



ADVENTURES
IN GOOD COMPANY



HIKING COLORADO

TRIP SUMMARY

HIGHLIGHTS

- Hiking both the eastern and western sides of Rocky Mountain National Park
- Exploring lush meadows, high mountain lakes, craggy peaks, and diverse ecosystems
- Immersing ourselves in the history, geology, flora, and fauna of the Park
- Challenging ourselves with some long days and ambitious trails

Phone: 877-439-4042

Outside the US: 410-435-1965

Email: info@goodadventure.com

TRIP AT A GLANCE

- Location:** Rocky Mountain National Park, CO
Activities: Hiking
Arrive: Arrive at the Denver airport anytime on Day 1
Depart: We will be back at the Denver airport by 11:00 am and you can plan flights out after 1:00 pm 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 on the western side as we adjust to the altitude, midweek we move over to the eastern side for strenuous and spectacular hiking. During our week we will immerse ourselves in the history, geology, flora, and fauna of the Park. Maximum group size: 12.

RATING

This trip is for women with some previous hiking experience who are looking for challenging hiking in the mountains, with significant elevation gains. The trip is rated as 5. This rating requires a very high degree of fitness and 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

- 1 - 2 experienced AGC guides based on group size
- Seven nights double occupancy lodging in rooms with ensuite bathrooms
- All meals from Sunday breakfast through breakfast the next Sunday with the exception of one dinner
- Transportation during the trip including round trip transfer from the Denver airport

Not included: transportation to and from Denver, alcoholic beverages, 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 anytime today at the Denver airport. We'll be staying at a nearby hotel with an airport shuttle so you can arrive whenever it's convenient. Our first formal get together will be tomorrow although everyone who's arrived can get together for dinner.

DAY 2

We'll leave Denver at 8AM for a three-hour drive to Shadowcliff Mountain Lodge, located right on the western edge of Rocky Mountain National Park. For many people, the biggest challenge to hiking in the Rockies is the altitude. Shadowcliff is at 8,370' so we'll be following the maxim of "sleep low, hike high" to aid our adjustment. We'll start adjusting with a hike on North Inlet Trail, part of the Continental Divide National Scenic Trail, to Cascade Falls. Starting on a relatively flat old dirt road that skirts a montane meadow where wildlife sightings are frequent, the trail then starts climbing steadily to the Falls, a spectacular, multi-tiered cascade that drops roughly 50 feet through a narrow granite chute. We'll settle into our rooms in Shadowcliff where we'll eat dinner. Hiking: 6.8 - 7 miles, 4 - 5 hours, elevation gain/loss: 430'/430'

DAY 3

After a hearty breakfast today, we'll hike out and back to Lone Pine Lake on the East Inlet Trail. Along the way we'll stop at spectacular Adams Falls, where a rocky outcrop looks down on the rushing falls that are surrounded by small rocky cliffs. We then continue through a beautiful aspen and lodgepole pine forest, classic Rocky Mountain flora and past beautiful outcroppings of grey-black rock. While at Shadowcliff, we'll eat our meals in the Compassionate Kitchen, the name of Shadowcliff's dining facility. The staff at the Compassionate Kitchen specialize in sourcing seasonal, local, and organic food and know how to refuel hungry hikers. Hiking: 10.8 miles, 6 - 8 hours, elevation gain/loss: 1500'/1500'

DAY 4

Today we will head to the alpine and then the eastern part of the Park. An hour's drive brings us to the Milner Pass Trailhead. We'll hike up the Ute Trail onto 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. We then continue our drive across the spectacular Trail Ridge Road, to the eastern part of Rocky Mountain National Park. Our lodging is quite different! We'll spend tonight and the next three nights in a huge 8 bedroom reunion cabin at The YMCA of the Rockies in Estes Park. We'll enjoy a spectacular setting with access to both great hiking and home-cooked meals by the guides. 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 of the eastern side. 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, and thus not a "fourteener", 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 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. Hiking: 10.4 miles, 7 - 9 hours, elevation gain/loss: 3240'/3240'

DAY 6

Today's hike is to one of the most beautiful lakes in the park, Chasm Lake. And though we're not climbing a peak today, there is still plenty of climbing to get to it. We'll get another early start today and go for another beautiful hike, this time to Chasm 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. Hiking: 8 miles, 6 - 7 hours, elevation gain/loss: 2524'/2524'

DAY 7

While many of our hikes have been out and backs, today we hike the Twin Owls Loop. This loop circles and scales Lumpy Ridge, a massive granite rock complex sculpted by wind and erosion over the last 2 billion years and popular with technical rock climbers. We hike through ponderosa pine forest, along riparian corridors, past montane and lower-subalpine forests. This trail is one of the most ecologically diverse trails in the Park, with abundant wildlife, terrific views, and mature aspen groves. About 1.5 miles from the end, we reach Gem Lake. Most people hike to Gem Lake from the same trailhead going the opposite way and it is one of the more popular destinations in the park. The lake has the distinction of having neither an inlet or outlet stream. Instead, the lake is formed by trapped snowmelt and rainwater that collects in the basin at the base of the granite cliff walls that surround the lake. Hiking: 11 miles, 7 - 9 hours, elevation gain/loss: 2615'/2615'

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 11:00 am and you can plan flights out anytime after 1:00 pm.

ADDITIONAL TRIP INFORMATION

GETTING THERE

1. If you are flying, plan to fly into the Denver (DEN) airport anytime on Day 1. We will be spending the first night at the Courtyard Marriott which has a hotel shuttle.
2. If you are driving, you can plan on parking at either the Denver airport or the Courtyard Marriott. More details will be in the Pre-Departure document which will be sent four months prior to trip start.

If you would like help with any travel plans we recommend contacting our travel agency, Exito Travel. Start by submitting the form you can find here: https://pay2.exitotravel.com/referral_form?affiliate_id=1090&client=1. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

ACCOMMODATIONS

We will stay the first night at Courtyard Marriott in Denver near the airport.

The next two nights are at the [Shadowcliff Mountain Lodge](#). Shadowcliff is a non-profit organization focused on sustainability. The property is made up of rustic lodges and cabins built through the efforts of approximately 650 volunteers over the course of 4 decades. We will be staying in Rempel Lodge, with double bedrooms and shared hallway bathrooms, and eating our meals at the lodge's Compassionate Kitchen. The staff at the Compassionate Kitchen specialize in sourcing seasonal, local, and organic food, and is also a non-profit organization where we all take turns helping with kitchen clean-up.

In Estes Park we'll stay in a large Reunion cabin at the YMCA of the Rockies. These 8 bedroom cabins have ample common space, and rooms with two queen beds and an attached bathroom. Most of the meals will be prepared in the cabins by the guides. The YMCA of the Rockies is a large property offering many different activities if you choose to take a day off.

TRAVEL INSURANCE

WE RECOMMEND TRIP CANCELLATION/TRIP INTERRUPTION INSURANCE, WHICH CAN HELP COVER YOUR COSTS IF YOU NEED TO CANCEL OR INTERRUPT YOUR TRIP. Travel protection plans can also include coverage for Emergency Medical and Emergency Evacuation/Repatriation, Trip Delay, Baggage Delay and more. Adventures in Good Company will send you information about travel insurance with your registration information, or you may purchase coverage through your own insurance company. 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 contact Travelex Insurance Services at 800-228-9792 and reference location number 20-0016. The product descriptions provided here are only brief summaries. The full coverage terms and details, including limitations and exclusions, are contained in the insurance policy. Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276. 11.17 83I

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.

To qualify for any refunds, we must receive notification in writing, by fax, email or mail to: Adventures in Good Company, 5913 Brackenridge Ave, Baltimore, MD 21212, Fax: 410-435-3084. Cancellation date is the date the notice is received by Adventures in Good Company in writing, either by fax, email or letter.

In the unfortunate event that you must cancel your trip, your refund will be determined by the following formula:

Days Prior to Trip		
International	Domestic	Refund
120 + days	90+ days	All but \$50
120 - 60 days	90 - 45 days	50% of trip fee
59 days or less	44 days or less	No refund

If you have paid in full, we have a waiting list, and we can fill your spot from that list, everything but your deposit will be transferred to another trip of your choosing for which you register in the next 365 days. Trip fees may be transferred from one person to another if, in the opinion of the Adventures in Good Company staff, it is determined that the other person is in the proper physical condition to participate in the trip activity.

Adventures in Good Company reserves the right to cancel or alter a trip due to unforeseen weather, unsafe conditions, low registrations or other circumstances. On the rare occasion when Adventures in Good Company must cancel a trip, all payments received to date will be refunded, including the non-refundable portion of your deposit.

Adventures in Good Company is not responsible for expenses incurred in preparation for any canceled trips, including airplane tickets.