VALLEY WALKS

View Rock - Easy - 20 minutes

From the east side of the parking trail, proceed along the trail past the recreation hall and softball field. Follow the trail to the east ridge and cross the river. After crossing the bridge, follow the boardwalk through the willows and continue up the east embankment. View Rock is on the left side of the trail, overlooking the stream and the Mummy Range. The highest point visible from here is the permanent snout shown on the west side of View Rock Mountain (13,164 ft). Evidence of the July 1964 wildfire is visible to the east and west.

Valley Circuit - Easy - 45 minutes

From View Rock, rejoin the trail and follow it to the Challenge Ridge Course. Before reaching the course turn right and cut through the meadow to the road. When you reach the road, turn right, walk past a few picnic tables on your left until you reach the trail. With your back to the right, turning right at the fork will return you to campus immediately continuing straight along the road and take another 20 minutes. Eventually, another trail on your left leads to the South Fork of the Cache la Poudre and continuing in a double-track trail. Turn right and follow the trail past several of the old mining cabins, ending at the South Dome.

Essentials to Pack

- Nutrition (extra food)
- Hydration (extra water)
- Emergency shelter
- Insect repellent
- Repair kit and tools

Area Wildlife

Be on the lookout for these animals during your hike:

White-tailed deer

Yellow-bellied marmot

Mule deer

Wolves

Provide shelter from the rain and protect your safety.

Mountain Safety Principles

- Always wear a hat and sunscreen.
- Bring water and food.
- Pack out all trash.
- Be aware of your surroundings.
- Stay on the trail.
- Be prepared for emergencies.

Protecting Our Natural World

- Plan Ahead and Prepare
  - Know the regulations and special concerns for the area you will visit.
  - Prepare for adverse weather, hazards, and emergencies.

- Travel and Camp on Durable Surfaces
  - Durable surfaces include established trails and campsites, rock, gravel, dry grass, or snow.
  - Camp at least 200 feet from lakes and streams. Good campsites are found in
    - popular areas.
  - Concentrate on existing trails and campsites; keep campsites small.
  - Use single-file trails in the middle of the trail, even when wet or muddy.
  - In pristine areas:
    - Dispersed use is the best way to protect the natural environment.
  - Protect plants where impacts are just beginning.

- Leave What You Find
  - Take only photos, leave only footprints.
  - Do not disturb wildlife or their habitats.
  - Do not feed wildlife or their habitats.

Disposing of Waste Properly

- Pack it in, pack it out: trash, food, water, and belongings.
- Dispose of solid waste in a designated container or bury it no more than 200 feet from water, camp, and trails.
- Pack out all trash, including food.
-左 trail
- Right trail
- Middle trail
- Downhill trail
- Uphill trail
- Flat trail

Minimizing Campfire Impacts

- Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, keep your fire small.
- Keep your fire small, and use sticks that can be broken by hand.

Respect Wildlife

- Observe wildlife from a distance; do not follow, approach, or feed animals.
- Protect wildlife and your food by storing food in bear-resistant containers.

Be Considerate of Other Visitors

- Respect other visitors; avoid loud voices and noises.
- Be courteous; yield to other users at the trail.
- Take breaks and camp away from trails and other visitors.

Mountain Campus is a special place that provides an opportunity to experience nature in an up-close and personal way. Please help protect this precious area by following the Leave No Trace principles.