



ADVENTURES
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HIKING COLORADO

Trip Summary

HIGHLIGHTS

- Hiking the most scenic trails in Rocky Mountain National Park
- Exploring lush meadows, high mountain lakes, craggy peaks, and diverse ecosystems
- Spending down time exploring and dining in Estes Park and Boulder
- Immersing ourselves in the history, geology, flora, and fauna of the Park
- Challenging ourselves with longer miles and ambitious trails

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TRIP AT A GLANCE

Location:	Rocky Mountain National Park, CO
Activities:	Hiking
Arrive:	Arrive at the Denver Airport by 2PM on Day 1.
Depart:	We will be back at the Denver airport by 11AM and you can plan flights out after 1PM on the last day.

Trip Overview

Rocky Mountain National Park in Colorado is arguably one of the most spectacular parks in the National Park system. Known for lush meadows, high mountain lakes, craggy peaks, diverse ecosystems, and abundant wildlife, it offers an outstanding variety of hiking trails. We'll pick some of the best, each showcasing a different part of the park, as we hike different trails every day. Starting with moderate hikes as we adjust to the altitude, midweek we move over to the interior for more strenuous higher altitude hikes. Max Group Size: 10

Rating

This trip is for women with previous hiking experience who are looking for challenging hiking in the mountains, with significant elevation gains. The trip is rated as 5 and requires a very high degree of fitness. Most women who exercise regularly will need to add some specific conditioning such as strength training, endurance training, longer aerobic workouts, and pre-trip hiking. The length of the hikes and the need to be able to complete them before potential afternoon thunderstorms means that you must be able to maintain a steady and moderate pace. **Rating:** 1 2 3 4 **5**.

What's Included

- 2 experienced AGC guides.
- 1 night at a hotel in downtown Boulder.
- 6 nights shared rooming at a mountain house in Estes Park with shared bathrooms and a mix of single supplements and shared rooms
- All meals as listed on the itinerary.
- Transportation during the trip including round trip transfer from the Denver Airport

Not included: transportation to/from your place of origin to/from the Denver Airport, alcoholic beverages, 1 dinner out, AGC guide gratuities, and travel insurance

OUR ITINERARY

Below is the itinerary we have planned for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

Arrive at the Denver airport by 2PM today. We'll meet as a group before driving west to our lodging for the evening in the bustling downtown of beautiful Boulder. The plan for the evening is acclimatization - so we'll check into our hotel and grab our water bottles before strolling to the always entertaining Pearl St. pedestrian mall. We will watch some of Boulder's famous street performers, do a little sight-seeing, and enjoy our first of many group meals. (D)

DAY 2

Boulder is known for its stunning location, nestled against the foothills of the Rockies, in the shadow of the dramatic Flatirons. We'll shake out our legs with an acclimatization hike that offers a lower elevation but still challenging inclines. Depending on the group and the weather, we may hike to Royal Arch, or we may elect for a longer hike in Gregory or Bear Canyon. No matter our choice of hike, we'll end our time in Boulder with a cool beverage on the porch of the historic Chautauqua Dining Hall. Then it will be time to load up the vans and head for the Rockies! We'll drive to Estes, get settled, and enjoy a home-cooked meal from our guides in our home away from home. (B, L, D)
Hiking: 3.5-7.5 miles round trip, 4- 6 hours

DAY 3

There are over 300 miles of hiking trails in Rocky Mountain National Park, and we'll get to see a variety of ecosystems during our active week. The park is one of the nation's highest, with elevations ranging from 7,860 feet to 14,259 feet, you'll feel like you are on top of the world! Wildfire is a part of the natural history of RMNP, and today's hike to Odessa Lake via Fern Lake is a perfect study in fire ecology, the history of fire suppression in the west, and the regrowth of the ecosystem. Much of today's trail is in the burn zone of the 2020 East Troublesome Fire, and the contrast between blackened trees, the brilliant green of new growth, wildflowers, and flowing streams is quite dramatic. The trail climbs steadily but is never extremely steep or technical. It bridges crystal clear creeks brimming with native trout, passes the gushing Fern Falls, and culminates at a peaceful chain of alpine lakes. We'll bring our hearty appetites back home for another delicious dinner. (B, L, D)
Hiking: 7.5-9.6 miles, elevation gain/loss: 1,750'

DAY 4

Today we will drive into the heart of the park on Trail Ridge Road - the highest continuous paved road in the United States, reaching an elevation of 12,183 feet. Bundle up today - temperatures on top of Trail Ridge are typically 20-30 degrees colder than in Estes Park! On a clear day we can see Wyoming to the north, the Great Plains to the east and the Rockies on the south and west sides.

Our hike today begins at Milner Pass Trailhead. We'll hike up the Ute Trail into the tundra and then continue up to the Alpine Visitor Center, all the time keeping our eyes open for yellow-bellied marmots and pika. Not only are there spectacular 360-degree views across the Continental Divide from the Center, it also has a wealth of information about the fragile alpine ecosystem. Tonight, dinner is on your own in Estes Park, a great chance to explore, shop and then dine at one of the many delicious restaurants in the charming downtown area. (B, L)

Hiking: 4.5 miles, 3 - 3.5 hours, elevation gain: 950'

DAY 5

Now that we're fully acclimated, we're ready for the higher and more challenging hikes. We'll start with an ascent of Hallett Peak. The Arapaho Indians called Hallett Peak "banah ah netaieux", which means Thunder Peak, a reference to the storms that frequent the mountain. We'll definitely be keeping an eye out for storms and be ready to turn around if necessary.

At 12,718 feet Hallett Peak is considered one of the most beautiful alpine hikes in the Park. Starting at Bear Lake it traverses the side of a valley that was carved out long ago by a glacier. Today the only remnant is the Tyndall Glacier, which we pass on the way to the summit. Needless to say, the views are stunning both on the way up and at the top. Famous 14,259' Longs Peak is visible, as well as Otis and Taylor Peaks. You will even be able to see Grand Lake off in the distance. It's an out and back hike. For dinner tonight we'll relax at our home and order pizza from town. (B, L, D)

Hiking: 10.4 miles, 8 - 9 hours, elevation gain/loss: 3240/3240'

DAY 6

Today we have an option for a shorter or longer hike, depending on how your legs are feeling after a week of altitude and adventure! We'll start early to beat the crowds to Ouzel Falls on the Wild Basin Trail (hikers who stop here and turn around will hike 5.3 miles out and back, elevation gain/loss: 921' We'll hike alongside a roaring mountain creek the entire way up to a series of three beautiful rushing waterfalls. Those that want to keep going can continue toward Bluebird Lake. Your guides will cook you one last healthy and home-cooked dinner tonight. (B, L, D)

Hiking: 5.3-11 miles, 3 - 8 hours depending on distance, elevation gain & loss: 921 - 2443

DAY 7

Our final hike is to one of the most beautiful lakes in the park, Chasm Lake. Though we're not climbing a peak today, there is still plenty of climbing to get to the lake. Chasm Lake sits in a deep cirque at the base of Longs Peak and Mount Lady Washington. The famous east-facing wall of Longs Peak, known as the "Diamond", rises more than 2,400 feet above this stunning alpine lake, and Longs Peak climbers start from the same trailhead. Our trail starts in a thick forest of lodgepole pine, spruce and fir, crosses the familiar subalpine landscape of krummholz and continues through a stretch of boulders with some easy scrambling and rewarding, spectacular mountain views. Tonight, we'll celebrate our fantastic week together with a celebratory dinner out on the town. (B, L, D)
Hiking: 8 miles, 6 - 7 hours, elevation gain/loss: 2524'/2524'

DAY 8

Today after breakfast we'll pack up, sadly bidding farewell to each other and this gorgeous park. We'll be back at the Denver airport by 11AM and you can plan flights out any time after 1PM. (B)

ADDITIONAL TRIP INFORMATION

Getting There

1. If you are flying, plan to fly into Denver (DEN) by 2PM on Day 1. We will be meeting at the airport and driving as a group to our lodging in Boulder
2. If you are driving, you can meet the group at the hotel in Boulder by 3:30 PM on Day 1. More details will be in the Pre-Departure document which will be sent four months prior to trip start.

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exitto Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Exitto charges a one-time, non-refundable processing fee of \$35 per passenger.

Accommodations

We will spend one night acclimatizing at a hotel in Boulder, and then will head into the mountains to our spacious and modern mountain home with incredible views and ample space to spread out and enjoy each other's company. There are an assortment of single supplements or shared rooms to choose from upon registration. All bathrooms are shared. Standard accommodation rooms consist of 2 beds in a room (with a mix of king, queen, and twin beds) and will be assigned randomly. Pack your swimsuit for the hot tub that is perfect for easing sore muscles after long hikes!

Travel Insurance

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit www.travelexinsurance.com or call 1-800-228-9792 and reference location number 06-0331.

Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

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