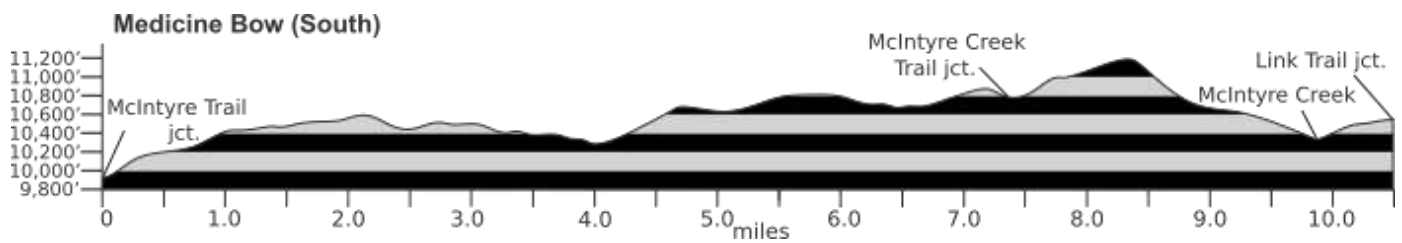


Jan. 2, 2021

## Public Trail Information: Medicine Bow (South)

Trail(s): southern portion of Medicine Bow #965	
Ratings / restrictions:	Hikers – Moderate Stock riders –Difficult Dogs must be on hand-held leash with hikers See REGULATIONS below INFORMATION OF INTEREST
Cautions:	Lightning in exposed alpine areas
Typically accessible:	Late June, after Laramie River Road is open
Wilderness:	Rawah
One-Way Length:	10.5 miles (from junction with McIntyre Trail at Ute Pass to junction with Link Trail)
Beginning / Peak Elevations:	9,986 (at Ute Pass) / 11,196
Gain/Loss/Net Gain:	2,370 / 1,771 / +599
Map(s) - Trails Illustrated:	#112 Poudre River Cameron Pass; #113 Cowdrey North Sand Hills; #114 Walden Gould; Mountain Jay - Rawah Wilderness
Map(s) - USGS 7-½' Quadrangles:	Rawah Lakes, Johnny Moore Mountain, Shipman Mountain



### **TRAIL LOCATION:**

The Medicine Bow Trail (South) is accessed at its north end via the McIntyre Trail, at its south end via the Link Trail, or about 7.5 miles from its north end via the McIntyre Creek Trail. See the McIntyre, McIntyre Creek, and Link trail descriptions for details.

**TRAIL:** The north end of the Medicine Bow (S) patrol can be accessed from the McIntyre Trail at Ute Pass (9.6 miles from the McIntyre trailhead). The south end of this patrol can be accessed from the Link Trail (8.4 miles from the Link trailhead) or from the Link Trail via the Rawah Trail (N) (9.8 miles from the Rawah trailhead).

The route of the entire Medicine Bow (South) Trail is marked in forested areas with occasional small galvanized trail reassurance markers mounted in trees 6 to 9 ft above the ground. Some of these are painted orange or red and some are unpainted. In more open areas, the trail is marked with rock cairns (2-3 ft high). Be vigilant in watching for trail markings. Be aware that outfitters use parts of this trail and have made other unofficial trails. When in doubt, stay high.

The trail is not heavily used and is generally in good condition.

**WATER:** **Scarce** Because this trail crisscrosses the spine of the Medicine Bow Range for most of its length as it travels south-southeast from Ute Pass, there are no sources of water on the trail. However,

along the northern 7 miles of this trail, the headwaters of numerous small, unnamed creeks are within 1/4 mile of the trail and might serve as water sources.

One such creek location is about 1/4 mile west of Ute Pass at East Sand Creek.

Another source is 7.4 miles from the junction with McIntyre Trail, 0.8 mile north of the McIntyre Creek trail junction. This is at a saddle on the trail at (N40°44.35' W106°00.49'), about 10,500' elevation. Go east and downhill off the trail about 1/4 mile to the headwaters of a small stream.

A third good creek location is just east down McIntyre Creek Trail, near the cabin, though this source may dry up by September. If there is no water here, it can be obtained 1.1 miles (and 700 ft elevation) down the McIntyre Creek Trail at or just below the highest of the McIntyre ponds.

Water is also abundant at the crossing of upper McIntyre Creek, near the trail's southern terminus at the Link Trail, 9.9 miles from the junction with McIntyre Trail.

**CAMPING:** A great camping area, large enough for multiple tents or stock (with grazing), is just a couple hundred yards up Medicine Bow North Trail, cutting off the trail and heading NE at Ute Pass.

Another good (dry) camping location is about 0.1 mile north of the McIntyre Creek Trail junction, at the top of a rise at N40°44.01' W105°59.86'. There is a flat

area on the east side of the trail with a number of good tent sites, and excellent views.

A third very nice option is just east of the junction with McIntyre Creek Trail. Go down McIntyre Creek Trail a short distance and turn right (east) into the woods at the cabin remains—there is a well-established campsite here with room for several tents and access to a stream (at least most of the summer).

A fourth good camping location is near the southern terminus of this trail 1/2 mile before its junction with the Link Trail. The location is on a bench east of and overlooking the trail's crossing of upper McIntyre Creek at approx. GPS N40°43.2' W105°57.7'. There is room for several tents and abundant water is close by in upper McIntyre Creek.

**SEASONAL:** Not accessible in winter, as Laramie River Road is not plowed.

**DESCRIPTION:** This description goes from north to south since the trail is less strenuous to traverse in that direction.

The trail rises through dense forest for about 0.5 mile over an eroded, steep slope, then has a moderate incline until about 2 miles from Ute Pass before reaching the first of wonderful views across North Park.

For the next 5.5 miles until one reaches the McIntyre Creek Trail junction (in an open grassy area), there are multiple crests with great views in all directions.

#### **REGULATIONS:**

- Camping and Fires – Prohibited within 200 feet of water or trail. Wood fires prohibited above 10,800 feet elevation (Rawah Alpine Closure Area).
- Dogs – Must be on hand-held leash with hikers, voice control with stock.
- Stock – To avoid spreading noxious weeds, recommend beginning 72 hours prior to the ride, stock should be fed only pellets or certified weed-free hay. Required: throughout the trip, stock *must* be fed only pellets or certified weed-free hay.
- Bicycles and Other Wheeled Conveyances – Prohibited.
- Motorized Transport and Equipment – Prohibited.
- Group Size – Maximum 12 people and stock, combined.

One can see all of North Park to the west, southwest, and northwest, Wyoming's Snowy Range to the north, the Laramie River valley and Shipman Park to the east and northeast, and the Medicine Bow Mountains to the south.

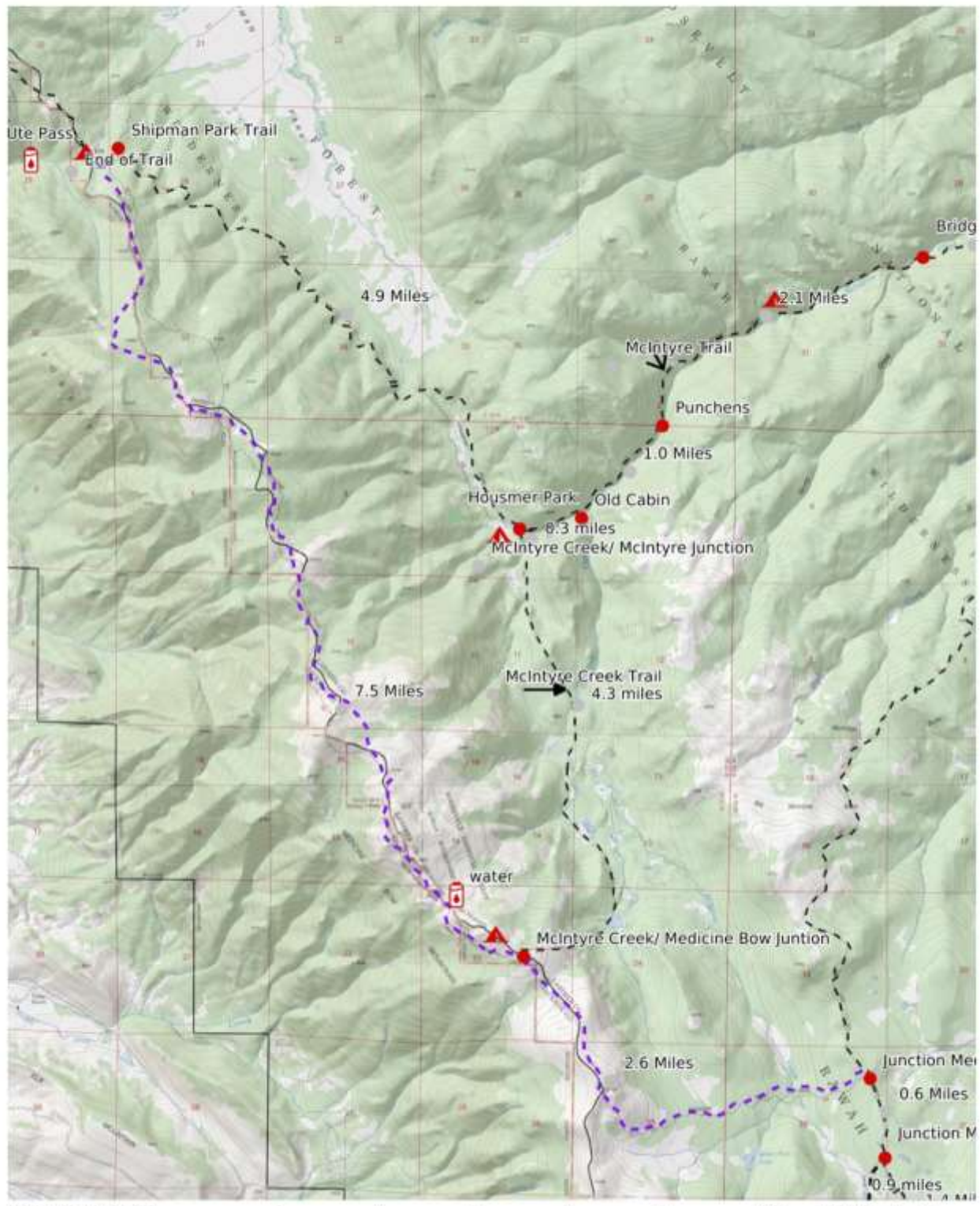
The junction with the McIntyre Creek Trail is marked by a 4-foot tall rock cairn with a signpost and sign. Continuing southeast along the large grassy area, the route is marked by a large tree stump followed by a number of rock cairns. Again, there are beautiful views. The trail climbs quite steadily for about a mile to the high point, then descends steeply downhill, heading toward the base of a large rocky outcrop. At the base of this rock outcrop the trail turns sharply to the south, descending via switchbacks toward a forested drainage.

From the top of the forested drainage, the trail turns to the east. The trail meanders eastward following a path marked with a lot of small (1-2 ft) rock cairns, passes through a small boggy area (with small rock cairns at each end), and eventually crosses upper McIntyre Creek. The trail then climbs gently uphill for about 0.5 mile to its junction with the Link Trail.

**INFORMATION OF INTEREST:** Colorado's northern Utes traversed Ute Pass from the east to North Park. It is the lowest pass across the Medicine Bow Mountains in this area. It was also the first wagon road access from the plains to North Park.

<b>Mileage</b>	<b>GPS Coordinates: datum = WGS84</b>	<b>Lat/Long</b>	<b>UTM</b>
0	"trailhead" with McIntyre Trail near Ute Pass	N40°48.50' W106°03.02'	411409mE 4518011mN
0.2	recommended campsite near Ute Pass	N40°48.63' W106°03.11'	411285mE 4518253mN
7.4	junction with McIntyre Creek Trail	N40°43.87' W105°59.70'	415979mE 4509390mN
10.0	McIntyre Creek crossing	N40°43.27' W105°57.84'	418585mE 4508252mN
10.0	recommended campsite	N40°43.32' W105°57.80'	418642mE 4508343mN
10.5	end of trail at junction with Link Trail	N40°43.35' W105°57.32'	419318mE 4508391mN

**(See next page for map of trail).**



Mercator Projection  
 WGS84  
 USNG Zone 13TDF  
 CALTOPO

