



## HALF-DAY HIKES

- **Cub Lake** – Trail (moderate), Elevation (moderate). Starting in Moraine Park, crossing Fern Lake Creek, heading south along Moraine Park and then uphill along Cub Lake Creek to the lily covered Cub Lake, this 4.6 mile round trip trail is excellent for bird watching. Mammals and scenery are also a prime experience of this trail. The starting elevation is 8,080 with 640 feet of elevation gain. As we head up hill we hike through the Fern Lake fire of 2012. When we start our descent, we pass The Pool and Windy Gulch Cascades as we hike along the beginnings of the Big Thompson River. The hike ends through a large stand of Aspen. Fall hiking will yield excellent views of elk and golden aspen.
- **Wild Basin** – Trail (easy to moderate), Elevation (easy). With two to three miles as options, this trail allows for some flexibility. Some of the walking will be off trail along a creek and through a mixed aspen grove. The starting elevation is 8,500 with around 200 feet of elevation gain. We will bird our way along St. Vrain Creek and around Copeland Lake. Stopping often, we'll bird watch along this spectacular riparian area and work our way up a trail into spruce forest. This area is popular year around so an early start is important.
- **Upper Beaver Meadows** – Trail (easy to moderate), Elevation (easy). The trail starts in a riparian area dominated by aspen and a small mountain stream. After spending plenty of time in this very birdy spot, we will head up hill into a ponderosa pine forest. Turning around or continuing on the trail, we'll bird the drier side of the mountain in mixed sage, open meadow and pines. Hiking one to three miles depending on bird activity and interest, this trail offers a good variety of habitats. This is one of the best options for photographers. The starting elevation is 8,440 with a maximum elevation gain of 300 feet.
- **Lily Lake and Sprague Lake** (fully accessible) – Trails (easy), Elevation (moderate). Lily Lake is .8 of a mile round trip with a starting elevation of 8,930. We could take a short trail leading to a great photo opportunity (not fully accessible) around this quiet mountain lake. Sprague Lake is .9 of a mile round trip with a starting elevation of 8,690. Both trails have approximately 10 feet of elevation gain and offer wonderful chances for wildlife, scenery and family photos.
- **Owl Adventure** – depending on the time of year, there are two options available. The high elevation trip we'll try for Northern Pygmy-Owl, Boreal Owl and Northern Saw-whet Owl. The low elevation trip includes Common Poorwill (May – September), Flammulated Owl (May – June) and Eastern Screech-Owl. The lower

elevation trip takes us out of Rocky Mountain National Park. Note - some nights the owls do not call and can be unpredictable.

## FULL-DAY HIKES

- **Trail Ridge Traverse** – We need an early start for this thrilling bird tour. Traveling all the way up to the alpine tundra at sunrise, we'll watch out for perched owls. While exploring the alpine habitat, our targets are White-tailed Ptarmigan, American Pipit and White-crowned Sparrow. The lava cliffs are home to Brown-capped Rosy-Finch. The highest elevation on Trail Ridge Road is Rock Cut which is always good for mammals. Several stops as we head downhill will be checked for Clark's Nutcracker, Gray Jay and other goodies. Stretching our legs a bit through a meadow and along a mountain stream gives us a tremendous chance for sapsuckers, nuthatches, flycatchers and sparrows. Depending on our trip bird list, we could check several other spots to fill it up. A mountain lake, large reservoir and feeders will round out our adventure.
- **Tundra to Trees** – [same as Trail Ridge Traverse only easier paced, a few less stops and less walking] This is a spectacular day of bird watching at a little slower pace. Still expect a fantastic day bird list.

## FAMILY OUTINGS

- **Bear Lake** (fully accessible) – Trail (easy), Elevation (moderate). This .8 mile round trip hike circles the most popular sub-alpine lake in the park. With an elevation starting at 9,475 and only 45 feet of elevation gain, it makes this a perfect spot for the whole family. Enjoy a spectacular sub-alpine lake, learn about a talus slope, see hidden wildflowers that only a carefully eye will catch and listen to the chirps of high elevation birds. Bear Lake is also the perfect spot for a family picture or the photographer in the family. This trail, with its eye-popping views, is fully accessible to all family members.
- **Cub Lake** – easy, 2 mile out and back, 8,080 with 150 feet elevation gain. Hike along the west end of Moraine Park with open views and some rocks to climb on. We'll head up hill along Cub Creek to some Beaver Ponds. We have a great chance of seeing some interesting mammals on this hike as well.
- **Sprague Lake** (fully accessible) – easy .5 mile round trip around this high elevation lake. Trailhead starting elevation is 8,690 with 10 feet elevation gain. Fantastic views of Flattop Mountain, the lake and mix pine forest. Also a great spot for pictures.
- **Upper Beaver Meadows** – easy to moderate 2 mile out and back hike. Starting elevation is 8,440 with around 200 feet of elevation gain. The trailhead starts at a beautiful open valley with a stream running through it. We enter a wildlife rich aspen grove. We will hike through mixed Ponderosa Pine forest.