

COMPLIMENTARY ~~\$2.95~~

Oh, Ranger!®

YOUR COMPLETE GUIDE TO THE PARKS

GREAT OUTDOOR ADVENTURES

ACTIVITIES • SIGHTSEEING • PRESERVATION
TRAILS • HISTORY • MAPS • MORE



OFFICIAL
PARTNERS



JOURNEY *Further*

This summer, Yamaha launches a new Star motorcycle designed to help you journey further...than you ever thought possible.

To see the road ahead, visit

YamahaMotorsports.com/Journey-Further



Some motorcycles shown with custom parts, accessories, paint and bodywork. Dress properly for your ride with a helmet, eye protection, long sleeves, long pants, gloves and boots. Yamaha and the Motorcycle Safety Foundation encourage you to ride safely and respect the environment. For further information regarding the MSF course, please call 1-800-446-9227. Do not drink and ride. It is illegal and dangerous. ©2017 Yamaha Motor Corporation, U.S.A. All rights reserved.





WELCOME



Paul Fish
President
Mountain Gear



At Mountain Gear, we answer a lot of questions about gear and clothing. People want to know how to choose a backpack, what features are best in a sleeping bag, or how to ensure a well-fitting hiking boot.

These are important concerns for any customer. But our favorite question has less to do with retail transactions. Instead, the staff at Mountain Gear cherishes the moment when a customer, about to take up hiking, backpacking or climbing, asks, "How do I get started?"

This is when we can shift roles from sales staff to educators and share a little bit of our experience in the outdoors. It is also the moment when we can repay the generous spirit of our many mentors in the outdoor community.

If you're reading this, then maybe you, too, are wondering, how do I get started? This guidebook is a great beginning. Every year, we partner with the American Park Network to produce *Oh, Ranger!* We strive to give you a glimpse into the abundant recreational opportunities our nation's parks and public lands can provide.

The National Park Service and the United States Forest Service also have abundant online resources to help inspire your next trip. As you begin to explore the outdoors, I encourage you to seek out and support specialty outdoor shops like Mountain Gear. These retail spaces are traditional gathering places for outdoor enthusiasts eager to share their passion for adventure. Don't be afraid to ask questions. A generous spirit permeates the outdoor community and we are all stronger because of it.

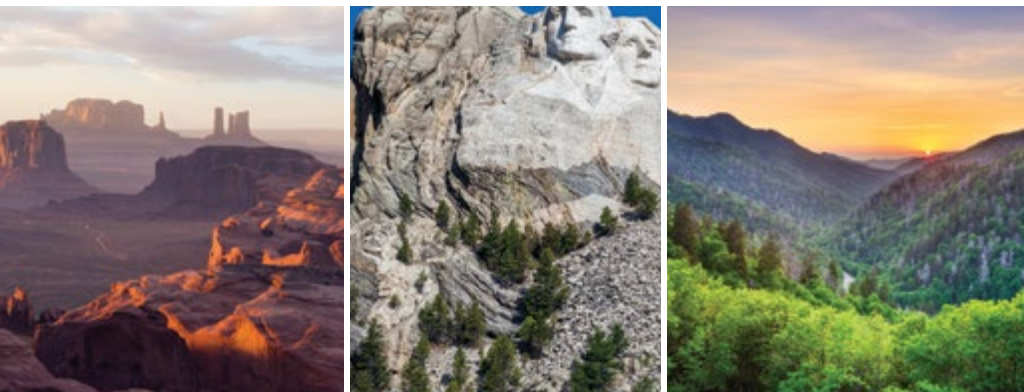
Paul Fish
President
Mountain Gear

Zion National Park is the result of erosion, sedimentary uplift, and Stephanie Shinmachi.

Members of the National Park
Foundation community,
like Stephanie, volunteer
in parks across America,
supporting everything
the National Park
Service does, from
conservation to
education. Find your
park and join today.



Join the community at
nationalparks.org



Savings can take you to *amazing* sights.



GEICO for your RV

geico.com | 1-877-434-2678 | Local Office

Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. © 2017 GEICO



CONTENTS



American Park Network® publishes OhRanger.com, Oh, Ranger! ParkFinder™ and Oh, Ranger!® guides—a collection of visitor guides for public lands all across America. American Park Network is an official partner of the National Forest Foundation, National Parks Conservation Association, National Fish and Wildlife Foundation, American Hiking Society and the Student Conservation Association.

Publisher & Editor-in-Chief
MARK J. SAFERSTEIN

Associate Publisher & Executive Editor
Joel S. Saferstein

Group Sales & Partnerships Director
Alex Frenkel

EDITORIAL / PRODUCTION

Managing Editor: Kate Morgan
Editors: Nell Alk, Monette A. Bailey,
Scott Deckman, Cinnamon Janzer, Julie McCool,
Renee Sklarew, Andy M. Smith
Proofreader: Shannon Kronstadt

Graphic Designers: Mario Arce, Dennisse Cruz,
Mike Dion, Yamileth Racinos, Tatiana Hurtado

DIGITAL

Technology Managers: Scott Falconer, Josh Eckstein

ADVERTISING SALES & MARKETING

(212) 581-3380

adsales@americanparknetwork.com

Business Development: Sharon Burson,
Randy Burton, Mary Pat Kaleth, Pat Keane,
Craig King, Kristi Rummel

Operations Manager: Matthew Price























American Park Network
41 East 11th Street, 11th Floor, NY, NY 10003

    @OhRanger

©2017 APN MEDIA, LLC · All Rights Reserved

Oh, Ranger! and American Park Network
are registered trademarks of APN Media, LLC.



	Welcome	2
	What's New!	6
	At A Glance	8
	Staff Favorites	13
	Preservation	17
	Arches National Park	19
	Coronado National Forest	22
	Joshua Tree National Park	24
	Centerfold Map	
	Devil's Lake State Park	28
	Ozark National Forest	30
	Prentice Cooper State Forest	32
	Green Mountain National Forest	34
	Pictured Rocks National Lakeshore	36
	North Cascades National Park	39
	Glacier National Park	42
	New River Gorge National River	46
	Climbing Essentials	49
	Access Fund	51
	Photography	52
	Just for Kids	54
	Essential Gear	56

Cover: A wild ride down the Tuolumne River. Credit: Bureau of Land Management



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

FOR MORE INFORMATION

Distribution requests

distribution@americanparknetwork.com

Oh, Ranger! Wi-Fi™ installation/sponsorship
wifi@americanparknetwork.com



WHAT'S NEW WHY PARKS MATTER

“There is nothing so American as
our national parks.”

— Franklin Delano Roosevelt

Access to parks is one of the things that's truly great about life in America. Not just national parks, like FDR stated, but *all* parks. Parks afford everyone, regardless of race, income, social status or age, the opportunity to escape the concrete jungle and step into the wild. It doesn't matter whether it's a small step into a local park or a giant leap into the backcountry. The effect is the same. Time in nature feels good. Other values that parks bring may be less obvious. Since we take care of the things we value, I'd like to highlight a few other benefits we all receive from public lands:

Economic Impact America's federal, state and local parks and public lands generate \$200 billion in annual economic activity and support more than one million jobs! You might help a dozen businesses during a weekend hiking trip. Imagine the impact of a week-long national park adventure. Parks raise property values, too!

Conservation Trees produce the oxygen we need to survive, but did you know that they also help save money? It's estimated that trees in cities save \$400 billion in costs to retain stormwater. A single tree can store 100 gallons or more, which helps keep streets from flooding and reduces the need for artificial storage facilities. A tree can also absorb as much as three tons of carbon gas during its lifetime.



Mark, Joel & Alex – Support parks, stay healthy!

Take a deep breath in a park and you'll immediately know the value of greenspace.

Health & Wellness Studies show a high correlation between time spent in parks and improved health (and, in my view, happiness). You move more when you're outside, which decreases stress, makes you more fit and reduces the risk of many health issues, such as diabetes, high blood pressure and heart disease. Exercise (which parks inspire) also positively impacts your cholesterol levels. A few years ago, I started bicycling to work every day. A year later, my overall cholesterol went down while my HDL—the “good” cholesterol—went up. The results of a small change in your exercise routine can be amazing! Parks invite this change.

The value of parks is undeniable, so follow FDR's lead and support our public lands. It's the all-American thing to do. (Congress, take note!) You'll save the country money while improving our nation's health—and your own, too. Not a bad combination!

mark@americanparknetwork.com



GET CONNECTED AT YOUR FAVORITE PARKS!

Parks are about enjoying nature, but what if you want to share a great picture or are awaiting an important email? If you're looking to add connectivity to your park, or if you already have Wi-Fi and would like help adding content or generating sponsor revenues, please let us know at wifi@americanparknetwork.com.



Take The ROAD TO MIGHTY



Five national parks
One iconic American road trip
VisitUtah.com/itineraries

LIFE
UTAH
ELEVATED



AT A GLANCE

The United States has an incredible variety of natural habitats. Every year, breathtaking terrain draws millions of people to hike, camp, fish, rock climb, explore and experience.

This guide details some of the best places for outdoor adventure in the Pacific Northwest and nationwide. From the towering sea stacks at Olympic National Park in Washington to the splendor of Vermont's Green Mountain National Forest, the country's rich natural heritage is a playground of recreation and education. Thanks to the protection of public land by government agencies and private organizations, we all have the chance to enjoy the outdoors.

WHO'S WHO

Land management agencies are dedicated to maintaining and conserving the wonder of public lands across the country. Their hard work ensures your experience will be a memorable and safe one.

NATIONAL PARK SERVICE (NPS)

The NPS is a federal custodian of over 30 designations of public land across the country. As an agency of the Department of the Interior, the NPS preserves and protects the natural, historic and cultural resources of the most iconic places in America, providing for the parks' public use and enjoyment. For more information visit nps.gov.

U.S. FOREST SERVICE (USFS)

The USFS mission is to protect and manage our natural resources. Deschutes, Mount Hood, Payette and Wenatchee National Forests are represented in this guide, and there are many more national forests across the country. Learn more at www.fs.fed.us.

U.S. FISH AND WILDLIFE SERVICE (USFWS)

The USFWS is the government organization dedicated to the protection, conservation and enhancement of fish, wildlife, plants and their habitats. The organization has a hand in implementing laws that affect areas all around the country, including the Endangered Species Act Migratory Bird Treaty Act and Marine Mammal Protection Act. For more information visit fws.gov.



LEAVE NO TRACE

Leave No Trace is a national program that teaches people how to enjoy the outdoors responsibly, and promotes and inspires proper stewardship of America's public lands. Many land management agencies are cooperating partners in this program. You can help minimize impacts to the natural resources and social experiences of other visitors by practicing these seven principles. For more information, please visit LNT.org.

- Plan ahead and prepare.
- Travel and camp on durable surfaces.
- Dispose of waste properly.
- Leave what you find.
- Minimize campfire impacts.
- Respect wildlife.
- Be considerate of other visitors.

Consider applying these principles during your travels. We always need your help in preserving our shared lands for future generations. It is the most important thing you can do for the places you love. Make the commitment to Leave No Trace. today. You can make a difference.



Let's
Go
Places



Pre-Collision¹ with Pedestrian
Detection² standard.

Pedestrians can come out of nowhere. So Pre-Collision with Pedestrian Detection can help spot them and brake for you. It's just one of the standard Toyota Safety Sense™ P (TSS-P)³ features that give you more peace of mind.

The 2017
PRIUS

Options shown. Dramatization. 1. The TSS Pre-Collision System is designed to help avoid or reduce the crash speed and damage in certain frontal collisions only. It is not a substitute for safe and attentive driving. System effectiveness is dependent on road, weather and vehicle conditions. See Owner's Manual for additional limitations and details. 2. The Pedestrian Detection system is designed to detect a pedestrian ahead of the vehicle, determine if impact is imminent and help reduce impact speed. It is not a substitute for safe and attentive driving. System effectiveness depends on many factors, such as speed, size and position of pedestrians, and weather, light and road conditions. See Owner's Manual for additional limitations and details. 3. Drivers are responsible for their own safe driving. Always pay attention to your surroundings and drive safely. Depending on the conditions of roads, weather and the vehicle, the system(s) may not work as intended. See Owner's Manual for additional limitations and details. ©2017 Toyota Motor Sales, U.S.A., Inc.



PASSES AND PERMITS

The public lands of North America are beautiful, diverse and abundant. However, they are also extremely fragile and care must be taken to not harm or hinder their well-being. For this reason, many of the public lands explored in this guide require passes and permits for certain activities. Please check with the park you're visiting for more information or rules, regulations and restrictions. Also visit treadlightly.org and Int.org for outdoor recreation guidelines that should always be followed. Help keep our lands safe and be smart!

DRIVING AND PARKING

Many parks require driving and parking permits. This limits the amount of people that can drive in the park at one time and reduces the impact of emissions and traffic, reducing wear and tear on our public lands. Please call ahead to your destination for more information.

CAMPING

Many public lands offer campgrounds with established sites for camping. A pass may be required for a site. Several lands also allow backcountry and wilderness camping but with strict regulations. Only build fires in designated areas, do not disturb local plant and animal life, and make sure not to leave anything behind. Call your destination ahead of time for information on camping passes and permits.

HIKING

North America's public lands offer some of the best hiking options available. Many established trails exist and do not require passes or permits; however, a permit must often be obtained for those wishing to hike into the backcountry. Be sure not to leave

Wikimedia



Always follow rock climbing guidelines.

any litter behind and do not disturb the plant and animal life. Stop by a visitor center or call ahead for more information on hiking passes, permits, rules and regulations.

ROCK CLIMBING

Guidelines must be followed when rock climbing, both for your own safety and the safety of the local environment. Several restrictions may exist, some, for example, disallowing the creation of new climbing routes. Some climbing locations explored in this guide are also home to rock paintings and pictographs that date back thousands of years. Disturbing these historic sites is strictly forbidden. Please check with your destination for specific information on climbing permits, rules and regulations.

BUREAU OF LAND MANAGEMENT (BLM)

The BLM is responsible for the management and conservation of resources on about 245 million acres of land. Most of the public lands are located in the Western United States and are characterized predominantly by extensive grasslands, forests, high mountains, arctic tundra and desert landscapes. The BLM manages multiple resources and uses of the land. For more information, visit blm.gov.

STATE PARKS

The destinations highlighted in this guide are located all across the country. In addition to federally managed lands, there are numerous state parks, all of which have something special to offer. Please contact individual state parks or natural

resources offices for more information about exploring state parks in your region.

SAFETY & REGULATIONS

Please abide by the following regulations and safety tips, which are in place to help protect the parks, wildlife and you, the visitor. During your visit please follow 'Tread Lightly!' and 'Leave No Trace' principles (see the "Preservation" chapter for more information).

Camping: Do not dig into or level the ground, as archeological resources could be disturbed or erosion initiated.

Driving: Observe posted speed limits while driving. Watch for turns. Be especially alert for animals crossing the road.

Firearms: Regulations vary by state and park. Please check with the park you plan to visit for more information.

```
<!DOCTYPE html><html xml:lang="en" class="maestro" xmlns="http://www.w3.org/1999/xhtml"><head><script
nonce="KmFxTDaE6U7eFdWyYWPz">
window._goch_ = {};
window.addEventListener('click', function(event) {
  'use strict';
  for (var elm = event.target; elm; elm = elm.parentElement) {
    if (elm.id &&
        window._goch_.hasOwnProperty(elm.id) &&
        window._goch_[elm.id].call(elm, event) === false) {
      event.preventDefault();
    }
  }
}, true);
window._csp_external_script_nonce = "inX2iq5rF+2lyYF8wFln"</script><link href="https://cfl.drop-
boxstatic.com/static/images/favicon-vflk5FiAC.ico" rel="shortcut icon" /><link href="cfl.dropboxstatic.
com" rel="preconnect" /><title>Dropbox</title><meta content="noindex, nofollow, noimageindex"
name="robots" /><meta content="origin-when-cross-origin" name="referrer" /><script type="text/javascript"
nonce="KmFxTDaE6U7eFdWyYWPz">if (window.performance && window.performance.mark) { window.perfor-
mance.mark("ensemble_fetcher_payload_start"); }</script><script type="text/javascript" nonce="KmFxTDaE6U
7eFdWyYWPz">!function(){"use strict";function e(e){var t=window.performance;t&&t.mark&&t.mark(e),console.
timeStamp&&console.timeStamp(e)}function t(t){if(!t.pageletConfigUrl)throw new Error("fetchPagelet config
must contain url");if(!t.targetElementId)throw new Error("targetElementId missing");var n=a(t.pageletConfigUrl,t.
targetElementId,t.userId);if(!p[n])(e("ensemble_fetcher_make_pagelet_request_start_"+t.targetElementId);var o=d(t.
```

Fires: Wood fires are permitted only in existing fireplaces at campgrounds and established picnic grounds. Only use wood from inside the park or from local sources.

Insects: To reduce your risk of tick bites, stay on trails and avoid grassy, bushy areas. Ticks are active year-round.

Off Highway Vehicles: OHV rules vary by park. Contact the park before you visit to find out if OHV use is permitted.

Poison Ivy: Avoid poison ivy by staying on trails and keeping away from brushy areas. A hat, long pants and a long-sleeve shirt also help.

Valuables: Don't leave valuables in your car. They are an easy target in a locked or unlocked vehicle.

Vandalism: Please take only pictures and memories home with you. Do not deface, destroy or remove any flowers, trees, shrubs, rocks or historical objects.



Tents with LED lights are a great, safe alternative to campfires.

Wildlife: Feeding, petting or harassing wildlife is prohibited. Animals may seem tame, but they are wild and can hurt you and themselves if you are too close.



Be sure to follow guidelines and regulations when operating OHVs.



STAFF FAVORITES

Mountain Gear provides outdoor gear and clothing for climbing, hiking, skiing, mountaineering and backpacking. Their passionate, experienced staff has helped thousands of people start amazing adventures and lifelong hobbies.

FAVORITE GEAR

Consider yourself lucky! Here's a list of personal gear favorites from folks who work in the industry.

PROVEN CLASSICS:

MEN'S & WOMEN'S HELIUM II JACKETS:

Reach for your Helium II Jacket when the sky opens up and you are clinging to a bolt mid-pitch. Compressible, lightweight, and fully waterproof, these shells are a simple insurance policy that weigh next to nothing. Pertex Shield 2+ fabric is also breathable and fully-seam taped. An internal pocket doubles as a stuff sack and with a carabiner loop, your Helium is always close by. **\$158.95**



◀ MEN'S & WOMEN'S HELIUM II PANTS:

When an unexpected storm catches you above treeline, roll out your Heliums. These waterproof pants are lightweight and pack small so you won't leave them behind. Built from waterproof and breathable Pertex laminate, they offer serious protection. Ankle zippers make them easy to put on and take off and the back pocket doubles as a stuff sack. **\$118.95**



CLIMBING PACKAGES ROCK THE VALUE

MOMENTUM/PRIMROSE ► HARNESS PACKAGE

With everything you need to get started in the gym or at the crag, the Black Diamond

Momentum & Primrose Harness Packages are a complete, convenient package for all-around climbers, featuring their most popular harnesses for all-around use. **\$99.95**

Men's **Momentum**



Women's **Primrose**

BIG AGNES CHAIR ONE ►

The ultimate camp chair has arrived. Packing down smaller than the Sunday Times, you can take the Chair One anywhere. Thanks to its strong anodized aluminum frame, Chair One is strong enough to support up to 320lbs! Light, strong and comfortable, it comes with a carrying case and breathable mesh. Warning: this chair may never leave your pack or gear bin.

\$99.95



CAMPING IN STYLE

BIG AGNES BIG HOUSE DELUXE ►

The envy of campsites everywhere, you'll enjoy the supreme features of the Big Agnes Big House Deluxe 4, like your own front door welcome mat, 12 large interior pockets for keeping your tent organized and your gear off the floor, and a briefcase style carry bag, which is easy to tote around and pack.

\$349.95



Join SCA as we celebrate **60 YEARS OF SERVICE** to national parks and empower young conservation leaders across America.

Serve, give or learn more at [THESCA.ORG](https://www.thesca.org)



VERSATILE VALUE

WOMEN'S ROXY ANN SLEEPING BAG ▶

With a roomy, semi-rectangular cut, the Lost Ranger and Roxy Ann bags offer a cozy retreat that is more like your comforter at home and less like a restrictive mummy bag. Even with the roomy cut, these bags maintain their efficiency thanks to Insotect Flow construction that keeps the insulation next to your body for more efficient heat distribution. The Free Range hood allows you to move easily through the night and DownTek water-resistant technology guards against down's only nemesis - water. **\$249.95**



A shoe designed for traversing the highest mountain approaches, **La Sportiva's TX3** is an all-synthetic, breathable, durable, sticky rubber machine that's at home on the rock or on the trail thanks to its Vibram Mega-Grip outsole. The TX3's Low-profile lacing harness ensures a snug, precise fit, while the wider forefoot fit provides all-day comfort and stability.



\$135.00

With performance-driven design and stability on mountain terrain, the La Sportiva **Bushido** shoe is perfect for technical trail runs. STB Control construction utilizes a TPU frame that wraps under foot to provide maximum support, responsiveness and lower overall weight. Neutral and stable, these lightweight shoes can handle your toughest runs.



\$130.00

La Sportiva **Synthesis Mid GTX** is versatile mid-cut hiker with highly breathable GORE-TEX Surround Technology. Designed for moving fast on all types of hiking terrain, the innovative Nano-Cell Technology upper protects your foot while allowing maximum breathability and waterproof protection even under the foot. STB Technology stabilizes the foot by wrapping the midsole and unifying the midsole with the upper for the perfect locked-down fit.



\$185.00

FIT FOR ANY TRAIL

LA SPORTIVA FOOTWEAR ▶

For decades, La Sportiva has crafted technical footwear at the foot of the Italian Dolomites. Their blend of Old World craftsmanship and cutting edge materials has made them a customer favorite.



PRESERVATION



GET INVOLVED

Access Fund

accessfund.org • (303) 545-6772

Association of Fish and Wildlife Agencies

fishwildlife.org • (202) 838-3474

Keep America Beautiful

kab.org • (203) 659-3000

Leave No Trace

lnt.org • (303) 442-8222

The Nature Conservancy

nature.org • (703) 841-5300

The Student Conservation Association

thesca.org • (703) 524-2441

Tread Lightly!

treadlightly.org • (801) 627-0077

The diverse natural habitats across the country represent some of America's greatest resources. From tall peaks to old-growth forests, winding rivers and sprawling lakes, the natural diversity makes up a system of specialized habitats that support an array of species, both plant and animal.

Much of the country is already protected through ordinances, conservation easements and the establishment of public lands, but human and natural threats remain a constant reality. Air pollution and the effects of acid rain and ground-level ozone have decreased visibility in many parks by as much as 60 percent over the past 50 years. Invasive plant

BLM



Practice "Leave No Trace" principles when visiting parks and public lands.

species threaten the delicate balance of many habitats and can contribute to deforestation, erosion and loss of habitat for animals. There are countless people working across the country to protect natural resources and wildlife from these and other threats. If we all lend a hand and practice good travel habits, we can keep our land healthy for future generations.

Learn about the regions you are visiting before you head out, be diligent about 'Tread Lightly!' and 'Leave No Trace' principles and get involved.

KEEP WILDLIFE WILD

Often what you don't do can have as much of an impact on the environment as what you do! As far as animals are concerned, you should never feed any wildlife or leave food exposed, as it teaches wild animals to forage at campsites and human-use areas. Picking wildflowers,

or other plants, is strictly prohibited, as is walking off sanctioned paths in many parks.

FIRE CONTROL

Uncontrolled fires are a major threat to ecosystems, especially in the arid southwest. Fires have caused significant damage to already fragile habitats. For this reason, wood fires are permitted only in designated fire pits at campgrounds and established picnic grounds. Please use wood from inside the park or local sources to avoid transporting invasive species into parks and public lands. Check local regulations to make sure you're in compliance.

VOLUNTEER

Get involved and help sustain our public lands! Many organizations use volunteers in resource management activities like invasive plant control or migratory bird monitoring. Make a difference!



PROTECTING AMERICA'S BACKYARD

- They give us fresh water, clean air and unforgettable experiences.
- They give us beauty, serenity and escape.
- They are OUR public lands.

It doesn't take much to give a little something back to ensure that these places will be here for our children to enjoy. Join the thousands of individuals who play a part in helping to care for our National Forests every day.

 NATIONAL FOREST FOUNDATION

Learn how you can help at www.nationalforests.org



ARCHES NATIONAL PARK

Arches National Park is a geological marvel just outside **Moab** in southeastern Utah, boasting more than 2,000 natural sandstone arches, jagged towers and spires, narrow canyons and brilliant desert colors. Paved roads wind through the park's 119 square miles for easy access to many of Arches' well-known formations, like **Landscape Arch, The Windows** and **Delicate Arch**. That combination of rugged beauty and accessibility draws hikers and sightseers from around the world, and the park now serves more than one million visitors every year.

SIGHTS TO SEE

The park isn't called Arches National Park for nothing—there's no shortage of stunning, gravity-defying arches and windows. Park officials and visitors have documented

more than 2,000, and the list continues to grow. The park's hiking trails, with drive-in access to the trailheads, pass by famous arches and sandstone formations. On busy days, hundreds flock at sunset to the iconic **Delicate Arch**, high up on a sandstone ridge. **Landscape Arch**, at more than 300 feet long, is among the world's largest. To enter the **Fiery Furnace** area, a trail-less maze of canyons and fins, hikers must either obtain a special permit or take a ranger-led tour. Not to be overlooked, Arches National Park's **red rock towers and spires** are breathtaking in their own right and offer challenging routes for climbers. And, on rock walls scattered throughout the park, visitors can see **petroglyphs** left behind by ancestral Puebloan, Fremont and Shoshonean peoples, including one inscription near historic **Wolfe Ranch**.

NPS



Utah's Arches National Park is home to more than 2,000 natural sandstone arches.

THINGS TO DO

HIKING

Offering spectacular views of sandstone canyons and dazzling rock formations, Arches National Park is best experienced on the trails beside the park's namesake arches.

The trails run the gamut, from the short, level and accessible **Balanced Rock Trail** to the labyrinthine Fiery Furnace.

ROCK CLIMBING

Even though Arches National Park's most famous formations are off-limits, the climbing opportunities on the soft Entrada sandstone spires and towers are still top-notch.

Owl Rock is a 100-foot-tall spire popular with those new to the desert, and **Devil's Golf Ball** is another fun spire nearby.

Tougher climbs include 250-foot **Argon Tower** and the multi-headed

Three Gossips. Canyoneering is popular at the park, too. Note that hammered-in anchors and new permanent hardware are not permitted, except to replace unsafe equipment.

BIKING

Cycling is only permitted on park roads, but there's plenty to see on the main scenic drive.

And bikers don't have to worry about the lack of parking at popular spots that plagues car-driving visitors on busy days. The shoulder is narrow in some places, so keep an eye on nearby vehicles.

CAMPING

Arches National Park has 50 individual sites at the Devils Garden campground, just a short walk from Skyline Arch and Broken Arch. Potable water, toilets and grills are available. The campground is open year-round, and the park encourages reservations.



EDITOR'S PICKS: WALKING & HIKING TRAILS

Trail Name <i>Trailhead</i>	Description	Round-Trip Distance/Time	Difficulty <i>Elevation Gain</i>
PARK AVENUE			
<i>Park Avenue parking lot</i>	A great starter hike near entrance. Descends into canyon with stunning views.	2 miles 1.5 hours	Moderate 320 feet on return
THE WINDOWS			
<i>Windows parking lot</i>	A short hike on a primitive trail that circles three enormous arches.	1 mile 45 minutes	Easy gentle climb
DELICATE ARCH			
<i>Wolfe Ranch parking lot</i>	A climb up exposed slickrock to the iconic Delicate Arch. Attracts dozens for sunset.	3 miles 2.5 hours	Moderate to Difficult 480 feet
DEVILS GARDEN			
<i>Devils Garden trailhead</i>	Passes eight arches, including Landscape Arch, among the world's longest.	7.2 miles 4 hours	Difficult 400 feet

NPS



Probably the best way to experience Arches National Park is by hiking its many scenic trails.

From March to October, all of the sites usually fill. Backpackers with permits can camp in the backcountry.

GETTING THERE



N. Highway 191
5 miles north of Moab, UT
38.611044, -109.60808

Car: From Moab, drive north five miles on US-191 to the entrance.

Air: Salt Lake City International Airport is 235 miles northwest of Moab. Airports in Moab and Grand Junction, Colorado, offer regional flights.

HOURS OF OPERATION

Arches National Park is open daily, year-round. The visitor center is open every day but Christmas, from 7:30 a.m. to 6 p.m. spring through fall, and 9 a.m. to 4 p.m. in the winter.

CONTACT INFORMATION

P.O. Box 907
Moab, UT 84532
nps.gov/arch

CLIMBING GUIDE SERVICE

Windgate Adventures
Moab, UT
(435) 260-9802
windgateadventures.com



CORONADO NATIONAL FOREST

Covering 1,780,00 acres of **southeastern Arizona** and **southwestern New Mexico**, the Coronado National Forest is a vast and diverse area spreading from the desert floor to the peaks of scattered mountain ranges known as “sky islands.” Elevations range from 3,000 feet to 10,720 feet, and the diversity of Coronado’s ecosystems is reflected in the abundant wildlife. Aside from the natural highlights, Coronado National Forest also offers diverse recreation including world-class rock climbing, beautiful hiking, camping and more.

SIGHTS TO SEE

The **Santa Catalina Mountains** have the highest average elevation in the area and provide beautiful scenery from

below, breathtaking views from above, and endless opportunities for adventure. **Mount Lemmon** is the highest point of the range, reaching 9,157 feet at its summit.

Thanks to frequent changes in altitude as the landscape rises and falls from the “sky islands” to the desert floor, the wildlife is extremely diverse. With over 576 species of animals, some of which are found in no other national forest across the country, Coronado is a great place for **wildlife watching**. Several reptiles, including gila monsters, are often sighted. Always use caution when hiking in the backcountry and, although they are rare, make sure to keep an eye out for mountain lions and black bears.



Justin Meissen

The varied landscape of Coronado National Forest offers dense forest and stunning mountain views.

THINGS TO DO

Activities abound on the Coronado. Whether you visit for the nature or the adventure, the forest will keep you entertained and give you a better understanding of and appreciation for the outdoors.

CLIMBING

The tallest peak in the Santa Catalina Mountains, **Mount Lemmon** has more than 1,500 routes at elevations ranging from 2,500 to 9,000 feet. Because of that variety, Mount Lemmon offers great climbs—with great temperatures—year-round. Northeast of Tucson, the rugged mountain is one of Arizona’s most popular climbing destinations, with traditional and sport routes of all difficulties on granite crags near the Catalina Highway. Featuring multiple pitches, tough boulder problems and steep faces, the climbs at the Summit Crag area are the toughest on Mount Lemmon, and routes like “Granite of the Apes” and “Orifice Politics” will push even experienced climbers. The stunning views of the valley and the Santa Catalina range are more than worth it, though, and many of those nearby peaks make for great climbing too. Stop by the Coronado National Forest offices for more information.

HIKING

The forest has a vast expanse of hiking trails, traversing deserts, lowlands, forests and mountains. Lower elevations provide the warm climate and desert plants Arizona is known for, while higher elevations, best explored in the summer months, expand through cool Ponderosa pine forests. Some trails are long enough to take you from the snowy summit of the Coronado “sky islands” down to the desert floor where your hike will end among giant saguaro cacti.

SKIING

Mount Lemmon, in the Santa Catalina Ranger District, is the southernmost ski area in the country. Open December to April, the ski runs start at an overlook high up on the mountain. The vistas—of Tucson, the Santa Catalinas and the San Pedro Valley—are excellent themselves, and the powder is just as good.

LAKES

The forest has several man-made lakes to help you fight the heat of the arid southwest. **Fishing** is popular in Coronado National Forest, and several lakes are stocked with fish regularly. **Canoeing** and **swimming** are also great ways to cool off in the summer after long hikes through beautiful terrain. A country store and paved launch ramp make Parker Canyon Lake a popular boating destination.

GETTING THERE



Coronado National Forest Arizona
32.41362, -110.75677

Car: From Tucson take I-10 E to AZ-90 S.

Air: Many flights are available to Phoenix and nearby Tucson.

HOURS OF OPERATION

The forest is open year-round.

CONTACT INFORMATION

Coronado National Forest Headquarters
300 W. Congress St. Tucson, AZ 85701
(520) 388-8300 • fs.usda.gov/coronado

CLIMBING GUIDE SERVICE

Matt Walker Adventure
(520) 360-1465 • mattwalkeradventure.com
matt@mattwalkeradventure.com



JOSHUA TREE NATIONAL PARK

Encompassing nearly 800,000 acres of **Southern California**, Joshua Tree National Park showcases some of the most surreal desert terrain North America has to offer. Named for the distinctive Joshua tree and famous for its astounding geological formations, the park is a top climbing destination in the United States and also plays host to hikers, campers and adventurers throughout the year.

SIGHTS TO SEE

To get your trip started, stop by one of the four visitor centers. The **Oasis**, **Joshua Tree** and **Cottonwood** are open



NPS

Joshua trees, which can be found throughout the Mojave Desert, can live for 1,000 years.

year-round, while **Black Rock** is open May through October. The visitor centers provide information on desert conditions, climbing, camping, hiking, guided tours and everything else you need to make the most of your time at Joshua Tree National Park. One of the most popular destinations in the park is **Keys View**; a panoramic view of the Coachella Valley located a 20-minute drive from Park Boulevard. Keys View offers breathtaking vistas, including sights of the Salton Sea, the Santa Rosa Mountains, San Jacinto Peak, San Gorgino Mountain, the San Andreas Fault to the south, and, on especially clear days, Signal Mountain far away in Mexico.

Black Rock Canyon is a quiet campground surrounded by several hiking trails. The trails range in variety from the scenic 1.3-mile Hi-View Nature Trail, with an accompanying guide to the vegetation, to longer trails including Eureka Peak, Panorama Loop and Warren Peak complete with views of snow-capped peaks in the distance.

Skull Rock is a stunning geological formation located along the main east-west park road. The granite rock has eroded over time, forming two hollowed-out "eye sockets," making the formation resemble a skull.

Cottonwood Spring is an often-overlooked oasis located just seven miles from the park entrance. The spring is a result of earthquake activity and has been used by the Cahuilla Indians and, years later, as a water stop for prospectors, teamsters and miners. There are several options for hiking, camping, birding and ranger programs near the spring.



STICK WITH THE CONSISTENT ALLERGY RELIEF OF ZYRTEC®
ZYRTEC® starts working hard at hour one. It works twice as hard when you take it again the next day. Then stays consistently strong day after day.



MUDDLE NO MORE®

Use only as directed.



EDITOR'S PICKS: WALKING & HIKING TRAILS

Trail Name <i>Trailhead</i>	Description	Round-Trip Distance/ Time	Difficulty <i>Elevation Gain</i>
ARCH ROCK			
<i>White Tank Campground</i>	Beautiful scenery with pristine views of the park including the astounding geology and a natural rock arch.	0.5 mile	Easy Level
BARKER DAM			
<i>Barker Dam Parking Area</i>	A looped hiking trail that passes by an old water tank built by early cattle ranchers that used the area.	1.3 miles	Easy Level
HIDDEN VALLEY			
<i>Hidden Valley Picnic Area</i>	A scenic tour of a rock-enclosed valley that was rumored to have been used by early cattle ranchers.	1 mile	Intermediate 100 feet
SKULL ROCK			
<i>Jumbo Rocks Campground</i>	A looped trail passing boulder piles, desert washes and the famous Skull Rock.	1.5 miles	Easy Level

THINGS TO DO

Joshua Tree National Park is one of the most popular climbing destinations in the United States and also offers a variety of hiking, camping, mountain biking, climbing, bouldering, birdwatching, horseback riding and ranger-led programs for all ages.

CLIMBING

Joshua Tree is famous among climbing and bouldering enthusiasts for its more than 400 climbing formations and 8,000 climbing routes. The variety of terrain offers something for all skill levels, and there are several commercial options for first timers looking for a guide. Most of the climbs are short, and there are lots of options located in close proximity to campgrounds, making climbing an excellent recreational opportunity at Joshua Tree National Park.

HIKING

Hikers will enjoy the extensive trail network found within the park. Joshua

Tree has a variety of terrain for everyone. Choose from **several day hikes** including 49 Palms Oasis, Lost Horse Mine, Lost Palms Oasis, Mastodon Peak or Ryan Mountain. The more adventurous can find themselves trekking 35 miles of the California Riding and Hiking Trail as it winds through pinyon/juniper forests, Joshua tree forests and creosote-dominated lowlands. Whatever level of hike you're looking for, you'll find it here.

CAMPING

With nine campgrounds to choose from, Joshua Tree National Park is a great place to bring family or friends for an outdoor adventure. Stop by a visitor center to get oriented and rent a campsite.

MOUNTAIN BIKING

Mountain biking is permitted on any road where vehicles are allowed. Mountain biking is a great way to see the diverse desert landscape that made Joshua Tree famous, and the backcountry

roads of the park offer miles of terrain to explore. Make sure to follow biking safety instructions and to carry water with you.

RANGER PROGRAMS

Joshua Tree National Park offers several ranger-led programs. Take a guided hike, view several videos at the visitor centers and learn more about the rich natural and cultural history found in the park.

GETTING THERE



**Oasis Visitor Ctr., 74485
Natl. Park Dr. Twentynine
Palms, CA 92277
34.129523, -116.036937**

Car: There are three park entrance stations. The west entrance is located five miles south of the junction of Highway 62 and Park Boulevard at Joshua Tree Village. The north entrance is in Twentynine Palms, three miles south of the junction of Highway 62 and Utah Trail. The south entrance at Cottonwood Spring, which lies 25 miles east of Indio, can be approached from the east or west, or via Interstate 10.

Air: Joshua Tree National Park lies 140 miles east of Los Angeles, 175 miles northeast of San Diego and 215 miles southwest of Las Vegas, all of which have major airports serving most destinations around the country. The closest airport is in Palm Springs. Public transportation to the park is not available.

HOURS OF OPERATION

The park is open year-round. Visitation increases as temperatures become moderate in fall, peaks during spring wildflower season and diminishes during the heat of summer.

CONTACT INFORMATION

Joshua Tree National Park
Oasis Visitor Center
74485 National Park Drive
Twentynine Palms, CA 92277
(760) 367-5500 •
nps.gov/jotr

CLIMBING GUIDE SERVICE

Uprising Adventure Guides
P.O. Box 129
Joshua Tree, CA 92252
sue@joshuatreeuprising.com
(888) 254-6266 •
joshuatreeuprising.com

NPS



With more than 8,000 climbing routes, Joshua Tree is a favorite among climbing and bouldering enthusiasts.



DEVIL'S LAKE STATE PARK

Nestled among the rugged bluffs of southern Wisconsin, Devil's Lake State Park offers some of the Midwest's finest climbing, with stunning views of Devil's Lake from quartzite cliffs 500 feet above. The family-friendly park is Wisconsin's most popular, attracting hikers, picnickers and outdoor enthusiasts of all varieties to the 360-acre lake.

SIGHTS TO SEE

The 1.6 billion-year-old bluffs of Devil's Lake State Park are among the oldest rock outcroppings on the continent, and ancient glaciers left behind distinctive rock formations like **Devil's Doorway**, **Prospect Point** and **Elephant Rock**. They're all accessible by hiking trails that also provide lovely views of Devil's Lake.

Parfrey's Glen, an ancient gorge carved out of Cambrian sandstone, is a State Natural Area. The glen is home

to threatened plant and bird species, including the cerulean warbler and Acadian flycatcher. The tranquil Parfrey's Glen Trail ends at the foot of a small waterfall.

Devil's Lake itself, with soaring bluffs as a backdrop, isn't to be missed, either. Experience the lake-level vistas from boat, canoe, kayak or one of the park's two beaches.

THINGS TO DO

Devil's Lake State Park is renowned for its climbing, but the park, at nearly 10,000 acres, has something for everyone. It's a popular summer getaway for hikers, picnickers and beachgoers, and the **Nature Center** presents programs on local wildlife and fauna.

ROCK CLIMBING

The purple quartzite bluffs that surround Devil's Lake offer more than 2,000 routes, many of them accessible from the park's hiking trails. Thousands turn out every year

Lotzman Katzman



Devil's Doorway is located on Devil's Lake State Park's East Bluff.

for bouldering, top-roping and traditional climbing on cliffs as tall as 120 feet. **East Bluff** has the most routes, but **West Bluff** has better views of Devil's Lake itself. There are opportunities for climbers of all skill levels, even the most advanced—the park's toughest route, **Bagatelle**, has purportedly only been climbed by three people.

HIKING

Devil's Lake has 29 miles of hiking trails, 13.7 of which are part of Wisconsin's 1,000-mile Ice Age Trail. Many are level and paved, but some trails, like the CCC and Balanced Rock trails, lead hikers on strenuous ascents to the top of the rocky bluffs. The payoff is a breathtaking view of the lake and valley from 500 feet above.

CAMPING

Devil's Lake State Park is one of Wisconsin's most popular camping destinations, and reservations are recommended. The Ice Age campground is largely wooded and the most primitive. RV campers flock to wide-open Quartzite campground, which was once a golf course. The park also operates nine group campsites.

DEVIL'S LAKE

The park's centerpiece is 360-acre Devil's Lake. Launch boats—electric motors only—from the north or south ends of the lake, or rent rowboats and canoes. Swimmers fill the park's beaches and lakeside picnic areas in the summer. Fishing is available year-round to licensed anglers. Scuba diving is also popular in Devil's Lake.

GETTING THERE



S5975 Park Rd.
Baraboo, WI 53913
43.434317, -89.739053

Car: From Madison, Devil's Lake is a one-hour drive northwest on US-12. Exit east-bound onto Highway 129 and continue two miles to the park.

Air: From Madison, Devil's Lake is a one-hour drive northwest on US-12. Exit east-bound onto Highway 129 and continue two miles to the park.

HOURS OF OPERATION

The park is open daily, year-round, from 6 a.m. to 11 p.m. The Nature Center closes for winter in mid-October.

CONTACT INFORMATION

Devil's Lake State Park
S5975 Park Rd.
Baraboo, WI 53913
(608) 356-8301
dnr.wi.gov/topic/parks/name/devilslake

CLIMBING GUIDE SERVICE

Apex Adventure Alliance
Baraboo, WI
(608) 434-3360
apexadventurealliance.com



EDITOR'S PICKS: WALKING & HIKING TRAILS

Trail Name	Description	Round-Trip Distance/Time	Difficulty Elevation Gain
BALANCED ROCK TRAIL			
South Shore shelters	A steep climb on stone steps to the top of East Bluff, with views of Devil's Lake and Balanced Rock.	1 mile 2 hours	Difficult 500 feet
EAST BLUFF TRAIL			
North Shore parking area	This asphalt trail, with stone steps, is the easiest way up the bluff. Passes Elephant Rock.	3.4 miles 3 hours	Moderate 500 feet
PARFREY'S GLEN			
Parfrey's Glen Natural Area parking lot	Follows a gorge to a waterfall in Natural Area home to threatened species. Must stay on trail.	1.4 miles 2 hours	Easy to Moderate gently ascending
Sauk Point Trail			
Parfrey's Glen Natural Area parking lot	A segment of the Ice Age Trail that traverses woods, meadows and the Baraboo Hills' highest point.	9 miles 6 hours	Moderate 507 feet



OZARK NATIONAL FOREST

At more than 1 million acres, **Arkansas'** Ozark National Forest is, by area, 13 times larger than Little Rock, the state's biggest city. Within the forest's enormous confines, visitors will find upland hardwood forest, rocky ridges, mountain lakes, narrow valleys and recreation of nearly every kind.

SIGHTS TO SEE

One of Ozark's most dazzling sights actually lies under the forest. **Blanchard Springs Caverns**, a three-level cave system, was first explored in the late 1950s by a group from nearby Batesville. In 1973 the forest service completed the Dripstone Trail and opened the cave to the public. Several guided tour options are available, including an eerie Headlamp Tour and a Wild Cave Tour into the caverns' undeveloped sections.

The forest has plenty to see above ground, too. Nearly **400 miles of trails**, including one of the state's best horse trails, provide access to the forest wilderness. Try the hike to **Whitaker Point**, also known as **Hawksbill Crag**, which juts out from the bluffs like a plank above a sea of trees. The views from atop the ridge are beautiful any time of year, but especially so when the **fall colors** arrive. The sweeping forest's brilliant hues are truly unforgettable. Autumn is a great time for scenic drives, too. Six **scenic byways** pass through Ozark National Forest.

Magazine Mountain, at 2,753 feet, is the highest point in Arkansas. The nearby **Cove Lake Recreation Area** offers developed campgrounds and facilities beside a mountain lake.



Marco Becerra

The shelter on White Mountain in Ozark National Forest was built by the Civilian Conservation Corps in the 1930s.

THINGS TO DO

HORSEBACK RIDING

Ozark National Forest features two multi-use trails designed primarily for horseback riding. **Moccasin Gap Horse Trail**, considered one of the best in the state, loops through the heart of the forest. Framed by rugged bluffs, the 37.3-mile **Huckleberry Mountain Horse Trail** snakes through deep valleys, with many creek crossings.

ROCK CLIMBING

The rugged Ozark Mountains offer great climbing on steep slopes and massive bluffs of sandstone and limestone. The **Sam's Throne** area is packed with routes, and it's the forest's most accessible climbing spot. For sport climbing, try the **Cave Creek** area. It's a treat in the fall, affording colorful scenic views, and



EDITOR'S PICKS: WALKING & HIKING TRAILS

Trail Name Trailhead	Description	Round-Trip Distance/Time	Difficulty Elevation Gain
DISCOVERY TRAIL TOUR			
Blanchard Springs Caverns	This guided tour explores the marvelous Blanchard Springs Caverns. Offered in the summer.	1.2 miles 1.5 hours	Moderate 686 stairs
OZARK HIGHLANDS TRAIL			
Lake Fort Smith	Nationally renowned trail that spans the length of the forest. Easily split into hikes of any size.	196 miles	Varies
PEDESTAL ROCKS TRAIL			
6 miles east on Hwy. 16 after Hwy. 7 Junction	Leads to a series of unique rock formations and balancing boulders. Great scenic views.	2.2 miles 1 hour	Easy a few steep sections
WHITAKER POINT TRAIL			
County Rd. 5 (Cave Mountain Rd.)	Defying gravity, Whitaker Point juts out from the bluffs to offer one of the best views in the forest.	3 miles 2 hours	Moderate 300 feet

its south-facing crags keep climbers comfortably warm even in the winter.

WATER SPORTS

Six of the forest's waterways have been designated Wild and Scenic Rivers by Congress. At these streams, visitors can **fish** for smallmouth bass, sunfish and trout. **Whitewater canoeing** is popular in the spring, especially on the Mulberry River and Big Piney Creek. Many of the forest's lakes—like 160-acre Cove Lake, a popular summer getaway—feature developed recreation areas for **boaters** and **beachgoers**.

HIKING

More than 230 miles of hiking trails meander through the forest; another 130 miles of multi-use trails are open to hikers, too. The centerpiece of the trail system is the **Ozark Highlands Trail**, a 196-mile route that highlights all the best of the forest: picturesque streams, secluded valleys and rock formations atop mountain ridges. Day hikers can access the trail at any of the numerous trailheads.

GETTING THERE



Russellville – a good starting point
605 West Main,
Russellville, AR 72801
35.279324, -93.138286

Car: From Fayetteville, the forest's northwestern fringes are about 20 miles south. The forest's southeastern corner is 70 miles northwest of Little Rock.

Air: Many flights are available to Little Rock and Fayetteville.

HOURS OF OPERATION

The forest is always open. Blanchard Springs Cavern is closed on Mondays and Tuesdays during the winter, as well as Thanksgiving, December 25 and New Year's Day.

CONTACT INFORMATION

Ozark National Forest
605 West Main
Russellville, AR 72801
(479) 964-7200 • fs.usda.gov/osfnf



PRENTICE COOPER STATE FOREST

One of the best crags in the country, the Tennessee Wall in lush Prentice Cooper State Forest is a soaring cliff band that sits high on the rim of the Tennessee River Gorge. Offering superb crack climbing, enormous roofs and jaw-dropping views, the Wall draws rock climbers from across the United States. Prentice Cooper encompasses nearly 25,000 acres in southeastern Tennessee, 10 miles west of Chattanooga, and the deciduous forest is also a favorite of hikers, bikers and off-roaders.

SIGHTS TO SEE

The Tennessee River Gorge, called the Grand Canyon of Tennessee, marks Prentice Cooper State Forest's southern border. River Canyon Road leads through the gorge from river level, and the state forest's hiking trails provide views from above.

Try the overlooks at **Snooper's Rock**, **Mullen's Cove**, **Raccoon Mountain** and **Edwards Point**. And even for non-climbers,

the river-carved **Tennessee Wall**, with 100-foot cliffs, is a striking sight worthy of a visit.

The ruins at **Shakerag Hollow**, a 19th-century mining village empty and abandoned by 1905, include 34 documented structures, and the site was recently added to the National Historic Register.

THINGS TO DO

ROCK CLIMBING

First climbed in the mid-1980s, the **Tennessee Wall** is a band of sandstone cliffs that has since gained international renown for its beautiful scenery and brutal routes. The south-facing Wall collects sun all day, making it an ideal winter climb. The more than 100 routes feature great cracks and corners, tricky roofs and long pitches. The difficulty varies from straightforward, 60-foot traditional climbs to wicked sport climbs like "Twistin' in the Wind."



Harrison Shull

The Tennessee Wall is the best-known climbing area in Prentice Cooper State Forest.

OFF-ROADING

Prentice Cooper State Forest has 100 miles of gravel, dirt and rocky roads and trails for off-highway vehicle use. Hikers, mountain bikers and horseback riders share the trails, so stay under the posted speed limit and be conscious of others.

CAMPING

First come, first-served camping is available at two designated campgrounds, Davis Pond and Hunter's Check Station. Davis is closest to the Tennessee Wall, at which camping is prohibited. Some primitive camping is available across from the Wall's parking lot. Backpackers are welcome to use the campsites along the hiking trails.

HIKING

The south end of the 175-mile-long **Cumberland Trail** snakes through the park to form 30 miles of loops available to hikers and backpackers. The southernmost loop travels past the towering Tennessee Wall. The trails also lead to many excellent overlooks of the Tennessee River Gorge and Mullen's Cove.

GETTING THERE



River Canyon Road
Chattanooga, TN 37405
35.071716, -85.392051

Car: For access to the Tennessee Wall, take Highway 27 north out of downtown Chattanooga. After one mile, exit onto Highway 127 (Signal Mountain). After 1.5 miles, turn left onto Suck Creek Road and continue to Suck Creek. Immediately after the bridge, make a left onto River Canyon Road. Drive six miles to a gravel parking area near the hiking trail.

Air: Chattanooga Metropolitan is the nearest large airport.

HOURS OF OPERATION

Prentice Cooper State Forest is open to the public during daylight hours year-round, except on restricted hunting dates.

CONTACT INFORMATION

Prentice Cooper State Forest
P.O. Box 160 Hixson, TN 37343
(423) 658-5551 •
tn.gov/agriculture/forestry



EDITOR'S PICKS: WALKING & HIKING TRAILS

Trail Name <i>Trailhead</i>	Description	Round-Trip Distance/Time	Difficulty <i>Elevation Gain</i>
MULLEN'S COVE LOOP			
Snooper's Rock Parking Area	Day hike with stream crossings and views of Mullen's Cove and the river.	10 miles 8 hours	Moderate 500 feet
POT POINT LOOP			
Snooper's Rock Parking Area	Includes a natural bridge and scenic overlooks with expansive views of the gorge.	12 miles 9 hours	Moderate 400 feet
CUMBERLAND TRAIL (STATE FOREST SECTION)			
Cumberland Trail Parking Area	Non-looped trail best for backpacking. Or hike signal point to Edwards, ~2.5 miles.	28 miles Multi-day	Moderate to Difficult 500 feet



GREEN MOUNTAIN NATIONAL FOREST

Seventy million people live within a day's drive of the majestic Green Mountain National Forest, an often-overlooked jewel that occupies some 400,000 acres in southwestern and central **Vermont**. Barely more than three hours from Manhattan, the forested and rugged Green Mountains are worlds away, attracting outdoor enthusiasts year-round for backcountry adventures on 900 miles of trails. The unspoiled forest shelters a wide variety of wildlife, including moose, bald eagles and peregrine falcons.

SIGHTS TO SEE

The **Long Trail** was the United States' first long-distance public trail, built between 1910 and 1930 along the main ridge of the Green Mountains. The trail is well suited to both backpackers and day-hikers, who can choose from challenging mountain climbs

and gentler routes beside tranquil ponds. A 100-mile segment of the **Appalachian Trail** overlaps with the Long Trail in the forest. The forest's **trails and lookouts** are great ways to experience the spectacular fall colors of the Northeast. One of the best views is from the summit of **Stratton Mountain**, where visitors can climb a renovated 70-foot fire tower. Visitors can hike there on the 3.8-mile Stratton Mountain Trail. When it reaches peak flow in the spring, Kent Brook swells to a roaring torrent that crescendos at **Thundering Falls**, near the town of Killington.

At the **Ice Beds**, a short hike from the White Rocks Recreation Area parking lot, ice forms deep inside a massive rock pile every winter. The ice slowly melts as temperatures rise, creating a draft of cold air and a stream well into the summer months.

THINGS TO DO

BACKPACKING

Within the forest are eight wilderness areas. These sections of the forest are perfect for backpacking. Several well-maintained loops utilize sections of the Appalachian and Long trails, leading to expansive views atop mountain peaks more than 3,000 feet high. Hikers can spend their nights at backcountry shelters and campsites.

SKIING

Green Mountain National Forest is home to three alpine skiing areas—Mount Snow, Sugarbush and Bromley Mountain—and a vast network of cross-country ski trails, both groomed and ungroomed. The 300-mile

Catamount Ski Trail runs from Massachusetts to Canada, with many access points in the forest. The downhill areas require fees.

ROCK CLIMBING

The jagged crags of the Green Mountains provide climbing opportunities all year. The face at **Deer Leap**, accessible by the short overlook trail off Route 4 near Killington, soars to 110 feet and features challenging traditional climbs and top-roping. For bouldering, try the **Brandon Gap** area. In the winter, the sheer **Bristol Cliffs** draw ice climbers.

MOUNTAIN BIKING

Several of the downhill ski areas open their lifts to mountain bikes in the summer, and the network of exhilarating downhill trails continues to grow every year. Mount Snow's beginner trail is an excellent introduction to downhill biking. Mountain bikers have also long treasured the rarely traveled Forest Service roads of Green Mountain National Forest, which take bicyclists through postcard-worthy valleys and rolling hills.

GETTING THERE



Forest Supervisor's Office
231 North Main St.,
Rutland, VT 05701
43.625763, -72.975354

Car: U.S. Highway 7 runs the length of the forest and passes the offices in Rutland.

Air: Albany International Airport is the nearest major airport, two hours southwest of Rutland.

HOURS OF OPERATION

All but one of the ranger stations close on weekends. In summer and early fall, the Rochester station stays open on Saturdays.

CONTACT INFORMATION

Forest Supervisor's Office, 231 N. Main St.
Rutland, VT 05701

(802) 747-6700 •

fs.usda.gov/greenmountain



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



The vibrant fall foliage of Green Mountain National Forest is a huge annual draw.

USDA



EDITOR'S PICKS: WALKING & HIKING TRAILS

Trail Name Trailhead	Description	Round-Trip Distance/Time	Difficulty Elevation Gain
GLASTENBURY/WEST RIDGE LOOP			
Rte. 9 & Appalachian Trail junction	Follows the Appalachian/Long Trail to mountain peaks and spectacular views.	21.8 miles multi-day	Difficult 2,450 feet
WHITE ROCKS/ICE BEDS TRAIL			
White Rocks Picnic Area	Leads to the Ice Beds, where ice deep within a rock pile lasts well into the summer.	1.8 miles 1.5 hours	Moderate 180 feet
ROBERT FROST INTERPRETIVE TRAIL			
Rte. 125, near Ripton	Commemorating the life and work of the great poet, it's an easy, contemplative hike.	1.2 miles 45 minutes	Easy 30 feet
EMILY PROCTOR/COOLEY GLEN LOOP			
Forest Rd. 201	An exploration of the Breadloaf Wilderness, along the New Haven River.	13 miles multi-day	Moderate to Difficult 2,085 feet



PICTURED ROCKS NATIONAL LAKESHORE

Spanning 40 miles of coastline in **Michigan's Upper Peninsula**, Pictured Rocks National Lakeshore showcases the rugged beauty of Lake Superior's shores. The lakeshore is named for the colorful sandstone cliffs that soar as high as 200 feet along 15 miles of the park's shoreline. Pictured Rocks also features white sand beaches and dunes, historic lighthouses and shipwrecks, and stunning waterfalls throughout the lakeshore's northern hardwood forest. Pictured Rocks receives, on average, 140 inches of snow annually, drawing cross-country skiers, snowshoers and ice climbers during the winter months.

SIGHTS TO SEE

The highlight of the lakeshore is the **Pictured Rocks** themselves, the massive and multi-colored sandstone faces for which the lakeshore is named. As groundwater oozes from the cracks in the 500-million-year-old stone, minerals leave behind streaks of orange, red and brown, as from the strokes of an enormous paintbrush.

The lakeshore's most famous formation is **Miners Castle**, a medieval-looking hunk of rock near Munising. Overlooks provide sweeping views of the lake, nearby Grand Island and the cliffs, which culminate at



Pictured Rocks National Lakeshore gets its name from the streaks of mineral stain on the sandstone cliffs.

NOAA

Grand Portal Point. Rising 200 feet straight out of Lake Superior's cold waters, it's the Pictured Rocks' highest place. A few miles east, just after the picturesque Spray Falls, the cliffs give way to **Twelvemile Beach**, a quiet strand of unspoiled white sand.

Pictured Rocks' many spectacular **waterfalls**, accessible by hiking trails, delight visitors even in the winter, when the falls freeze into glistening columns and sheets of ice.

THINGS TO DO

Pictured Rocks, one of only four national lakeshores, offers recreational opportunities on both water and land, from swimming and scuba diving to backpacking and ice climbing.

KAYAKING

Paddling right alongside the sheer painted cliffs and pristine beaches, kayakers can experience the lakeshore

Chris Heald



The lakeshore is home to a number of picturesque waterfalls.



EDITOR'S PICKS: WALKING & HIKING TRAILS

Trail Name <i>Trailhead</i>	Description	Round-Trip Distance/Time	Difficulty <i>Elevation Gain</i>
MINERS FALLS			
Miners Castle Road	An interpretive trail that ends at a viewing platform at 50-foot Miners Falls.	1.2 miles 45 minutes	Easy to Moderate 77 stairs
CHAPEL LOOP			
Chapel parking lot	A hike around Chapel Lake, passing Chapel Beach, Rock and Falls. Great views.	9 miles 4.5 hours	Moderate minimal
HURRICANE RIVER TO AU SABLE LIGHT			
Hurricane River Campground	Leads to a historic lighthouse. Shipwreck remains are visible along the shoreline.	3 miles 1.5 hours	Easy Level
BEAVER LAKE LOOP			
Beaver Lake Campground	Several loops possible in this area, including one out to Lake Superior.	3.5 miles 2 hours	Moderate minimal

in a particularly intimate way. Kayakers with backcountry permits can even put in right at their **beachside campsites**. Remember that the Pictured Rocks are 15 miles of unbroken cliffs; always be aware of weather conditions, and stay within your limits.

HIKING

Winding through the lakeshore's 73,000 acres, Pictured Rocks' 111 miles of trails include everything from simple paved loops to rugged backcountry treks on the **North Country National Scenic Trail**, 42 miles of which pass through Pictured Rocks. The scenic overlooks of Lake Superior and inland waterfalls are not to be missed.

ICE CLIMBING

Pictured Rocks' abundant waterfalls, frigid winters and porous sandstone make the lakeshore a haven for ice climbers of all abilities. The columns and ice curtains at **Sand Point**, near Munising Falls, vary in height from 20 to 50 feet. The 40-foot **Miners Falls** column, accessible by a three-mile ski or snowshoe trek, is a marvel that even non-climbers will appreciate. Pictured Rocks' falls are usually climbable from late December through March.

OUR READER FEEDBACK

"We took some amazing pictures on our climb to the top of Pictured Rocks' falls."
- Ethan J.



CAMPING

More than 60 **drive-in campsites** are available at Pictured Rocks, many of them just steps from Lake Superior's shores. The park does not accept reservations, so arrive early to grab a site during the busy summer months. The campsites are all rustic, without RV hookups. Backpackers with permits can use any of the lakeshore's 14 **backcountry campgrounds**.

GETTING THERE



**N8391 Sand Point Road
Munising, MI 49862-0040
46.452343, -86.606753**

Car: The lakeshore begins in Munising and continues east some 40 miles to Grand Marais. In the Upper Peninsula, take Michigan state highways M-28 or M-94 to Munising, or drive north on M-77 to Grand Marais.

Air: Commercial flights regularly service Marquette (40 miles west of the lakeshore), Escanaba (65 miles south) and Sault Ste. Marie (125 miles east).

HOURS OF OPERATION

Pictured Rocks is open year-round, 24 hours a day, though many facilities close during the winter. Check the park's website for details.

CONTACT INFORMATION

N8391 Sand Point Road
P.O. Box 40
Munising, MI 49862-0040
(906) 387-3700 •
nps.gov/piro



NORTH CASCADES NATIONAL PARK

North Cascades National Park encompasses nearly 700,000 acres of snow-capped mountains, alpine lakes, roaring rivers and glaciers, all less than three hours from Seattle. The national park is managed together with the neighboring Ross Lake and Lake Chelan National Recreation Areas as one park complex, offering recreation of all varieties and remoteness of every degree.

SIGHTS TO SEE

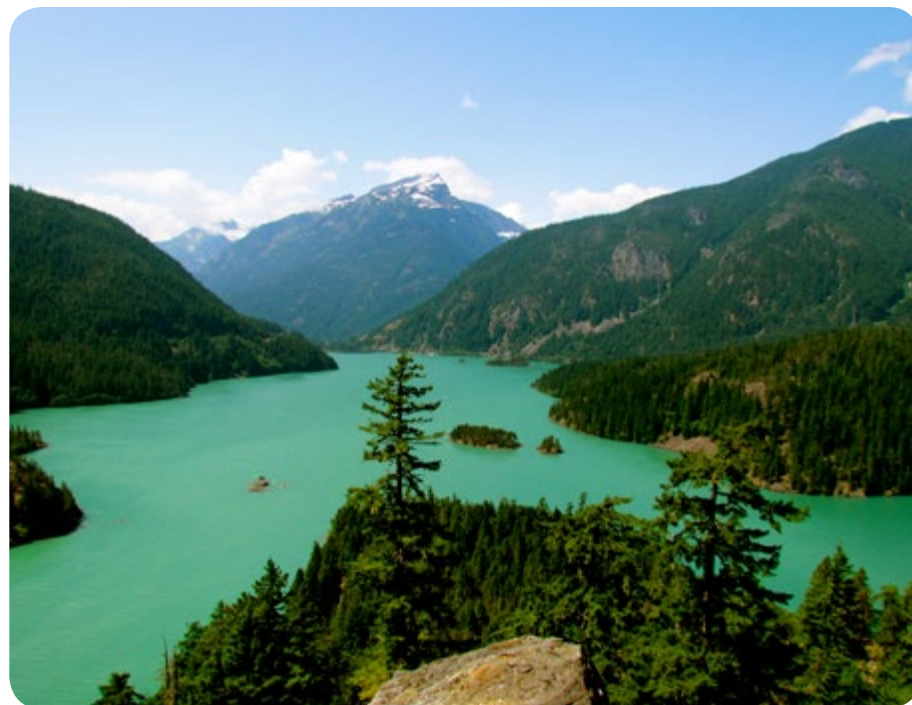
Most visitors to North Cascades National Park arrive by State Route 20, the park's main thoroughfare, also known as the **North Cascades Highway**. The splendid scenic

drive offers relatively easy access to many spectacular overlooks and hiking trails.

Bisected by the highway, **Ross Lake National Recreation Area** features sweeping mountain views and several large lakes. One of them, Diablo Lake, takes on a brilliant turquoise color in the summer, when fine sediment called glacial flour pours into the lake from glacier-fed streams. Several 7,000-foot peaks frame the highway.

To find the tallest peak, 9,220-foot **Goode Mountain**, head to the southern unit. The remote area is also home to some of the most rugged hiking in the park, perfectly suited to backpacking trips.

Jeff Gunn



North Cascades National Park is home to Diablo Lake, a scenic masterpiece.

<div>  EDITOR'S PICKS: WALKING & HIKING TRAILS </div>			
Trail Name <i>Trailhead</i>	Description	Round-Trip Distance/Time	Difficulty <i>Elevation Gain</i>
RAINBOW LOOP TRAIL			
Stehekin Valley Road	Especially beautiful early in summer, when the valley's wildflowers bloom.	8.8 miles 6 hours	Moderate 1,000 feet
SOURDOUGH MOUNTAIN TRAIL			
Diablo swimming pool	One of the park's toughest hikes. Incredible 360-degree views from the summit.	10.4 miles day hike	Difficult 4,870 feet
RIVER LOOP TRAIL			
North Cascades Visitor Center	A gentle family hike with sweeping river views. Links with a short nature trail.	1.8 miles 1 hour	Easy Mostly level
CASCADE PASS TRAIL			
Cascade Pass parking lot	This trail provides the easiest access to the park's alpine environment.	7.4 miles 5.5 hours	Moderate 1,700 feet

Still farther south, in the **Lake Chelan National Recreation Area**, take the ferry across the lake to **Stehekin**, a remote village surrounded by undeveloped wilderness on the lake's northern shore. In town, stop at the historic visitor center, tour Buckner Orchard, hike one of the 11 trails, then enjoy a freshly baked dessert from Stehekin Pastry Company.

THINGS TO DO

HIKING

Hundreds of miles of trails highlight the very best of the North Cascades. From easy strolls through forested valleys to strenuous hikes up rugged mountain ridges, the park has something for every hiker.

CLIMBING

North Cascades National Park offers challenging mountaineering, rock climbing and scrambling on soaring peaks and some 300 glaciers. Many of the best (and least-crowded) routes are deep within the park and difficult to access; consider picking up a

backcountry camping permit and making a weekend of it. More than 90 percent of the park complex is within the Stephen Mather Wilderness, which prohibits the installation of fixed anchors.

BOATING & PADDLING

While climbers in the North Cascades ascend the mighty peaks, other adventurers head down—down the Skagit and Stehekin Rivers, that is, for excellent whitewater river rafting. The park also draws canoeists, kayakers and boaters to its sparkling lakes. Rentals are available at Ross Lake and Lake Chelan.

WILDLIFE VIEWING

The park's diverse ecosystems support hundreds of animal species. Visitors often spot Columbia black-tailed deer and pikas, while the gray wolves, fishers and wolverines of the North Cascades remain more elusive. The park is also home to more than 200 bird



For answers to all your questions, go to [OhRanger.com](https://www.nps.gov/ohranger)

species, delighting birdwatchers from across the Pacific Northwest.

GETTING THERE



Visitor Center, State Route 20, milepost 120, Newhalem, WA 98267
48.666118, -121.266725

Car: From Seattle, take Interstate 5 north to State Route 20, which runs east through the park. The North Cascades Visitor Center is about 125 miles from downtown Seattle.

Air: The nearest major airport is Seattle-Tacoma International Airport.

HOURS OF OPERATION

Visitor facilities are open from late May to late October. The park is open year-round, but winter weather forces the closure of some roads.

CONTACT INFORMATION

North Cascades National Park
810 State Route 20
Sedro-Woolley, WA 98284
(360) 854-7200 • [nps.gov/noca](https://www.nps.gov/noca)

CLIMBING GUIDE SERVICE

American Alpine Institute (AAI)
1515 12th Street
Bellingham, WA 98225
(360) 671-1505
[alpineinstitute.com](https://www.alpineinstitute.com)

Jocelyn Kinghorn



Bring your camera to save memories of stunning mountain terrain reflected in clear water.



GLACIER NATIONAL PARK

Named for the glaciers that carved the terrain during the last Ice Age, Glacier National Park borders Canada in Montana's northern Rocky Mountains. The soaring peaks, pristine lakes, lush meadows and the remnants of those glaciers draw 2 million visitors every year, but the million-acre park has enough room to find solace from the crowds.

SIGHTS TO SEE

Many visitors to Glacier National Park never stray far from **Going-to-the-Sun Road**—an exhilarating drive through the heart of the park and its mountains—though the sprawling park can keep any adventurer busy for years. Going-to-the-Sun Road, which links Glacier's West Entrance to the Saint Mary Visitor Center in the east, is a great starting point. Enjoy scenic overlooks (like those at Big Bend, Jackson Glacier and Siyeh Bend), tunnels bored

through hundreds of feet of rock and access to dozens of hiking trails. Visitors often spot a variety of wildlife on those trails, including elk, mountain goats, bears and harlequin ducks. Nearly 1,000 **wildflower** species also thrive in this alpine zone. Spring arrives late at Glacier, so the flowers aren't usually in full bloom until mid-July.

Off the road, **hike into the backcountry**, through flower-filled valleys and rugged mountain passes, to one of the magnificent mountain lakes, whose waters stay refreshingly cool throughout the summer. Lake McDonald, near park headquarters, is the most prominent and also one of the busiest; explore the colorful Two Medicine Valley for a quieter outing. There's plenty to see at night, too: The park, far from any light-polluting big city, offers spectacular views of the **night sky**. But check sunset times—in summer it isn't dark until after 10 p.m.!



Glacier National Park has it all: mountain streams, rugged terrain and impressive ice formations.

jankgo

BACKROADS

THE WORLD'S #1 ACTIVE TRAVEL COMPANY.

GO ACTIVE

BIKING | WALKING & HIKING | MULTISPORT | FAMILY | PRIVATE & CUSTOM

WE ♥ NATIONAL PARKS

Call **800-GO-ACTIVE** or visit **backroads.com** for a free catalog and your active vacation of a lifetime.

THINGS TO DO

HIKING

With more than 700 miles of trails, Glacier National Park has something for every hiker, from easy jaunts on level ground to strenuous climbs through mountain passes. The park has seven nature trails, too.

Glacier is home to a large bear population. To avoid startling a grizzly or less-aggressive black bear on a trail, remember to make plenty of noise when hiking. Also, check with the park for advice about what to do if you encounter a bear, and carry bear spray—keep it handy and make sure you know how to use it.

ROCK CLIMBING

Glacier National Park, with six peaks that top 10,000 feet and 32 higher than 9,100, offers challenges for both technical climbers and mountaineers, with magnificent views of the Rockies and

glacial valleys as a well-earned reward. It's a favorite destination of ice climbers during the long winters, too.

CAMPING

Glacier National Park has 13 campgrounds and 1,009 sites. Some of the larger campgrounds offer amenities like indoor plumbing and showers; the more remote sites trade those for unparalleled solitude amidst the wilderness. RVs are permitted at some campgrounds, but the park does not have utility hookups. Hikers with permits can camp in the park's extensive backcountry.

SCENIC DRIVING

A must-do for any visitor, the 50-mile Going-to-the-Sun Road showcases the park's soaring mountain peaks, alpine meadows and lakes. The drive takes about two hours without stopping—budget more if you plan to enjoy a hike or scenic overlook.

From July 1 through September 24, the park operates a free shuttle that stops at trailheads along the road. The 10 miles from the park headquarters to Lake McDonald Lodge are open all winter, too.

GETTING THERE



West Entrance
West Glacier, MT 59936
48.506416, -113.987639

Car: To reach Glacier's West Entrance, which provides access to the park headquarters, Apgar Visitor Center and Going-to-the-Sun Road, from Kalispell follow U.S. Highway 2 north for approximately 33 miles. From the east, take U.S. Highway 89 north from Great Falls to Browning, a 125-mile drive. From the junction in Browning, follow the signs to the various eastern park entrances.

Air: Glacier Park International Airport near Kalispell is 30 miles west of the park. Missoula International Airport is 150 miles south. Great Falls International Airport is 130 to 165 miles east of park entrances.

Train: Amtrak offers service to both the east and west sides of the park.

HOURS OF OPERATION

Glacier National Park is open every day of the year, but some facilities and roads close for the winter. The summer season generally runs from late May to early September. Visit the park website for details.

CONTACT INFORMATION

Park Headquarters
Glacier National Park
P.O. Box 128
West Glacier, MT 59936
(406) 888-7800 • nps.gov/glac



EDITOR'S PICKS: WALKING & HIKING TRAILS

Trail Name Trailhead	Description	Round-Trip Distance/Time	Difficulty Elevation Gain
HIDDEN MEADOW			
3 mi. s. of Polebridge Ranger Station	A serene hike to a quiet pond. Perfect for enjoying wildflowers and wildlife.	2.4 miles 1.5 hours	Easy 250 feet
GRANITE PARK CHALET			
Continental Divide sign at Logan Pass	Panoramic views as you follow the Continental Divide to a historic chalet.	15.2 miles Day hike	Moderate 800 feet
ICEBERG LAKE			
Iceberg Ptarmigan trailhead	Great views of peaks and alpine meadows on the way to the shaded and icy lake.	9.6 miles Day hike	Moderate to Difficult 1,200 feet
RUNNING EAGLE FALLS			
Forest Rd. 201	This wheelchair-accessible nature trail examines Native Americans' use of plants.	0.6 mile 30 minutes	Easy Mostly level



The National Fish and Wildlife Foundation protects and restores our nation's wildlife and habitats. Learn more at www.nfwf.org





NEW RIVER GORGE

NEW RIVER GORGE

New River Gorge National River encompasses over 70,000 acres of land along the beautiful New River in **West Virginia**. Starting in North Carolina, the New River sends whitewater northward through cliffs, gorges, amazing rock outcroppings, diverse forests and more stunning scenery. Breathtaking views from the gorge complement the subtle diversity in plant and animal life. Combined with an abundance of outdoor activities, New River Gorge is a wonderful place to experience nature at its best.

SIGHTS TO SEE

New River Gorge Bridge is an arresting display of modern innovation. The bridge is the third largest arch bridge in the country. The New River Gorge Bridge is located on U. S. Route 19, just north of Fayetteville, WV. **Grandview** became part of the New River Gorge National River area in 1990. The views of the river from the park

are unmatched and the **Main Overlook** provides a stunning view to the river valley 1,400 feet below.

The Sandstone Falls are one of the most popular attractions on the New River. The largest waterfall on the river, Sandstone Falls spans the New River where it is 1,500 feet wide. The falls are separated by a series of islands and the river drops elegantly up to 25 feet.

THINGS TO DO

CLIMBING

There are over 1,400 established rock climbing routes within New River Gorge National River. "The New" has become one of the most popular climbing areas in the country. The cliffs at New River Gorge are made up of a very hard sandstone, and range from 30 to 120 feet in height. The rock is very featured, and an abundance of crack and face routes are available. Most of



EDITOR'S PICKS: WALKING & HIKING TRAILS

Trail Name Trailhead	Description	Round-Trip Distance	Difficulty Elevation Gain
ENDLESS WALL TRAIL			
<i>Endless Wall Parking Area</i>	A trail along an unbroken cliff line that follows the rim of New River Gorge, offering incredible panoramas.	2.4 miles	Moderate Level
LONG POINT TRAIL			
<i>Along Gatewood Road</i>	Travels through fields to a view of the gorge and bridge; not recommended for children or those afraid of heights.	1.6 miles	Moderately Strenuous Slight Incline
TUNNEL TRAIL			
<i>Grandview Parking Area</i>	Leads below the rim of the gorge to places where you can explore the cliffs and rock tunnels.	0.5 mile	Easy Level

the routes in the gorge favor the advanced and expert climber.

WHITewater RAFTING

New River Gorge National River includes 53 miles of the free-flowing New River, beginning at Bluestone Dam and ending at Hawks Nest Lake.

The New River typifies big West Virginia-style whitewater. The upper part of the river has easier rapids while the lower part is home to some of the most challenging rapids in North America.

HIKING

The park has numerous trails and hiking options. There is a variety of difficulty ranging from easy terrain and short trails to more challenging, steeper hikes. The trails vary in length, with the longest being about seven miles.

Popular trails include the **Grandview Trails**, the **Endless Wall Trail**, **Fayetteville Area Trails** and the **Long Point Trail**.

BICYCLING

Beautiful landscape and easily accessible bike routes make New River Gorge National

River one of the most popular mountain biking destinations in the country. Perfect for family outings, casual rides or racing your friends, biking at New River is the perfect outdoor adventure.

GETTING THERE



**162 Visitor Center Road
Lansing, WV 25862
38.070015, -81.075844**

Car: Highway access is from Route 19, between Beckley and Hico, and from I-64, between Mossy and Sandstone.

Air: Charleston, WV, approximately 70 miles northwest of the park, is the closest major airport. Some flights are also available nearby at Beckley, WV.

Public Transportation: Amtrak service is available to three locations in the park, three days a week. The Cardinal, traveling between Chicago and New York, makes scheduled stops at Hinton and Prince, with Thurmond as a flag stop for passengers with reservations. Greyhound has a bus terminal in Beckley. Taxis are based in Oak Hill and Beckley.



David Smith

Scenic overlooks offer views of the forest and the New River Gorge Bridge.



Paddling is a popular activity in New River Gorge.

HOURS OF OPERATION

The park is open year-round. Canyon Rim and Sandstone visitor centers are open daily (except Thanksgiving, Christmas and New Year's Day) from 9 a.m. to 5 p.m. Thurmond Depot and Grandview operate seasonally June through August. Thurmond Depot's seasonal hours are 10 a.m. to 5 p.m. Grandview is open seasonally from noon to 5 p.m.

CONTACT INFORMATION

New River Gorge National River
P. O. Box 246
Glen Jean, WV 25846
(304) 465-0508 • nps.gov/neri
Canyon Rim Visitor Center: **(304) 574-2115**
Sandstone Visitor Center: **(304) 466-0417**

CLIMBING GUIDE SERVICE

New River Mountain Guides
101 E Wiseman Avenue
Fayetteville, WV 25840

(304) 760-9791 •

newriverclimbing.com
info@newriverclimbing.com



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



CLIMBING

Rock climbing is a fun, safe and thrilling sport. If you're interested in taking up climbing, here are some great tips for beginner climbers from the experts at Mountain Gear.

HOW TO GET STARTED

The easiest way to get started is to find an experienced climber and have them go with you the first time or two. If you have a friend or relative who climbs, don't be afraid to ask them to literally show you the ropes. Climbers need partners and won't turn you down.

Another great resource is your local indoor climbing gym. Most gyms offer a basic technique course that teaches both belay (the act of controlling the rope that secures the climber) and climbing techniques to get you climbing safely.

Outdoor specialty stores like Mountain Gear give you an opportunity to see a wide

variety of equipment. These stores should have a climber or two on staff who can show you an array of climbing gear and give you insight into its function. Some stores will even have walls where you can climb or take classes, so make sure you stop in and ask.

CLIMBING ESSENTIALS

Rock climbing comes in several styles. Most beginning climbers start out with the safest and easiest type of climbing called top-roping. It's called top-roping because the rope is anchored at the top of your climb before starting your ascent from the bottom, so the furthest you can ever "fall" is roughly a foot or two. Below are some essential pieces of top-roping gear to get you started.

Belay Device: This device is used by the belayer (the person handling the rope)

Courtesy of Mountain Gear



The easiest way to get started climbing is to find an experienced climber and have them go with you the first time or two.



Courtesy of Mountain Gear

rope doesn't matter, so something in the range of a 9.8-10.2mm rope would be a great place to start.

Harness: The most important feature of a harness is that it fits well. To test if a harness fits properly you need to put it on and cinch down the waist belt above your hips (right around your belly button) and then tighten your leg loops. There should be barely room enough to put two fingers inside your waist belt by your hip and there should be a couple inches of webbing on either side of the cinch buckle.

Helmet: Although many climbers decide not to wear a helmet while they climb, it is a crucial safety precaution that can save you from falling rocks and bad falls that cause you to swing into the wall. You should always wear a helmet while you climb.

Carabiners: For top-roping purposes, nearly all of your carabiners should have a locking mechanism. Any carabiner in your anchor should be a locker and any carabiner you use for your belay device should be a locker. This will ensure that there are not incidents where the gate opens up and the rope slips out.

Anchors: Securing your rope at the top of the climb can be a tricky process and there are many ways to do it. It is highly recommended that you learn how to build anchors from an experienced climber or read through one of the many books on building a safe anchor. Make sure you practice in a controlled environment before attempting to do it on a large rock face.

Happy Climbing!

SHARE YOUR FAVORITE
PHOTOS WITH US!
FOLLOW US! @OhRanger

Helmets are a crucial safety precaution. Always wear one when you climb.

to put friction on the rope, making it much easier to control a fall or lower a climber. There are many different belay devices and you should always have someone instruct you in their use if you are unsure.

Rope: When you first start looking at ropes, you will notice that some are dynamic and others are static. You will want a dynamic rope since they have a certain amount of stretch built into them to help absorb some of the force should you fall. Static ropes, on the other hand, have no elongation so when you fall on them you experience a sudden jerk as the line becomes taut, which can be dangerous and painful. The other key component of a rope is its size. As a general rule of thumb, the thicker your rope is, the more abuse it can take. For top-roping, the weight of the



ACCESS FUND

Access Fund is the national advocacy organization that collaborates with land managers, elected officials, industry leaders, and climbers all across the country to keep US climbing areas open and protected. The sport of climbing is at a pivotal crossroads—it is growing in popularity and the sheer number of people climbing outside is having a tremendous impact on the health of our outdoor climbing areas.

In order to ensure the future of climbing access in America, the Access Fund has launched ROCK Project, a program that works to inspire climbers to embrace responsible habits that will keep climbing areas open and conserve the climbing environment. The program is a partnership between Access Fund and Black Diamond Equipment.

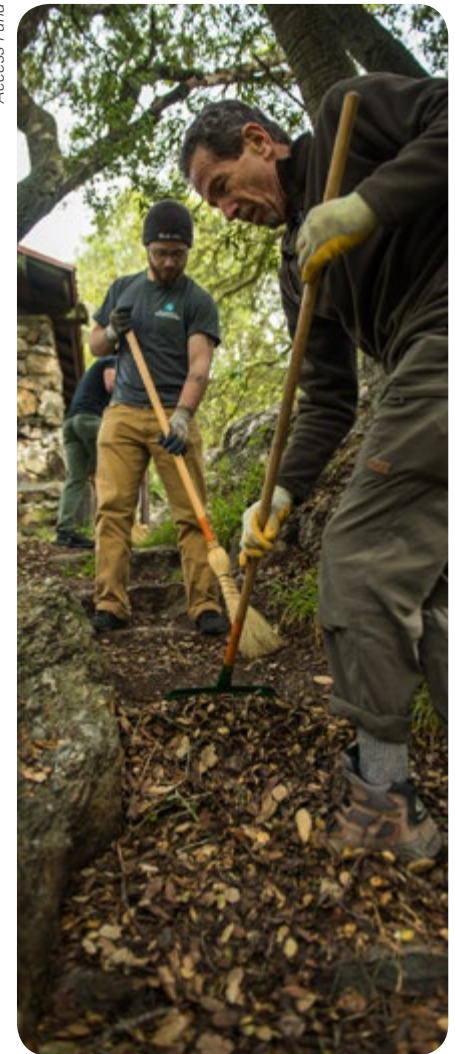
As part of this program, Access Fund is asking all climber to commit to The Pact, which is a promise to their climbing peers to follow a set of 10 responsible outdoor behaviors. These include:

- Respect other users.
- Dispose of human waste properly.
- Park and camp in designated areas.
- Stay on established trails.
- Place gear and pads on durable surfaces.
- Clean up chalk and tick marks.
- Keep a low profile, minimizing group size and noise.
- Pack out all trash, crash pads, and gear.
- Respect closures.
- Be an upstander, not a bystander.

Ultimately, climbers that are stewards and responsible users of outdoor climbing

resources promote a positive identity for themselves and climbers as a whole, mitigating threats to access. To learn more, visit www.accessfund.org/rockproject.

Access Fund



The Access Fund is the national advocacy organization that keeps U.S. climbing areas open and conserves the climbing environment.



PHOTOGRAPHY

The ecosystems of America's national and state parks and public lands are among the most diverse on the planet—from the wetlands of the Everglades to the temperate rain forests of Olympic National Park and the deserts of Death Valley to the mountains of Yellowstone and Grand Teton. For both aspiring and experienced photographers, the goal of any trip to a national park is to capture its endemic wildlife.

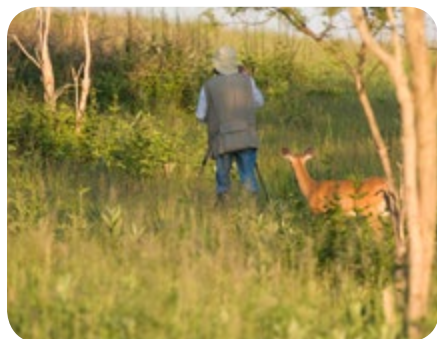
Taking photographs of animals presents a unique set of challenges. Landscapes cooperate; wildlife does not. Not only are animals likely to react to a photographer's presence, but they are also driven by their own instincts and behavior, which can make capturing them difficult. The tips below will help you compose better wildlife images of all creatures great and small—from the bison to the tiniest hummingbird and everything in between.

- **Use a tripod.** If you are using a large telephoto lens, consider investing in a gimbal head, which will make it easier to track your subject.
- **Know your subject.** Before you take out your camera, understand your subject's

behavior so that you can be prepared for what it will do next.

- **The eyes have it.** Capturing your subject's eyes will lead the viewer into the picture and make your image more impactful. Always keep the eyes in focus and try to place them in the power points (the intersection of rule of third guidelines).
- **Keep a safe distance.** You'll want to keep a minimum of 25 yards between you and your subject and more than 75 yards for larger predators. That means that you'll need a big telephoto lens if you want to get up close and personal.
- **Shoot in burst mode.** Instead of taking a single frame, increase the probability that you'll capture the behavior, head position or angle by capturing multiple frames.
- **Be prepared.** Wildlife, and particularly birds, move quickly and without provocation. Practice your panning skills to better catch birds when they alight.
- **Timing is everything.** The best time to photograph wildlife is during the golden hours—at dusk and dawn—when the light is soft and less likely to cast harsh shadows across your subject's face.
- **Keep it simple.** The easiest way to draw attention to your subject is to use a simple background. Use a shallow depth of field to blur any distracting backgrounds.
- **Aim for the action.** Make your image more compelling by capturing your subject exhibiting its natural behavior—flying, hunting, eating or caring for young.

The best way to take better photographs is to practice, and you don't need to go far. Buy a bird feeder and build a studio in your backyard, where you'll be able to create your own version of *A Star(ling) is Born*.



JPechara/Stock

Don't miss your shot! Be aware of your surroundings.



Arches National Park

Two National Parks... ...One Extraordinary Destination!

Visit the only Utah destination where you can experience two of **The Mighty 5®** National Parks from one convenient location. Visitors from around the world come to the town of Moab to experience sunrise over the towering depths of Canyonlands National Park and then follow it up with sunset in the otherworldly red rock landscape of Arches National Park. Moab's year-round access to thousands of square miles of amazing red rock landscapes, along with the cool waters of the Colorado River, has made it one of the most sought-after outdoor recreation destinations in the American Southwest.



Put yourself in the picture and start planning your visit today!

For a FREE travel planner call 435-259-8825 or visit

discovermoab.com

Canyonlands National Park



MOAB
Where Adventure Begins

LIFE
UTAH
ELEVATED



JUST FOR KIDS

An outdoor adventure in the wilderness gives kids a chance to get back to nature and learn about plant and animal life, living history and the wonders of the ecosystem. Here's a helpful rundown of some fun ways kids can get involved.

ROCK CLIMBING

Learning to climb is a great way to get kids interested in the outdoors and is also great exercise. Some destinations have climbing experience programs for beginners and there are several commercial guides available for lessons.

HORSEBACK RIDING

Whether you're coming straight out of the city or have been riding all your life, taking a horseback ride is a great way to get outdoors! Many destinations offer site-specific trails with a guide (or if you have the know-how, without one) and the experience is well worth it. A horseback ride beats a car trip through a park any day.

FISHING

There are countless fishable areas across the country, with just as much variety in conditions and species of fish. Rules vary by state, but typically anyone over age 16 will need a valid fishing license, available for purchase in local communities. Always follow local, park and state fishing regulations.

NATURE HIKING

The diverse landscapes around the country provides great hiking opportunities for all ages. Explore waterfalls, natural arches and giant cliffs. Miles of trails tra-

verse mountains with stunning overlooks and dense forests with rich wildlife that are especially beautiful during the fall foliage season. Stop by a lake for some great shoreline walks.

WALK WITH A RANGER

Get the real scoop on nature during a ranger-guided walk or attend a slide show at campground amphitheaters. Ask at a visitor center for the most up-to-date times and topics.

TAKE A FIELD TRIP

Local colleges and universities may offer special family programs and trips to nearby parks. Topics include reptiles and amphibians, insects and animal tracks, and flowers and other vegetation. Inquire locally for more information.

JUNIOR RANGER PROGRAM

Junior Ranger programs are a great way to have fun while learning what makes national parks and public lands special. Pick up an activity booklet at a visitor center and complete the activities to earn patches and certificates.

WEBRANGERS

Kids can learn about national parks from home by becoming WebRangers. They can play interactive and educational games, solve puzzles, investigate natural mysteries, take the WebRanger pledge, and print out and sign their membership card. Log on to nps.gov/webangers to get started.



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



Energizing adventure in partnership with the National Parks Conservation Association.



GO AND CONQUER
SAVE 20%
PLUS EARN 1,000 WYNDHAM REWARDS
BONUS POINTS WHEN YOU BOOK 2 NIGHTS*
AT TRAVELODGE.COM/GO

Travelodge

The difference between a trip and an adventure?
The can-do, can-conquer attitude that can only come from a good night's sleep.

Stay Close to Adventure.® **Travelodge** and Go.

*Subject to availability at participating hotels. Wyndham Rewards members only. Book online by September 4, 2017 & complete the 2 night minimum stay by September 10, 2017. Sunday - Thursday arrivals only. Offer subject to change/cancellation at any time, as well as full terms at www.travelodge.com/go. Void where prohibited.



ESSENTIAL GEAR

Exploring the wilderness is a rewarding adventure for all. From the alpine peaks of Washington and the Northwest to the sandstone desert cliffs in the Southwest, the terrain and conditions around the United States are diverse and each destination requires planning and preparation. Make sure you're prepared for the rigors of the wild with the proper gear.

CLOTHING

Keep in mind that several thin layers of clothing will protect you in a variety of conditions compared to one thick layer. Avoid cotton: it doesn't insulate well and takes a long time to dry when wet.

BASE / VENTILATING LAYERS

Base layers are designed to fit your skin closely, wick away moisture from sweat and precipitation, and be breathable. Essential items include liner socks, underwear, bottoms, undershirt and, in colder conditions, liner gloves.

INSULATING LAYERS

Insulating layers are best for cold, alpine conditions and help retain your body heat in cold temperatures. Synthetic or wool pieces work the best. Essential items include socks, pants, light jacket, hat and mittens or gloves depending on the conditions.

SHELL LAYERS

The shell layer is designed to protect you from the elements. This layer is best if waterproof and breathable. Essential items include a shell jacket, shell pants,



boots or approach shoes and gaiters, which are designed to keep snow, rain, dirt and gravel out of your boots.

PERSONAL ESSENTIALS

Now that you're protected from the weather, make sure you're equipped to spend time in the wild. Avoid cheap items and gear designed for urban use. Your stuff should be able to handle some abuse! Make sure you have a daypack around 1,200 cubic inches in volume, nutritious food that doesn't spoil easily, water bottles, a map and compass, sunglasses, sunscreen, first aid kit and toilet paper!

CLIMBING GEAR

Rock climbing is a great way to enjoy the outdoors and many public lands are amazing climbing destinations. Be sure to practice safe climbing and be prepared with the proper gear. Always have a helmet! Other essential items include a harness, belay device, rock shoes, carabiners and climbing rope. For more information, contact Mountain Gear or a local climbing guide agency.

CASIO

Smart Outdoor Watch

PRO TREK Smart androidwear

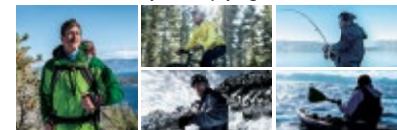


WSD-F20

GPS + FULL-COLOR MAP



Discover new ways of enjoying the outdoors



1 Built-in low-power GPS 1 Full-color map display for offline use 1 Dual-layer LCD 1 Bluetooth® connection 1 50-meter water-resistant structure 1 Military Standard compliance 1 Android Wear™ APP 1

*1 Original Casio criteria *2 •Drop: Tested in conformance with MIL-STD-810G Method 516.7 Procedure IV. •Random Vibration: Tested in conformance with MIL-STD-810G Method 514.7 Procedure I. •Humidity: Tested in conformance with MIL-STD-810G Method 507.6 Procedure II. •Solar Radiation: Tested in conformance with MIL-STD-810G Method 505.6 Procedure I. •Non-Operating Altitude: Tested in conformance with MIL-STD-810G Method 501.6 Procedure I. •Non-Operating Low Temperature: Tested in conformance with MIL-STD-810G Method 502.6 Procedure I. •Temperature Shock: Tested in conformance with MIL-STD-810G Method 503.6 Procedure I-C. •Ice Freezing Rain: Tested in conformance with MIL-STD-810G Method 521.4 Procedure I. (The performance of this instrument has been confirmed under various test environments, but its operation in actual use is not guaranteed for every environment. Freedom from breakage or failure can also not be guaranteed.) •This product conforms to the JIS C 61000-3-2 harmonic electrical current standard. •This product is in conformity with or certified to the Radio Law, Telecommunications Business Law and VCCI. •The screen design shown is correct at the time of development. Actual design may vary. •The final specifications may differ from those shown. •Bluetooth® and Bluetooth SIG are registered trademarks. •Wi-Fi are Wi-Fi Alliance registered trademarks. •Android, Android Wear and other terms are trademarks of Google Inc. •Other service and product names are, in general, trademarks or registered trademarks of the companies concerned.



protrek.casio.com

CASIO ©2017 CASIO AMERICA, INC.

Jeep®

FREEDOM

IN EVERY DIRECTION

THE ALL NEW 2017 COMPASS



© 2017 FCA US LLC. All Rights Reserved.
Jeep is a registered trademark of FCA US LLC.

*The All-New 2017 Jeep Compass Limited.
With a highway fuel economy that's best in its class,
the freedom to explore all of America's best parks is yours.*

Jeep is proud to be a founding member of Tread Lightly!

tread lightly!®

ON LAND AND WATER

