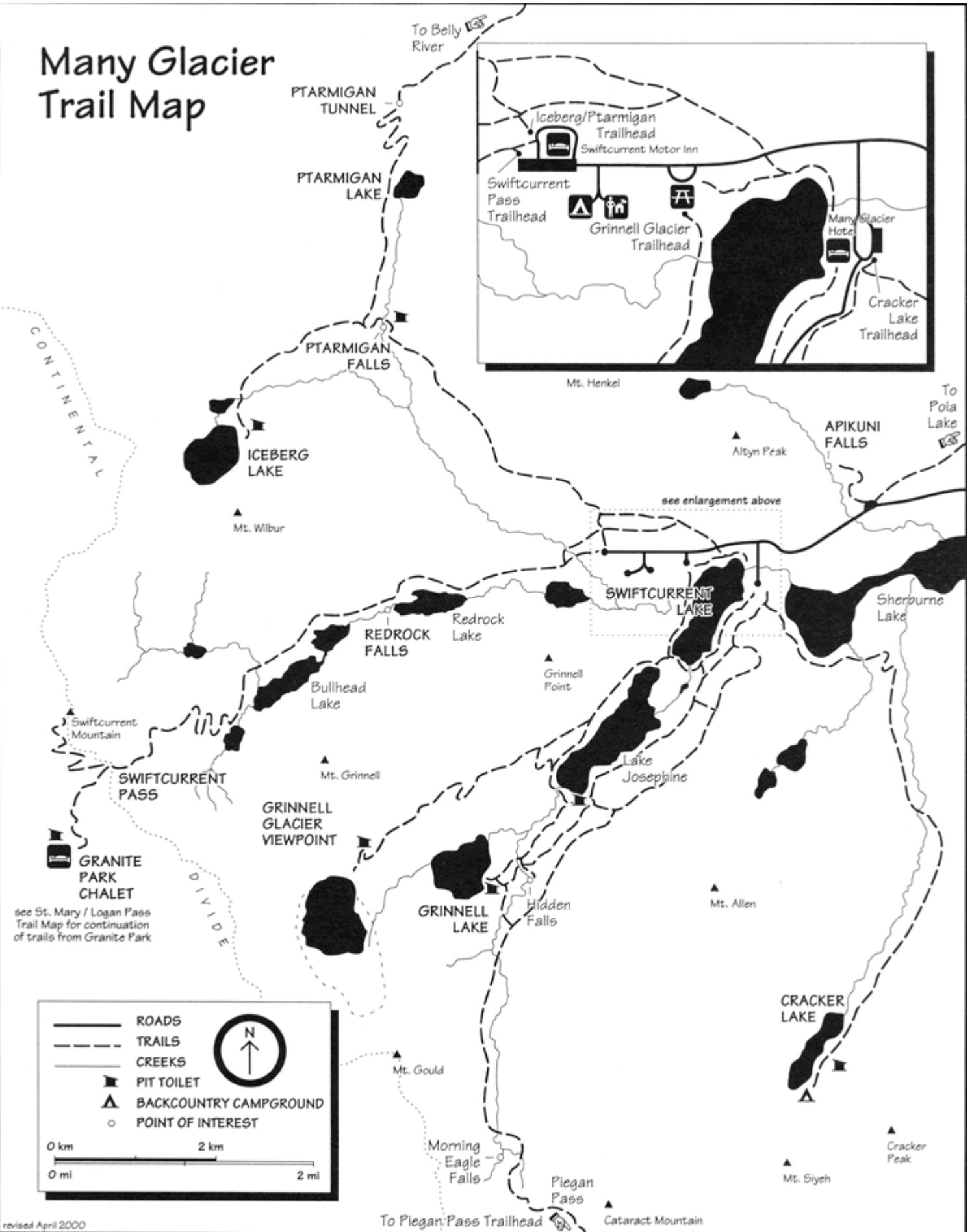


# Many Glacier Trail Map



revised April 2000



## Leave No Trace

Challenge yourself to learn and practice the following basic principles of Leave

No Trace outdoor ethics: Plan Ahead and Prepare, Camp and Travel on Durable Surfaces, Leave What You

Find, Properly Dispose of Waste, Minimize Campfire Impacts, Respect Wildlife, Be Considerate of Others.

Trail users are encouraged to consult with the park staff at the nearest available ranger station or visitor center for updated safety, weather, and trail condition information specific to that area.

# DAY HIKES IN THE MANY GLACIER VALLEY

## FOR YOUR SAFETY

- Check with a ranger about current hiking conditions and regulations.
- Pets are not allowed on any trails in Glacier National Park.
- Prepare for a variety of weather. Even in the middle of summer, it can be sunny in the morning, and rain, hail, or snow in the afternoon.
- Wear a hat and drink water to prevent heat stroke on hot days.
- Hypothermia is possible even on warm sunny days, especially if you become wet or if it is windy. Stay dry. Pack layers of clothing that can be put on or taken off as conditions warrant.
- Glacier's water is clear and cold, but may contain Giardia. Don't drink untreated surface water in the park.
- Traveling over snow or ice is dangerous. Never cross steep untreated snowfields without the proper equipment.
- Horses and mules have the right of way. Move off the trail on the downhill side and stand quietly until they pass.
- Do not cut across switchbacks, it scars the landscape, causes harmful erosion, and damages park resources.
- Bicycles are not permitted on trails in Glacier National Park.

## BEARS

### BEFORE STARTING YOUR HIKE, READ THE INFORMATION ABOUT BEARS IN THE WATERTON/GLACIER GUIDE.

- Hiking alone is not recommended. Hike in a group and stay together.
- Do not approach bears! They are exceptionally fast, and you can not outrun them.
- Don't surprise a bear. Let bears know you are coming by making noise. Bears will often move away if they hear people coming.
- Bells may not be as effective as many people believe. The human voice works better. Call out, sing, or talk loudly and often.
- Most hikers do not encounter bears, but people have been seriously injured, maimed, or killed by bears in Glacier.

### IF YOU ENCOUNTER A BEAR, THE FOLLOWING SUGGESTIONS MAY HELP.

- Talk quietly or not at all. Back away slowly! Stop if the bear seems to be getting agitated.
- Bend at the knees and turn sideways. You will appear smaller and less threatening.
- Use peripheral vision. Bears may often interpret direct eye contact as threatening.
- A charge may only be a bluff and the bear may stop. If the bear does not stop, fall to the ground in a fetal position to reduce the trauma of an attack.

TRAIL	TRAILHEAD	MILEAGE <small>one way</small>	ELEVATION
APPEKUNNY FALLS	Grinnell Glacier Wayside Exhibit 1.1 miles east of the Mary Glacier Hotel	1.0 mile	Climbs 700'
CRACKER LAKE	Cracker Lake Trailhead, south end of the Mary Glacier Hotel parking area	6.1 miles	Climbs 1400'
GRINNELL GLACIER	Grinnell Glacier Trailhead at the Mary Glacier Picnic Area or the south end of the Mary Glacier Hotel	5.5 miles or 3.8 miles via boat & hike*	Climbs 1600'
GRINNELL LAKE	Grinnell Glacier Trailhead at the Mary Glacier Picnic Area or the south end of the Mary Glacier Hotel	3.4 miles or 0.9 mile via boat & hike*	Climbs 60'
ICEBERG LAKE	Iceberg/Ptarmigan Trailhead behind the Swiftcurrent Motor Inn cabin area	4.7 miles	Climbs 1200'
PTARMIGAN FALLS	Iceberg/Ptarmigan Trailhead behind the Swiftcurrent Motor Inn cabin area	2.5 miles	Climbs 700'
PTARMIGAN LAKE	Iceberg/Ptarmigan Trailhead behind the Swiftcurrent Motor Inn cabin area	4.3 miles	Climbs 1700'
PTARMIGAN TUNNEL	Iceberg/Ptarmigan Trailhead behind the Swiftcurrent Motor Inn cabin area	5.2 miles	Climbs 2300'
REDROCK FALLS	Swiftcurrent Pass Trailhead at the west end of the Swiftcurrent Motor Inn parking area	1.8 miles	Climbs 100'
SWIFTCURRENT LAKE, NATURE TRAIL	Grinnell Glacier Trailhead at the Mary Glacier Picnic Area or the south end of the Mary Glacier Hotel	2.4 mile loop trail	Level trail
SWIFTCURRENT PASS	Swiftcurrent Pass Trailhead at the west end of the Swiftcurrent Motor Inn parking area	6.6 miles	Climbs 2300'

\* Boat trips depart from the Swiftcurrent Lake Boat Dock at the Mary Glacier Hotel.