

Spring can bring beautiful weather to the Denver-metro area. It is also the time when you should have a heightened awareness of the potential for flash floods along our trail system.

Keeping Informed:

NOAA Weather Radio - Is one of the best means to receive updated weather watches and warnings. The National Weather Service recommends purchasing radios that include a battery backup and a tone - alert feature that automatically alerts you when a watch or warning is issued.

Watches and Warnings:

Severe Thunderstorm Watch - Means that conditions are favorable for thunderstorms to produce wind gusts to 58 mph or stronger and hail to 3/4 inch or larger in the watch area. These watches are normally issued for a 4 to 6 hour time frame.

Severe Thunderstorm Warning - Means that a severe thunderstorm has been detected by radar or a trained spotter.

Flash Flood Watch - Is issued when heavy rain may develop.

Flash Flood Warning - Is issued when flash flooding has developed or is imminent.

Urban and Small Stream Flood Advisory - Is issued when local flooding of small streams, streets, or low lying areas such as highway underpasses is occurring or imminent.

Lightning:

Over 40 million lightning strikes occur each year in the United States. In Colorado, lightning is a significant natural hazard. A bolt of lightning is over 50,000 degrees Fahrenheit, and will strike twice in the same location. Lightning can branch off of trees, fences, poles, or tall objects to strike people. In addition, you do not have to be directly under a thunderstorm for lightning to be a threat. Lightning can strike several miles away from the thunderstorm. The peak seasons for lightning are spring and fall.

Lightning Safety Tips

Outside:

1. Do not stand under or near an isolated tree or small group of trees.
2. If caught in an open area with no buildings nearby, seek refuge in a canyon (but be alert to flash flooding!)
3. If you feel your skin tingle or hair stand on end, drop to your knees and crouch. (Lying flat on the ground will cause lightning to more easily pass through vital organs.)
4. If you're inside a hardtop vehicle, stay inside; this is one of the safest places to be in a thunderstorm.
5. Stay off all bodies of water.

Flash Flood Safety Tips:

Inside - If ordered to evacuate or if rising water is immediate threat, leave immediately and get to higher ground.

Outside - Go to higher ground immediately. Stay away from small rivers or streams, low spots, canyons. Do not allow children to play around streams, drainage ditches or viaducts, storm drains, or flooded areas.

Denver Parks & Recreation
Department 601
201 West Colfax
Denver, Colorado 80202

Denver Urban Trails

Waterway Trails Map & Information
Denver Parks & Recreation



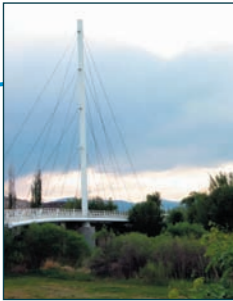
Denver's Trail System

Denver Parks and Recreation offers more than 300 urban parks, 29 recreation centers, 14,000 acres of mountain parks, including two bison herds and seven golf courses. But did you know that the City also offers more than 80 miles of urban trails within the City & County of Denver, offering ample opportunity for riding, running, jogging or just strolling? Use this informative guide to find out everything you need to know to be an urban trail blazer right in the heart of the City.



For more information on Denver's Urban Trail System, visit www.denvergov.org/South_Platte_Denver_Parks

Clear Creek Trail	19.80 Miles
South Platte River west to Sheridan	9.00 Miles
Sheridan Blvd west to Prospect Park (Wheat Ridge)	5.50 Miles
Prospect Park/44th Ave to Hwy 6 in Golden	5.30 Miles
For information on the Clear Creek Trail in Jefferson county visit www.jeffco.us/openspace	



Clear Creek Trail at Sheridan Ave



Confluence Park



Cherry Creek Trail



Sand Creek Regional Greenway

South Platte River Trail (from Chatfield Reservoir to 104th Ave)	28.05 Miles
Northside Park/Adams county north to 104th Ave (Northglenn)	9.00 Miles
For more information on the South Platte River Trail in Adams county visit www.co.adams.co.us	

Sand Creek Regional Greenway	14.00 Miles
For information on trails visit www.auroragov.org/AuroraGov/Departments/Parks__Open_Space/index.htm	
Star K Ranch - Morrison Nature Center 303.739.2428	
www.sandcreekgreenway.org	

Cherry Creek Trail in Denver	12.80 Miles
Confluence Park to Colfax	1.03 Miles
Colfax to Broadway	1.08 Miles
Broadway to University Ave	1.89 Miles
University to Colorado Blvd	1.27 Miles
Colorado Blvd to Holly	1.28 Miles
Holly to Quebec	1.34 Miles
Quebec to Iliff	.91 Miles
Iliff to Havana	2.18 Miles
Havana to I-225	.89 Miles
I-225 to Cherry Creek Dam Rd	.92 Miles



Intersection of Cherry Creek Trail and High Line Canal Trail

South Platte River Trail in Denver	11.32 Miles
Dartmouth Ave to Evans Ave	1.53 Miles
Evans Ave to Alameda Ave	1.56 Miles
Alameda Ave to 8th Ave	2.65 Miles
8th Ave to Lakewood Gulch Trail	.73 Miles
Lakewood Gulch Trail to 15th St/Confluence Park/Cherry Creek	1.30 Miles
15th St to 38th St	2.22 Miles
Globeville Landing to Adams County Line	1.33 Miles

Lakewood Gulch Trail	2.27 Miles
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Sanderson Gulch Trail	3.44 Miles
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High Line Canal Trail	52.80 Miles
Sand Creek Regional Greenway to Cherry Creek Trail	17.00 Miles
Cherry Creek Trail to South Platte River Trail/Chatfield Reservoir	35.80 Miles
For information visit www.denverwater.org/recreation/highline.html	

Bear Creek Trail	13.55 Miles
South Platte River west to Lowell Blvd	1.40 Miles
Lowell Blvd to Wadsworth Blvd	2.10 Miles
Wadsworth Blvd to Kipling St	1.75 Miles
Kipling St to Fox Hollow Golf Course	1.80 Miles
Fox Hollow Golf Course to Morrison (Hwy 8)	6.50 Miles
For information on Bear Creek Trail in Jefferson county visit www.jeffco.us/openspace/ www.lakewood.org Bear Creek Lake Park Visitor Center 303.697.6159	



Bear Creek Trail in Denver

South Platte River Trail from C-470 Trail to Dartmouth Ave	7.55 Miles
For information on trails visit www.ssprd.org www.douglas.co.us/publicworks/parksandtrails/index.html	



High Line Canal in Douglas County

Trails Etiquette

- Be courteous
- Yield to other users on the trail
- A general rule of thumb is that the person climbing up hill has the right of way.
- Schedule your trip to avoid times of high use.
- Visit in small groups. Split larger parties into groups of 4-6.
- Respect other visitors and protect the quality of their experience.
- Unless passing or being passed, try to maintain separation between yourself and other hikers.
- Avoid loud voices and noises.
- Know the regulations and special concerns for the area you'll visit.
- Pack it in, pack it out. Pick up other peoples trash.
- Leave rocks, plants and other natural objects as you find them.
- Walk single file to the right of the trail, even when wet or muddy. Do not cut switchbacks.
- Stay on the trail!
- Always walk, skate and bike to the right – pass on the left
- Keep your dogs on a leash
- Don't block sidewalks or impede motorists unnecessarily when crossing streets