

HIKING TRAILS IN AND AROUND MANITOU SPRINGS & THE PIKES PEAK REGION

1. BARR TRAIL/Pikes Peak:
 - Road directions: Take Manitou Ave to Ruxton Ave. Drive past Cog RR follow signs to Barr Trail signs to the Barr Trail trailhead
 - Trail length: 12.6 miles one-way; Elevation gain: 7,258 ft.
 - Rating: Difficult
2. INTEMANN TRAIL:
 - Road directions: Access via Ruxton Ave near Iron Springs trailhead, Crystal Park Road trailhead or via 26th Street to Gold Camp Road (Section 16 trailhead)
 - Trail length: Approximately 4 ½ miles
 - Rating: Easy to moderate
3. GARDEN OF THE GODS:
 - Road directions: Can be reached four ways from the Chamber, go east on Manitou Ave to Garden Drive, Beckers Lane or Ridge Road, turn left (north) or continue east on Manitou Ave (will become Colorado Ave) to 30th Street. Turn left (north) on 30th Street until you reach the Visitor Center. The Visitors Center will give you detailed map of the park.
 - Ratings: Various trails, easy to moderate
4. WALDO CANYON:
 - Road directions: Take Highway 24 West, approximately 2 miles on right, see large parking lot at trailhead
 - Trail length: 7 miles; elevation gain 1,280 ft.
 - Rating: Moderate
5. BEAR CREEK REGIONAL PARK & NATURE CENTER
 - Road directions: Highway 24 East to 26th Street, go right (south), follow signs to Nature Center
 - Trail length: Interpretive trails (good for children): 1/10 to 1.2 Mi.
 - Regional trail: 7 miles, easy to moderate
 - Rating: Easy
6. NORTH CHEYENNE CANYON
 - Road directions: Highway 24 to 21st Street, south on 21st to Cheyenne Blvd., follow signs to North Cheyenne Canyon. Several trails in the canyon; trailheads clearly marked, including:
 - Mount Cutler:
 - Trail length: 2 miles round trip; nice view of Seven Falls
 - Rating: Easy to moderate; elevation gain: 600 ft.
 - Columbine Trail:
 - Trail length: 4 miles (one way, not a loop), elevation gain 1,000 ft.
 - Rating: Lower 1 mile – moderate, Mid & Upper 3 miles - moderate to difficult
 - St. Mary's Falls:
 - Trail length: 1 ½ miles. Elevation gain - 1200 ft.
 - Rating: Moderate to Difficult
7. RED ROCKS TRAIL (SECTION 16) Gold Camp Road:
 - Road directions: Highway 24 to 26th St. south, up two switchbacks to Gold Camp Road, turn right (west) on Gold Camp and go another mile to trailhead.
 - Trail length: 6 miles
 - Rating: Moderate

WOODLAND PARK AREA:

8. RAMPART RANGE TRAILS:

Rampart Reservoir: Highway 24 west, to Woodland Park and turn right before the McDonald's on Rampart Range Road. Go 2.9 miles to Loy Creek Road, bear right and follow the pavement until it intersects with the gravel Rampart Range Road. Turn right and follow signs to Rampart Range Reservoir.

Trail length: 12 miles around reservoir.

Rating: Easy to moderate

Rainbow Gulch Trail: Road directions same as above, except watch for parking lot below road on your left and a trailhead sign.

Trail length: 1.4 miles to water.

Rating: Easy

9. CENTENNIAL TRAIL TO MANITOU LAKE RECREATION AREA

Road Directions: Highway 24 West to Woodland Park. Turn north onto Highway 67. After about a mile, watch for Kelley's Road sign on your right. Social trail has been forced south of here, but this is where paved trail starts.

Trail length: 6.5 miles from Woodland Park to Manitou Lake

Rating: Easy (good strolling, biking, riding)

10. MANITOU PARK BICYCLE TRAIL:

Road Directions: Woodland Park, take Highway 67 north to South Meadows Campground, 5.9 miles from town.

Trail length: 2.1 miles, one way; elevation gain 100 ft.

Rating: Easy, wheelchair suitable.

11. PAINTED ROCKS BICYCLE TRAIL:

Road Directions: Same as above, Painted Rock Campground is just north of South Meadows Campground.

Trail length: 0.3 mile - links Painted Rocks CG and Bike Trail

Rating: Easy, wheelchair suitable.

CRIPPLE CREEK AREA:

12. MUELLER STATE PARK

Road directions: Take Highway 24 West. At Divide, turn left on Highway 67 south toward Cripple Creek, 3.8 miles to entrance of the Park.

Trails: There are numerous trails and camping. Park permit required. Information can be obtained at entrance.

Ratings: Easy to moderate.

13. RING the PEAK: (The Craggs & Horseshoe Falls Trails)

Road directions: "Starting at the Craggs". Take US 24 west to Divide, turn left on Colorado 67 past Mueller State Park. Turn at the sign for the Craggs Campground on the left. Go past Rocky Mountain Mennonite Camp and the Craggs Campground until this road ends. "Starting at Horsethief Park". Take Us 24 west to Divide, turn left on Colorado 67 just past the closed Little Ike Tunnel to the trailhead parking lot.

Trail: About 5 miles one way, elevation gain: 500 feet.

Rating: Easy to Moderate

14. FLORISSANT FOSSIL BEDS NATIONAL MONUMENT:

Road directions: Highway 24 West, 39 miles, to town of Florissant. Take Teller County 1 South 2.5 miles to Visitors Center.

Trails: Information on several trails available at Visitor Center.

Ratings: Easy to moderate; mostly level.

15. CATAMOUNT TRAIL:

Road directions: Highway 24 west to Green Mt. Falls, park downtown by the lake. Walk Ute Pass Ave, turn left on Hondo Ave. Trail begins at the end of Hondo Ave. Walk past the bridge, follow yellow markers instead of crossing the creek.

Trail length: 2 miles one-way

Rating: Moderate

16. RED ROCK CANYON:

Road directions: Take Highway 24 to Ridge Road to the main entrance and parking lot. When completed within the next year there will be 3 entrances and 5 parking lots

Trail length: One trail open, when completed will feature 17 miles of trails winding around vertical rock formations, ponds, quarries, caves and canyons.

Rating: Open trail is rated easy. When completed moderate and difficult will be available

Ten Trail Hiking Essentials:

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|---|------------------|
| 1. Map | 6. Firestarter |
| 2. Compass | 7. Matches |
| 3. Water | 8. Knife |
| 4. Extra food | 9. First aid kit |
| 5. Extra clothing
(especially rain gear) | 10. Flashlight |

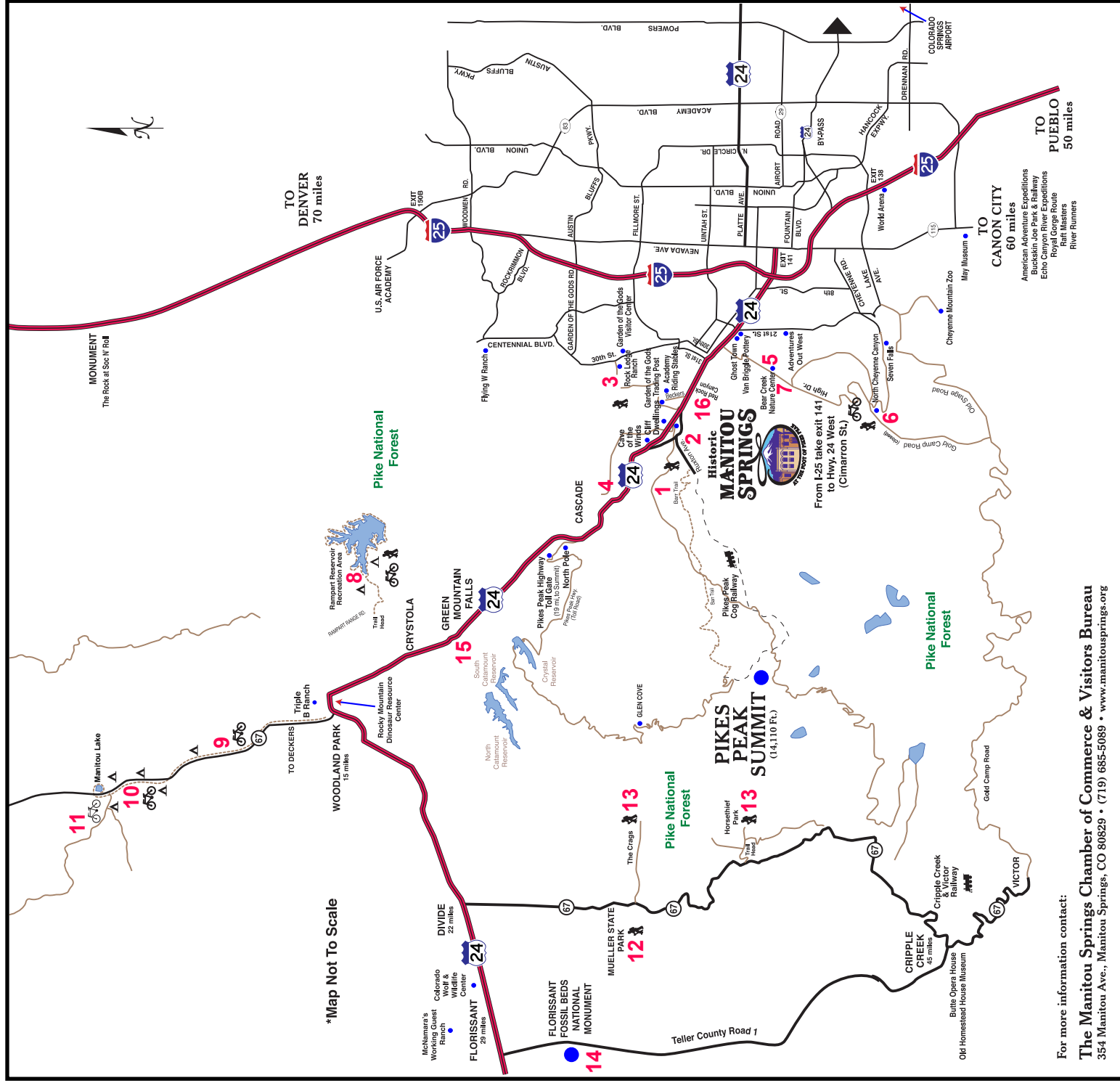
Don't Forget Your Sunscreen & Sunglasses!

OUTDOOR ETIQUETTE: Please.Don't leave the trail (it causes erosion and ugly scars).
Pack out everything you pack in (even those apple cores).
Be quiet !
Don't pick the flowers

MAY ALL YOUR DAYS BE SUNNY AND YOUR HIKES HAPPY!

THE TRAILS

1. Barr Trail
2. Intemann Trail
3. Garden of the Gods
4. Waldo Canyon
5. Bear Creek Regional Park and Nature Center
6. Cheyenne Canyon
7. Red Rocks Trail (Section 16)
8. Rampart Range Trails
9. Centennial Trail
10. Manitou Park Bike Trail
11. Painted Rocks Bike Trail
12. Mueller State Park
13. Ring the Peak - The Craigs
13. Ring the Peak - Horsethief Park
14. Florissant Fossil Beds
15. Catamount Trail
16. Red Rock Canyon



For more information contact:

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