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From Fourteeners to the Backcountry, Hike Colorado Right



From the crisp air against your skin to the endless opportunities sprawling before you on over 8.3 million acres of pristine public terrain, becoming immersed in nature is an exciting adventure. Colorado's backcountry offers thrilling opportunities to reach new heights and can be tremendously rewarding for all. Always remember to "Know Before You Go" and properly plan for adventures in the outdoors.

No matter the chosen activity — from hiking and camping to rock climbing and more — as visitors or residents plan to head off the beaten path, let's encourage them to Do Colorado Right. Help us share these important resources to inspire responsible Colorado outdoor recreation and exploration this summer.

Help Us Share the Care for Colorado Monthly Messaging

Resources from the Colorado Tourism Office and Leave No Trace:

- [Explore Colorado's Backcountry With These Safety Tips](#)
- [Hit Colorado's Trails Like a Pro With These Tips](#)
- [Do Colorado Right Like Hiking Enthusiast Nelson Holland \(three videos\) — Keep Our Trails Clean, Stay On the Trails & Stay Hydrated](#)
- [What are Fourteeners?](#)
- [Complete List of Colorado Fourteeners & Elevations](#)
- [How to Plan a Backcountry Trip](#)
- [Backpacking for Beginners](#)
- [Build a Backcountry Poop Kit](#)
- [Fluffing the Duff: A Backcountry Camping Skill](#)
- [How to Wash Your Dishes in the Backcountry](#)

Resources From the Care for Colorado Coalition:

Bureau of Land Management

- [Hiking on Public Lands Safety Tips](#)

Colorado Parks & Wildlife

- [Camping & Hiking in Bear Country](#)
- [Colorado Outdoor Recreation Search and Rescue Card](#)

Colorado Search and Rescue Association

- [Colorado Fourteeners Initiative Mountain Safety Video Series](#)
- [How to Handle a Backcountry Emergency](#)
- [I've lost The Trail ... Now What?](#)
- [Leave a Trip Plan](#)
- [PLBS & Satellite Messaging Devices: A Primer](#)
- [The 10 Essentials](#)
- [When Should I Call Search and Rescue?](#)
- [Wildlife Encounters in the Backcountry](#)

Colorado Mountain Club:

- [Hiking Safety Resources](#)

DarkSky Colorado

- [Be Gentle on the Night](#)

National Park Service

- [A Beginner's Guide to Wilderness and Backcountry-Hiking Prep](#)
- [About Hiking Safety](#)
- [Hike Smart](#)

UCHealth

- [A Spotlight on Sunscreen & Sunburns](#)
- [How to Stay Cool & Safe When Summer Temperatures Get Extreme](#)
- [Hut Trips in Colorado: Get Ready for a Serene Adventure in Colorado's Backcountry](#)
- [Keep Yourself Exploring: Preventing Hiking Injuries](#)
- [Know if You Have Altitude Sickness & When to Worry](#)

USDA Forest Service

- [Backcountry-Safety Tips](#)
- [Brave the Elements – Lightning](#)
- [Hiking](#)
- [Know Before You Go – Safety](#)
- [If You Get Lost](#)

#CareForColorado Social Media Posts

Share any of the social media posts below to encourage and inspire visitors to Care for Colorado on all their adventures. Easily use one (or all) of these ready-to-go social posts, or create your own thankful posts and add your own hashtag. Don't forget to tag @VisitColorado and @LeaveNoTraceOrg.

- Know Before You Go when hiking in Colorado. 🏔️ Check the weather forecast, pack for all types of weather and notify someone of your plans. #VisitColorado and #LeaveNoTrace
 - Before setting out on any Colorado hike, make sure you have adequate water (at least two quarts per person), sunscreen, enough clothing layers for changing conditions and a good map or GPS device. ✅ Keep in mind, cell service is not available on all of our Colorado trails. #VisitColorado and #LeaveNoTrace
 - Map out your hiking adventure with trail-mapping resources like the free Colorado Trail Explorer (COTREX). Be sure to bring a paper map, and consider putting a navigational app on your phone such as My GPS Coordinates. 📍🗺️ #VisitColorado and #LeaveNoTrace
 - Colorado's high elevation is inspiring, but the thinner air and lack of oxygen can lead to altitude sickness. 🤢 Practice patience by resting for at least 24 hours or longer at a lower elevation before heading up into the mountains. Drink twice the amount of water at elevation to stay hydrated and avoid alcohol while you're acclimating. #VisitColorado and #LeaveNoTrace
 - Colorado's search-and-rescue services are volunteer-based and free of charge, so never hesitate to call. 📞 Support these teams and their future life-saving expeditions by purchasing a [CORSAR card](#). A one-year card is only \$3 and helps fund expense reimbursement for search-and-rescue teams across the state. #VisitColorado and #LeaveNoTrace
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Care for Colorado Coalition "Hike Colorado Right" Success Stories

- UCHHealth has a [Get Out There-Summer Safety Tips page](#) with information on ticks, mosquitoes and water-borne illnesses, lightning strikes and dehydration.
 - Aspen Chamber Resort Association has a page on [Hiking Best Practices](#).
 - Grand County features [Hiking Safety Tips](#) on their Hiking and Backpacking page.
 - Mesa Verde Country has [Know Before You Go list](#) on their Hiking page, as well as downloadable hiking maps.
 - Pike Peak Outdoor Recreation Alliance has an article entitled [What Search and Rescue Workers Want You To Carry](#).
 - The Next Summit has a [Colorado 14ers FAQs page](#) with the Care for Colorado Leave No Trace Principles.
 - Visit Durango has a [How to Pack for Hiking](#) page.
 - Glenwood Springs features an article entitled [Preparedness Key to Outstanding Colorado Hiking](#).
 - Visit Ouray features [Hike Ouray Right](#).
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Care for Colorado Coalition News

- Please welcome new Coalition Partners: [City of Woodland Park](#), [Western Museum of Mining and Industry](#), [Saguache County Tourism Association](#), [Rio Grande County Tourism Board](#), [Glenwood Hot Springs Resort](#) and [Betty Ford Alpine Gardens](#).
- Leave No Trace is now accepting applications for Master Educator Course Scholarships. Scholarships of up to \$1,000 will be awarded to six individuals who are passionate about Leave No Trace and excited to educate their communities and beyond about protecting the outdoors. [Click here](#) to apply for a Master Educator Course Scholarship today. The deadline for applications is Friday, June 30.
- The CTO is now accepting applications for the Colorado Tourism Leadership Journey, a one-of-a-kind program aimed at managers and mid-career professionals who are seeking to grow their tourism-leadership skills. This tuition-based, year-long program creates an opportunity to strengthen leadership, communication and problem-solving skills. Participants can apply for the 2024 class until July 7, 2023. Visit the [program page](#) for more information on how to apply.
- DarkSky Colorado, working with VistaWorks, has created an educational toolkit called Colorado Stargazing: Protect the Night to provide guidance on using artificial light at night responsibly. This toolkit contains digital-media stills, a brochure and posters that can be printed and shared. There is also a toolkit to provide guidance for locations seeking an International Dark Sky Places certification. A Zoom meeting is scheduled for Wednesday, Aug. 9, at 7pm to go over the content and how to use it. This meeting is open to anyone who is interested in using the toolkit or who would like to learn more. We encourage interested parties to register at the link below:

About Care for Colorado Coalition

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