



Tips to Rock Hike MS!

- Wear sunscreen
- Drink plenty of water
- Grab a snack at the rest stops and check-in
- Take breaks
- Enjoy the breathtaking views and scenery
- Take photos
- Beware of the weather
- Plan to be off mountain by 2pm (or earlier if conditions present themselves)
- Get any basic medical care you need from the medics at each rest stop
- For further support, ask a staff member or volunteer—we are here for you!

For emergencies call: 970-496-4000

MAP KEY

- | | | | |
|--|------------------------------------------------------------------------------------------|--|-----------------------------------------------------------|
| | GREEN Route (Accessible) | | Start
River Run Gondola Square |
| | GREEN Route (3 miles)
<i>* Take gondola to top of mountain to access route</i> | | Finish |
| | BLUE Route (6 miles) | | R# Rest Stop with Lavatories |
| | BLACK Route (9 miles)
<i>* Add green route at top</i> | | Construction Zone
<i>*Route change possible</i> |
| | Scenic Photo Stop | | Gondola Midstation |
| | Gondola Mid Station Split | | |