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2019/2020

YOUR COMPLETE GUIDE TO THE PARKS

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Don't feed the animals.**



WELCOME



*Paul Fish
President
Mountain Gear*

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Red Rock
Rendezvous

At Mountain Gear we live to celebrate the everyday adventures of our customers. Maybe it's the first-time climber who overcomes a fear of heights or the city kid setting out on her first solo trip into the wilderness. These everyday acts of courage involve a level of fortitude that's equal to the force of will it takes to summit Everest.

I founded Mountain Gear over 30 years ago and from the start, I embraced a role as educator. While we can't give out courage at the door, I have found that education can help people conquer their fears. Guidebooks like this one, online resources, and conversations with other outdoors enthusiasts can help you prepare for your adventure. We can also help you find activities suitable for people of all abilities and families with children.

This year, in partnership with American Park Network, we're producing the Oh, Ranger! Trails Less Traveled guide with a focus on some public lands destinations in the Northwest including Glacier National Park and North Cascades National Park. These destinations have special significance to me because for nearly four decades I've called the Northwest home.

In short, the Northwest is a great place to raise a family or start a business and it's a place that contributes to the well-being of my employees. Welcome to our home. You'll find the people here open and generous with their local knowledge. All you have to do is ask.

Paul Fish

**Paul Fish
President
Mountain Gear**

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Cover: A climbing route in Zion National Park
Credit: mvp64/iStock



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



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

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



Mark, Joel & Alex – connecting in parks!

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.

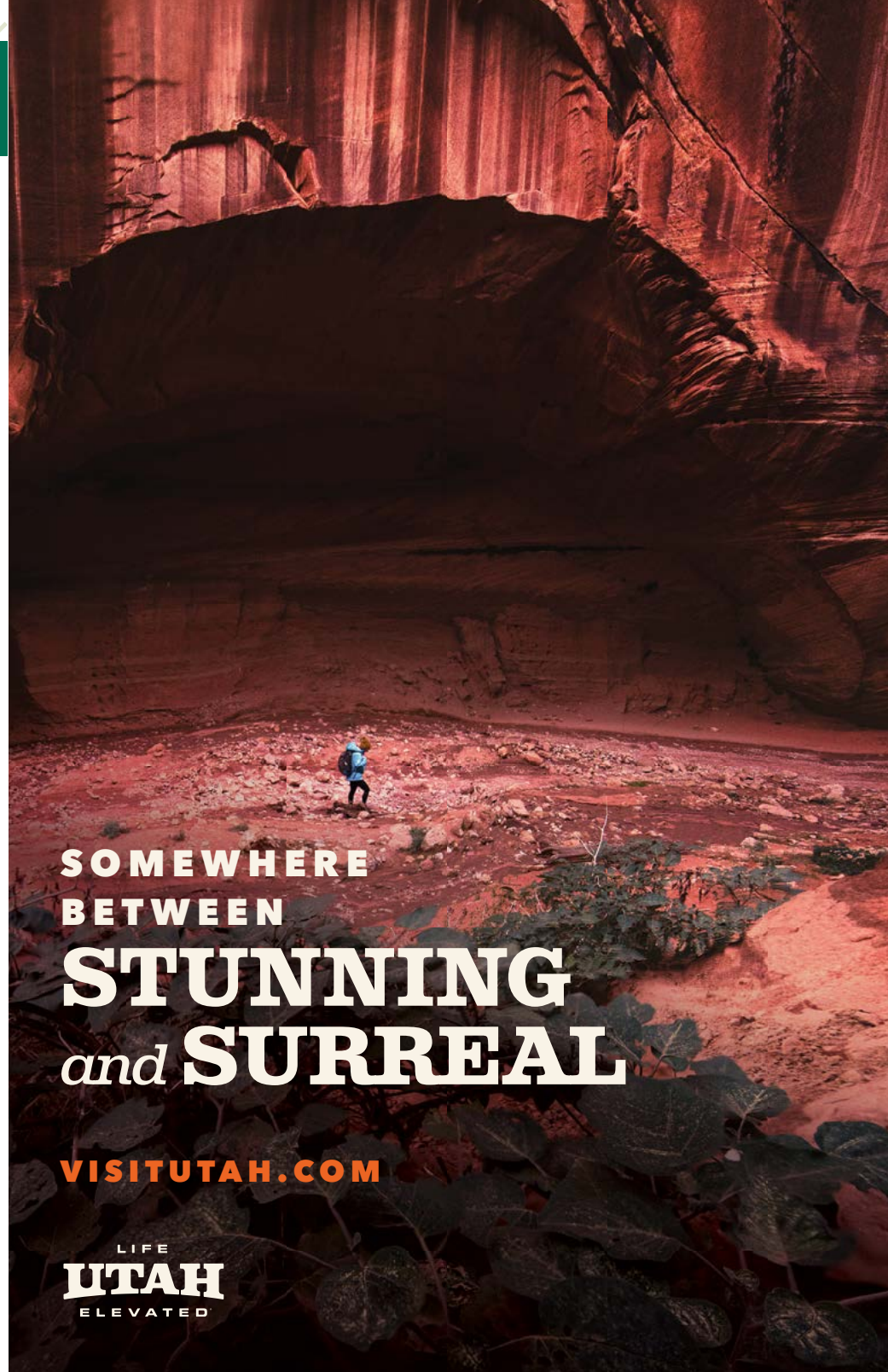
Now is the time to seek out connection—whether in a park, a yoga studio or anywhere you find inspiration—to find strength to rise up and overcome the obstacles that face us all...

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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AT A GLANCE

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

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

WHO'S WHO

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

NATIONAL PARK SERVICE (NPS)

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

U.S. FOREST SERVICE (USFS)

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

U.S. FISH AND WILDLIFE SERVICE (USFWS)

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



LEAVE NO TRACE

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

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

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

Wherever your outdoor adventures take you –

Mountain Gear has the clothing, gear and expertise you need!

HIKING • CAMPING • CLIMBING • BACKPACKING • MOUNTAINEERING



Your Adventure Starts Here

MOUNTAIN GEAR

mountaingear.com | 800.829.2009

Cabinet Mountains Wilderness, MT © Jim Rueckel



PASSES AND PERMITS

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

DRIVING AND PARKING

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

CAMPING

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

HIKING

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

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Remember to follow rock climbing guidelines to protect yourself and the local environment.

Stop by a visitor center or call ahead for more information on hiking passes, permits, rules and regulations.

ROCK CLIMBING

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

BUREAU OF LAND MANAGEMENT (BLM)

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

STATE PARKS

The destinations highlighted in this guide are located all across the country. In addition to federally managed lands, there are numerous state parks, all of which have something special to offer. Please contact individual state parks or natural resources offices for more information about exploring state parks in your region.

SAFETY & REGULATIONS

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

Altitude: Visitors from lower elevations may experience altitude sickness: shortness of breath, fatigue, dizziness, headache, rapid heartbeat and occasionally nausea. It takes several days to acclimate, but symptoms can be reduced by resting, eating lightly, staying hydrated, avoiding cigarettes, alcohol, caffeine, and strenuous activity. Seek relief by heading to a lower elevation.

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

PROTECTING AMERICA'S BACKYARD

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

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

Learn how you can help at www.nationalforests.org

Clothing: Take appropriate clothing with you for the full range of possible weather conditions that you may encounter on your trip. In the mountains and deserts, temperatures can vary up to 50°F between day and night.

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

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

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

Insects: To reduce your risk of tick bites, stay on trails and avoid grassy, bushy areas.

Ticks are active year-round. Apply insect repellent to ward off ticks, and check yourself and your clothes for ticks after hiking. If a tick attaches itself to you, remove it with tweezers and then wash the area thoroughly with antiseptic or soap and water. Seek medical attention if part of the tick remains in your skin. Ticks can transmit Lyme disease, which is characterized by skin changes, flu-like symptoms and joint inflammation.

Hiking: Avoid traveling alone in the backcountry and always stay together as a group. Leave your trip itinerary with a responsible person so rangers or law enforcement can be notified if you fail to return as scheduled. Off-trail travel is not recommended in burned areas.

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

Pets: Pets must always be leashed and under your control. In most parks, they are allowed along paved roads, in parking

lots and in campgrounds accessible to motor vehicles. Check with local rules to see if your pet is permitted on trail and other areas. Service animals are allowed throughout the park.

Poison Ivy: Avoid poison ivy by staying on trails and keeping away from brushy areas. A hat, long pants and a long-sleeve shirt also help. If you think you've brushed against poison ivy, remove and isolate the exposed clothes until you can wash them.

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

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

Water: Always carry extra water with you, whether you are driving, hiking, biking or riding. Heat and high altitudes can lead to dangerous dehydration very rapidly. If you become stranded, conserve your water by traveling during the cooler times of the day. Don't drink untreated water, which may contain impurities and parasites that can make you ill.

Weather: Lightning poses a hazard at all altitudes. If you are hiking and see a storm coming, retreat to a building or car. Be well below treeline before the storm hits.

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

If you are in bear country, remember to "bearproof" your food, toothpaste and cosmetics. Keep your tent, sleeping bag and other gear clean and free of food odor.

In winter, avalanche danger is high. Avoid steep snow slopes and cornices, and ask a ranger about avalanche potential.



STAFF FAVORITES

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

FAVORITE GEAR

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

KEEN TARGHEE II ►

Conquer the roughest terrain in the KEEN Men's and Women's Targhee II Waterproof hiking boot. A waterproof nubuck upper provides lasting durability, while a KEEN.DRY waterproof membrane protects feet against incoming moisture. The ESS shank provides torsional stability, and 4 mm multi-directional outsole lugs maximize traction on rugged outdoor surfaces. Scratch the itch to explore in the Targhee II WP boot.



◀ PATAGONIA DOWN SWEATER

The perfect warmth for just about everything, Patagonia's classic Down Sweater is lightweight, windproof, and fine-tuned with a new 100% recycled polyester ripstop shell, 800-fill-power Traceable Down, and improved fit. The Down Sweater features ethically sourced and traceable 800-fill-power down, stabilized through a quilted construction and protected by a superlight but tough, windproof and water-resistant updated shell fabric (100% recycled polyester ripstop) with a DWR (durable water repellent) finish.



FIT FOR ANY TRAIL

OSPREY MOMENTUM ►

With bike-friendly features including Osprey's LidLock helmet attachment system and a built-in, high visibility rain cover and extra storage, the Momentum 32 is ready for the long haul. Cyclists can utilize features like its ventilated backpanel, stretch yoke and stretch hipwings, perfect for cutting tight corners and dodging traffic.



PROVEN CLASSICS

THE NORTH FACE VENTURE 2

Be prepared for extreme backcountry weather with The North Face Venture 2 Jacket. This lightweight, waterproof and windproof jacket features a durable yet breathable ripstop exterior, Relaxed Fit and adjustable hood that leaves room for a helmet and extra layers.

PETZL TIKKA 2 HEADLAMP ►

The original LED headlamp from Petzl, the Tikka has been redesigned to crank out 200 lumens with a longer burn time for practical outdoor activities, all in a compact and easy-to-operate design. The Tikka 2 is your perfect companion, whether your going hiking, camping, or just reading under the covers.



CLIMBING PACKAGES

PETZL CORAX KIT ►

The Petzl Corax Kit offers a versatile, easy to-use, super-comfortable harness for beginners or those wanting to progress in climbing, mountaineering, or via ferrata. The kit also includes other high-quality Petzl gear: belay/rappel device, locking carabiner, chalk bag, and chalk. Package sizes based on harness size.



◀ LASPORTIVA WOMEN'S SPIRE GTX

The La Sportiva Women's Spire GTX is a low cut mid-duty waterproof hiker/backpacking boot featuring 360 degree breathability from the Gore-Tex Surround Technology and an innovative STB control system.

ROCK THE VALUE

BIG AGNES BIG SIX CAMP CHAIR ►

Designed with deluxe chilling in mind, the Big Agnes Big Six camp chair has a tall back, wide seat and sits an accessible 20 inches off the ground to help you camp in comfort. Fully shockcorded architecture and a color-coded frame make for simple setup and breakdown.





THE NORTH FACE BASE CAMP DUFFEL

Going out of town for the weekend doesn't mean that you should settle for luggage that's going to fall apart. With The North Face's Base Camp 50L Duffel, your luggage will be able to survive the roughest roof-top hail, the rowdiest airline luggage movers, and the hottest, windiest motorcycle rides. Big enough to hold all your essentials for a quick overnight multi-pitch or weekend away at the fam's house, the Base Camp 50L compresses and organizes so that you can optimize your space and bring everything you need.

CAMPING IN STYLE

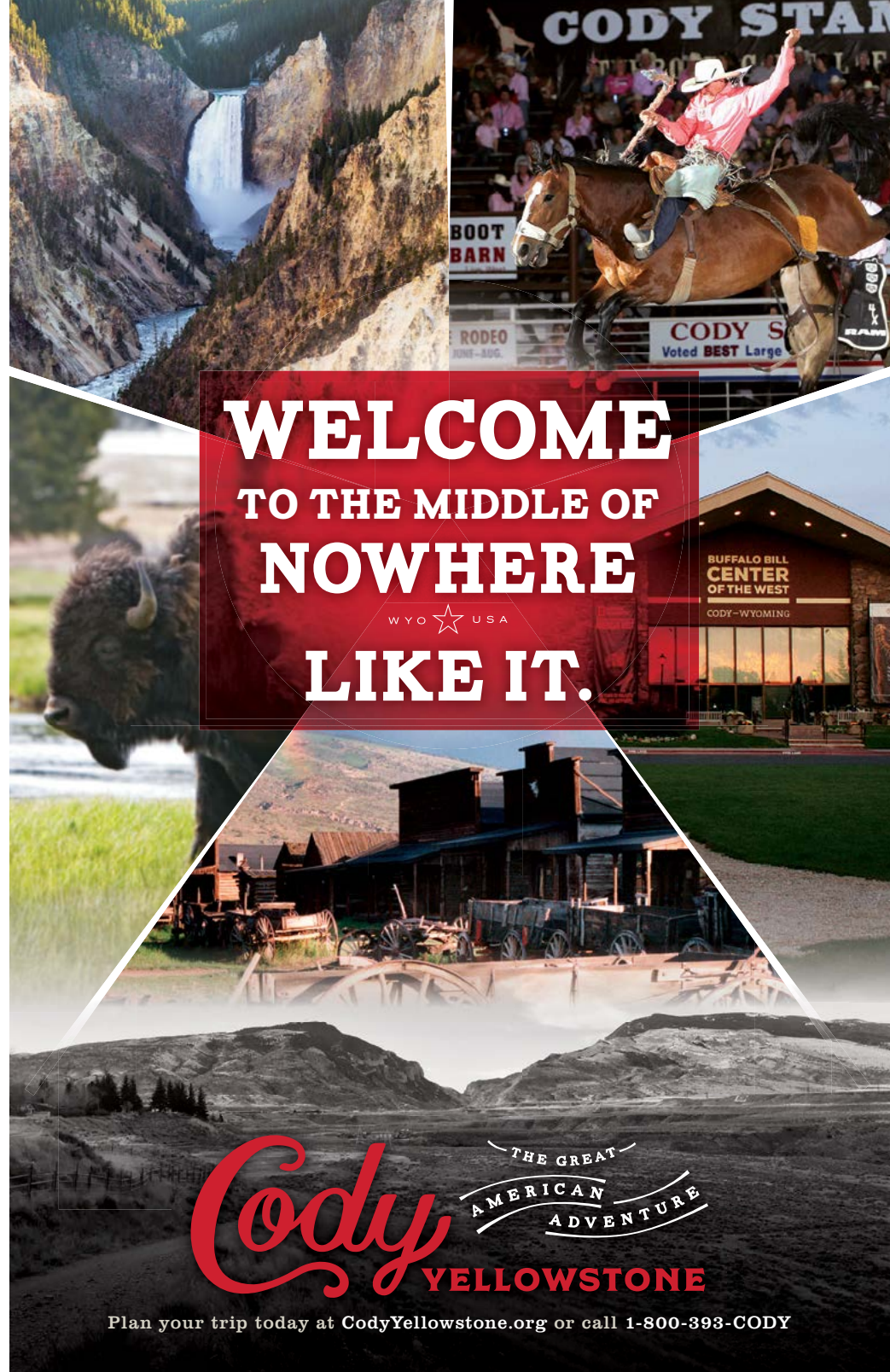
HYDRO FLASK 32 OUNCE WIDE MOUTH BOTTLE ►

Hydro Flask's TempShield insulation has redefined the classic outdoor water bottle. The Wide Mouth keeps your beverage icy cold or piping hot from trailhead to summit and every step in-between. It's your perfect all-day-and-into-the-next refreshment solution.



MSR MINIWORKS EX

Purify your drinking water while on the trail or abroad with MSR's MiniWorks EX Water Filter - compact and lightweight, this filter is perfect for overnight trips or day hikes. Designed to be ultralightweight while still pushing an impressive amount of water, the MiniWorks will keep you hydrated with even less work.





PRESERVATION

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

Much of the country is already protected through ordinances, conservation easements and the establishment of public lands, but human and natural threats remain a constant reality. Air pollution and the effects of acid rain and ground-level ozone have decreased visibility in many parks by as much as 60 percent over the past 50 years. Invasive plant species threaten the delicate balance of many habitats and can contribute to deforestation, erosion and loss of habitat for animals. There are countless people working across the country to protect natural resources and wildlife from these and other threats. If we all lend a hand and practice good travel habits, we can keep our land healthy for future generations.

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

KEEP WILDLIFE WILD

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



GET INVOLVED

Access Fund

accessfund.org • (303) 545-6772

Association of Fish and Wildlife Agencies

fishwildlife.org • (202) 838-3474

Keep America Beautiful

kab.org • (203) 659-3000

Leave No Trace

lnt.org • (303) 442-8222

The Nature Conservancy

nature.org • (703) 841-5300

The Student Conservation Association

thesca.org • (703) 524-2441

Tread Lightly!

treadlightly.org • (801) 627-0077

FIRE CONTROL

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

VOLUNTEER

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



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



ZION NATIONAL PARK

THINGS TO DO

HIKING

A variety of trails crisscross Zion. The key to successful hiking is becoming familiar with each trail and knowing your limits and abilities. Before hiking in any of Zion's narrow canyons, check the current weather and flash flood forecast. Many trails in Zion have precipitous drop-offs, so stay back from edges and always watch your footing.

ROCK CLIMBING

Zion National Park's 2,000-foot sandstone cliffs are world renowned for their big wall climbs. Due to their difficulty, most routes in the park are not recommended for inexperienced climbers. There are few top roping and sport climbing areas.

The best conditions for climbing are from March through May and September through early November. Temperatures in the summer can soar over 100 degrees or more on unshaded walls. Sandstone is weak

Utah's first national park is where American Indian and pioneer history comes together. Massive, colorful sandstone cliffs tower above narrow slot canyons in a staggering display of natural beauty.

SIGHTS TO SEE

Rain, the pull of gravity and the small, seemingly peaceful Virgin River are master sculptors chiseling out Zion Canyon and its massive stone formations. On busy days, hundreds climb the narrow spine to the iconic **Angel's Landing**, a dizzying vantage point with unrivaled views of the Virgin River. On a hot Utah day, take a dip as you hike **The Narrows**, a slot canyon that requires you to hike in the river itself. **The Great White Throne**, about five miles upstream from the park's visitor center, rises over 2,400 feet above the canyon floor. Continuing deeper into the canyon is **Weeping Rock**, a grotto carved from stone and lavishly adorned with hanging gardens. Above it towers **Observation Point**. From this lofty perch, you can see the length of Zion Canyon.

Shutterstock



Hiking Zion's Narrows is a memorable way to spend a hot afternoon in the park. A permit is required.

when wet. Avoid climbing in damp areas or after rain. Afternoon thunderstorms are common in July and August. the park, too. Note that hammered-in anchors and new permanent hardware are not permitted, except to replace unsafe equipment.

BIKING

The best place to cycle is on the **Pa'rus Trail** and the **Zion Canyon Scenic Drive**. All cyclists are required to ride on the Pa'rus Trail from the South Entrance to Canyon Junction.

CAMPING

South Campground is open March through October on a first-come, first-served basis. **Watchman Campground** is located just off the main park road at the south entrance. Reservations are accepted up to six months in advance for early March through November. Backcountry camping and overnight hikes require a permit, available at park visitor centers for a fee.

GETTING THERE

Car: From Las Vegas, drive two hours northeast on I-15 to State Hwy 9 to Hurricane/Zion National Park to the park entrance.

Air: McCarran International Airport is 160 miles southwest of Zion.

HOURS OF OPERATION

Zion National Park is open yearround. Some services and facilities may close or reduce hours during parts of the year. The visitor center is open every day but Christmas, from 8 a.m. to 6 p.m. spring through fall, and 8 a.m. to 6 p.m. in the winter.

CONTACT INFORMATION

1 Zion Park Blvd. State Route 9. Springdale, UT 84767 nps.gov/zion

CLIMBING GUIDE SERVICE

Zion Adventure Company
Springdale, UT
(435) 772-1001
zionadventures.com



EDITOR'S PICKS: WALKING & HIKING TRAILS

Trail Name <i>Trailhead</i>	Description	Round-Trip Distance/Time	Difficulty <i>Elevation Gain</i>
ANGEL'S LANDING			
<i>The Grotto shuttle stop</i>	This route runs along a narrow rock fin with dizzying drop-offs ending in a view high above Zion Canyon	5.4 miles 4 hours	Strenuous 1,488 feet
WEEPING ROCK TRAIL			
<i>Weeping Rock shuttle stop</i>	This trail leads to the verdant hanging gardens of Weeping Rock	0.4 mile 30 minutes	Easy 98 feet
LOWER EMERALD POOLS			
<i>Zion Lodge shuttle stop</i>	This trail ends at the lower pool and three waterfalls. A more difficult leg climbs to the middle pool.	1.2 miles (to lower pool) 1 hour	Easy 69 feet
TAYLOR CREEK			
<i>Kolob Canyons road (closed through Fall 2018)</i>	This trail follows the middle fork of Taylor Creek to Double Arch Alcove. Your feet may get wet!	5.0 miles 4 hours	Moderate 450 feet



CORONADO NATIONAL FOREST

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

SIGHTS TO SEE

The **Santa Catalina Mountains** have the highest average elevation in the area

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

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

Shutterstock



A hiker crosses the desert floor among giant saguaro cacti en route to summiting Mount Lemmon.

THINGS TO DO

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

CLIMBING

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

HIKING

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

SKIING

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

LAKES

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

GETTING THERE



*Coronado National
Forest Arizona*
32.41362, -110.75677

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

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

HOURS OF OPERATION

The forest is open year-round.

CONTACT INFORMATION

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

CLIMBING GUIDE SERVICE

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



JOSHUA TREE NATIONAL PARK

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

SIGHTS TO SEE

To get your trip started, stop by one of the four visitor centers. The **Oasis**, **Joshua Tree** and **Cottonwood** are open year-round, while **Black Rock** is open

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

Shutterstock



Joshua Tree offers climbing and bouldering opportunities for climbers of every skill levels.

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

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

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

THINGS TO DO

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

CLIMBING

Joshua Tree is famous among climbing and bouldering enthusiasts for its more than 400 climbing formations and 8,000 climbing routes. The variety of terrain offers something for all skill levels, and there are several commercial options for first timers looking for a guide. Most of the climbs are short, and there are

lots of options located in close proximity to campgrounds, making climbing an excellent recreational opportunity at Joshua Tree National Park.

HIKING

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

CAMPING

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

MOUNTAIN BIKING

Mountain biking is permitted on any road where vehicles are allowed. Mountain biking is a great way to see the diverse desert landscape that made Joshua Tree famous, and the backcountry roads of the park offer miles of terrain to explore. Make sure to follow biking safety instructions and to carry water with you.

RANGER PROGRAMS

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

GETTING THERE



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

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

Air: Joshua Tree National Park lies 140 miles east of Los Angeles, 175 miles northeast of San Diego and 215 miles southwest of Las Vegas, all of which have major airports serving most destinations around the country. The closest airport is

in Palm Springs. Public transportation to the park is not available.

HOURS OF OPERATION

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

CONTACT INFORMATION

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

CLIMBING GUIDE SERVICE

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



EDITOR'S PICKS: WALKING & HIKING TRAILS

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



DEVIL'S LAKE STATE PARK

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

SIGHTS TO SEE

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

Parfrey's Glen, an ancient gorge carved out of Cambrian sandstone, is a State Natural Area. The glen is home to threatened plant and bird species, including the cerulean warbler and Acadian flycatcher. The tranquil Parfrey's Glen Trail ends at the foot of a small waterfall.



Shutterstock

The Devil's Doorway Trail crosses billion-year-old bluffs with majestic views of Devil's Lake.

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

THINGS TO DO

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

ROCK CLIMBING

The purple quartzite bluffs that surround Devil's Lake offer more than 2,000 routes, many of them accessible from the park's hiking trails. Thousands turn out every year for bouldering, top-roping and traditional climbing on cliffs as tall as 120 feet. **East Bluff** has the most routes, but **West Bluff** has better views of Devil's Lake itself. There are opportunities for climbers of all skill levels, even the most advanced—the park's toughest route, **Bagatelle**, has purportedly only been climbed by three people.

HIKING

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

CAMPING

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

DEVIL'S LAKE

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

GETTING THERE



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



EDITOR'S PICKS: WALKING & HIKING TRAILS

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

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

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

HOURS OF OPERATION

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

CONTACT INFORMATION

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

CLIMBING GUIDE SERVICE

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



OZARK NATIONAL FOREST

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

SIGHTS TO SEE

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

The forest has plenty to see above



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Nearly 400 miles of trails provide easy access to wilderness in Ozark National Forest.

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

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

THINGS TO DO

HORSEBACK RIDING

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

ROCK CLIMBING

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

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

WATER SPORTS

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

HIKING

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

GETTING THERE



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

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

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

HOURS OF OPERATION

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

CONTACT INFORMATION

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



EDITOR'S PICKS: WALKING & HIKING TRAILS

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



PRENTICE COOPER STATE FOREST

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

SIGHTS TO SEE

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

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

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

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

THINGS TO DO

ROCK CLIMBING

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



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You can get the best view of the Tennessee River Gorge from Snooper's Rock.

OFF-ROADING

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

CAMPING

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

HIKING

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

GETTING THERE



River Canyon Road
Chattanooga, TN 37405
35.071716, -85.392051

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

Air: Chattanooga Metropolitan is the nearest large airport.

HOURS OF OPERATION

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

CONTACT INFORMATION

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



EDITOR'S PICKS: WALKING & HIKING TRAILS

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



GREEN MOUNTAIN NATIONAL FOREST

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

SIGHTS TO SEE

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

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

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

THINGS TO DO

BACKPACKING

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

SKIING

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

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

ROCK CLIMBING

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

MOUNTAIN BIKING

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

GETTING THERE



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

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

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

HOURS OF OPERATION

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

CONTACT INFORMATION

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

(802) 747-6700 •

fs.usda.gov/greenmountain



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



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Camel's Hump is one of many challenging climbs along Vermont's Long Trail.



EDITOR'S PICKS: WALKING & HIKING TRAILS

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



PICTURED ROCKS NATIONAL LAKESHORE

PICTURED ROCKS NATIONAL LAKESHORE

Spanning 40 miles of **Michigan's Upper Peninsula** coastline and named for the colorful sandstone cliffs that soar as high as 200 feet, Pictured Rocks National Lakeshore showcases the rugged beauty of Lake Superior's shores. Explore white sand beaches and dunes, historic lighthouses and shipwrecks, and stunning waterfalls in the hardwood forest. Pictured Rocks receives 140 inches of average annual snowfall luring cross-country skiers, snowshoers and ice climbers.

SIGHTS TO SEE

The highlight is the massive and multi-colored sandstone of the **Pictured Rocks**. As groundwater oozes from the cracks in the 500-million-year-old stone, minerals leave streaks of orange, red and brown.

The lakeshore's most famous formation is **Miners Castle**, a medieval-looking hunk of rock near Munising. Rising 200 feet straight out of Lake Superior's cold

waters, it's the Pictured Rocks' highest point. A few miles east, just after the picturesque Spray Falls, the cliffs give way to **Twelvemile Beach**, a quiet strand of unspoiled white sand.

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

THINGS TO DO

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

KAYAKING

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

HIKING

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

ICE CLIMBING

Abundant waterfalls, frigid winters and porous sandstone make the lakeshore a haven for ice climbers of all abilities. The columns and ice curtains at **Sand Point**,

near Munising Falls, vary in height from 20 to 50 feet. The 40-foot **Miners Falls** column, accessible by a three-mile ski or snowshoe trek, is a marvel that even non-climbers will appreciate. Pictured Rocks' falls are usually climbable from late December through March.

CAMPING

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

GETTING THERE

Car: The lakeshore begins in Munising and continues east to Grand Marais. In

the Upper Peninsula, take Michigan state highways M-28 or M-94 to Munising, or drive north on M-77 to Grand Marais.

Air: Commercial flights service Marquette, Escanaba and Sault Ste. Marie, Michigan.

HOURS OF OPERATION

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

CONTACT INFORMATION

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



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



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The cliffs of Spray Falls give way to Twelvemile Beach, an unspoiled stretch of white sand.



EDITOR'S PICKS: WALKING & HIKING TRAILS

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



NORTH CASCADES NATIONAL PARK

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

SIGHTS TO SEE

Most visitors to North Cascades National Park arrive by State Route 20, the park's main thoroughfare, also known as the **North Cascades Highway**. The splendid scenic drive offers relatively easy access to many spectacular overlooks and hiking trails.

Bisected by the highway, **Ross Lake National Recreation Area** features sweeping mountain views and several large lakes. One of them, Diablo Lake, takes on a brilliant turquoise color in the

summer, when fine sediment called glacial flour pours into the lake from glacier-fed streams. Several 7,000-foot peaks frame the highway.

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

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

THINGS TO DO

HIKING

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

CLIMBING

North Cascades National Park offers challenging mountaineering, rock climbing and scrambling on soaring peaks and some 300 glaciers. Many of the best (and least-crowded) routes are deep within the park and difficult to access; consider picking up a backcountry camping permit and making a weekend of it. More than 90 percent of the park complex is within the Stephen Mather Wilderness, which prohibits the installation of fixed anchors.

BOATING & PADDLING

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

WILDLIFE VIEWING

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

GETTING THERE



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

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

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

HOURS OF OPERATION

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

CONTACT INFORMATION

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

CLIMBING GUIDE SERVICE

American Alpine Institute (AAI)
1515 12th Street
Bellingham, WA 98225
(360) 671-1505
alpineinstitute.com



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Pick up a backcountry camping permit and spend a night in North Cascades' wilderness.

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



GLACIER NATIONAL PARK

GLACIER NATIONAL PARK

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

SIGHTS TO SEE

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

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

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



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With more than 700 miles of trails, Glacier National Park boasts trails for hikers of every skill level.

THINGS TO DO

HIKING

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

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

ROCK CLIMBING

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

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

CAMPING

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

SCENIC DRIVING

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



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



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

GETTING THERE



West Entrance
West Glacier, MT 59936
48.506416, -113.987639

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

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

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

HOURS OF OPERATION

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

CONTACT INFORMATION

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



EDITOR'S PICKS: WALKING & HIKING TRAILS

Trail Trailhead	Description	Round-Trip Distance Time*	Difficulty Elevation Gain
Canyon Overlook <i>Zion-Mt. Carmel Highway east of the long tunnel</i>	This trail leads to a spectacular view of Zion Canyon, where some of the most breathtaking photos of the park have been taken.	1.0 mile 1 hour	moderate 163 feet
Riverside Walk &  <i>Temple of Sinawava shuttle stop</i>	This trail follows the Virgin River upstream to the Narrows. It is wheelchair-accessible with assistance.	2.2 miles 1.5 hours	easy 57 feet
Weeping Rock Trail <i>Weeping Rock shuttle stop</i>	This trail leads to the verdant gardens of Weeping Rock, a rock alcove with hanging gardens and water drizzling over the edge.	0.4 mile 30 minutes	easy 98 feet
Lower Emerald Pools <i>Zion Lodge shuttle stop</i>	This beautiful trail ends at the lower pool and three waterfalls. It also climbs to the middle pool, but this leg is more difficult.	1.2 miles (to lower pool) 1 hour	easy 69 feet
Taylor Creek <i>Kolob Canyons Road (closed through fall 2018)</i>	This trail follows the middle fork of Taylor Creek to Double Arch Alcove. Your feet may get wet fording the creek.	5.0 miles 4 hours	moderate 450 feet
Angels Landing <i>The Grotto shuttle stop</i>	This trail/route runs along a narrow rock fin with dizzying drop-offs culminating in a view high above Zion Canyon.	5.4 miles 4 hours	strenuous 1,488 feet

* The times given are round-trip averages for hikers in good physical condition.



NEW RIVER GORGE

THINGS TO DO

CLIMBING

There are over 1,400 established routes within New River Gorge National River. "The New" is one of the most popular climbing areas in the country. The cliffs are made of very hard sandstone, and range from 30 to 120 feet. An abundance of crack and face routes are available. Most of the routes in the gorge favor the advanced and expert climber.

WHITewater RAFTING

New River Gorge National River includes 53 miles of the free-flowing New River, beginning at Bluestone Dam and ending at Hawks Nest Lake. The New River typifies big West Virginia-style whitewater. The upper part of the river has easier rapids while the lower part is home to some of the most challenging rapids in North America.

SIGHTS TO SEE

New River Gorge Bridge is an arresting display of modern innovation. The bridge is the third largest arch bridge in the country, located on U. S. Route 19, just north of Fayetteville, WV. The views of the river from the park are unmatched and the **Main Overlook** provides a stunning view to the river valley 1,400 feet below.

The Sandstone Falls are one of the most popular attractions on the New River. The largest waterfall on the river, the falls span the 1,500 foot-wide New River.

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Paddlers float towards the rapids under the higharched New River Gorge bridge in West Virginia

HIKING

Trails range from easy terrain and short loops to more challenging, steeper hikes. Popular trails include the **Grandview Trails**, the **Endless Wall Trail**, **Fayetteville Area Trails** and the **Long Point Trail**.

BICYCLING

Beautiful landscape and easily accessible bike routes make New River Gorge National River one of the most popular mountain biking destinations in the country

GETTING THERE



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

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

Air: Charleston, WV is the closest major airport. Some flights are also available at Beckley, WV.

Public Transportation: Amtrak service is available to three locations in the park, three days a week. The Cardinal, traveling between Chicago and New York, makes

scheduled stops at Hinton and Prince, with Thurmond as a flag stop for passengers with reservations. Greyhound has a bus terminal in Beckley. Taxis are based in Oak Hill and Beckley.

HOURS OF OPERATION

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

CONTACT INFORMATION

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

CLIMBING GUIDE SERVICE

New River Mountain Guides 101 E Wiseman Avenue, Fayetteville, WV 25840
(304) 760-9791 •
newriverclimbing.com
info@newriverclimbing.com



CLIMBING

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

HOW TO GET STARTED

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

Another great resource is your local indoor climbing gym. Most gyms offer a basic technique course that teaches both

belay (the act of controlling the rope that secures the climber) and climbing techniques to get you climbing safely.

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

CLIMBING ESSENTIALS

Rock climbing comes in several styles. Most beginning climbers start out with the safest and easiest type of climbing called

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Before you start climbing, you'll need some specialized protective equipment—a harness, carabiners, and a helmet. The best place to learn is at your local climbing gym.



EDITOR'S PICKS: WALKING & HIKING TRAILS

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



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Before climbing learn how to build anchors from an experienced climber.

top-roping. It's called top-roping because the rope is anchored at the top of your climb before starting your ascent from the bottom, so the furthest you can ever "fall" is roughly a foot or two. Below are some essential pieces of top-roping gear to get you started.

Belay Device: This device is used by the belayer (the person handling the rope) to put friction on the rope, making it much easier to control a fall or lower a climber. There are many different belay devices and you should always have someone instruct you in their use if you are unsure.

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

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

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

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

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

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

Happy Climbing!

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ACCESS FUND

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

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

As part of this program, Access Fund is asking all climber to commit to **The Pact**,

which is a promise to their climbing peers to follow a set of 10 responsible outdoor behaviors. These include:

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

Ultimately, climbers that are stewards and responsible users of outdoor climbing resources promote a positive identity for themselves and climbers as a whole, mitigating threats to access. To learn more, visit www.accessfund.org/rockproject.

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Whenever and wherever you climb, embrace responsible habits that will keep climbing areas open and protect the climbing environment.



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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discovermoab.com





JUST FOR KIDS

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

ROCK CLIMBING

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

HORSEBACK RIDING

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

FISHING

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

NATURE HIKING

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

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

WALK WITH A RANGER

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

TAKE A FIELD TRIP

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

JUNIOR RANGER PROGRAM

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

WEBRANGERS

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



For answers to all your questions,
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goexplorewv.com



ESSENTIAL GEAR

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

CLOTHING

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

BASE / VENTILATING LAYERS

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

INSULATING LAYERS

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

SHELL LAYERS

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



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

PERSONAL ESSENTIALS

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

CLIMBING GEAR

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

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

CAST A LINE

RUN A RIVER

REFRESH

FIND YOUR
HAPPY PLACE

HIT THE TRAIL

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#NatureGives

