

Summer Hiking Experiences (June – August)

Full Day Backcountry Hikes: Monday / Tuesday / Thursday

Each week we offer three distinct hiking experiences as well as easy, intermediate, and difficult hikes for every ability level!

Mountain Lakes Hikes

Every Monday,
\$80 per person, ages 14+

As the glaciers that molded our mountains retreated, many left mementos of their presence in the hundreds of alpine lakes scattered throughout Colorado's Rocky Mountains. Lush sub-alpine forests & wetlands, fields of wildflowers, tumbling cascades, and of course—lunch on the shores of Vail's serene mountain lakes make this hiking experience one not to miss!

Guide's Choice Hikes

Every Tuesday
\$80 per person, ages 14+







































Leave the crowds behind and discover Vail's "local's favorite" trails! These Wednesday hikes offer a more relaxed & educational experience, perfect for those new to hiking in Colorado.

Alpine Summits & Passes

Every Thursday
\$80 per person, ages 14+

The quintessential Colorado hiking experience—climb above tree line and experience the summits & panoramic views of some of North America's highest peaks! Colorado's alpine tundra is home to some of the hardest species on the planet, and sightings of marmots, pikas, and even mountain goats, are not uncommon!

Schedule

| Monday Mountain Lakes | | Tuesday Guides Choice | | Thursday Summits & Passes | |
|--------------------------|---|--------------------------|---|------------------------------|---|
| Date | | Date | | Date | |
| 6/3 |  Lost Lake | 6/4 |  E. Lake Creek | 6/6 |  Red & White Mtn |
| 6/10 |  Grouse Lake | 6/11 |  McKenzie Gulch | 6/13 |  Sugarloaf Pk. (MGR) |
| 6/17 |  Whitney Lake | 6/18 |  Tennessee Pass | 6/20 |  Mt. Thomas |
| 6/24 |  Fancy Lake | 6/25 |  Stagg Gulch | 6/27 |  Notch Mtn. |
| 7/1 |  Pitkin Lake | 7/2 |  Wilder Gulch | 7/4 |  Uneva Peak |
| 7/8 |  Missouri Lakes | 7/9 |  Bighorn Creek | 7/11 |  14er - Mt. Elbert (S.) |
| 7/15 |  Seven Sisters Lakes | 7/16 |  Cross Creek | 7/18 |  New York Mtn (via Nolan Lake) |
| 7/22 |  Lonesome Lake | 7/23 |  Squaw Creek | 7/25 |  Iron Edge Loop |
| 7/29 |  Missouri Lakes Loop | 7/30 |  Bowman's Shortcut | 8/1 | |
| 8/5 |  Lake Constantine | 8/6 |  Gore Creek | 8/8 |  14er - Mt. Huron |
| 8/12 |  Nolan Lake | 8/13 |  Missouri Lakes | 8/15 |  14er - Mt. Holy Cross |
| 8/19 |  New York Lake | 8/20 |  Big Park | 8/22 |  Whitney Peak |
| 8/26 |  Mystic Island Lake | 8/27 |  Midline Loop | 8/29 |  Bald Mountain |



Well-maintained trails with a mix of steady climbs & flatter terrain,
Distance: ≤ 8 miles
Elevation gain: ≤ 1,500 ft. **AND** average grade ≤ 450 ft. per mile.



Sustained steady climbs **OR** shorter hikes with steep grades.
Distance: ≤ 10 miles
Elevation gain: 1,500-2,500 ft.



Little to no flat hiking, mixed trail conditions, spectacular alpine views!
Distance: 8-13 miles
Elevation gain: 2,500-3,500 ft



Colorado's infamous 14,000 ft. peaks; long, steep climbs & high altitude.
Distance: Varied
Elevation gain: >3,500 ft



Hikes that are either slightly longer or have slightly more elevation than the listed difficulty rating.

Half Day Backcountry Hikes: Wednesday & Sunday

Piney River Ranch Family Adventure

Wednesdays, July & August

\$40 per adult, \$25 per child (8-16), ages 8+

Join a Walking Mountains Backcountry guide for a fun and educational 2 hour hike along the Piney River, followed by time to enjoy the historic Piney River Ranch. Opportunities at Piney include horseback riding, canoeing & lunch at Piney Lodge & Restaurant (added cost applies). Transportation to and from Piney from Vail & Avon is provided.

Half Day Hikes @ Vail Farmer's Market

Sundays June 15 – August

\$30 per person, ages 12+

Stop by the Vail Farmer's Market & join a backcountry guide for a half day hike on our favorite local trails. Groups meet at the Walking Mountains Science Center booth at the Farmer's Market at 12:30. Transportation to and from Vail to our hikes is provided.

Fall Colors Hikes (September & October)

Full Day Hikes

Mondays & Thursdays

\$80 per person, ages 14+


















Our fall colors full day backcountry hikes highlight the beautiful fall foliage of the Colorado Rockies! Our early September hikes take you into the alpine zone to witness the rusty hues of autumn above tree line. During peak fall foliage (mid-September – mid October) we highlight trails that showcase Colorado's iconic Aspen forests!

Half Day Hikes

Tuesdays

\$30 per person, ages 12+

Our half day fall colors hikes are perfect for families and hikers looking to enjoy Colorado's fall foliage at a more relaxed pace. These hikes take you along beautiful creek valleys through some of the most impressive aspen groves in the Vail area.

| Full Day Fall Colors Hikes | |
|--|---|
| 9/2 | 9/5  Kokomo Pass |
| 9/9  Mt. Thomas | 9/12  Half Moon Pass |
| 9/16  Iron Edge | 9/19  Gore Lake |
| 9/23  Martin Creek | 9/26  E. Lake Creek |
| 9/30  Martin Creek/Cross Creek Loop | 10/3  Whiskey Creek Loop |
| 10/7  Cross Creek | 10/10  Lake Charles |
| 10/14  Squaw Creek Loop | 10/17  NY Mountain |
| 10/21  Sneve Gulch | 10/24  McKenzie Gulch |
| 10/28  Tennessee Pass | 10/31  Buck Creek |

| Half Day Fall Colors Hikes | |
|----------------------------|--|
| Date | Fall Colors |
| 9/4 | Cross Creek |
| 9/11 | Martin Creek |
| 9/18 | E. Lake Creek |
| 9/25 | <i>Martin Creek (full day featured hike)</i> |
| 10/2 | Martin Creek |
| 10/9 | E. Lake Creek |
| 10/16 | Cross Creek |
| 10/23 | Martin Creek |
| 10/30 | E. Lake Creek |

Special Backcountry Programs

Peak Steward Training w/Colorado 14ers Initiative

*“Through CFI’s “Peak Stewards” program, volunteers play a vital role in educating Fourteener hikers about Leave No Trace practices designed to minimize on-the-ground resource impacts.” Join Walking Mountains Science Center & Colorado 14ers Initiative in learning about our high alpine ecosystems, and how to best be a steward for these environments. This training is designed to prepare volunteers to serve as Peak Stewards for Colorado 14ers Initiative Peak Stewards Program. **Dates & more info coming soon!***

14er Hikes w/Colorado 14ers Initiative*

Summit one of the highest peaks in North America, and learn about life in the fragile ecosystems above 14,000 feet with a peak steward from Colorado 14ers Initiative. CFI will join us on our peak climbs of Mt. Elbert & Mt. of the Holy Cross, see our summer schedule for dates & rates.

**For more information on Colorado’s 14ers and the Colorado 14ers Initiative, visit <https://www.14ers.org/>*

Featured Hikes - 4th Tuesday of the month, June - September

New this summer, our featured hikes series highlight the sights, sounds & stories that tie together our mountain landscapes! Join our guides on an interpretive hike along beautiful trails that highlight Colorado’s unique natural history. These hikes are all green rated full day backcountry hikes, and serve as the “Guides Choice” hike for that week. More information of each of the four featured hikes this summer is coming soon!

Forest Therapy Walks

*Join forest therapy guide Kayla Weber for a relaxing and reinvigorating afternoon of making connections and exploring our senses and natural surroundings. **Dates & location TBD.***

Hiking through History

*Our partnership program with Eagle County Historical Society is back for 2019! **Dates, topic & location TBD.***