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GLACIER NATIONAL PARK



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WELCOME

On May 11, 1910, Glacier National Park was designated as our nation's 10th national park. Known for its glacier-carved jagged peaks, turquoise and emerald lakes, abundant and diverse plant and animal communities, and U-shaped valleys, Glacier has become an icon due to its many designations.

In 1932, international cooperation between the Rotary Club members of Montana and Alberta convinced the United States and Canada to join **Waterton Lakes and Glacier National Parks** as a symbol of their longtime friendship. In recognition of this historic agreement, the parks were designated Waterton-Glacier International Peace Park, the world's first international, transboundary park or preserve. In 1995, the Peace Park became the world's first International Peace Park World Heritage Site. Although administered by two different countries, the parks share a common boundary and myriad resources.

Glacier National Park encompasses a region of mountains, valleys and prairies in the northwest corner of Montana that abuts Waterton Lakes National Park in southwestern Alberta.

This *American Park Network* guide to Glacier National Park is provided to enhance your appreciation and enjoyment of this special place. It is made possible by the generous support of the sponsors whose messages appear inside. During your stay, we hope our guide will help you discover the amazing wonders of Glacier National

Park and inspires a variety of ideas to make your visit a special one. Inside you will find suggestions for different activities, animals in the park, hiking trails and much more. We hope this little green guide will become as well-used and well-loved as your hiking boots!



FUN FACTS

Established: Glacier National Park was established in 1910. Waterton Lakes National Park was first called Waterton Lakes Forest Park when it was found in 1895.

Land Area: Glacier is comprised of 1,600 square miles. Waterton measures 195 square miles.

Lowest & Highest Elevations: Glacier's lowest elevation is 3,150 feet at the juncture of the Middle and North forks of the Flathead River, while its highest elevation reaches 10,479 feet at the summit of Mount Cleveland.

Waterton: 4,050 feet on the Waterton River is the lowest elevation in Waterton, while the highest reaches 9,547 feet at Mount Blakiston.

Number of Plant & Animal Species: There are nearly 1,132 species of vascular plants, including 20 major species of trees, 276 species of birds, 71 species of mammals and 24 species of fish, including 18 native species.

Hiking: Glacier features more than 730 miles of hiking trails. Waterton boasts more than 120 miles of maintained trails. Horseback travel is allowed on many of these trails.

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Jeff Goulden/iStock



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WHAT'S NEW!

PARKS UNITE US



"Be kind, for everyone you meet is fighting a great battle."

—Plato

Growing up in an urban environment, the parks I was exposed to as a child were mostly concrete, with swings vs. hiking trails. Everything was familiar and everyone was from the neighborhood. My world was quite small. Things have changed a lot. We're all connected now in ways that would have seemed like science fiction in my childhood. Also, as a New Yorker, I'm exposed (IRL) to the most diverse group of people on earth. Ironically, I experience this same amazing diversity when visiting our nation's parks and public lands.

I remember one of my first business trips to a national park. It was a quick visit, with more time spent traveling than in the park. Fortunately, I set aside two hours to go for a hike. I selected a steep switchback trail for a good workout and great views, and ended up with a whole lot more. About half way up, I passed a small nook in a rock formation, where a group was sitting in the shadows, just a few steps off the trail. As I approached, they waved me over. It was an isolated spot, so I cautiously took a step forward. They asked me if I had water, not because they wanted some but because they hiked there regularly and brought extra. You see, this group knew from experience how easy it was to underestimate the physical demands of the trail and the dangers of becoming dehydrated. They shared that they always stopped to rest in the same shady spot on their way down, to make sure people on their way up had enough water

to continue on safely. I couldn't believe they actually carried extra pounds – literally gallons of water – just to give it away!

I quickly learned to call such people "trail angels," and that angels don't always appear as one might expect. Based on first impressions, this disheveled group, slightly hidden from view in an isolated spot, might seem more threat than salvation. With a snap judgement, it would have been easy to keep on walking, perhaps even quickening my pace. Fortunately, I took a leap of faith and, in return, received a lasting memory and had a valuable lesson reinforced. Simply put, we're all more similar than initially meets the eye. Technology has rendered the world a smaller place, but it also seems to be a more divided one. Parks create common ground, where it's easy to discover hidden powers that unite us. These magical places somehow compel total strangers to graciously share and be kind to others. Let's hold onto that wonderfully positive spirit derived from time spent in nature, and use it when we return home to better help each other, regardless of how different we may appear on the surface. By working together and embracing our differences, we're much better equipped to conquer the universal challenges we all face... together!

Founder & Editor-in-Chief

mark@americanparknetwork.com



Check First. Please be sure to check the park's website, ask a ranger or stop by a visitor center to find out about current conditions and regulations, as well as potential changes in operations.

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PLAN YOUR VISIT



Glacier and Waterton Lakes National Parks are open daily, year-round. Most business and services including Glacier's visitor services, hotels, tours and restaurants are available from late May through September.

ENTRANCE FEES

A reservation is required for vehicles entering Going-to-the-Sun Road and the North Fork area between May 27 and September 1. In addition to a vehicle reservation, you will also need a park pass. **Digital passes** for select federal public lands, including Glacier National Park, are available at **recreation.gov/pass** or in the **Recreation.gov** app.

Glacier: Seven-day permits are \$35 per vehicle from May 1 to October 31. The entrance fee is \$20 for bicyclists and hikers, and \$30 for motorcyclists. Reduced rates are offered in the winter. An annual pass to Glacier is \$70. For more information, visit **nps.gov/glac**.

Waterton: Admission to sites included in the Parks Canada network for youth 17 and under is free, including Waterton Lakes National Park. Entrance fees for adults are \$10.50 (CAD), seniors are \$9 (CAD). Fees are set to change in January 2023. For more information, call **(888) 773-8888**, or visit **pc.gc.ca/en/pn-np/ab/waterton**.

Every Kid Outdoors: To help engage our next generation of park visitors, supporters and advocates, the Obama Administration, in partnership with the Federal Land Management agencies launched the Every Kid Outdoors initiative. It provides an opportunity for fourth grade students across the country and their families to experience their federal public lands and waters, discover our wildlife, resources, and history for free. All kids in the fourth grade have access to their own Every Kid Outdoors pass at **everykidoutdoors.gov**.

FEDERAL RECREATIONAL LANDS PASSES

A federal recreation pass is helpful if you plan to visit many national parks, forests or other federal lands. For information, call (888) 275-8747 or visit **store.usgs.gov/pass**.

Type	Cost	Availability	Details
Annual Pass	\$80	General Public	This one-year pass is available on site, by phone, or online (see above).
Senior Pass	\$80	U.S. residents age 62+	This lifetime pass is available on site or via mail order. ID required.
Military Pass	Free	U.S. military members and their dependents	This one-year pass is available on site. ID (CAC Card or DoD Form 1173) required.
Access Pass	Free	U.S. residents with permanent disabilities	This lifetime pass is available on site or via mail order. ID and documentation required.
Volunteer Pass	Free	250 cumulative volunteer service hours	Inquire locally to obtain information about this one-year pass.

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IMPORTANT NUMBERS

GENERAL INFORMATION

Glacier	(406) 888-7800	nps.gov/glac
Waterton	(403) 859-2224	pc.gc.ca/waterton

EMERGENCIES

Glacier	911
Waterton	(403) 859-2636

EMERGENCY ROAD SERVICE

Glacier	(406) 888-7800
Waterton	(403) 859-2636

GLACIER LODGING RESERVATIONS

Glacier National Park Lodges ¹	(855) 733-4522	glaciernationalparklodges.com
Glacier Park Collection ²	(844) 868-7474	glacierparkcollection.com
Granite Park Chalet	(888) 345-2649	graniteparkchalet.com

BOAT TOURS

Glacier (summer)	(406) 257-2426	glacierparkboats.com
Waterton (summer)	(403) 859-2362	watertoncruise.com

HORSEBACK RIDING—GLACIER

Summer (mid-May – Sept.)		
Apgar Corral	(406) 888-5010	swanmountainglacier.com
Lake McDonald Corral	(406) 888-5121	
Many Glacier Corral	(406) 732-4203	
	(406) 387-4405	

HORSEBACK RIDING—WATERTON

Vimy, Lion's Head, Wishbone	(403) 859-2462	alpinestables.com
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GUIDED DAY HIKES & BACKPACKING TRIPS

Glacier Guides (<i>hiking, rafting fishing, and more</i>)	(800) 521-RAFT (800) 521-7238	glacierguides.com
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AMERICAN INDIAN INTERPRETIVE TOURS

Focus on Blackfoot culture & history relating to Glacier's natural features	(800) 786-9220	glaciersuntours.com
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AMERICAN INDIAN VISITOR INFORMATION

Blackfoot Nation	(406) 338-7406	blackfootnation.com
The People's Center	(406) 675-0160	peoplescenter.org

TRANSPORTATION

Red Bus Tours	(855) 733-4522	glaciernationalparklodges.com
Sun Tours	(800) 786-9220	glaciersuntours.com
In-Park Shuttle	(406) 888-7800	nps.gov/glac
East Side Shuttle	(844) 868-7474	glacierparkcollection.com
East/West Side Shuttle	(855) 733-4522	glaciernationalparklodges.com

¹ Many Glacier Hotel, Rising Sun Motor Inn & Cabins, Lake McDonald Lodge, Village Inn at Apgar, Swiftcurrent Motor Inn & Cabins, Cedar Creek Lodge

² Glacier Park Lodge, Motel Lake McDonald, Prince of Wales Hotel, St. Mary Village, Grouse Mountain Lodge, Apgar Village Lodge & Cabins, West Glacier Village, West Glacier RV Park, Belton Chalet

The pass admits the pass owner and any accompanying passengers in a private noncommercial vehicle to the park. Obtain and print the pass by visiting everykid-outdoors.gov to present it at the park. The Every Kid Outdoors pass is valid until August 31, 2022.

CROSSING THE BORDER

U.S. citizens need proof of identity and citizenship, in the form of a **U.S. Passport Book, Enhanced Driver's License, NEXUS Card** or **U.S. Passport Card** when crossing to Canada from Glacier National Park. Single parents must also provide proof of custody of their children.

A **U.S. Resident Alien Card** is required for resident aliens (legal residents of the United States who are not U.S. citizens) traveling to Canada by air or land. Contact

(506) 636-5064 for information about entering Canada from the United States. Call **(406) 889-3865** for information about crossing from Canada into the United States. Special restrictions exist for crossing the border with pets, firewood, alcohol and bear sprays. All firearms must be declared and U.S. registered. Bear spray must include a United States EPA label on the container.

PARK ENTRANCES

Glacier: Glacier's main entrances, **West Glacier** and **St. Mary**, are located at either end of Going-to-the-Sun Road. Enter the eastern areas of the park from U.S. 89 or State Highway 49. Western areas are accessed from U.S. 2.

Waterton: The only entrance is located on the park's northeast edge. To reach Waterton from the United States, take



Help Support Glacier

For opportunities to donate, volunteer, attend classes or purchase books about Glacier National Park, contact one of the park partners listed below.

Glacier National Park Conservancy PO Box 2749 Columbia Falls, MT 59912 (406) 892-3250 glacier.org	Glacier Institute PO Box 1887 Kalispell, MT 59903 (406) 755-1211 glacierinstitute.org	Glacier National Park Volunteer Associates PO Box 91 Kalispell, MT 59903 (406) 257-5567 glaciernationalparkassociates.org
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GLACIER'S SHUTTLE SYSTEM

A free shuttle is available along Going-to-the-Sun Road during the Spring and Summer seasons on a first-come, first-served basis.

Shuttles are wheelchair-accessible. Smoking, pets and open alcohol containers are prohibited. Bear spray must be safely secured to prevent accidental discharge. Most shuttles have bike racks.

The shuttle will stop at the following locations: Apgar Visitor Center, Lake McDonald Lodge, Avalanche Creek, Logan Pass, Sun Point, Rising Sun, Rising Sun Boat Dock and the St. Mary Visitor Center. To reach Logan Pass, visitors must transfer at either Avalanche Creek or Sun Point.

For more information, and to check for potential operations changes, please visit nps.gov/glac/planyourvisit/shuttles.htm.

WEST SIDE SHUTTLE

Glacier National Park Lodges provides passenger and luggage transportation from the West Glacier Train Station to Lake McDonald Lodge and Village Inn. This shuttle runs from May 13 to September 26, 2022. Capacity is limited to 10 seats on a space-available basis. One-way fee is \$14/adult and \$7/child under 11. Limited reservations are available in advance. For more information, call **(855) 733-4522** or visit glacernationalparklodges.com.

EAST SIDE SHUTTLE

Glacier Park Collection offers a shuttle service between Glacier Park Lodge and Two Medicine inside Glacier National Park. Seating up to 13 on a space-available basis, it connects guests to the NPS shuttle on the Going-to-the-Sun Road as well as the shuttle to Many Glacier operated by Glacier National Park Lodges. GPC's shuttles operate July through September. Reservations are not accepted (walk-in only). One-way fee is \$15/person. For more information, call **(844) 868-7474** or visit glacierparkcollection.com.



A shuttle between St. Mary Visitor Center (just outside the East Entrance) and Many Glacier Hotel/Swiftcurrent Motor Inn & Cabins is offered by Glacier National Park Lodges, connecting St. Mary with the free NPS shuttle system. This shuttle runs from July 1 to September 14, 2022. Reservations are not accepted (walk-in only). Capacity is limited to 10 seats on a space-available basis. One-way fee is \$14/adult and \$7/child under 11. For more information, call **(855) 733-4522** or visit glacernationalparklodges.com.

GLACIER PARK EXPRESS

The Glacier Park Express and Summer S.N.O.W. bus provides fast and convenient summer shuttles from Whitefish to the Apgar Transit Center and from Whitefish to Whitefish Mountain Resort from June 11 to September 5. The Glacier Park Express requires pre-purchased tickets and ticket sales are non-refundable. Ticket sales are not available on the bus. Note: Ticket prices for the Glacier Park Express do not include the cost of the entrance fee required by Glacier National Park. Tickets are available online at bigmtnccommercial.org and at several ticket outlets in Whitefish.

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Route 17 (Chief Mountain International Peace Parkway) through the Chief Mountain customs port, northwest of Babb, or follow U.S. 89 north to Cardston, Alberta, through the Piegan customs port. From Cardston, follow Alberta Highway 5 west to the park entrance. Visitors coming south from Calgary follow Alberta Highways 2, 3 and then 6 for approximately three hours. Winter conditions close the Chief Mountain customs station and parkway from October to mid-May.

GETTING THERE

Air: The closest airport to Glacier is **Glacier Park International Airport** near Kalispell, Montana, 30 miles west of the park's west entrance. It's serviced by **Alaska, Allegiant, United** and **Delta Skywest, Allegiant, United, Delta** and **Alaska/Horizon** airlines fly into Great Falls, Montana, which is 138 miles from East Glacier. Those flying into Canada can land at Lethbridge, Alberta, which is 80 miles northeast of the Waterton entrance, or Calgary, Alberta, 165 miles to the north.

Bus: Transcontinental bus lines serve Kalispell and Great Falls. Greyhound bus lines serve Kalispell and other communities nearby. For more information, call **(800) 231-2222** or visit **greyhound.com**. The Eagle Transit Summer Bus is available from Kalispell in the summer (ADA accessible); call **(406) 758-5728** or visit **flathead.mt.gov/eagle**.

Glacier Park Collection's East Side Shuttle also offers services to a few locations along the east side of Glacier National Park; reservations highly recommended. For more information, call **(844) 868-7474**; **glacierparkcollection.com**.

The non-profit Glacier Park Express provides daily round-trip shuttle service between Whitefish and the Apgar Visitor Center beginning July 1. Call **(406) 253-9192** or visit **bigmntncommercial.org** for more information.

Rental cars: Rental cars are available in Browning, Columbia Falls, Essex (for guests of the Izaak Walton Inn only), East Glacier, West Glacier (seasonally), Great Falls, Kalispell, Whitefish, Lethbridge and Calgary.

Train: Amtrak's historic **Empire Builder** travels between Chicago, Illinois and Portland, Oregon and Seattle, Washington. It follows the southern border of Glacier National Park, making stops in East Glacier, Essex, West Glacier and Whitefish. For more information, call **(800) 872-7245** or visit **amtrak.com**.

PARK SHUTTLE

A free shuttle is available along Going-to-the-Sun Road during the spring and summer. Shuttles are wheelchair accessible. The hiker-biker season allows recreational access for hikers and bikers beyond vehicle gate closures on Going-to-the-Sun Road prior to the road opening for the season. Hiker-biker shuttle service is offered on weekends from May 7 to June 26, 2022. For more information, visit **nps.gov/glac/planyourvisit**.

TOURS

Sightseeing Interpretive Tours: Let the drivers of the Red Bus Tours do the driving while you take in the sights of Glacier National Park. Glacier National Park Lodges offers visitors informative and narrated tours in vintage sedans. Reservations can be made by calling **(855) 733-4522**; visiting **glacier-nationalparklodges.com/red-bus-tours** or stopping by any hotel.

For over 75 years, Glacier National Park's fleet of 33 **Red Buses** have been providing visitors unparalleled experiences. Considered by many to be the oldest fleet of touring vehicles anywhere, the Red Buses are as much a part of Glacier National Park as are the mountains they scale and the wildlife inhabiting the park. The drivers of the Red Buses are affectionately called "**Jammers**" by the locals; a name that carries over from the days when the buses had standard transmissions and

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the drivers could be heard “jamming” the gears as they drove up and down the rugged mountain highway. The Jammers’ sharp eyes are also trained to spot wildlife.

The Red Buses also help to preserve the park. By leaving your car in the parking lot, you reduce the amount of emissions released in the park. Since most buses run on clean burning propane, it significantly helps keep our Glacier air as pure as possible. Reservations are encouraged prior to arrival.

Sun Tours: Join one-day Blackfeet perspective tours over the Going-to-the-Sun Road. Tours depart from Browning, East Glacier, St. Mary, Apgar Village and West Glacier from May 30 to October 1. For more tours, see the American Indians in Montana sidebar in the “History & Culture” chapter. For reservations, call **(800) 786-9220**.

ROAD INFORMATION

Roads and highways to Glacier and Waterton are generally well-maintained and at least partially open for vehicles much of the year. Most roads are clear in late spring, summer and fall. Construction projects, though, typically happen in the warmer months and can cause delays. Be sure to check **www.nps.gov/glac/planyourvisit/projectwork.htm** before your visit.

Regardless of construction on Going-to-the-Sun Road, access to Logan Pass ends every year no later than the Monday following the third full weekend of October, weather permitting. *Note: Severe winter weather events can close access to Logan Pass earlier than presumed dates.*

In **winter**, Glacier is open, although not always easily accessible by motor vehicles. The Going-to-the-Sun Road is plowed from the West Entrance to Lake McDonald, but beyond Lake McDonald is regularly closed

due to weather. Other park roads may be accessed only by cross-country skis or snowshoes. Snowmobiles are not allowed in the park. Current road conditions are available for Glacier at **nps.gov/glac**. You can obtain up-to-date road conditions by contacting the Montana Traveler Information System. Call **(800) 226-7623** or visit **mdt.mt.gov**. The toll-free number also provides current park road information.

The road to Waterton Park is plowed all winter the **Akamina Parkway** is normally plowed to provide access to skiing opportunities in the Cameron Lake area. For up-to-date information in Alberta, call **511** or visit **511.alberta.ca**.

WEATHER

Mountain weather is fickle, so there’s a chance for bright sunshine or snow every day of the year in Glacier and Waterton. Snow is not uncommon during summer.

Although the days may get very warm (July’s average high is 79°F, maximum is 99°F), temperatures may dip to around 45°F after the sun goes down. Late spring to early fall is the most popular time to see the region, although many visitors enjoy winter treks as well. September is a popular month because the weather is still comfortable, autumn colors emerge and the summer crowds are gone. Packing extra layers is the key to a comfortable visit regardless of season.

GLACIER VISITOR CENTERS

When you arrive, stop at a park visitor center to become acquainted with the diversity of the region. Staff members will be available to answer questions and provide services such as backcountry trail information. Visitor centers have sales outlets for park publications and provide restrooms and



water fountains. Glacier National Park information desks at park lodges and motels provide information about dining, lodging and tours. The Crown of the Continent Discovery Center, a mile and a half from the entrance at West Glacier, offers extensive information about the history, recreational opportunities, cultural heritage and environmental significance of the entire Crown of the Continent region.

Glacier National Park Headquarters: The headquarters—located just before the entrance station at West Glacier—houses the park's main offices. It is open year-round, Monday through Friday, from 8 a.m. to 4:30 p.m. Call **(406) 888-7800** for more information.

Apgar Visitor Center: This center is near the foot of Lake McDonald on the west side, two miles inside the park. It offers exhibits on Glacier's plants and animals, and is open daily from mid-May through mid-October

and on weekends only the rest of the year.

Logan Pass Visitor Center: Perched atop Logan Pass on the Going-to-the-Sun Road at the Continental Divide, the Logan Pass Visitor Center features exhibits on alpine zone plants and animals, and a sales outlet for park publications. It is open daily during peak season. Please note that there are neither telephones nor food services at Logan Pass.

Many Glacier Ranger Station: The Ranger Station can be found adjacent to Many Glacier Campground. It has maps and publications for sale and is open daily from late May to late September.

Polebridge Ranger Station: Just off the outer North Fork Road in the park's north-west region, the Polebridge Ranger Station also has maps and publications for sale. It is open from late May to mid-September.

St. Mary Visitor Center: Situated near St. Mary Lake, this centrally located visitor center features exhibits of the American Indian perspectives of the area we now call Glacier National Park. The center is open from late May through early October.

Two Medicine Ranger Station: Located west of the Highway 49 turnoff near East Glacier in the park's southeast corner. Publications and maps are available for sale. It is open from late-May to late September.

WATERTON VISITOR CENTRES

Waterton Lakes Visitor Centre: The original 1958 visitor center was lost in the Kenow Fire in 2017. A new, larger visitor center is open year-round and offers maps, brochures, permits, backcountry reservations, up-to-date park information, weather, trail, avalanche and road reports, interpretive exhibits and events, at Block 39 along Windflower Avenue, close to the entrance of the Townsite Campground.

Cameron Lake and Red Rock Canyon: These unstaffed interpretive exhibits are found on Akamina Highway and Red Rock Canyon Road, respectively.

Heritage Centre: The Heritage Centre in Waterton Townsite Park offers exhibits and literature on the history of Waterton Lakes National Park, the townsite, and animals and plants found in the park. It is open in the summer months.

Waterton Lakes National Park Headquarters: Waterton's headquarters can be found five miles from the entrance. Please call **(403) 859-2224** for more information. It is open weekdays during the winter for information.

PARK NEWSPAPERS

Waterton-Glacier Guide, a newspaper for both parks, is published several times a year. *The Ranger-led Activities Schedule*, a summer park publication, contains a complete schedule of guided hikes, ranger talks and special events in Glacier. Both publications are available for free at respective park entrance stations and visitor centers. These publications are also available online at **nps.gov/glac**.

VISITOR SERVICES

Duty-free: American citizens who have visited Canada for more than 48 hours, and have claimed no exemptions during the last 30 days, may bring back up to \$800 worth of duty-free Canadian purchases. They must be for personal use or for gifts only. For more information on crossing from Canada into the United States, call **(406) 889-3865**. For information on crossing into Canada from the United States, call **(506) 636-5064**.

Speed limits: Canada uses the metric system, so be aware of speed limits when driving in Waterton. Speed limits are 25 to 45 mph on Glacier National Park roads unless otherwise posted.

Money: Both U.S. and Canadian dollars are divided into 100 cents, but exchange rates vary daily. You can convert money at banks near Glacier National Park and in the Townsite of Waterton.

BANKS

U.S. institutions serve Bigfork, Columbia Falls, Kalispell, Whitefish and Browning. ATMs are available in St. Mary, Columbia Falls, East Glacier, West Glacier, Hungry Horse, Coram and Waterton Townsite, and area campstores and lodges. For currency



exchange, go to The Money Exchange in Tamarack Village Square in Waterton or the aforementioned U.S. banks. All Waterton merchants accept U.S. currency.

CAMPING SUPPLIES & GROCERIES

Supplies such as food, firewood, fuel, camping gear and first-aid kits are sold at camp stores in Apgar, Lake McDonald, Two Medicine, Rising Sun and Swiftcurrent. Stores in Waterton Townsite and the gateway communities of Babb, Browning, St. Mary, East Glacier, West Glacier and Polebridge also carry supplies.

EMERGENCIES & MEDICAL SERVICE

First-aid services are available at all visitor centers and ranger and warden stations. In Glacier, call **911** for immediate help regarding all emergencies. In Waterton, call **(403) 859-2636** for emergencies. For medical treatment on the west side of Glacier, contact Kalispell Regional Medical Center, **(406) 752-5111**,

Whitefish's North Valley Hospital, **(406) 863-3500**, or the clinic in West Glacier, **(406) 888-9924**, which operates only during the summer months. At Browning, on the east side of Glacier, Blackfeet Indian Health Service will treat non-tribal persons on an emergency basis only; call **(406) 338-6164**. Kalispell and Great Falls provide helicopter medical teams in emergencies. In Canada, full hospital facilities are available in Cardston, **(403) 653-4411**, or Pincher Creek, **(403) 627-3333**.

GIFT SHOPS

Postcards and souvenirs are sold at hotels, gift shops and restaurants, as well as in nearby gateway communities. For collectibles, regional products and eco-tourism information, stop by The Trail of the Great Bear Gift Shop and Travel Centre in Waterton, or the Crown of the Continent Discovery Center in West Glacier. Books and maps are sold at Logan Pass Visitor Center, as well as at the Apgar, Many Glacier, Polebridge and St. Mary visitor centers and ranger stations.

LOST & FOUND

Report or drop off lost and found items at any Glacier visitor center—call **(406) 888-7800**. In Waterton, drop off found items at the Royal Canadian Mounted Police building during the summer, or call **(403) 859-2044**. During the off-season, drop off found items at park headquarters.

VEHICLE SERVICE & REPAIRS

More complicated repairs can be handled in Columbia Falls (20 miles southwest of West Glacier), in East Glacier and at Waterton Townsite. If your car breaks down on a park road, contact a park ranger or warden, or call one of the main park numbers: **(406) 888-7800** in Glacier and **(403) 859-2224** in Waterton.

ACCESSIBLE FACILITIES & SERVICES ♿

Park facilities accessible to visitors with different abilities are indicated throughout this guide by the ♿ symbol. Many public facilities are wheelchair-accessible. Visitors with mobility impairments may need assistance to reach facilities during winter because of frequent heavy snows.

Services: The park switchboards can receive calls from telephone devices for the hearing-impaired (TDDs). To contact Glacier, call **(406) 888-7806**. There are CDs that narrate most major park routes at gift shops. All self-guided trails include printed brochures or signs for interpreting points of interest.

Trails: Trail of the Cedars at Avalanche Campground—five miles up Going-to-the-Sun Road from Lake McDonald Lodge—is designed for all people to navigate. Other accessible trails include

Swiftcurrent Lake Trail, the Oberlin Bend overlook near Logan Pass and the Goat Lick Overlook along Highway 2 in Glacier, and the Linnet Lake and Townsite loop trails in Waterton. The first wheelchair-accessible trail on Glacier's east side now provides access to Running Eagle Falls in Two Medicine Valley. The trail is signed with messages regarding the importance of this place in Blackfoot culture.

Lodging: Most hotels and visitor facilities in Glacier and some in Waterton are wheelchair-accessible.

American Indian Interpretive Tours: Bus tours highlighting Blackfoot culture and history in relation to Glacier's natural features are available. Depart from East Glacier, West Glacier, St. Mary, Apgar Village and Browning. Spring and fall tours are also available. Call **(800) 786-9220** for more information.

Museums: The **Whitefish Museum**, located in the heart of Whitefish, explores the area's logging and railroad history. The Museum of the Plains Indian, located in Browning, displays richly varied arts of Northern Plains Tribal peoples.

Camping: Campgrounds at Fish Creek, Apgar, Sprague Creek, Avalanche, Two Medicine and Waterton Townsite has accessible sites and accessible restrooms. Avalanche, St. Mary and Cut Bank campgrounds will not be open summer 2022. Roads through most campsites are paved, but wheelchair passage on foot trails may require assistance. For a listing of the accessible facilities and services in the park, visit **www.nps.gov/glac/planyourvisit/accessibility.htm**. A free brochure, is available in the park. You can also consult *"Easy Access to the National Parks,"* which is available in most bookstores.

LODGING & DINING



Glacier National Park's two main concessioners are Glacier Park Collection and Glacier National Park Lodges, operated by Xanterra Travel Collection. It is recommended that, because of Glacier's short season, you make reservations at any lodging six months to a year in advance, particularly for July and August. Rooms may become available due to cancellations, but call early to secure your stay. For more information about restaurants, accommodations and tours, stop at information desks located in the park hotels and inns. A 📞 indicates that reservations are required. Glacier has two backcountry chalets to which visitors can hike for overnight accommodations. Both are operated by Belton Chalets, Inc.

Located in East Glacier, the **Glacier Park Lodge's** impressive lobby is lined with impressive gigantic Douglas-fir trees. 📞

This majestic lodge has 161 rooms, an outdoor swimming pool, nine-hole golf course, pitch-and-putt, lounge, gift shop and offers easy access to Red Bus Tours and horseback tours. **The Great Northern Dining Room** (📞📞) offers a full breakfast buffet and serves à la carte comfort food with a Montana flare. Lunch is not served in the dining room. **Empire Bar** (📞) has a well-stocked bar and bar menu and is a popular gathering place for lunch. Open June 2 through September 21. For more information, visit glacierparkcollection.com or call **(844) 868-7474**.

Many Glacier Hotel (shown) is the largest lodge in the park and features stunning views of Swiftcurrent Lake. Massive renovations now complete, the hotel also has a snack bar and lounge, gift shop, and nightly entertainment. Glacier Park Boat Company



tours and horseback rides from Swan Mountain Outfitters can be booked here. **Ptarmigan Dining Room** (B L D) serves continental and American cuisine with dramatic views of Many Glacier's towering peaks. **Swiss and Interlaken Lounges** (L D), located on the lobby level, have well-stocked bars. Open June 3 through September 12. For more information, call (855) 733-4522 or visit glaciernationalparklodges.com.

Rising Sun Motor Inn & Cabins is situated along the Going-to-the-Sun Road in St. Mary Valley, surrounded by soaring mountain peaks. It has 72 cabins and motor inn rooms, as well as a campstore and gift shop. **Two Dog Flats Grill** (B L D) serves classic American cuisine. For more information, call (855) 733-4522 or visit glaciernationalparklodges.com.

Prince of Wales Hotel sits on a promontory and features huge picture windows overlooking the string of mountains ringing Waterton. In addition to 86 rooms, the property features a lounge; English-style tearoom; gift shop; and easy access to golf, horseback rides and boat tours. The **Royal Stewart Dining Room** (B L D C) serves fine English and continental cuisine. The **Windsor Lounge** (L D) features traditional English fare and a full bar. Open May 20 through September 19. For more information, call (844) 868-7474 or visit glacierparkcollection.com.

Lake McDonald Lodge, Cabins & Suites is one of the finest examples of Swiss chalet architecture. A short walkway leads from the hotel to the Lake McDonald shore. There is a gift shop and campstore on premises and easy access to Red Bus Tours, boat tours by Glacier Park Boat Co. and horseback rides from Swan Mountain

Outfitters. **Russell's Fireside Dining Room** (B L D) serves wild game, as well as more familiar dishes. **Lucke's Lounge** (L D) serves local micro brews and an extensive bar menu. **Jammer Joe's Grill & Pizzeria** (L D) serves pizzas, salads and sandwiches. Open May 13 through September 20. For more information, call (855) 733-4522 or visit glaciernationalparklodges.com.

Appar Village Lodge & Cabins is set amidst the old growth cedars along the southern end of Lake McDonald and the shores of McDonald Creek. Most of the 48 rustic cabins have a private kitchen. The units have electric heat, televisions and shower stalls as well. It is open from May 13 to October 2. For more information, please call (844) 868-7474 or visit glacierparkcollection.com.

Village Inn at Appar, situated along the southern shore of Lake McDonald, boasts breathtaking views of Lake McDonald Valley and the Continental Divide. Open May 18 through September 25, it offers access to gift shops, horseback rides from Swan Mountain Outfitters and boat rentals. For more information, visit glaciernationalparklodges.com or call (855) 733-4522.

West Glacier Village offers budget-friendly and comfortable motel and cabin accommodations, and an RV park for an enjoyable stay on the western entrance to Glacier National Park. Open May 6 through October 2. Please call (844) 868-7474; glacierparkcollection.com.

Swiftcurrent Motor Inn & Cabins is one mile from the Many Glacier Hotel and a stone's throw from the Iceberg Lake trailhead, one of the most dramatic and popular hikes in the parks. Open June

7 through September 10, the property offers several accommodation options—from basic motel rooms to private cabins. There is also a campstore, token-operated laundry, and public restrooms and showers. **Nell's** (B L D A) offers casual dining located in Many Glacier Valley, about a mile from Many Glacier Hotel. The menu features breakfast served all day, local Montana fare and pizza to go. For more information, visit glacienationalparklodges.com or call (855) 733-4522.

Granite Park Chalet is a National Historic Landmark constructed by the Great Northern Railway in 1914. Granite Park Chalet open June 28 to September 11 currently operates as a self-service hiker hostel; rooms hold up to six. Reservations are required; linen service and retail menu are optional and for an extra fee. For more information, visit graniteparkchalet.com or call (888) 345-2649.

The Sperry Chalet operates July 9 through September 11. Reached only by trail, this historical complex requires reservations for its 17 private guest rooms and offers only a meal plan. For information, call (888) 345-2649 or visit sperrychalet.com.

St. Mary Village, at Glacier's east entrance on Going-to-the-Sun Road, provides a combination of natural beauty and modern comforts. The resort boasts an array of unique dining venues, a gift shop, grocery store, espresso bar, gas station, sporting goods store, satellite TV and Wi-Fi in the lobby of the

main lodge. **Snowgoose Grille & Mountain Bar** (B L D) has an extensive menu and dramatic park views. Open June 3 through September 22. Call (844) 868-7474 or visit glacierparkcollection.com for information.

The Belton Chalet in West Glacier offers accommodations May 13 through October 16. It has beautifully restored lodge or garden-surrounded cottages, which offer privacy for groups or romantic retreats. There is a gift shop, day spa, reading and writing area, shuffleboard, ping pong, complimentary coffee and tea, board games, books and puzzle library. **Belton Grill Dining Room** (D) makes fresh fare with local ingredients. Open 5 p.m. to 10 p.m. **Belton Tap Room** (D) offers fine wine, spirits and Montana-made beer. Open 3 p.m. to 9 p.m. For more information, call (888) 235-8665 or visit beltonchalet.com.

Located 10 miles inside Glacier National Park's west entrance, **Motel Lake McDonald** is nestled near the shores of the largest lake within the park, 300 yards from Lake McDonald Lodge. The 27 rustic-yet-welcoming rooms feature modest amenities and cozy accommodations, each with its own private bathroom. For more information, visit glacierparkcollection.com or call (844) 868-7474. The motel is open May 19 to September 18.

West Glacier RV Park boast fully equipped pull-through sites up to 80' and modern cabins steps from the park. Call (844) 868-7474 or visit glacierparkcollection.com.

KEY

B	Breakfast	L	Lunch	D	Dinner
📞	Reservations required	❄️	Open in winter	📶	Free Wi-Fi

RESERVATIONS ARE ALWAYS RECOMMENDED WHEN POSSIBLE

PARK REGULATIONS & SAFETY



Enjoy a safe visit and help protect the parks' natural features by adhering to the following park regulations:

LITTER

Pack out all you pack in and please recycle when possible. It is illegal to litter or feed the animals in the parks.

PETS

Pets must be leashed and under the owner's control at all times while in the parks. They are allowed, but not encouraged, on Waterton trails. Pets are prohibited on all Glacier trails (except paved bike trails at Apgar Village), in park hotels (except for designated guide, service, and/or hearing companion animals) and anywhere in the backcountry. Kennels are available in Columbia Falls, Kalispell, Cut Bank, Pincher Creek and Cardston.

VEHICLE RESTRICTIONS

Vehicles crossing Logan Pass between Avalanche and Rising Sun must be no more than 8 feet wide (including mirrors) and 21 feet long. Vehicles in excess of 10 feet in height need to exercise caution to avoid hitting rock overhangs. Oversize vehicles and commercial trucks must cross the Continental Divide by way of U.S. Highway 2.

BICYCLING

Glacier does not allow bicycle traffic on sections of Going-to-the-Sun Road, along Lake McDonald, between Apgar and Sprague Creek campgrounds, and

eastbound from Logan Creek and Logan Pass, from 11 a.m. to 4 p.m. daily between June 15 and Labor Day. Bicycle travel is prohibited on all Glacier hiking trails except for one paved path near Apgar and two unpaved paths near West Glacier. Waterton has four hiking trails that permit bicycle travel. *Note:* Check with park rangers for updates on any pavement preservation projects affecting Going-to-the-Sun Road.

FIREARMS

Federal law allows people (who can legally possess firearms under applicable federal, state and local laws) to legally possess firearms within Glacier National Park. The law does not change prohibitions on the use of firearms in national parks; hunting and recreational use of firearms are still prohibited. Federal law also prohibits firearms in certain facilities in this park.

HIKING

Please stay on established trails. Taking shortcuts destroys fragile, high-altitude vegetation and causes erosion.

STEWARDSHIP

It is illegal to collect cultural and natural artifacts—and features like wildflowers, antlers and rocks—in the parks.

STAYING SAFE

As in any mountainous area, an understanding of alpine weather, terrain and hazards is necessary. The following are a few tips to make your visit a safe one.

ALTITUDE

Because Glacier and Waterton are several thousand feet above sea level, come prepared with appropriate footwear, high SPF sunscreen and appropriate clothes for every day of the year. The higher altitude increases the amount of ultraviolet light reaching your skin. The thin air can adversely affect even the strongest of individuals. Better safe than sorry!

DRIVING

Be alert while driving in the park—wildlife feed along roadsides and sometimes jump in front of cars. Mountain roads are narrow and occasionally littered with fallen rock. Watch for drivers who may stop to avoid hazards, view wildlife or take pictures. The Blackfeet Reservation is open range for livestock. Be alert for all animals on roadways east of the park.

HYPOTHERMIA

This life-threatening condition occurs when the body is so chilled it can no longer warm itself. It can happen even on a cool summer day when you are tired and wet. Warning signs include

PACKING ESSENTIALS

Don't hit the trail without:

- Topographic map and compass + GPS
- Whistle
- Flashlight or headlamp
- Sunglasses, sunscreen and hat
- High-energy food and plenty of water
- Appropriate clothing and extra layers
- Waterproof matches
- Insect repellent
- Pocket knife
- First-aid kit
- Sturdy footwear

If bitten, check for a rash in the area and watch for flu-like symptoms. If they appear, consult a doctor immediately.

RODENTS & HANTAVIRUS

Deer mice are possible carriers of hantaviruses. Initial symptoms are almost identical to the onset of flu. Avoid exposure by avoiding rodent-infested areas. If you have potentially been exposed and exhibit flu-like symptoms, seek medical care immediately.

WATER HAZARDS

Drowning is tied with hiking and climbing accidents as the number one cause of death in Glacier. Use extreme caution near water. Visitors should be aware of extreme low-temperature water danger. Visitors should also guard against giardiasis, caused by a parasite (*giardia lamblia*) found in lakes and streams. Persistent, severe diarrhea; abdominal cramps; and nausea are symptoms of this disease. Hikers and backpackers are urged to filter or treat water taken from park lakes and streams.

WILD ANIMALS

All wildlife should be considered dangerous. Glacier and Waterton are home to grizzlies, black bears, wolves, wolverines, mountain goats and mountain lions. All bears, mountain goats and mountain lions are extremely dangerous and should be avoided. Feeding or harassing animals is strictly prohibited by law.



For answers to all your questions,
go to **OhRanger.com**

SIGHTS TO SEE



Glacier and Waterton Lakes National Parks are a paradise for outdoor enthusiasts of all kinds!

GLACIER NATIONAL PARK

APGAR

Lake McDonald is one of the most scenic lakes in the park. It is also the longest and deepest. Immense glaciers carved the 10-mile-long, 464-foot-deep lake. The Kootenai people called it “Sacred Dancing Lake” and performed ceremonies on the shore. Guided boat tours, Red Bus Tours, horseback riding, fishing and recreational boating are popular activities at the lake.

LOGAN PASS

Straddling the **Continental Divide**, this 1.5-mile (one-way) mountain pass to the overlook crosses the Hanging Gardens of Logan Pass, an area filled with lush meadows of **wildflowers** and surrounded by jagged peaks. There is about a 500-foot increase in elevation. Note that the Logan Pass section of Going-to-the-Sun Road is usually open from mid-June through the third weekend of October, weather permitting. The seasonal vehicle closure for the Going-to-the-Sun Road is in effect between Lake McDonald Lodge and Rising Sun. Updates on roads, hiker/biker, and plow status can be found at www.nps.gov/glac/planyourvisit/directions.htm

Other popular stops near Logan Pass include **Oberlin Bend**, **Weeping Wall**, **Big Bend** and **Haystack Creek** to the west, and the **East Side Tunnel**, **Siyeh**

Bend, **Jackson Glacier Overlook** and **Sun Rift Gorge** to the east.

MANY GLACIER

Visitors can enjoy **boat cruises**, **horseback rides** and **trails** while exploring this glacial valley of creaking glaciers and iceberg-filled lakes. The 5.5-mile (one way) **Grinnell Glacier Trail** from Many Glacier Hotel brings hikers to one of the most visible glaciers—for now—in the park. Along the way, it passes beautiful mountain views and vibrant wildflower displays. Hikers can ride the **Many Glacier tour boats** along Swiftcurrent and Josephine lakes, or take a horseback ride for part of the trail's length.

Although **Iceberg Lake's** glacier disappeared long ago, the body of water still delights visitors with a flotilla of icebergs that sometimes remain into July and August. The lake lies at the base of a 3,000-foot sheer cliff. Its freezing waters have long been rumored to be home to Montana's fur-bearing trout. It is reached via a 4.8-mile (one way) trail from Swiftcurrent Motor Inn & Cabins in Many Glacier.

TWO MEDICINE

Many believe the park's most dazzling colors of rock and foliage are in **Two Medicine Valley** near East Glacier. Here, mountains of red, yellow and green stone encircle lakes filled with fish. Because of the way valleys curve and twist in the Two Medicine area, hikers often laud it for containing the most dramatic collection of trails and viewpoints. The name is reported to have been derived from the name “Two Medicine



Lodge Creek,” so called because at one time there were two “medicine lodges” located on either side of the creek.

Running Eagle Falls, near Two Medicine Lake, is also known as “Trick Falls.” One waterfall tumbles over a cliff and another pours out of a huge hole in the cliff wall. Later in the season, the upper fall dries up, leaving the lower fall apparently springing from solid rock. There is a **wheelchair-accessible loop** with interpretive trail signs explaining its significance to the Blackfeet culture. ♿

WATERTON LAKES NATIONAL PARK

CAMERON LAKE

Visit Cameron Lake in Waterton for a better understanding of the unusual aspects of this mountainous region. Trail and road signs and a visitor center explain how plants and animals adapt to

environments that change within just a few thousand feet in elevation.

CRYPT LAKE

Newsweek magazine once rated the **Crypt Lake Trail** the best in Canada. A popular way to start the trip is to take a tour boat down Waterton Lake to the trailhead. The trail then ascends 5.4 miles past waterfalls into the mountains. An enlarged natural tunnel in the cliff leads to Crypt Lake itself, hidden behind mountain walls.

THE RED ROCK PARKWAY

The narrow Red Rock Parkway travels 9.3 miles up the Blakiston Valley through rolling grasslands and ends at **Red Rock Canyon**. The parkway is the best place to see where Waterton’s classic prairie meets mountain landscape. At the end of the parkway, a short, self-guided trail loops around the canyon. In June, the wildflower and wildlife viewing is great along the road.

HISTORY & CULTURE



From prehistoric days to the present, the area's claim to fame has been its beauty and its trade routes. The American Indians knew the region's passes and trails, and used them to journey from one hunting ground to another. The eastern prairies of Montana and Alberta were home to great herds of **American bison**, also known as **buffalo**. Bison were a primary food source to many of the region's American Indians, who also fished and hunted other animals in the mountains.

The Blackfeet people of the northern plains dominated "**The Backbone of the World**" long before any European explorer confronted the area now known as the Rocky Mountains. The Blackfeet were aggressive and protected their east-slope buffalo hunting grounds from incursion by the western tribes of the **Kalispell** and **Kootenai**, and interlopers from the south such as the **Crow**, **Sioux** and **Assiniboine**.

These other tribes visited the mountains of Glacier and Waterton as well, since many of them venerated the spirits of creation, weather and knowledge believed to be living there.

The mountains also contained routes these tribes could cross on their own buffalo expeditions. The Blackfeet, in turn, chased the hunters back over the passes when they found them, or crossed the passes themselves to raid and intimidate their neighbors.

AMERICAN INDIAN BELIEFS

The region's American Indians believe that spiritual beings (or values) live in every feature of the land. Animals not only symbolize characteristics—such as gossip in the raven or strength and wisdom in the grizzly bear—but are also the embodiment of spirits who can teach those qualities



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AMERICAN INDIANS IN MONTANA

Consider taking a guided tour of a reservation to learn more about local American Indian culture. Tours offered by Blackfeet Historical Tours go to old bison jumps, the sites of old camps and other historic sites of the Blackfeet Nation. For more information, call any of the following phone numbers:

Blackfeet Historical Tour

Heart Butte, MT: **(406) 338-7406**

Blackfeet Nation Office

Browning, MT: **(406) 338-7521**

Confederated Salish and Kootenai Tribes

Pablo, MT: **(406) 675-2700**

Head-Smashed-In Buffalo Jump
Alberta, Canada: **(403) 553-2731**

Museum of the Plains Indian

Browning, MT: **(406) 338-2230**

Sun Tours (American Indian Interpretive Tours)

East Glacier, MT: **(800) 786-9220**

Bus tours highlight Blackfeet culture and history in relation to Glacier's natural features. Tours Depart East Glacier, West Glacier, St. Mary and Browning areas. Tour season is May 15-September 30, daily. glaciersuntours.com.

to humans. As a Blackfeet elder said, everything under the sky has a voice to speak with and knowledge to tell. Thus, according to many tribes' philosophies, humans are just one instrument in an ongoing orchestra of life. They are responsible for keeping themselves in tune and playing correctly. To that end, almost every aspect of tribal life has a spiritual ritual attached to it, from the way a tipi is set up to the way a hunter requests an animal's forgiveness before he kills it to feed his family. Because the mountains of Glacier and Waterton are thought to be home to spirits, members of many area tribes journey there on vision quests. **Chief Mountain**, in the northeast corner of Glacier, was—and still is—widely revered as the home of powerful medicine. Its authority is easy to recognize, given its unusual appearance. It stands in the prairie away from the rest of the mountains, like a warrior chief leading his tribe to the rising sun.

THE FIRST EUROPEAN EXPLORERS ARRIVE

Many French and English (and even a few Spanish) trappers passed through the Glacier and Waterton area in the late 1700s, seeking furs and trade routes. British trapper **David Thompson** is generally credited as the first European to record his impressions of the area in the 1780s. Of the towering Rocky Mountains, he wrote, "Their immense masses of snow appeared above the clouds and formed an impassable barrier even to the Eagle."

LEWIS & CLARK

These intrepid explorers' famous expedition across the American West took them very near Glacier in 1806. Captain Meriwether Lewis took three men with him to find the headwaters of the Marias River on the east side of the Rockies. The weather was overcast and they had little idea of what lay around them. The clouds blocked their view of **Marias Pass**—the lowest crossing of the Continental Divide

between Canada and New Mexico. Had they found it, they would have simplified their journey over the mountains.

Other Europeans and Americans traveling the area in the early 1800s were mostly fur trappers seeking beaver skins for fashionable top hats. Blackfeet raiding parties from the east-slope tribe protected their valuable lands by attacking neighboring tribes and the occasional foreign traveler.

To the north, John Palliser's 1858 British expedition was scouting a route to the Pacific Ocean for the Hudson's Bay Company. **Lieutenant T. W. Blakiston** penetrated the Waterton area and began bestowing names, including Waterton Lakes, in honor of English naturalist **Charles Waterton**. Although Waterton never visited the lakes, his reputation for bold and eccentric globe-trotting lent the area an exciting aura.

THE RIDE OF THE IRON HORSE

Hints about a perfect mountain pass to run a railroad over the Rockies kept explorers searching Glacier for a number of years. Although many of the region's American Indians knew the location of Marias Pass, it was not well-known by American explorers because the Blackfeet guarded it closely. Railroad scouts asked American Indian guides for clues and were generally led over safer, but steeper, mountain routes.

In the 1850s, Washington Territorial Governor **Isaac Stevens**—hoping to pacify the area's residents so his explorers could find a railroad right-of-way—started to negotiate treaties with the various tribes.

A PASSAGE WEST

In 1889, an explorer for the **Great Northern Railway** named **John F. Stevens** finally figured out where the vital Marias Pass lay. Marias was important because it is the lowest mountain pass between Canada and Mexico, its low altitude and easy grade made it perfect for trains to cross the Continental Divide.

Stevens' good fortune was at the expense of the Blackfeet who, by the 1880s, were devastated by smallpox epidemics and frequent persecution by the U.S. government. The railroad line crossed the mountains in 1891 and spawned a number of work camps. Two of them eventually became the towns of Belton (West Glacier) and Midvale (East Glacier).

THE BLACKFEET

Word finally began to spread about the plight of the Blackfeet. With the last bison in the area killed in 1882, there was rampant starvation on the Blackfeet Reservation during the winters of 1883 and 1884. James Willard Schultz, an American who had long traveled with them and had become a full member of one band, decided to help his friends. He wrote to George Bird Grinnell, the influential editor of **Forest & Stream magazine**. Through his magazine and powerful government friends, Grinnell helped increase government aid to the Blackfeet.

Grinnell was introduced to the area by Schultz and declared it "The Crown of the Continent." Visiting many times between 1880 and 1900, he initiated the movement to declare the area a national park. Grinnell is celebrated today as the "Father of Glacier National Park."



FOOL'S GOLD

As more Americans and Canadians became aware of the area, rumors spread about vast gold, copper and oil deposits in Glacier. Prospectors rushed in, drilled oil wells and sunk mine shafts. In spite of the feverish interest, prospectors found no commercial quantities of oil or minerals.

NATIONAL PARK STATUS

By the turn of the century, 10 years of active lobbying by George Bird Grinnell created the momentum needed to make Glacier a national park and attracted the attention of the U.S. Congress. On May 11, 1910, President Taft signed the bill creating 1,600-square-mile Glacier National Park. Glacier's first superintendent, William Logan, spent that first summer attempting to control numerous forest fires. Glacier's centennial was celebrated throughout 2010.

Across the border, thanks to the efforts of conservationist Frederick Godsal, the Canadian Parliament approved Waterton Lakes Forest Park in 1895. Later, it was

renamed Waterton Lakes Dominion Park. Timber and mining interests there diminished the park to just 13.5 square miles. Then, in 1914, a reorganization of the Canadian forest preservation system resulted in the expansion of the park to almost 500 square miles. Reshuffling of government boundaries changed the park's size three more times, eventually placing the park at its current 195 square miles.

THE PARKS TODAY

In 1995, Waterton-Glacier was named the world's first international peace park World Heritage Site. This designation honors parks for their outstanding natural and cultural values.

Recognizing that Glacier and Waterton are not self-contained ecosystems, park managers work together to protect the parks and help shape the growth of surrounding communities. Administrators for both parks maintain a spirit of cooperation unusual between government bureaus, let alone separate countries. Together, they are setting an impressive example for the future.



AMERICAN INDIANS TODAY

The American Indian tribes of Montana and Alberta actively maintain their ancient cultures and traditions while finding ways to keep in step with today's society.

THE RESERVES

The **Blackfeet Nation** in Montana borders nearly all of eastern Glacier National Park, while the Blood Indian Reserve in Canada lies east of Waterton Lakes National Park. The Piegan Reserve lies north of Waterton near Pincher Creek. To the southwest, the Reservation of the **Confederated Salish and Kootenai** covers 1.2 million acres and surrounds half of Montana's largest natural lake, Flathead Lake. Nine other tribes have or share reservations within Montana and make up about nine percent of the state's population.

MAKING A LIVING

These tribes are working to improve their lives through community and education projects that have been initiated to ensure that residents of reservations receive training and opportunities for jobs in the area to help support the local economy. One such program—developed through the coordinated efforts of the Blackfeet Tribe, Glacier Park Inc. (GPI) and area colleges—provides education and training in the hospitality industry, along with opportunities for graduates to work at GPI facilities. In addition, the work of local American Indian artisans is featured in many GPI gift shops.

PRESERVING CULTURE & TRADITION

Preserving culture is another important goal for the region's American Indians.



Programs such as the one at the Piegan Institute in Browning near East Glacier re-discover the original Blackfeet languages considered to be the glue holding their traditions together. The Museum of the Plains Indian in Browning exhibits a world-renowned collection of ancient and modern American-Indian art and artifacts. The **Salish Cultural Center** in St. Ignatus and the **Kootenai Cultural Center** in Elmo offer exhibits about these tribes' cultural traditions. The World Heritage Site, **Head-Smashed-In Buffalo Jump**, is located in Alberta and recalls how American Indians hunted bison before horses and rifles. Cultural traditions are maintained through special events such as the Blackfeet's North American Indian Days, and the Blackfeet's Heart Butte Society Celebration; and the Salish-Kootenai's big festivals, including the Arlee Pow-Wow, traditionally taking place the first week in July.



Waterton-Glacier International Peace Park was recognized as a Biosphere Reserve in 1976 and designated again as the Waterton-Glacier International Peace Park World Heritage Site in 1995. This lofty title means several things. The world's first international peace parks hold unparalleled resources, they are in nearly pristine environmental condition and they need protection to stay that way.

ALPINE PROTECTION

High altitude, harsh weather and heavy visitor traffic combined are a recipe for destruction of a fragile area. Much of the soil that produces the park's wildflowers is only a few inches thick. In places such as Logan Pass, where thousands of hikers go daily, indiscriminate wandering tramples and destroys the thin net of vegetation that makes Hanging Gardens famous.

To protect fragile soil and plants, park trail crews built a boardwalk that spans part of the 1.5-mile trail leading from the visitor center to Hidden Lake Overlook, one of the most popular sights in the park. Temporary restrictions are implemented each summer to limit off-trail travel that can seriously damage fragile alpine flowers as snow melts and plants emerge. Don't be a meadow stomper! Tread lightly, whether walking or skiing on nature trails or on backcountry trails. Do not walk in areas closed to foot traffic.

FIRE MANAGEMENT

Fire is an essential natural process that revitalizes forests. It creates new meadows for grazing wildlife, removes choked undergrowth from wooded areas and fertilizes certain soil types. As a result of fire

management, vegetation build-up has been reduced in developed areas.

To protect campgrounds, hotels and other developed areas in the park, the NPS and Parks Canada use predictive modeling to gauge a fire's potential to burn out of control and determine when and how suppression actions should occur. Human-caused fires are suppressed, with the exception of carefully managed prescribed fires set by park specialists to burn designated areas for specific objectives.

Once a forest fire is controlled, park workers may spend more time eliminating the scars of suppression—**fire lines**—than they did fighting the actual blaze. This is a relatively recent change in fire management practices. Though not all impacts of a wildfire are desirable, they are often a natural and healthy component of the ecosystem. You can spot the location of recent fires on park roads and trails now carpeted by an abundance of native wildflowers, grasses, shrubs and untold numbers of tree seedlings—the start of a new, younger forest. Young and old trees and a variety of other vegetation creates a diverse and healthy ecosystem for both plants and animals.

RECENT LARGE FIRE SEASONS

In 2006, during an extensive dry and warm period, the Red Eagle Fire started south of St. Mary Lake. Despite suppression efforts, the fire traveled almost seven miles in just a few hours, leaving the park boundary and crossing U.S. Highway 89 just south of St. Mary. In total, it burned just over 34,000 acres of land.

Then in 2017, Glacier's Sprague Fire made headlines. Lightning struck near the Gunsight Trail in mid-August, devastating the Sperry Chalet. It continued until October, affecting nearly 17,000 acres. Another one, the Kenow Fire, affected nearly 40 percent of Waterton. Much of the west side of the park was closed through 2019 to rehabilitate.

The Howe Ridge Fire started on August 12, 2018, and caused the Lake McDonald Lodge and the entire North McDonald corridor to evacuate within 24 hours of the start of the fire. Several structures were lost.

PLANT MANAGEMENT

Glacier's native plant restoration crews have been hard at work restoring vegetation to disturbed parklands. Crews revegetate approximately five to eight acres each year, including front and backcountry campgrounds, roadsides and other areas of high visitor use. Scores of high school students help with projects each year and volunteers are always welcome. Visitors can take a tour of the park's native plant nursery.

WILDLIFE PRESERVATION

Park rangers and wardens have the constant duty of asking visitors not to feed wildlife. Safety warnings, animal life histories and explanations of park regulations are part of the rangers' guided walks and evening programs that help educate visitors. Park rangers and wardens also try to inform the animals. Requiring visitors to keep their food in animal-proof containers teaches wildlife that free meals will not be available at campgrounds. Bear management personnel use horns, cracker

shells and other annoyances to haze bears away from human developments.

PLEASE RECYCLE

Recycling receptacles are available in both parks for some materials and there are trash bins for other refuse. The National Park Service, Glacier National Park Lodges, Glacier Park Collection and Parks Canada conduct in-house recycling programs for wastepaper and other recyclables.

A PLAN FOR GLACIER'S FUTURE

The National Park Service prepares and releases a variety of planning and environmental documents to help guide management of park resources, manage increasing visitor use and expand the life of the park. These documents are available to the public online and are regularly updated. Access them by visiting nps.gov/glac/parkmgmt/planning.htm.

GLACIER NATIONAL PARK VOLUNTEER ASSOCIATES

This nonprofit organization educates visitors about the park's resources, raises funds for projects and assists park management with volunteer services on various trail clearing and other rehabilitation projects.

GLACIER NATIONAL PARK LICENSE PLATE

Montana residents can buy Glacier National Park vanity plates, featuring a photo of Lake McDonald. Each is \$45 (\$20 to renew) and \$25 goes to the Glacier National Park Conservancy, supporting projects in Glacier preservation, education, research and celebrations. For more information, call **(406) 892-3250** or visit glacier.org.

THINGS TO DO



SPRING, SUMMER & FALL

PARK PROGRAMS

Glacier: Free evening talks, slide shows and guided walks and astronomy programs are among the many park programs that will pique your curiosity about Glacier's cultural, natural and historic wonders. Park ranger naturalists lead free walks and day hikes on popular trails, interpreting each area's plants and animals, and recalling native tales. Activities and times are listed in the **Ranger-led Activity Guide**, available in the park visitor centers; please call **(406) 888-7800** or visit nps.gov/glac/planyourvisit/brochures.htm.

Waterton: Various interpretive and educational programs are offered at Waterton. These include theater programs, children's programs and guided tours. Some programs require a fee. Ask for more information at the Waterton Visitor Centre or Heritage Centre, or call **(403) 859-5133**. There are also options for scenic cruises from May to October. A shuttle that can take you from Upper Waterton Lake to the Crypt trailhead for \$31(CAD). For more information, call **(403) 859-2362**; watertoncruise.com.

BUS TOURS

Take a ride back in time while you view the sites of Glacier National Park in style on one of the historic Red Buses. These vintage motor coaches, built by the White Motor Company, travel over the Going-to-the-Sun Road and link all of the park's hotels and inns. These bright red coaches have roll-back

canvas tops offering spectacular views. To book a Red Bus Tour and let Glacier National Park Lodges do the driving, visit glaciernationalparklodges.com or call **(855) 733-4522**. Reservations are highly recommended.

Sun Tours provides American Indian interpretive tours that highlight Blackfeet culture and history in relation to Glacier's natural features. They depart from East Glacier, West Glacier, St. Mary and Browning. For more information, call **(800) 786-9220**.

BACKPACKING & GUIDED DAY HIKES

Guided backpacking and day-hiking park tours can be arranged from mid-May through September. Visit Glacier Guides Inc. at glacierguides.com or call **(406) 387-5555** for more information. Please also see the "Walking & Hiking" chapter.

FIELD SEMINARS

Glacier Institute offers half-day to multi-day classes on topics such as art, history, geology and natural science. College credit can be arranged for many courses. Waterton Natural History Association also offers several special educational programs in the summer. Contact Glacier Institute at **(406) 755-1211**, Waterton Natural History Association at **(403) 859-2624**, or visit glacierinstitute.org for more information.

BICYCLING

Bicycling is a popular way to tour Glacier and Waterton. Cyclists should be aware that park roads are winding and narrow, and



have limited shoulder space. At Glacier, during busy summer months (June 15 to Labor Day) and the most congested hours of the day (11 a.m. to 4 p.m.), bicycles are not permitted along Lake McDonald, between Apgar and Sprague Creek, and eastbound between Logan Creek and Logan Pass. A fee is charged when entering the park via bicycle. Please check at a visitor center for more information.

BOATING

Boats generally operate from mid-May to October with park interpreters on board for many of the trips. Tours average one hour, round-trip. For more information, please contact Glacier Park Boat Company at **(406) 257-2426** or visit **glacierparkboats.com**.

M.V. International is the flagship of the Waterton Inter-Nation Shoreline Cruise Company Ltd. on Waterton Lake. This 72-foot ship was built in 1927 to complement the Prince of Wales Hotel. One of the routes includes a stop at the Crypt Lake trailhead, the start of one of Canada's most famous day hikes. The Waterton Lake trip usually

takes about two hours. Contact Waterton Inter-Nation Shoreline Cruise Company Ltd. (in summer) at **(403) 859-2362** or visit **watertoncruise.com**.

Rent small boats at Lake McDonald, Apgar, Two Medicine, Many Glacier and Cameron Lake. Keep alert for changes in wind and weather, and head to shore if you see a storm on the horizon. Although both parks have patrol boats, lake water is extremely cold and lakeshores are often empty, making it difficult to find help in an emergency. Personal watercrafts (Jet Skis®, Wave Runners®, etc.) are not allowed in either park.

FISHING

Whitefish, Kokanee salmon, Arctic grayling and five kinds of trout are examples of fish that can be found in park waters. Please note that all bull trout caught in Glacier and Waterton must be immediately released to help protect this endangered species from extinction. Also, the use of lead-free fishing sinkers or jigs is required in both parks. A fishing license is not necessary to fish at Glacier, but anglers should be familiar with park regulations and limits. Pick up a copy of



Glacier's fishing regulations at any entrance station or visitor center. The North and Middle Forks of the Flathead River, which border the park, are subject to Montana State fishing regulations and do require a license. In Waterton, anglers need to obtain a Canadian National Parks angling license. It costs \$35.75(CAD) for a one-year permit or \$10.25(CAD) for a day pass.

GOLF

At over 3,000 feet above sea level, golf takes on a whole new dimension. Duffers can nail the long drives within Waterton Park and in East Glacier and West Glacier just outside the park. Call Glacier Park Lodge Golf Course at **(406) 226-5642** for information about golfing in East Glacier; call the Northwest Montana Golf Association at **(406) 756-4549** for information about golfing in northwest Montana; and for Waterton golf information, call **(403) 859-2114**.

HORSEBACK RIDING

For updated information on guided horseback riding and drop camp services, contact Swan Mountain Outfitters, the exclusive providers of trail rides in Glacier National Park. Call **(406) 387-4405** or visit **swanmountainglacier.com**

Day rides are offered out of three in-park locations: Apgar, **(406) 888-5010**; Lake McDonald, **(406) 888-5121**; and Many Glacier, **(406) 732-4203**. Day rides, dinner rides and overnight trips are offered out of West Glacier. Call **(406) 387-4566**. Horse rides lasting from one hour to a full day are also available through outfitters in East Glacier. Alpine Stables in Waterton will also board horses overnight. Alpine Stables provides guided horse tours in Waterton in summer; call **(403) 859-2462** for more information. Call **(403) 653-2449** or **(403) 653-2089** in the off-season. Riders may also bring their own horses into the parks, although horses are prohibited in some areas. Inquire at the backcountry permit office for details.

RIVER RAFTING

The Middle and North Forks of the Flathead River provide a range of rafting adventures. The Middle Fork along Glacier's southern border contains some excellent white water. The North Fork bordering Glacier to the west has both fast and calm water. It's popular for all-day sightseeing tours as it meanders past Glacier's Livingston Mountain Range. Several rafting companies provide trips of varying lengths, including Glacier Raft

Company, **(800) 235-6781**; Great Northern Whitewater, **(800) 735-7897**; Glacier Guides Inc., **(406) 387-5555**; and Wild River Adventures, **(800) 700-7056**. You can also bring your own raft or boat to run the rivers. Stop in at Hungry Horse Ranger Station on the Flathead National Forest near West Glacier or call **(406) 387-5243** for information.

WILDLIFE WATCHING

In Glacier, look for marmots, deer, gray jays, ravens, raptors and countless songbirds. Logan Pass in Glacier is a prime spot for mountain goats, while Many Glacier Valley and Waterton are home to bighorn sheep. The Goat Lick turnout along U.S. Highway 2 on Glacier's southern border is also a common spot to see mountain goats, as well as an occasional elk. Two Dog Flats near St. Mary Lake and the forests around West Glacier are prime elk and coyote habitat. Always maintain a safe distance from wildlife.

WINTER

Glacier's winter recreation opportunities are diverse, with trails and routes available for all skill levels. Ski and snowshoe rentals can be found at various private businesses in surrounding communities, but there are no rental opportunities in the park. Guided snowshoe hikes are offered on the weekends from early January through mid-March. To preserve the winter solitude, snowmobiles are not permitted in either park.

VISITOR SERVICES

The parks' major hotels are closed during winter but West Glacier, Essex, Kalispell, East Glacier, Browning, Columbia Falls, Whitefish and Cut Bank host winter enthusiasts. Please call Glacier Country at **(800) 338-5072** or visit **glaciermt.com** for more information.

Winter lodging is available at: Waterton Lakes Lodge, **(403) 859-2150**; Crandall Mountain Lodge, **(403) 859-2288**; and Waterton Glacier Suites, **(403) 859-2004**. Winter camping is available at Glacier's St. Mary Campground and Apgar picnic areas. Backcountry permits are available for up to seven nights in advance. Winter camping and winter backcountry permits are free. Waterton also has winter camping at the Pass Creek picnic area.

ROAD & WEATHER CONDITIONS

Going-to-the-Sun Road from West Glacier to Lake McDonald Lodge and the east entrance to St. Mary Campground is open all year and (weather permitting) is plowed during winter, as is the main road to Waterton. Akamina Parkway is plowed to Little Prairie but is likely closed for fire rehabilitation. U.S. 2 and 89 are plowed as well and allow some access to Glacier's remote southern boundary, St. Mary Valley, Two Medicine Valley and Many Glacier Valley. Current road status is available at **home.nps.gov/applications/glac/roadstatus/roadstatus.cfm**.

SNOWSHOEING & CROSS-COUNTRY SKIING

Snowshoers and skiers can enjoy the long, gentle stretches of road on the eastern and western sections of Going-to-the-Sun Road, the Camas Road and the road into Two Medicine Valley. In Waterton, routes from the Little Prairie picnic area, which has washrooms and a kitchen shelter are great for families and novice skiers. The rolling terrain is not difficult and is very scenic, particularly at Cameron Lake. More experienced skiers can look to the parks' interiors, like around Avalanche Lake, Bowman Lake and Many Glacier Valley.

WALKING & HIKING



The parks are best experienced on foot. Only on the trail can you truly appreciate the mountains for their beauty and power. Whether you're a beginner or an expert, there's a trail for you.

HIKER SAFETY

Mountain hiking requires you to follow a few common sense tips:

- **Bring proper gear.** Bring rain and sun protection (year-round), sturdy footwear, a first-aid kit with blister treatments and maps.
- **Don't go alone.** Glacier is bear and mountain lion country. Solo hiking and backpacking is strongly discouraged. If you must, let someone know when and where you are going, and when you plan to return. Please see the section on bears for more information.
- **Rock climbing** is not recommended



due to the unstable, crumbly nature of the park's ancient sedimentary rock.

- **Know your limitations.** If the trail is steep, figure another hour for every 1,000 feet of elevation.
- **Carry water.** Streams and lakes may carry *Giardia lamblia* protozoans, making water unsafe to drink unless boiled, chemically treated or filtered.
- **Know where you're going.** Check in with a ranger for directions before starting out.

BACKCOUNTRY PERMITS

A backcountry permit is required for all overnight backcountry camping. A permit can be obtained from: the Apgar Backcountry Permit Center; the St. Mary Visitor Center; Many Glacier, Two Medicine or Polebridge Ranger Stations; or the Waterton Lakes Visitor Recreation Centre for trips starting in Chief Mountain. The USA/Canada international border at Goat Haunt may remain closed in 2022. At Glacier, there is a \$7 per person per night fee May through October. Advance reservations are accepted online only for \$40. Call **(406) 888-7800** out of season; call **(406) 888-7859** in season, or visit nps.gov/glac/planyourvisit/backcountry.htm.

At Waterton, a backcountry permit is available for \$10.50 (CAN) per night for adults, free for children 16 and under. Reservations are accepted up to three months in advance, credit card payment only. For more information, call **(403) 859-5133**.



TRAILS OF GLACIER & WATERTON LAKES

Trail		Round-Trip Distance	Difficulty
Trailhead	Description	Time	Elevation Gain
Trail of the Cedars <i>Avalanche Campground</i>	A pleasant stroll through the old-growth cedar-hemlock forest along Avalanche Creek. 🚶	0.7-mile loop 30 minutes	Easy <i>Level</i>
Swiftcurrent Nature Trail <i>Grinnell Glacier Trailhead</i>	Travels around the lake offering great views of Grinnell and Salamander glaciers and Mount Gould Grinnell Point.	2.5-mile loop 2–3 hours	Easy <i>Level</i>
Red Eagle Lake Trail <i>St. Mary 1913 Ranger Station</i>	This old buffalo hunter's route stretches behind the St. Mary Lake Mountains to a network of passes through the peaks. Note: This area burned during the Red Eagle Fire (2006). The scenery has changed, but one can see fire ecology firsthand.	15 miles <i>all-day to over-night trip</i>	Easy <i>200 feet</i>
Highline Trail <i>Logan Pass to Goat Haunt</i>	Parallels the Garden Wall, along the Continental Divide. Experienced hikers can travel the 39.5-mile route north from Logan Pass to Waterton Townsite. Concession boat available at Goat Haunt.	7.6 miles to Granite Park Chalet; 24.4 miles from Granite Park to Goat Haunt	Moderate <i>Varies</i>
Cracker Lake Trail <i>Many Glacier Hotel</i>	Winds through open grasslands and then enters Canyon Creek, where the cliffs of Mount Siyeh rise 4,100 feet straight up.	12.2 miles	Moderate <i>1,400 feet</i>
Grinnell G Glacier Trail <i>Grinnell Glacier trailhead or Many Glacier Hotel</i>	Fascinating walk through several of Glacier's climate zones, culminating with a sweeping view over Grinnell Lake and the Garden Wall, ending at the glacier's icy remnants.	5.3 miles one-way	Strenuous <i>1,600 feet</i>
Crypt Lake Trail <i>Crypt Landing</i>	Starts with a ferry ride across Upper Waterton Lake. Winds through mountain forest, waterfalls, boulder-strewn landscapes, and both countries. Ends at the stunning Crypt Lake. <i>Note: requires navigating a ladder and narrow tunnel.</i>	10.8 miles	Strenuous <i>2,300 feet</i>
Vimy Ridge Trail <i>Wishbone Trailhead</i>	First four miles wind along the Wishbone Trail through aspen groves and fields of wildflowers. Relatively level until Vimy Ridge Trail begins—all elevation gain takes place in last three miles, leading to a spectacular view of Vimy Peak	7 miles <i>day hike</i>	Easy to Strenuous <i>3,400 feet</i>
Linnett Lake Loop Trail	Across from the park ranger station, this relatively flat trail winds around the peaceful Linnett Lake, with grand views of Mount Crandell, Vimy Peak, and the Prince of Wales Hotel in the background. The surrounding forest calms the area winds. 🚶	0.6 miles	Easy



Glacier is home to at least 1,132 species of vascular plants, 20 different tree species, 93 woody shrubs or vines and 892 types of herbaceous (non-woody) plants. Included in these numbers are 127 non-native species. Besides vascular plants - those with tissues that conduct water and minerals - the park also has at least 858 species of mosses and lichens and more than 200 species of fungi. Seventy-one vascular and 42 non-vascular plant species found in Glacier Park are listed as "sensitive" by the State of Montana.

BEARS

Glacier provides the core of one of the largest remaining grizzly bear populations in the lower 48 states. Look for **bear signs** like overturned or torn apart logs, excavated burrows, broken branches, claw marks on trees, scat (droppings) or tracks. **Be cautious and alert. Make loud, irregular noise** by talking or singing so as to not surprise bears. **Hikers in bear country should carry bear spray, have it within reach and know**



how to use it.

DON'T FEED THE BEARS

A fed bear is a dead bear. When bears are accustomed to eating human food and garbage, their role in the environment changes. They can become aggressive intruders who must be killed if they become a threat. **To protect yourself and the bears:**

- Never leave food, trash or other scented items unattended.
- Store all food, trash and odorous items in storage boxes where provided, sealing items in air-tight containers to minimize odors. Store grocery bags, garbage and scented articles like soap, sunscreen, hairspray and toothpaste. Clean fire grills and picnic tables after use.
- Follow all park rules on bear-proofing your food. For more information about bear safety, ask at any visitor center.

IF YOU SEE A BEAR

If you spot a bear, **do not approach it**. Female bears with cubs or bears defending a carcass are especially dangerous.

Do not run or make abrupt moves. Bears are hunters and instinctively chase anything that flees. A bear may "**bluff charge**" and stop short of touching you. If possible, stay still until the bear calms down, then slowly back away. If you cannot detour, wait until the bear moves away from your route. If the bear knocks you down, curl into a ball and protect your stomach and neck.

Report bear sightings to a park ranger. The safety of others may depend on it!

WATCHABLE WILDLIFE



BIGHORN SHEEP can often be spotted walking along the Going-to-the-Sun Road, but typically inhabit steep, high mountain terrain. They have adapted well to their habitat and are extremely agile and nimble. Bighorns are primarily grazers, feeding in meadows, open woodland and alpine tundra. • **Weight** 99-297 lbs. • **Length** 5-6.5 ft. • **Active** year-round.

MOOSE

Although moose are reclusive by nature and rarely seen by visitors, your best shot at spying one is at dawn or dusk. They are the largest members of the deer family. Bull moose have large claw-shaped antlers, which distinguish them from cows, which have none. They are excellent swimmers. • **Weight** 700-1,400 lbs. • **Size** 6-9 ft. long. • **Active** year-round.

ELK or wapiti, is the second largest member of the deer family and inhabits forest and forest-edge communities. They feed on grasses, plants, leaves, bark and lichens and are active at dusk and dawn. Bull elk have large antlers they shed annually and engage in ritualized mating behaviors during the rut. • **Weight** 450-1,090 lbs. • **Size** 6.5-10 ft. long. • **Active** year-round.

MOUNTAIN GOAT

With their shaggy, white wool coats and black horns, mountain goats beautiful, distinctive animals perfectly engineered for steep, rocky terrain—they usually live at altitudes up to 10,000 feet! These herbivores subsist on grasses, sedges, herbs, lichen and other plant matter. • **Weight** 101-225 lbs. • **Length** 40-64 in. • **Active** year-round.

HOARY MARMOT live in sub-alpine meadows and alpine tundra. These rodents whistle a high-pitched alarm call when disturbed. Every morning, these creatures visit each other's burrows. During hibernation, a marmot's heartbeat slows from 130 beats per minute to four beats per minute. • **Weight** 6-20 lbs. • **Size** 15-30 in. long • **Active** year-round.

WOLVERINE

The largest land-dwelling member of the weasel family, wolverines (*gulo gulo*) are incredibly strong for their size and have been known to kill prey several times their size. They don dark-brown fur that retains little water so it's relatively resistant to frost. Wolverines also give off a strong, extremely unpleasant odor. • **Weight** 22-36 lbs. • **Length** 2-3 ft. • **Active** year-round.

CAMPING



Glacier has two types of auto campgrounds: Class A (accessed by paved road, running potable water, flush toilets and offering waste disposal) and Class B (accessed by gravel road, outdoor toilet facilities). Some Class B campgrounds have potable water from a water pump; however, some Class B campgrounds and primitive campsites have no water. Water is obtained from lakes, rivers and streams and should be treated, filtered or boiled. A few sites are open year-round at Apgar and St. Mary for primitive camping, but no services are available in the winter. There are no hookups at Glacier campgrounds. Waterton provides a range of campsites, from fully serviced sites with full hookups (water, sewer and power) to primitive sites with basic services, such as picnic tables, potable water and toilets (chemical/pit).

Backcountry campgrounds (operated on an online reservation basis) are reachable by hiking trails or, in some cases, by private boats. Additionally, Swan Mountain Outfitters can provide drop camp services to backcountry locations if the trip is approved in advance by the NPS. Food poles and food preparation areas are available for every campsite.

REGULATIONS

Backcountry permits are required for backcountry camping and fees are charged at both parks. (Glacier does not charge permit fees for winter camping.) The new advance reservation system offers earlier reservation submittal dates, more choices to customize itineraries, and a first come, first-served reservation system. All reservations requests must be submitted online on the **pay.gov** website prior to arrival. Each application will have a non-refundable \$10 processing fee

and each successful request incurs a \$30 fee. The camping fee is \$7 per person per night. In Waterton Lakes, a Wilderness Use Permit is required for overnight stays in the backcountry. Permits are available at the visitor center. There is no charge for children aged 16 and under. Annual wilderness passes may be purchased and are valid for backcountry camping at all national parks in western Canada. Reservations must be paid for at the time of booking by credit card. Permits must be picked up at the visitor reception center no sooner than 24 hours in advance of the start date of the trip. For more information, visit **pc.gc.ca**.

Reservations are available for wilderness campsites. A non-refundable reservation fee is charged. Reservations for backcountry trips may be made 90 days in advance beginning April 17, 2022. Call the visitor centre at **(403) 859-5133**.

At Glacier, **campfires** are allowed in designated fire pits only (subject to weather conditions). At Waterton, campfires are prohibited in most backcountry campgrounds. In extreme fire-hazard conditions, the parks may request (or require) that campers use portable cook stoves.

Gathering firewood is prohibited in most areas at Glacier and in Waterton's campgrounds. Firewood is available for sale at camp stores throughout Glacier.

Store food in your car's trunk or in bear-proof lockers provided at campgrounds and picnic areas and on bearpoles in the backcountry. Unattended food and storage containers are subject to confiscation and a fine. Remember, this is for your safety and the safety of the bears.

CAMPGROUNDS

Most campgrounds in Glacier are first come first-served with the exception of Fish Creek, some of Many Glacier and half of the group sites in Apgar, which can be reserved in advance. Half of Many Glacier's campsites are reservable June 14 to September 1. St. Mary, Rising Sun and Cut Bank will not be open summer 2021. Please call **(877) 444-6777** or visit **recreation.gov** for more information. A limited number of Glacier campsites are available for bicyclists and pedestrians (\$5 per person). In Glacier, check at campgrounds or ranger stations or call **(406) 888-7800**. In Waterton, check at the visitor center or call **(403) 859-5133**. For more information on camping in Glacier, visit **nps.gov/glac/planyourvisit/camping.htm**.

GLACIER NATIONAL PARK

Campground	Open	Fee	Sites	RV Sites/ Maximum RV Length	Flush Toilets	Disposal Station	Showers
APGAR ♿	May to early Oct.	\$23	194	25 sites/40 feet	Yes	Yes	Yes
Lake McDonald's south shore along Going-to-the Sun Road. (Year-round; primitive camping in the spring and fall—\$10 fee; free in winter.)							
AVALANCHE ♿***	Mid-June to mid-Sept.	\$20	87	50 sites/26 feet	Yes	No	No
Seven miles north of Lake McDonald Lodge along Going-to-the-Sun Road at Avalanche Creek.							
BOWMAN LAKE	Late May to mid-Sept.	\$15	46	RVs not recommended	No	No	No
Six miles northeast of Polebridge on lakeshore. (Primitive camping may be available before and after listed dates; \$10 fee.)							
CUT BANK***	Early June to late Sept.	\$10	14	RVs not recommended	No	No	No
Eighteen miles south of St. Mary. (Primitive camping only.)							
FISH CREEK* ♿	June to early Sept.	\$23	178	18 sites/35 feet	Yes	Yes	Yes
Lake McDonald's southwestern shore.							
KINTLA LAKE	Early June to mid-Sept.	\$15	13	RVs not recommended	No	No	No
Fourteen miles north of Polebridge on lakeshore. (Primitive camping may be available before and after listed dates; \$10 fee.)							
LOGGING CREEK	July to mid-Sept.	\$10	7	RVs not recommended	No	No	No
Eight miles south of Polebridge. (Primitive camping only.)							
MANY GLACIER	June to late Sept.	\$23	109	13 sites/35 feet	Yes	Yes	Yes
Next to Swiftcurrent Motor Inn. (Primitive camping (showers at Swiftcurrent Inn) until late October, unless closed by snow; \$10 fee.)							
QUARTZ CREEK	Early July to Sept.	\$10	7	RVs not recommended	No	No	No
Six miles south of Polebridge. (Primitive camping only; may close earlier due to weather.)							
RISING SUN	Early June to mid-Sept.	\$20	84	10 sites/25 feet	Yes	Yes	Yes
Six miles west of St. Mary entrance along Going-to-the Sun Road, near St. Mary Lake.							
SPRAGUE CREEK	Early May to early Sept.	\$20	25	No towed vehicles	Yes	No	No
One mile south of Lake McDonald Lodge along Going-to-the Sun Road, on the lake. (9 miles from West Glacier.)							
ST. MARY* / ***	Mid-May to mid-Sept.	\$23	148	22 sites/35 feet	Yes	Yes	Yes
Located one mile from St. Mary entrance along Going-to-the Sun Road. (Year-round; primitive camping in fall; \$10 fee; free in winter.)							
TWO MEDICINE	June to late Oct.	\$20	100	10 sites/35 feet	Yes	Yes	No
Eastern end of Two Medicine Lake. (Primitive camping until late October, unless closed by snow; \$10 fee.)							

WATERTON LAKES NATIONAL PARK

Campground	Open	Fee Per Site1	Number of Sites	Flush Toilets	Boat Access	Dump Station	Kitchen Shelters	Showers
BELLY RIVER**	Mid-May to mid-Sept.	\$15.70	24	No	No	No	Yes	No
Three miles from U.S.-Canada Chief Mountain customs port.								
CRANDELL**/**	Mid-May to mid-Sept.	\$21.50	129	Yes	No	Yes	Yes	No
Seven miles off Canadian Route 5, on Red Rock Parkway.								
TOWNSITE** ♿	Mid-April to mid-Oct.	\$24-\$40.75	237	Yes	No	Yes	Yes	Yes
In the town of Waterton. (Reduced services after early Sept.)								

For additional RV information, visit gocampingamerica.com. 1Fees are in Canadian dollars. (Fees subject to change.)

* National Recreation Reservation System campground. ** For reservations, visit reservation.pc.gc.ca or call (877) 737-3783. *** Closed for summer 2022.

PHOTOGRAPHY



Just as large scale paintings and photographic surveys were once the catalyst for Congress to create the first national parks, photographs and videos created by today's visitors continue to inspire a passion for the preservation of these awe-inspiring places. Today more than ever, these wild and captivating environments offer us the much needed opportunity to reconnect with nature; places to recharge our metaphorical batteries. The following tips will help enhance your photography and video work both technically and aesthetically, and empower you to contribute to the ongoing visual preservation of the wildlife and landscapes of our national parks, and have fun doing it!

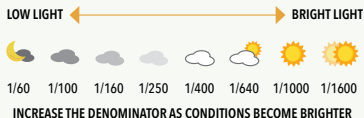
- **Timing is everything.** The best time to photograph is during the soft golden hours—at dusk and dawn—when the light is soft. When your shadow is longer than you are, you've got the best light!
- **Stay in the shallows.** To easily achieve the cinematic, blurred background look, move away from your subject matter and use your telephoto lens to zoom in and compress the image's foreground to background to create a shallow depth of field.
- **Go with the flow.** Fight the desire to constantly follow wildlife, and let the action naturally enter and exit your frame.
- **Framing.** Seek out natural framing ele-

ments—trees and branches, rock formations, knot holes—to add more layers to your image. Leave space around wildlife to frame them within their natural habitat.

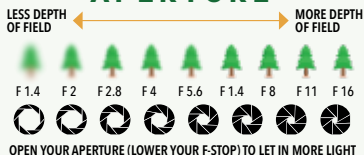
- **The eyes have it.** Change your perspective whenever possible to photograph at an intimate eye level with your subject. Place eyes in the power points (the intersection of rule of third guidelines) and keep them in sharp focus.
- **Use a monopod.** If you are using a heavy telephoto lens for photos or video, consider using a monopod to stabilize it (one can be attached to either the base of the camera or lens). Many hiking poles serve double duty and convert to monopods.
- **Do photo yoga.** Snap a few versions of a composition with a variety of perspectives, both vertical and horizontal. The best image is not likely the first one you take.
- **Shoot in burst mode.** Increase the probability that you'll capture a candid behavior, head position or unique angle of your subject by taking many pictures at once using your camera's burst mode.
- **Steady as you go.** Investing in a pan-and-tilt tripod head will allow you to move your camera smoothly on top of a tripod and avoid hand-held camera shake that will distract from your footage.

CHEAT SHEET

SHUTTER SPEED



APERTURE



ISO





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Glacier and Waterton are brimming with activities for children of all ages. Here are some ideas to make their time in the parks even more memorable.

BECOME A JUNIOR RANGER

Glacier's visitor centers offer several programs geared toward kids. Check with ranger staff for information about how to become a Junior Ranger. Waterton's Heritage Centre offers kids' programs too, loaning backpacks containing games and nature journals.

HIT THE LAKES

The **Glacier Park Boat Company** offers guided tours from several locations. You can also fish for trout, whitefish and grayling. Rent boats at Lake McDonald, Apgar, Many Glacier, Two Medicine and Cameron Lake (if accessible). Fishing equipment can be rented in Cameron Lake and gateway communities, or purchased at camp stores in the park.

TAKE A HIKE

Self-guided trails are perfect for families, especially those ranging in length from a quarter mile to two miles. Let your child be the guide who leads the way and reads the exhibits. Nature trails in Glacier include Trail of the Cedars near Avalanche Campground, Sun Point along St. Mary Lake and Swiftcurrent Lake at Many Glacier. Hidden Lake Overlook at Logan Pass is also a good choice for families with children. In Waterton, there are Linnet Lake, Red Rock Canyon, Bear's Hump and Lower Bertha Falls trails.

GO ON A RANGER-LED TOUR

Take advantage of naturalist-led day programs and evening campfire talks,

which are offered mid-June through September. Pick up a schedule at a visitor center or from a park ranger.

GO FOR A HORSEBACK RIDE

Swan Mountain Outfitters offers guided horseback rides from three locations within the park, as well as from the Crown of the Continent Discovery Center in West Glacier, where they also have a petting zoo and ice cream parlor. The age limit on the west side is 7 years old and 8 years old on the east side. The maximum weight is 250 pounds.

LEARN ABOUT LOCAL CULTURES

Stop at the Apgar Visitor Center to see the **Apgar Nature Center**, which has exhibits designed especially for kids. You can also check out a "Ranger Naturalist" backpack at the visitor centers. These packs are filled with a variety of tools and have suggested activities. Teach children about American Indians at the Blackfeet Indian Reservation, east of the park, go to the Museum of the Plains Indian or take a trip with Sun Tours.

TAKE A RED BUS TOUR

Glacier National Park Lodges offers **Red Bus Tours** from several locations within the park. Kids and adults will love this unique and educational way to experience the park.

BECOME A JUNIOR JAMMER

Check with your Red Bus driver or at Lake McDonald Lodge or Many Glacier Hotel transportation desks for information about how to become a Junior Jammer.

NATURE MAKES US BETTER



ESPECIALLY WHEN WE FEEL IT UNDER OUR FEET!

Here in our national and state parks, and wherever your adventures take you, remember these simple tips to make the most of your family time on the trail.

- 1 START SMALL** – Make sure that your first hikes here are achievable, and ideally have clearly defined end points. Family traditions are built slowly – the love of hiking is too!
- 2 FOCUS ON FEATURES** – Lakes, streams, waterfalls, overlook views, etc. will keep your family focused and engaged.
- 3 ROTATE THE LEADER** – Walking in front on a hike is a different experience. Encourage even the youngest to take turns keeping the pace and navigating.
- 4 BONUS FUN** – Scavenger hunts, word games, species spotting prizes, and yes, even tech toys (check out iNaturalist!) are all great hiking companions.

HIKE. WASH. SHARE. REPEAT.

Nature Valley is proud to support and promote restoration projects that increase access to thousands of miles of trails in parks across the country – dedicating those miles to the countless people like you who are out there making them matter! Visit naturevalley.com/nationalparks to learn more.

NATURE VALLEY



**10,000
MILES**

IF YOU ONLY HAVE A DAY



Glacier and Waterton's mountains and valleys are an adventurer's paradise.

SADDLE UP!

Horseback trail rides (one-hour, two-hour, half-day and full-day) are available at Apgar, **(406) 888-5010** and Lake McDonald, **(406) 888-5121**. They are also available at Many Glacier **(406) 732-4203** and West Glacier **(406) 387-4566** from Swan Mountain Outfitters.

GOING-TO-THE-SUN ROAD

This paved, two-lane **National Historic Landmark** extends 50 miles, compressing the wide variety of park features into a single experience. Travel the road during early morning and early evening to enjoy less traffic, optimal wildlife viewing and the best light for photographing.

RED BUS TOUR

Take a ride back in time while you view Glacier's sites in style on one of the historic Red Buses. These vintage motor coaches, built by the White Motor Company, travel over the Going-to-the-Sun Road and link most hotels and inns within the park. These bright red coaches have roll-back canvas tops that allow for spectacular views. To book, contact Glacier National Park Lodges: call **(855) 733-4522** or visit **glaciernationalparklodges.com**.

SURF OR TURF

Several trailheads and two boat tours can be accessed from **Going-to-the-Sun Road**. Hour-long cruises on Lake McDonald and St. Mary Lake feature expert commentary.

Trails range from the 50-foot walk to Sunrift Gorge to the 32-mile Highline route from Logan Pass to Waterton Lake/Goat Haunt Ranger Station.

Waterton Lake cruises are an excellent way to experience the International Peace Park. Tour boats ferry between the two parks and two countries. The boats dock below the great north face of **Mount Cleveland**, the highest cliff wall in the continental U.S. Some tour boats stop at the Crypt Lake trailhead, which leads to a 5.4-mile hike past waterfalls and to a natural tunnel through a glacial cirque concealing the lake. Explore the Goat Haunt area, with its trails leading into wildlife-rich forests. Exhibits at Goat Haunt and Waterton Marina focus on the International Peace Park.

RUN FOR THE BORDER

Travel the **Chief Mountain International Peace Parkway** from Many Glacier to Waterton and to see what geologists call the Lewis Overthrust. Waterton's compact size makes it a perfect place for auto touring. For an outdoor break, look for one of the sets of five red Adirondack chairs in scenic locations or stop at the **Prince of Wales Hotel**. Sit down and stay a while!



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