

Trail users are encouraged to consult with the park staff at the nearest available ranger station or visitor center for updated safety, weather, and trail condition information specific to that area.

DAY HIKES IN THE GOAT HAUNT AREA

FOR YOUR SAFETY

- · Check with a ranger about current hiking conditions and regulations.
 - Pets are not allowed on any trails in Glacier National Park.
- Prepare for a variety of weather. Even in the middle of summer, it can be sumy in the morning, and rain, hall, or snow in the afternoon.
 - Wear a hat and drink water to prevent heat stroke on hot days.
- Hypothermia is possible even on warm sunny days, especially if you become wet or if it is windy. Stay dry, Pack layers of clothing that can be put on or taken off as conditions warrant.
 - Glacler's water is clear and cold, but may contain Glardia. Don't drink untreated surface water in the park.
 - Traveling over snow or ice is dangerous. Never cross steep untreaded snowfields without the proper equipment.
- Itorses and mules have the right of way. Move off the trail on the downhill side and stand quictly until they pass.
 - Do not cut across switchbacks, it scars the landscape, causes harmful erosion, and damages park resources.
 - Bicycles are not permitted on trails in Gacier National Park

BEARS

BEFORE STARTING YOUR HIKE, READ THE INFORMATION ABOUT BEARS IN THE WATERTON/GLACIER GUIDE.

- Hiking alone is not recommended. Hike in a group and stay together.
 - Do not approach bears! They are exceptionally fast and you can not outrun them.
 - Don't surprise a bear. Let bears know you are coming by making
 - noise. Bears will often move away if they hear people coming. Bells may not be as effective as many complehelique. The hum
- Bells may not be as effective as many people believe. The human voice works better. Call out, sing, or talk loudly and often.
 Most hikers do not encounter bears, but people have been seriously
 - Most hikers do not encounter pears, but people have been seriously injured, maimed, or killed by bears in Glacier.

IF YOU ENCOUNTER A BEAR, THE FOLLOWING SUGGESTIONS MAY HELP.

- Talk quictly or not at all. Back away slowly! Stop if the bear seems to be getting agitated.
- Bend at the knees and turn sideways. You will appear smaller and less threatening.
- Use peripheral vision. Bears may often interpret direct eye contact as threatening.
- A charge may only be a bluff and the bear may stop. If the bear does not stop, fail to the ground in a fetal position to reduce the trauma of an attack.

TRAIL	TRAILHEAD	MILEAGE **** ELEVATION	ELEVATION
GOAT HAUNT OVERLOOK	Goat Haunt Ranger Station	1 miles	Climbs 800'
KOOTENAI LAKES	KOOTENAI LAKES Goat Haunt Ranger Station	2.5 milcs	Climbs 200'
LAKE JANET	Goat Haunt Ranger Station	3.3 miles	,0GL equil)
LAKE FRANCIS	Goat Haunt Ranger Station	6.2 miles	Climbs 1050'
RAINBOW FALLS	Goat Haunt Ranger Station	1 miles	Climba 30'
WATERTON TOWNSITE	Goat Haunt Ranger Station	7 miles	Climbs 200'

VISITING GOAT HAUNT.

- Access is by boat or hiking only.
- The Goat Haunt Ranger Station serves as U.S. Customs & Immigration for entry into the United States. All overnight backcountry users must check in with park staff. Identification is required.
 - If you ride down on the boat and plan to hike and ride back on a later boat, you must make arrangements with the boat company prior to departing Waterton Townsite.
 Boats are often full in summer and you will need a reserved seat to return.
- Naturalist guided walks are offered daily. Check the Nature with a Naturalist activity schedule or at the Information Centre in Waterton Lakes National Park for details.
 - Bring everything you need with you, no facilities for lodging, food, or beverages are available.
 - Water is available near the ranger station and restrooms are provided at the boat dock.
 Backcountry permits are required for all overnight trips into Glacier National Park.
- Obtain backcountry permits at the Apgar Visitor Center, St. Mary Visitor Center, or the Many Glacier Ranger Station. Rangers at Goat Haunt are not always available to issue permits.
 - Backcountry permits for Glacier are not available in Waterton Lakes National Park.