

The Medicine Bow Rail-Trail is a non-motorized trail that has been converted from a portion of the abandoned Laramie, Hahns Peak and Pacific Railroad. Construction of trail began in the summer of 2005 and is expected to continue through the fall of 2007.

The Rail-Trail has a hard-packed gravel surface averaging 10 feet wide. Grades and curves are very gentle and suitable for users of varying abilities. The trail is 21 miles from the Pelton Creek Trailhead in the south to the Dry Park Trailhead in the north.

As of the spring of 2007, seventeen miles of the rail-trail have been substantially completed. Those sections are from the Pelton Creek Trailhead to the Woods Creek Trailhead (11 miles) and from the area of Foxpark to the Lake Owen Trailhead (6 miles).

The Pelton Creek, Woods Creek and Lake Owen Trailheads are open for use. All three have accessible vault toilets and picnic tables. Lake Owen has a hand pump for water.

The remainder of the rail-trail and trailheads will be under construction during the summer of 2007. Please be aware that there still may be some construction work at any point along the trail or at the trailheads while the finishing touches are being made.

**The Medicine Bow Rail-Trail was developed in partnership with:**

- Laramie Bicycling Network (Bikenet)
- Cycle Wyoming
- Wyoming Department of Transportation
- Federal Highways Administration
- U.S. Forest Service Century of Service Grant



	Pelton Creek	Vienna	Woods Creek	Lincoln Gulch	Lake Owen	Dry Park
Pelton Creek	##	6	11	14	19	21
Vienna	6	##	5	8	13	16
Woods Creek	11	5	##	3	8	11
Lincoln Gulch	14	8	3	##	5	7
Lake Owen	19	13	8	5	##	2
Dry Park	21	16	11	7	2	##



**Trail Use**

- Observe the system of courtesy yielding shown to the left.
- Avoid trail usage after heavy rains and during snowmelt.
- Mileages are approximate and should be used for general reference purposes only.
- Dogs are permitted on the trail, however the following must be observed in order to continue this privilege:
  - Dogs must be leashed or under voice control at all times.
  - It is the owner's responsibility to ensure that their dog does not interfere with other users' safety & enjoyment.
- Trailhead logbooks are for management and reference purposes. They are only checked for your return if someone reports you missing.
- The section of rail bed through the area of Foxpark is not open for public use. Please use Forest Roads 512 and 517 to avoid the private land.

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**MEDICINE BOW RAIL-TRAIL**



USDA Forest Service  
Medicine Bow-Routt  
National Forests

**Laramie Ranger District**  
(307) 745-2300

**Season Pass or Day Use**  
**Parking Fee Required at**  
**Developed Trailheads**



# FOLLOW THE TRACKS ON THE MEDICINE BOW RAIL-TRAIL

## SUSTAINING RESOURCES

Follow the tracks of the Laramie, Hahns Peak, and Pacific Railroad, and learn how it hauled timber, coal, and cattle to support the livelihood of early loggers, miners and ranchers. The Medicine Bow National Forest still supports diverse wildlife, wetlands, forests, grazing lands, natural and historic features, and recreation opportunities.

Please help protect these resources for future generations.

### TRAIL ETHICS

- ⊗ Motorized vehicles are prohibited on the trail.
- ⊗ Stay on trail to reduce erosion.
- ⊗ Control dogs by leash or voice.
- ⊗ Pick up after your dog.
- ⊗ Respect private property and closures.
- ⊗ Leave structures and artifacts intact for future visitors to enjoy.
- ⊗ Avoid introducing noxious weeds - check your bike for "hitchhikers."

### BE AWARE

#### ⊗ WEATHER:

Clear, sunny days can quickly turn to afternoon thunderstorms. For your safety, carry raingear. Snow is possible any time of year.

#### ⊗ HIGH ALTITUDE SICKNESS:

This trail is over 9,000 feet elevation. Drink plenty of water. Watch for symptoms: Headache, nausea, shortness of breath, loss of appetite and insomnia. Descend immediately if these symptoms persist and seek medical advice.

#### ⊗ WILDLIFE:

Respect wildlife. Never approach or feed any wild animal. Be aware of your surroundings and monitor young children. Wildlife you may see include: moose, mountain lion, black bear, elk, deer and antelope.

### LEGEND

	Forest		Campground
	Road		Trailhead
	State Hwy		Winter Trailhead
	Rail Trail		Forest Land
	Historic Rail Line		State Land
	Stream		Private Land
	Hiking Trail		

