

# Acclimation Hikes

## **Lake Estes**

There is a paved trail around Lake Estes that is about 3.8 miles long. The trail is flat except where it climbs up along highway 36. You get a nice view of the front range from Lake Estes.

## **Lily Lake**

There are 2 trails around Lily Lake off of highway 7 south of Estes Park. The lower trail around the lake is flat and is about 1 mile long. The upper trail climbs up Lily Mountain for about half of the way around the lake and then rejoins the lower trail that goes around the lake and this route is about 2 miles long. If you are planning more difficult hikes later in the week, I would recommend using the upper trail.

## **Sprague Lake**

There is a nature trail around Sprague Lake that is handicap accessible. The trail around the lake is flat and about  $\frac{1}{2}$  mile long. Rocky Mountain National Park Access is required for this hike.

## **Bear Lake**

There is a nature trail around Bear Lake that is handicap accessible. The trail around the lake is generally flat and about  $\frac{3}{4}$  mile long. Rocky Mountain National Park Access is required for this hike.

## **Alberta Falls**

This hike starts at the Glacier Gorge Trail Head and follow the trail to Alberta Falls. The trail is heavily traveled, well maintained and about  $\frac{8}{10}$  of a mile long, with an elevation gain of 220 feet. Rocky Mountain National Park Access is required for this hike.