

## Carson National Forest

# Hiking in Carson National Forest

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## Leave No Trace!

Thousands of visitors to Carson National Forest have a tremendous impact on the land. It's up to all of us to minimize our impact, to travel softly, leaving no trace of our visit so that future generations can enjoy the woods and mountains we all love.



### Campfires

Campfires can cause unnecessary signs of human presence and ugly scars on the landscape. Please use a portable stove instead.

If you must have a fire:

- Use only fallen, dead wood. Don't cut down snags, since animals rely on these for homes.
- Keep your fire small.
- Clear away duff and forest litter to prevent the fire from spreading. A fire ring isn't necessary!
- Never leave your fire unattended.
- Be sure it's dead out and leave no trace of your fire when you leave.

Remember, a candle can be a focus point for a group instead of a campfire!



### Can I Drink the Water?

The answer to this question is an emphatic yes - and no. No matter how clear or pure the water may look, it's a good idea to purify all unprotected water. Water-borne parasites, including *Giardia Lambia*, have been found in Carson National Forest water. Purification methods include chemical treatment, filtration, and boiling.

Fish, clean water and soap (even biodegradable ones) don't mix. Wash your dishes - and yourself - 200 feet from the water source.



### **Garbage**

Pack out everything you pack in. Burying, scattering or burning food scraps will only attract animals and leave a mess for other people.

### **Human Waste**

- Dig a hole 5 or 6 inches deep into the humus layer of soil, at least 200 feet from water.
- After use, cover the hole and microorganisms will do the rest.

### **Stay on the Trail**

Stay on the trail to avoid killing vegetation.

### **Group Size**

Keep your group size below 10 people. Larger groups have a much greater impact on the land and on other hiker's enjoyment.

### **Not everyone likes DOGS**

If you bring your dog hiking, have it under physical restraint at all times. Be considerate of other hikers. Carry a leash and use it when around other people, or as necessary - and don't forget to clean up after your dog.

Dogs are a lot like people. Hiking is hard work. If your dog has spent the winter lying under the couch, you can't expect him to be a "super dog" out on the trail. Hiking above treeline, or on rocky, exposed trails can be especially hard on the dog's paws.

Watch your dog for signs of stress and fatigue, making sure to give him plenty of rest and water as needed.



### **Hypothermia Myths**

In the past hypothermia was referred to as "freezing to death" or simply "exposure". This is misleading because many cases of hypothermia occur during the summer at temperatures well above freezing.

## What is Hypothermia?

It is lowering the inner core temperature of the body. If uncorrected, the victim can die within a few hours. During the summer, it most frequently strikes fatigued people who get wet and then are exposed to the wind. As air blows over the body, it removes heat very quickly, especially if the body is wet. As the body temperature decreases, even a few degrees, it is undergoing hypothermia. If this continues, cold will reach the brain, depriving the victim of judgment and reasoning power.

Initial Symptoms	Advanced Symptoms
<ul style="list-style-type: none"><li>• Shivering</li><li>• Lack of Coordination</li><li>• Fatigue</li></ul>	<ul style="list-style-type: none"><li>• Incoherence</li><li>• Listlessness</li><li>• Hallucinations</li><li>• Decreased Shivering</li><li>• Unconsciousness</li></ul>

**If you detect or suspect hypothermia in yourself or others take immediate steps to restore normal body temperature:**

- Get the victim out of the wind and rain.
- Remove wet clothing and replace it with dry garments.
- Keep the victim dry.
- If the victim is conscious, give warm drinks and high energy foods.
- In advanced cases, warm the victim yourself by skin-to-skin contact inside a sleeping bag to retain heat. Victims of hypothermia cannot produce enough heat of their own.

**Prevention is the best cure:**

- Avoid getting wet
- Beware of the wind
- Dress warmly
- Cotton next to the skin may keep the body damp
- Wool clothing will insulate even when wet



**If you encounter foul weather:**

- Start a warming fire
- Set up camp as soon as possible (while you still have an energy reserve)
- Stay put

**Even mild hypothermia symptoms demand immediate treatment!**

# Hiking Trails

Key to trail information:

(H=Hike | XC=Cross Country Ski | SS=Snowshoe | SM=Snowmobile | HB=Horseback | MB=Mountain Biking | W=Wilderness | ATV=All Terrain Vehicles)

(N=Novice | I=Intermediate | E=Expert)

- [4th of July Canyon \(H,HB,MB,SM\) \(E\)](#)
- [Agua Piedra Campground Trail 22 \(H,HB,MB,XC,SS,SM\)](#)
- [Alamitos Trail 19 \(H,HB,XC,SS,W\)\(N,I\)](#)
- [Amole Canyon \(H,MB,XC,SS\) \(N,I,E\)](#)
- [Cabresto Lake Road/Lake Fork Trail \(H,HB,MB,XC,SS,SM\) \(I,E\)](#)
- [Columbine Creek \(H,HB,XC,SS,W\) \(N,I,E\)](#)
- [Devisadero Loop Trail 108 \(H,MB\) \(E\)](#)
- [East Fork to Ditch Cabin \(H,HB,XC,SS\) \(I\)](#)
- [East Fork Trail 26 \(H,HB,XC,SM\) \(I,E\)](#)
- [Elliott Barker Trail \(H,HB,MB,XC,SS,SM\) \(N,I\)](#)
- [Exploration Road \(H,HB,MB,XC,SS,SM\) \(E\)](#)
- [Forest Road 795 \(H,HB,MB,XC,SS\) \(N,I\)](#)
- [Forest Roads 1892 & 1893 \(H,HB,MB,XC,SS\) \(N,I,E\)](#)
- [Middle Fork Lake FR 487 \(H,ATV,HB,MB,XC,SS,SM\) \(I,E\)](#)
  
- [Gallegos Peak Trail \(H,MB,ATV,XC,SS,SM\)](#)
  
- [Garcia Park Trail \(MB,XC,SS,SM\)](#)
  
- [Gavilan Trail \(H,HB,SS\) \(I,E\)](#)
- [Goose Creek \(H,HB,XC,SS\) \(E\)](#)
  
- [Greenie Peak/Midnight Meadows \(H,MB,ATV,XC,SS\)](#)
- [Horseshoe Lake/East Fork Trail 56 \(H,HB,XC,SS,W\)\(I,E\)](#)
- [Italianos Canyon Trail 59 \(H,HB,SS\) \(E\)](#)
- [Long Canyon / Bull-Of-The-Woods \(H,HB,XC,SS,W\) \(E\)](#)
- [Lost Lake Trail 91 \(H,HB,XC,SS\) \(I,E\)](#)
- [Manzanita Canyon Trail 58 \(H,HB,SS\) \(E\)](#)
- [Maquinita Canyon Trail \(H,HB,MB,XC,SS\) \(N,I,E\)](#)
- [Middle Fork Trail \(H,HB,XC,SS\) \(I\)](#)
- [Picuris Peak / Picuris Lookout \(H,HB,MB,XC,SS,SM\) \(I,E\)](#)
- [Pioneer Creek \(H,HB,MB,XC,SS,SM\) \(I\)](#)
- [PowderHouse-Little Costilla Peak Trail \(H,HB,MB,XC,SS\) \(I,E\)](#)
- [Rio Grande del Rancho Trail 18 \(H,HB,MB,XC,SS\) \(N,I\)](#)
- [Santa Barbara Divide to Ripley Point Trail 36 \(H,HB,XC,SS,W\) \(I\)](#)
- [Santa Barbara Trails 24,25 & 26 \(H,HB,XC,SS,W\) \(I,E\)](#)
- [Trampas Campground Trail 30 \(H,HB,XC,SS,W\) \(I,E\)](#)
- [Trampas Campground Trail 31 \(H,HB,XC,SS,W\) \(I,E\)](#)
- [Valle Vidal \(H,HB,MB,ATV,XC,SS,SM\) \(N,I,E\)](#)

- [West Fork Trail \(H,XC,SS,W\)](#)
  - [Wheeler Peak Trail 90 \(H,HB,XC,SS,W\) \(I,E\)](#)
  - [Williams Lake Trail 62 \(H,HB,XC,SS,W\) \(N,I\)](#)
  - [Bureau of Land Management Hiking Opportunities](#)
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