Medicine Bow Trail
BCM Course Area Guide
Backcountry

Trip Code ________________________
Team Leader ________________________
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Trail Information

Trailhead Name: Sheep Lake Trailhead
Trailhead Camp: Brooklyn Lake Campground
Libbey Creek/ Willow Campground

Permit (Expiration): Use Code 153, ID#BCH478 (12/31/2011)
Permit Pick-Up: Permit is in the Team Leader Trip Binder.

Wilderness Permit: N/A
Permit Pick-Up: N/A

Trail Name(s): Sheep Lake Trail
Quealy Trail
North Gap Lake Trail
Lost Lake Trail

Type of Trail: Loop
Mileage: 17.5 miles

Alternate Routes: Out-and-Back
Alternate Mileage: 24 miles

Trail Location: Medicine Bow National Forest
Brush Creek Hayden Ranger District
Snowy Range

Maps: BCM provides USGS Maps:
USGS Centennial
USGS Morgan
USGS Sand Lake
USGS Medicine Bow

Flora/Fauna: Rocky Mountain Wildflowers - Pocket Guide
Rocky Mountain Tree Finder (Nature Guild)
Mountain State Mammals (NatureStudyGuild)
Rocky Mountain Birds (Pocket Naturalist)

Weather Trends: Average High 75 °F / Average Low 40 °F
Trail Description

The trail to Medicine Bow Peak starts at 10,500’ at Brooklyn Lake and ascends to 12,000’ at the peak. Most of that elevation gain is during the 1.5 mile hike up the peak. While the high elevation keeps hikers winded, the trail is quite flat with only mild uphills.

Sheep Lake Trail winds through sub-alpine meadows full of wildflowers, around ponds and groves of spruce and fir, crossing a few creeks. From Sheep Lake, hikers approach the gravelly-peak next to Reservoir Lake, then continue past Reservoir Lake through similar terrain to the west side of Medicine Bow Peak.

Passing by Crescent Lake, North Gap Lake Trail starts in sub-alpine meadow, then turns rocky as it approaches North Gap Lake. On a cloudy day, the Gap Lakes are a striking blue-green color, while on sunny days they are a sparkling contrast against the Snowy Range peaks. From the Gap between North and South Gap Lakes, there is a great view of South Gap Lake and the lakes below Medicine Bow Peak and Sugarloaf Mountain. The Shelf Lakes are a nice lunch spot.

Lost Lake Trail starts in a subalpine meadow at the intersection with North Gap Trail. The rocks scattered around this trail (especially near Telephone Lakes) are very colorful including large jade-green or lavender-purple rocks. On a rainy day, the colors are even more intense. Ascending up to Lost Lake and heading back to Brooklyn Lake, the trail is sheltered by a forest of spruce, fir or lodgepole pine.

If the trip begins on a rainy day, consider starting at the unmarked Lost Lake Trailhead, exiting at Sheep Lake Trail. The only downside is that Lost Lake Trail is not as flat and mellow as Sheep Lake Trail.

The North Gap Lake Trail is popular for day hikers and fishermen. Avoid hiking past the Lost Lake Trail Sign, because there is a parking lot with pit toilets a short distance from that trail junction.
Route Description

Overview
Starting at Sheep Lake Trailhead at Brooklyn Lake, hike to a basecamp near Dipper Lake or Heart Lake. For an easy exit, return along Sheep Lake Trail. Or, return along North Gap Lake Trail and Lost Lake Trail.

Details
From Sheep Lake Trailhead hike along Sheep Lake Trail to Quealy Lake Trail. Continue on Quealy Lake Trail to the 4WD road and follow that to the pond just past Dipper Lake or all the way to Heart Lake. You may see or hear vehicles along the 4WD road. Try to reach Reservoir Lake, the first night on-trail. The alternative return is highly recommended for its scenery.

Ideally, on night 5, the team will camp along Lost Lake Trail, so they can have a quick hike out on day 6. The trail along North Gap Lake, passes over a pile of rocks on the lake-edge; shuttling backpacks may be necessary. If the group is low energy or it is late in the day, consider camping near Crescent Lake, and crossing the rock pile the next morning.

Brooklyn Lake Base Camp to Cutthroat Lake-3: 6.12 miles
North Twin Lakes-1 to Rock Creek Knoll: 0.83 miles
Sheep Lake-2 to Jeff & Mutt Lakes: 1.40 miles
Cutthroat Lake-3 to Deep Lake: 1.16 miles
Dipper Lake-5 to Summit-Medicine Bow Peak: 1.44 miles
Dipper Lake-5 to Heart Lake-6: 1.12 miles

Trail Elevation Profile*
Elevation Gain: 3,757 ft. Min. Elevation: 10,577 ft.
Elevation Loss: 3,715 ft. Max. Elevation: 12,000 ft.

* The elevation details and corresponding graphic pertain to the main route only—not alternate routes.
Camp Site Information

Favorites

0- Brooklyn Lake Base Camp (BLBC) - UTM 395840E 4580868N
Brooklyn Lake Campground is the preferred base camp.

2- Sheep Lake (SHEEP) - UTM 393556E 4583623N
Groups really enjoy camping next to Sheep Lake.

4- Reservoir Lake (RES) - UTM 390707E 4582511N
Reservoir Lake is a favorite place to camp, because it is a good distance from Dipper Lake and from the trailhead.

9- Telephone Lakes - UTM 393404E 4580100N
The rocks uphill from the lakes are impressively colorful. Closer to the lakes, the terrain flattens into a grassy area with groves of trees.

Good Alternative

1- North Twin Lakes (NTWIN) - UTM 396204E 4583194N
Southeast of Twin Lakes, the ground is wet. Camp on the northwest side. This would be a good place to camp if you got a very late start.

3- Cutthroat Lake (CUT) - UTM 392021E 4583114N

5- Dipper Lake (DIP) - UTM 387916E 4580314N
You can camp at Dipper Lake or at a pond just past Dipper Lake.

6- Heart Lake (HEART) - UTM 389272E 4580754N

7- Crescent Lake - UTM 391999E 4582165N
The lake is downhill from the trail in an open area with a few trees.

8- Lost Lake Trail - UTM 392403E 4579443N
Camp uphill from the trail among the dwarfed trees. Because the trees are short, the area feels open. The low areas around the ponds are too wet (and probably buggy) for camping.

10- Deep Lake - UTM 391988E 4584313N

Not Recommended

No information is available. Feedback would be great!

Refer to trail map for corresponding numbered campsites.
Map Legend
- Campsites (Not all sites are recommended.)
- Kitchen area
- Reported Water Source (River, Pond, Creek, Spring)
- Portages
- Point of Interest
- Hazards
- Fishing
- Main Route
- Alternate Routes

Points of Interest
No information available. Feedback is great!

Fishing
No information available.反馈 is great!
Hazards

The biggest hazards are afternoon storms and the public. Keep hydrated, wear sunscreen, and be self-aware, taking care of problems immediately. Sprains, strains, blisters, and river crossings are all possible hazards.

Standing dead trees (from beetles) are now called "Hazard Trees." These Hazard Trees may be with or without needles and can fall at any time.

Bears, mountain lions, moose, elk, deer, coyotes, skunks, porcupines, badgers are all amuck.

Parking and camping will need to be away from trees. Do not park in the shade.

Animals
- Black bears & rattle snakes are present but uncommon.
- Bees, wasps, and spiders are all possible hazards.
- Animals are wild. Do not approach any animal.

Poisonous Plants
- Poison Ivy and Poison Oak

Weather Hazards
- Afternoon storms are possible, but less common here.

Lightning Exposures
- Summit hike

No Water Between
- Take plenty of water on the summit hike.

Scree Slopes
- Summit hike

Refer to trail map for corresponding locations.
Summit

Medicine Bow Peak (MEDBOW) - UTM 389845E 4579601N
Summiting from the direction of Dipper Lake is easier than from the direction of Heart Lake.

One of the many spectacular views from atop Medicine Bow Peak.

Refer to trail map for corresponding locations.
Area History

These trails travel through national forest and a wilderness area, both public lands, owned by the federal U.S. government and protected from private commercial development, but for different purposes. The initial and continued mission of the National Forest Service, established in 1905 (within the Department of Agriculture), is: "...the greatest good of the greatest number of people in the long run." Focused on conservation, timber and mineral deposits are managed in a manner similar to agriculture or farmed crops.

Wilderness Areas were established with preservation in mind. The Congressional Wilderness Act of 1964 was approved to "secure for the American people of present and future generations the benefits of an enduring resource of wilderness." As such, Wilderness designation protects the area from roads, logging, oil and gas drilling, and any commercial enterprises. In part, to retain the quiet, motorized and mechanical vehicles and motorized equipment are not allowed.

Local Environment

The Rocky Mountain Range runs along fault lines where, 70 million years ago, collisions between tectonic plates resulted in uplift of the earth's crust. At the time, Colorado was covered by an ancient sea. Subsequent erosion, due to streams and glaciers, of the mostly granite rock created the valleys and rugged peaks of the Rocky Mountains. The last large earthquake in this region was in 1882. Another is expected in several hundred years.

Fun Fact: Frogs are disappearing from the area due to an amphibian chytrid fungus that is killing them. Researchers suspect that tiger salamanders, resistant to the fungus, are spreading it.
## Daily Outline

<table>
<thead>
<tr>
<th>Day</th>
<th>Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 1</strong> Willow Camp</td>
<td>- Expedition Preparation and Planning</td>
</tr>
</tbody>
</table>
| - Meet at BCM Office  
- Issue Individual Gear  
- Pre-trip teen surveys  
- Duffle Shuffle  
- Issue BCM Group Gear  
- Camp at Libbey Creek/ Willow Campground |
| **Day 2** | Camp at Reservoir Lake, preferably, or Cutthroat Lake. |
| **Day 3** IN THE FIELD | Camp at the pond past Dipper Lake or Heart Lake, or one of the Long Lakes |
| **Day 4** | Summit Medicine Bow.  
Stay at the same camp. |
| **Day 5** | Loop Route: Camp along Lost Lake Trail, preferably, or Cresent Lake  
Out-and-Back: Camp at Sheep Lake or Cutthroat. |
| **Day 6** Willow Camp | - Hike Out this morning  
- Clean gear  
- Laundry  
- Showers  
- Pick Up Breakfast for Day 7  
- Evaluations & Surveys (D/A Profile)  
- Celebration Dinner |
| **Day 7** HOME | - Call office with ETA  
- Coordinate with Youth Leader on how to get teens home.  
- Team Leader debrief with RPM (volunteers welcome, but not required to join.) |
## Curriculum Checklist

### Day 1
- Welcome
- Introductions & Ice Breaker
- Expectations
- Policies
- 7-Day Overview

### Day 2
- Trust Activity
- Policies Review

### Daily Activities
- Quote of the Day
- Reflection Roundtable
- Journaling

### Lessons
- Lost & Alone
- Camp Craft 101
- LNT
- Group Travel
- Food Waste Disposal
- Campsite Selection
- Health & Hygiene 201
- Cat-Holes
- Pack Packing
- Food Protection
- Water Treatment
- Lightning Safety

### Outcomes
- Set expectations, roles & responsibilities.
- Establish structure & daily routine.
- Build Trust.
- Establish common understanding of trip purpose.
- Reflect on physical and emotional stresses.
- Understand one is capable of overcoming & learning from challenges.
- Work as a team to overcome challenges.
- Support and encourage each other to overcome challenges.
- Peak hike: overcome challenges, reflect, and learn from experiences.
- Celebrate achievement.
- Create Meaning: How did we overcome challenges?
- Create Meaning: What are our strengths and weaknesses?
- Create Meaning: How do we transfer what we have learned home?
- Setting individual goals for the future.
- Record learning and achievement in something tactile that teens can take home with them as a reminder of their experience.
Team Leader Comments

This area will be used for free form comments from Team Leaders to future Team Leaders. Please use the Field Journal for feedback and comments.
### Emergency Information

<table>
<thead>
<tr>
<th>Location</th>
<th>Base Camp</th>
<th>Backcountry (On-Trail)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospital</td>
<td>Ivinson Memorial Hospital</td>
<td>Ivinson Memorial Hospital</td>
</tr>
<tr>
<td></td>
<td>255 North 30th Street</td>
<td>255 North 30th Street</td>
</tr>
<tr>
<td></td>
<td>Laramie, WY 82072</td>
<td>Laramie, WY 82072</td>
</tr>
<tr>
<td></td>
<td>Phone: 307.742.2141</td>
<td>Phone: 307.742.2141</td>
</tr>
<tr>
<td>911 Services?</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Local Contact</td>
<td>Albany County Sheriff</td>
<td>Brush Creek Hayden R. D.</td>
</tr>
<tr>
<td></td>
<td>525 Grand Ave, Suite 101</td>
<td>South HWY 130</td>
</tr>
<tr>
<td></td>
<td>Laramie, WY 82070</td>
<td>Saratoga, WY 82331</td>
</tr>
<tr>
<td></td>
<td>Phone: 307.721.5322</td>
<td>307.326.5258</td>
</tr>
<tr>
<td>Cell Phone Coverage?</td>
<td>Yes</td>
<td>Spotty</td>
</tr>
</tbody>
</table>

### BCM Phone Numbers

**Emergency Phone Number** 800.208.2483

If an emergency arises on trip that needs immediate assistance, call the emergency number first to reach a BCM staff member. If you do not receive a return call within 20 minutes, refer to the emergency contact sheet you received at the beginning of your trip or directly reach out to BCM staff. Regional BCM office numbers are listed below.

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Denver Office</td>
<td>303.271.9200</td>
</tr>
<tr>
<td>Chicago Office</td>
<td>847.636.0422 (cell)</td>
</tr>
<tr>
<td>Pacific NW Office</td>
<td>310.871.7557 (cell)</td>
</tr>
<tr>
<td>San Francisco Office</td>
<td>510.457.5743 (cell)</td>
</tr>
</tbody>
</table>

**Additional Emergency Information:** Laramie Ranger District: (307)745-2300

**Cell Phone Coverage:** No information is available. Feedback would be great!