

DIRECTIONS to Estes Park from the North: Take I-25 south to Loveland. Exit to Hwy 34 to Estes Park.

DIRECTIONS to Estes Park from the South: Take I-25 North to Hwy 36 (Boulder Parkway) through Boulder and Lyons to Estes Park.

FROM ESTES PARK TO RMNP: Follow Hwy 36 into Estes Park. Watch for the Hwy 36 turn to the left mid-way through Estes Park. Continue on Hwy 36 into RMNP to the Beavers Meadows Visitor's Center on the left. **NATIONAL PARK FEE REQUIRED.**



www.ava.org/clubs/CHCH

Three (3) 10 KM Walks/Hikes
of the
Rocky Mountain National Park Series

May 1 - September 30, 2009

"B" Award is the patch shown below



Rocky Mountain National Park
Estes Park, CO

**Join the Colorado High Country Hikers
Dues are \$10.00 Single or Family = One Vote**

The Colorado High Country Hikers emphasizes more challenging events with routes on trails in the foothills and high country. If this sounds of interest to you please fill out the form below and send it to:

David Land, Membership Chairman, 2872 Bergen Hill Drive, Evergreen, CO 80439

Name: _____ Phone: _____
Address: _____
City _____ State _____ Zip _____
E-mail: _____

To keep the club successful we do need your assistance.

Would you like to join the board or be a committee member? Yes No

Sanctioned Event



Eligible for credit toward
IVV Achievement Awards



AVA-671/CO-08

RM08-YR1043, 0943, 1541

START/FINISH: Rocky Mountain National Park
Beaver Meadows Visitor's Center
Estes Park, CO 970-586-1206

There is a short drive to the trailhead or take the RMNP bus.

HOURS: Mon-Sat: 8 AM - 5 PM. Sunday: 10 AM to 5 PM.

FEES:

IVV Credit and "B" Award	\$5.00
IVV Credit Only	\$3.00
Fun Walker Only	FREE
Club Pin	\$3.00

**A NATIONAL PARK ENTRANCE FEE IS REQUIRED
NOT ACCESSIBLE FOR STROLLERS OR WHEELCHAIRS
DOGS ARE NOT ALLOWED IN THE PARK**

AWARD: As shown on the front of this brochure.

RECOMMENDATIONS: **Hiking Boots** and **Walking Poles** are recommended as well as **snacks**, **sunscreen**, and a **camera**.

CARRY WATER - no water available at trail head.

IVV ACHIEVEMENT AWARDS: This event is open to the public. Everyone is invited to participate. The event is sanctioned by the American Volkssport association (AVA) a member of the International Federation of Popular Sports *IVV) and qualified for IVV Achievement Awards.

These events are part of our **Rocky Mountain National Park Series** which consists of one waterfall hike, one lake hike and one lovely hike to top of a mountain. A Certificate will be provided to all those who complete all three of these events.

CONTACT: Paula Malleck, 2845 Hartwick Circle, Longmont, CO 80503, Phone 303 651-2934 or E-mail: tpmalleck@aol.com. Dave Johnston, 31062 Wildwoods, Evergreen, CO 80439, Phone 303 674-0317 or E-mail: dave@johnston.net

ROCKY MOUNTAIN NATIONAL PARK SERIES

DEER MOUNTAIN TRAIL AND RATING: Rated a **3+**. Beautiful views, pleasant hiking and a picnic on top make this trip a hiking favorite. There is an elevation gain of 1,083 Ft. RESTROOMS are at the start point only.

CUB LAKE TRAIL AND RATING: Trail is rated a **3**. Walk starts at the Cub Lake Parking Area and makes a loop taking you back to your car. There is a privy and restrooms along the trail. Well groomed trails through beautiful pine forests, past scenic Cub Lake with its lovely lily pads, and along the Big Thompson River with awesome views of snowcapped mountains, waterfalls, wildflowers and singing birds. You will see wildlife on the walk.

OUZEL FALLS TRAIL AND RATING: Trail is rated a **3** with an elevation gain of 800 vertical feet. This is a beautiful hiking trail to Ouzel Falls. Continue beyond the falls for a superb view of Wild Basin, Mount Meeker and Longs Peak. Pick up directions at the start point and drive to the trailhead. CARRY WATER - no water available on the trail. Hiking boots and a walking stick are recommended as well as snacks, sunscreen and a camera. There are restrooms available at trailhead.

DISCLAIMER: The sponsors are not liable for accidents, thefts and/or any material damage. Every effort will be made by the sponsors to make this a safe, enjoyable and memorable event. Children under 12 must be accompanied by an adult



WWW.IVV-WEB.ORG

