in the Woods @ Sweet
6:00PM • BINGO @ Sweet
7:00PM • Trivia @ Sweet
7:45PM • Capture the Flag @ Sweet
9:30PM • Stargazing @ Legett YB
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.

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.

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.

ROCKY MOUNTAIN NATIONAL PARK 970-586-1206
Do you have questions about timed entry permits, road conditions, or entrance fees? Click here to visit the Rocky Mountain National Park website, or call 970.586.1206 to speak to the information office.

SUSTAINABILITY AT THE Y
How many sustainability icons can you find in the 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 MANAGEMENT: 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.

FRIDAY, JULY 12
9:30AM – BIBLE STUDY
You were made for this moment. How the story of Esther inspires us to step up and stand out for God. Meet at Dannen Library.

7PM – FRIDAY NIGHT FAITH FILM
Join us in Hyde Chapel for a showing of The Healing Garden.

SUNDAY, JULY 14
10:00AM – WORSHIP IN THE ROCKIES
Worship with us in Hyde Chapel. Everyone is invited to join us for this great hour of worship!

7:00PM – JAZZ CONCERT
Join us in Hyde Chapel for a performance by the Estes Park Big Jazz Band.

MONDAY, JULY 15
5:00PM – ADVENTURE MINISTRY ARCHERY
Meet at the Main Archery Range and join our staff for some Archery lessons, then enjoy a short devotion connecting biblical truths to the Archery experience. Limited to 15 participants, age 6 and older. Sign up, call X1104 or click here.

TUESDAY, JULY 16
9:30AM – WORSHIP HIKE TO BIBLE POINT
Join us for a 2.5 mile hike to Bible Point where we will join in prayer and song. This is a strenuous hike and participants should wear good hiking shoes/boots, and bring water. Please meet at the firepit outside of Hyde Chapel.

WEDNESDAY, JULY 17
1PM – BIBLE STUDY
James, the practical guide to living your faith. Meet at Dannen Library.

5:00PM – ADVENTURE MINISTRY ARCHERY
Meet at the Main Archery Range and join our staff for some Archery lessons, then enjoy a short devotion connecting biblical truths to the Archery experience. Limited to 15 participants, age 6 and older. To sign up, call X1104 or click here.

6:30PM – VESPERS COMMUNION SERVICE
Join us in Dannen Chapel for our communion service.

7:30PM – CAMPFIRE WORSHIP SING-A-LONG
Join us at the gas firepit outside of Hyde Chapel to worship and sing.

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.

BEATTITUDE STUDY TRAIL
Enjoy a 1 mile hike while studying the beatitudes from Jesus’ famous “Sermon on the Mount.” Trailhead is located at Dorsey Lake.

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!

Click here to register and find more course descriptions. Call 970-586-
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, JULY 12
10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
1:00PM Custom Earrings
2:30PM Custom Bracelet
3:30PM Custom Necklace
SUNDAY, JULY 14
10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
1:00PM Custom Earrings
2:30PM Custom Bracelet
3:30PM Custom Necklace
TUESDAY, JULY 16
10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
1:00PM Custom Earrings
2:30PM Custom Bracelet
3:30PM Custom Necklace
WEDNESDAY, JULY 17
10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
1:00PM Custom Earrings
2:30PM Custom Bracelet
3:30PM Custom Necklace
THURSDAY, JULY 18
10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
1:00PM Custom Earrings
2:30PM Custom Bracelet
3:30PM Custom Necklace

BIRD BANDING
MEET AT THE BIRD BLIND
FRI, MON, WED – 4PM–6PM
Watch Scott Rashid, licensed bird bander, “net” different species of birds that come to Colorado in the summer. Drop in anytime. Bird Banding site near the corner of Mineral Rd and Association Drive.

LIVE MUSIC PERFORMANCES

WEDNESDAY, JULY 17
COWBOY BRAD SING-A-LONG
7PM - KATHIE MENNEL AMPITHEATER
Join local singer/songwriter/guitarist Cowboy Brad at the Kathie Mennel Outdoor Amphitheater by the Mountain Center for songs and fun for the family! Please call Sweet Memorial (x1104) in case of inclement weather.

THURSDAY, JULY 18
SUMMERFEST CONCERT – ORCHARD CREEK BLUEGRASS BAND
7PM – KATHIE MENNEL AMPITHEATER
Formed in the musically fertile slopes of Colorado’s Front Range, Orchard Creek Band offers a fresh and vibrant take on the roots of acoustic music that has made Colorado one of the exciting music scenes in the country.

SPECIAL EVENTS

SATURDAY, JULY 13
8PM – TEEN DANCE NIGHT
Join us at the roller rink for an evening dance party. All teens (ages 13+) are invited to come to dance night! Dance instruction will be provided for line dances.

SUNDAY, JULY 14
6PM – LINE DANCING

MONDAY, JULY 15
6PM – DRUM CIRCLE
Join local Nancy Bell at the Kathie Mennel Amphitheater to create musical sounds with other guests. Talented and non-talented musicians are all welcome! Instruments provided, but feel free to bring your own if you find something you think will work!

WEDNESDAY, JULY 17
2PM–4PM BRISTLECONE CABIN OPEN HOUSE
Cabins at YMCA of the Rockies are donated by amazing people just like you. Visit this week’s Cabin Open House to learn how the program works. Everyone is welcome! Contact Andrea Sherman at asherman@ymcarockies.org for more information or to schedule a private tour.

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.

Click here to register and find more hike descriptions. Call 970x1104 for

CRAFT CLASS DESCRIPTIONS

BEGINNER CLASSES
ELASTIC BRACELET OR NECKLACE $10
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.

HIKE WITH A RANGER
REGISTRATION REQUIRED
10AM SUNDAY
Family friendly discovery hike into Rocky Mountain National Park with a ranger. Come drop by the Boone Family Mountain Center! Call x1104 or click here to register.

ARTIST IN RESIDENCE

STEPHANIE BAYLIFF
VISUAL ARTIST
Stephanie Bayliff is a visual artist from Mulvane, Kansas working in a wide range of mediums from paint and collage to mixed media and fiber art. Stephanie is passionate about promoting arts and culture in all forms and is an active member of Wichita Women Artists, Kansas Art Guild and more!

MONDAY, JULY 15
COMMUNITY PROJECT
10AM – MOOTZ FAMILY CRAFT AND DESIGN CENTER
Drop by and help with a community tapestry weaving project and bracelet making.

WEDNESDAY, JULY 17
STORYTIME
10:30AM – MAUDE JELLISON LIBRARY
Stop by for a one of a kind story time accompanied by Stephanie reading stories and sharing the wonderful world of books.

THURSDAY, JULY 18
MEET THE ARTIST
4PM – ADMINISTRATION BUILDING
Watch Stephanie paint, purchase one of her original works of art, or participate in the community painting project.
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
FRI, 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. Rental includes 2 bundles of firewood, fire starter and matches. Pick up materials from Sweet.

MINDFUL MOVEMENT
FRIDAY, JULY 12
MOVEMENT AT THE MUSEUM
9:30AM - DORSEY MUSEUM
Join us as a certified Pilates instructor guides you through lengthening and strengthening exercises as you breathe and behold nature on the Museum lawn. You will be led through a fusion of Pilates and yoga movements. All levels are welcome. Modifications will be offered. Please bring water.

SATURDAY, JULY 13
VINYASA FLOW YOGA
9AM - LEGGETT 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.
Registration required, click here or call x1104.

MONDAY, JULY 15
ZUMBA
9AM - OUTDOOR BASKETBALL COURTS
Join Kelly Mann for a full body dance work out. Zumba encourages cardio through dance. Have fun outside moving with the mountains as a backdrop.
No registration necessary. Meet on the Basketball Courts outside of the Admin Building.

TENNIS LESSONS
9AM - LITTLE LOBBERS - OUTDOOR TENNIS COURTS
This is a parent - child clinic for children 4 – 6 year old, to better develop the child’s basic hand and eye coordination, athletic skills along with tennis. Movement, balance, and proper techniques will be taught by using fun games. Registration required. Parents must accompany children.

10AM - NEW TO TENNIS - OUTDOOR TENNIS COURTS
Parent - child tennis clinic for children 7 – 17 years old. You will learn and play games while getting a better understanding of proper stroke technique. Registration required. Parents must accompany children.

11AM - LETS PLAY - OUTDOOR TENNIS COURTS
This session is for intermediate to advanced juniors that play in USTA Sanctioned Tournaments, or are on middle or high school tennis teams, or compete in Junior Team Tennis. Fun games, drills and match play are the essence of this session. Registration required.

TUESDAY, JULY 16
VINYASA FLOW YOGA
5:30PM - LEGGETT 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.
Registration required, click here or call x1104.

MAUDE JELLISON LIBRARY PROGRAMS
MONDAY JULY 15
7PM - LEGENDS ALIVE: ENOS MILLS
Listen to the life and stories of the father of the Rocky Mountain National Park, Enos Mills, portrayed by local actor Kurtis Kelly.

TUESDAY JULY 16
7PM - MAGIC IN THE AIR – ALL ABOUT HUMMINGBIRDS
Come learn everything you have always wanted to know about hummingbirds from two life-long bird enthusiasts. Their presentation includes actual nests, a beautiful video, and a life-time of experience.

THURSDAY JULY 18
2PM & 7PM - SKYDIVING ACCIDENT SURVIVOR
Come and hear Jason Dennon tell his frightening yet inspirational story about his skydiving accident. After 8 days in a coma, 20 broken bones, 4 organs to repair, 3.5 months in the hospital, 11 months of rehab. 364 days after the accident he was racing a triathlon.

DORSEY MUSEUM PROGRAMS
The Lula W. Dorsey Museum is housed in a guest lodge originally built in 1924. Come celebrate the 100th anniversary of the this special space!

SATURDAY, JULY 13
10AM - ARCHAEOLOGY HIKE
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. Registration required, click here or call x1104.

MONDAY, JULY 15
1PM - HANNAH GOES WEST
Join us for an interactive storytime at the museum to learn about Hannah and her family as they traveled West.

TUESDAY, JULY 16
8:30AM - BREAKFAST AT THE MUSEUM
Come learn about exciting new projects, share in fellowship and have your questions answered by Julie Watkins, President/CEO; Shannon Jones, Estes Park Center General Manager, and additional members of the Association Leadership Team. Free breakfast included with the presentation.

2:30PM - DOLL MAKING
Create your own doll and learn how young children in the 1880’s made dolls prior to modern technology. Registration required, click here or call x1104.

WEDNESDAY, JULY 17
10AM - PLAYTIME AT THE MUSEUM
Venture into the past as museum artifacts and history inspire you through movement and play on the Museum lawn. An instructor will guide you through moves, poses and postures that will light your spirit and invigorate your mind. We then welcome you to take a tour of the museum and learn all about the fascinating history of the YMCA of the Rockies! Ages 5+

3:00PM - STAFF ALUMNI GATHERING
Drop by the museum to meet other staff alumni. Share stories and reminiscences about your time as a staff member at YMCA of the Rockies. You’ll also have an opportunity to find yourself in our annual staff photos too. Registration not required.

1PM - SKYDIVING ACCIDENT SURVIVOR
Meet Jason Dennon and learn about his life as the first independent skydiving accident survivor. Please bring your own water and comfortable hiking shoes. Registration required, click here or call x1104.

THURSDAY, JULY 18
10AM - PRESIDENT TEDDY ROOSEVELT
Meet the 26th president of the United States, Theodore Roosevelt, and listen as he shares his passion for the conservation of the West. Includes Q&A time with Teddy. Bully, Bully!

OUTDOOR CLIMBING WALL
REGISTRATION REQUIRED
SATURDAY & SUNDAY MORNINGS

Click here to register and find more hike descriptions. Call x1104 for more information.
HIKE | MILES RT | ELEVATION GAIN | GRADE | TERRAIN | HIKEMASTER
--- | --- | --- | --- | --- | ---
Falcon Lakes and Fan Falls | 16.0 | 2400’ | C | D | Braden W. & Dave M.
Wild Basin trail to Thunder Lake, then up the NW creek drainage to a beautiful tarn in the deep cirque on the south face of Pilot Mountain | 
Ptarmigan Tarns | 7.3 | 1750’ | E | D | Megan N.
Climb off trail, SW beyond Lake Helene, over rocky slabs to reach two emerald tarns, below Notchtop Spire. | 
Deer Mountain | 6.0 | 1400’ | F | F | John S.
Hike this historic trail up Deer Ridge to an accessible summit. From there we can appreciate the panoramic views while avoiding the Bear Lake corridor traffic! | 
Ute Trail West | 4.3 | -1130 | G | F | Karen A. & Harvey H.
This is a beautiful nature walk down tundra slopes through massive displays of alpine wildflowers, krumholtz and willows. | 
Summit Loop | 4.5 | 850’ | F | F | Program Staff
Embark on a captivating journey tracing the winding trails that gracefully snake along the eastern perimeter of the Y | 
Onahu Tonohutu Loop | 8.4 | 1300’ | F | F | John S.
Lush, west slope forest trail and off-trail to rarely visited Chickaree Lake, then up whitewaters of Onahu Creek, and out via Tonohutu Creek trail | 
Peacock Pool | 8.0 | 1900’ | D | C | Mike M.
This is an epic hike up the east Longs Peak trail past Jim’s Grove to “Chasm Junction,” then steeply down a short boulder scramble. | 
Emerald Lake | 3.6 | 750’ | F | E | Braden W.
Climb a smooth trail past Nymph and Dream Lakes up to the beautiful green gem--of--a--lake in Tyndall Gorge. This hike is perfect for most families. | 
Bear Lake Circuit | .50 | 50’ | H | G | Program Staff
At Bear Lake, enjoy iconic views of Longs Peak, Halletts Peak and Tyndall Glacier. Hike around Bear Lake, one of the highest lakes in the United States that is accessible via a 
Bible Point | 3.5 | 900’ | F | F | Camryn H.
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. | 
Haynes Headwall | 1.5 | 250’ | F | E | Tom D. & Pete P.
Hike via ranger trail to Nymph Lake then bushwhack down east slope of Flattop to Haynes head-wall climbing area and west end of Bear Lake | 
Spearhead | 13.2 | 3400’ | B | A | Steve J. & Braden W.
Challenging hike beyond Frozen Lake with hand-over-foot climb to the pinnacle of Spearhead. | 
Chapin Peak | 4.4 | 1800’ | E | E | Karen A.
Scenic drive up historic Fall River Road to the trailhead at Chapin Pass. Then hike up rock steps & tundra hike to this classic peak | 
Loch | 5.0 | 1200’ | F | F | Harvey H.
Hike a gentle trail past the roaring Alberta Falls (the perfect photo op) to a large, trout-filled lake nestled in Loch Vale. | 
Moraine Park Loop | 3.0 | 400’ | G | F | Larry S.
Hike from the Y intro Rocky Mountain National Park and through a glacially carved valley with great views of the continental divide. | 
Wind River Loop | 2.0 | 200’ | G | F | Program Staff
Starting at the Mountain Center, following in the footsteps of Native Americans along the babbling Wind River. | 
Lake of the Clouds | 14.6 | 2850’ | C | C | Megan B.
Enjoy crossing the Grand Ditch & hiking up Hitchens Gulch to this remote, alpine tarn | 
Pear Lake | 13.0 | 2800’ | D | E | Wendy M.
We’ll follow a quieter Wild Basin trail below Meadow Mountain to Finch Lake, then along Cony Creek to the rocky shores of Pear Lake (10582). | 
Sandbeach Lake | 9.4 | 2000’ | E | F | Steve J.
Hike through lush woodland along Hunters Creek to the lake where you can soak up the sun on the real sand beach below Mt. Orton.
**MONDAY, JULY 15 CONTINUED**

<table>
<thead>
<tr>
<th>Time</th>
<th>HIKE</th>
<th>MILES</th>
<th>RT</th>
<th>ELEVATION GAIN</th>
<th>GRADE</th>
<th>TERRAIN</th>
<th>HIKEMASTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM – 2:30 PM</td>
<td>Sky Pond</td>
<td>8.4</td>
<td></td>
<td>1900’</td>
<td>E</td>
<td>D</td>
<td>Tom D.</td>
</tr>
<tr>
<td>7:30 AM – 1:30 PM</td>
<td>Macgregor Falls</td>
<td>6.4</td>
<td></td>
<td>1200’</td>
<td>F</td>
<td>E</td>
<td>Noah E.</td>
</tr>
<tr>
<td>7:30 AM – 1:30 PM</td>
<td>Bear Lake to Hollowell Park</td>
<td>4.4</td>
<td></td>
<td>400’</td>
<td>F</td>
<td>E</td>
<td>Dave F.</td>
</tr>
<tr>
<td>8:30 AM – 12:00 PM</td>
<td>Dream Lake</td>
<td>2.2</td>
<td></td>
<td>450’</td>
<td>G</td>
<td>F</td>
<td>Karen A. &amp; Bill B.</td>
</tr>
<tr>
<td>9:00 AM – 4:30 PM</td>
<td>Glacier Creek Loop</td>
<td>2.5</td>
<td></td>
<td>300’</td>
<td>G</td>
<td>F</td>
<td>Jacob M.</td>
</tr>
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**TUESDAY, JULY 16**

<table>
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<tr>
<th>Time</th>
<th>HIKE</th>
<th>MILES</th>
<th>RT</th>
<th>ELEVATION GAIN</th>
<th>GRADE</th>
<th>TERRAIN</th>
<th>HIKEMASTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 AM – 3:30 PM</td>
<td>Mount Ida</td>
<td>9.5</td>
<td></td>
<td>2900’</td>
<td>D</td>
<td>E</td>
<td>Bill B.</td>
</tr>
<tr>
<td>7:00 AM – 2:30 PM</td>
<td>Finch Lake</td>
<td>6.4</td>
<td></td>
<td>2200’</td>
<td>E</td>
<td>D</td>
<td>Dave M.</td>
</tr>
<tr>
<td>7:30 AM – 2:00 PM</td>
<td>Loch and Mills Lakes</td>
<td>6.5</td>
<td></td>
<td>1350’</td>
<td>F</td>
<td>F</td>
<td>John S.</td>
</tr>
<tr>
<td>7:45 AM – 2:15 PM</td>
<td>Tombstone Ridge</td>
<td>4.0</td>
<td></td>
<td>300’</td>
<td>F</td>
<td>F</td>
<td>Harvey H.</td>
</tr>
<tr>
<td>9:00 AM – 12:00 PM</td>
<td>Orienteering Class</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dave F.</td>
</tr>
<tr>
<td>1:00 PM – 4:30 PM</td>
<td>Bible Point</td>
<td>3.5</td>
<td></td>
<td>900’</td>
<td>F</td>
<td>F</td>
<td>Zion T.</td>
</tr>
</tbody>
</table>

**WEDNESDAY, JULY 17**

<table>
<thead>
<tr>
<th>Time</th>
<th>HIKE</th>
<th>MILES</th>
<th>RT</th>
<th>ELEVATION GAIN</th>
<th>GRADE</th>
<th>TERRAIN</th>
<th>HIKEMASTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 AM – 3:00 PM</td>
<td>Flattop Mountain via Pool of Jade</td>
<td>8.8</td>
<td></td>
<td>2800’</td>
<td>C</td>
<td>B</td>
<td>Noah E.</td>
</tr>
<tr>
<td>6:30 AM – 2:30 PM</td>
<td>Odessa Fern Loop</td>
<td>9.8</td>
<td></td>
<td>1200’</td>
<td>E</td>
<td>E</td>
<td>Pat N.</td>
</tr>
<tr>
<td>7:00 AM – 2:30 PM</td>
<td>Grace Falls</td>
<td>1.0</td>
<td></td>
<td>1600’</td>
<td>E</td>
<td>E</td>
<td>Megan B.</td>
</tr>
<tr>
<td>7:15 AM – 2:45 PM</td>
<td>Bear, Bierstadt and Cub Lakes</td>
<td>7.5</td>
<td></td>
<td>800’</td>
<td>F</td>
<td>F</td>
<td>Larry S.</td>
</tr>
<tr>
<td>8:00 AM – 11:00 AM</td>
<td>Wildflower Walk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Ginny K.</td>
</tr>
<tr>
<td>1:00 PM – 3:00 PM</td>
<td>Wind River Loop</td>
<td>2.0</td>
<td></td>
<td>200’</td>
<td>G</td>
<td>F</td>
<td>Jens J.</td>
</tr>
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</table>

**THURSDAY, JULY 18**

<table>
<thead>
<tr>
<th>Time</th>
<th>HIKE</th>
<th>MILES</th>
<th>RT</th>
<th>ELEVATION GAIN</th>
<th>GRADE</th>
<th>TERRAIN</th>
<th>HIKEMASTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM – 4:00 PM</td>
<td>Ouzel Lake</td>
<td>10.0</td>
<td></td>
<td>1700’</td>
<td>E</td>
<td>F</td>
<td>Tammy F.</td>
</tr>
<tr>
<td>7:30 AM – 11:30 PM</td>
<td>Calypso Cascades</td>
<td>3.6</td>
<td></td>
<td>650’</td>
<td>G</td>
<td>F</td>
<td>Karen A.</td>
</tr>
<tr>
<td>8:00 AM – 12:30 PM</td>
<td>Mount Olympus</td>
<td>3.0</td>
<td></td>
<td>1450’</td>
<td>E</td>
<td>C</td>
<td>Wendy M.</td>
</tr>
<tr>
<td>8:30 AM – 1:30 PM</td>
<td>Mills Lake</td>
<td>5.2</td>
<td></td>
<td>850’</td>
<td>F</td>
<td>F</td>
<td>Larry S.</td>
</tr>
<tr>
<td>1:00 PM – 4:30 PM</td>
<td>Summit Loop</td>
<td>4.5</td>
<td></td>
<td>850’</td>
<td>F</td>
<td>F</td>
<td>Camryn H.</td>
</tr>
</tbody>
</table>

**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.
### 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

Please let me know 1) your full name, 2) the number and length of massage(s) you’d like, 3) ideal day/time you’d like 4) the dates you are in Estes. Providing this information will expedite scheduling

### Payment:
All forms of payment accepted. Pay at time of service. Cash and room charge preferred, credit cards fine. No insurance reimbursement, venmo or paypal.

### Services and Prices:
**Mobile Massage Only Summer 2024**

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 Min.</td>
<td>$85</td>
</tr>
<tr>
<td>60 Min.</td>
<td>$130</td>
</tr>
<tr>
<td>90 Min.</td>
<td>$180</td>
</tr>
<tr>
<td>120 Min.</td>
<td>$225</td>
</tr>
</tbody>
</table>

**No Time Add Ons:**
- Hot Stone: $20
- Complementary Aromatherapy: Included
- Body Brushing: $20
- Deep Tissue: Included
- You take brush home

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### 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.

#### Trip Rates
- **Fly Fishing the YMCA**: $50.00 (no license needed)
- ½ Day Trips: $75.00
- ¾ Day Trips: $95.00
- All Day Hike: $125.00
- Family Fun Trip: 11 & under $38.00 / 12+ $58.00
- ½ Day Evening - Fishing the YMCA: $40.00
- Family Fun Trip: 11 & under $43.00 / 12+ $63.00
- ¾ Day Trip to the National Park: $75.00
- Family Fun Trip: 11 & under $58.00
- Backcountry Belly Boat: Drive To $95.00 / Backcountry $145.00
- Fish n’ Golf: $120.00 (all-inclusive)

### 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).

### CONTACT HOMEGROWN YOGA AND MASSAGE DIRECTLY TO BOOK – (720) 218-1953 - TEXT IS BEST

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

**MORAINME 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.

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**RATES:** (per person)

<table>
<thead>
<tr>
<th>Time</th>
<th>Duration</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am</td>
<td>2 hr.</td>
<td>Moraine Park</td>
</tr>
<tr>
<td>8:30am</td>
<td>2 hr.</td>
<td>Moraine Park</td>
</tr>
<tr>
<td>9:00am</td>
<td>1 hr.</td>
<td>Glacier Basin</td>
</tr>
<tr>
<td>9:30am</td>
<td>1 hr.</td>
<td>Deer Meadows</td>
</tr>
<tr>
<td>10:00am</td>
<td>1 hr.</td>
<td>Deer Meadows</td>
</tr>
<tr>
<td>10:30am</td>
<td>1 hr.</td>
<td>Moraine Park</td>
</tr>
<tr>
<td>11:00am</td>
<td>1 hr.</td>
<td>Mitchel Creek</td>
</tr>
<tr>
<td>12:00pm</td>
<td>1 hr.</td>
<td>Spirit Mountain</td>
</tr>
<tr>
<td>1:00pm</td>
<td>1 hr.</td>
<td>Emerald Mountain</td>
</tr>
<tr>
<td>1:30pm</td>
<td>1 hr.</td>
<td>Bierstadt Lake</td>
</tr>
</tbody>
</table>

**Special Events:**

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

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**Contact:**

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.**