



MEDICINE BOW-ROUTT NATIONAL FORESTS  
 THUNDER BASIN NATIONAL GRASSLAND  
 HAHNS PEAK-BEARS EARS RANGER DISTRICT

	<p><b><u>TRAIL NAME:</u> NORTH LAKE #1164</b></p>	
<p><b><u>TRAIL BEGINNING:</u></b> 8390' elevation 1.5 miles (2557 m)                  past trailhead of Three Island Lake Trail #1163.</p>	<p><b><u>LENGTH:</u></b> 5.4 mi (8.7 km)</p>	
<p><b><u>TRAIL ENDING:</u></b> 10,750 elevation at Continental (3276 m)                  Divide, junction of Wyoming Trail #1101.</p>	<p><b><u>RECOMMENDED SEASON:</u></b>                  Summer   Fall</p>	
<p><b><u>ACCESS #1:</u></b> Go west of Steamboat on U.S. 40 about 2 miles to the junction of County Road #129 and turn right. Travel north approximately 18 miles to the Seedhouse Road, just past the Glen Eden Resort, turn right on NFSR 400 and go past Seedhouse Campground. Stay right onto NFSR 443. Continue past Three Island Lake TH, 1.5 miles on rough road to the North Lake Trailhead.</p>	<p><b><u>USE:</u></b> Moderate</p>	<p><b><u>DIFFICULTY:</u></b> Moderate - Difficult</p>
<p><b><u>ATTRACTIONS AND CONSIDERATIONS:</u></b> Hikers can take this trail to the Wyoming Trail #1101 on the Divide. The terrain is characterized by forest opening into meadows with intermittent trees by the lake, and on up to the Divide. Travelers will enjoy views of the Yampa Valley and surrounding mountains. If you take a short detour to the east, you may see North Park and the Medicine Bow Range. <b>NOTE:</b> Always be prepared for quick changes in the weather in the high country: dress and be prepared for extremes.</p>		
<p><b><u>NARRATIVE:</u></b> This trail crosses into the Mt. Zirkel Wilderness shortly after leaving the TH. It climbs steeply in a series of switchbacks through the spruce. As you climb there are more lodgepole pine and the trail becomes less steep. After 5 miles, you reach the lake, and as you go past, you will find more open meadow and fairly easy walking for another mile up to the Divide and the intersection with the Wyoming Trail #1101.</p>		

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# NFST # 1164 North Lake Trail



**Legend**

 Wilderness

THIS GUIDE IS NOT INTENDED TO TAKE THE PLACE OF MOUNTAINEERING SKILLS, COMPASS AND TOPO MAPS OF THE AREA.  
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