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YOUR COMPLETE GUIDE TO THE PARKS

GLACIER NATIONAL PARK

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WELCOME

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

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

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

This *American Park Network* guide to Glacier National Park is provided to enhance your appreciation and enjoyment of this special place. It is made possible by the generous support of the sponsors whose messages appear inside.

During your stay, we hope our guide helps you discover the amazing wonders of Glacier National Park and inspires a variety of ideas to make your visit a special one. Inside the guide, you will find a

wide variety of activities, animals, trails and much more. We hope this little green guide will become as well-used and well-loved as your hiking boots!

FUN FACTS

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

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

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

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

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

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



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Cover: Mountain Goat at Logan Pass (Shutterstock)

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WHAT'S NEW! WE'RE ALL CONNECTED

"When we try to pick out anything by itself, we find it hitched to everything else in the Universe."

—John Muir



Mark, Joel & Alex – connecting in parks!

As a young man, John Muir, the naturalist known as, "Father of the National Parks," had an accident that left him temporarily blinded. It changed his life forever. When he regained his sight, he emerged into the light ever-determined to pursue his dreams of exploration. Fortunately for the world, Muir's trials led him to help move Congress to set aside Yosemite, one of his many contributions to our nation's preservation movement.

When faced with adversity, we have but two choices. We can either rise above our circumstance or succumb to our demons of doubt, fear, resentment and apathy. While Muir was lucky to have his sight return, his subsequent efforts drew strength from hope, compassion, kindness and love to rise up from personal adversity.

Lately, it feels like we're all dealing with too many hurdles. Every hour, "breaking" news spews forth accounts of tragedy and divisiveness. It was with this backdrop that I was preparing to teach a restorative yoga class, to create a safe environment for my students and provide an hour's worth of peace and quiet to carry out into the world. What theme would capture their imagination and neatly underscore our human need for connectedness?

When teaching, I try to use examples that marry ancient tradition with contemporary

science. I often find inspiration in parks. In its traditional form, yoga was about joining with the collective universe. So, too, is Muir's quote, best illustrated by an example from Yellowstone. When wolves were reintroduced there after a 70-year absence, the rampant elk population could no longer leisurely nibble on willows, graze in open meadows or congregate by the rivers. In a short period of time, the forests and meadows began to regenerate. Song birds appeared. Beavers flourished, building dams, which created habitats for otters, muskrats and ducks. Cooler waters, shaded by more trees, attracted different species of amphibians and fish. Tree roots stabilized the river banks, diminished erosion and even changed the geography of the park! Indeed, pick out anything by itself and we quickly find that *everything* is connected.

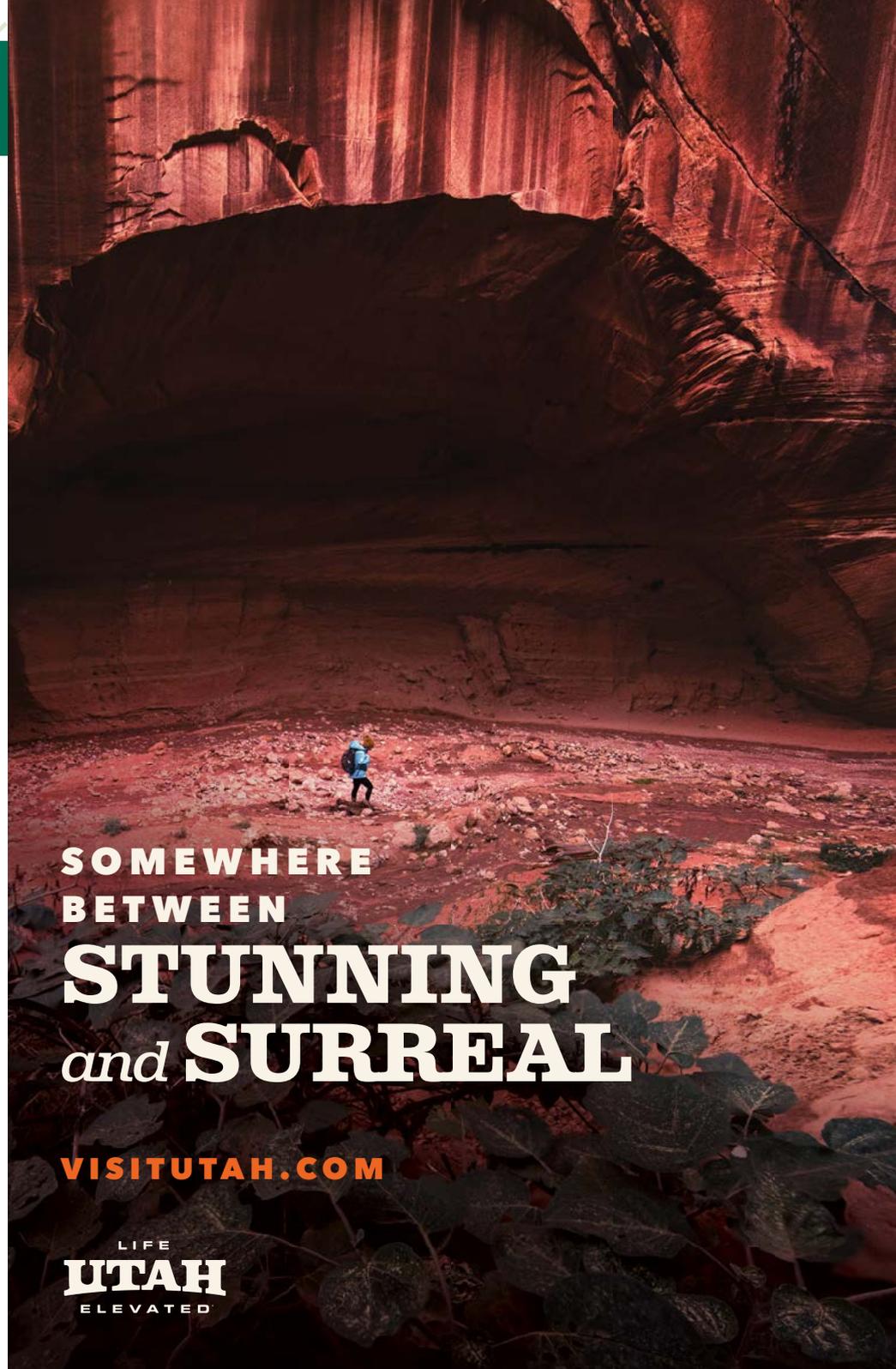
Now is the time to seek out connection—whether in a park, a yoga studio or anywhere you find inspiration—to find strength to rise up and overcome the obstacles that face us all...

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.



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PLAN YOUR VISIT

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

ENTRANCE FEES

Glacier: 7-day permits are \$35 per vehicle during the summer (May 1st to October 31st) and \$25 per vehicle in winter (November 1st to April 30th). The entrance fee is \$20 for bicyclists and hikers, and \$30 for motorcyclists. Reduced rates are offered in the winter. An annual pass to Glacier is \$70. There are several fee-free days throughout the year: January 21, April 20, August 25, September 28, and November 11. For more information, visit nps.gov/glac.

Waterton: Parks Canada is inviting all kids 17 and under to visit any of their many sites for free, including Waterton Lakes National

Park. It does not include sites outside of the Parks Canada network.

Entrance fees for adults are \$7.80 (CAD); seniors are \$6.80. Reduced prices in shoulder season. Fees are set to change in January 2020. For more information, call **(403) 859-2224**, or visit online at pc.gc.ca/en/voyage-travel/admission.

Every Kid Outdoors: To help engage and create our next generation of park visitors, supporters and advocates, the Every Kid in a Park initiative was launched in 2015, and it continues—the Every Kid Outdoors Act was signed into law in 2019. The goal is to provide an opportunity for every 4th grade student across the country to experience their federal public lands and waters in person. All kids in the fourth grade have access to their own Every Kid in a Park pass at everykidinapark.gov. This pass admits the pass owner and any accompanying passengers in a private non-commercial vehicle to the park. Get



FEDERAL RECREATIONAL LANDS PASSES

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

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

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IMPORTANT NUMBERS

GENERAL INFORMATION

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

EMERGENCIES

Glacier	911	
Waterton	(403) 859-2636	

EMERGENCY ROAD SERVICE

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

GLACIER LODGING RESERVATIONS

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

BOAT TOURS

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

HORSEBACK RIDING—GLACIER

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

HORSEBACK RIDING—WATERTON

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

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

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

Blackfeet Nation	(406) 338-7406	blackfeetnation.com
The People’s Center	(406) 675-0160	peoplescenter.org

TRANSPORTATION

Red Bus Tours	(855) 733-4522	glacernationalparklodges.com
Sun Tours	(800) 786-9220	glaciersuntours.com
In-Park Shuttle	(406) 888-7800	nps.gov/glac
East Side Shuttle	(844) 868-747	glacierparkcollection.com
East/West Side Shuttle	(855) 733-4522	glacernationalparklodges.com

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

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

the pass by visiting everykidinapark.gov, and print it and present it at the park. The Every Kid in a Park pass is valid until August 31, 2019.

border with pets, firewood, alcohol and bear sprays. All firearms must be declared. U.S. registered bear spray must have on it a United States EPA label.

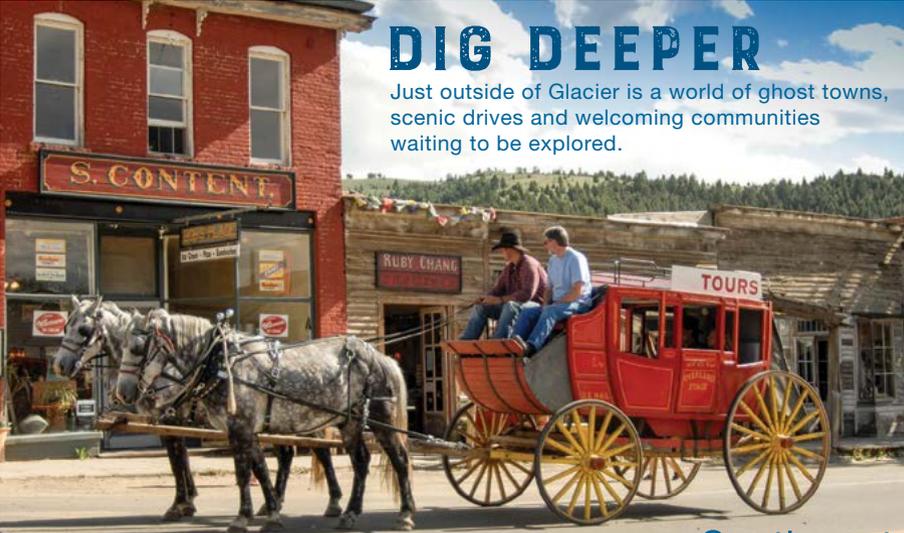
CROSSING THE BORDER

U.S. citizens need proof of identity and citizenship, in the form of a **U.S. Passport Book, Enhanced Driver’s License, NEXUS Card or U.S. Passport Card** when crossing to Canada from Glacier National Park. Single parents must also provide proof of custody of their children. A **U.S. Resident Alien Card** is required for resident aliens (legal residents of the United States who are not U.S. citizens) traveling to Canada by air or land. Contact **(506) 636-5064** for information about entering Canada from the United States. Call **(406) 889-3865** for information on crossing from Canada into the United States. Special restrictions exist for crossing the

PARK ENTRANCES

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

Waterton: The only entrance is located on the park’s northeast edge. To reach Waterton from the US, take Route 17 (Chief Mountain International Peace Parkway) through the Chief Mountain customs port, northwest of Babb, or follow U.S. 89 north to Cardston, Alberta, through the Piegan customs port. From Cardston, follow Alberta Highway 5 west to the park entrance. Visitors



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GLACIER'S SHUTTLE SYSTEM

Park visitors are able to access many destinations along the Going-to-the-Sun Road while enjoying the spectacular scenery by riding on one of Glacier's environmentally friendly passenger shuttle buses.

David Restivo / NPS



Glacier's shuttle buses allow you to avoid traffic and visit the park without driving.

FREE PARK SHUTTLE

Shuttle buses are wheelchair-friendly and meet audiovisual accessibility requirements. Larger buses are equipped with bicycle racks. Space for baggage is limited. There is no additional fee to ride the optional shuttle, tickets are not required and transit stops are clearly marked along Sun Road.

The transit system offers two-way service along Sun Road between the Apgar Visitor Center and St. Mary Visitor Center. In 2019, the shuttle will operate regularly from July 1 through Labor Day. Buses run approximately every 15 to 30 minutes on the west side and every 40 to 60 minutes on the east side between 7 a.m. and 7 p.m. until September 2; from September 3 through 22, the shuttle runs 9 a.m. to 5 p.m. Stops are marked by large, double-sided signs. Each sign highlights area features and activities.

Visitors interested in going to Avalanche, The Loop, Logan Pass or St. Mary Falls trailhead areas should consider this free transit service. Current bus schedules are posted at every shuttle stop and informational kiosk. They are also available at visitor centers and viewable online at the park's website. This free shuttle service is not intended to replace Sun Tours or Glacier National Park Lodges' Red Bus Tours.

WEST SIDE SHUTTLE

Glacier National Park Lodges provides passenger and luggage transportation from the West Glacier Train Station to Lake McDonald Lodge and Village Inn. This shuttle runs from May 17 to September 25, 2019. A small fee applies, and reservations must be made in advance.

EAST SIDE SHUTTLE

Glacier Park Collection offers a shuttle service between Glacier Park Lodge and St. Mary with a stop at Two Medicine inside Glacier National Park. Seating up to 13 on a space-available basis, it connects guests to the National Park Service shuttle on the Going-to-the-Sun Road as well as the shuttle to Many Glacier operated by Glacier National Park Lodges. GPC's shuttles operate June through September. Reservations are not required but are recommended. For more information, call **(844) 868-7474** or visit glacierparkcollection.com.

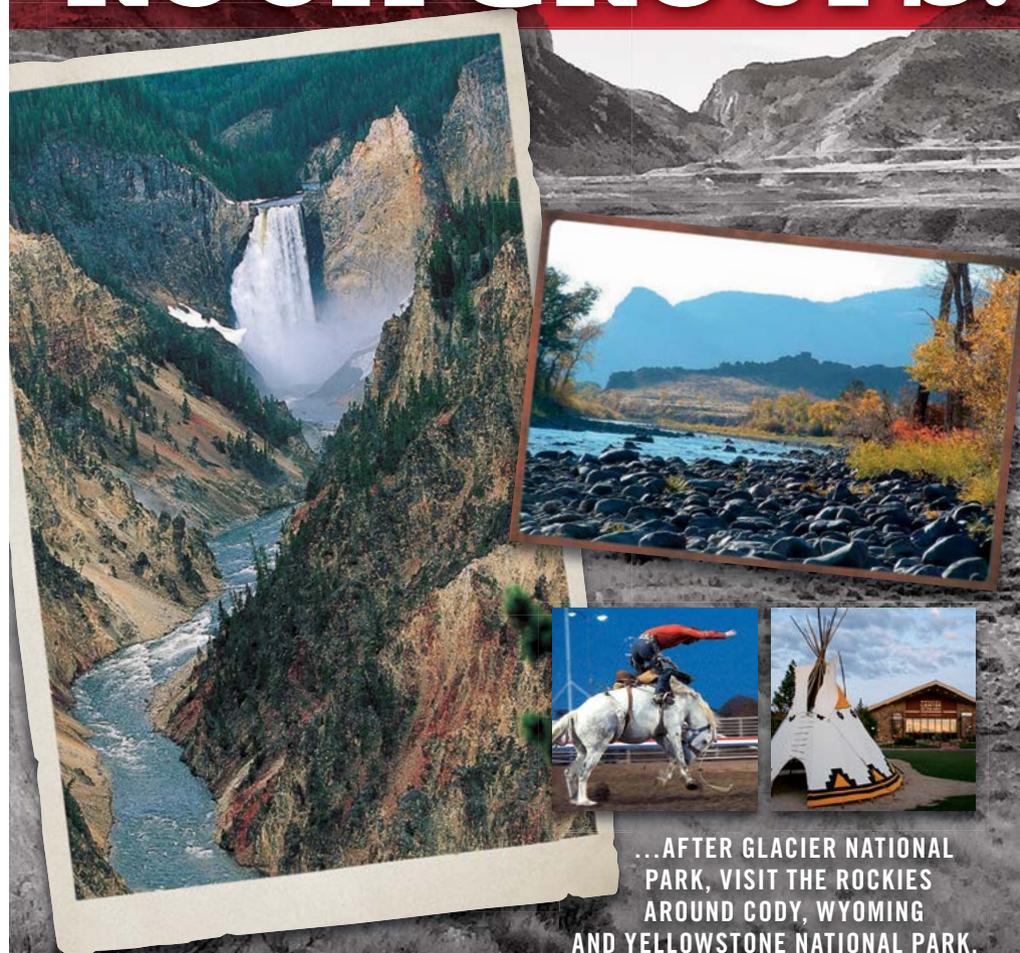
A shuttle between St. Mary Visitor Center and Many Glacier Hotel/Swiftcurrent Motor Inn & Cabins is offered by Glacier National Park Lodges for a fee from June 7 to September 17, 2019, connecting St. Mary with the free NPS shuttle system. For more information, call **(855) 733-4522** or visit glacienationalparklodges.com.

GLACIER PARK EXPRESS

The Glacier Park Express and Summer S.N.O.W. bus provides fast and convenient summer shuttles from Whitefish to the Apgar Transit Center in Glacier National Park and from Whitefish to Whitefish Mountain Resort.

The Glacier Park Express requires pre-purchased tickets and ticket sales are non-refundable. Ticket sales are not available on the bus. Note: ticket prices for the Glacier Park Express do not include the cost of the entrance fee required by Glacier National Park. Tickets are available online at bigmtnccommercial.org and at several ticket outlets in Whitefish.

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Leave your car at home. Travelers to Glacier can take the Amtrak Empire Builder which connects Chicago, IL with Portland, OR and Seattle, WA. Once in the park, you can ride the park shuttle.

coming south from Calgary follow Alberta Highways 2, 3 and then 6 for approximately three hours. Winter conditions close the Chief Mountain customs station and parkway from October to mid-May.

GETTING THERE

Air: The closest airport to Glacier is **Glacier Park International Airport** near Kalispell, Montana, 25 miles southwest of the park's west entrance. It's serviced by **Alaska, Allegiant, United and Delta; Skywest. Allegiant, United, Delta and Alaska/Horizon** airlines fly into Great Falls, Montana, which is 138 miles from East Glacier. Those flying into Canada can land at Lethbridge, Alberta, which is 80 miles northeast of the Waterton entrance, or Calgary, Alberta, 165 miles to the north.

Bus: Transcontinental bus lines serve Kalispell and Great Falls. Greyhound bus lines serve Kalispell and other communities nearby. For more information, call **(800) 231-2222**

or visit **greyhound.com**. The Eagle Transit Summer Bus is available from Kalispell from July 1 through September 3 (ADA accessible); call **(406) 758-5728** or visit **flathead.mt.gov/eagle/**.

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

The non-profit Glacier Park Express provides daily round-trip shuttle service between Whitefish and the Apgar Visitor Center from July 1 through September 3, 2019. Call **406-253-9192** or visit **bigmtcommercial.org** for more information.

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

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

PARK SHUTTLE

Once you pay your park entrance fee, you are granted free and unlimited access to the park shuttle. The shuttle offers multiple stops along Going-to-the-Sun Road, from Apgar Transit Center to St. Mary Visitor Center, and is available July 1 through Labor Day from roughly 7 a.m. to 7 p.m., weather permitting. All shuttles are ADA accessible, air-conditioned, and have large windows for viewing. See sidebar for more information.

TOURS

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

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



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

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

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

ROAD INFORMATION

Roads and highways to Glacier and Waterton are generally well-maintained and at least partially open for vehicles much of the year. Most roads are clear in late spring, summer and fall.

Regardless of construction on Going-to-the-Sun Road, access to Logan Pass ends every year no later than the Monday following the third full weekend of October (October 21, 2019), weather permitting. *Note: Severe winter weather events can close access to Logan Pass earlier than presumed dates.*

In **winter**, Glacier is open, although not always easily accessible by motor vehicles. The Going-to-the-Sun Road is plowed from the West Entrance to Lake McDonald, but beyond Lake McDonald is regularly closed due to weather. Other park roads may be accessed only by cross-country skis or snowshoes. Snowmobiles are not allowed

in the park. Current road conditions are available for Glacier at [nps.gov/glac](https://www.nps.gov/glac). You can obtain up-to-date road conditions by contacting the Montana Traveler Information System. Call **(800) 226-7623** or visit [mdt.mt.gov](https://www.mdt.mt.gov). The toll-free number also provides current park road information. Tune your radio to AM 1610 at the St. Mary and West Glacier entrances for detailed road information.

The road to Waterton Park is plowed all winter; and while the **Akamina Parkway** is normally plowed to provide access to skiing opportunities in the Cameron Lake area, it is projected to be closed to vehicles for the 2019 season due to the **Kenow Fire**. This also stands for the **Red Rock Parkway** beyond the Bellevue Trailhead. The fire affected nearly 40% of the park; however, the east side of the park, including the entrance, was largely unaffected. For up-to-date information in Alberta, call 511 or visit [511.alberta.ca](https://www.511.alberta.ca).

WEATHER

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

Although the days may get very warm (July’s average high is 79°F, maximum is 99°F), temperatures may dip to around 45°F after the sun goes down. Late spring to early fall is the most popular time to see the region, although many visitors enjoy winter treks as well. September is a popular month because the weather is still comfortable, autumn colors emerge and the summer crowds are gone—in both 2017 and parts of 2018, Glacier set notable visitation records, breaking previous numbers by over 20%.

GLACIER VISITOR CENTERS

When you arrive, stop at a park visitor center to become acquainted with the diversity of the region. Staff members will be available to answer questions and provide services such as backcountry trail information. Visitor centers have sales outlets for park publications and provide restrooms and water fountains. Glacier National Park Lodges information desks at park lodges and motels provide information about dining, lodging and tours. The new Crown of the Continent Discovery Center, a mile-and-a-half from the entrance at West Glacier, offers extensive information about the history, recreational opportunities, cultural heritage and environmental significance of the entire Crown of the Continent region.

Glacier National Park Headquarters:

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

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

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



NPS

Drive slowly and obey posted road signs. Your safety and that of park wildlife depends on it.

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

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

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

Two Medicine Ranger Station: Located west of the Highway 49 turnout near East Glacier in the park's southeast

corner. Publications and maps are available for sale. It is open from late-May to late September.

WATERTON VISITOR CENTRES

Waterton Lakes Visitor Centre: The original 1958 visitor center was lost in the Kenow Fire. A new visitor centre will be located within the townsite of Waterton, at Block 39 along Windflower Avenue, close to the entrance of the Townsite Campground. Construction begins in mid-2019. In the interim, visit Parks Canada's Visitor Centre on Fountain Avenue in the townsite (weekdays), or the Park Gate (weekends and holidays) for passes and information.

Cameron Lake and Red Rock Canyon: These unstaffed interpretive exhibits are found on Akamina Highway and Red Rock Canyon Road, respectively—however, for 2019, note that these roads are projected to be closed.

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

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

PARK NEWSPAPERS

Waterton-Glacier Guide, a newspaper for both parks, is published several times a year. The *Ranger-led Activities Schedule*, a summer park publication, contains a complete schedule of ranger-led activities (guided hikes, ranger talks and special events) in Glacier.

Both publications are available for free at respective park entrance stations and visitor centers. These publications are also available online at nps.gov/glac.

VISITOR SERVICES

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

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

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

BANKS

U.S. institutions serve Bigfork, Columbia Falls, Kalispell, Whitefish and Browning. ATMs are available in St. Mary, Columbia Falls, East Glacier, West Glacier, Hungry Horse, Coram and Waterton Townsite, and area campstores and lodges. For currency exchange, go to The Money Exchange in Tamarack Village Square in Waterton or the aforementioned U.S. banks. All Waterton merchants accept U.S. currency.

CAMPING SUPPLIES & GROCERIES

Supplies such as food, firewood, fuel, camping gear and first-aid kits are sold at

camp stores in Apgar, Lake McDonald, Two Medicine, Rising Sun and Swiftcurrent. Stores in Waterton Townsite and the gateway communities of Babb, Browning, St. Mary, East Glacier, West Glacier and Polebridge also carry supplies.

EMERGENCIES & MEDICAL SERVICE

First-aid services are available at all visitor centers and ranger and warden stations. In Glacier, please call **911** for immediate help regarding all emergencies. In Waterton, call **(403) 859-2636** for emergencies. For medical treatment on the west side of Glacier, contact Kalispell Regional Medical Center, **(406) 752-5111**, Whitefish's North Valley Hospital, **(406) 863-3500**, or the clinic in West Glacier, **(406) 888-9924**, which operates only during the summer months. At Browning, on the east side of Glacier, Blackfeet Indian Health Service will treat non-tribal persons on an emergency basis only; please call **(406) 338-6164**. Kalispell and Great Falls provide helicopter medical teams in emergencies. In Canada, full hospital facilities are available in Cardston, **(403) 653-4411**, or Pincher Creek, **(403) 627-3333**.

GIFT SHOPS

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



hairballusa/Stock

Glacier in spring is a wildflower lover's paradise.

LOST & FOUND

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

VEHICLE SERVICE & REPAIRS

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

ACCESSIBLE FACILITIES & SERVICES &

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

Services: The park switchboards can receive calls from telephone devices for the hearing-impaired (TDDs). To contact Glacier, please call **(406) 888-7806** and for Waterton, please call **(403) 859-2224**. There are CDs that narrate most major park routes at gift shops. All self-guided trails include printed brochures or signs for interpreting points of interest.

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

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

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

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

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

Camping: Campgrounds at Fish Creek, Apgar, Sprague Creek, Avalanche, Rising Sun, Two Medicine. St. Mary and Waterton Townsite have accessible sites and accessible restrooms. Roads through most campsites are paved, but wheelchair passage on foot trails may require assistance.

Contact Glacier National Park for a complete listing of the accessible facilities and services in the free brochure entitled *Accessible Facilities & Services*. At Waterton, the Access Guide is available. You can consult *Easy Access to the National Parks*, which is available in most bookstores. For more information, visit nps.gov/glac/planyourvisit/accessibility.htm.



LODGING & DINING

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

1. Located in East Glacier, the **Glacier Park Lodge's** impressive lobby is lined with gigantic Douglas-fir trees which always impress visitors.  This majestic lodge has 161 rooms, an outdoor swimming pool, nine-hole golf course, pitch-and-putt, lounge, gift shop and offers easy access to Red Bus Tours and horseback tours. **The Great Northern Dining Room** () offers a full breakfast buffet and serves à la carte comfort food with a Montana flare. Lunch is not served in the dining room. **Empire Bar** () has a well-stocked bar and bar menu and is a popular gathering place for lunch. Open early June through late September. For more information, call **(844) 868-7474**; glacierparkcollection.com.

2. **Many Glacier Hotel** is the largest lodge in the park and features stunning views of Swiftcurrent Lake. Massive renovations now complete, the hotel also has a snack bar and lounge, gift shop, and nightly entertainment. Glacier Park Boat Company tours and horseback rides from Swan Mountain

Outfitters can be booked here. **Ptarmigan Dining Room** () serves Continental and American cuisine with dramatic views of Many Glacier's towering peaks. **Swiss and Interlaken Lounges** (), located on the lobby level, have well-stocked bars. Open mid-June through mid-September. For more information, call **(855) 733-4522** or visit glaciernationalparklodges.com.

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

4. **Prince of Wales Hotel** sits on a promontory and features huge picture windows overlooking the string of mountains ringing Waterton. In addition to 86 rooms, the property features a lounge, English-style tearoom, gift shop and easy access to golf, horseback rides and boat tours. The **Royal Stewart Dining Room** () serves fine English and Continental cuisine. The **Windsor Lounge** () features traditional English fare and a full bar. Open late May through mid-September. For more information, call **(406) 892-2525** or visit glacierparkcollection.com.

5. **Lake McDonald Lodge, Cabins & Suites** is one of the finest examples of Swiss chalet architecture. A short walkway leads from the hotel to the Lake McDonald shore. There is a gift shop and campstore on premises and easy

access to Red Bus Tours, boat tours by Glacier Park Boat Co. and horseback rides from Swan Mountain Outfitters. **Russell's Fireside Dining Room** (B L D) serves wild game, as well as more familiar dishes. **Lucke's Lounge** (L D) serves local micro brews and an extensive bar menu. **Jammer Joe's Grill & Pizzeria** (L D) serves pizzas, salads and sandwiches. Open mid-May through late September. For more information, call (855) 733-4522 or visit glaciernationalparklodges.com.

6. Apgar Village Lodge & Cabins is set amidst the old growth cedars along the southern end of Lake McDonald and the shores of McDonald Creek. Most of the 48 rustic cabins have a kitchen (fridge, stove, toaster, coffee maker). The units have electric heat, televisions and shower stalls, but no telephones. Open mid-May to late September. For more information, please call (406) 892-2525 or visit glacierparkcollection.com.

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

8. West Glacier Motel & Cabins offers rustic, comfortable accommodations for an enjoyable stay on the western entrance to Glacier National Park. Open late May through mid-September. Please call (844) 868-7474; glacierparkcollection.com.

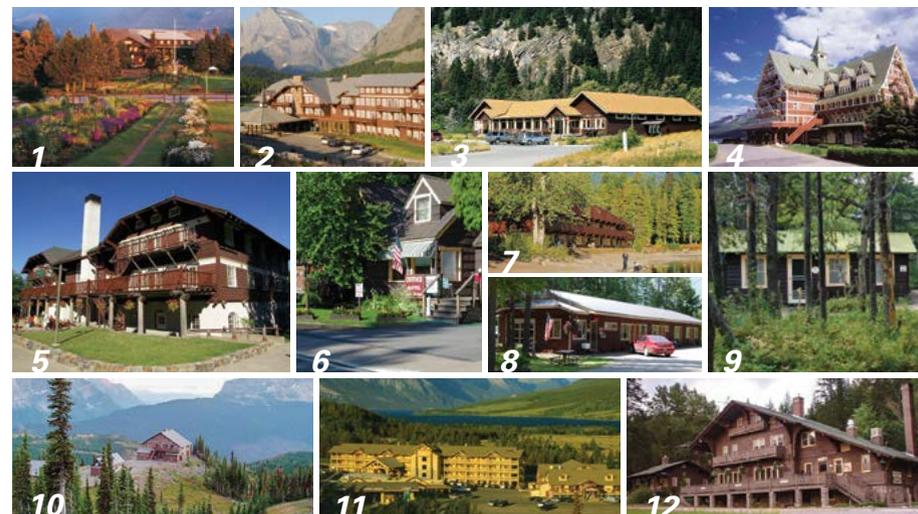
9. Swiftcurrent Motor Inn & Cabins is one mile from the Many Glacier Hotel and a stone's throw from the Iceberg Lake

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

10. Granite Park Chalet is a National Historic Landmark constructed by the Great Northern Railway in 1914. It has undergone extensive restoration, thanks to considerable public and federal support. Granite Park Chalet (June 27–September 12) currently operates as a self-service hiker hostel; rooms hold up to six. Reservations are required; linen service optional. For more information, call (888) 345-2649 or visit graniteparkchalet.com.

Note: Despite being in the rebuilding phase after the Sprague Fire, the Sperry kitchen of the Sperry Chalet is open and serving a daily backcountry lunch from supplies received via mule train. Horseback rides are also available on Saturdays and Sundays.

11. St. Mary Lodge & Resort, at Glacier's east entrance on Going-to-the-Sun Road, provides a combination of natural beauty and modern comforts. The resort boasts an array of unique dining venues, a gift shop, grocery store, espresso bar, gas station, sporting goods store, satellite TV and Wi-Fi in the lobby of the main lodge. **Snowgoose Grille & Mountain Bar** (B L D) has an extensive menu and dramatic park



views. Open early June through late September. Call (844) 868-7474 or visit glacierparkcollection.com for information.

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

13. Located 10 miles inside Glacier National Park's west entrance, **Motel Lake McDonald** (not pictured) is nestled near the shores of the largest lake within the park, 300 yards from Lake McDonald Lodge. The 27 rustic-yet-welcoming rooms feature modest amenities

and cozy accommodations, each with its own private bathroom. For more information, call (844) 868-7474 or visit glacierparkcollection.com. The motel is open early June through mid-September.

14. West Glacier RV Park & Cabins, with 60' and 80' pull-through sites and modern cabins steps from the park, is slated to open in July 2019. Call (844) 868-7474 or visit glacierparkcollection.com.

LOGGING & DINING OUTSIDE THE PARK

Accommodations and restaurants can also be found in Glacier's gateway communities and in the town of Waterton Park. Contact **Glacier Country** at (800) 338-5072; **Kalispell Convention & Visitors Bureau** at (888) 888-2308; or **Cut Bank Area Chamber of Commerce** at (406) 873-4041 for more information. For Waterton accommodations, please call (800) 215-2395. For general information, contact the **Waterton Lakes National Park** at (403) 859-2224.



PARK REGULATIONS & SAFETY

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

LITTER

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

PETS

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

VEHICLE RESTRICTIONS

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

BICYCLING

Glacier does not allow bicycle traffic along Lake McDonald between Apgar and Sprague Creek, and eastbound from Logan Creek and Logan Pass, from 11 a.m. to 4 p.m. daily between June 15 and Labor Day. Bicycle travel is prohibited on all Glacier hiking trails except for one paved

path near Apgar and two unpaved paths near West Glacier. Waterton has four hiking trails that permit bicycle travel. *Note:* Check with park rangers for updates on any pavement preservation projects affecting Going-to-the-Sun Road.

FIREARMS & FIREWORKS

As of 2010, federal law allows people (who can legally possess firearms under applicable federal, state and local laws) to legally possess firearms within Glacier National Park. The law does not change prohibitions on the use of firearms in national parks; hunting and recreational use of firearms are still prohibited. Federal law also prohibits firearms in certain facilities in this park.

HIKING

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

STEWARDSHIP

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

STAYING SAFE

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

ALTITUDE

Because Glacier and Waterton are several thousand feet above sea level, come prepared with appropriate footwear, high SPF sunscreen and appropriate

clothes for every day of the year. The higher altitude increases the amount of ultraviolet light reaching your skin. The thin air can adversely affect even the strongest of individuals. Better safe than sorry!

DRIVING

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

HYPOTHERMIA

This life-threatening condition occurs when the body is so chilled it can no longer warm itself. It can happen even on a cool summer day when you are tired and wet. Warning signs include shivering and disorientation. Seek shelter and raise your body temperature by drinking warm liquids. Be sure during this time to monitor breathing. When traveling in the backcountry, carry clothes for layering.



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

TICKS

While they are difficult to see, always keep an eye out for ticks. These arachnids can carry a variety of diseases, including Rocky Mountain spotted fever and Lyme Disease. If bitten, check for a rash in the area and watch for flu-like symptoms. If they appear, consult a doctor immediately.

RODENTS & HANTAVIRUS

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

WATER HAZARDS

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

WILD ANIMALS

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



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



SIGHTS TO SEE

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

GLACIER NATIONAL PARK

APGAR

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

LOGAN PASS

Straddling the **Continental Divide**, this 1.5-mile (one-way) mountain pass to the overlook crosses the Hanging Gardens of

Logan Pass, an area filled with lush meadows of **wildflowers** and surrounded by jagged peaks. There is about a 500-foot increase in elevation. Note that the Logan Pass section of Going-to-the-Sun Road is usually open from mid-June through the third weekend of October, weather permitting. During the Sun Road rehabilitation, after the third Monday in September, Logan Pass is accessible by vehicle from the east side only, weather permitting.

Other popular stops near Logan Pass include **Oberlin Bend, Weeping Wall, Big Bend** and **Haystack Creek** to the west, and the **East Side Tunnel, Siyeh Bend, Jackson Glacier Overlook** and **Sun Rift Gorge** to the east.

MANY GLACIER

Visitors can enjoy **boat cruises, horseback rides** and **trails** while exploring

this glacial valley of creaking glaciers and iceberg-filled lakes.

The 5.5-mile (one way) **Grinnell Glacier Trail** from Many Glacier Hotel brings hikers to one of the most visible glaciers—for now—in the park. Along the way, it passes beautiful mountain views and vibrant wildflower displays. Hikers can ride the **Many Glacier tour boats** along Swiftcurrent and Josephine lakes, or take a horseback ride for part of the trail’s length.

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

TWO MEDICINE

Many believe the park’s most dazzling colors of rock and foliage are in **Two Medicine Valley**, near East Glacier. Here, mountains of red, yellow and green stone encircle lakes filled with fish.

Because of the way valleys curve and twist in the Two Medicine area, hikers often laud it for containing the most dramatic collection of trails and viewpoints.

The name is reported to have been derived from the name “Two Medicine Lodge Creek,” so called because at one time there were two “medicine lodges” located on either side of the creek.

Running Eagle Falls, near Two Medicine Lake, is also known as “Trick Falls.” One waterfall tumbles over a cliff and another pours out of a huge hole in the cliff wall. Later in the season, the upper fall dries up,

leaving the lower fall apparently springing from solid rock. There is a **wheelchair-accessible loop** with interpretive trail signs explaining its significance to the Blackfeet culture. ♿

WATERTON LAKES NATIONAL PARK

CAMERON LAKE

Visit Cameron Lake in Waterton for a better understanding of the unusual aspects of this mountainous region. Trail and road signs and a visitor center explain how plants and animals adapt to environments that change within just a few thousand feet in elevation. *Note: Cameron Lake was affected in the Kenow Fire and may be closed off to visitors.*

CRYPT LAKE

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

THE RED ROCK PARKWAY

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



Boogich/Stock

Montana is known as the “Big Sky State” for a reason, and it’s just as applicable during the daytime than at night. St. Mary’s Lake is particularly impressive after the sunsets.



HISTORY & CULTURE

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

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

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

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

AMERICAN INDIAN BELIEFS

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



NPS

The Blackfeet people inhabited the area around the Continental Divide long before Europeans explored the area.



Aramark and Leave No Trace® want to ensure visitors are equipped with the best information and resources to enjoy our parks and leave them better than we found them!

Head to thenationsvacation.com to learn more about this partnership and ways that you can Leave No Trace® on your visit.





AMERICAN INDIANS IN MONTANA

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

Blackfeet Historical Tour

Heart Butte, MT: (406) 338-7406

Blackfeet Nation Office

Browning, MT: (406) 338-7521

Confederated Salish and Kootenai Tribes

Pablo, MT: (406) 675-2700

Head-Smashed-In Buffalo Jump

Alberta, Canada: (403) 553-2731

Museum of the Plains Indian

Browning, MT: (406) 338-2230

Sun Tours (American Indian Interpretive Tours)

East Glacier, MT: (800) 786-9220

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

everything under the sky has a voice to speak with and knowledge to tell.

Thus, according to many tribes' philosophies, humans are just one instrument in an ongoing orchestra of life. They are responsible for keeping themselves in tune and playing correctly. To that end, almost every aspect of tribal life has a spiritual ritual attached to it, from the way a tipi is set up to the way a hunter requests an animal's forgiveness before he kills it to feed his family.

Because the mountains of Glacier and Waterton are thought to be home to spirits, members of many area tribes journey there on vision quests. Chief Mountain, in the northeast corner of Glacier, was—and still is—widely revered as the home of powerful medicine. Its authority is easy to recognize, given its unusual appearance. It stands in the prairie away from the rest of the mountains, like a warrior chief leading his tribe to the rising sun.

THE FIRST EUROPEAN EXPLORERS ARRIVE

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

LEWIS & CLARK

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

had they found it, probably would have simplified their journey over the mountains.

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

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

THE RIDE OF THE IRON HORSE

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

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

A PASSAGE WEST

In 1889, an explorer for the **Great Northern Railway** named **John F. Stevens** finally figured out where the vital

Marias Pass lay. Marias was important because it is the lowest mountain pass between Canada and Mexico, so its low altitude and easy grade made it perfect for trains to cross the Continental Divide.

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

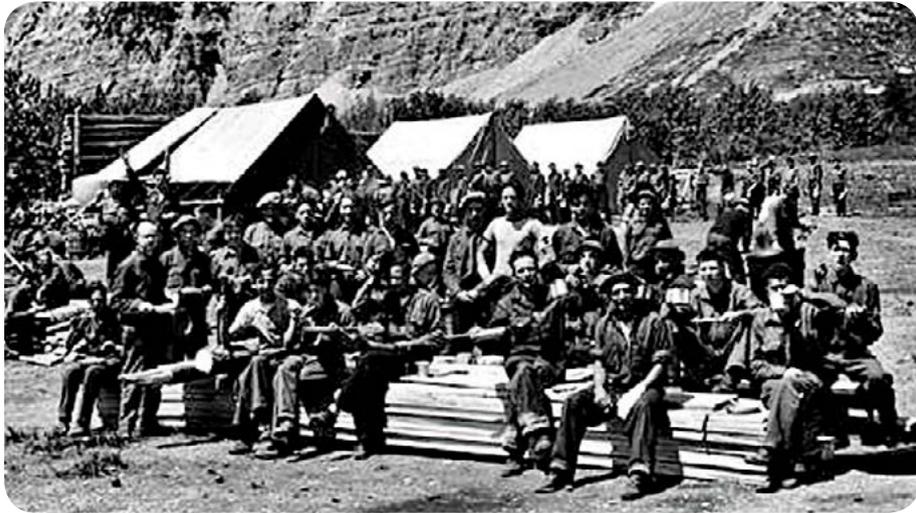
THE BLACKFEET

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

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

FOOL'S GOLD

As more Americans and Canadians became aware of the area, rumors spread about vast gold, copper and oil deposits in



A Civilian Conservation Corps crew pose at their Many Glacier camp circa 1933.

Glacier. Prospectors rushed in, drilled oil wells and sunk mine shafts. In spite of the feverish interest, prospectors found no commercial quantities of oil or minerals.

NATIONAL PARK STATUS

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

Across the border, thanks to the efforts of conservationist Frederick Godsal, the Canadian Parliament approved Waterton Lakes Forest Park in 1895. Later, it was renamed Waterton Lakes Dominion Park. Timber and mining interests there diminished the park

to just 13.5 square miles. Then, in 1914, a reorganization of the Canadian forest preservation system resulted in the expansion of the park to almost 500 square miles. Reshuffling of government boundaries changed the park's size three more times, eventually placing the park at its current 195 square miles.

THE PARKS TODAY

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

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

AMERICAN INDIANS TODAY

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

THE RESERVES

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

MAKING A LIVING

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

PRESERVING CULTURE & TRADITION

Preserving culture is another important goal for the region's American Indians. Programs, such as the one at the Piegan Institute in Browning, near East Glacier, rediscover the



Bird Rattler of the Blackfoot Nation in full dress, photograph circa 1933.

original Blackfoot languages considered to be the glue holding their traditions together. The Museum of the Plains Indian in Browning exhibits a world-renowned collection of ancient and modern American-Indian art and artifacts. The **Salish Cultural Center** in St. Ignatius and the **Kootenai Cultural Center** in Elmo offer exhibits about these tribes' cultural traditions. The World Heritage Site, **Head-Smashed-In Buffalo Jump**, is located in Alberta and recalls how American Indians hunted bison before horses and rifles.

Cultural traditions are maintained through special events, such as the Blackfeet's North American Indian Days, held July 11–14, 2019, and the Blackfeet's Heart Butte Society Celebration, held the second week of August annually; and the Salish-Kootenai's big festivals, including the Arlee Pow Wow, taking place July 3–July 7, 2019.



PRESERVATION

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

ALPINE PROTECTION

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

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

FIRE MANAGEMENT

Fire is an essential natural process that revitalizes forests. It creates new meadows for grazing wildlife, removes choked undergrowth from wooded areas

and fertilizes certain soil types. As a result of fire management, vegetation build-up has been reduced in developed areas.

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

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

RECENT LARGE FIRE SEASONS

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

Then, in 2017, Glacier's Sprague Fire made headlines. Lightning struck near the Gunsight Trail in mid-August, devastating the Sperry Chalet. It continued until October, affecting nearly 17,000 acres. As of mid-2019, closures are still in effect. Its cousin, the Kenow Fire, affected nearly 40% of Waterton. Much of the west side of the park is closed through 2019 to rehabilitate.

The Howe Ride Fire started on August 12, 2018, and caused the Lake McDonald Lodge and the entire North McDonald corridor to evacuate within 24 hours of the start of the fire. Several structures were lost. In 2019, visitors should expect congestion and closures in the North Lake McDonald area due to utility repair work.

PLANT MANAGEMENT

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

WILDLIFE PRESERVATION

Park rangers and wardens have the constant duty of asking visitors not to feed wildlife. Safety warnings, animal life histories and explanations of park regulations are part of the rangers' guided walks and evening programs that help educate visitors.

Park rangers and wardens also try to inform the animals. Requiring visitors to keep their food in animal-proof containers teaches wildlife that free meals will not be available at campgrounds. Bear

management personnel use horns, cracker shells and other annoyances to haze bears away from human developments.

PLEASE RECYCLE

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

A PLAN FOR GLACIER'S FUTURE

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

GLACIER NATIONAL PARK VOLUNTEER ASSOCIATES

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

GLACIER NATIONAL PARK LICENSE PLATE

Montana residents can buy Glacier National Park vanity plates, featuring a photo of Lake McDonald. Each is \$40 (\$20 to renew), and \$20 goes to the Glacier National Park Conservancy, supporting projects in Glacier preservation, education, research and celebrations. For more information, call **(406) 892-3250** or visit glacier.org.



THINGS TO DO

SPRING, SUMMER & FALL

PARK PROGRAMS

Glacier: Free evening talks, slide shows and guided walks are among the many park programs that will pique your curiosity about Glacier's cultural, natural and historic wonders.

Park ranger naturalists lead free walks and day hikes on popular trails, interpreting each area's plants and animals, and recalling native tales. Activities and times are listed in the Ranger-led Activity Guide, available in the park visitor centers; please call **(406) 888-7800** or visit nps.gov/glac/planyourvisit/brochures.htm.

Waterton: Various interpretive and educational programs are offered at Waterton. These include theater programs, children's programs and guided tours. Some programs require a fee. Ask for more information at the Waterton Visitor Centre or Heritage Centre, or call **(403) 859-5133**.

The free, full-day International Peace Park Hike is offered every Tuesdays and Fridays in July and August, and spans both parks. Led by a U.S. park ranger and a Canadian park interpreter, the hike starts in Waterton, stops near the International Boundary for lunch, and goes on to Goat Haunt Ranger Station. A boat cruise brings the group back to Waterton on the half-day trip. Cruise tickets are \$13–\$33 CAN (one-way trip), depending on age, and can be purchased at the dock. There is also a shuttle that can take you from Upper Waterton Lake to the Crypt trailhead (\$13–\$26 CAN). For more information, call **(403) 859-2362**; watertoncruise.com. (Fees subject to change.)

BUS TOURS

Take a ride back in time while you view the sites of Glacier National Park in style on one of the historic Red Buses. These vintage motor coaches, built by the White Motor Company, travel over the Going-to-the-Sun Road and link all of the park's hotels and inns. These bright red coaches have roll-back canvas tops offering spectacular views. To book a Red Bus Tour and let Glacier National Park Lodges do the driving, visit glaciernationalparklodges.com or call **(855) 733-4522**. Reservations are highly recommended.

Sun Tours provides American Indian interpretive tours that highlight Blackfeet



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Most of the red buses on the Jammer tour are restored originals from the 1930s.

culture and history in relation to Glacier's natural features. They depart from East Glacier, West Glacier, St. Mary and Browning. For more information, call **(800) 786-9220**.

BACKPACKING & GUIDED DAY HIKES

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

FIELD SEMINARS

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

BICYCLING

Bicycling is a popular way to tour Glacier and Waterton. Cyclists should be aware that park roads are winding and narrow, and have limited shoulder space. At Glacier, during busy summer months (June 15 to Labor Day) and the most congested hours of the day (11 a.m. to 4 p.m.), bicycles are not permitted along Lake McDonald, between Apgar and Sprague Creek, and eastbound between Logan Creek and Logan Pass. Please check at a visitor center for more information.

BOATING

Boats generally operate from mid-May to mid-September with park interpreters on-board for many of the trips. Tours average one hour, round-trip. For more

information, please contact Glacier Park Boat Company at **(406) 257-2426** or visit glacierparkboats.com.

M.V. International is the flagship of the Waterton Inter-Nation Shoreline Cruise Company Ltd. on Waterton Lake. This 72-foot ship was built in 1927 to complement the Prince of Wales Hotel. One of the routes includes a stop at the Crypt Lake trailhead, the start of one of Canada's most famous day hikes. The Waterton Lake trip usually takes about two hours. Please contact Waterton Inter-Nation Shoreline Cruise Company Ltd. (in summer) at **(403) 859-2362** or visit watertoncruise.com.

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

FISHING

Whitefish, Kokanee salmon, Arctic grayling and five kinds of trout are examples of fish that can be found in park waters. Please note that all bull trout caught in Glacier and Waterton must be immediately released to help protect this endangered species from extinction. Also, the use of lead-free fishing sinkers or jigs is required in both parks.

A fishing license is not necessary to fish at Glacier, but anglers should be familiar with park regulations and limits. Pick up a copy of Glacier's fishing regulations at any entrance station or visitor center. The North and Middle Forks of the Flathead River, which border the park, are subject to Montana State

fishing regulations and do require a license. In Waterton, anglers need to obtain a Canadian National Parks fishing permit. It costs \$34.30 CAN for a one-year permit or \$9.80 CAN for a day pass (fees subject to change). These permits are valid in all Canadian national parks.

GOLF

At 3,000 feet above sea level or higher, golf takes on a whole new dimension. Duffers can nail the long drives within Waterton Park and in East Glacier and West Glacier just outside the park. Please call Glacier Park Lodge Golf Course at **(406) 226-5642** for more information about golfing in East Glacier; please call the Northwest Montana Golf Association at **(406) 755-8080** for more information about golfing in northwest Montana; and, for Waterton golf information, please call **(403) 859-2114**.

HORSEBACK RIDING

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

Day rides are offered out of three in-park locations: Apgar, **(406) 888-5010**; Lake McDonald, **(406) 888-5121**; and Many Glacier, **(406) 732-4203**. Day rides, dinner rides and overnight trips are offered out of West Glacier. Call **(406) 387-4566**. Horse rides lasting from one hour to a full day are also available through outfitters in East Glacier. Alpine Stables in Waterton will also board horses overnight. Alpine Stables provides guided horse tours in Waterton in summer; please call

(403) 859-2462 for more information. Call **(403) 653-2449** or **(403) 653-2089** in the off-season.

Riders may also bring their own horses into the parks, although horses are prohibited in some areas. Inquire at the backcountry permit office for details.

RIVER RAFTING

The Middle and North Forks of the Flathead River provide a range of rafting adventures. The Middle Fork, along Glacier's southern border, contains some excellent white water. The North Fork, bordering Glacier to the west, has both fast and calm water. It is popular for all-day sightseeing tours because it meanders past Glacier's Livingston Mountain Range. Numerous rafting companies provide trips of varying lengths, including Glacier Raft Co., **(800) 235-6781**; Great Northern Whitewater, **(800) 735-7897**; Glacier Guides Inc., **406-387-5555**; and Wild River Adventures, **(800) 700-7056**.

You can also bring your own raft or boat to run the rivers. Stop in at Hungry Horse Ranger Station on the Flathead National Forest near West Glacier or call **(406) 387-5243** for more information.

WILDLIFE WATCHING

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



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Snowshoeing is a great way to see parts of the park that most visitors never will.

WINTER

Guided snowshoe hikes are offered on the weekends from early January through mid-March; meet at the Apgar Visitor Center. To preserve the winter solitude, snowmobiles are not permitted in either park.

VISITOR SERVICES

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

Winter lodging is available at: Waterton Lakes Lodge, **(403) 859-2150**; Crandall Mountain Lodge, **(403) 859-2288**; and

Waterton-Glacier Suites, **(403) 859-2004**.

Winter camping is available at Glacier's St. Mary Campground and Apgar picnic areas. Backcountry permits are available for up to seven nights in advance. Winter camping and winter backcountry permits are free. Waterton also has winter camping, which is at the Pass Creek picnic area.

ROAD & WEATHER CONDITIONS

Going-to-the-Sun Road from West Glacier to Lake McDonald Lodge (a distance of 10 miles) and the east entrance to St. Mary Campground (a distance of 1.5 miles) is open all year and (weather permitting) is plowed during winter, as is the main road to Waterton. Akamina Parkway is plowed to Little Prairie but is likely closed for fire rehabilitation. U.S. 2 and 89 are plowed as well and allow some access to Glacier's remote southern boundary, St. Mary Valley, Two Medicine Valley and Many Glacier Valley. Current road status is available at home.nps.gov/applications/glac/roadstatus/roadstatus.cfm.

CROSS-COUNTRY SKIING & SNOWSHOEING

Snowshoers and skiers can enjoy the long, gentle stretches of road on the eastern and western sections of Going-to-the-Sun Road, the Camas Road, and the road into Two Medicine Valley. In Waterton, routes from the Little Prairie picnic area, which has washrooms and a kitchen shelter with a wood-burning stove, are great for families and novice skiers. The rolling terrain is not difficult and is very scenic, particularly at Cameron Lake. More experienced skiers can look to the parks' interiors, like around Avalanche Lake, Bowman Lake and Many Glacier Valley. *Note: For 2019, the area around Cameron Lake may be closed.*



WALKING & HIKING

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

HIKER SAFETY

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

- **Bring proper gear.** Bring rain and sun protection (year-round), sturdy footwear, a first-aid kit with blister treatments and maps.
- **Don't go alone.** Glacier is bear and mountain lion country. Solo hiking and backpacking is strongly discouraged. If you must, let someone know when and where you are going and when you plan

to return. Please see section on bears for more information.

- **Rock climbing** is not recommended due to the unstable, crumbly nature of the park's ancient sedimentary rock.
- **Know your limitations.** If the trail is steep, figure another hour for every 1,000 feet of elevation.
- **Carry water.** Streams and lakes may carry Giardia lamblia protozoans, making water unsafe to drink unless boiled, chemically treated or filtered.
- **Know where you're going.** Check in with a ranger for directions before starting out.

BACKCOUNTRY PERMITS

A backcountry use permit is required for all overnight backcountry camping. A permit can be obtained from: The Apgar Backcountry Permit Center; the St. Mary Visitor Center; Many Glacier, Two Medicine or Polebridge Ranger Stations; or the Waterton Lakes Visitor Recreation Centre (for trips starting in Goat Haunt or Chief Mountain). At Glacier, there is a \$7 per person per night backcountry fee for adults (May through October). Advance reservations are accepted for a \$40 fee (\$10 administrative fee and \$30 fulfilled trip request fee) starting in mid-April. Call **(406) 888-7800** out of season (Nov 1 to April 30); call **(406) 888-7859** in season, or visit the website at nps.gov/glac/planyourvisit/backcountry.htm.

At Waterton, a **Wilderness Pass** is available for a fee. Reservations are accepted (up to three months in advance; credit card payment only). For more information, call **(403) 859-5133**.



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Always bring the proper gear, carry plenty of water and know your limitations.



TRAILS OF GLACIER & WATERTON LAKES

Trail		Round-Trip Distance	Difficulty
Trailhead	Description	Time	Elevation Gain
Trail of the Cedars <i>Avalanche Campground</i> <i>(may be closed for construction)</i>	A pleasant stroll through the old-growth cedar-hemlock forest along Avalanche Creek. ♿	0.7-mile loop 30 minutes	Easy <i>Level</i>
Swiftcurrent Nature Trail <i>Grinnell Glacier Trailhead</i>	Travels around the lake offering great views of Grinnell and Salamander glaciers and Mount Gould Grinnell Point.	2.5-mile loop 2–3 hours	Easy <i>Level</i>
Red Eagle Lake Trail <i>St. Mary 1913 Ranger Station</i>	This old buffalo hunter's route stretches behind the St. Mary Lake Mountains to a network of passes through the peaks. Note: This area burned during the Red Eagle Fire (2006). The scenery has changed, but one can see fire ecology firsthand.	15 miles <i>all-day to over-night trip</i>	Easy 200 feet
Highline Trail <i>Logan Pass to Goat Haunt</i>	Parallels the Garden Wall, along the Continental Divide. Experienced hikers can travel the 39.5-mile route north from Logan Pass to Waterton Townsite. Concession boat available at Goat Haunt.	7.6 miles to Granite Park Chalet; 24.4 miles from Granite Park to Goat Haunt	Moderate <i>Varies</i>
Cracker Lake Trail <i>Many Glacier Hotel</i>	Winds through open grasslands and then enters Canyon Creek, where the cliffs of Mount Siyeh rise 4,100 feet straight up.	12.2 miles	Moderate 1,400 feet
Grinnell Glacier Trail <i>Grinnell Glacier Trailhead or Many Glacier Hotel</i>	Fascinating walk through several of Glacier's climate zones, culminating with a sweeping view over Grinnell Lake and the Garden Wall, ending at the glacier's icy remnants.	5.3 miles one-way	Strenuous 1,600 feet
Crypt Lake Trail <i>Crypt Landing</i>	Starts with a ferry ride across Upper Waterton Lake. Winds through mountain forest, waterfalls, boulder-strewn landscapes, and both countries. Ends at the stunning Crypt Lake. <i>Note: requires navigating a ladder and narrow tunnel.</i>	10.8 miles	Strenuous 2,300 feet
Vimy Ridge Trail <i>Wishbone Trailhead</i>	First four miles wind along the Wishbone Trail through aspen groves and fields of wildflowers. Relatively level until Vimy Ridge Trail begins—all elevation gain takes place in last three miles, leading to a spectacular view of Vimy Peak	7 miles <i>day hike</i>	Easy to Strenuous 3,400 feet
Linnett Lake Loop Trail	Across from park ranger station, this relatively flat trail winds around the peaceful Linnett Lake, with grand views of Mount Crandell, Vimy Peak, and the Prince of Wales Hotel in the background. The surrounding forest calms the area winds. ♿	.6 miles	Easy <i>Handicap-accessible</i>



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

BEARS

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



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Glacier National Park is grizzly bear country. Take bear spray if you are hiking in backcountry.

Hikers in bear country should carry bear spray, have it within reach and know how to use it.

DON'T FEED THE BEARS

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

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

IF YOU SEE A BEAR

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

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

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



WATCHABLE WILDLIFE



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

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

3. Hoary marmots (*marmota caligata*) live in subalpine meadows and alpine tundra. Marmots whistle a high-pitched alarm call when disturbed. Every morning, these creatures visit each other’s burrows. During hibernation, a marmot’s heartbeat slows from 130 beats per minute to four beats per minute. • **Weight** 6–20 lbs. • **Size** 15–30 in. long • **Active** May through September. *Photo: NPS*

4. Although **moose** (*alces alces*) are reclusive by nature and rarely seen by visitors, your best shot at spying one is at dawn or dusk. They are the largest members of the deer family. Bull moose have large claw-shaped antlers, which distinguish them from cows, which have none. Moose are excellent swimmers and can stay under water for more than 60 seconds! • **Weight** 700–1,400 lbs. • **Size** 6–9 ft. long • **Active** year-round. *Photo: USFWS*

5. Mountain goats (*oreamnos americanus*) with their shaggy, white wool coats and black horns, are beautiful, distinctive animals perfectly engineered for steep, rocky terrain—they usually live at altitudes up to 10,000 feet! These herbivores subsist on grasses, sedges, herbs, lichen and other plant matter. • **Weight** 101–225 lbs. • **Length** 40–64 in. • **Active** year-round. *Photo: Evan Lovely*

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



CAMPING

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

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

REGULATIONS

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

refundable \$10 processing fee and each successful request incurs a \$30 fee. The camping fee is \$7 per night. In Waterton Lakes, a Wilderness Use Permit is required for overnight stays in the backcountry. Permits are available at the visitor center. There is no charge for children aged 16 and under. Annual wilderness passes may be purchased and are valid for backcountry camping at all national parks in western Canada. Reservations must be paid for at the time of booking by credit card. Permits must be picked up at the visitor reception center no sooner than 24 hours in advance of the start date of the trip. For more information, visit **pc.gc.ca**.

Reservations are available for wilderness campsites. A non-refundable reservation fee is charged. Reservations for backcountry trips may be made 90 days in advance beginning April 1 of each year. Call the visitor centre at **(403) 859-5133**.

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

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

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

CAMPGROUNDS

Most campgrounds in Glacier are first-come first-served with the exception of Fish Creek, St. Mary, some of Many Glacier and half of the group sites in Apgar, which can be reserved in advance. Half of Many Glacier's campsites are reservable June 14 to September 1. Please call **(877) 444-6777** or visit **recreation.gov** for more information. A limited number of Glacier campsites are available for bicyclists and pedestrians (\$5 per person). In Glacier, check at campgrounds or ranger stations or call **(406) 888-7800**. In Waterton, check at the visitor center or call **(403) 859-5133**. For more information on camping in Glacier, visit **nps.gov/glac/planyourvisit/camping.htm**.

GLACIER NATIONAL PARK

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

WATERTON LAKES NATIONAL PARK

Campground	Open	Fee Per Site ¹	Number of Sites	Flush Toilets	Boat Access	Dump Station	Kitchen Shelters	Showers
BELLY RIVER** Three miles from U.S.-Canada Chief Mountain customs port.	Mid-May to late Sept.	\$15.70	24	No	No	No	Yes	No
CRANDELL** Seven miles off Canadian Route 5, on Red Rock Parkway.	Closed 2019	\$21.50	129	Yes	No	Yes	Yes	No
TOWNSITE** ♿	Mid-April to mid-Oct.	\$22.50- \$38.20	237	Yes	No	Yes	Yes	Yes

¹For additional RV information, visit gocampingamerica.com. ²Fees are in Canadian dollars. (Fees subject to change.)
* National Recreation Reservation System campground. ** For reservations, visit reservation.pc.gc.ca or call (877) 737-3783.



PHOTOGRAPHY

For millennia, we've looked towards the heavens and contemplated what's beyond our orbit and universe. More recently, stargazing has become increasingly difficult for millions of people living in developed areas. If you live in a populated area east of the Mississippi or along the Pacific coast, odds are that you can count the number of stars you see on your hands. National and state parks—remote and minimally developed—not only protect our land, but also our dark skies which are ideal for astrophotography.

There are two primary types of astrophotography shots that yield different, but stellar compositions. A long exposure setting will show stars trailing across the sky, while a shorter exposure will show pinpoints of light—objects that a camera can capture that the unaided eye cannot. Both require a camera with interchangeable lenses and manual controls to set aperture, ISO, and exposure settings. Here's what you'll need to start:

- **A sturdy tripod:** Simply put, a shaky tripod will yield blurry photos.
- **A cable release or remote control or intervalometer:** You'll want to avoid touching your camera to minimize shake. The addition of an intervalometer will allow you to take sequential long exposures.
- **Batteries:** Your aperture may be open for several hours, so it's important to have multiple fresh and fully charged batteries.
- **A wide lens:** Use the fastest, widest lens available.
- **A head lamp:** It'll be useful to set up your equipment and illuminate your foreground.

Check the cloud cover; if there's too much wait until you have a clearer night. Before you start, set your focus to infinity and turn off your autofocus and high ISO noise reduc-

tion. Next, set your white balance to daylight settings (5500k) and turn on your mirror lock to avoid mirror shake. Wait until the moon is out, too, as it'll illuminate and add detail to your foreground. Make sure that it's behind you. To capture star trails:

- Set your ISO at 200 to reduce digital noise.
- Compose your image, making sure you have interesting features in the foreground.
- Choose your focal length. The longer the focal length, the quicker your star trails will start to form.
- Set your camera to manual mode so that you can select your shutter speed and aperture.
- Set your aperture between f/2.8 and f/4 for best results.
- Select "bulb mode" as your shutter speed.
- Use your cable release or remote to open the shutter or set your timer for two to four minutes.

Check your results. If your picture is too dark, increase the exposure time. If your trails are too short, increase the exposure time. Keep playing around with your settings to get the results you desire. To learn how to take photos of the milky way and millions of points of light, visit ohranger.com/brightskies.

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Photographing the night sky is as close as many of us will get to exploring space.



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With unmatched solitude, spectacular views, and discounted rates, the off-season in Moab is fast becoming one of the most rewarding times to visit. Enjoy year-round access to Arches and Canyonlands National Parks, Dead Horse Point State Park and thousands of square miles of spectacular red rock scenery. No matter what time of year you visit, Moab's warmth and hospitality will shine through.



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

BECOME A JUNIOR RANGER

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

GO FISHING

Fish for trout, whitefish and grayling. Rent boats at Lake McDonald, Apgar, Many Glacier, Two Medicine and Cameron Lake (if accessible). Fishing equipment can be rented in Cameron Lake and gateway communities, or purchased at camp stores in the park.

TAKE A HIKE

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

GO ON A RANGER-LED TOUR

Take advantage of naturalist-led day programs and evening campfire talks, which are offered mid-June through September.

Pick up a schedule at a visitor center or from a park ranger.

GO FOR A HORSEBACK RIDE

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

TAKE A BOAT TOUR

The Glacier Park Boat Company offers guided tours from several locations.

LEARN ABOUT LOCAL CULTURES

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

TAKE A RED BUS TOUR

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

BECOME A JUNIOR JAMMER

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

Help Support Glacier

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

Glacier National
Park Conservancy
PO Box 2749
Columbia Falls, MT 59912
(406) 892-3250
glacier.org

Glacier Institute
PO Box 1887
Kalispell, MT 59903
(406) 755-1211
glacierinstitute.org

Glacier National Park
Volunteer Associates
PO Box 91
Kalispell, MT 59903
(406) 257-5567
glaciernationalparkassociates.org

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IF YOU ONLY HAVE A DAY

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

SADDLE UP!

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

GOING-TO-THE-SUN ROAD

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

RED BUS TOUR

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



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Horseback riding is one of the few ways to see Glacier's backcountry like the pioneers.

the park. These bright red coaches have roll-back canvas tops that allow for spectacular views. To book, contact Glacier National Park Lodges: call **(855) 733-4522** or visit glaciernationalparklodges.com.

SURF OR TURF

Several trailheads and two boat tours can be accessed from **Going-to-the-Sun Road**. Hour-long cruises on Lake McDonald and St. Mary Lake feature expert commentary. Trails range from the 50-foot walk to Sunrift Gorge to the 32-mile Highline route from Logan Pass to Waterton Lake/Goat Haunt Ranger Station.

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

RUN FOR THE BORDER

Travel the Chief Mountain International Peace Parkway from Many Glacier to Waterton to see what geologists call the Lewis Overthrust. Waterton's compact size makes it a perfect place for the auto tourist. For an outdoor break, look for one of the sets of five red Adirondack chairs in scenic locations. Sit down and stay a while! (And snap a photo.)

Wildness reminds us what it means to be **HUMAN,** what we are **CONNECTED TO** rather than what **WE ARE SEPARATED FROM."**
terry tempest williams



NATURE VALLEY

HAVE SOME
FAMILY FUN

CLIMB A MOUNTAIN

SLEEP UNDER THE STARS

RECHARGE

EAT A NATURE VALLEY BAR

RUN A RIVER

CAST A LINE

FIND YOUR
HAPPY PLACE

REFRESH

HIT THE TRAIL

REFLECT

TAKE A HIKE WHERE THE WIFI IS WEAK!

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