

SPRING MOUNTAINS

NATIONAL RECREATION AREA

2009-2010 VISITOR GUIDE



Welcome to the Spring Mountains National Recreation Area

This year-round recreation area offers camping, picnicking, hiking, and other activities in the warmer months, and opportunities for snow-based activities in winter. Recreation tips and information in this visitor guide will help you enjoy your visit and protect the Spring Mountains for plants and animals who depend on this "island in the desert."



SPRING MOUNTAINS – MT. CHARLESTON AREA: Visit Kyle and Lee Canyons where you will have access to five picnic areas, six developed campgrounds, and over 50 miles of hiking trails, many entering into wilderness areas. Paved highways and spectacular scenery create exceptional opportunities for scenic driving.



SPRING MOUNTAINS – WEST SIDE: The west side of the Spring Mountains, accessed by rugged dirt roads from areas around Pahrump, Cold Creek, and Mountain Springs, offers wide open spaces for off-highway vehicle (OHV) use and dispersed camping. There are no developed campgrounds or picnic areas with restrooms and picnic tables on the west side of the Spring Mountains.



HUMBOLDT-TOIYABE NATIONAL FOREST • USDA FOREST SERVICE

TIPS & MORE



HANDY NUMBERS AND WEB SITES

- **EMERGENCY: 911**
- Las Vegas Metropolitan Police Department: **702-229-3111**
- Spring Mountains National Recreation Area Visitor Information: **702-872-5486** or fs.fed.us/r4/htnf/districts/smnra/
- Spring Mountains National Recreation Area Administrative Office: **702-515-5400**
- Spring Mountains National Recreation Area Fire Information: **702-631-2350** or www.fs.fed.us/r4/htnf/fire/
- Nevada Division of Wildlife (hunting and fishing): **702-486-5127**, www.ndow.org
- Nevada Highway Patrol: **702-486-4100** or www.nhp.nv.gov
- National Recreation Reservation Service (campground reservations): **877-444-6777** or www.recreation.gov
- Weather information: www.weather.gov

SUGGESTIONS FOR AN ENJOYABLE TRIP

- Have a full tank of gas. No fuel or mechanical services are available in the mountains.
- Water is scarce in the Mountains except at developed picnic areas and campgrounds.
- Cell phones often have sporadic or no reception in the Spring Mountains.
- To report forest fires call: **702-631-2350**.

HELP KEEP THE MOUNTAINS CLEAN!

Clean up all of your trash and put it in a dumpster or take it home. Visitors and wildlife count on you to keep the mountains clean.

BE COURTEOUS!

Be understanding and courteous of other visitors and their activities. While hiking, you may see horseback riders and mountain bikers. While riding your OHV, you will be prohibited from some trails to enable others to experience a different kind of recreation.

GET AWAY FROM THE CROWDS

If you are looking for solitude, consider visiting on weekdays when areas are less crowded.

PRIVATE PROPERTY

There is private land within the Spring Mountains National Recreation Area. Make sure you know where you are and stay on National Forest lands. Detailed forest maps are available at the Spring Mountains Visitor Center and administrative office.

WILDERNESS AREAS

The Spring Mountains National Recreation Area has three wilderness areas – Mt. Charleston, La Madre Mountain, and Rainbow Mountain (also in the Red Rocks National Conservation Area) and the Mt. Stirling Wilderness Study Area which is managed as if it were a designated wilderness area. Special rules help protect these areas. Watch for wilderness boundary signs so you'll know when you've entered the wilderness area. Motorized vehicle use, bicycles, mechanized equipment, and geocaching are not allowed in the wilderness areas.

DON'T ERASE THE TRACES OF AMERICA'S PAST

Archaeological and historic sites hold clues to America's past. If disturbed, a part of our heritage may be lost forever. Sites and artifacts on federal lands are protected by federal law. If you discover such remains, please leave them undisturbed.

A GLIMPSE INTO THE NATURAL HISTORY



The Spring Mountains provide a forested, spring-fed oasis in the Mojave Desert of southern Nevada. The mountains offer a haven for wildlife, a cool retreat for visitors to get away from the valley heat, a storehouse of forest resources, and a vital watershed fed by numerous springs. Charleston Peak is the crown jewel of the mountain range. Rising to 11,918 feet, the peak is the third highest in the state and the only peak in southern Nevada that rises above timberline.

The Spring Mountains formed after sedimentary rock was laid down as part of an ancient sea bed. It has been folded and faulted and then uplifted and eroded to form peaks and spectacular cliffs. Water from rain and snow percolates through the porous and fractured limestone and dolomite rock to flow underground, eventually emerging as springs. Over 100 of these springs create the namesake for the mountain range.

Because of the wide range in elevation, the Spring Mountains National Recreation Area encompasses an amazing array of "life zones." Desert plants like sagebrush and Joshua Trees dominate the desert life zone at lower elevations. Ascending to mid-elevations, desert vegetation is replaced by a Pinyon-Juniper ecosystem and then by forests of Ponderosa Pine and other coniferous trees. Bristlecone Pines – possibly the world's

oldest living organisms - appear at treeline. These diverse life zones support a wide variety of wildlife including deer, elk, mountain lions, wild horses, bobcats, desert bighorn sheep, birds, chipmunks and butterflies.

Although the Spring Mountains landscape looks rugged, many places are actually quite fragile. The mountains harbor 25 plants and animals found nowhere else on earth. Please stay on the trails and follow the tips in this guide so that future generations of people, animals, and plants can be at home in the Spring Mountains.

INTERPRETIVE PROGRAMS

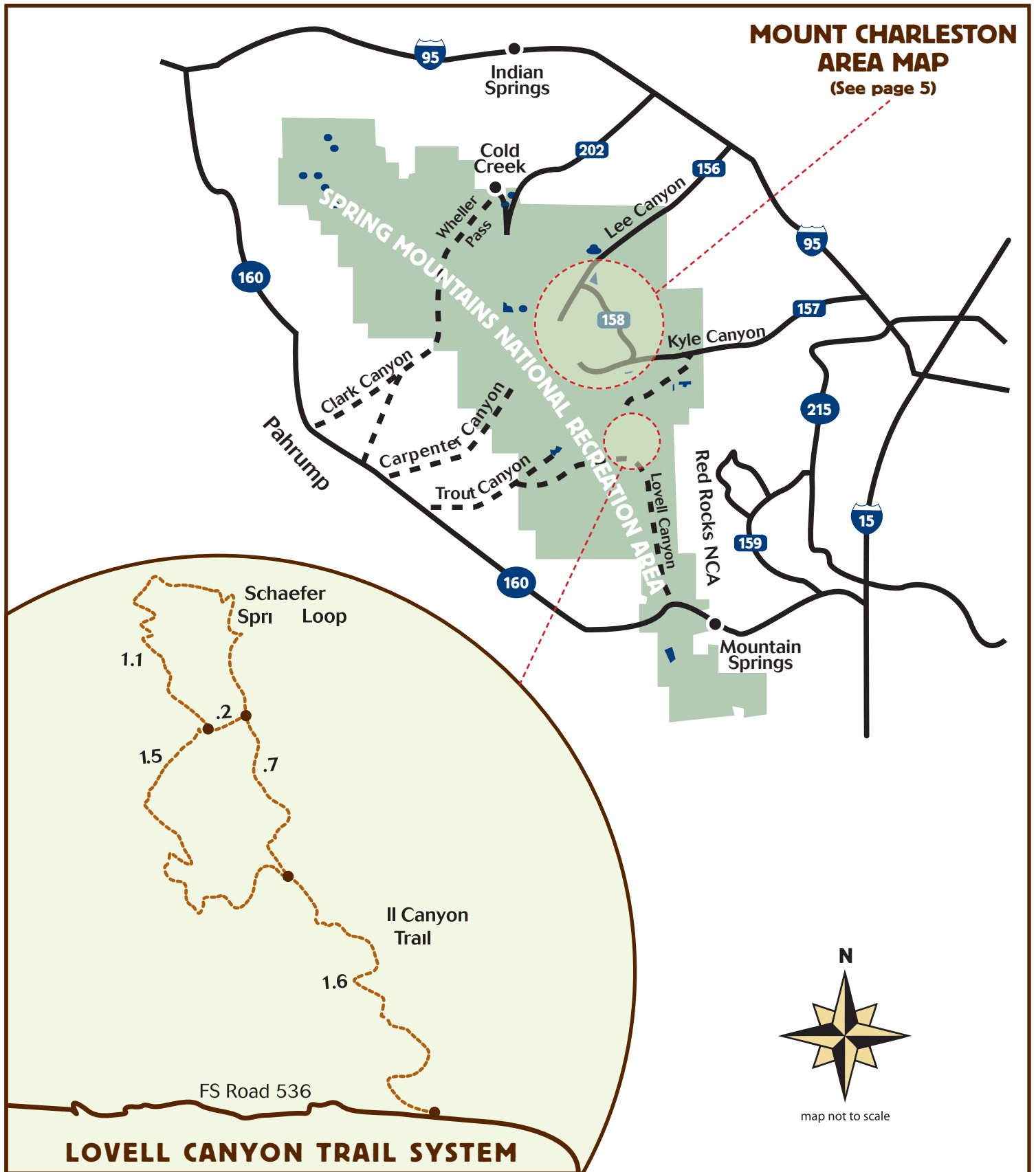
When you visit the Spring Mountains get to know some of the local plants and animals. Check the schedule of guided hikes, education programs, and evening programs at the Spring Mountain Visitor Center in Kyle Canyon or at

www.fs.fed.us/r4/htnf/districts/smnra.

If you would like a special program for your group, call **(702)839-5566**.



SPRING MOUNTAINS AREA MAP



MOUNT CHARLESTON AREA MAP



SPRING MOUNTAIN TRAILS

There are 51 miles of trails in the Spring Mountains. None of the following trails are open to motorized vehicles. Most are open to horseback riding (see activities section). Sawmill and Bristlecone are open to mountain bikes. Trail times are estimates for hiking and are useful for comparison purposes. Your actual time will vary. Trail descriptions are described as suggested hikes. Many variations are possible. Elevations listed are the highest and lowest points on the trail (not necessarily beginning and end points).

Easy Trails

Expect to follow obvious, well-marked trails with gentle grades and few obstacles.

TRAIL NAME	ELEVATION	RATING	LENGTH ONE-WAY	ESTIMATED TIME ONE-WAY	SEASON
ECHO/LITTLE FALLS	7,600 to 8,200	Easy	0.8 miles	20 minutes	Spring/Fall
From Echo Road, cross the Little Falls drainage through forests of Ponderosa Pine and White Fir to the junction with Little Falls Trail where the path ascends to a small seasonal waterfall. The Little Falls Trail is relatively steep but is only 0.3 miles.					
SAWMILL LOOP	7,410-7,490	Easy	1.3 miles (Loop)	45 minutes(Loop)	Year-Round
Wind through Pinyon-Juniper woodlands for fantastic views of Mummy Mountain as the trail emerges in and out of meadow-like openings.					

More Difficult Trails

Expect uphill sections that include up to 1,000 feet of elevation gain and possibly uneven terrain.

TRAIL NAME	ELEVATION	RATING	LENGTH ONE-WAY	ESTIMATED TIME ONE-WAY	SEASON
ROBBER'S ROOST	7,860 to 8,020	More Difficult	0.7 miles (Loop)	20 minutes (Loop)	Spring/Fall
Ascend a canyon, then loop past caves, a rock-climbing area, and a high vantage point on this very short loop trail.					
FLETCHER CANYON	6,940 to 7,790	More Difficult	1.6 miles	45 minutes	Spring/Fall
Hike to a lush spring and then scramble up a steep bed before entering a narrow canyon with limestone walls towering 200 feet overhead.					
BRISTLECONE	8,470 to 9,380	More Difficult	6.2 miles	4.5 hours	Spring/Fall
Starting at the end of Highway 157 (Lee Canyon), meander through White Fir and Quaking Aspen, then climb exposed slopes to an ancient Bristlecone Pine forest. After passing the junction with the Bonanza Trail, descend into a canyon to the trailhead near McWilliams Campground.					
MUMMY SPRINGS	8,400 to 9,820	More Difficult	3.0 miles	2 hours	Spring/Fall
From Highway 158, hike the North Loop Trail to the "Raintree" (possibly the largest Bristlecone Pine in the Spring Mountains). At the intersection with the Mummy Springs Trail, gradually descend 1/3 mile to the springs. The maintained trail continues on for a short distance.					
LOVELL CANYON	6,020 to 6,320	More Difficult	6.5 miles (Loop)	4.5 hours (Loop)	Spring/Fall
From the Lovell Summit Road (turn off highway 160, travel 11 miles to the end of Lovell Canyon Road, turn left for .3 miles to trailhead), climb up through Pinyon-Juniper woodland to emerge from the forest at the upper reaches of Lovell Canyon where sparse vegetation allows for outstanding views of the Lovell Canyon, Harris Peak and the surrounding areas. This trail system offers multiple loop opportunities.					

SPRING MOUNTAIN TRAILS, CONT.

Most Difficult Trails

Extreme steep uphill sections with loose rocks, more than 1,000 feet of elevation gain, possibly difficult terrain, and longer distance.

TRAIL NAME	ELEVATION	RATING	LENGTH ONE-WAY	ESTIMATED TIME ONE-WAY	SEASON
CATHEDRAL ROCK	7,650 to 8,520	Most Difficult	1.4 miles	1 hour	Spring - Fall
Ascend gradually through a mixed conifer forest, then switchback up limestone cliffs to the summit of Cathedral Rock and a fantastic view of the canyon and valley below.					
GRIFFITH PEAK	8,360 to 10,800	Most Difficult	5 miles	4 hours	Spring - Fall
From Forest Road 104, hike upward through Pinyon Pine and Scrub Oak to Harris Saddle, climb to meadows, a Bristlecone Pine forest and spectacular views, past the summit of Griffith Peak, and connect to the South Loop Trail.					
MARY JANE FALLS	7,870 to 9,270	Most Difficult	1.5 miles	1 hour	Spring - Fall
After a gradual climb up a forested canyon, switchback up a steep slope to see excellent views and Mary Jane Falls. The falls flow heaviest in spring and dwindle to a trickle by summer's end.					
TRAIL CANYON	7,820 to 9,330	Most Difficult	2 miles	2 hours	Spring - Fall
Travel upward through Pine, Aspen, and Mountain Mahogany before climbing to the north point of Cockscomb Ridge and the junction with the North Loop Trail.					
BONANZA	7,500 to 10,280	Most Difficult	15.3 miles	14 hours	Summer - Fall
From Cold Creek, climb switchbacks to a ridgeline with dramatic views of Pahrump Valley. Hike past Bonanza Peak, Wood Spring, and McFarland Peak before meeting the Bristlecone Pine Trail.					
NORTH LOOP	8,400 to 11,880	Most Difficult	10.3 miles	8 hours	Summer - Fall
From Highway 158, ascend through forest, wind along rocky canyon walls, and finally switchback upward half a mile through limestone and dolomite rock to the top of 11,918 foot Charleston Peak.					
SOUTH LOOP	7,640 to 11,880	Most Difficult	8.3 miles	6 hours	Summer - Fall
From Cathedral Rock picnic area, make a steep four-mile ascent, then climb gradually through meadows and bristlecone pines before reaching the half-mile switchback approach trail to Charleston Peak.					



PICNIC AREAS

PICNIC AREAS	LOCATION	FEE*	NUMBER OF SITES	PEOPLE/ VEHICLES PER SITE	SEASON	FACILITIES
SAWMILL	Lee Canyon Hwy 156	None	Single: 6 Double: 2	Single: 8/2 Double: 16/4	Year-Round	Equestrian Facilities (with load ramp), Vault Toilets, No Water
OLD MILL	Lee Canyon Hwy 156	Limited Single: \$8 Limited Double: \$16	Limited Single: 61 Limited Double: 13	Limited Single: 8/1 Limited Double: 16/2	May - Oct	Walk-in Sites Flush Toilets, Horseshoes, Pedestal Grills, Volley Ball, Fire Rings,
FOXTAIL (Summer)	Lee Canyon Hwy 156	Site 1: \$200 Sites 2&3: \$165	Group: 3 Sites	Site 1: 100/30 Sites 2&3: 80/20	May - Oct	Heated Flush Toilets, Pedestal Grills, Fire Rings
FOXTAIL (Winter)	Lee Canyon Hwy 156	\$10/vehicle	As Parking Allows		Winter	Heated Flush Toilets, Pedestal Grills
DEER CREEK	Lee Canyon Hwy 158	None	Single: 7	Single: 8/2	May - Oct	Vault Toilets, Walk-in Sites up to 1/4 mile, No Water
CATHEDRAL ROCK	Kyle Canyon Hwy 157	Single \$8/vehicle Site A: \$155 Site B: \$132	Single: 72 Group: 2	Single: 8/2 Site A: 75/15 Site B: 60/12	Apr - Nov	Pedestal Grills, Vault & Flush Toilets

All sites have picnic tables. Picnic areas have drinking water from Memorial Day to Labor Day unless otherwise noted. Day-use picnic areas are open from sunrise to sunset. Picnicking is also available in campgrounds from 8:00 am to 2:00 pm (excluding holidays). Only group sites are available for reservations.

To make reservations use the National Recreation Reservation Service at **1-877-444-6777** or www.recreation.gov.

* Fees subject to change. Check www.recreation.gov for current fees.

CAMPGROUNDS

CAMPGROUNDS	LOCATION	FEE*	NUMBER OF SITES	SEASON	SPECIAL FEATURES
MCWILLIAMS	Lee Canyon Hwy 156	Single: \$19 Double: \$34	31 9	All - Year	No Accessible Sites, Vault & Flush Toilets
DOLOMITE	Lee Canyon Hwy 156	Single: \$19	30	May - Oct	No Accessible Sites, Flush Toilets
OLD MILL	Lee Canyon	Limited Single: \$8 Limited Double: \$16	61 13	May - Oct	No Accessible Sites Walk-to Site, Flush Toilets, Volleyball Area Tent Camping Only, Limited Parking (1 or 2 cars per site)
MAHOGANY GROVE	Deer Creek Hwy 158	Group: \$140	2	May - Oct	No Accessible Sites, Vault Toilets, Volleyball Area, Group Campfire Pits
HILL TOP	Deer Creek Hwy 158	Single: \$19 Double: \$34 Triple: \$47	31 3 1	May - Oct	2 Accessible Sites, Showers, No Trailers over 25 Feet
FLETCHER VIEW	Kyle Canyon Hwy 157	Single: \$19 Double: \$38	11 2	All-Year	All Sites Accessible, Showers, Campfire Pits, Pedestal Grills, Flush Toilets, Electrical Hook-Up Available
KYLE CANYON	Kyle Canyon Hwy 157	Single: \$19 Double: \$34	19 6	All-Year	6 Accessible Sites, Vault Toilets

Limited Single:

8 people
1 vehicle

Single:

8 people
2 vehicles

Limited Double:

16 people
2 vehicles

Double:

16 people
4 vehicles

Triple:

24 people
6 vehicles

Group:

60 people
18 vehicles

All campgrounds have drinking water from Memorial Day to Labor Day.

To make reservations use the National Recreation Reservation Service at **1-877-444-6777** or www.recreation.gov.

* Fees subject to change. Check www.recreation.gov for current fees.

Camping

All seven developed campgrounds in the Spring Mountains National Recreation Area are located in the Mt. Charleston area within Kyle Canyon and Lee Canyon.

- If you prefer to camp in an undeveloped area, please use existing campsites next to or at the end of designated road. Use existing fire rings where possible.
- No overnight camping is allowed at trail heads, picnic areas, or in day-use parking areas.

AMENITIES

Campground amenities typically include toilets (usually vault toilets), picnic tables, a fire ring or grate, and drinking water. Water may not be available after Labor Day weekend and is always turned off by late September. Water may be located some distance from your site. Electrical hookups are available for a fee at Fletcher View Campground. Firewood is available for a fee at some campgrounds.

MAKE SURE YOU FIT

Most single sites hold up to eight people and two vehicles. Old Mill has limited parking - single sites hold only 1 car per site. Tents must fit on the pads provided. RVs, trailers, or other vehicles must fit in the space, because driving or parking off the pavement is not permitted.

BE A GOOD NEIGHBOR

Quiet hours are from 10 p.m. to 6 a.m. This includes generators. Dogs are welcome in campgrounds but must be on a leash. Operating dirt bikes, ATVs, and other non-street legal vehicles in campgrounds is prohibited.

STAY LIMIT

Length of stay is limited to 14 consecutive days.

FIRES

In developed campgrounds (with fees and a campground host) wood fires are allowed in provided fire rings all year unless posted otherwise.

FEES

Fees are required at most of the developed campgrounds and picnic areas. Campers with an America the Beautiful Interagency Senior Pass (former Golden Age Passport) or an Interagency Access Pass (former Golden Access Passport) are entitled to a half-price discount for camping.

RESERVATION TIPS

All campgrounds have sites that can be reserved. Reservations can be made as early as 180 days in advance and must be made at least three days prior to arrival. There is a two-night minimum on weekends and a three-night minimum on holiday weekends at Fletcher View and McWilliams Campground. Popular holiday weekends are frequently reserved by January!

GROUP SITES AND EQUESTRIAN SITES

Large groups should reserve a group campsite instead of multiple sites at a regular campground. Mahogany Grove Campground accommodates large groups (up to 75 people). Reservations may be made 360 days in advance.

Scenic Driving

Drive up Kyle Canyon, across the Deer Creek Highway, and down Lee Canyon for a spectacular driving tour of the Spring Mountains National Recreation Area. The route includes spectacular mountain scenery, a variety of ecosystems and opportunities to observe wildlife.

Know Before You Go:

- Make sure you have enough fuel before you head into the mountains. There is no fuel available in the National Recreation Area.
- If you park along the road, you must park completely off the highway. Utilize pullouts as much as possible.



Picnicking

Bring your picnic to one of our developed picnic areas. Most locations have picnic tables, vault toilets, and fire grates or rings. Group picnic sites must be reserved. Most picnic areas have a fee.

Hiking and Backpacking

Trails will lead you into lush forests with views of steep limestone cliffs, through one of the West's most unique Bristlecone Pine forests, and along alpine slopes with views from California to Utah.

Know Before You Go:

- Detailed information on the internet and trail guides describe the trails and identify special regulations, such as restrictions on dogs or horses, permit requirements, or other special trail regulations. Trail guides are available at the Spring Mountain Visitor Center.
- Backpacking is allowed throughout Spring Mountains National Recreation Area.
- Water is scarce on the mountain. If you must drink water from a stream or spring, boil or properly filter it to kill Giardia and other parasites. By bringing plenty of water for your trip, you can help ensure that these delicate spring sites and the habitat they provide are not disturbed. Get information on outdoor skills and ethics at www.lnt.org.

Wildlife and Wildflower Viewing

The Spring Mountains are a forested oasis in the desert and a great place for wildlife viewing. Abundant wildflowers, many of them found only in the Spring Mountains, charm hikers throughout the summer months. Trails and trailheads, campgrounds, and day-use picnic areas are ideal locations for wildlife and wildflower viewing.

Know Before You Go:

- Please help keep wildlife "wild" by not approaching or feeding them.
- Use binoculars, spotting scopes, and telephoto lenses when viewing wildlife to minimize stress to animals and provide a safe viewing distance. Wildlife may run away, abandon a nest or young, or even attack if you get too close. Learn to watch wildlife without being watched.

Mountain Biking

The Bristlecone and the Sawmill Trails offer loop opportunities that include single track and great views.

Know Before You Go:

- Mountain bike riding is not allowed in wilderness areas or on other trails as posted.
- Pedal only along numbered roads and trails.
- Watch out for hikers and horses.

Rock Climbing

There are many rock climbing opportunities on the limestone crags in the Spring Mountains. The Hood along Trail Canyon Trail and Robber's Roost, accessed from the trailhead along Highway 158, are popular sites.

Know Before You Go:

- Many of these cliffs are also home to unique plants that live only on these vertical faces. Please share the route and be careful not to harm them.

Hunting

The Spring Mountains National Recreation Area offers many opportunities for hunting. State laws and regulations govern your hunting experience. Check with the Nevada Department of Wildlife for information about licenses, regulations, closures, and seasons at **702-486-5127** or www.ndow.org.

Horseback Riding

The Spring Mountains provide excellent opportunities for horseback riding in a variety of settings from winding through Joshua Tree forests to trails high atop alpine ridges.

Know Before You Go:

- All trails except the upper section of the Bristlecone Trail are open to horseback riding. However the following trails are not recommended due to steep dangerous terrain or heavy visitor use: Cathedral Rock, upper elevation sections of the North Loop, Mary Jane Falls, and Robber's Roost.
- Livestock are not allowed in any developed campgrounds or where otherwise posted. Dispersed camping is available at Blue Tree and in Mack's Canyon, both located in Lee Canyon.
- Certified weed-free hay, pelletized feed, or grain products are required. The Forest Service asks that you feed livestock weed-free feed 48 hours before entering the Spring Mountains National Recreation Area and requires the use of weed-free feed during your visit. Several local feed stores offer weed free pelletized feed and also have weed-free hay available seasonally.

Off-Highway Driving and Riding

Off-highway vehicle (OHV) use is a popular activity on the roads and trails of the Spring Mountains National Recreation Area. Many opportunities exist on the west side areas of the Spring Mountains. Only limited opportunities exist in the developed east side areas of Lee and Kyle Canyons.

Know Before You Go:

- Motor Vehicle Use Maps showing open roads and trails for the SMNRA are available online at www.fs.fed.us/r4/htnf/districts/smnra/ and are posted for viewing at the Spring Mountains National Recreation Area Administrative Office, Spring Mountains Visitor Center in Kyle Canyon, and at select staging and access areas. You are responsible for staying on designated roads and trails and can be cited for leaving these routes.
- Roads and trails open to OHV's should be posted with a sign that has a five digit road/trail number. If there is no number, that road is most likely closed. For verification, check the Motor Vehicle Use Map.
- All equipment and riders must meet federal and state standards and regulations (noise levels, spark arresters, rider's age, helmet requirements, and other restrictions).
- Please remember Forest Service roads and trails may be shared with mountain bikers, hikers, equestrians, and/or other OHV enthusiasts.
- See www.treadlightly.org for more information about off-highway driving skills to prepare yourself for enjoying the spectacular scenery while taking care of the forest.



YOU CAN HELP: Volunteer Opportunities

Every year volunteers dedicate thousands of hours to enhance recreational opportunities and care for ecosystems across the Spring Mountains National Recreation Area. Numerous opportunities exist for volunteers from trail work to education to restoration. You can participate in a one-time project or serve over several months, seasons, or year-round in various programs. To find out what opportunities are waiting for you, check our web site at www.getoutdoorsnevada.org or call 702-895-5484.

Snow Play

Foxtail Picnic Area is operated during the winter months for snow play and picnic activities. All other developed campground and picnic areas are closed to snow play.

Know Before You Go:

- Be careful to not run into trees, rocks, or logs when sledding or playing on the snow. Out of control sledding is extremely dangerous. Always check weather and road conditions in the Spring Mountains before heading out.

Skiing and Snowshoeing

Las Vegas Ski and Snowboard Resort (www.skilasvegas.com) operates on the Spring Mountain National Recreation Area under a special-use permit. Opportunities for snowshoeing and nordic (cross-country) skiing are also available in the Spring Mountains. The South Loop and Bristlecone Trails are good options for an easier trip, while the steep alpine slopes of Mt. Charleston and Mummy Mountain provide a challenge to the more experienced. Be aware of avalanche danger. Always check weather and road conditions before heading to the mountains, and be prepared for winter driving conditions.



SAFETY TIPS

Safety is EVERYONE'S RESPONSIBILITY. Whether hiking in the back country or touring along the highway, travel in the mountains poses certain risks. In an emergency, call 911.

PLAN AHEAD

- Tell someone where you are going, when you expect to return, and what they need to do if you don't return. For safety don't hike alone.
- Cellular phones often have sporadic or no reception in the Spring Mountains National Recreation Area.
- If you get lost or become disoriented, stay calm and stay put! Wait for help to arrive.
- Keeping warm is more important than finding food and water.
- As a last resort, follow a drainage or stream downhill. This will often lead to a trail or road.

STORMS

Storms form quickly in the mountains. Lightning storms are common in the summer. Snow can occur year-round at higher elevations.

- Check the weather before heading out at www.weather.gov. Bring clothing for all weather conditions — raincoats, jackets, fleece, or wool.
- Avoid afternoon summer storms by heading out early and getting off mountain peaks and high points before storms arrive. If you see a storm approaching, get off of high points or away from lone trees or large rocks. If you are caught in a lightning storm, remove your pack and crouch with your hands on your knees until the worst has passed.
- Use caution crossing or parking in dry streambeds and low areas; sudden storms may cause flash floods.

CAMPFIRES

Obey fire restrictions. Check current restrictions and fire information year-round at www.fs.fed.us/r4/htnf/districts/smnra or by calling **702-515-5400**.

- From April 15 to November 15, all wood and charcoal fires are prohibited within one mile of the highway in Upper Kyle and Lee Canyons (Highways 156 and 157 west of Highway 158); the Deer Creek Highway (Highway 158); Lovell Canyon Road (FS Road #537) and the Cold Creek, Mountain Springs, and Trout Canyon communities. During this time, campfires in Forest Service provided fire rings or charcoal fires in pedestal grills are allowed in developed campgrounds and picnic

areas where fees are charged or a site host is present. Additional seasonal fire restrictions during periods of high fire danger may occur prohibiting fires in all locations except for gas camp-stoves and grills in developed sites. Please know before you go.

Please know before you go.

- Where campfires are allowed outside developed campgrounds, build them away from low-hanging branches and in an area clear of vegetation. Use existing fire rings where possible. You may gather enough dead or downed wood (no cutting live or standing dead trees) to use while visiting. Campers may not take any wood with them when they leave. Any leftover wood must be scattered. Do not leave fires unattended, and be sure your fire is completely extinguished before leaving. Consider using a camp stove or gas grill as an alternative to campfires.
- During extreme fire danger, smoking is prohibited except in an enclosed vehicle or at a developed recreation site.

DEHYDRATION AND HEAT STRESS

Even though summer temperatures in the mountains seem cool, they can be warm enough for you to overheat your body with physical exertion. Dehydration is a real possibility where dry air draws moisture out of the body in all temperatures. Drink plenty of water.

- Bring your own water for hiking, driving, and other activities. You may be miles away from any water source.
- If you must drink water from a stream or spring, boil or properly filter it to kill Giardia and other parasites.
- Wear a hat and take breaks in the shade during warmer temperatures.

ALTITUDE

At higher elevations, the air becomes "thinner," which means you get less oxygen with every breath. Elevations in the Spring Mountains National Recreation Area range from 4,500 feet to almost 12,000 feet. Mild altitude sickness affects some Spring Mountains visitors. The major cause of altitude sickness is going too high, too fast.

- Reduce the chance of altitude sickness by drinking plenty of water and avoiding caffeine, alcohol, and heavy meals.

Continued to next page...

MORE SAFETY TIPS

- Altitude sickness symptoms may include shortness of breath, nausea, heart palpitations, extreme thirst, weakness, headaches, and “tunnel vision.” If you experience any of these symptoms, slow down and drink water.
- If symptoms persist, immediately proceed to a lower elevation and seek medical attention.
- Ultraviolet radiation (UV) is increased two-fold at 10,000 feet compared to sea level. Protect yourself with sunscreen and sunglasses.

HYPOTHERMIA

Life-threatening hypothermia is possible even in mid-summer at cooler high elevations and is caused when the body's core temperature is lowered by cold and wind. It can happen even at temperatures of 50 degrees Fahrenheit. Symptoms include feeling extremely cold, sluggish behavior, slurred speech, or disregard for the cold.

- Bring extra clothes to stay warm and dry; wool and some synthetic clothing help you stay warm even when wet.
- If anyone in your group begins to show symptoms of hypothermia, act immediately to re-warm them. Get out of the wind and rain, remove wet clothing, and build a fire. Give hot liquids only if they are conscious.

VISITING IN THE WINTER

- Make sure your vehicle is ready for snowy road conditions, including tire chains, a shovel, and enough fuel.
- Dress in layered clothing. Be sure to keep your head and hands covered. Bring extra footwear and socks.
- Keep extra blankets in the car. Meals should include warm drinks and hot food in insulated containers.
- The safest sliding equipment is a sled with a steering

mechanism. Most sledding injuries are the result of out-of-control rides into trees, rocks and logs.

- Cross-country skiers, snowshoers, and snowmobilers should be prepared for back country travel and the possibility of avalanches.

AVALANCHES

Avalanches are common in the Spring Mountains due to the steep mountain terrain. Barren chutes indicate where avalanches frequently flow. Learn to recognize and avoid avalanche terrain and signs of unstable snow. Carry and know how to use avalanche rescue gear in the back country. For avalanche survival techniques and information check www.avalanche.org.

PETS

Keep dogs on a leash in wilderness areas and on trails to protect them from becoming lost or having dangerous encounters with wildlife such as snakes or mountain lions. Dogs must be leashed in developed sites such as campgrounds and picnic areas.

FOREST CREATURES

- Please help keep wildlife “wild” by not approaching or feeding them. Always keep your camp clean with food in secure containers.
- Upon your return home, or while camping, check your body for ticks that may have found their way under your clothes. This is usually only a concern in the spring and early summer.
- Use insect repellent during mosquito season.

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United States Department of Agriculture Forest Service
Humboldt-Toiyabe National Forest

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