

## Be Prepared

### 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

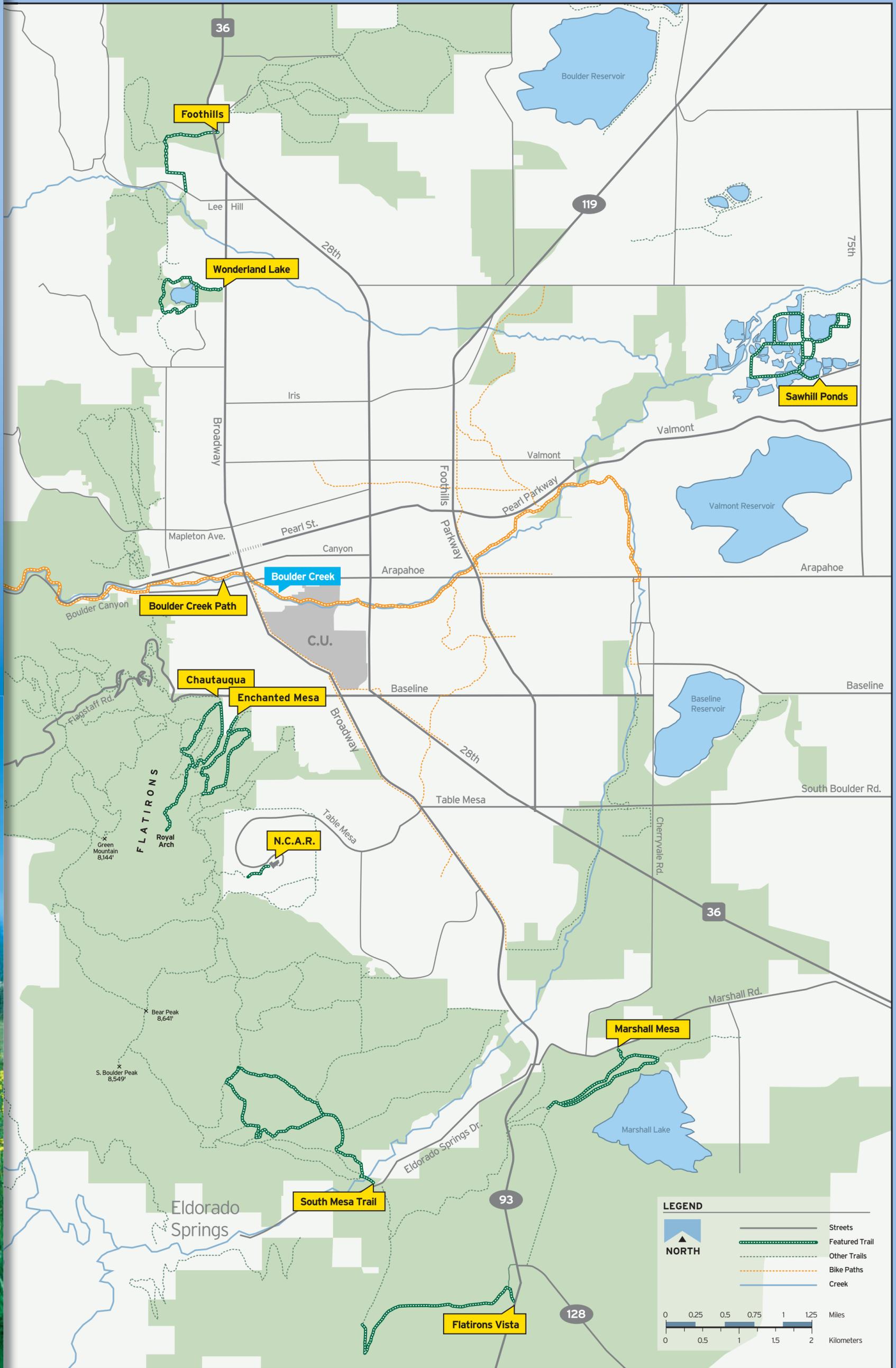


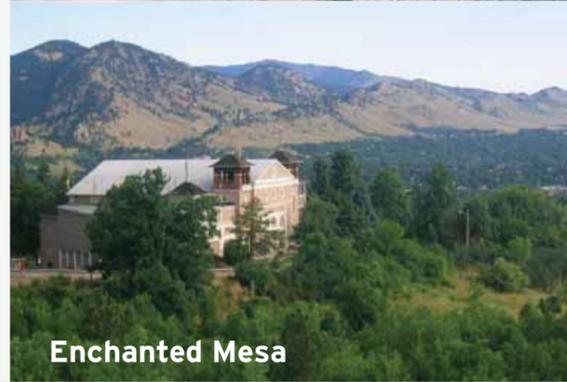
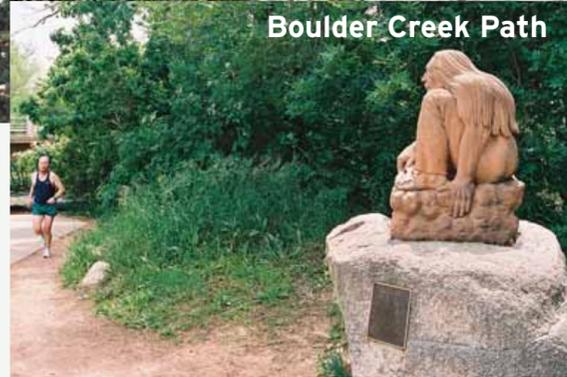
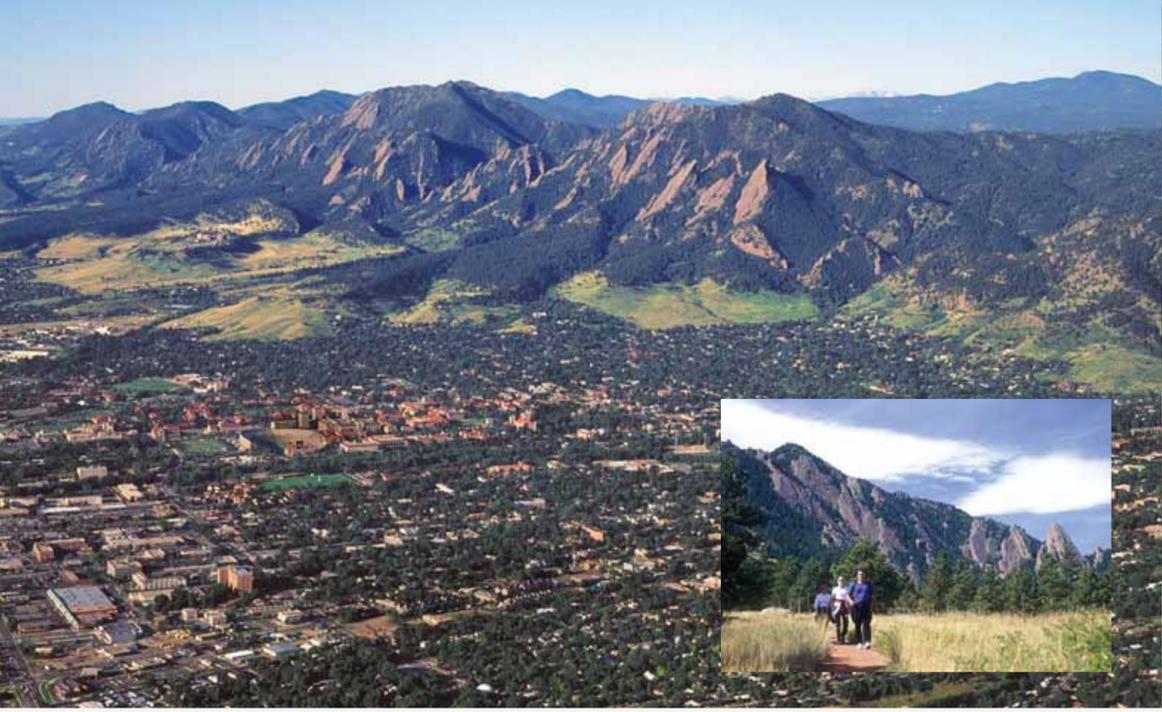
City of Boulder Open Space and Mountain Parks  
303.441.3440  
www.osmp.org

Leave No Trace Ethics  
www.bouldercolorado.gov

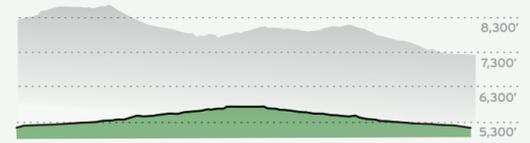
Some photography courtesy of BoulderRunning.com

# BOULDER TRAILS for Hiking & Biking





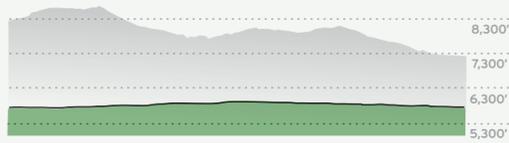
## Boulder Creek Path



<b>Distance</b>	2-6 miles
<b>Elevation</b>	5,350' - 5,750'
<b>Difficulty</b>	Easy
<b>Estimated Time</b>	1 hour
<b>Restroom</b>	No
<b>Parking</b>	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.

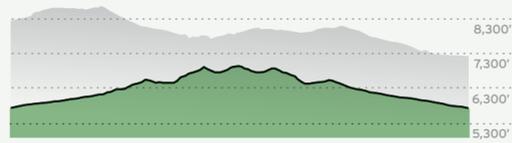
## Enchanted Mesa McClintock Trail



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

Find this trailhead on the south side of the Chautauqua Auditorium. The wide dirt trail gradually winds uphill along the Enchanted Mesa offering views of the valley and Flatirons. Ponderosa pines bring welcomed shade before the trail intersects the Mesa Trail. Following the Mesa Trail to the north, you will find your way back to the McClintock Trail.

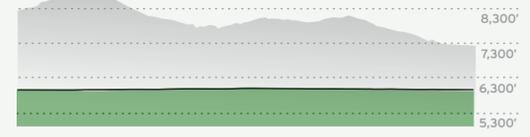
## Chautauqua Royal Arch



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

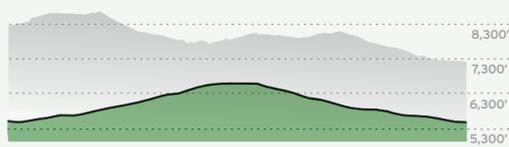
## NCAR - Nature Trail



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

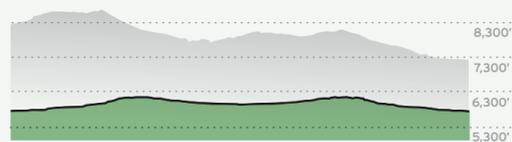


<b>Distance</b>	4.3 miles
<b>Elevation</b>	5,630' - 6,423'
<b>Difficulty</b>	Moderate
<b>Estimated Time</b>	2 hours
<b>Restroom</b>	Yes
<b>Parking</b>	Yes

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. Take Big Bluestem Trail back down to complete the loop.



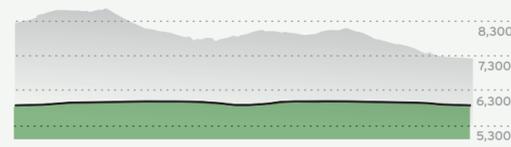
## Foothills



<b>Distance</b>	2.2 miles
<b>Elevation</b>	5,541' - 5,725'
<b>Difficulty</b>	Easy
<b>Estimated Time</b>	1 hour
<b>Restroom</b>	No
<b>Parking</b>	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.

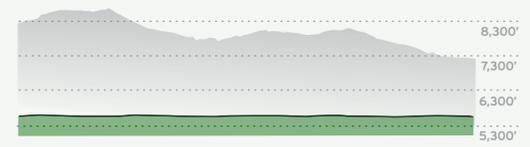
## Flatirons Vista



<b>Distance</b>	3.9 miles
<b>Elevation</b>	5,925' - 6,088'
<b>Difficulty</b>	Easy
<b>Estimated Time</b>	1.5 hours
<b>Restroom</b>	No
<b>Parking</b>	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.

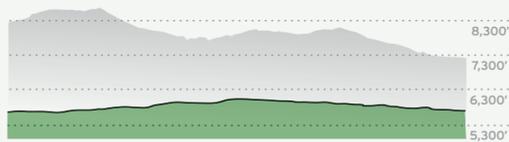
## Wonderland Lake



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

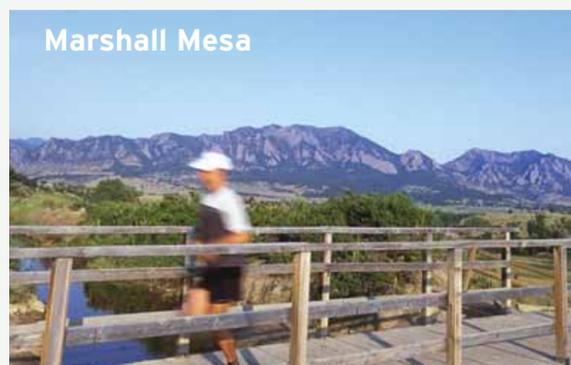
Park in the lot on the west side of Broadway just south of Utica Ave. This partially paved and packed dirt trail loops around Wonderland Lake and mingles with the nearby neighborhood. The trail is mostly flat and very peaceful.

## Marshall Mesa



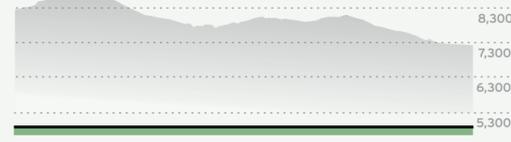
<b>Distance</b>	2.2 miles
<b>Elevation</b>	5,515' - 5,715'
<b>Difficulty</b>	Easy
<b>Estimated Time</b>	1 hour
<b>Restroom</b>	Not at Access Point
<b>Parking</b>	Yes

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



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

### Trail Locations

**Mountains**  
Mesa Trail  
South Mesa Trail  
Boulder Creek Path

**Plains**  
Foothills  
Wonderland Lake  
Marshall Mesa  
Sawhill Ponds  
Dowdy Draw

### Distances From Central Boulder

**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

A new Voice and Sight Dog Tag Program has been designed by the city of Boulder to help dog guardians understand voice and sight control standards and to reduce conflicts which can occur with visitors, other dogs and wildlife.

**If a dog is not registered by the City of Boulder, dogs must be leashed at all times.**

For more information online visit [www.osmp.org](http://www.osmp.org)