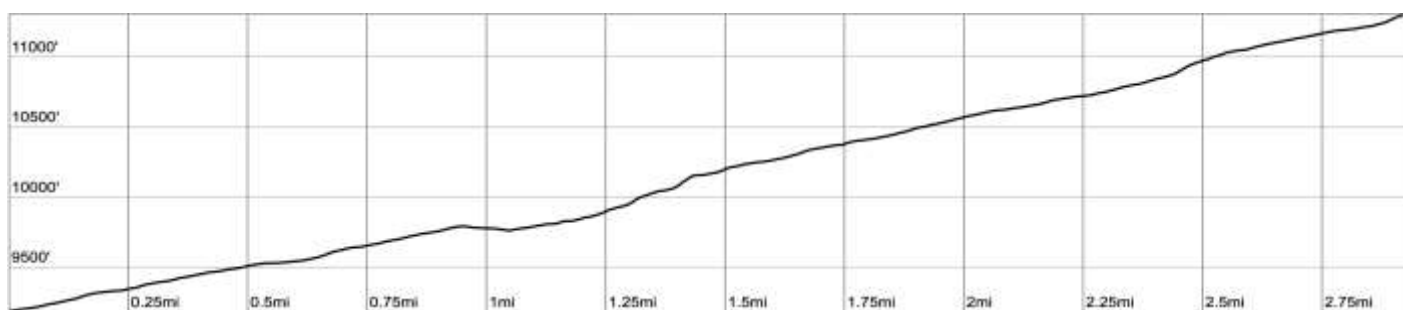


Jan. 31, 2021

Public Trail Information: Twin Sisters

Trail(s): Twin Sisters #830	
Ratings / restrictions:	Hikers - Difficult Stock - Extremely difficult (currently prohibited) Dogs: Prohibited Stock: Prohibited Bicycles: Prohibited See complete REGULATIONS below INFORMATION OF INTEREST
Cautions:	Lightning NO water
Typically accessible:	Year-round (see SEASONAL below)
Wilderness:	Rocky Mountain National Park Wilderness
One-Way Length:	3.4 miles (trailhead to west summit)
Beginning / Peak Elevations:	9,160/ 11,413
Gain/Loss/Net Gain:	2,157/33/2,124
Map(s) - Trails Illustrated:	#200 Rocky Mountain National Park
Map(s) - USGS 7-½' Quadrangles:	Longs Peak



NOTE: Stock is currently prohibited on this trail because of flood closure. Check with the National Park for updated status.

TRAILHEAD LOCATION:

Big Thompson & Estes Park Area: From Loveland, drive west on US-34 toward Estes Park. Drive to the town of Estes Park and turn left (east) at a traffic light onto US-36/CO-7. After about 0.5 mile, turn right (southeast) onto CO-7. The trailhead is located 6 miles south of Estes Park on CO-7. Turn left onto a dirt road at the sign to Twin Sisters. This road goes 0.2 mile to a turn-around. There is parking only on the right side of the road, with room for about 20 cars. Alternatively, you may park in either Lily Lake parking lot; there is one on both sides of CO-7. (Note: Twin Sisters is a USFS trail that starts on National Park land. The parking area at Twin Sisters trailhead does not require a National Park pass, but the Lily Lake parking areas do require a park pass.) Walk up the dirt road to the turn-around, walk left up a road and look for the National Park trailhead kiosk on your left.

TRAIL: Twin Sisters Trail is steep, rocky and rough. There are many high rock steps, for which poles may be helpful. The trail starts in Rocky Mountain National

Park, and goes back and forth between the National Park and National Forest. All of the Park land is considered Wilderness.

WATER: None

CAMPING: Not recommended; there are no RMNP backcountry sites on this trail, and there is no water available.

SEASONAL: The parking lot is accessible year-round, but the trail ascends to 11,413 ft. so snow may obliterate the trail. Since the trail is not marked for winter, its use is not recommended during that season.

DESCRIPTION: Twin Sisters Trail is very popular, especially in the summer with camp groups based in Estes Park, but it is steep, rocky, and rough for most of its length. For about the first 1.5 miles, much of the trail is steep and badly eroded, with large step-ups as it goes through lodgepole pine forest (poles may be helpful for the high rock steps). From 1.1 miles, however, there are some beautiful views, mainly to the west, of Longs Peak and beyond. At 1.3 miles, one crosses the steep side-slope of a landslide area with difficult footing, at which point the trail goes steeply uphill by way of some switchbacks. This may be the toughest section of the trail. At about 1.7 miles the

spruce-fir forest predominates, with many bristlecone pine and some aspen. At 2.9 miles one comes out of the trees and the views are stunning all the way to the summit. From the west summit one can see many mountain peaks along the eastern side of Rocky Mountain National Park. Look for marmots and pikas near the top.

INFORMATION OF INTEREST: The rock layers on this trail are 1.7 billion-year-old biotite schist and gneiss cut through periodically by the 1.4 billion-year-old Silver Plume granite.

Self-powered or battery-operated wheelchairs (non-modified) are permissible as long as they are suitable for indoor use.

Mileages provided are approximate.

REGULATIONS:

- Camping and Fires – Prohibited within 100 feet of water or trail; prohibited in the National Park without a permit.
- Dogs – Prohibited.
- Stock – Prohibited.
- Bicycles and Other Wheeled Conveyances – Prohibited.
- Motorized Transport and Equipment – Prohibited.
- Group Size – Maximum 12 people.

Mileage	GPS Coordinates: datum = WGS84	Lat/Long	UTM	
0	Twin Sisters trailhead	N40°18.19' W105°32.11'	454 ⁵¹² m	446 ¹⁵³⁸ mN
0.1	Enter USFS land	N40°18.19' W105°32.05'	454 ⁶⁰⁹ m	446 ¹⁵⁴⁵ mN
0.7	Enter National Park land	N40°17.98' W105°31.93'	454 ⁷⁷⁴ m	446 ¹¹⁵⁷ mN
2.1	Enter USFS land	N40°17.71' W105°31.42'	455 ⁴⁹⁰ m	446 ⁰⁶⁴³ mN
3.3	Saddle between summits	N40°17.34' W105°31.09'	455 ⁹⁵⁹ m	445 ⁹⁹⁵⁸ mN
3.4	Western summit	N40°17.35 W105°31.16'	455 ⁸⁵⁴ m	445 ⁹⁹⁸⁰ mN

(See next page for trail map.)

Twin Sisters

