



ROCKY MOUNTAIN FIELD SEMINARS

HIKE WITH A NATURALIST: MILLS LAKE

COURSE LEVEL: I11

INSTRUCTOR: TBD

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LOCATION: Glacier Gorge Trailhead: From the Beaver Meadows Entrance Station on U.S. Highway 36, head west about 0.2 miles and turn south on Bear Lake Road (toward Moraine Park). Follow Bear Lake Road a little more than 8 miles to the Glacier Gorge Trailhead on the left side of the road. This area is also accessible by the Bear Lake shuttle service which will add approximately 20-30 minutes on to your trip. Meet the instructor by the informational kiosk.

TIME: 9:00 AM – 4:00 PM

COURSE DESCRIPTION: Enjoy a guided hike through aspen groves and evergreens, past the most popular waterfall in Rocky Mountain National Park, to a picturesque lake with views of Long's Peak as the backdrop. Participants will learn about the subalpine ecosystem, its animal and plant inhabitants, along the way with opportunities to view glacial features such as moraines, valleys, and cirques.

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Mills Lake is a moderate hike approximately five miles round trip with an elevation gain of 700 ft.

EXPECTATIONS: Except during course breaks, cellular phones, pagers, and personal entertainment devices are strictly prohibited in the classroom and during field sessions.

ENTRANCE WAIVER: Rocky Mountain Field Seminars classes include a free educational fee waiver to enter Rocky Mountain National Park for the day of the course. This waiver is good for one vehicle for 24 hours.

CAR-POOLING: Rocky Mountain Field Seminars courses utilize car-pooling to limit vehicles traveling into the Park. Car-pooling makes it easier to keep the group together, reduces transit time, and allows courses greater access because fewer parking spaces are required at destinations. In addition, it provides an opportunity for participants to discuss course material in small groups during transit. Typically, a few participants from each course volunteer the use of their vehicles for car-pooling to course locations.

TENTATIVE COURSE SCHEDULE:

9:00 AM	Meet at Glacier Gorge Trailhead.
Noon	Lunch at Mills Lake
4:00 PM	Arrive at Glacier Gorge Parking Lot.

WHAT TO BRING:

- Sack lunch, snacks, energy bars, & **WATER**
- Binocular
- Wear comfortable, layered clothing
- Small notebook; pen or pencil
- Camera (optional)
- Whistle

REMEMBER TO BRING THE 10 ESSENTIALS:

Rocky Mountain National Park recommends that hikers always carry the 10 essentials in their daypacks.

- Raingear
- Map and compass
- Flashlight or headlamp
- Sunglasses and sunscreen
- Candles
- Matches or other fire starter
- Pocketknife
- First-aid kit
- Extra layers of clothing
- Sack lunch, snacks, and water

Note: Rocky Mountain Field Seminars recommends that participants for all courses dress in layers and wear comfortable, sturdy hiking boots/shoes. Participants should be prepared for sudden changes in temperature and weather conditions.