**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

<table>
<thead>
<tr>
<th></th>
<th>Fri, Jul 19</th>
<th>Sat, Jul 20</th>
<th>Sun, Jul 21</th>
<th>Mon, Jul 22</th>
<th>Tues, Jul 23</th>
<th>Wed, Jul 24</th>
<th>Thurs, Jul 25</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SWEET MEMORIAL</strong></td>
<td>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.</td>
<td>8AM–9PM</td>
<td>8AM–9PM</td>
<td>8AM–9PM</td>
<td>8AM–9PM</td>
<td>8AM–9PM</td>
<td>8AM–9PM</td>
</tr>
<tr>
<td><strong>BOONE FAMILY MOUNTAIN CENTER</strong></td>
<td>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.</td>
<td>8:30AM–5PM</td>
<td>8:30AM–5PM</td>
<td>8:30AM–5PM</td>
<td>8:30AM–5PM</td>
<td>8:30AM–5PM</td>
<td>8:30AM–5PM</td>
</tr>
<tr>
<td><strong>DUNCAN FAMILY CLUBHOUSE AND BENBROOK COURTS</strong></td>
<td>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.</td>
<td>8AM–9PM</td>
<td>8AM–9PM</td>
<td>8AM–9PM</td>
<td>8AM–9PM</td>
<td>8AM–9PM</td>
<td>8AM–9PM</td>
</tr>
<tr>
<td><strong>LULA W. DORSEY MUSEUM</strong></td>
<td>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.</td>
<td>9AM–5PM</td>
<td>9AM–5PM</td>
<td>12PM–4PM</td>
<td>9AM–5PM</td>
<td>10:30AM–5PM</td>
<td>9AM–5PM</td>
</tr>
<tr>
<td><strong>MAUDE JELLISON LIBRARY</strong></td>
<td>Grab a good book, cup of coffee, and get cozy. Questions? Call us at x1133.</td>
<td>9AM–7PM</td>
<td>9AM–7PM</td>
<td>1PM–5PM</td>
<td>9AM–7PM</td>
<td>9AM–7PM</td>
<td>9AM–7PM</td>
</tr>
<tr>
<td><strong>MOOTZ FAMILY CRAFT &amp; DESIGN CENTER</strong></td>
<td>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 x 1132.</td>
<td>9:30AM–5PM</td>
<td>9:30AM–5PM</td>
<td>9:30AM–5PM</td>
<td>9:30AM–5PM</td>
<td>9:30AM–5PM</td>
<td>9:30AM–5PM</td>
</tr>
<tr>
<td><strong>DORSEY SWIMMING POOL</strong></td>
<td>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. <strong>OPEN SWIM</strong> - 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.</td>
<td><strong>OPEN SWIM</strong> 12:30PM–5PM</td>
<td>6:30PM–8PM</td>
<td><strong>LAP SWIM</strong> 6:30AM–8:30AM 5PM–6:30PM</td>
<td><strong>OPEN SWIM</strong> 12:30PM–5PM</td>
<td>6:30PM–8PM</td>
<td><strong>LAP SWIM</strong> 6:30AM–8:30AM 5PM–6:30PM</td>
</tr>
<tr>
<td><strong>BOB ECKER ROLLER RINK</strong></td>
<td>Roller skates provided. Roller blades are welcome, but not provided. Questions? Call x1104.</td>
<td>5:30PM–9:30PM</td>
<td>5:30PM–8:00PM</td>
<td>7:30PM–9:30PM</td>
<td>5:30PM–9:30PM</td>
<td>5:30PM–9:30PM</td>
<td>5:30PM–9:30PM</td>
</tr>
</tbody>
</table>

---

**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.
NATURE WORKSHOPS

Our multi-day Nature Workshops cater to adult learners, providing an engaging and hands-on approach to exploring the wonders of the natural world in the beautiful setting of the Rocky Mountains.

GEOLGY OF RMNP WITH HARVEY HAINES
JULY 22–JULY 24
$195 – REGISTRATION REQUIRED
Participants of this workshop will explore the geology of Rocky Mountain National Park. Learn how and when the mountains were formed. This course involves hiking, possibly up to 10 miles in a day, to glacial features that are left over from recent glaciation cycles peaking between 135,000 and 23,000 years ago. Participants will learn about causes of these glacial cycles and study the effects of the cyclic cooling and warming of Earth. During the workshop, the class will take a YMCA van trip up Trail Ridge Road to visit prominent rocks over 1 billion years old, as well as view tuffs, which are geologic features left over from volcanoes, a much older phenomenon than the glaciers. Come and join this workshop as we make connections between what is seen in the rocks of Rocky Mountain National Park to the current environmental concerns of man-made warming of the planet. We will discover how these climate changes in the geologic record differ from the anthropogenic (human-caused) changes over the last century. Registration Required, click here or call x1104. NATURE WORKSHOPS AVAILABLE ALL SUMMER LONG! CLICK HERE, OR CHECK OUT OUR WEBSITE FOR MORE INFORMATION ON FUTURE NATURE WORKSHOPS!

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.

ADVENTURE ACTIVITIES

FRIDAY, JULY 19
9:30AM – BIBLE STUDY
Help is here. Finding fresh strength and purpose in the power of the holy spirit. Meet at Dannen Library.
7PM – FRIDAY NIGHT FAITH FILM
Join us in Hyde Chapel for a showing of A Sunday Horse.
SUNDAY, JULY 21
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 – HYMN SING
Join us in Hyde Chapel for an evening of praise and song.
MONDAY, JULY 22
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 23
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 24
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 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!
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 19
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 21
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 23
10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
1:00PM Custom Earrings
2:30PM Custom Bracelet
3:30PM Custom Necklace

SATURDAY, JULY 20
10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
10:30AM Pony Bead Animal Keychain
1:00PM Custom Earrings
2:30PM Custom Bracelet
3:30PM Custom Necklace

WEDNESDAY, JULY 24
10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
10:30AM Pony Bead Animal Keychain
1:00PM Custom Earrings
2:30PM Custom Bracelet
3:30PM Custom Necklace

THURSDAY, JULY 25
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
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.

SPECIAL EVENTS
SATURDAY JULY 20
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 21
6PM – LINE DANCING

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 more information.
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
FRI, SUN, MON, WED
7:45PM-9:45PM
Come join us for a community fire ring at the main fire ring outside of the administration building. Feel free to bring your own smores 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 19
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 20
VINAYASA FLOW YOGA
9AM – LEGGETT YOUTH BUILDING
Join instructor Laura Collins for an all-levels integral yoga class with a vinayasa 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 22
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 23
VINAYASA FLOW YOGA
5:30PM – LEGGETT YOUTH BUILDING
Join instructor Laura Collins for an all-levels integral yoga class with a vinayasa 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.

MAUDE JELLISON LIBRARY PROGRAMS

MORNING SATURDAY JULY 20

10AM – 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 24

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.

MUSEUM PROGRAMS

FRIDAY, JULY 19
10AM – WALK ABOUT THE Y
Explore the architectural and social history of the YMCA of the Rockies main campus. Discover the “who” behind the names on buildings and enjoy the beautiful main promenade. Meet at the Museum Registration required, click here or call x1104.

SATURDAY, JULY 20
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 22
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 23
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 24

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 lighten 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+ recommended. No registration required.

1PM – STAFF ALUMNI GATHERING
Drop by the museum to meet other staff alumni. Share stories and reminisce 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.

2PM – ANNA WOLFRAM
Meet Anna Wolfram Dove and learn about her life as the first independent female homesteader in the Estes Valley. In addition to being a homesteader, Anna was also a teacher and savvy businesswoman running the Wigwam tearoom for years. Hear about her many adventures! Registration not required.

THURSDAY, JULY 25
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!

1PM – 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.
**FREE FAMILY PROGRAMS**

No registration required.

[Age Ranges Family Programs (all ages) • Little Learners (6 and under) • Locations: Legett Youth Building (Legett YB) • Sweet Memorial (Sweet) • Young Adults (10 & up) •]

**SUNDAY, JULY 21**

8:00AM • Little Explorers @ Sweet
8:45AM • Animal Detective @ Sweet
9:45AM • Floor Hockey @ Rinker
10:00AM • Woolly Worm Hunt @ Sweet
11:00AM • Children’s Story Time @ Library
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

**TUESDAY, JULY 23**

8:00AM • Little Explorers @ Sweet
8:45AM • Animal Detective @ Sweet
9:45AM • Floor Hockey @ Rinker
10:00AM • Woolly Worm Hunt @ Sweet
10:30AM • Children’s Story Time @ Library
11:00AM • 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 • Survival @ Sweet
4:00PM • Backyard Black Bears @ Sweet
4:30PM • Jr. Survival @ Sweet
4:30PM • Parachute Games @ Sweet
5:00PM • BINGO @ Sweet
6:00PM • Trivia @ Sweet
7:00PM • Trivia @ Sweet
7:45PM • Ultimate Frisbee @ Sweet
9:30PM • Stargazing @ Legett YB

**WEDNESDAY, JULY 24**

8:00AM • Little Explorers @ Sweet
8:45AM • Animal Detective @ Sweet
9:45AM • Floor Hockey @ Riker
10:00AM • Woolly Worm Hunt @ Sweet
10:30AM • Children’s Story Time @ Library
11:00AM • 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 • Parachute Games @ Sweet
3:00PM • Survival @ Sweet
3:30PM • BINGO @ Sweet
4:00PM • Trivia @ Sweet
4:30PM • Ultimate Frisbee @ Sweet
9:30PM • Stargazing @ Legett YB

**FRIDAY, JULY 19**

7:45PM • Little Explorers @ Sweet
8:45AM • Animal Detective @ Sweet
9:45AM • Floor Hockey @ Rinker
10:00AM • Woolly Worm Hunt @ Sweet
10:30AM • Children’s Story Time @ Library
11:00AM • 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 20**

8:00AM • Little Explorers @ Sweet
8:45AM • Animal Detective @ Sweet
9:45AM • Floor Hockey @ Rinker
10:15AM • Sidewalk Chalk @ Sweet
10:30AM • Children’s Story Time @ Library
11:00AM • 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 • 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

**MONDAY, JULY 22**

8:00AM • Little Explorers @ Sweet
8:45AM • Animal Detective @ Sweet
9:45AM • Floor Hockey @ Riker
10:00AM • Woolly Worm Hunt @ Sweet
10:30AM • Children’s Story Time @ Library
11:00AM • 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 • Parachute Games @ Sweet
3:00PM • What About Wolves @ Sweet
3:30PM • BINGO @ Sweet
4:00PM • Trivia @ Sweet
4:30PM • What About Wolves @ 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 25**

8:00AM • Little Explorers @ Sweet
8:45AM • Animal Detective @ Sweet
9:45AM • Floor Hockey @ Rinker
10:00AM • Woolly Worm Hunt @ Sweet
10:30AM • Children’s Story Time @ Library
11:00AM • 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 • Slime @ Sweet
2:30PM • Parachute Games @ Sweet
3:00PM • Parachute Games @ Sweet
3:30PM • Walk in the Woods @ Sweet
4:00PM • BINGO @ Sweet
6:00PM • Trivia @ Sweet
7:00PM • Trivia @ Sweet
7:45PM • Stargazing @ Legett YB

**NIGHT WALK**

REGISTRATION REQUIRED

EVERY NIGHT 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.

**PROGRAM DESCRIPTIONS**

**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!

**FIREFIGHTER (1hr)**
Fire can be a life-saving tool outdoors. Come learn how to use various methods to spark safe fires.

**MINERAL MAGIC (1hr)**

**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 majestic bears and learn to live in harmony with these magnificent animals.

**LITTLE LEARNERS**

**FOR KIDS UNDER AGE 6:**
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 wooly worms and learn about how animals use camouflage.

**CRITTER CRAFT (1hr)**
Craft an animal masks and then step into the shoes of your favorite Rocky Mountain creatures.
GUIDED HIKING

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
- F=Easy

**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.

### FRIDAY, JULY 19

<table>
<thead>
<tr>
<th>Time</th>
<th>HIKE</th>
<th>Miles RT</th>
<th>Elevation Gain</th>
<th>Grade</th>
<th>Terrain</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:00 AM – 4:00 PM</td>
<td>Pagoda Peak</td>
<td>13.9</td>
<td>4200’</td>
<td>A</td>
<td>A</td>
<td>Megan N. &amp; Dave M.</td>
</tr>
<tr>
<td>7:00 AM – 2:00 PM</td>
<td>Twin Sisters</td>
<td>7.6</td>
<td>2700’</td>
<td>E</td>
<td>E</td>
<td>Braden W.</td>
</tr>
<tr>
<td>7:15 AM – 1:45 PM</td>
<td>Lake Helene</td>
<td>6.4</td>
<td>1200’</td>
<td>F</td>
<td>F</td>
<td>Karen A.</td>
</tr>
<tr>
<td>8:00 AM – 12:00 PM</td>
<td>Sprague Lake via Mountainside Dr.</td>
<td>4.0</td>
<td>400’</td>
<td>G</td>
<td>F</td>
<td>Tammy F. &amp; John S.</td>
</tr>
<tr>
<td>8:30 AM – 2:30 PM</td>
<td>West Creek Falls</td>
<td>5.0</td>
<td>1750’</td>
<td>F</td>
<td>E</td>
<td>Program Staff</td>
</tr>
<tr>
<td>1:00 PM – 3:30 PM</td>
<td>Glacier Creek Loop</td>
<td>2.5</td>
<td>300’</td>
<td>G</td>
<td>F</td>
<td>Program Staff</td>
</tr>
</tbody>
</table>

**This is an adventurous hike to the top of Glacier Gorge, past Mills, Black and Green Lakes, to the Keyboard of the Winds and the summit of Pagoda Peak.**

**From the trailhead above Lily Lake, take 37 switchbacks across the landslide caused by the Flood of 2013 to the aerie summit of Pagoda Peak.**

**Enjoy taking this forested trail around the north face of Flattop Mountain to a shallow lake below Notchtop Mountain.**

**Beginning from Mountain Side Drive on the YMCA, follow this cascading stream to near Glacier Basin Campground & onto Sprague Lake.**

**Hike through a rarely visited part of the Park through lush woods to the pooling West Creek Waterfalls. Please note: this hike is the prerequisite for a “D” hike (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.**

### SATURDAY, JULY 20

<table>
<thead>
<tr>
<th>Time</th>
<th>HIKE</th>
<th>Miles RT</th>
<th>Elevation Gain</th>
<th>Grade</th>
<th>Terrain</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM – 2:00 PM</td>
<td>Boulder Brook Loop</td>
<td>6.7</td>
<td>1300’</td>
<td>F</td>
<td>F</td>
<td>Bill B.</td>
</tr>
<tr>
<td>7:30 AM – 1:30 PM</td>
<td>Fall River Headwaters</td>
<td>3.5</td>
<td>700’</td>
<td>F</td>
<td>E</td>
<td>Tom D. &amp; John S.</td>
</tr>
<tr>
<td>7:45 AM – 1:45 PM</td>
<td>Gemstones</td>
<td>4.5</td>
<td>1500’</td>
<td>E</td>
<td>B</td>
<td>Braden W.</td>
</tr>
<tr>
<td>8:00 AM – 3:30 PM</td>
<td>Odessa and Fern Lake Loops</td>
<td>9.8</td>
<td>1200’</td>
<td>E</td>
<td>E</td>
<td>Steve J.</td>
</tr>
<tr>
<td>1:00 PM – 3:00 PM</td>
<td>Wind River Loop</td>
<td>2.0</td>
<td>200’</td>
<td>G</td>
<td>F</td>
<td>Camryn H.</td>
</tr>
</tbody>
</table>

**Pass Alberta and Rebecca Falls, then east onto the little-used North Long’s Peak Trail.**

**Enjoy an off-trail hike from the historic Willow Park ranger cabin to the headwaters of Fall River [some marshy areas and tall grass].**

**Challenging rock scrambles to several, exciting high points on the east end of Lumpy Ridge. Exposed non-technical rock scrambling. Helmets required and furnished by Y.**

### SUNDAY, JULY 21

<table>
<thead>
<tr>
<th>Time</th>
<th>HIKE</th>
<th>Miles RT</th>
<th>Elevation Gain</th>
<th>Grade</th>
<th>Terrain</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30 AM – 4:00 PM</td>
<td>Azure Lake</td>
<td>10.2</td>
<td>700’</td>
<td>C</td>
<td>C</td>
<td>Braden W.</td>
</tr>
<tr>
<td>7:00 AM – 1:30 PM</td>
<td>Fern Lake</td>
<td>7.5</td>
<td>1400’</td>
<td>F</td>
<td>F</td>
<td>Karen A.</td>
</tr>
<tr>
<td>1:00 PM – 4:30 PM</td>
<td>Bible Point</td>
<td>3.5</td>
<td>900’</td>
<td>F</td>
<td>F</td>
<td>Carson K.</td>
</tr>
<tr>
<td>3:00 PM – 5:00 PM</td>
<td>Sprague Lake Nature Walk</td>
<td>1.0</td>
<td>30’</td>
<td>H</td>
<td>G</td>
<td>Noah E.</td>
</tr>
<tr>
<td>8:30 PM – 11:45 PM</td>
<td>Full Moon Hike</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Larry S.</td>
</tr>
</tbody>
</table>

**Hike through the rolling alpine tundra and drop down to the blue waters of Azure Lake, nestled in the shadow of Mount Ida.**

**Enjoy this scenic trail that passes Arch Rocks, The Pool, & Fern Falls on the way to Fern Lake, reflecting “The Gables” arrete.**

**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.**

**Learn about the history and environment surrounding Sprague Lake while enjoying the gorgeous views of the Continental Divide. All are welcome!**

**Registrants are welcome!**

### GUIDED HIKING - 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 970.586.3341x1104 for more information.
<table>
<thead>
<tr>
<th>HIKE</th>
<th>MILES RT</th>
<th>ELEVATION GAIN</th>
<th>GRADE</th>
<th>TERRAIN</th>
<th>HIKEMASTER</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAY, JULY 22</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30 AM – 3:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chasm Lake</td>
<td>9.2</td>
<td>2600’</td>
<td>D</td>
<td>D</td>
<td>Megan B.</td>
</tr>
<tr>
<td>Beautiful alpine tarn in the deep cirque between the</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>towering east face of Longs Peak &amp; Mt Lady Washington</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00 AM – 2:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Joe Mills Mountain</td>
<td>6.6</td>
<td>1600’</td>
<td>E</td>
<td>C</td>
<td>Mike M.</td>
</tr>
<tr>
<td>Joe Mills Mountain (11078) is an exciting but</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>accessible summit with awesome views of Fern-Odessa</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gorge and Mill Creek Basin.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00 AM – 2:30 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Timberline Falls</td>
<td>7.8</td>
<td>1300’</td>
<td>F</td>
<td>E</td>
<td>Noah E.</td>
</tr>
<tr>
<td>Enjoy this hike to a spectacular waterfall up past</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Loch and just under Lake of Glass.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:030 AM – 12:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bear to Bierstadt Lakes</td>
<td>4.0</td>
<td>400’</td>
<td>G</td>
<td>F</td>
<td>Karen A. &amp;</td>
</tr>
<tr>
<td>Follow a mostly downhill trail through subalpine</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>forest to Bierstadt Lake, then down the Bierstadt</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Moraine.</td>
<td>Bill B.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 PM – 3:30 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Glacier Creek Loop</td>
<td>2.5</td>
<td>300’</td>
<td>G</td>
<td>F</td>
<td>Jacob M.</td>
</tr>
<tr>
<td>Hike to where the murmurs of the forest mingle with</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>the gentle rush of flowing waters on a mesmerizing</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>hike through the Montane Forest’s riparian ecosystem.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TUESDAY, JULY 23</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00 AM – 5:30 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Longs Peak</td>
<td>15.5</td>
<td>5450</td>
<td>A</td>
<td>A</td>
<td>Wendy M. &amp;</td>
</tr>
<tr>
<td>Enjoy this challenging, rigorous climb to the highest</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>summit in RMNP via the Keyhole route. There is</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>significant exposure to vertical drops on upper</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>sections.</td>
<td>Dave M.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30 AM – 2:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Finch Lake Circuit</td>
<td>6.4</td>
<td>2200</td>
<td>E</td>
<td>D</td>
<td>Megan N.</td>
</tr>
<tr>
<td>Enjoy a hike along the Finch Lake trailhead and</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>return via the fisherman’s trail from Finch Lake</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>down Cony Creek to Calypso Cascades.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00 AM – 1:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deer Mountain</td>
<td>6.0</td>
<td>1400’</td>
<td>F</td>
<td>F</td>
<td>Tammy F.</td>
</tr>
<tr>
<td>Hike this historic trail up Deer Ridge to an</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>accessible summit. From there we can appreciate the</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>panoramic views while avoiding the Bear Lake</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>corridor traffic!</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00 AM – 2:30 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Estes Cone</td>
<td>6.5</td>
<td>1600’</td>
<td>E</td>
<td>D</td>
<td>Tom D.</td>
</tr>
<tr>
<td>Longs Peak trail to rocky summit with panoramic</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>views of Battle Mountain, Longs Peak, Twin Sisters,</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lily Mountain and Estes Valley. This trail has a</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>steep scramble.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:30 AM – 1:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Serendipity Pond and the Loch</td>
<td>6.0</td>
<td>1300’</td>
<td>F</td>
<td>E</td>
<td>Bill B.</td>
</tr>
<tr>
<td>This hike leads us off trail to a pristine,</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>little-known, hidden pond east of The Loch, nestled</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>in Loch Vale above Alberta Falls. We will stop to</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>admire The Loch on our return.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00 AM – 12:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orienteering Class</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Join Hikemaster Dave for a fun filled morning</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>finding your way around one of the Y’s Challenger</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>courses using a map and compass. All materials and</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>instruction provided</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 PM – 4:30 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Summit Loop</td>
<td>4.5</td>
<td>850’</td>
<td>F</td>
<td>F</td>
<td>Zion T.</td>
</tr>
<tr>
<td>Embark on a captivating journey tracing the winding</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>trails that gracefully snake along the eastern</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>perimeter of the Y</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:30 PM – 6:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Upper Beaver Meadows</td>
<td>5.0</td>
<td>500’</td>
<td>G</td>
<td>F</td>
<td>John S.</td>
</tr>
<tr>
<td>The Beaver Mountain Trail loops through meadows,</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ponderosa parks and aspen-fir forests in a uniquely</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>diverse life zone.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WEDNESDAY, JULY 24</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:45 AM – 3:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Black Lake</td>
<td>9.8</td>
<td>1800’</td>
<td>E</td>
<td>F</td>
<td>Larry S.</td>
</tr>
<tr>
<td>Take the Glacier Gorge trail to a spectacular lake in</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>the deep cirque between the east face of McHenry’s</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peak &amp; Arrowhead Arete.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00 AM – 1:30 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lake Helene</td>
<td>6.4</td>
<td>1200’</td>
<td>F</td>
<td>F</td>
<td>Bill B.</td>
</tr>
<tr>
<td>Enjoy taking this forested trail around the north</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>face of Flattop Mountain to a shallow lake below</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Notchtop Mountain.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00 AM – 3:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lyric Falls</td>
<td>8.0</td>
<td>1850’</td>
<td>E</td>
<td>E</td>
<td>Noah E.</td>
</tr>
<tr>
<td>Enjoy hiking along the Sandbeach Lake trail then</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>bushwhacking up Hunter’s Creek in search of these</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>beautiful cascades.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:45 AM – 12:45 AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wigwam Tearoom</td>
<td>4.5</td>
<td>950’</td>
<td>F</td>
<td>F</td>
<td>John S.</td>
</tr>
<tr>
<td>Follow along a gentle trail along Aspen Brook the</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>historic Wigwam Tea House, site of the first female</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Estes Valley homesteader.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 PM – 4:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alluvial Fan</td>
<td>2.0</td>
<td>500’</td>
<td>G</td>
<td>F</td>
<td>Megan B.</td>
</tr>
<tr>
<td>Join a naturalist for a closer look at the history</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>and damage of the Lawn Lake Flood of 82. See boulders</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>broken, carved and carried first by glaciers and</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>later by flood waters.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 PM – 3:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wind River Loop</td>
<td>2.0</td>
<td>200’</td>
<td>G</td>
<td>F</td>
<td>Jens J.</td>
</tr>
<tr>
<td>Starting at the Mountain Center, following in the</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>footsteps of Native Americans along the bubbling</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wind River.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>THURSDAY, JULY 25</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00 AM – 5:30 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mummy Hagues and Rowe Peaks</td>
<td>21.5</td>
<td>6450</td>
<td>A</td>
<td>C</td>
<td>Megan B. &amp;</td>
</tr>
<tr>
<td>Enjoy this trail in the Mummy Range past Lawn and</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crystal Lakes, “The Saddle”, then summit of Hagues</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peak via the scenic SW ridge.</td>
<td>Dave M.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00 AM – 1:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ouzel Falls</td>
<td>5.5</td>
<td>900’</td>
<td>F</td>
<td>F</td>
<td>Karen A.</td>
</tr>
<tr>
<td>Follow a forested trail up the North St Vrain River</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>past Copeland Falls, Calypso Cascades and the 1978</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>fire area to feel the spray from the broad,</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>impressive Ouzel Falls.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:30 AM – 2:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ptarmigan Tarns</td>
<td>7.3</td>
<td>1800’</td>
<td>E</td>
<td>D</td>
<td>Tammy F.</td>
</tr>
<tr>
<td>Climb off trail, SW beyond Lake Helene, over rocky</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>slabs to reach two emerald tarns, below Notchtop</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spire.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:45 AM – 2:45 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lightning Mountain</td>
<td>7.2</td>
<td>2250’</td>
<td>D</td>
<td>D</td>
<td>Tom D.</td>
</tr>
<tr>
<td>Enjoy an exciting, rocky highpoint, 2 miles south of</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>the YMCA, with great views of Longs Peak, Twin</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sisters, &amp; the Continental Divide.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 PM – 4:30 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bible Point</td>
<td>3.5</td>
<td>900’</td>
<td>F</td>
<td>F</td>
<td>Camryn H.</td>
</tr>
<tr>
<td>We will start by hiking along the frolicking Glacier</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creek, then head up Bible Point, originally called “B</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>uena Vista,” which provides great views into Rocky</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mountain National Park.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Homegrown Yoga & Massage offers state-of-the-art therapeutic massage in the convenience of your lodge room or cabin. Simply designate a private space in a cabin or your lodge room. The licensed massage therapist will bring everything - music, massage table, linens, aromatherapy, hot stones, and more - to create a relaxing spa environment.

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.

Yoga Classes:
Private individual and group classes available. See Homegrown’s website for details.

*48 Hour Cancellation Policy or Full Charge

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

SASQUATCH FLY FISHING ADVENTURES
(970) 586-3341 x1153 7:30AM – 5PM

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
- ¾ Day Trips: $95.00
- All Day Hike: $125.00
- 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)*

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: Body Brushing: $20
- Deep Tissue: Included
  (You take brush home)

CONTACT SASQUATCH FLY FISHING DIRECTLY TO BOOK – (970) 586-3341 X1153
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-1:30pm/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.

MORAINE 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.

CONTACT JACKSON STABLES DIRECTLY TO BOOK – (970) 586-3341 X1140 OR X1149