Hiking at Mountain Campus

Tips to Remember

A Colorado fishing license is required at Mountain Campus. Mountain Bikes are prohibited in the Camanche Peak Wilderness. Wilderness permits (available at the Mountain Campus Office) are required to spend the night in Rocky Mountain National Park.

When overnight camping, take precautions with food to prevent bear issues. Bear-proof containers are required in RMNP. Skunks and problematic spiders are rare at 3,000 ft. However, ticks are common and should be prepared for. Be sure socks and boots fit and put tape on any “hot spots” before blisters can form.

Essentials to Pack

- Navigation (map and compass)
- Sun protection (sunscreen and sunglasses)
- Insulation (waterproof and extra clothing)
- Illumination (headlamp/flashlight)
- First-aid supplies
- Water (backpack at least 1 gallon per day)
- Repair kit and tools

Mountain Safety Principles

- Follow these principles to help assure a safe and successful adventure!

Safety First: Always let someone know your hiking plans and return time. If you have a car, leave it at a trailhead. Consider a companion. Never hike alone. Leave your planned itinerary with our staff and check the current weather forecast at the Mountain Campus Main Office. Bring an on-map compass, a whistle, and a map. These steps will help you avoid getting lost, but if you should get lost, remain calm, sit down by a large tree, or find protection in the rocks above tree line and wait.

Hypothermia: Broadly defined, hypothermia is chilling of the body core. It is brought on by hypotension, wet, and cold conditions. It can happen at any time of year. Wear layers in wetsuits with wool to the skin, while insulating layer, and a waterproof and waterpoof outer layer. Cotton fabrics (t-shirts and pant) are useless as insulations when wet. Remember to eat and stay hydrated.

Water Treatment: Water and other dietary threat almost can be bought on by drinking untreated water from streams, lakes, and bluebonnet. Boil, filter, or treat with chemicals or UV devices before drinking surface water. Water carried from camps at treatment will improve for short day hikes. Staying hydrated in the mountains is difficult. So drinking lots of water is essential.

Lighting: Get an early “ supreme” start on an early hiking trek. Bring a headlamp, flashlight, and matches. Additionally, carry a lamp, going above treeline. Visible steelhead trout are common from June through August. A rod should be reserved no later than 1 pm to be worthwhile. Turn back when the weather looks bad. If caught in a storm above treeline, stay off ridges and other high points, spread out, and orient on a heave pole. CPR (cardiopulmonary resuscitation) can save the life of a hiking partner stuck by lightning.

Altitude Disorders: Everyone adjusts to altitude differently. Drink lots of water while downhill. Acute Mountain Sickness (AMS) in one below 1,000 ft. This condition can be dangerous or accompanied by high altitude central form (HAC) or high altitude pulmonary form (HAP). Loss of coordination (dizziness) is not a good sign. All of these conditions can be alleviated by descending to a lower altitude and seeking medical treatment if necessary.

Valley Walks

Welcome to the CSU Mountain Campus!

Hiking Guide

View Rock - Easy - 20 minutes RUT

From the east side of the dorm, proceed along the trail past the recreation hall and softball field. Follow the trail to the footbridge and cross the river. After crossing the bridge, follow the boardwalk through the woods and continue up the westside. View Rock is on the top of the rise, overlooking the stream and the west rim. The sights point visible from these are the permanent encampment on the west rim of Mount Vise (1844 ft) and the evidence of the July 1944 wildfire that occurred in the west mid.

Valley Circuit - Easy - 60 minutes RUT

From View Rock, regain the Path and follow it to the Boardwalk. During the walk, take note of the beauty that surrounds you. Remember to stay alert and enjoy the view. When you arrive at the trailhead, proceed along the trail past the recreation hall and softball field. Follow the trail to the footbridge and cross the river. After crossing the bridge, follow the boardwalk through the woods and continue up the westside. View Rock is on the top of the rise, overlooking the stream and the west rim. The sights point visible from these are the permanent encampment on the west rim of Mount Vise (1844 ft) and the evidence of the July 1944 wildfire that occurred in the west mid.

In order to protect the beautiful wildlife found in the area, dogs must be kept on a leash at all times. Dogs are not permitted on Mountain Campus or Rocky Mountain National Park.

Area Wildlife

Be on the lookout for these animals during your hike:

- Yellow-billed Marmot: A burrow-like animal that prefers rock piles in subalpine meadows as habitat
- Pine: A pine is a slender conifer tree, with a white bark and a red, soft, fine leaf
- Elk: A large species of deer, makes it hard for onlookers and may be hard for making a living in the woods
- Mammals: The largest mammal of the area that makes; have broad, flat tails and can be aggressive when provoked