

Be Prepared

Altitude Awareness

Boulder is situated at 5,430 feet above sea level, and as you might imagine, the air is a little thinner up here. To help avoid altitude sickness – typified by headaches, nausea and fatigue – make sure to drink more water than usual, curb your alcohol consumption and protect yourself from the sun.

Sunscreen

Before you head out on the trails, be sure to cover yourself with sunscreen and bring a hat. Boulder is a mile closer to the sun than the sandy beaches on the coast, which means it's easier to get a sunburn up here.

Water and Food

Our climate is very dry and it's easy to get dehydrated. Drink often, even though you don't feel thirsty. Be sure to take plenty of water with you whether you are hiking or walking around downtown.

Bring along an energy bar or two in case your energy level drops or you spend more time on the trail because you're having so much fun!

Leave It as You Find It

Picking flowers, collecting rocks, picking berries may not seem to be a big deal, but it means others won't have a chance to enjoy them. With millions of people visiting Open Space & Mountain Parks, the less impact we each make, the longer we will enjoy what we have.

Stick To The Trail

Traveling on trail leaves room for wildlife and their homes. Shortcutting trails causes erosion. Be ready to get muddy and step right through puddles. Boots dry overnight; plants take years to recover.

Share Our Trails

We all enjoy Open Space & Mountain Parks in different ways. Pay attention, expect to encounter others and be courteous. Yield to all.

Boulder Convention & Visitors Bureau

2440 Pearl Street
Boulder, CO 80302
303.442.2911
800.444.0447
www.bouldercoloradousa.com



City of Boulder Open Space and Mountain Parks

303.441.3440
www.osmp.org

Leave No Trace Ethics

www.bouldercolorado.gov/osmp/leave-no-trace

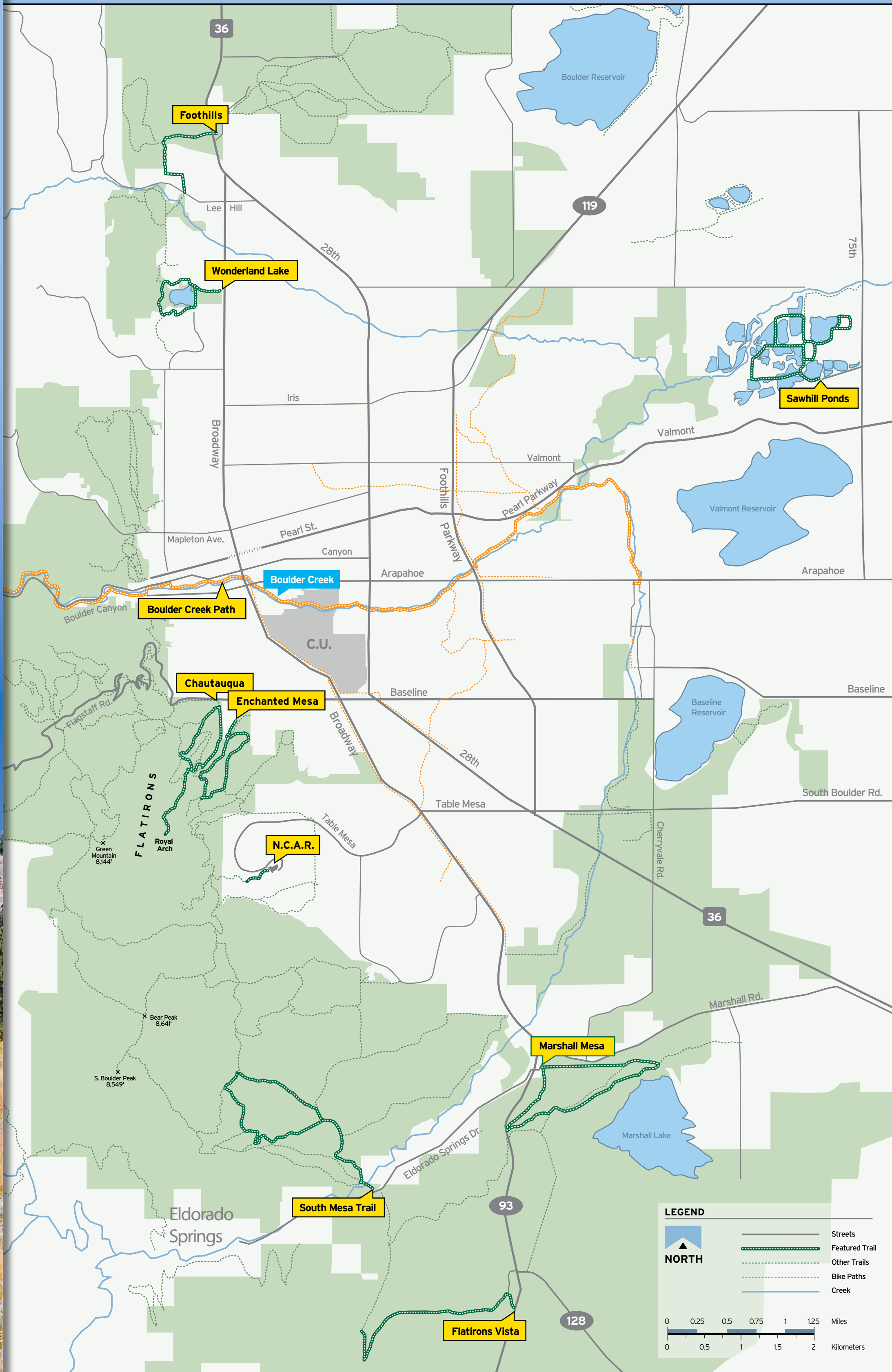
Photos courtesy of Denise Chambers, Rich Grant, BoulderRunning.com.

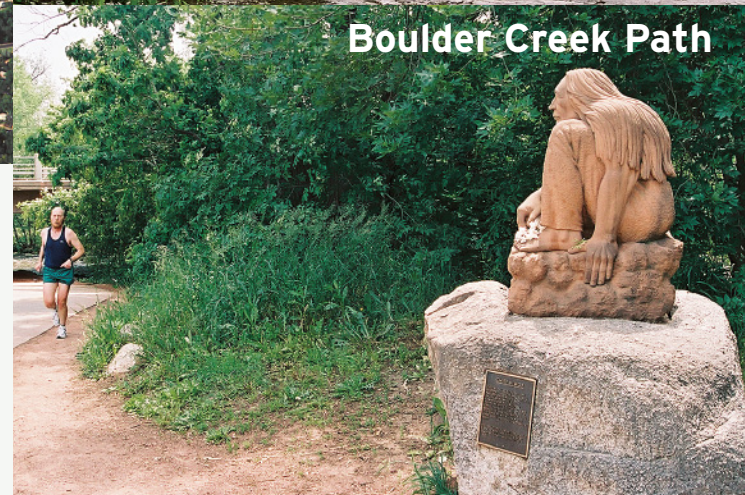
BOULDER TRAILS

for Hiking & Biking

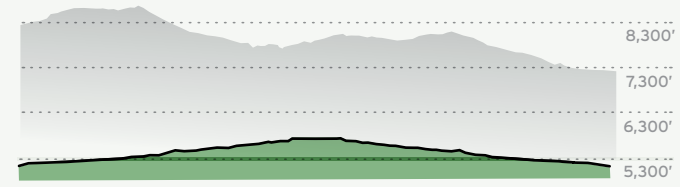


www.bouldercoloradousa.com





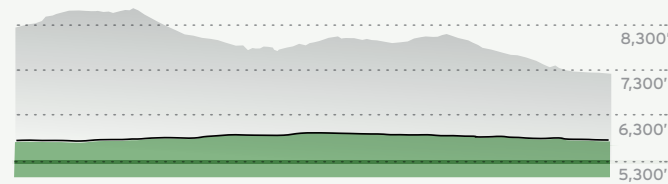
Boulder Creek Path



Distance	2-6 miles
Elevation	5,350' - 5,750'
Difficulty	Easy
Estimated Time	1 hour
Restroom	No
Parking	Yes

This popular strolling, jogging and biking trail takes you from Central Park in downtown Boulder up the canyon. The incline is slight but constant, which means your way back is all downhill. The trail is a combination of paved and packed dirt taking you through woods and along Boulder creek, alternating between sunny and shady spots.

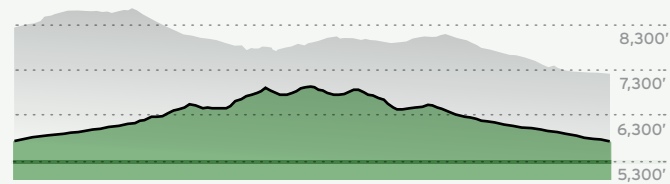
Enchanted Mesa McClintock Trail



Distance	2 miles
Elevation	5,675' - 6,140'
Difficulty	Easy
Estimated Time	1.5 hours
Restroom	Yes
Parking	Yes

McClintock Trail slopes slightly downhill into the forest, toward a stream. But what goes down must also go up. Expect this trail to climb slightly to a stone bridge where it intersects with the Enchanted Mesa trail. Listen for the soothing trickle and burble coming from the gully down-slope from the trail. Parking lot at the trailhead and street parking around Chautauqua Park and the Chautauqua Auditorium. Please do not park in cottage neighborhood.

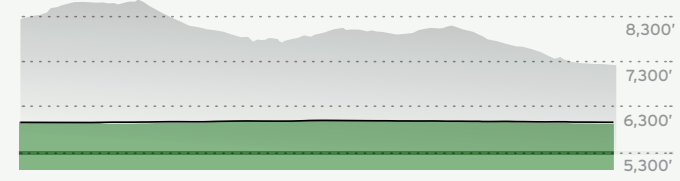
Chautauqua Royal Arch



Distance	3 miles
Elevation	5,710' - 6,950'
Difficulty	Moderate
Estimated Time	2 hours
Restroom	Yes
Parking	Yes

The Royal Arch trail is so dubbed for the natural rock arch formed at the top of this hike, which provides for a magnificent bird's eye view of Boulder, Golden, and Denver. Though less than a mile long, it takes 45 minutes to an hour - each way - gaining over 1,000 feet in elevation. Parking lot at the trailhead and street parking around Chautauqua Park. Please do not park in cottage neighborhood. Overflow parking is available along Baseline Road.

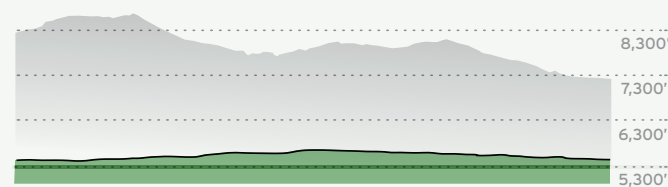
NCAR - Nature Trail



Distance	0.6 miles
Elevation	6,100' - 6,175'
Difficulty	Easy
Estimated Time	30 minutes
Restroom	Yes
Parking	Yes

The Walter Orr Roberts Nature Trail, on the grounds of the National Center for Atmospheric Research (NCAR), is the nation's only interpretive weather trail and is wheelchair accessible. Located in the midst of great flora and fauna with a breathtaking backdrop of the flatirons, the trail's purpose is to spotlight Colorado's wild weather along the Front Range. The trail features 11 plaques focusing on an observable weather-related phenomenon. For a longer hike, take the Dakota trail to the Mesa trail.

South Mesa Trail

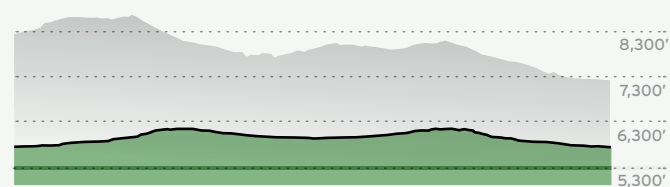


Distance	1.5 miles
Elevation	5,350' - 5,650'
Difficulty	Moderate
Estimated Time	2 hours
Restroom	Yes
Parking	Yes

Start at the southern end of the Mesa Trail near Eldorado Springs. The path is wide and starts easy enough crossing the South Boulder Creek, but quickly turns steeper. The payoff is worth it as it yields incredible views of amazing rock formations.



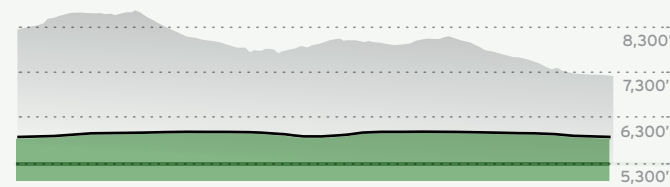
Foothills



Distance	2.2 miles
Elevation	5,541' - 5,725'
Difficulty	Easy
Estimated Time	1 hour
Restroom	No
Parking	Yes

Rolling terrain with magnificent views of the flatirons and valley. This multi-use trail is great for mountain bike beginners and trail runners, as well as hikers.

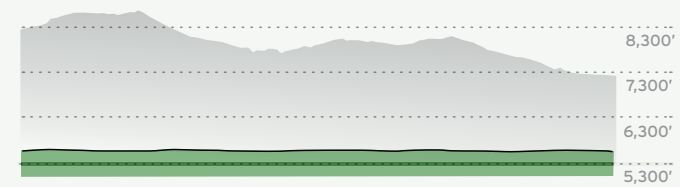
Flatirons Vista



Distance	3.9 miles
Elevation	5,925' - 6,088'
Difficulty	Easy
Estimated Time	1.5 hours
Restroom	Yes
Parking	Yes

The name says it all. This relatively flat trail is a terrific showcase of Boulder's Flatirons. Follow the trail west toward Eldorado Canyon on the Doudy Draw trail through endangered tall grass prairie for a nice, open hike or run. Be on the lookout for wildflowers in the spring and summer months. Turn back after the stream crossing to make this hike almost 4 miles.

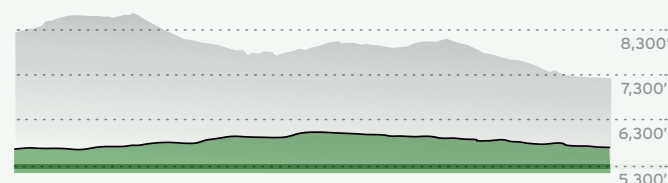
Wonderland Lake



Distance	1.6 miles
Elevation	5,510' - 5,585'
Difficulty	Easy
Estimated Time	1 hour
Restroom	No
Parking	Yes

Park in the lot on the west side of Broadway just south of Utica Ave. This partially paved and packed dirt trail loops around Wonderland Lake and mingles with the nearby neighborhood. The trail is mostly flat and very peaceful.

Marshall Mesa



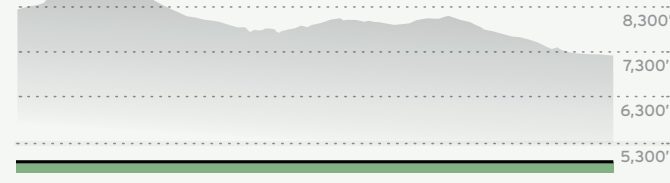
Distance	2.2 miles
Elevation	5,515' - 5,715'
Difficulty	Easy
Estimated Time	1 hour
Restroom	Yes
Parking	Yes

Learn all about the coal mining and geological history of the area while getting in a great hike with even better views. You can do a loop back down the Marshall Mesa trail or connect to the Greenbelt Plateau trail for an extended out-and-back run, hike or ride (bicycles and dogs are allowed on the Community Ditch and Greenbelt trails).



Marshall Mesa

Sawhill Ponds



Distance	1.2 miles
Elevation	5,100' - Little Change
Difficulty	Easy
Estimated Time	40 minutes
Restroom	Yes
Parking	Yes

Dogs must be leashed at all times west of the main parking lot.

You might forget you're in arid Colorado on one of the trails that wind around Sawhill Ponds, 18 ponds in all. The area is an old gravel mine now reclaimed and filled by groundwater. This wildlife preserve is home to a variety of waterfowl, fish, birds of prey, amphibians and reptiles.

Distances From Central Boulder

Trail Locations

Mountains
Mesa Trail
South Mesa Trail
Boulder Creek Path

Plains
Foothills
Wonderland Lake
Marshall Mesa
Sawhill Ponds
Dowdy Draw

Within 2 miles
Mesa Trail
Wonderland Lake
Boulder Creek Path

Within 10 miles
Foothills
South Mesa Trail
Marshall Mesa
Sawhill Ponds
Dowdy Draw



Voice and Sight Dog Tag Program

On most trails, visitors can walk their dogs on leash. If dog guardians wish to walk their dog off leash, they must be registered in the Voice and Sight Tag Program. The program helps dog guardians understand voice and sight control standards and helps to reduce conflicts which can occur with visitors, other dogs and wildlife. Learn more at www.voiceandsight.org.