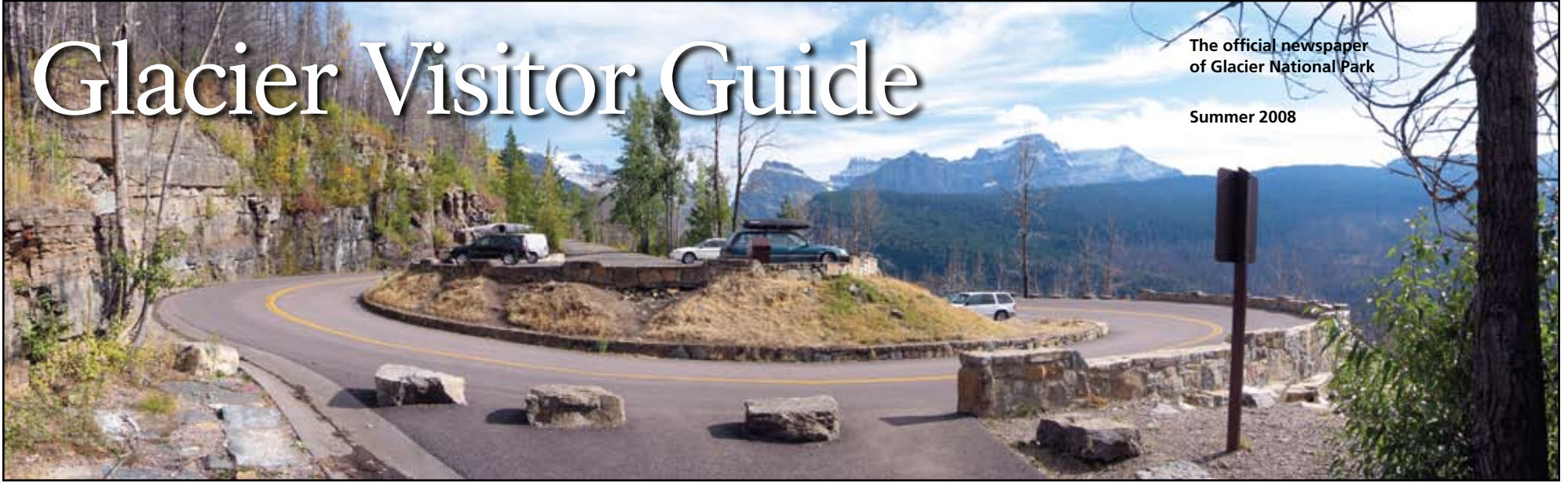




Glacier Visitor Guide

The official newspaper
of Glacier National Park

Summer 2008



The Loop on the Going-to-the-Sun Road - photo by David Restivo

Celebrating 75 Years of an Engineering Marvel

On July 15, 1933, a marvel of engineering was officially dedicated during a public ceremony atop Logan Pass in Montana's Glacier National Park. On that date, the "Transmountain Road" was officially renamed the Going-to-the-Sun Highway after the mountain that bears the name. It is no wonder that upon the road's dedication, Glacier National Park's Superintendent Eivind Scoyen described the Going-to-the-Sun Road as, "The most beautiful piece of mountain road in the world."

The construction of the Going-to-the-Sun Road ushered in an era of partnerships between federal agencies. In 1925, the Bureau of Public Roads, now Federal Highway Administration created a formal agreement with the National Park Service that began a working partnership at Glacier that continues today in national parks and other public lands throughout the country. The Going-to-the-Sun Road continues to serve as a national model for context-sensitive road design and construction that is both conscious of, and complimentary to, scenic landscapes as well as cultural and natural resources. In the 75 years since its completion, this scenic mountain road out of rock has taken countless visitors to the heights of the Continental Divide where they can experience and can enjoy the diversity of Glacier's alpine grandeur and unparalleled landscape. Its also taken a lot of abuse from the extreme mountain winters and other ravages of

nature. To keep this spectacular feat of engineering an integral part of the Glacier National Park experience, something needed to be done.

Now, the Going-to-the-Sun Road is being 'reborn.' a comprehensive rehabilitation of this 50-mile National Historic Landmark and Civil Engineering Landmark is bringing much-needed work to preserve and protect one of Montana's favorite 'suns.' During 2008, the majority of road work will occur within a 3.5 mile section between the west tunnel and Haystack Creek.

Just as in July of 1933, Logan Pass will once again play host this summer, to a ceremony celebrating the Going-to-the-Sun Road. This 75th anniversary gathering brings together the National Park Service, Federal Highway Administration, government officials, tribal leaders, and other dignitaries to honor the vision that created this engineering marvel, the remarkable workmanship, the spirit of partnership, and the overall dedication to the preservation of this treasured "Landmark in the Sky." The June 27th ceremony will be complimented by a variety of special activities presented by park concessioners and area businesses for park visitors and neighbors to enjoy.



GOING-TO-THE-SUN ROAD
GLACIER NATIONAL PARK

What's Happening on the Road this Summer?

The Going-to-the-Sun Road is the only American roadway designated both a National Historic Landmark and a National Civil Engineering Landmark. A multi-year rehabilitation effort is currently ongoing. This summer the work zone is primarily in the alpine section of the road between the West Tunnel and Haystack Creek.

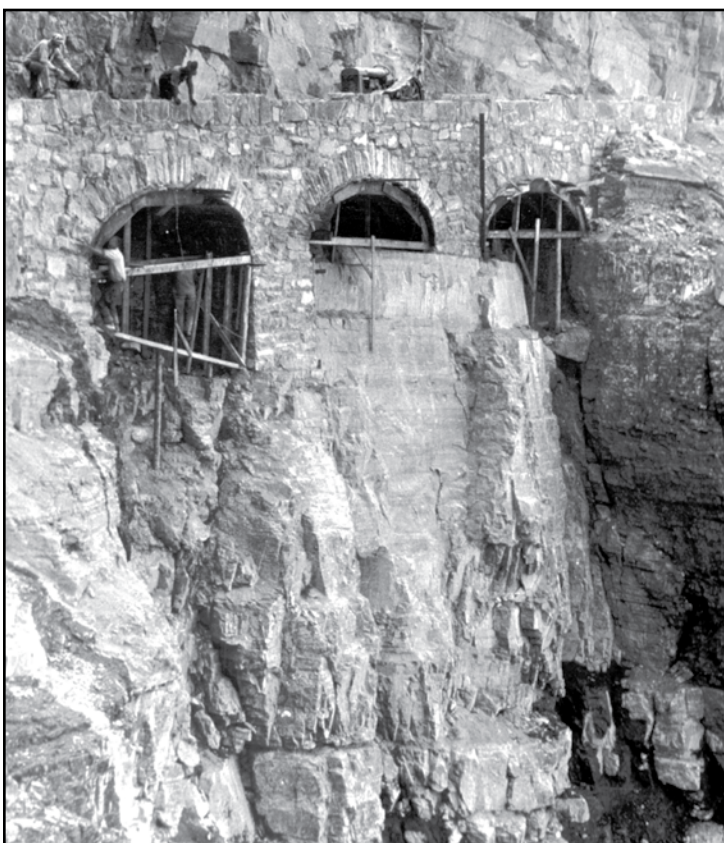
Short traffic delays of up to a total of 30 minutes (during daylight hours) may be encountered. Longer night-time delays of up to four hours may occur. For updates tune your radio to 1610AM or call 511 anywhere in Montana and select option 5.



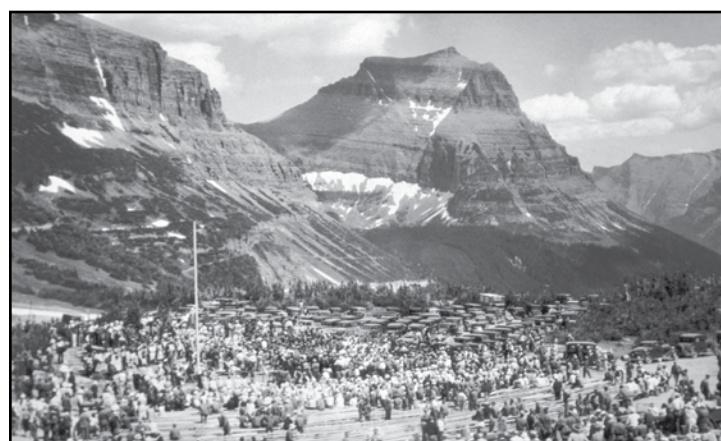
Rebuilding the road - FHW photo



Mechanically stabilized earthen wall - FHW photo



Building Triple Arches, setting the keystone on Baring Bridge, dedication ceremony at Logan Pass, July 15, 1933 - Glacier National Park photo archives



Free shuttle service between Apgar and St. Mary Visitor Center is available starting July 3rd and continuing through Labor Day, September 1st. Hikers will find the new shuttle system particularly helpful for many trips that start and end at different places along the road. Rangers at the Apgar, Logan Pass, and St. Mary Visitor Centers will be happy to assist in trip planning.



The new Apgar Transit Center - David Restivo photo

Pages 2 & 3 Getting Started

Whether it's hiking, camping, backpacking, biking, or scenic drives check out this section for suggestions and helpful planning information. Here you will find everything from what time the visitor centers open to where to find a nature trail to hike.

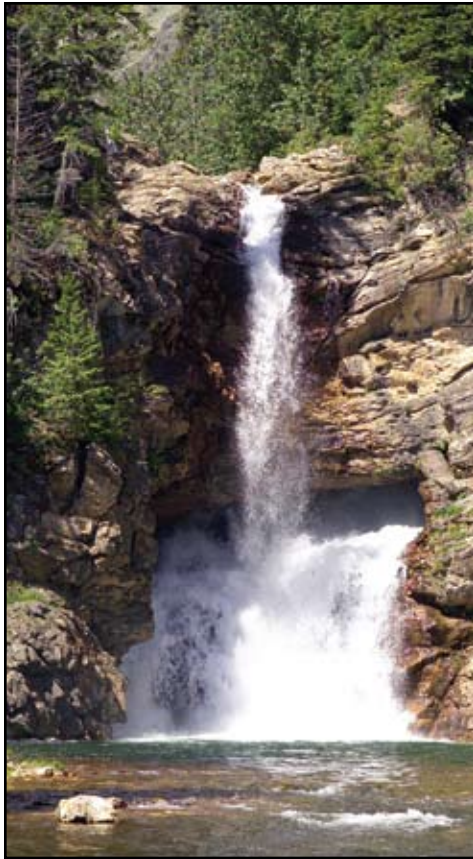
Pages 4 & 5 Bears and Safety

Glacier is at the core of one of the largest intact ecosystems in the country, providing large undisturbed areas vital for bears. Read the information contained in this guide so that you can visit safely and help us protect these magnificent creatures.

Page 8-9 Climate Change

Glacier National Park's remaining glaciers and rich biological diversity make it an ideal place to study the effects of a changing climate. Read about some of the threats to the park and projections for what the park and our planet might look like in the future.

Enjoy Glacier Up-Close on a Nature Trail



Running Eagle Falls - NPS photo by Bill Hayden

Glacier is a hiker's paradise. Over 700 miles of trails lead visitors through some of the most spectacular and wild country in the Rockies. Multi-day trips make for lifetime memories, but so can a shorter hike on one of Glacier's seven nature trails. The ecosystems traversed by these short walks convey a sense of the magnitude and scope of Glacier's diversity.

Two trails explore the recent effects of fire on the landscape. The Forest and Fire Nature Trail winds through an area that burned in both 1967 and then again in 2001. The Rocky Point Nature Trail is a new trail showing the effects of one of the park's most recent fires of 2003 and helps to explain fire management policies.

Native American culture is the focus of the wheelchair accessible Running Eagle Falls Nature Trail in the Two Medicine Valley. Traditional uses of medicinal plants are explained against the backdrop of the story of Pitamakan (*Running Eagle*), an important Blackfoot woman warrior.

Towering cedar trees along the wheelchair accessible Trail of the Cedars Nature Trail dwarf visitors and create a dark and moist environment filled with shade-loving ferns. The area can be very crowded at mid-day. From the halfway point of the trail, a 2-mile spur leads to Avalanche Lake.

The Hidden Lake Nature Trail leads visitors to an alpine wonderland. Snow lingers well into summer followed by carpets of subalpine flowers as soon as the snow melts. The view of Hidden Lake and the surrounding mountains is unforgettable. Visit Logan Pass late in the day or early in the morning for the best lighting conditions and to avoid the crowds. Watch for mountain goats along the trail.

The Sun Point Nature Trail traverses the windblown slopes above St. Mary Lake and offers spectacular views of the Continental Divide in the distance and the sparkling lake below. Hikers can also link the nature trail to the trails to St. Mary and Virginia Falls, making for a great half-day hike along the shores and forests surrounding St. Mary Lake.

Finally, the Swiftcurrent Nature Trail around Swiftcurrent Lake in the Many Glacier Valley blends Glacier's geologic past with its human history. The dramatic views of the glacially carved slopes towering above the Many Glacier Hotel are the classic image of Glacier National Park for thousands of former visitors to this amazing part of the Rocky Mountains.



On Trail of the Cedars - NPS photo by David Restivo



Sun Point - NPS photo by David Restivo

Visitor Information

Entrance Fees

Waterton Lakes National Park has separate entrance fees.

Single Vehicle Pass \$25.00
Valid for 7 days.

Single Person Entry \$12.00
By foot, bicycle, or motorcycle for 7 days.

Glacier National Park Pass \$35.00
Valid for one year from month of purchase.

Interagency Pass* \$80.00
Valid for one year from month of purchase.

*The old Golden Age, Golden Eagle, and Golden Access Passes have been replaced with a new series of interagency passes called the America the Beautiful - National Parks and Federal Recreational Lands Annual Pass. Special fees are charged for commercial tour vehicles.

Visitor Center Hours

Apgar Visitor Center

May 1 - June 21 9:00am to 5:00pm
June 22 - Sept. 1 8:00am to 7:00pm
Sept. 2 - Sept. 28 8:00am to 5:00pm

St. Mary Visitor Center

June 13 - June 21 7:00am to 5:00pm
June 22 - Sept. 3 7:00am to 9:00pm
Sept. 4 - Sept. 1 7:00am to 5:00pm
Sept. 2 - Sept. 13 8:00am to 5:00pm
Sept. 14 - Oct. 12 8:00am to 5:00pm

Many Glacier & Two Medicine Ranger Stations

May 25 - Sept. 13 7:00am to 4:30pm

Logan Pass Visitor Center

Opening is weather dependant

Date unknown - June 21 9:30am to 4:30pm
June 22 - Sept. 1 9:00am to 7:00pm
Sept. 2 - Sept. 30 9:30am to 4:30pm

Backpacking

Permits for backcountry camping are required and are available at the listed locations. Permits are issued no more than 24 hours in advance and are not issued after 4:30pm. There is a \$5.00 per person per night charge.

Reservations are also available by mail or at Apgar and St. Mary. There is a \$30.00 reservation fee. Visitors entering the backcountry at Goat Haunt or Belly River may obtain their permit at the Waterton Visitor Reception Centre (credit cards only).

Permit Centers and Hours of Operation

Throughout the summer, backpacking permits are generally available from 7:00am to 4:30pm. Some stations may be closed during the lunch hour. Early and late season hours vary at some locations. Call ahead to ensure that staff will be available to write your permit.

Apgar Backcountry Permit Center ... 888-7859

St. Mary Visitor Center 732-7751

Many Glacier Ranger Station 732-7740

Two Medicine Ranger Station 226-4484

Polebridge Ranger Station 888-7842



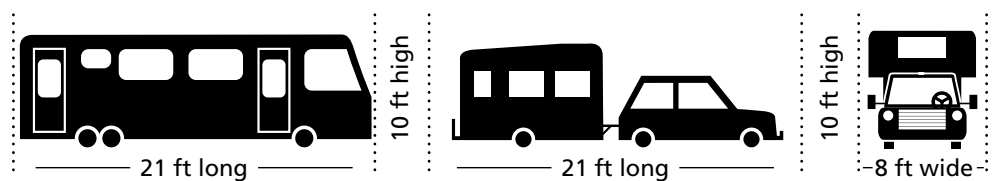
Backcountry campsite - NPS photo by David Restivo

Driving the Going-to-the-Sun Road

This 50-mile road combines both history and unparalleled scenery. While portions of the road remain open year-round, the higher sections only open after winter snows are plowed. Repairs to road damage, from a late fall storm in 2006, may cause delays in addition to the ongoing rehabilitation of the Going-to-the-Sun Road. Please allow additional driving time.

Vehicle Size Restrictions on the Going-to-the-Sun Road

Vehicles, and vehicle combinations, longer than 21 feet (including bumpers) or wider than 8 feet (including mirrors), are prohibited between **Avalanche Campground** and **Rising Sun**. Vehicles over 10 feet in height may have difficulty driving west from Logan Pass, due to rock overhangs. Stock trucks and trailers may access Packers Roost and Siyeh Bend.



Visiting Logan Pass

Frequently the parking lot at Logan Pass fills to capacity, forcing visitors to drive on without stopping. The most congested times at Logan Pass are between 11:00 am and 3:00 pm. It is best to plan a visit for early morning or later in the afternoon. Consider using the free Going-to-the-Sun Road Shuttle. Shuttles run frequently throughout the day between 7:00 am and 7:00 pm. Concession operated tours also stop at Logan Pass.

Bicycling

Bicyclists must comply with all traffic regulations and must ride under control at all times. Keep to the right side of the road, ride in single file, and pull over if there are four or more vehicles behind you. During periods of low visibility or between sunset and sunrise, a white light or reflector visible from a distance of at least 500 feet in front and a red light or reflector visible from at least 200 feet to the rear must be exhibited on the operator or bicycle. The more visible you are, the safer you will be! Bicycles are prohibited on all trails. Watch for falling rocks, drainage grates, debris, and ice on the road. Helmets are recommended. From June 15 through Labor Day, the following sections of the Going-to-the-Sun Road are closed to bicycle use between 11:00am and 4:00pm:

- From Apgar turnoff (at the south end of Lake McDonald) to Sprague Creek Campground.
- Eastbound from Logan Creek to Logan Pass.

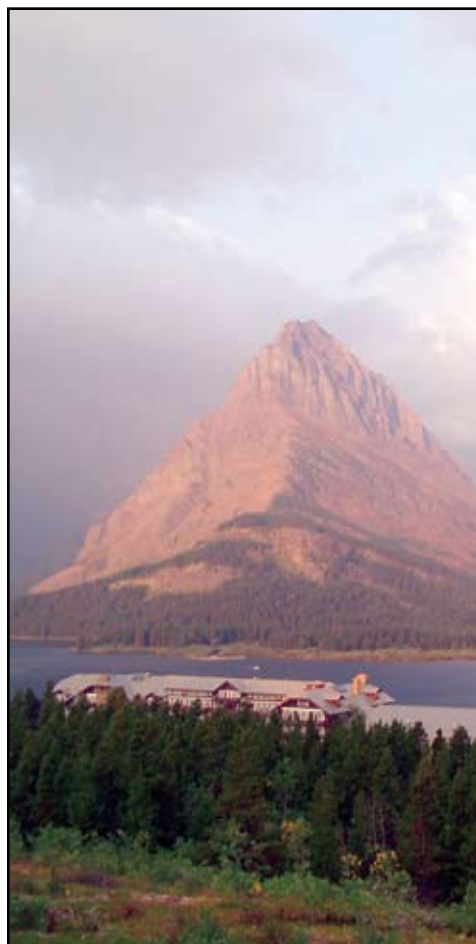
Allow 45 minutes to ride from Sprague Creek to Logan Creek and three hours from Logan Creek to Logan Pass. **Roads are narrow; please ride safely.**

Off the Beaten Path

MANY GLACIER

This area in the northeastern corner of the park is often referred to as the heart of Glacier. Boat rides, horseback riding, and great hiking are all found here. Three excellent all-day hikes are the Iceberg Lake, Cracker Lake, and Grinnell Glacier trails. Roughly 10-12 miles round-trip, these moderately strenuous hikes bring visitors to unmatched subalpine scenery.

For shorter hikes, Grinnell Lake, Red Rock Falls, and the Swiftcurrent Nature Trail are good choices. Guided boat trips and horseback riding are also available.

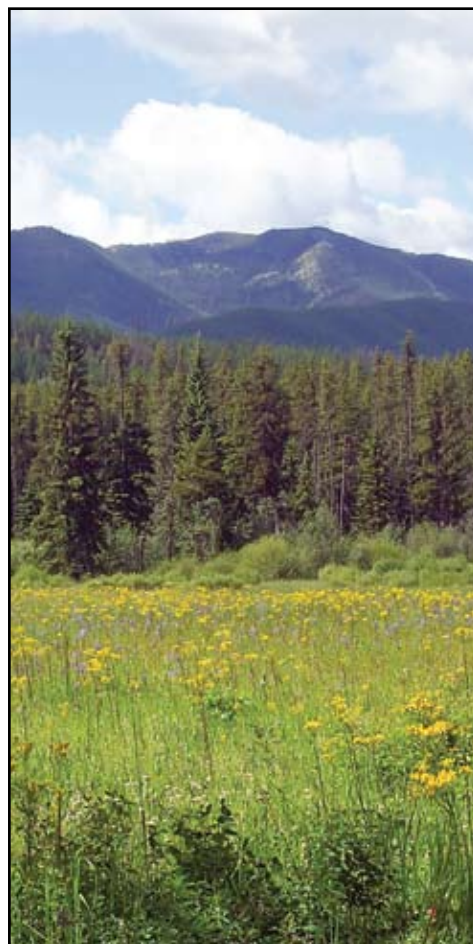


Grinnell Point - NPS photo by David Restivo

THE NORTH FORK

The adventurous visitor, with a high clearance vehicle, might enjoy a trip to the northwest corner of Glacier. Forests of lodgepole and ponderosa pine give way to vistas created by recent forest fires in several locations. The regrowth in the different fire locations is a textbook example of forest succession. Wildflowers should be especially nice along parts of this road for the next few years.

Allow all day to drive to and from Kintla and Bowman Lakes along the rough dirt roads in the area. Be sure to pack a lunch! The only services in this area are offered outside the park in Polebridge.

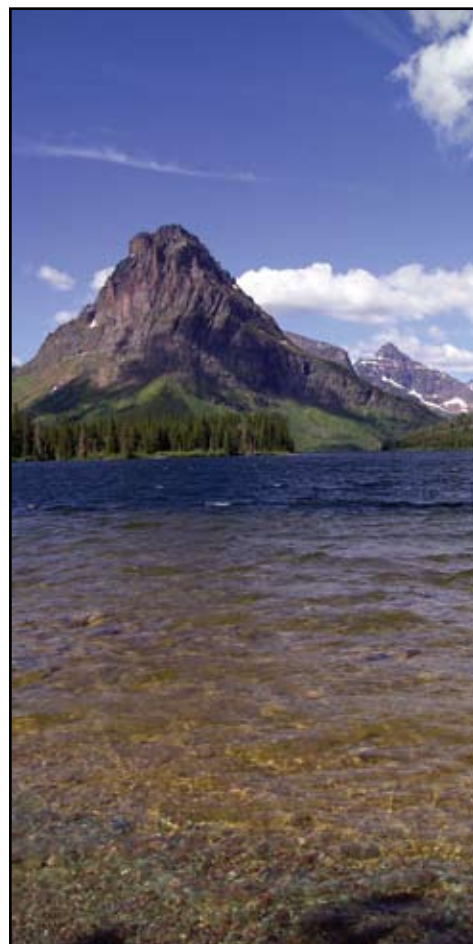


A North Fork meadow - NPS photo by Casey Wollschlaeger

TWO MEDICINE

Most visitors miss Two Medicine. Those who find it are rewarded with some of the best scenic hiking to be found. Trails to Scenic Point, Cobalt Lake, Aster Park, and Old Man Lake are all excellent. Guided boat trips on Two Medicine Lake make No Name Lake, Upper Two Medicine Lake, and Twin Falls easy family trips.

Don't miss Running Eagle Falls. Site of the park's newest wheelchair-accessible nature trail, this area highlights Native American use of plants, and the spiritual importance of this site to the neighboring Blackfeet Tribe.



Two Medicine Lake - NPS photo by Bill Hayden



Stop and take a break from driving every now and then. Wayside exhibits along the roads interpret park views and help explain the significance of park features - NPS photo by Bill Hayden

Park Regulations

It is your responsibility to know and respect park regulations. Violations are punishable by fines up to \$500.00 and/or six months in jail. Park regulations are strictly enforced.

- Pets must be on a leash, and are not permitted on trails or anywhere off maintained roadways.
- Feeding or disturbing any wildlife is prohibited.
- It is illegal to remove any natural or cultural features including plants, rocks, mushrooms, artifacts, driftwood, or antlers.
- Open containers of alcohol in a motor vehicle are prohibited.
- All food and utensils must be properly stored to protect wildlife.
- Hunting is not allowed in Glacier. Firearms must be broken down and inoperable.
- The standard park fishing season is from the third Saturday in May through November 30, with some exceptions. Obtain Glacier's current *Fishing Regulations* prior to fishing.

Don't Drink and Drive

Park rangers strictly enforce park speed limits by radar and randomly conduct DUI sobriety checkpoints throughout the park.

Campgrounds

Camping is permitted only in designated campgrounds. Campgrounds, except Fish Creek and St. Mary, are available on a "first-come, first-served" basis. Regulations are posted at each campground. Utility hookups are not provided. Ten group sites at Apgar, and one each at Many Glacier and Two Medicine Campgrounds, accommodate parties of 9-24 people. The fee is \$50.00 for the first 9 campers and \$5.00 per person (\$8.00 at St. Mary), per night after that. The group campsite at St. Mary may be reserved.

Campfires

Campfires are permitted only in designated campgrounds and picnic areas where grates are provided. Collecting firewood is prohibited except along the Inside North Fork Road from one mile north of Fish Creek Campground to Kintla Lake, along the Bowman Lake Road, and around backcountry campgrounds that permit fires.

Hiker-Biker Campsites

Campsites for bicyclists and hikers are shared sites holding up to eight people. The fee is \$5.00 per person. Hiker-biker sites at Fish Creek and St. Mary are \$8.00 per person.

Pets

Pets are allowed in developed areas, frontcountry campsites and picnic areas, along roads, and in boats on lakes where motorized watercraft are permitted. Pets must be on a leash no longer than six feet, under physical restraint or caged at all times, including while in open-bed pickup trucks. Pets are not to be left tied to an object when unattended. Pet owners must pick up after their pets and dispose of waste in a trash receptacle. Owners must not allow a pet to make noise that is unreasonable

Campground	Open	Close	Fee	Sites	Flush Toilets	Dump Station	Hiker-Biker	For Larger RV's and Additional Information
Apgar	May 2	Oct. 13	\$20.00	192	Yes	Yes	Yes	The largest 25 sites have a maximum parking space of 40'. Primitive camping Oct. 13 to Nov. 30, weather permitting.
Avalanche	June 6	Sept. 2	\$20.00	86	Yes		Yes	The largest 50 sites have a maximum parking space of 26'.
Bowman Lake	May 23	Sept. 15	\$15.00	48				Accessible only by dirt road, large units not recommended. Primitive camping after Sept. 15, weather permitting.
Cut Bank	May 23	Sept. 15	\$10.00	14				Accessible only by dirt road, large units not recommended. Primitive camping only.
Fish Creek *	June 1	Sept. 2	\$23.00	178	Yes	Yes	Yes	The largest 18 sites have a maximum parking space of 35'. 62 additional sites will accommodate up to 27'.
Kintla Lake	May 23	Sept. 15	\$15.00	13				Accessible only by dirt road, large units not recommended. Primitive camping after Sept. 15, weather permitting.
Logging Creek	July 1	Sept. 15	\$10.00	7				Accessible only by dirt road, large units not recommended. Primitive camping only, weather permitting.
Many Glacier	May 23	Sept. 21	\$20.00	109	Yes	Yes	Yes	The largest 13 sites have a maximum parking space of 35'. Primitive camping Sept. 22 to Oct. 31 weather permitting.
Quartz Creek	July 1	Dec 1	\$10.00	7				Accessible only by dirt road, large units not recommended. Primitive camping only, weather permitting.
Rising Sun	May 23	Sept. 15	\$20.00	83	Yes	Yes	Yes	The largest 10 sites have a maximum parking space of 25'.
Sprague Creek	May 9	Sept. 15	\$20.00	25	Yes		Yes	No towed units Some sites have a maximum parking space of 21'.
St. Mary *	May 23	Sept. 21	\$23.00	148	Yes	Yes	Yes	The largest 25 sites have a maximum parking space of 35'. Primitive camping Sept. 22 to Nov. 30, weather permitting.
Two Medicine	May 23	Sept. 21	\$20.00	99	Yes	Yes	Yes	The largest 13 sites have a maximum parking space of 32'. Primitive camping Sept. 22 to Oct. 31 weather permitting.

Camping is permitted only in designated campgrounds. Campgrounds in primitive status have no water available.
*** Campsites may be reserved through the National Park Service Reservation System at Fish Creek and St. Mary from June 1 through Sept. 1. Call 1-877-444-6777 or visit www.recreation.gov for reservation information.**
The St. Mary Campground is open without reservations from May 23 through May 31 and from September 2 through September 21.



Grizzly bear - Photo by Bob Chinn

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. Hiking quietly endangers you, the bear, and other hikers.

A bear constantly surprised by quiet hikers may become habituated to close human contact and less likely to avoid people. Don't be tempted to approach or get too close to these bears.

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 be extra cautious when passing through obvious feeding areas like berry patches, cow parsnip thickets, or fields of glacier lilies. Take the time to learn what these foods look like.

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 dangerous and should be respected equally.

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Grizzly track - NPS photo

If You Encounter a Bear

WHAT DO I DO IF I RUN INTO A BEAR?

A commonly asked question is "What do I do if I run into a bear?" There is no easy answer. Like people, bears react differently to each situation. The best thing you can do is to make sure you have read all the suggestions for hiking and camping in bear country and follow them. Avoid encounters by being alert and making noise.

Bears may appear tolerant of people and then attack without warning. A bear's body language can help determine its mood. In general, bears show agitation by swaying their heads, huffing, and clacking their teeth. Lowered head and laid-back ears also indicate aggression. Bears may stand on their hind legs or approach to get a better view, but these actions are not necessarily signs of aggression. The bear may not have identified you as a person and is unable to smell or hear you from a distance.

BEAR ATTACKS

The vast majority of bear attacks have occurred because people have surprised a bear. In this type of situation the bear may attack as a defensive maneuver.

In rare cases, bears have attacked at night or after stalking people. These types of attacks are very serious because it may mean the bear is looking at you as prey.

If you are attacked at night or if you feel you have been stalked and attacked as prey, try to escape. If you cannot escape or if the bear follows, use pepper spray, or shout and try to intimidate the bear with a branch or rock. Do whatever it takes to let the bear know you are not easy prey.

IF YOU SURPRISE A BEAR

Here are a few guidelines to follow that may help in a surprise encounter:

- Talk quietly or not at all; the time to make loud noise is before you encounter a bear. Try to detour around the bear if possible.
- Do not run! Back away slowly, but stop if it seems to agitate the bear.
- Try to assume a nonthreatening posture. Turn sideways, or bend at the knees to appear smaller.
- Use peripheral vision. Bears may interpret direct eye contact as threatening.
- Drop something (not food) to distract the bear. Keep your pack on for protection in case of an attack.
- If a bear attacks and you have pepper spray, use it!
- If the bear makes contact, protect your chest and abdomen by falling to the ground on your stomach, or assuming a fetal position to reduce the severity of an attack. Cover the back of your neck with your hands. Do not move until you are certain the bear has left.

Hikers - If You Carry Bear Spray, Know How to Use it

This aerosol pepper derivative triggers temporarily incapacitating discomfort in bears. It is a non-toxic and non-lethal means of deterring aggressive bears. There have been cases where bear spray has stopped aggressive or attacking bears as well as accounts where it has not worked as well as expected. Factors influencing effectiveness include distance,

wind, rainy weather, temperature extremes, and product formulation and shelf life.

If you decide to carry bear spray, carry it in an easily accessible location, as you may need to get at it quickly. Use it only in situations where aggressive bear behavior justifies its use.

Bear spray is intended to be sprayed towards an oncoming bear. It is not intended to act as a repellent. Do not spray gear or your camp with bear spray. Under no circumstances should bear spray create a false sense of security or serve as a substitute for standard safety precautions in bear country.

Be aware that you may not be able to cross the U.S./Canada border with some brands of pepper spray. Canadian Customs will allow the importation of USEPA-approved bear spray into Canada. Specifications state that the bear spray must have USEPA on the label.

For Your Safety

Drowning

People are often surprised to find out that drowning is the number one cause of fatalities in Glacier. Please use extreme caution near water. Swift, cold glacial streams and rivers, moss-covered rocks, and slippery logs all present dangers. Children, photographers, boaters, rafters, swimmers, and fishermen have fallen victim to these rapid, frigid streams and deep glacial lakes. Avoid wading in or fording swift streams. Never walk, play, or climb on slippery rocks and logs, especially around waterfalls. When boating, don't stand up or lean over the side, and always wear a life jacket.

Sudden immersion in cold water (below 80° F) may trigger the "mammalian diving reflex." This reflex restricts blood from outlying areas of the body and routes it to vital organs like the heart, lungs, and brain. The colder the water, the younger the victim, and the quicker the rescue, the better the chance for survival. Some cold-water drowning victims have survived with no brain damage after being submerged for over 30 minutes.

Drowning Revival Procedure:

- Retrieve victim from water without endangering yourself.
- Prevent further body heat loss, but do not rewarm.
- Near-drowning victims may look dead. Don't let this stop you from trying to revive them! If there is no pulse, start CPR regardless of the duration of submersion.
- Delayed symptoms may occur within 24 hours. Victims must be evaluated by a physician.

Hypothermia

Hypothermia, the "progressive physical collapse and reduced mental capacity resulting from the chilling of the inner core of the human body," can occur even at temperatures above freezing. Temperatures can drop rapidly. Sudden mountain storms can turn a pleasant hike into a drenching, bitterly cold and life-threatening experience. People in poor physical condition or who are exhausted are particularly at risk.

Prevention

- Avoid hypothermia by using water-resistant clothing before you become wet.
- Wear clothing that wicks moisture away.
- Minimize wind exposure and if your clothes become wet, replace them.
- Avoid sweating by dressing in layers, rather than in a single bulky garment.
- Pack a sweater, warm hat, and rain gear for any hike.

Warning Signs

- Uncontrolled shivering, slow or slurred speech, memory lapses and incoherence, lack of coordination such as immobile or fumbling hands, stumbling, a lurching gait, drowsiness, and exhaustion.

Immediate Treatment

- Seek shelter from weather and get the victim into dry clothes.
- Give warm non-alcoholic drinks.
- Build a fire and keep victim awake.
- Strip victim and yourself, and get into sleeping bag making skin-to-skin contact.
- If victim is semi-conscious or worse, get professional help immediately.

Giardia

Giardiasis is caused by a parasite (*Giardia lamblia*) found in lakes and streams. Persistent, severe diarrhea, abdominal cramps, and nausea are the symptoms of this disease. If you experience any symptoms, contact a physician. When hiking, carry water from one of the park's treated water systems. If you plan to camp in the backcountry, follow recommendations received with your permit. Bring water to a boil or use an approved filter.

Mountainous Terrain

Many accidents occur when people fall after stepping off trails or roadsides, or by venturing onto very steep slopes. Stay on designated trails and don't go beyond protective fencing or guard rails. Supervise children closely in such areas. At upper elevations, trails should be followed carefully.

Snow and Ice

Snowfields and glaciers present serious hazards. Snow bridges may conceal deep crevasses on glaciers or large hidden cavities under snowfields, and may collapse under the weight of an unsuspecting hiker. Don't slide on snowbanks. People often lose control and slide into rocks or trees. Exercise caution around any snowfield.

What Kind of Bear is That?

Grizzly Bear Color

Range from blond to nearly black, sometimes have silver-tipped guard hairs that give them a “grizzled” appearance.

Physical Features

Grizzly bears often have a dishd-in face and a large hump of heavy muscle above the shoulders. Their claws are about four inches (10 cm) long.

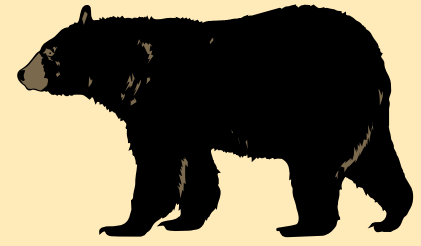


Black Bear Color

Color is not a reliable indicator of species. Contrary to their name black bears also come in brown, cinnamon, and blond.

Physical Features

Facial profile is straighter from tip of nose to ears, without the dishd-in look. Lack the hump of a grizzly and have shorter claws, generally around one and a half inches (4 cm) long.



Bears that obtain human food may have to be destroyed. Don't leave any food, packs, or garbage unattended, even for a few minutes.



Bear proof can and inquisitive bear - NPS Photo

*A fed bear...
is a dead bear!*

*Please help ensure
that all food and
garbage are stored
out of reach of bears
at all times.*

Camping & Bears

Odors attract bears. Our campground and developed areas can remain “unattractive” to bears if each visitor manages food and trash properly. Regulations require that all edibles (including pet food), food containers (empty or not), and cookware (clean or not) be stored in a hard-sided vehicle or food locker when not in use, day or night.

- Keep a clean camp! Improperly stored or unattended food will likely result in confiscation of items and/or issuance of a Violation Notice.
- Inspect campsites for bear sign and for careless campers nearby. Please notify a park ranger of any potential problems that you may notice.
- Place all trash in bear proof containers.
- Pets, especially dogs, must be kept under physical restraint.
- Report all bear sightings to the nearest ranger or warden immediately.

For Your Safety

Wildlife Hazards

Glacier provides a wonderful opportunity to view animals in their natural setting. Along with this opportunity comes a special obligation for park visitors. With just a little planning and forethought, visitors can help ensure the survival of a threatened or endangered species.

Always enjoy wildlife from the safety of your car or from a safe distance. Feeding, harassing, or molesting wildlife is strictly prohibited and subject to fine.

Bears, mountain lions, goats, deer, or any other species of wildlife can present a real and painful threat, especially females with young.

Mountain Lions

A glimpse of one of these magnificent cats would be a vacation highlight, but you need to take precautions to protect you and your children from an accidental encounter. Don't hike alone. Make noise to avoid surprising a lion and keep children close to you at all times. If you do encounter a lion, do not run. Talk calmly, avert your gaze, stand tall, and back away. **Unlike with bears, if attack seems imminent, act aggressively. Do not crouch and do not turn away.** Lions may be scared away by being struck with rocks or sticks, or by being kicked or hit.

Lions are primarily nocturnal, but they have attacked in broad daylight. They rarely prey on humans, but such behavior occasionally does occur. Children and small adults are particularly vulnerable. Report all mountain lion encounters immediately!

Roadside Bears

It's exciting to see bears up close, but we must act responsibly to keep them wild and healthy. If you see a bear along the road, please do not stop. Stopping and watching roadside bears will likely start a “bear jam” as other motorists follow your lead. “Bear jams” are hazardous to both people and bears as visibility is reduced and bears may feel threatened by the congestion. Roadside bears quickly become habituated to vehicles and people, increasing their chances

of being hit by motor vehicles. Habituated bears may learn that it is acceptable to frequent campgrounds or picnic areas, where they may gain access to human food. When a bear obtains human food, a very dangerous situation is created that may lead to human injury and the bear's death. Please resist the temptation to stop and get close to roadside bears – put bears first at Glacier National Park.



Brown colored black bear foraging along the Camas Road after the Robert Fire of 2003 - NPS photo by Bill Hayden

*For your safety, and the bears, always stay
at least 100 yards (1 football field) away
from any bear.*

Ticks

Ticks are most active in spring and early summer. Several serious diseases, like Rocky Mountain Spotted Fever, can be transmitted. Completely remove attached ticks and disinfect the site. If rashes or lesions form around the bite, or if unexplained symptoms occur, consult a physician.

Rodents and Hantavirus

Deer mice are possible carriers of Hantavirus. The most likely source of infection is from rodent urine and droppings inhaled as aerosols or dust. Initial symptoms are almost identical to the onset of flu. If you have potentially been exposed and exhibit flu-like symptoms, you should seek medical care immediately.

Avoid rodent infested areas. Camp away from possible rodent burrows or shelters (garbage dumps and woodpiles), and keep food in rodent-proof containers. To prevent the spread of dust in the air, spray the affected areas with a water and bleach solution (1½ cups bleach to one gallon of water).

Medical Services

If you are injured or suddenly become ill while visiting the parks, please contact a ranger for information and assistance.

Montana Hospitals & Clinics

- Northern Rockies Medical Center
802-2nd St. E., Cut Bank, MT
406-873-2251
- Kalispell Regional Medical Center
310 Sunny View Lane, Kalispell, MT
406-752-5111
- North Valley Hospital
1600 Hospital Way
Whitefish, MT
406-863-3500
- Teton Medical Center
915 4 NW, Choteau, MT
406-466-5763

Help Protect America's Treasures

While visiting the White House, would you take a piece of silverware home for a keepsake? How about tearing off a piece of the Declaration of Independence? Or spray painting your name on the Statue of Liberty?

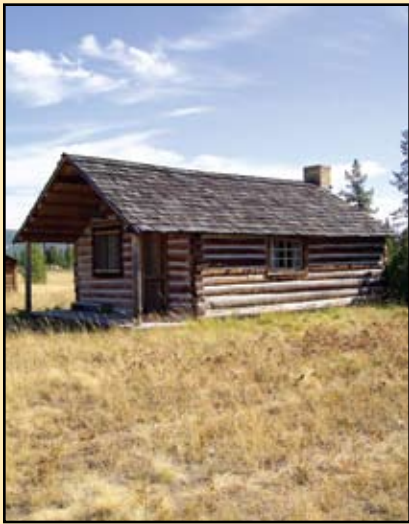
Similar actions sometimes take place in our National Parks. Picking wildflowers, taking home stones or sticks as keepsakes, and defacing canyon walls with graffiti are all actions that degrade the parks for other visitors. In addition, it's against the law.

When you visit any of the sites run by the National Park Service, you are viewing America's treasures. These parks were created because they have special meaning to all Americans. The laws that created these special places for us to own and enjoy also mandate they be protected for the enjoyment of future generations of Americans as well.

Visiting any of our national parks is similar to visiting museums or art galleries. You certainly wouldn't think of taking an artifact or painting home from such places. Removing anything from our National Parks means that other visitors will not be able to enjoy it. If each of the 275 million visitors took away a flower or a stone or anything from the parks they visit, they would leave behind empty landscapes that nobody would enjoy.

Please help protect America's National Park sites by leaving everything in its place and not defacing the natural resources. Other park visitors and future generations of Americans will thank you.

Article by Glenn Johnson



Historic McCarthy Homestead - photo by Bill Hayden

The Challenge of Preserving "Quiet"

Webster's dictionary defines quiet as "making little or no sound" or "free of noise" - but a visit to Glacier National Park is anything but quiet. Like this incredible landscape, the park's soundscape is alive with a diversity of sounds - some subtle and some dramatic, some ancient and some new to the scene.

Melting snow and ice transforms itself from a quiet trickle to a thundering stream into a tranquil lake. Gentle breezes and powerful storms sing their way amongst the trees, valleys, and mountain ridges. Dynamic events like avalanches and wildland fires complement the peaceful sounds of dripping rain and quaking aspen leaves. The drumming of a grouse's wings, the warning "peep" of a pika, the fall bugle of elk, and the throaty croak of a raven add their parts to the symphony of natural sounds heard here.

Humans and their activities add to Glacier's soundscape as well. The gentle murmur of a historic boat touring one of the park's lakes,

the gasps of adults and excited squeals of children at the sighting of a mountain goat, or a ranger's voice during a hike or evening program are all expected sounds in Glacier. But new, and perhaps unwelcome, sounds are being added to the soundscape all the time. Cell phones, scenic air tours, purposefully loud motorcycles and cars, and even Park Service activities like road construction, trail maintenance, and daily operations can potentially impact the natural soundscapes that millions desire and come from around the world to experience. Many see these types of human sounds as intrusions on the natural quiet they expect to experience during a park visit.

It is a goal of the National Park Service to preserve natural soundscapes just as we strive to preserve wildlife, ecosystem processes, scenery, and historic resources. The public wants this too - nearly 75% of visitors surveyed stated that providing opportunities to experience "natural peace and the sounds of nature" is a primary reason for preserving national parks.

But we will not succeed without your help. It is up to all visitors, and the National Park Service as well, to aid in the preservation of the natural quiet we expect to find in places like Glacier National Park. For many people, coming to places like Glacier is like visiting a library or museum, or even a temple or sacred place. Perhaps, preserving the soundscape that is Glacier is as simple as behaving like we would when we enter someone else's home. Maybe through simple awareness of how our human activities impact other visitors and the soundscape around us, we can insure that present and future visitors have Glacier experiences that as Webster's defines it are "... restful and marked by tranquility."

For more information on the National Park Service's Park Soundscape program visit: www.nature.nps.gov/naturalsounds.



Pray Lake in the Two Medicine valley - photo by David Restivo

Protect Glacier's Waters: Stop Aquatic Hitchhikers!

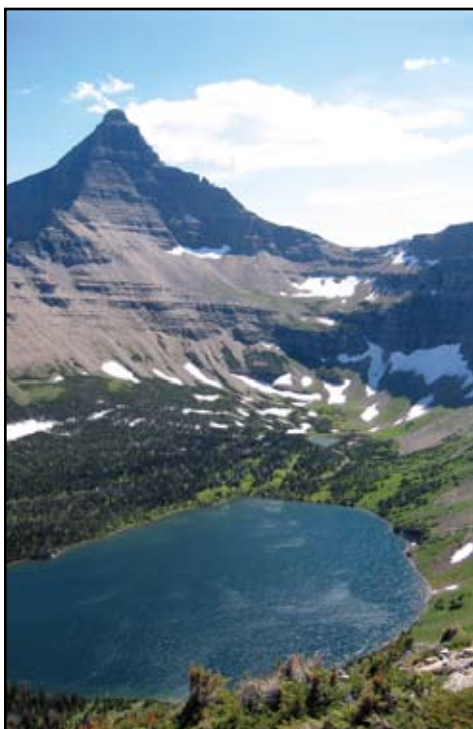
With your help, we can keep Glacier's waters free of harmful non-native aquatic plants and animals including zebra mussels, quagga mussels, New Zealand mud snails, purple loosestrife, and Eurasian watermilfoil. These aquatic nuisance species can hitch a ride on boats, float tubes, fishing equipment, and other items used in the water and have

devastating impacts on native aquatic systems. Before entering the park, please: wash your boat, motor, trailer, and other equipment; remove any aquatic plants, animals, and mud; and drain any water from your boat, motor, bilge, and live wells.



Lake McDonald - photo by David Restivo

Airborne Contaminants in National Parks



Oldman Lake - photo by David Restivo

A recent study conducted in several National Parks measured airborne contaminants and their risk to park ecosystems and food webs. Two remote lakes were tested in Glacier National Park, one east and one west of the Continental Divide.

According to research results released in March 2008, pesticides including Dieldrin and DDT were detected in fish in Oldman Lake. At Snyder Lake, vegetation was found to have high levels of combustion by-products. While the contaminant concentrations do not pose immediate health problems for park visitors, they do illustrate a concern; the continuing distribution of contaminants in National Parks as well as the persistence of chemical pollutants in ecosystems long after their use has ended.

The study, called the Western Airborne Contaminants Assessment Project (WACAP), looked at parks from northern Alaska to

southern Texas. Researchers analyzed air, water, snow, sediment, lichen, conifer needles, and fish at eight core national parks, including Glacier. They conducted a more limited sampling at 12 other parks. The purpose was to determine airborne concentrations of semi-volatile organic compounds (SOCs) such as current and historic-use pesticides, combustion by-products, and metals. The study compared contaminants between parks as well as human and selected wildlife health thresholds.

Oldman Lake and Snyder Lake contain good fish populations. Fish provide a record of contaminants because they can bio-magnify in the fish tissue, causing toxic effects to the fish themselves and to the birds, animals, and humans who consume them. In fish from Oldman Lake, researchers detected Dieldrin, a pesticide banned in 1987, as well as DDT, which was banned in 1972. Current use pesticides were detected at both lakes.

In Snyder Lake, the level of combustion by-products in vegetation was the highest of all parks sampled, possibly from the Columbia Falls aluminum smelter. Most of the contaminants detected were believed to have originated from within a 150 kilometer radius, although wind patterns predominantly were tracked from a westerly direction.

It is expected that these contaminants may be in other park waters as well. However, because of the cost of this type of study, sampling of more lakes in the park is not currently planned. Because of the complexity of the findings, visitors are urged to look at the study summaries and health advisory explanations available on the Glacier website at www.nps.gov/glac. This site has links to other informative sites about WACAP.

Keeping the Wild in Wildlife



Red squirrel - NPS photo

Prairie, Rocky Mountain, and west coast plants all meet in Waterton-Glacier. Add in the effects of natural processes such as fire, floods, and avalanches and you end up with a varied landscape which provides homes for many different species of animals.

This is also a meeting place for visitors from around the world! As a visitor here, take the time to learn about the wildlife and respect their need for undisturbed space. Although some animals spend part of the year close to roads and developed areas where they are easy to observe, enjoy viewing them at a distance. While some animals appear to tolerate people, approaching too close can disturb them from feeding areas or travel routes.

Keep at least 30 yards away from large animals and a minimum of 100 yards from bears. Use binoculars or a telephoto lens to improve your view. Keep the animal's line of travel or escape route clear and move away if wildlife approaches you.



Columbian ground squirrel - photo by Bill Hayden



White-tailed deer - NPS photo by Casey Wollschlaeger

"Animal jams" occur when many people stop along the road to view wildlife. In their excitement, some folks forget they need to be aware not only of safety concerns related to wildlife, but also traffic hazards. Slow down and pull over carefully. Remain in your vehicle, safe from wildlife and traffic, and move on in a short time so others can watch. If you are too close to an animal, on a hill, curve, or in heavy traffic, drive by slowly and avoid stopping.

Because park animals are still wild, they remain unpredictable, and may strike out with antlers, horns, teeth, hooves, or claws without warning. Animals may be hit by cars if they hang around parking lots and roads, and habituated animals often have to be relocated or killed.

Animal jams and habituated wildlife are serious problems. Please heed the advice of park staff who may be handling these situations.

How can you help? Enjoy wildlife from a distance and keep all food and garbage properly stored. We all share responsibility to keep Glacier National Park healthy and wild.

Never feed park wildlife. If animals lose their fear of people, they become habituated, leading to begging and aggressive behavior.



Hoary marmot - NPS photo



Bighorn sheep - photo by David Restivo



Pileated woodpecker - NPS photo

Beating the Odds How to Increase Your Chances of Observing Wildlife

Look at dusk and dawn! Many animals are more active at those times. Remember however, hiking alone or after dark is never recommended in bear country.

Learn about animal behavior and look in a variety of habitats! One of the park's most remarkable features is the diversity of habitats it offers. You will see different animals in forests than on the prairie or in marshy areas.

Walk a trail! Spend some time away from the roads. Glacier offers fine short walks that can reward wildlife watchers.

Look in unusual places! Have you ever gone fish viewing? Have you spent some time watching the antics of chipmunks? Have you looked up for gliding eagles or rollicking ravens?

A new program in the Many Glacier valley will help provide wildlife information while keeping visitors and animals at a safe distance from one another. The Watchable Wildlife Program will include designated viewing areas along the Many Glacier road and park staff with spotting scopes to help you find wildlife along the mountainsides of the valley. Look for the Watchable Wildlife signs.



Glacier lilies abound at Logan Pass in early July - photo by David Restivo

Wildflower Carpets

Glacier is one of the world's most significant natural areas, with spectacular topography and diverse wildlife. A remarkable variety of plants brings the scenery to life and there are many places where you can enjoy exceptional displays of wildflowers.

The variety of plant communities here includes grasslands, aspen and conifer forests, wetlands, and alpine meadows. The park is affected by two major climate systems and this results in significant climate and plant community differences from east to west.

The western half is affected by weather from the Pacific coast so it is generally warmer and moister, with fewer extremes in temperature. Continental air masses affect the east side of the park, so these areas see more extreme temperatures, and tend to be cooler and drier. When Pacific air masses meet continental air masses, the result is usually lots of rain or snow, and sometimes, spectacular storms.

Climate in the park also changes with elevation. Higher elevations experience more extremes, with lower temperatures, a short

growing season, and drying winds. More moderate conditions predominate in the lower elevations, like Lake McDonald.

These differences in climate create a meeting and mingling of many different plant communities, resulting in over 1,000 species.

Plants take advantage of every moment of the short growing season. Flowers carpet the prairie early in the season to take advantage of spring rains prior to drier summer conditions. Mountain plants, adapted to

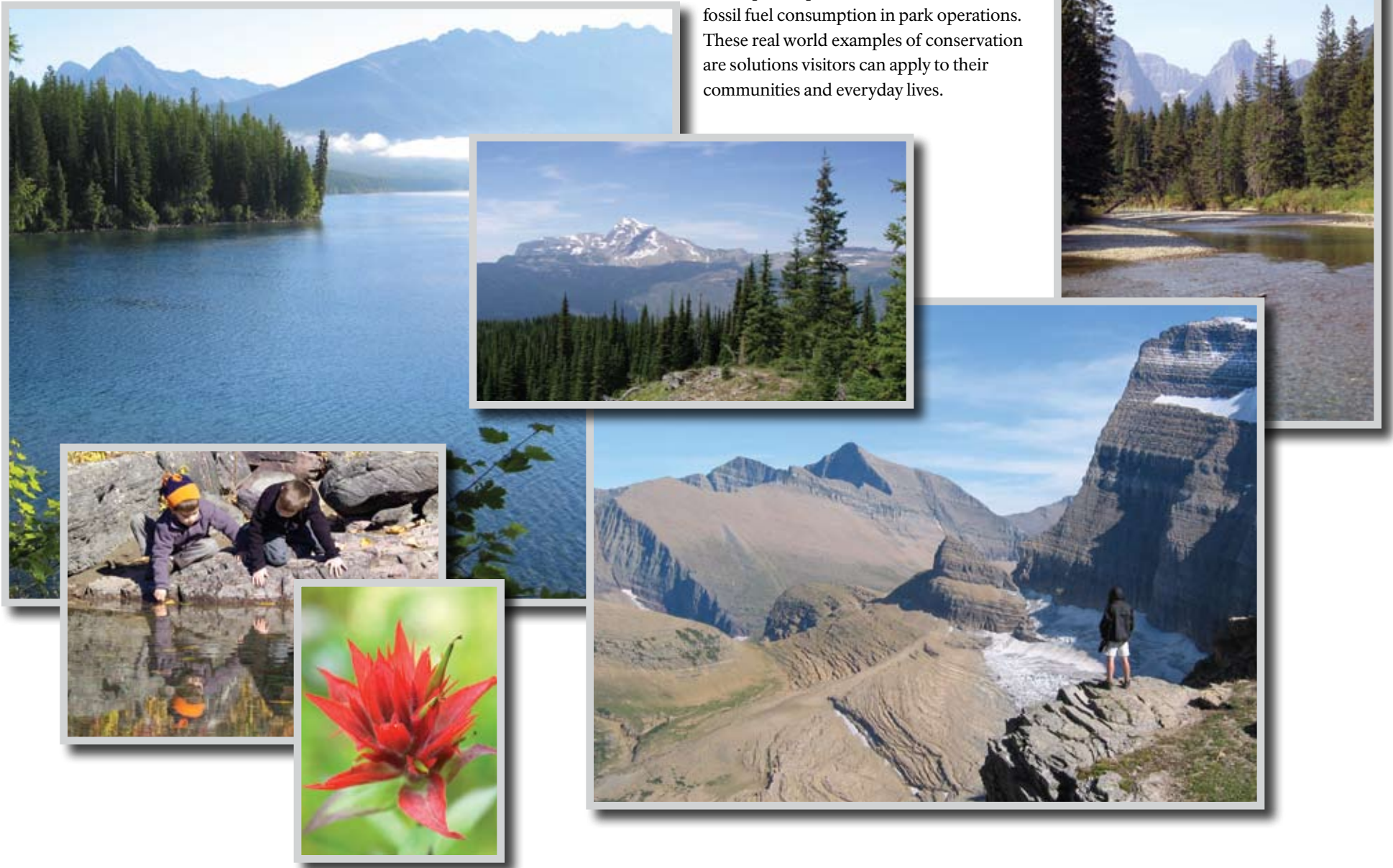
a short growing season, grow quickly and reproduce in a brief span of time. Flowers are often found pushing up through retreating snowbanks. As you move from spring to fall and from grasslands to alpine meadows, you will find a constant and changing landscape of blooms and berries.

Native plants in Glacier are treasured by the public, and preserved for future generations. They inspire us to increase our awareness of how we can better care for the places we visit, and those we live in.

Climate Change in Glacier

Climate change is one of the most pressing issues of our time. The impacts of a rapidly warming world have the potential to affect every aspect of life on Earth. As the Earth's temperature continues to rise, many plant and animal species increasingly face rapid adaptation, migration, or even extinction. Our national parks demonstrate how warming temperatures are changing the environment. They help us to understand the extent of climate change, how to mitigate its effects, and how to protect natural and cultural treasures for the enjoyment of generations to come.

In Glacier National Park, the impacts of climate change are becoming increasingly evident. The park's changing environment provides a powerful example of what could be lost without global action to reduce greenhouse gas emissions. Glacier's diverse landscape is the ideal outdoor laboratory, helping scientists show how climate change affects an intact ecosystem. Glacier National Park strives to be a leader in educating park visitors about climate change. Glacier has developed in-park solutions to reduce fossil fuel consumption in park operations. These real world examples of conservation are solutions visitors can apply to their communities and everyday lives.



CLIMATE Friendly PARKS

Climate Friendly Parks Initiative

The Climate Friendly Parks (CFP) Program, a collaboration of the National Park Service and the U.S. Environmental Protection Agency, provides national parks with the tools and resources to address climate change. The program aims to provide national parks with support to address climate change both within park boundaries and the surrounding community.

As a Climate Friendly Park, Glacier National Park is confronting climate change head on. The park is working to increase in-park energy efficiency and alternative energy use, as well as educate visitors through interpretive programs and displays. Other park initiatives include:

- 133,000 visitors road Glacier's new shuttle instead of their private vehicles, in 2007.
- The Transit Center in West Glacier used LEED certified building techniques.
- The "Red Bicycles" program offers employees transportation alternatives for traveling around the park.
- Recycling opportunities for visitors and staff have reduced solid waste.
- Red "jammer" buses were refurbished to use cleaner burning propane.
- The park is monitoring energy use in buildings to maximize efficiency.

For more information about the Climate Friendly Parks program visit: www.nps.gov/climatefriendlyparks

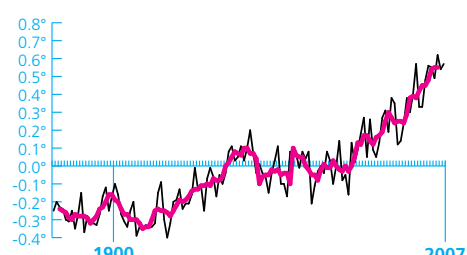
Our Changing Climate

While the Earth's climate changes naturally, the rate of warming experienced over the last century is unprecedented. The global consensus is that a significant part of this warming is due to human activities. As a result, climate change is threatening our greatest natural and cultural resources.

Scientists link the rise in Earth's surface temperature to the accumulation of certain gases in the atmosphere, such as carbon dioxide, methane, and nitrogen oxides. These are commonly known as greenhouse gases (GHGs) because they trap heat within our atmosphere. Without GHGs, life on earth would not be possible. However, increasing amounts of GHGs in the atmosphere are resulting in the unprecedented warming we are experiencing today.

Many human activities, especially those related to the consumption of fossil fuels, result in the emission of GHGs to the atmosphere. These emissions stay in the atmosphere for several decades, making immediate GHG reduction critical to mitigating the impacts of climate change.

Without a dramatic reduction of greenhouse gases, scientists project that by the end of this century the Earth's surface could warm an additional 5-10 degrees F.



Global average land-ocean temperature index, 1880 through 2007. The annual mean (black) and 5-year mean (magenta) are shown.

Impacts to National Parks

Change is a powerful force of nature. The effects of natural forces, such as fire and geologic events, can be seen in our national parks. These examples allow visitors to gain an understanding and appreciation for how these untouched landscapes are shaped by natural forces.

However, the accelerated warming we are now experiencing is changing the landscape in unexpected and unpredictable ways. Certain plants, animals, and even entire ecosystems are at risk.

National parks face significant climate change impacts. Current and future impacts include:

- Invasive plants in Saguaro NP (AZ) are replacing native plants and increasing wildfire potential, which could be devastating for the saguaro cactus and Sonoran Desert tortoise;
- Drought in Yosemite NP (CA) has increased the severity of wildfires and insect damage;
- In Biscayne Bay NP & Dry Tortugas NP (FL) rising, warming, and acidifying seas threaten coral reefs and sport fishing;
- In North Cascades NP (WA), 70-90% of the snow pack could disappear by the end of this century;
- In Joshua Tree NP (CA), more than 90% of the Joshua Trees could be gone within a century;
- Jamestowne (VA) celebrated its 400th anniversary in 2007, but could be underwater by its 500th anniversary;
- In Yellowstone NP (WY), warmer temperatures have allowed mountain pine beetle to invade whitebark pine trees at an alarming rate. Whitebark pine nuts are an important food source for many species, including grizzly bears and Clark's nutcrackers.

Impacts to Glacier National Park

Glaciers are responsible for the sculpted peaks, hanging valleys, and azure lakes that inspire park visitors. However, glaciers provide much more than scenery. They are an integral part of the ecosystem, acting as water towers during dry periods. In this way, glaciers are essential to the health of aquatic and riparian ecosystems.

In 1850, there were an estimated 150 glaciers in the park. Today there are only 26. Scientists predict the glaciers in Glacier National Park will be gone by 2030.

Mountain snowpacks have also declined as a result of warming temperatures. Due to changing precipitation and seasonal patterns, snow is often replaced with rain. Additionally, spring runoff is happening two weeks earlier. The combination of these factors mean decreasing water availability in dry months, greater flood potential, and increasing water temperature in aquatic ecosystems. This trend is expected to have major consequences for aquatic species such as bull trout, harlequin ducks, and tailed frogs.

Alpine meadows are expected to change rapidly over the next several decades. These high altitude meadows host an incredible array of rare species such as pika, mountain goats, and grizzly bears. In addition to less water availability in alpine meadows, the longer growing season is allowing treeline to climb in elevation, decreasing the alpine habitat these species depend on.

Wildfire frequency and severity are increasing due to hotter, drier summer seasons. While fire has helped shape Glacier's landscape, fires that are too intense may make it difficult for native species to return and allow destructive non-native species to thrive.

Glacier's Changing Landscape



Plant Communities

Glacier's unique and beautiful alpine plants are a favorite of park visitors. These plants are highly specialized to live in the high elevation meadows of the park. A warming climate forces these sensitive plant communities to adapt by moving to higher elevations. Some plants are thriving in this warmer environment. Others, such as the Jones' columbine (pictured), are becoming rare, decreasing park biodiversity.



Shepard Glacier 1913

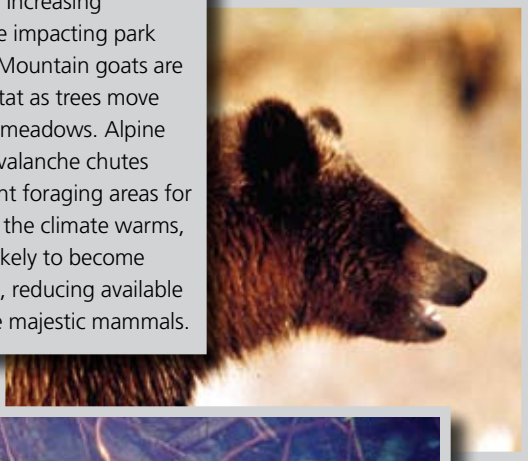


Shepard Glacier 2005



Park Wildlife

Climate change is more than melting glaciers. Increasing temperatures are impacting park wildlife as well. Mountain goats are losing their habitat as trees move into high alpine meadows. Alpine meadows and avalanche chutes provide important foraging areas for grizzly bears. As the climate warms, avalanches are likely to become more infrequent, reducing available habitat for these majestic mammals.



Native Trout

Glacier is one of the last strongholds of the threatened bull trout. Bull trout require clear, cold water to reproduce and survive. Warmer winters are resulting in earlier spring snowmelt and lower stream flows in the late summer and fall. Additionally, increasing water temperature is threatening bull trout habitat. Scientists are seriously concerned about the ability of Glacier's bull trout to survive the long-term impacts of climate change.



Reducing our Carbon Footprint

As a Climate Friendly Park, Glacier is committed to increasing energy efficiency in park operations. The park will continue to educate park visitors through interpretive programs, displays, and leading by example. Glacier's popular new shuttle system provides visitors the opportunity to enjoy the park's scenery in a more environmentally friendly way.



Fire in Glacier and the Northern Rockies

Eight of the past ten years have been among the warmest years on record. An increase in hot summer days (90F and greater) and a decrease in the number of days of frost have resulted in larger and more severe wildfires. Although fire is a natural part of Glacier's ecosystem, increasing fire size and intensity is resulting in unprecedented changes throughout the park.

DO YOUR PART

for CLIMATE Friendly PARKS

Take Action!

Do Your Part! for Climate Friendly Parks will be a new on-line program that empowers park visitors to reduce their carbon emissions and help to protect America's national parks from the impacts of climate change. Using a simple household emissions calculator, you will be able determine your carbon footprint and choose actions to reduce it.

Examples of possible actions include driving less, recycling more, and using energy efficient appliances. *Do Your Part!* will track the changes individuals are making and report the results in real time, allowing you to see how your efforts are making a difference. When taken together, many small actions make a big difference. By implementing simple measures at home and on the road, national park visitors can:

- Reduce emissions that contribute to climate change
- Improve air quality
- Decrease traffic congestion
- Reduce their utility and transportation expenses
- Support their favorite national park

Watch for ***Do Your Part!* for Climate Friendly Parks**, coming this summer.

Learn more at: www.doyourpartparks.org

Photo Credits: Bull Trout by Jason Dunham (USGS), Shepard Glacier 2005 by Blase Reardon (USGS), Tom Kiernan courtesy of NPCA, all others by David Restivo, Bill Hayden, and National Park Service.



National Parks Conservation Association®

Protecting Our National Parks for Future Generations®



America's national parks protect our nation's most important natural and cultural treasures, and inspire nearly 300 million visitors each year. Yet within the parks, we can already see signs of damage from global warming. With the "Do Your Part!" program, parks such as Glacier are offering a unique opportunity for visitors to help take care of our national parks, and inspire their families, friends, and communities to be better stewards of these special places.

Tom Kiernan, NPCA President

Founded in 1919, the National Parks Conservation Association (NPCA) and its 340,000 members are committed to protecting and enhancing our national parks for existing and future generations.

NPCA is committed to restoring healthy air, thriving ecosystems, and scenic values to our national parks. NPCA supports decisive action at the local, state, and national levels that protect the integrity of our national parks by reducing greenhouse gas emissions and climate change impacts.

To learn more or join NPCA go to: www.npca.org.

NPCA would like to thank the Hon. Laurence William "Bill" Lane, Jr. for his commitment to environmental stewardship and support in making this section of the Glacier Guide possible.



The New Apgar Transit Center - photo by David Restivo

Park the Car and See the Park!

Glacier National Park has a new shuttle bus service along the Going-to-the-Sun Road. The free shuttle service provides convenient access for visitors to locations along the road and helps to reduce congestion during road rehabilitation work. Last summer over 130,000 visitors took advantage of the buses and left the driving to someone else. This year the shuttle service starts July 3 and runs through Labor Day, September 1, 2008.

The new Apgar Transit Center is the shuttle information hub on the west side of the park. Exhibits, kiosks, and signs in the plaza explain the new system and how to make

the most of the shuttles. Two shuttle routes originate at the Apgar Transit Center. The Blue Route travels to all points between Apgar (including stops in Apgar Village) and Avalanche Creek. The Orange Route follows the same route, but continues on past Avalanche Creek to Logan Pass. The Green Route services all points between Lake McDonald Lodge and Logan Pass.

The St. Mary Visitor Center is the start of the Red Route and the transportation hub for the east side. The Red Route services all stops in the St. Mary Valley between Logan Pass and the Visitor Center at St. Mary.

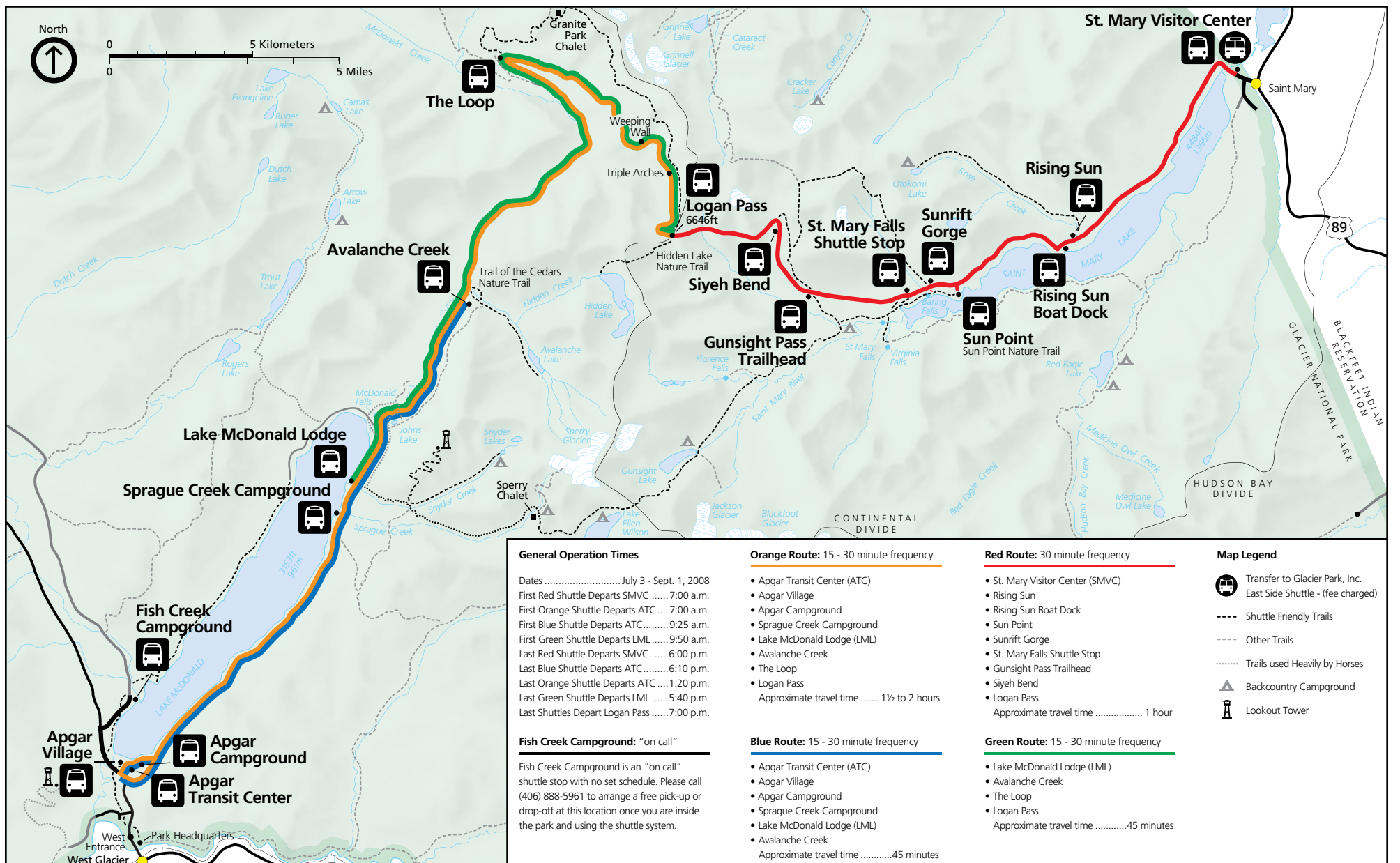
Information at the Apgar Transit Center and St. Mary Visitor Center assists with trip planning questions about the shuttle system. While the new Apgar Transit Center is largely self-service, volunteers will be on hand to help with transit related information. Maps at shuttle stops and information in this paper will also aid in planning the most efficient route for your day's outing. For more in-depth questions about the park, Park Rangers are on duty at the Apgar, St. Mary, and Logan Pass Visitor Centers.

Why Should I Ride the Shuttle?

The shuttle not only helps reduce congestion along the road and at parking areas, but for some visitors also enhances their park experience by removing the concerns over driving or parking. It's also a great way to access a number of "shuttle friendly trails." Many of the park's most popular trails can now be "car-free" adventures.



With a little pre-planning, Glacier's shuttles can take you to trailheads for spectacular locations like St. Mary Falls or to the boat dock at Rising Sun for an enjoyable afternoon boat ride on St. Mary Lake. - photos by David Restivo



Shuttle Friendly Trails - *Park your car and enjoy Glacier*

Fish Creek - *shuttle service available on-call only*

Fish Creek offers three easy and interesting trails, but extremely limited parking. With the introduction of the new shuttle system, they are now just a short bus ride away from Apgar. For an enjoyable morning or afternoon hike, ride the shuttle to Fish Creek and explore the new self guided trail at Rocky Point, then hike back to Apgar via the Fish Creek Hiking Path.

Trail	Trailhead Location	Mileage (one way)
Fish Creek Hiking Path	Fish Creek Campground Entrance	1.2 mi.
Lake McDonald West Shore.....	0.2 mi north of Fish Creek Campground	7.0 mi.
Rocky Point.....	0.2 mi north of Fish Creek Campground	1.1 mi.

Lake McDonald Lodge

A number of trails radiate out from Lake McDonald Lodge. Destinations such as Sperry Chalet, Snyder Lake, and Mt. Brown have made the lodge a popular base camp for west side hiking. The new shuttle system has expanded the possibilities and increased the number of easier options available. Hikers can now shuttle to the very popular Avalanche Creek area to hike the wheelchair accessible Trail of the Cedars or continue further to sparkling Avalanche Lake. Parking is generally not available mid-day at this location, so leaving your vehicle at the lodge will help ease congestion and also ease the stress level of finding a place to park the car.

Trail	Trailhead Location	Mileage (one way)
Avalanche Creek.....	Sperry Trailhead.....	6.5 mi.
Fish Lake.....	Sperry Trailhead.....	2.9 mi.
Gunsight Pass Trailhead	Sperry Trailhead.....	21.4 mi.
Mt. Brown Lookout	Sperry Trailhead.....	5.3 mi.
Snyder Lakes.....	Sperry Trailhead.....	4.4 mi.
Sperry Chalet.....	Sperry Trailhead.....	6.4 mi.

Avalanche Creek

It's easy to see why this stunning area is so popular. Huge ancient cedars, dappled green sunlight filtering through the forest canopy, and cold rushing rapids combine to make this area a must see. It's also easy to see why the shuttle is important to this spot. Parking is very limited. Leave your car and use the shuttle to discover the magic of Avalanche. A short shuttle ride away from Avalanche is Lake McDonald Lodge where boat trips, restaurants, and horseback rides can all combine into a great driving-free day of hiking and fun in the Lake McDonald Valley.

Trail	Trailhead Location	Mileage (one way)
Avalanche Lake.....	Avalanche Gorge Bridge.....	2.0 mi.
Trail of the Cedars.....	Avalanche Picnic Area	0.7 mi.

The Loop

One of the most popular trails in the park either begins or ends here, depending on your route. Granite Park Chalet is only 4 miles away but it's 2200 feet up this steep trail. Most hikers will probably choose to end their Highline Trail trek here, and use the shuttle to return to their starting point.

Trail	Trailhead Location	Mileage (one way)
Granite Park Chalet	The Loop Trailhead	4.0 mi.
Logan Pass	The Loop Trailhead	11.6 mi.

Logan Pass

The sub-alpine world of Logan Pass draws visitors from around the world; it's a popular spot. Unless you arrive early in the morning or late in the afternoon, the parking lot will probably be full. Avoid the parking hassles and shuttle up to the pass. Here you will find the Hidden Lake Nature Trail leading through wildflower filled meadows to a dramatic view of Hidden Lake. This is also the starting point for hikes along the Highline Trail to Granite Park Chalet and backpacking locations further north.

Trail	Trailhead Location.....	Mileage (one way)
Granite Park Chalet	Continental Divide Sign.....	7.6 mi.
Hidden Lake Overlook	Logan Pass Visitor Center.....	1.5 mi.
Hidden Lake	Logan Pass Visitor Center.....	3.0 mi.
The Loop	Continental Divide Sign.....	11.6 mi.

Siyeh Bend

Prior to the new shuttle system, hiking near spectacular Siyeh Pass was difficult because hikers ended up several miles down the road from their car. Now hikers can shuttle to Siyeh Bend and hike over the highest trail section in the park to Sunrift Gorge where transportation both east and west is available. For a shorter hike, Preston Park at the junction of the Piegan Pass and Siyeh trails, is a series of beautiful flower filled meadows dotted with clumps of sub-alpine fir. Trails also connect from here to shuttle stops at Gunsight Pass Trailhead, St. Mary Falls, Sunrift Gorge, and Sun Point.

Trail	Trailhead Location	Mileage (one way)
Gunsight Pass Trailhead	Piegan Pass Trailhead.....	2.5 mi.
Piegan Pass.....	Piegan Pass Trailhead.....	4.5 mi..
Preston Park	Piegan Pass Trailhead.....	~ 2.7 mi.
Siyeh Pass Area.....	Piegan Pass Trailhead.....	4.7 mi.
Sunrift Gorge.....	Piegan Pass Trailhead.....	10.3 mi.

Gunsight Pass Trailhead

The trail over Gunsight Pass provides one of the premier one or two night backpacking experiences in the park. By using the shuttle hikers no longer need a vehicle at each end of the hike, in fact you don't need a vehicle at all. The hike is easier if you travel from Gunsight Pass Trailhead to Lake McDonald, but can be done the other way as well. For shorter hikes from this shuttle stop you can connect with the trails to St. Mary, Virginia, and Baring Falls just east of this stop.

Trail	Trailhead Location	Mileage (one way)
Deadwood Falls	Gunsight Pass Trailhead.....	1.3 mi.
Gunsight Lake	Gunsight Pass Trailhead.....	5.3 mi.
Gunsight Pass	Gunsight Pass Trailhead.....	9.2 mi.
Lake McDonald Lodge.....	Gunsight Pass Trailhead.....	21.4 mi.
St. Mary Falls	Gunsight Pass Trailhead.....	3.2 mi.
Virginia Falls	Gunsight Pass Trailhead.....	3.9 mi.
Baring Falls	Gunsight Pass Trailhead.....	3.9 mi.

St. Mary Falls Shuttle Stop

St. Mary, Virginia, and Baring Falls are all within a short hiking distance of this and several other shuttle stops in the immediate area. Many combinations of shuttles and hikes make this once crowded and overlooked area a hikers paradise. Hikers coming back from Gunsight Lake or Gunsight Pass will find that the hike to St. Mary Falls Shuttle Stop, although a bit longer, is a much easier elevation grade than hiking back to the Gunsight Pass Trailhead.

Trail	Trailhead Location	Mileage (one way)
St. Mary Falls	St. Mary Falls Shuttle Stop.....	1.1 mi.
Baring Falls	St. Mary Falls Shuttle Stop.....	1.0 mi.
Virginia Falls	St. Mary Falls Shuttle Stop.....	1.8 mi.
Sun Point.....	St. Mary Falls Shuttle Stop.....	1.6 mi.
Sunrift Gorge.....	St. Mary Falls Shuttle Stop.....	1.2 mi.
Gunsight Lake	Gunsight Pass Trailhead.....	6.9 mi.

Sunrift Gorge

Formed when a small stream cut through a natural break in the rock, Sunrift Gorge is a straight, steep canyon cut through the bedrock just 200 hundred feet off the main road. Also at this location one of the most beautiful bridges along the entire Going-to-the-Sun Road is found. Baring Creek Bridge is an excellent example of how native stone materials were used to blend the road into the landscape. A short hike under the bridge leads to Baring Falls. Hikers may continue from there to St. Mary and Virginia Falls. The steep approach to the Siyeh Pass Area starts here as well.

Trail	Trailhead Location	Mileage (one way)
Baring Falls	Sunrift Gorge	0.2 mi.
Siyeh Pass Area.....	Sunrift Gorge	5.6 mi.
Siyeh Bend.....	Sunrift Gorge	10.3 mi.
St. Mary Falls	Sunrift Gorge	1.9 mi.
Virginia Falls	Sunrift Gorge	2.6 mi.
Sun Point.....	Sunrift Gorge	0.8 mi.
Sunrift Gorge.....	Sunrift Gorge	~ 200 feet.

Sun Point

The Sun Point Chalets are long gone, but the view from the Sun Point Nature Trail reveals why they were so popular in their day. The Sun Point Nature Trail winds high above the lakeshore for about a mile back to Sunrift Gorge. From there the trail continues past Baring Falls to St. Mary, and Virginia Falls. Shuttle stops at St. Mary Falls or Sunrift Gorge make a "hike and ride" trip an excellent afternoon adventure.

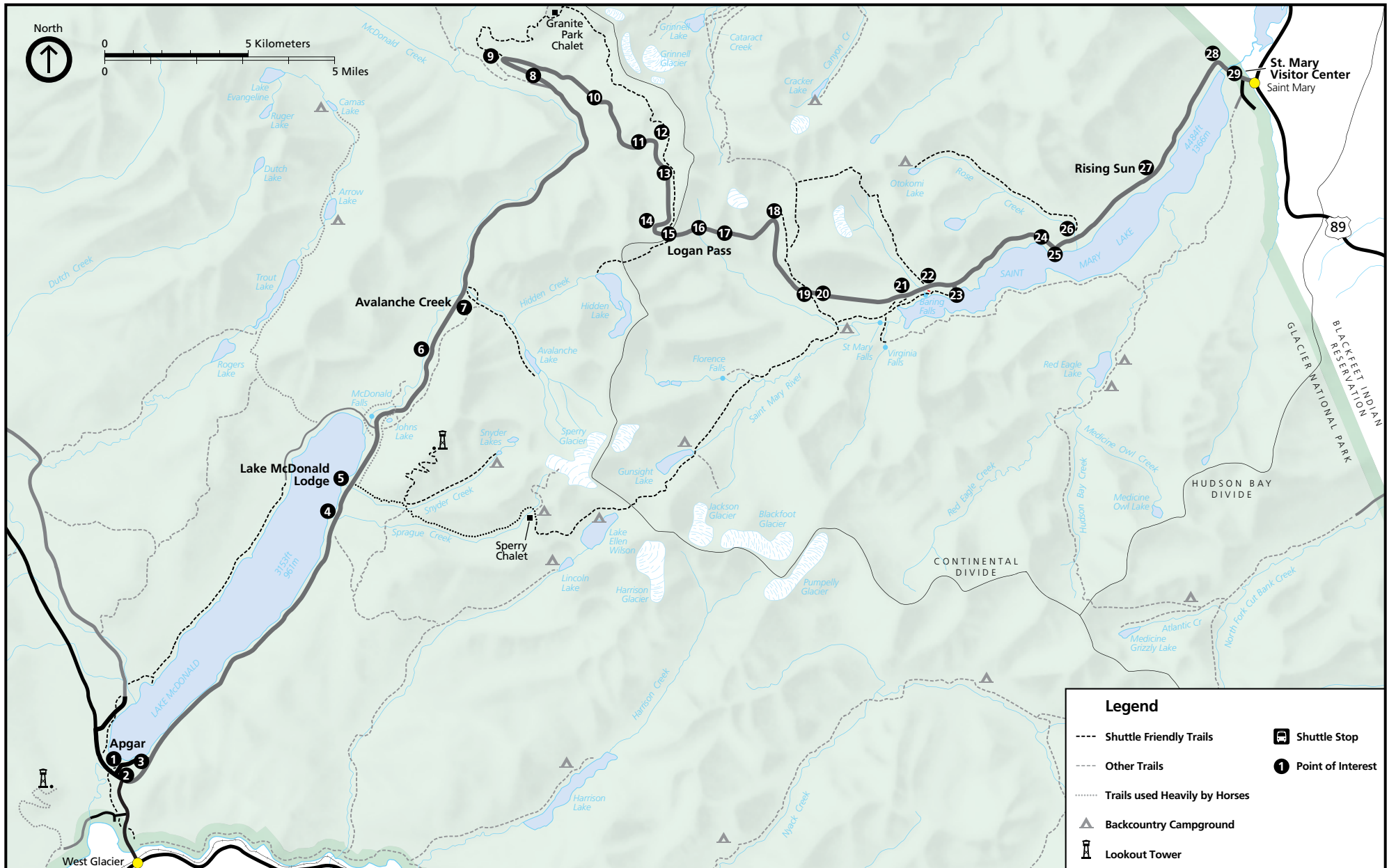
Trail	Trailhead Location	Mileage (one way)
Baring Falls	Sun Point	0.6 mi.
St. Mary Falls	Sun Point	2.3 mi.
Virginia Falls	Sun Point	3.0 mi.
Gunsight Pass Trailhead	Sun Point	5.0 mi.

Rising Sun & Rising Sun Boat Dock

The main trail from Rising Sun follows Rose Creek up to Otokomi Lake. Another option from here however is to take a boat from the boat dock to the head of St. Mary Lake and explore the waterfalls found there, and shuttle back to Rising Sun. Cruise, hike, and ride all in one trip while discovering this special part of Glacier National Park.

Trail	Trailhead Location	Mileage (one way)
Otokomi Lake.....	Rising Sun Campstore	5.2 mi.
Sunrift Gorge.....	Boat from Rising Sun to Baring Falls Dock	0.3 mi.
Sun Point.....	Boat from Rising Sun to Baring Falls Dock	0.7 mi.
St. Mary Falls	Boat from Rising Sun to Baring Falls Dock	1.5 mi.
Virginia Falls	Boat from Rising Sun to Baring Falls Dock	2.2 mi.

Points of Interest on the Going-to-the-Sun Road



1 🚚 Apgar Village

Lodges, gift shops, food service and the Apgar Visitor Center make Apgar the hub of activity on the west side of the park.

2 🚚 Apgar Transit Center

The Apgar Transit Center is a new addition to Glacier. Constructed to mitigate congestion on the Going-to-the-Sun Road during road rehabilitation, it is the west side hub for the park's new transit system.

3 🏕️ Apgar Campground

Apgar is the largest campground in the park and makes a great base camp for explorations of the west side of Glacier.



4 🏕️ Sprague Creek Campground

Get here early to obtain one of the sites right on the water. No towed units are permitted, making this a favorite of tent campers.

5 🏠 Lake McDonald Lodge

On the shores of Lake McDonald, the lodge is reminiscent of a Swiss chalet with a hunting lodge atmosphere. Boat tours and horseback rides depart from here.



6 🌊 McDonald Creek Overlook

McDonald Creek looks placid and calm for most of the summer, but early season visitors see a thundering torrent carrying trees and boulders.



7 🌲 Avalanche Creek

Explore the dense cedar-hemlock forest on the Trail of the Cedars Nature Trail, a hike to Avalanche Lake, a picnic, or by camping at one of the most popular sites in the park.

8 🚗 West Tunnel

As you drive through the West Tunnel, imagine the time and manpower it took to bore through 192 feet of mountain using 1926 technology.

9 🚚 The Loop

This only switchback on the Going-to-the-Sun Road affords a scenic view of Heaven's Peak and an up-close look at the Trapper Fire of 2003 where it burned across the road. A strenuous, 4-mile hike to Granite Park Chalet begins here.

10 🌄 Bird Woman Falls Overlook

Across the valley, Bird Woman Falls cascades 492 feet from the slopes of Mt. Oberlin.

11 🌧️ Weeping Wall

Roll up your windows as you pass the Weeping Wall. A gushing waterfall in spring, the flow reduces to a mere trickle in late summer and fall.

12 🌄 Big Bend

One of the most spectacular views from the Going-to-the-Sun Road is at Big Bend. As its name suggests, this big bend in the road provides enough room to park and take in the views of Mt. Canon, Mt. Oberlin, Heavens Peak, and the Weeping Wall.

13 🏰 Triple Arches

This architectural and engineering marvel is best seen by eastbound travelers on the road.



14 🌄 Oberlin Bend

Oberlin Bend is just west of Logan Pass below cascading waterfalls of Mt. Oberlin. A short boardwalk offers astounding views of hanging valleys and the Going-to-the-Sun Road as it winds across the landscape below the Garden Wall. Don't be surprised if you see Mountain goats.

15 🚚 Logan Pass

Logan Pass sits on the Continental Divide at 6,646 feet. Alpine meadows filled with wildflowers carpet the hillsides. Mountain goats and marmots are frequently seen along with the occasional grizzly bear. The popular Hidden Lake and Highline trails begin here.

16 🌊 Lunch Creek

Surrounded by carpets of wildflowers in the summer, Lunch Creek flows down a natural rock staircase from the striking backdrop of Pollack Mountain.

17 🚗 East Tunnel

The East Side Tunnel was one of the most difficult challenges on the Going-to-the-Sun road. The 408-foot tunnel comes directly out of Piegan Mtn, with waterfalls cascading down the portal.

18 🚚 Siyeh Bend

Located at a prominent bend on the Going-to-the-Sun Road, the Siyeh Bend Shuttle Stop marks the transition between the higher elevation sub-alpine vegetation and the forests of the east side. Several great day hikes begin here.

19 🏠 Jackson Glacier Overlook

Stop here for the best view of a glacier from anywhere on the Going-to-the-Sun Road.



20 🏠 Gunsight Pass Trailhead

Backpackers or physically-fit day hikers up for an all-day, strenuous adventure can ascend to the Continental Divide and gain access to glaciers, subalpine lakes, the historic Sperry Chalet, and many unparalleled mountainous vistas.

21 🚚 St. Mary Falls Shuttle Stop

One of the most popular hikes in the park, is a 2.4 mile round trip which can be extended to 3.6 miles by continuing to Virginia Falls. The hike offers a short and pleasant stroll down to the valley floor, crossing the stream below the roaring St. Mary Falls.

22 🌄 Sunrift Gorge

A spectacular view of a water-carved gorge is just a short 75 foot walk. Look for dippers in the creek. These chunky, slate-grey birds are often sighted along rushing streams, foraging for aquatic insects.

23 🏠 Sun Point

Explore the effects of water, wind, and ice on the 1.2 mile (one way) Sun Point Nature Trail. Spectacular views of St. Mary Lake and cascading Baring Falls are highlights. For a longer hike, continue on to St. Mary and Virginia Falls.



24 🏝️ Wild Goose Island

This is one of the most frequently photographed spots in the park. Tiny Wild Goose Island offers a striking counter-point to the majestic peaks in the background.



25 🌄 Golden Staircase

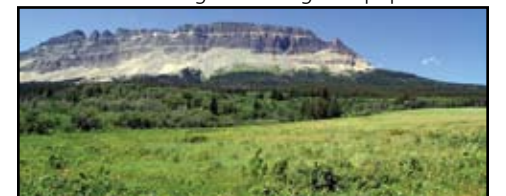
This large pullout along Saint Mary Lake offers views of Saint Mary Lake as well as an opportunity to marvel at the skill of the builders of the Going-to-the-Sun Road.

26 🚚 Rising Sun

The prairies meet the mountains at Rising Sun where spectacular sunrises sparkle across the surface of St. Mary Lake. Guided boat tours allow visitors to experience towering mountain peaks, from a perspective not available on the Going-to-the-Sun Road.

27 🌄 Two Dog Flats

This native grassland community provides habitat for a number of species. Hawks prey upon small mammals while songbirds forage on seeds and insects. Two Dog Flats supplies needed winter range for a large elk population.



28 🏕️ St. Mary Campground

St. Mary campground is the largest campground on the east side of Glacier National Park, and is conveniently located approximately one half mile from the St. Mary visitor center.

29 🏠 St. Mary Visitor Center





“As part of a Canada-wide system of national parks, Waterton Lakes represents the southern Rocky Mountains natural region - where “the Mountains Meet the Prairie.”

Shaped by wind, fire, and water, Waterton remains for all time a place of spectacular natural beauty - a Canadian legacy of mountains, lakes, prairies, forests, alpine meadows and wildlife.”

Scenic Drives and Attractions

THE ENTRANCE ROAD

These 8 kilometres (5 miles) provide magnificent views that beautifully illustrate the park's theme, “where the mountains meet the prairie.”

Colourful prairie flowers and grasses, and the glittering blue chain of the Waterton Lakes are set against a mountain backdrop. The sight of the historic Prince of Wales Hotel National Historic Site, on a knoll above the lakes, indicates you will soon arrive at our lakeside community.

THE CHIEF MOUNTAIN HIGHWAY

The Chief Mountain Highway is the primary route between Waterton Lakes and Glacier national parks. From the border crossing, the road traverses fields and forests, dotted with wetlands created by Crooked Creek and marked by the 1998 Sofa Mountain Fire. It then descends to the grasslands near Maskinonge Lake, passing a viewpoint which gives a magnificent vista of the Front Range of the Rockies and Waterton Valley.

THE RED ROCK PARKWAY

Red Rock Parkway meanders over rolling prairie and through the Blakiston Valley. It ends at the strikingly coloured rocks and cascades of Red Rock Canyon, a distance of 15km (9 miles). The drive features views of magnificent mountains, including Mt. Blakiston, the park's highest peak.

THE AKAMINA PARKWAY

This route begins near the Townsite and runs for 16km (10 miles) along the Cameron Valley. Points of interest include the site of western Canada's first producing oil well, the Oil City site, and scenic Cameron Lake.



Arrowleaf Balsamroot - Parks Canada photo



Waterton Lakes National Park - Parks Canada photo

CAMERON FALLS

Located in the community, this picturesque waterfall is created as Cameron Creek falls into Waterton Valley.

THE BISON Paddock

The Bison Paddock, near the north entrance to the park off Highway 6, features a small herd of plains bison, maintained to commemorate the larger herds that once roamed freely in this area. The bison can be seen while driving a narrow road through the paddock. Please do not leave your vehicles. The road is not suitable for vehicles with trailers.

THE MASKINONGE LAKE

The park's diversity of habitats is home to a great variety of birds; over 250 species have been identified in Waterton. The Maskinonge area, located near the park entrance, is particularly rich in bird life.

WILDLIFE AND WILDFLOWERS

Bears, deer, elk, and bighorn sheep can be seen throughout the park, particularly in prairie areas. Sheep and deer frequent the townsite. Fall is probably the best time for wildlife watching. The larger animals come down from their summer ranges and waterfowl are on their migratory routes through the park.

Wildflowers can be seen in the park at almost any season except winter. In spring and early summer, prairie wildflower displays are particularly rich. In late summer, wildflowers continue to bloom at the higher elevations.

Camping and Hiking

AUTO CAMPING

Waterton's three campgrounds provide almost 400 campsites.

- The Townsite Campground has 238 sites, including 95 fully-serviced. Fees vary depending on the service provided. Fires permitted in picnic shelter stoves. All sites are reservable. Call 1-877-737-3783 or visit the website address below and follow the links.
- The Crandell Mountain Campground has 129 semi-serviced sites, and is located 6km down the Red Rock Parkway.
- Belly River Campground, located on the Chief Mountain Highway, has 24 unserviced sites. Reservations can be made in advance for the group sites at Belly River. Call (403) 859-2224 for information.

BACKCOUNTRY CAMPING

An overnight wilderness pass is mandatory and available from the Visitor Reception Centre. A per-person fee is charged for those 16 years and older. Passes are issued up to 24 hours in advance on a first-come, first-served basis. Some wilderness sites will be available through advance reservations, according to established guidelines. Call (403) 859-5133.

A quota system for wilderness campground use and group size is applied to minimize impact on the land, and maximize your wilderness experience.

Waterton's nine designated wilderness campgrounds offer dry toilets and surface water supply. Some have facilities for horses.

HIKING THE TRAILS

There are 200km (120 miles) of trails in Waterton Lakes National Park. They range in difficulty from a short stroll to steep treks of several days duration. Trails are provided for a variety of users, including hikers, horse riders, and bicyclists. Watch for information signs at the trail head for the type of use permitted. Trails in Waterton also lead to extensive trail systems in Montana's Glacier National Park and in British Columbia's Akamina-Kishenina Provincial Park.



Carthew-Alderson Trail - Parks Canada photo



Bighorn Sheep - Parks Canada photo

Park Regulations

Leave rocks, fossils, horns, antlers, wildflowers, nests, and other natural and historic objects undisturbed so that others may discover and enjoy them. Removal of such objects is subject to fines.

- It is unlawful to feed, entice, or touch park wildlife.
- Pets must remain on a leash at all times while in the park. Pets, on a leash, are allowed on trails in Waterton Lakes National Park.
- Camping is permitted only in designated areas, as marked by signs.
- Motorcyclists must wear a helmet.
- Collection of dead or downed wood is not allowed.
- A national park fishing permit is required in Canada's national parks.

Waterton Lakes National Park Services and Activities

Lodging

The Aspen Village Inn 1-(888) 859-8669 • Bayshore Inn & Convention Centre (403) 859-2211 • Bear Mountain Motel (403) 859-2366 • Crandell Mountain Lodge (403) 859-2288 • Kilmorey Lodge 1-(888) 859-8669 • Northland Lodge (403) 859-2353, off-season (403) 653-4275 • Prince of Wales Hotel - in Canada phone (403) 236-3400; in U.S. (406) 892-2525 • Waterton Glacier Suites (403) 859-2004 • The Waterton Lakes Lodge (403) 859-2151 or 1-(888) 985-6343

Private Campgrounds

Crooked Creek Campground (403) 653-1100 • Great Canadian Barn Dance (403) 626-3407 • Payne Lake Campground • Waterton Riverside Campground (403) 653-2888 • Waterton Springs Campground (403) 859-2247

Other Services Include:

• Clothing and gift shops, bookstores, movie rentals, liquor stores • a variety of cafes, restaurants, lounges and dining rooms • sporting supplies and hardware • service station • boat tours, bike and boat rentals • hiking tours, a horse riding facility • four churches • cash machines • art galleries • a movie theatre, health and recreation centre, 18-hole golf course, tennis court, ball diamond and playgrounds.

For Additional Information

the Waterton Lakes Visitor Centre
Waterton Lakes National Park
Box 200
Waterton Park, Alberta T0K 2M0
Phone (403) 859-5133

or visit Waterton Lakes National Park online at:
www.pc.gc.ca/waterton

Glacier Institute Celebrates 25 Years of Outdoor Adventures



The Glacier Institute was founded in 1983 by passionate scientists who wanted to share their love of the Crown of the Continent. With more than 10 million acres, this area, which includes Glacier National Park, the Bob Marshall Wilderness, the Great Bear and Scapegoat Wilderness areas, and adjacent parks in Canada, comprises the largest intact wilderness ecosystem in the continental United States. Our instructors are recognized experts in their fields, published authors, wildlife biologists, college professors, naturalists and teachers. Our classrooms are the mountain trails and vast river basins that are home to more than 1,200 species of native plants, 240 species of birds and 65 species of native mammals. We host one, two and three-day outdoor workshops and youth camps that immerse our participants in this stunning and stimulating environment. Please join us for a learning adventure you will never forget.



McDonald Creek by Snorkel - photo by Glacier Institute



Students on the way to Sperry Glacier- photo by Glacier Institute

Join Us for a "Learning Gone Wild" Adventure!

The Glacier Institute is a private, non-profit organization funded by tuition, gifts and grants from generous individuals and businesses. Although we are partners with Glacier National Park and the Flathead National Forest, we do not receive funding from these agencies to accomplish our mission. Call for immediate course openings.

Admissions at Glacier Institute

P.O. Box 1887
Kalispell, MT 59903
Tel: (406) 755-1211 or Fax: (406) 755-7154
register@glacierinstitute.org
www.glacierinstitute.org

Popular one-day summer courses*

June Programs

June 13	Spring Wildflowers along the Rocky Mtn. Front	\$65.00
June 14	Orchids: Glacier's Precious Beauties	\$65.00
June 28	Nature's Healers: Wild Medicinal Identification	\$65.00
June 29	Making Wild Herbal Medicines	\$80.00

July Programs

July 6	Middle Fork Ecology by Raft	\$150.00
July 9	Railroad History & Folklore of GNP	\$100.00
July 11	McDonald Creek by Snorkel: Ecology of an Underwater World	\$100.00
July 27	Wildflower Wanderings at Logan Pass	\$75.00

August Programs

August 1	Nature Journaling	\$55.00
August 2	Macro Photography: Taking Pictures up Close	\$65.00
August 3	Kids With Cameras	\$50.00
August 6	Flathead Lake and Wildhorse Island by Sea Kayak	\$150.00
August 9	Native Games	\$35.00
August 10	Geology Along the Highline Trail	\$75.00
August 15	Glacier's Grizzlies & Black Bears	\$65.00

Just for Kids: Youth Adventure Series

July 11	Wilderness Skills: Safe and Smart in the Woods
July 18	Fire in the Forest
July 25	Glacier's Predators & Prey
August 1	Wilderness Skills: Safe and Smart in the Woods
August 8	Fire in the Forest
August 15	Glacier's Predators & Prey

Join a Glacier Institute naturalist for a hands-on, six hour course full of fun and discovery while adults can enjoy a day on their own. Programs are \$50.00 per child. Add a second or third program, for the same child, at \$45.00 per additional program.

*This is just a sample of the courses we offer. Please check our website for a complete course calendar.
www.glacierinstitute.org



The Glacier National Park Fund - Philanthropy at Work

The Glacier National Park Fund works in partnership with park management to preserve and protect Glacier's outstanding natural beauty and cultural heritage. The Fund is dedicated to supporting:

- educational programs emphasizing the uniqueness of Glacier's resources,
- the preservation and rehabilitation of trails, artifacts and historic structures,
- projects for critical studies related to the park's delicate ecosystem and
- wildlife research and management.

Together the Fund and the Park work to ensure that all visitors have a memorable experience.

For further information contact:

The Glacier National Park Fund
P. O. Box 5600
Whitefish, MT 59937
406-862-6110
www.glaciernationalparkfund.org



Photos by David Restivo and Bill Hayden

Glacier Association

The Glacier Association is a nonprofit 501c3 cooperating association of the National Park Service and a officially recognized Park Partner of Glacier National Park. Glacier Association helps to support the park's educational, interpretive, cultural and scientific programming needs with aid generated by sales at bookstores in visitor centers and ranger stations throughout the Park, as well as sales from its internet bookstore at www.glacierassociation.org.

The Glacier Association offers a variety of educational publications and materials that include books, guides, maps, and DVD's which promotes a better understanding of the park's diversity of landscapes, animal and plant life, culture, and history. Our annual membership program offers a variety of categories which feature a 15% discount on merchandise at all Glacier Association locations. This membership discount is also honored at other cooperating associations throughout the country.

Glacier Association
PO Box 310
West Glacier, MT 59936
406-888-5756
gnha@glacierassociation.org
www.glacierassociation.org



Association headquarters at the historic West Glacier Depot

Suggested Guides & Maps to Glacier National Park

Hikers Package \$24.95

A \$33.00 Value! 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*.

Backcountry Users Package \$31.95

A \$46.00 Value! All The essentials to make your backcountry stay in Glacier National Park safe and enjoyable. Includes: *Hiking Glacier And Waterton Lakes National Parks*, *Trails Illustrated Topo Map Of Glacier And Waterton*, *Bear Aware*, *Wilderness First Aid*, And *The Glacier Nature Guide*.

Travelers Package \$34.95

A \$55.00 Value. Everything you need to prepare yourself for the splendor of Glacier National Park. Includes: *Glacier-The Story Behind The Scenery*, *Glacier-The Continuing Story*, *Exploring Glacier National Park*, *Nat'l Geo's Road Guide To Glacier And Waterton Lakes Nat'l Parks*, And *Going To The Sun: The Story Of The Highway Across Glacier National Park*.



All Titles In These Packages Are Available Individually. Contact Glacier Association For Details.

Books and Maps from the Backcountry Users Package and the Travelers Package

Glacier National Park Associates

WHO WE ARE

The Glacier National Park Associates (GNPA) is an all-volunteer, nonprofit organization that assists with trail work, historic log structure preservation and other projects that the park does not have adequate funding to complete. Volunteers complete a number of major projects yearly, often involving several days in the backcountry.



NPS Photo

WHAT WE DO

The Associates manage a Backcountry Ranger Intern Fund and sponsor a young backcountry ranger intern who works for 12 weeks in the park's backcountry.

The Associates also manage a Backcountry Preservation Fund. Contributions from backcountry users are used to purchase supplies and materials for the backcountry, ranging from bear-proof boxes to computer programs related to hiking and camping in the backcountry.

Each spring we sponsor a Volunteer Day in Glacier Park. We clear trails, paint, peel logs for historic building restoration, and transplant seedlings in the nursery. This year's projects included helping to clear various trails, working in the park's Native Plant Nursery, planting trees, shrubs, and wildflowers from the nursery in disturbed areas of the park and assisting with refurbishing buildings near the park headquarters.

GNPA funds two internships with the Glacier National Park Native Plant Nursery. Each year a stipend is provided for a high school student from Columbia Falls and Browning for work in the nursery.

GNPA projects do not conclude at the end of summer. On the fourth Monday of January, February, and March, GNPA members sponsor a speaker series. These free presentations by biologists, geologists, historians help us be more informed of the past, present and future of beautiful Glacier National Park.



Glacier's Native Plant Nursery - NPS Photo

JOIN US!

Become a member and help us support Glacier National Park. You can contact the Glacier National Park Associates at:
Glacier National Park Associates
P. O. Box 91
Kalispell, MT 59903



Photo by Joyce Lapp



Backcountry Cabin - Photo by David Restivo



Indian Paintbrush - NPS Photo

Services and Facilities



Apgar	Lodging	Village Inn Motel Apgar Village Lodge	May 30 - Sept. 15 May 12 - Oct. 2	Call 406-892-2525 for advance reservations or 406-888-5632 for same day reservations Call 406-888-5484 for reservations	
	Food Service	Eddie's Restaurant	May 23 - Sept. 30	Breakfast, lunch, and dinner	
	Campstore/Gift Shops	Eddie's Campstore The Cedar Tree Schoolhouse Gifts Montana House	early May - Sept. 30 May 24 - Sept 28 May 19 - Oct. 21 Open all year		
	Horseback Rides	Apgar Corral	May 24 - Sept. 1	Call 406-888-5010 for schedule and information	
	Boat Rentals	Glacier Park Boat Co.	May 24 - Sept. 1*	Rowboats, canoes, kayaks, 10hp motorboats, and fishing equipment rentals - *Not open May 27 through May 30	
Lake McDonald	Lodging	Lake McDonald Lodge	May 24 - Sept. 28	Call 406-892-2525 for advance reservations or 406-888-5431 for same day reservations	
	Food Service	Russell's Fireside Dining Room	May 24 - Sept. 28	Lake McDonald Lodge - breakfast, lunch, and dinner	
		Jammer Joe's Grill & Pizzeria	June 13 - Sept. 1	Lunch and dinner	
		Stockade Lounge	May 24 - Sept. 28	Lake McDonald Lodge - 11:30am to midnight	
	Campstore/Gift Shops	Lodge Campstore Lodge Gift Shop	May 24 - Sept. 30 May 24 - Sept. 30	Groceries, fishing and camping supplies, firewood, and gifts Lake McDonald Lodge	
	Scenic Boat Tours	Glacier Park Boat Co.	May 24 - Sept. 20	Narrated tours of Lake McDonald - 1 hour cruise at 11:00am, 1:30pm, 3:00pm, and 7:00pm. 11:00am and 7:00pm cruises end Labor Day. Additionally, 5:30pm cruise begins in July 1, through Labor Day with beverage service. After Labor Day no beverage service available. Boat Rentals from 10:00am to 8:00pm - rowboats and 8hp motorboats. After Labor Day hours 12:00pm to 7:00pm. Call 406-257-2426 for details.	
Horseback Rides	Lake McDonald Corral	May 24 - Sept. 9	Call 406-888-5121 for schedule and information		
Many Glacier	Lodging	Many Glacier Hotel Swiftcurrent Motor Inn	June 6 - Sept. 22 June 20 - Sept. 14	Call 406-892-2525 for advance reservations or 406-732-4411 for same day reservations Call 406-892-2525 for advance reservations or 406-732-5531 for same day reservations	
	Food Service	Ptarmigan Dining Room Swiss Lounge Italian Garden Ristorante	June 6 - Sept. 22 June 6 - Sept. 22 June 20 - Sept. 14	Many Glacier Hotel - breakfast, lunch, and dinner Many Glacier Hotel - 11:30am to midnight Swiftcurrent Motor Inn - Breakfast, lunch, and dinner	
		Campstore/Gift Shops	Swiftcurrent Campstore Hotel Gift Shop	June 7 - Sept. 14 June 6 - Sept. 22	Groceries, fishing and camping supplies, firewood, and gifts Many Glacier Hotel
		Scenic Boat Tours & Boat Rentals	Glacier Park Boat Co.	June 7 - Sept. 13	Narrated tours of Swiftcurrent and Josephine Lakes - 1 hour and 15 minute cruises at 9:00am, 11:00am, 2:00pm, and 4:30pm - July and August additional 1:00pm and 3:00pm cruise - Guided walk to Grinnell Lake available on the 9:00am and 2:00pm cruise. Snow conditions permitting, an 8:30am cruise and guided hike to Grinnell Glacier is offered at 8:30am. Boat rentals from 8:30am to 8:00pm - rowboats, canoes, and kayaks. Call 406-257-2426 for details.
	Horseback Rides	Many Glacier Corral	June 6 - Sept. 14	Call 406-732-4203 for schedule and information	
	Laundry and Showers	Swiftcurrent Motor Inn	June 20 - Sept. 14	Purchase tokens at the campstore or front desk	
Rising Sun	Lodging	Rising Sun Motor Inn	June 15 - Sept. 15	Call 406-892-2525 for advance reservations or 406-732-5523 for same day reservations	
	Food Service	Two Dog Flats Grill	June 15 - Sept. 15	Breakfast, lunch, and dinner	
	Campstore/Gift Shops	Rising Sun Motor Inn	June 15 - Sept. 15	Groceries, fishing and camping supplies, firewood, and gifts	
	Scenic Boat Tours	Glacier Park Boat Co.	June 14 - Sept. 1	Narrated tours of St. Mary Lake - 1 hour and 30 minute cruises at 10:00am, 12:00pm, 2:00pm, and 4:00pm. 1 hour evening cruise at 6:30pm - Optional guided walk to St. Mary Falls available on the 10:00am cruises. Call 406-257-2426 for details.	
	Showers	Rising Sun Motor Inn	June 15 - Sept. 15	Purchase tokens at the campstore or front desk	
Two Medicine	Campstore/Gift Shops	Two Medicine Campstore	May 30 - Sept. 8	Gifts, self-serve convenience food, groceries, fishing tackle, camping supplies, and firewood	
	Scenic Boat Tours	Glacier Park Boat Co.	June 16 - Sept. 1	Narrated tours of Two Medicine Lake - 45 minute cruises at 10:30am, 1:00pm, 3:00pm, and 5:00pm. Starting July 1 additional tour at 9:00am - Optional guided walks to Twin Falls available on the 1:00pm and 3:00pm cruises - Call 406-257-2426 for details.	
	Boat Rentals	Glacier Park Boat Co.	June 16 - Sept. 1	8:00am to 8:00pm - rowboats, canoes, kayaks, and boats with electric motors	
Other Services	Backcountry Lodging <i>(only accessible by trail - reservations are required)</i>	Belton Chalets, Inc. •Granite Park Chalet •Sperry Chalet	July 1 - Sept. 7 July 5 - Sept. 8	Granite Park Chalet provides rustic accommodations that include rooms, beds, and a common kitchen. Guests provide their own sleeping bag, water, food, and cooking utensils. Optional bed linen service is available. Sperry Chalet offers full service rustic overnight accommodations and full meal service, in a wilderness setting. For reservations at either Granite Park or Sperry Chalets, call 1-888-345-2649. You may also visit their websites at www.graniteparkchalet.com and www.sperrychalet.com .	
	Backpacking & Hiking	Glacier Guides, Inc.		Guided day hikes and backpacking trips into Glacier's backcountry for one to seven days - custom guide service trips available - Camping equipment available for rent at their West Glacier office Call 406-387-5555 or 800-521-RAFT for reservations and information - http://www.glacierguides.com	
	Bus Tours	Sun Tours	May 15 - Oct. 15	Interpretive tours highlighting Blackfoot culture and history relating to Glacier National Park's natural features. Tours begin from East Glacier, St. Mary, and Rising Sun Call 1-800-786-9220 or 406-226-9220 for reservations and information	
		Glacier Park, Inc.	May 24 - Sept. 28	Red Bus tours between park lodges as well as Two Medicine, East Glacier, West Glacier, Waterton, and St. Mary Call 406-892-2525 for reservations and schedule information	
	Shuttle Service	Glacier Park, Inc., East Side Shuttle Hiker Shuttle	June 6 - Sept. 25 July 1 - Sept. 1	Daily shuttle service between the Prince of Wales Hotel in Waterton Lakes National Park in Canada and Many Glacier, St. Mary, Cut Bank Junction, and East Glacier. The hiker shuttle between Many Glacier and St. Mary connects to the free Going-to-the-Sun Road shuttle at the St. Mary Visitor Center. <i>The Glacier Park Inc. shuttles are a fee based system, assisting visitors on the east side of the park in connecting with the free Going-to-the-Sun Road Shuttle and with other east side destinations.</i>	
	Cash Machines			Automatic Teller Machines (ATMs) are available at Apgar, Lake McDonald Lodge, Many Glacier (hotel and motor inn), St. Mary, East Glacier, Rising Sun, and West Glacier	

Worship Services

Interdenominational and Roman Catholic services are held in campground amphitheatres and other locations within the park. For a listing of times and locations please consult a ranger in the campground or at one of the park visitor centers.