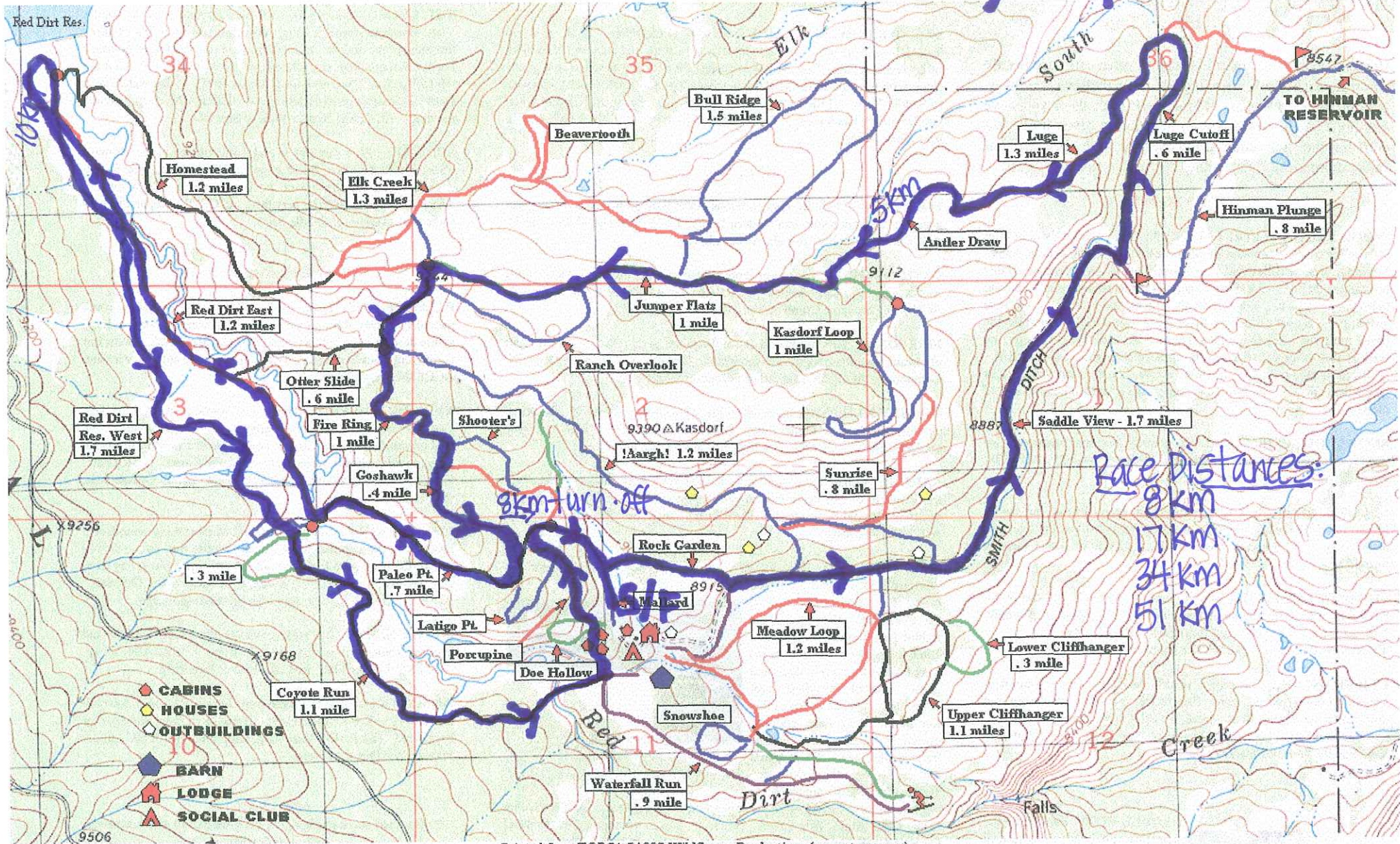


17 km/lap



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NOTE: COLORS DO NOT INDICATE DEGREE OF DIFFICULTY

PERMITTEE ARAPAHO/ROUTT/MEDICINE BOW NAT'L FOREST

HINTS FOR SAFER WINTER RECREATION

- * DO NOT SKI ALONE
- * INFORM SOMEONE OF YOUR ROUTE AND EXPECTED TIME OF RETURN
- * BE PREPARED FOR SUDDEN, DRAMATIC WEATHER CHANGES
- * CARRY A TRAIL MAP
- * GUARD AGAINST SUNBURN AT THIS ALTITUDE
- * ADJUST TO ALTITUDE GRADUALLY; DON'T OVERDO IT THE FIRST DAY
- * TAKE PRECAUTIONS AGAINST FROSTBITE AND HYPOTHERMIA, ESPECIALLY IN WINDY CONDITIONS WHICH PREVAIL IN OPEN TERRAIN
- * INQUIRE CONCERNING TRAIL CONDITIONS BEFORE LEAVING LODGE