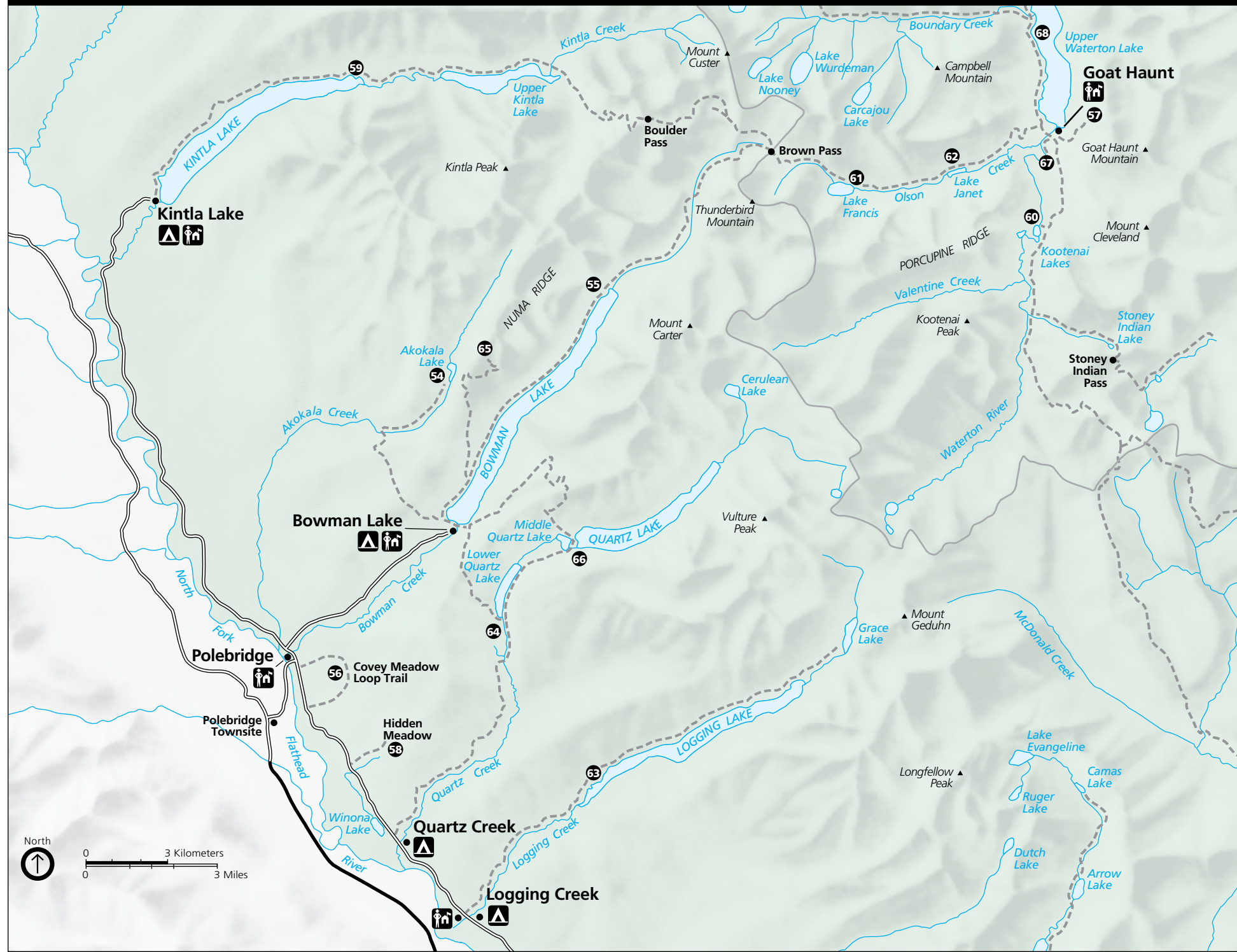


Goat Haunt and North Fork Trails



Map Legend

	Visitor Center		Campground		Paved Roads		Trails
	Ranger Station		Lodging		Unpaved Roads		Trail Destination

Destination	Mileage/Elevation	Trailhead	Destination	Mileage/Elevation	Trailhead
54 Akokala Lake	5.8 mi. - gains 800 ft.	Bowman Lake Ranger Station	62 Lake Janet	3.3 mi. - gains 750 ft.	Goat Haunt Ranger Station
55 Bowman Lake Head	7.1 mi. - rolling hills	Bowman Lake Ranger Station	63 Logging Lake	4.5 mi. - gains 400 ft.	Just north of the Logging Creek Ranger Station
56 Covey Meadow	1.5 mi. - rolling hills	Polebridge Ranger Station	64 Lower Quartz Lake	(a) 3.0 mi. - gains 1200 ft. then descends 1000 ft. (b) 6.9 mi. - gains 500 ft.	Bowman Lake Picnic Area
57 Goat Haunt Overlook	1.0 mi. - gains 800 ft.	Goat Haunt Ranger Station	65 Numa Lookout	7.2 mi. - gains 2380 ft.	Bowman Lake Ranger Station
68 Hidden Meadow	1.2 mi. - gains 250 ft.	3 miles south of Polebridge Ranger Station	66 Quartz Lake	6.0 mi. - gains 1800 ft. then descends 1600 ft.	Bowman Lake Picnic Area
59 Kintla Lake Head	6.6 mi. - rolling hills	.25 miles west of Kintla Lake Campground	67 Rainbow Falls	1.0 mi. - gains 30 ft.	Goat Haunt Ranger Station
60 Kootenai Lakes	2.5 mi. - gains 200 ft.	Goat Haunt Ranger Station	68 Waterton Townsite	7.0 mi. - gains 200 ft.	Goat Haunt Ranger Station
61 Lake Francis	6.2 mi. - gains 1050 ft.	Goat Haunt Ranger Station			

Leave No Trace

Challenge, adventure, a sense of discovery, and solitude can be part of your backcountry experience. But in order to ensure that Glacier's backcountry remains unimpaired for future generations, visitors must be motivated by an ethic that compels responsibility toward the resource. It is the task of every backcountry visitor to learn and practice Leave No Trace skills and ethics.

Leave No Trace outdoor skills and ethics is a national program promoting responsible outdoor recreation and stewardship of our public lands. The National Park Service is a partner in this program, along with other federal land management agencies.

The 7 Principles of Leave No Trace

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Leave What You Find
4. Properly Dispose of Waste
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors



Trip Planning Information

Hiking books and maps are an excellent way of preparing for your trip. The Glacier Association is a nonprofit organization working with the National Park Service to assist Glacier's educational and interpretive activities, cultural programs, and special projects. They stock a number of publications that are excellent pre-planning guides, in particular the Hikers Package.

Hikers Package\$24.95
Includes: Hiker's Guide To Glacier Nat'l Park, Short Hikes & Strolls In Glacier Nat'l Park, Trails Illustrated Topo Of Glacier & Waterton, And Nature Guide To Glacier.

Contact the Association at:
Glacier Association
Box 310
West Glacier, MT 59936

(406) 888-5756
gna@glacierassociation.org
http://www.glacierassociation.org



Glacier

National Park Service
U.S. Department of the Interior



Day Hikes in Glacier



The Garden Wall dwarfs hikers on the Highline Trail.

photo by Bill Hayden

Planning a Hike

OVER HALF OF THE VISITORS TO GLACIER REPORT TAKING A HIKE. THAT'S A LOT OF HIKERS, BUT OVER 700 MILES OF trails provide many outstanding opportunities for both short hikes and extended backpacking trips. Take a few minutes to look over the maps in this guide. They highlight a large number of both short and long day hikes.

What About Crowds?

During July and August many of the more popular trails can be crowded. Grinnell Glacier, Iceberg Lake, Granite Park Chalet, and Avalanche Lake are all beautiful destinations, but hikers on those trails will not find solitude. Consider including one or two of the more remote or lesser used trails, to experience the quiet wild character of the park. Staff at visitor centers will be happy to discuss hiking opportunities and provide suggestions.

The Trail of the Cedars, Forests and Fire, Hidden Lake, Sun Point, Running Eagle Falls, and Swiftcurrent Nature Trails encourage hikers to experience Glacier at their own pace. The Trail of the Cedars, and Running Eagle Falls are wheelchair accessible trails.

Safety

Read the information on hiking safety and bears in the Waterton-Glacier Guide. You will increase your odds of a safe hike, decrease your disturbance to park wildlife, and lessen damage to resources. Hikers need to assume individual responsibility for hiking safely.

Use extreme caution near water. Swift, cold streams, moss-covered rocks, and slippery logs all present dangers. Avoid wading in or fording swift streams. Never walk, play, or climb on slippery rocks and logs, especially around waterfalls. People have fallen victim to these rapid, frigid streams and glacial lakes.

Going-to-the-Sun Road Shuttle

Glacier's new Going-to-the-Sun Road Shuttle offers free transportation to many hiking destinations along the Going-to-the-Sun Road. Shuttle icons on the maps inside indicate shuttle friendly trails. Park your car at the Apgar Transit Center, St. Mary Visitor Center, or leave it at your campground or lodge and enjoy a relaxing and car-free day in the park. The shuttles offer transportation only. For narrated bus tours in the park contact Sun Tours or Glacier Park Inc.

Guide Service

Glacier Guides offers guided day hikes and backpacking trips into Glacier's backcountry. For more information please call: (406) 387-5555.

Overnight Trips

Camping overnight in Glacier requires a backcountry permit. Permits may be obtained at backcountry offices in Apgar Village, the St. Mary Visitor Center, and at the Many Glacier, Two Medicine, and Polebridge ranger stations.

Pets

Pets are not permitted on trails or in the backcountry. Pets are allowed on the McDonald Creek Bike Path that connects Apgar to West Glacier, but must be under physical restraint at all times and on a leash no longer than 6 feet.

What You Should Bring

Before heading out on the trail, be sure to have the following items in your daypack:

1. Plenty of water to prevent dehydration
2. Snacks or a lunch to eat on the trail
3. Sunscreen and a hat to prevent sunburn
4. Rain shell & layers of fleece for warmth
5. Mosquito and bug repellent
6. Bear spray
7. Enthusiasm and a spirit of adventure
8. A camera to capture lifetime memories



Photo by Terry Dossey

Hiking In Bear Country

Don't Surprise Bears!

Bears will usually move out of the way if they hear people approaching, so make noise. Most bells are not enough. Calling out and clapping hands loudly at regular intervals are better ways to make your presence known. A bear constantly surprised by quiet hikers may become habituated to close human contact and less likely to avoid people. This sets up a dangerous situation for both visitors and bears. Hiking quietly endangers you, the bear, and other hikers.

Don't Make Assumptions!

You can't predict when and where bears might be encountered along a trail. People often assume they don't have to make noise while hiking on a well-used trail. Some of the most frequently used trails in the park are surrounded by excellent bear habitat. People have been charged and injured by bears fleeing from silent hikers who unwittingly surprised them along the trail. Even if other hikers haven't seen bears along a trail section recently, don't assume that bears aren't there.

Don't assume a bear's hearing is any better than your own. Some trail conditions make it hard for bears to see, hear, or smell approaching hikers. Be particularly careful by streams, against the wind, or in dense vegetation. A blind corner or a rise in the trail also requires special attention.

Don't Approach Bears!

Bears spend a lot of time eating, so avoid hiking in obvious feeding areas like berry patches, cow parsnip thickets, or fields of glacier lilies. Keep children close by. Hike in groups and avoid hiking early in the morning, late in the day, or after dark. Never intentionally get close to a bear. Individual bears have their own personal space requirements, which vary depending on their mood. Each will react differently and its behavior can't be predicted. All bears are potentially dangerous and should be respected equally.