

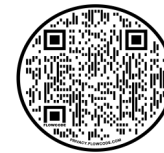
# ACTIVITY GUIDE

FRIDAY, MAY 16– THURSDAY, MAY 22  
YMCA OF THE ROCKIES – ESTES PARK CENTER



Children under the age of 13 must be accompanied by an adult (18+) at all times.

Some of our programs require advanced registration and may fill quickly, click [here](#) or call Programs at x1 104 to sign up.



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

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



## SUSTAIN THE SUMMIT

At YMCA of the Rockies, our commitment to sustainability is holistic. We have adopted an **emissions reduction goal that aims to cut our greenhouse gas emissions by a minimum of 50% by 2050**. Our stewardship journey continues through our Strategic Plan that identifies Environmental Sustainability as one of the top priorities for the organization. This priority has driven YMCA of the Rockies into a new generation of stewardship activities and our work will extend beyond the present to benefit future generations. Join us on our journey and learn more about our commitment by clicking [here](#) or going to [ymcarockies.org/about-us/environmental-stewardship/](https://ymcarockies.org/about-us/environmental-stewardship/)

## PROGRAM FACILITY HOURS

	FRI, MAY 16	SAT, MAY 17	SUN, MAY 18	MON, MAY 19	TUES, MAY 20	WED, MAY 21	THURS, MAY 22
<b>SWEET MEMORIAL</b>	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, sports equipment and more! Questions? Call us at x1 104.						
	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
<b>BOONE FAMILY MOUNTAIN CENTER</b>	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
<b>LULA W. DORSEY MUSEUM</b>	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	CLOSED	CLOSED	CLOSED	CLOSED
<b>MAUDE JELLISON LIBRARY</b>	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
<b>MOOTZ FAMILY CRAFT &amp; DESIGN CENTER</b>	Drop in crafts available everyday, prices and availability vary. Open crafting and craft classes available. 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. Some crafts have age restrictions. 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
<b>DORSEY SWIMMING POOL</b>	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 1PM-6PM	OPEN SWIM 10AM-12PM 1PM-6PM	CLOSED	CLOSED	OPEN SWIM 1PM-4PM	CLOSED	CLOSED
<b>BOB ECKER ROLLER RINK</b>	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	8:30PM-9:30PM	5:30PM-7:30PM	5:30PM-7:30PM	8:30PM-9:30PM
<b>LONGHOUSE GYM</b>	Pop over for a game of basketball or volleyball, equipment available in the gym. Questions? Call us at x1104.						
	CLOSED	CLOSED	CLOSED	9AM-5:30PM	9AM-5:30PM	9AM-6:30PM	9AM-6:30PM



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.



# HISTORY PROGRAMS

No cost, no registration. Programs meet at Dorsey Museum.

## FRIDAY MAY 16

### 2PM - DOLL MAKING

Ever wonder what dolls were made from before modern technology? Join us at the museum and learn about the history of dolls and make your own!

## SATURDAY MAY 17

### 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. Capac-

# FAMILY PROGRAMS

No cost, no registration. Programs meet at Sweet Memorial unless noted otherwise.

## FRIDAY, MAY 16

9:15AM 🐦 Bird is the Word @ Sweet  
10:30AM ☀️ Walk in the Woods @ Sweet  
11:30AM \*Wooly Worm Hunt@ Sweet  
12:30PM \* Little Explorers @ Sweet  
2:00PM 🍷 Fire Quest@ Sweet  
2:15PM 🏒 Floor Hockey@ Longhouse  
3:15PM \* Junior Survival @ Sweet  
3:30PM 🎢 Knots @ Sweet  
4:15PM 🐺 What About Wolves@ Sweet  
5:30PM 🎲 Bingo @ Sweet  
6:30PM 📖 Trivia @ Sweet

## SATURDAY, MAY 17

9:15AM 🐾 Animal Detective @ Sweet  
10:30AM ☀️ Survival @ Sweet  
10:30AM \*Children's Story Time@ Library  
11:30AM \*Wooly Worm Hunt@ Sweet  
12:30PM \* Little Explorers @ Sweet  
2:00PM 🍷 Fire Quest@ Sweet  
2:15PM 🏒 Floor Hockey@ Longhouse  
3:15PM \* Junior Survival @ Sweet  
3:30PM 🎢 Knots@ Sweet  
4:15PM 🐻 Backyard Black Bears @ Sweet

## COMMUNITY FIRE

### SATURDAY 5:30PM-7:30PM

Join a free community campfire at Sweet Memorial. Feel free to bring smores supplies or purchase a smores kit when you arrive!

## SUNDAY, MAY 18

9:15AM 🐦 Bird is the Word @ Sweet  
10:30AM ☀️ Walk in the Woods @ Sweet  
12:30PM \* Little Explorers @ Sweet  
2:00PM 🍷 Fire Quest@ Sweet  
3:15PM \* Junior Survival @ Sweet  
4:15PM 🐺 What About Wolves@ Sweet



## MONDAY, MAY 19

9:15AM 🐦 Bird is the Word @ Sweet  
10:30AM ☀️ Walk in the Woods @ Sweet  
12:30PM \* Little Explorers @ Sweet  
2:00PM 🍷 Fire Quest@ Sweet  
3:15PM \* Junior Survival @ Sweet  
4:15PM 🐺 What About Wolves@ Sweet

## TUESDAY, MAY 20

9:15AM 🐾 Animal Detective @ Sweet  
10:30AM ☀️ Survival @ Sweet  
12:30PM \* Little Explorers @ Sweet  
2:00PM 🍷 Fire Quest@ Sweet  
3:15PM \* Junior Survival @ Sweet  
4:15PM 🐻 Backyard Black Bears @ Sweet

## WEDNESDAY, MAY 21

9:15AM 🐦 Bird is the Word @ Sweet  
10:30AM ☀️ Walk in the Woods @ Sweet  
12:30PM \* Little Explorers @ Sweet  
2:00PM 🍷 Fire Quest@ Sweet  
3:15PM \* Junior Survival @ Sweet  
4:15PM 🐺 What About Wolves@ Sweet

## THURSDAY, MAY 22

9:15AM 🐾 Animal Detective @ Sweet  
10:30AM ☀️ Survival @ Sweet  
12:30PM \* Little Explorers @ Sweet  
2:00PM 🍷 Fire Quest@ Sweet  
3:15PM \* Junior Survival @ Sweet  
4:15PM 🐻 Backyard Black Bears @ Sweet

# 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 are 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 a bird feeder.

### FIRE QUEST (1hr)

Fire can be a life-saving tool. Learn how to spark safe fires.

### JUNIOR SURVIVAL (30min)

Come learn about the 10 essentials for hiking before we head outside for an outdoor treasure hunt.

### PARACHUTE GAMES (30min)

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

### SURVIVAL (1hr)

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

### TOWER POWER (1hr)

Learn how structures get their strength and construct our own.

### WALK IN THE WOODS (1.5hr)

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

### LITTLE LEARNERS

### FOR KIDS UNDER AGE 6

### LITTLE EXPLORERS (30 min)

Explorers use their senses to observe and investigate the world.

# SPIRITUAL PROGRAMS

## SUNDAY, MAY 18

### 10:00AM WORSHIP IN THE ROCKIES

Join us in Ponder Chapel for a wonderful hour of worship! Everyone is welcome!

### 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.

### PRAYER AT DANNEN CHAPEL

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

### BEATITUDE STUDY TRAIL

Enjoy a mile hike while studying the beatitudes from Jesus' famous "Sermon on the Mount." Trailhead is 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.



## 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](#)

Click [here](#) to register or call 970.586.3341x1104 for more info.

At YMCA of the Rockies we are stewards of the Earth. Please do your part and recycle this Activity Guide.

## ROCKY MOUNTAIN NATIONAL PARK

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!

## 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 prize!



## ACCESSIBLE ENGER FAMILY NATURE TRAIL

The Enger Family Nature Trail is built 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.

## REGISTRATION REQUIRED

SOME PROGRAMS MAY FILL QUICKLY

Refunds not given within 24 hours of a paid program, unless the cancellation is due to lightning.

All programs below require registration prior to participation. Click [Here](#) or call x1104 to check availability and register.

## ADVENTURE ACTIVITIES

REGISTRATION REQUIRED

### INDOOR ARCHERY

Located at the Roller Rink. 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, \$12/pp.

### 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, \$12/pp.

## GUIDED HIKING

NO COST, REGISTRATION REQUIRED

Hikes are free for YMCA of the Rockies guests and members. Hikes start at the Boone Family Mountain Center. Activity waiver required. No call, no shows will incur a \$5 per person charge. Call x1311 to check in or cancel, at least 24 hours in advance, no later than 5 pm the day before. Hikers are responsible for entrance fees if trailheads require RMNP access. Timed entry permits not needed on YMCA Guided Hikes. A variety of circumstances may change the schedule of any hike. All equipment will be provided for guided hikes requiring specialized equipment. Please dress in layers and be prepared for snow and cold temperatures, especially for hikes higher than 8500' in elevation.

**Difficulty:** A=Difficult B=Demanding Plus C=Demanding D=Strenuous E=Moderate Plus F=Moderate G=Easy Plus H=Easy

	HIKE DESTINATION	MILES ROUND TRIP	ELEVATION GAIN	OVERALL GRADE	TERRAIN GRADE	TRANSPORT PROVIDED BY	HIKE MASTER
<b>SATURDAY, MAY 17</b>							
9:00AM-1:30PM	Bierstadt Lake	4.8	675'	F	F	Hiker	Pete P.
9:00AM-12:00PM	Wind River Ramble	2.0	200'	H	G	Not Required	Karen A.
<b>SUNDAY, MAY 18</b>							
9:00AM-12:00PM	Bible Point	3.0	900'	F	E	Not Required	Bill B.
9:00AM-1:30PM	Gem Lake	3.5	1460'	F	E	Hiker	Pete P.
<b>WEDNESDAY, MAY 21</b>							
8:00AM-12:30PM	Cub Lake	4.8	850'	F	F	Hiker	Pete P.
8:00AM-2:30PM	Fern Lake	7.5	1000'	F	F	Hiker	Tammy F.
9:00AM-12:00PM	Wind River Ramble	2.0	200'	H	G	Not Required	Karen A.
<b>THURSDAY, MAY 22</b>							
7:00AM-3:30PM	Finch Lake	10.8	2200'	E	F	Hiker	Dave M.
8:00AM-12:30PM	The Pool	3.5	500'	G	F	Hiker	Larry S.
9:00AM-1:00PM	Y360	5.2	800'	F	F	Not Required	Bill B.

Click [here](#) to register or call 970.586.3341x1104 for more info.

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# Sasquatch Fly Fishing Adventures

## Weekly Trips May 17<sup>th</sup> – May 23<sup>rd</sup>



Saturday 17 <sup>th</sup>	Sunday 18 <sup>th</sup>	Monday 19 <sup>th</sup>	Tuesday 20 <sup>th</sup>	Wednesday 21 <sup>st</sup>	Thursday 22 <sup>nd</sup>	Friday 23 <sup>rd</sup>
1/2 Day Trip 8:00am – 12:30pm	1/2 Day Fly Fishing 8am -12:30pm  <b>Evening Experience Cookout!</b> 4pm – 9pm	3/4 Trip to the National Park 7:00am – 2:30pm	3/4 Trip to the National Park 7:00am – 2:30pm  1/2 Day Trip 8:00am – 12:30pm	1/2 Day Trip 8:00am- 12:30pm	All Day Hike n Fish (amazing fishing!) 6:30am – 5:30pm  Evening 1/2 Day 4:00pm – 8:30pm	1/2 Day Trip 8:00am- 12:30pm
		Family Fun Trip 8am -12pm	Family Fun Trip 8am -12pm	Family Fun Trip 8am -12pm	1/2 Day Trip 8:00am- 12:30pm	Family Fun Trip 8am -12pm
Evening 1/2 Day 4:00pm – 8:30pm		Family Fun <b>Cookout</b> 4:00pm – 8:30pm	Evening 1/2 Day 4:00pm – 8:30pm	Family Fun <b>Cookout</b> 4:00pm – 8:30pm	Family Fun <b>Cookout</b> 4:00pm – 8:30pm	Evening 1/2 Day 4:00pm – 8:30pm

### Fly Shop Hours

8:00am – 4:00pm

Call us!  
970-586-3341  
X1153

### Trip Rates:

1/2 Day Trips: \$75.00

3/4 Day Trips: \$105.00

All Day Hike: \$145.00

Family Fun Trip: 11 & under \$45.00 / 12+ \$65.00

Family Fun Cookout: 11 & under \$50.00 / 12+ \$75.00

Evening Experience Cookout: \$85.00

### Trips Include Gear Rental and Flies

(a one day license or day pass may be required)

### Private Trips:

Available for small or large groups any day

**Call our desk for pricing.**

### WE HAVE RENTAL EQUIPMENT!

Fly Rod Rentals: \$20.00 / Wader Rentals: \$20.00

Combo (rod / waders): \$25.00

Spin Rod Rentals: \$5.00 / day (includes tackle)

**We Sell Worms!**

## Things To Know For Your Trip

- Trips are **all-inclusive!** (Includes all your gear and flies at no extra cost!)
- \* **NOTE:** A one-day license or day pass to our private lakes is required for ages 16+ on trips
- You must have someone **sign up** for our trips (call, email or stop by our desk - located at the YMCA of the Rockies located inside the Boone Family Mountain Center)
- Cookout Trips:** All cookout trips include a full dinner (chicken sausage, brats, hot dogs, beans, chips, and drinks) Non-fishers can attend and eat dinner for just \$7.00 each
- AGE MINIMUM: Must be at least **12 years old** to attend a fly-fishing outing. **EXCEPTION:** Family Fun Trips are open to people of **ALL** ages! Those 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 to meet the minimum.
- What to bring:** extra clothing (pants, sweatshirt, and socks), raingear (poncho or waterproof jacket), sunscreen, polarized sunglasses, tip for the guide, and as needed - fishing license, water, snacks, possibly lunch / dinner (see desk).

Don't forget your polarized glasses!



We Sell Fishing Licenses!





# MASSAGE THERAPY

Here at the YMCA!

Massage (Birch) Cabin conveniently located  
on grounds of YMCA

**(720)218-1953 - Text!**

**[www.homegrownyoga.com](http://www.homegrownyoga.com)**



*Relax | Renew | Release | Revitalize*

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 by appointment

#### **To schedule your appointment:**

**Text:** 720-218-1953 (Laura's cell phone) - This is the best way.

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.

**Email:** [laura@homegrownyoga.com](mailto:laura@homegrownyoga.com)

#### **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 & 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	\$200	Allows time for multiple modalities and an in-depth full body massage

#### **No time add ons:**

Deep Tissue: Included  
Fruit Refresh: \$20  
Foot Sugar Scrub: \$10

Body Brushing: \$15  
Hot Stone: \$20

#### **Four pack/one hour: \$400**

Complimentary aromatherapy with every massage.

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

*"helping people be their best"*

# 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  
\$120 2 hour ride  
\$160 3 hour ride  
\$200 4 hour ride  
\$240 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 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 views of the Continental Divide. Wildlife is frequently observed and makes this even a more pleasurable ride. This ride is designed to include some trotting, but it is not guaranteed.

**EMERALD MOUNTAIN:** This 2-hour loop begins on the Glacier Basin Trail and takes you through beautiful aspens while leading you around Emerald Mountain. Travel past the East Portal of the Adams Tunnel before returning along the Aspenbrook Trail. This ride includes many terrains and a variety of views. This ride is designed to include some trotting, but it is not guaranteed.

**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.