

Plan Ahead & Prepare: Know the regulations and special concerns for the area you'll visit. Prepare for extreme weather, hazards, and emergencies. Schedule your trip to avoid times of high use.

Travel & Camp on Durable Surfaces: Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.

Dispose of Waste Properly: Pack it in, pack it out. Pack out all trash and food litter.

Leave What You Find: Preserve the past: examine, but do not touch or disturb historic structures and artifacts. Leave rocks, plants and other natural objects as you find them.

Respect Wildlife: Observe wildlife from a distance. Do not follow or approach them. Never feed animals. Protect wildlife and your food by storing rations and trash securely. Control pets at all times, or leave them at home.

Be Considerate of Other Visitors: Respect other visitors and protect the quality of their experience. Be courteous. Yield to other users on the trail. Step to the downhill side of the trail when encountering pack stock. Take breaks away from trails and other visitors. Let nature's sounds prevail. Avoid loud voices and noises.

Tips for High Altitude Travel

Learn About Your Destination: Many people plan trips to high altitude destinations and may not even know it. An easy way to check the elevation of your destination is to use a site like [ve-1000peak.com](http://www.1000peak.com).

Check With Your Doctor: If you decide you could possibly be at risk for altitude sickness, your doctor may prescribe appropriate medication.

Acclimate Slowly: Getting acclimated to higher elevations than you're used to can take anywhere from 1-3 days at a given altitude. At the beginning of your trip, consider spending a night or two at an "intermediate" altitude before going higher.

Watch What you Eat & Drink: Complex carbohydrates allow you to use oxygen more efficiently and help maintain your energy levels—both important factors in preventing altitude sickness. Plan on eating plenty of complex carbohydrates including whole grains, fruits, vegetables and legumes. Remember, you want to add water to your body, not deplete it. Avoid caffeine and alcohol and drink at least 8 glasses of water a day (even more if you're active).

Know the Danger Signs: Symptoms of altitude sickness can surface with even the healthiest athletes and are NOT a sign of weakness! Descend to a lower altitude if you experience moderate to severe levels of these symptoms: headaches, dizziness, loss of appetite, nausea/vomiting, fatigue/loss of energy, insomnia. In the unlikely event these above symptoms become unbearable, know who you can call in the event of a medical emergency.



Members of Rotary clubs represent a cross section of women and men in local communities who share a common desire to be a force for good. They've found that membership in Rotary provides the perfect venue to be of service through Rotary's countless local and worldwide projects that improve people's lives and promote world peace and understanding.

The businesses, services, and professions that Rotary members represent are dedicated to the Rotary motto, "Service Above Self" and each subscribe to Rotary's simple code of ethics called,

The Four Way Test of the things we think, say, or do:

1. Is It The Truth?
2. Is It Fair To All Concerned?
3. Will It Build Good Will And Better Friendships?
4. Will It Be Beneficial To All Concerned?

Founded in 1905, Rotary has the distinction of being the world's first and oldest service club. There are 1.2 million Rotary members in over 35,000 local clubs worldwide. To learn more, and how to become a member, visit the websites below:

Rotary International:

<https://rotary.org/en>



Denver/Foothills/Mountain Rotary Clubs:

<http://www.clubrunner.ca/portal/Organization/Meetings.aspx?accountid=50085>



Loveland Pass

Colorado



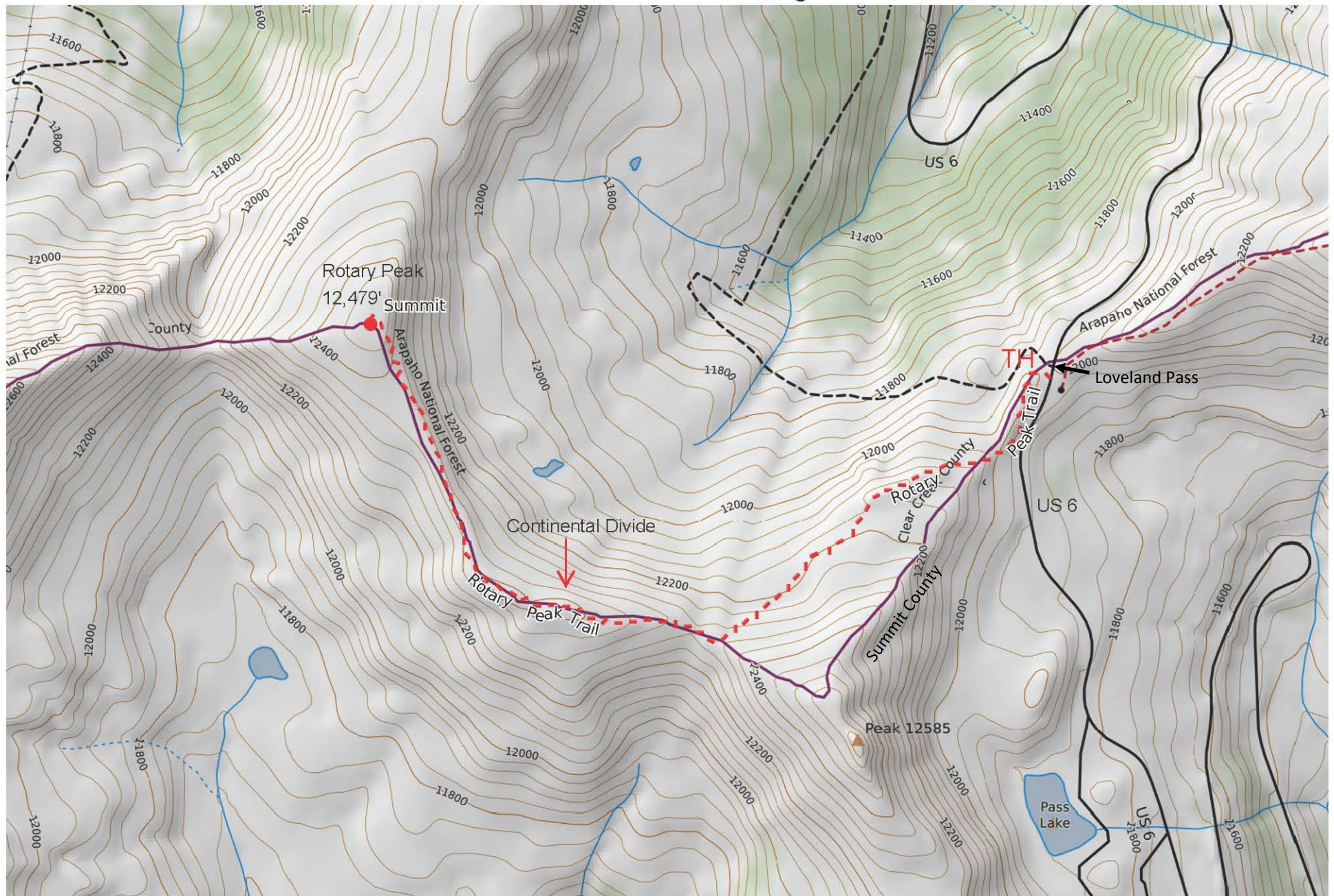
Provided as a public service by



Clubs in the Front Range and
Mountain Communities.

<https://rotary.org/en>

Loveland Pass - West Ridge Trails



Mercator Projection
WGS84
USNG Zone 13SDD
CalTopo.com



Rotary Peak Trail: 1.52 Miles

