

# HIKING



## Tips for the trail

- Before setting out, check the weather report
- Pack sun protection, regardless of the temperature, and include sunglasses, a hat, sun block, and lip balm
- Drink lots of water and eat something every two hours to fuel your muscles
- Tape hot spots on your feet before they become blisters
- Choose your location or trail according to experience
- Never go alone and let someone at home know where you're headed

## Trails around the Front Range

Trail Name	Park	Miles	Steps
Beaver Boardwalk	Rocky Mountain National Park	.25	500
Bear Lake	Rocky Mountain National Park	.5	1,000
Alberta Falls	Rocky Mountain National Park	.6	1,200
Zimmerman	Roosevelt National Forest	1	2,000
Poudre River Trail	Fort Collins Park and Rec.	2.5	5,000
Lion Gulch Trail	Roosevelt National Forest	2.75	5,500
Deer Mountain Trail	Rocky Mountain National Park	3	6,000
Beaver Creek Trail	Roosevelt National Forest	4	8,000
Ceran St. Vrain Trail	Roosevelt National Forest	4.4	8,800
Mineral Springs Trail	Roosevelt National Forest	6	12,000
Spring Creek Trail	Fort Collins Park and Rec.	8	16,000
Brown's Lake Trail	Roosevelt National Forest	8	16,000
Black Canyon Trail	Rocky Mountain National Park	8.9	17,800
Colorado Trail	Pike National Forest	13.5	27,000
Flowers Trail	Roosevelt National Forest	22	44,000

