

Fall River Ridge Cross Country Ski Trail Guide
Caribou-Targhee National Forest
Ashton/Island Park Ranger District

❁ TRAIL DESCRIPTION ❁

❁ Loop 1: 2.2 miles long and is an excellent area for the beginning skier. The terrain is mostly flat, with a few short gentle slopes making it a great place to learn.

❁ Loop 2: 3.5 miles (3.9 miles long if you take the perimeter around Loops 1 and 2) is mostly intermediate level skiing (more difficult) with a few short runs for the advanced skier (most difficult). The terrain is flat with some moderate slopes through trees and open meadows.

❁ Loop 3: 7.7 miles round trip (perimeter - Loops 1, 2, & 3) is mostly intermediate level skiing (more difficult) with a few areas for the advanced skier (most difficult). Terrain is flat through open meadows with a few moderate slopes. On the far east side of this loop there is a steep uphill climb to the ridge (if you are skiing the trail clockwise) - use caution at this point if you ski the loop counterclockwise. This loop is an excellent opportunity for endurance skiing because of its location and length.

WILDLIFE

Give animals the right of way. Deer, elk, and moose work hard to survive during the winter.

They also may become aggressive and charge at you if disturbed.

Observe them from a distance.

HYPOTHERMIA

Hypothermia is the mental and physical breakdown from overexposure to cold and/or wet conditions. Signs may include shivering, disorientation, stumbling, and drowsiness. To treat; restore body temperature with warm drinks, body contact, and blankets. Prevent hypothermia by eating before you leave, staying warm and dry and avoiding exhaustion.

FROSTBITE

Frostbite is caused by exposure of skin to subfreezing temperatures. It can be recognized by loss of feeling and a dead white appearance of the skin. If affected, DO NOT RUB. Restore body temperature as rapidly as possible, preferably in a water bath of 105° or less. Seek a location, as soon as possible, where treatment can be obtained.

LEAVE NO TRACE

Winter time presents unique challenges in minimizing your impact on the land. Please follow these recommendations during your ski trip.

Human Waste

In winter, with snow covered ground, utilize toilets where available. Where toilets are not available deposit fecal material on the snow surface at least 200 feet from all water sources in areas not likely to be discovered by others. Burn or pack out used toilet paper. Yellow snow creates a visual impact, always cover urine stains with snow.

SAFETY CHECKLIST

- * Leave word with someone on your destination and time of return.
- * Proper clothing to suit weather conditions. Use layers of clothing.
- * Extra food
- * Matches
- * First Aid Kit
- * Candle and Lighter
- * Flashlight and Whistle
- * Tarp for temporary shelter
- * Map and Compass
- * Hatchet
- * Water
- * Know the weather forecast!

EMERGENCY PHONE NUMBERS

Ashton Ranger Station	(208) 652-7442
Island Park Ranger Station	(208) 558-7301
Harriman State Park	(208) 558-7368
Sheriff	911
Ambulance	911
Idaho State Police	(208) 525-7277
Cellular	Dial *ISP

SNOWSHOERS and PEOPLE with SLEDs

Snowshoers and people pulling sleds should stay to one side of the groomed trail in order not to destroy the set track.