Here are a few guidelines to help you enjoy a safe, challenging and environmentally responsible summer at Stratton.

- **Proper footwear is essential.** Make sure that your shoes are comfortable and stable. Hiking boots are recommended.

- **Warm up your muscles before your hike and cool down afterwards.** Stretch!

- **Bring plenty of water and hydrate yourself before you start on a hike.** There are no potable water sources on the mountain so you will want to bring enough to get you and your pets through your hike.

- **Pack in, pack out!** Please pack out all trash, leftover food and litter. Leave the mountain as you found it.

- **Respect the wildlife.** Observe wild animals from a distance and do not follow, approach or attempt to feed. Pets are welcome on the mountain. We recommend that you keep pets on a leash at all times. Work vehicles, other guests, other pets and wild animals may be encountered at any time.

- **Check the weather forecast before you go.** Summer thunderstorms can roll in quickly. In the event of a sudden storm be sure to stay low and move away from open fields and tall trees or objects (especially lift towers).

- **Don’t underestimate the mountain’s terrain.** Know your limits. Always tell someone your route and destination and expected return time. Don’t hike alone.

- **No camp fires.** No overnight camping. Please plan to be off the mountain before dark.

- **The mountain is not routinely patrolled in the summer.** Summer parol and rescue is available 7am-5pm daily at First Aid (located behind the base of the gondola). There will be delayed response to emergencies due to the mountain’s terrain. For emergencies dial 911. Be sure to know your location – you assume the risks.

- **Cell phone service is unpredictable.** There are several locations on the mountain that you will not have cell service – please plan accordingly.

- **The Gondola may shut down at any time due to impending weather.**

**STRATTON SUMMER SAFETY TIPS**

**DRIVING directions to Sunbowl from Welcome Center Parking Lot:**
- Make right on Stratton Access Rd. (towards Lot 42)
- In a mile make right onto Mountain Rd.
- In a mile make right into Sunbowl Rd.
- Nordic Center is red building on left.
- Sunbowl Base Lodge will be straight ahead.

*See reverse side for Nordic Trail Map*