Hiking Trails
The Refuge has 10 miles of trails open year-round for hiking, cross country skiing, and snowshoeing. Trail surfaces are crushed gravel or dirt, and are accessible, except for the Prairie, Woodland, and sections of the Rod and Gun Club trails.
- Stay on marked trails and observe all posted signs and regulations.
- Hiking trails are for foot travel only.

Grassland Trails
Explore the trails that meander through native shortgrass prairie habitat. Throughout the seasons, you may observe mule and white-tailed deer, prairie dogs, migrating songbirds, and coyotes.
- Army Historic Trail (0.3 mi)
- Bluestem Trail (1.3 mi)
- Bluestem Southwest Trail (0.5 mi)
- Discovery Trail (0.4 mi)
- First Creek Trail (1.4 mi)
- Gateway Trail (0.5 mi)
- Locust/Hill Trail (1.0 mi)
- Locust Loop Trail (0.5 mi)
- Prairie Trail (1.0 mi)
- Rattlesnake Hill (1.5 mi)

Wetland Trails
Stroll along lakes, marshes, and ponds, and walk on a floating boardwalk at Lake Mary or Lake Ladora to catch a closer glimpse of wildlife. These trails provide excellent opportunities to see migrating waterfowl, shorebirds, white pelicans, double-crested cormorants, and amphibians.
- Havana Ponds Trail (0.2 mi)
- Lake Ladora Loop Trail (1.8 mi)
- Lake Mary Loop Trail (0.6 mi)

Woodland Trails
Wander through scenic trails lined with cottonwoods, willows, and locust thickets, which provide shade and habitat for wildlife. Watch for hawks, eagles, and owls perched in the branches, while deer can be found browsing under the trees.
- Rod and Gun Club Trail and Wildlife Viewing Blind (1.2 mi)
- Woodland Trail (0.4 mi)

Accessible Opportunities
Equal opportunity to participate in and benefit from programs and activities of the U.S. Fish and Wildlife Service is available to all individuals regardless of physical or mental ability. Dial 711 for a free connection to and from people with hearing and speech disabilities. For more information or to address accessibility needs, please contact the Rocky Mountain Arsenal National Wildlife Refuge staff at 303 / 289 0930, or the U.S. Department of the Interior; Office of Equal Opportunity, 1849 C Street NW, Washington, D.C. 20240.

U.S. Fish & Wildlife Service
Rocky Mountain Arsenal National Wildlife Refuge
Hiking Trails
- Heritage Trail (0.3 mi)
- Bluestem Loop Trail (1.3 mi)
- Heritage Loop Trail (1.5 mi)

Wolf and Wildlife Viewing
- Best viewing times are at sunrise and sunset.
- Practice good wildlife viewing ethics by observing wildlife from a safe distance. Use binoculars or a camera for close up viewing.
- Park in designated areas shown on the map.
- Quietly observe wildlife.
- Service dogs are welcome and must be on leash control. All other pets are prohibited.
- Avoid stopping under birds and bird nests - this is stressful to hawks, owls, and young or nesting birds.

Wildlife to Watch for Along the Way
- Resident Wildlife – Bison, mule and white-tailed deer, black-footed ferrets, red-tailed hawks, prairie dogs, coyotes, and rabbits.
- Migratory Wildlife – Waterfowl, shorebirds, wintering bald eagles, ferruginous and Swainson's hawks, and burrowing owls.
To protect wildlife and habitat, visitor access is limited to designated trails and roads only. All other refuge lands and staff roads are closed to visitor entry.