## Public Trail Information: Medicine Bow (South)

<table>
<thead>
<tr>
<th>Trail(s):</th>
<th>southern portion of Medicine Bow #965</th>
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<tr>
<td>Ratings / restrictions:</td>
<td>Hikers – Moderate  Stock riders –Difficult</td>
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<td></td>
<td>Dogs must be on hand-held leash with hikers</td>
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<td></td>
<td>See REGULATIONS below INFORMATION OF INTEREST</td>
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<tr>
<td>Cautions:</td>
<td>Lightning in exposed alpine areas</td>
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<td>Typically accessible:</td>
<td>Late June, after Laramie River Road is open</td>
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<tr>
<td>Wilderness:</td>
<td>Rawah</td>
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<tr>
<td>One-Way Length:</td>
<td>10.5 miles (from junction with McIntyre Trail at Ute Pass to junction with Link Trail)</td>
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<tr>
<td>Beginning / Peak Elevations:</td>
<td>9,986 (at Ute Pass) / 11,196</td>
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<tr>
<td>Gain/Loss/Net Gain:</td>
<td>2,370 / 1,771 / +599</td>
</tr>
<tr>
<td>Map(s) - Trails Illustrated:</td>
<td>#112 Poudre River Cameron Pass; #113 Cowdrey North Sand Hills; #114 Walden Gould; Mountain Jay - Rawah Wilderness</td>
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<tr>
<td>Map(s) - USGS 7-1/2' Quadrangles:</td>
<td>Rawah Lakes, Johnny Moore Mountain, Shipman Mountain</td>
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</table>

### TRAIL LOCATION:

The Medicine Bow Trail (South) is accessed at its north end via the McIntyre Trail, at its south end via the Link Trail, or about 7.5 miles from its north end via the McIntyre Creek Trail. See the McIntyre, McIntyre Creek, and Link trail descriptions for details.

### TRAIL:

The north end of the Medicine Bow (S) patrol can be accessed from the McIntyre Trail at Ute Pass (9.6 miles from the McIntyre trailhead). The south end of this patrol can be accessed from the Link Trail (8.4 miles from the Link trailhead) or from the Link Trail via the Rawah Trail (N) (9.8 miles from the Rawah trailhead).

The route of the entire Medicine Bow (South) Trail is marked in forested areas with occasional small galvanized trail reassurance markers mounted in trees 6 to 9 ft above the ground. Some of these are painted orange or red and some are unpainted. In more open areas, the trail is marked with rock cairns (2-3 ft high). Be vigilant in watching for trail markings. Be aware that outfitters use parts of this trail and have made other unofficial trails. When in doubt, stay high.

The trail is not heavily used and is generally in good condition.

### WATER: Scarce

Because this trail crisscrosses the spine of the Medicine Bow Range for most of its length as it travels south-southeast from Ute Pass, there are no sources of water on the trail. However, along the northern 7 miles of this trail, the headwaters of numerous small, unnamed creeks are within 1/4 mile of the trail and might serve as water sources.

One such creek location is about 1/4 mile west of Ute Pass at East Sand Creek.

Another source is 7.4 miles from the junction with McIntyre Trail, 0.8 mile north of the McIntyre Creek trail junction. This is at a saddle on the trail at (N40°44.35' W106°00.49'), about 10,500' elevation. Go east and downhill off the trail about 1/4 mile to the headwaters of a small stream.

A third good creek location is just east down McIntyre Creek Trail, near the cabin, though this source may dry up by September. If there is no water here, it can be obtained 1.1 miles (and 700 ft elevation) down the McIntyre Creek Trail at or just below the highest of the McIntyre ponds.

Water is also abundant at the crossing of upper McIntyre Creek, near the trail’s southern terminus at the Link Trail, 9.9 miles from the junction with McIntyre Trail.

### CAMPING: A great camping area, large enough for multiple tents or stock (with grazing), is just a couple hundred yards up Medicine Bow North Trail, cutting off the trail and heading NE at Ute Pass.

Another good (dry) camping location is about 0.1 mile north of the McIntyre Creek Trail junction, at the top of a rise at N40°44.01’ W105°59.86’. There is a flat
area on the east side of the trail with a number of
good tent sites, and excellent views.
A third very nice option is just east of the junction
with McIntyre Creek Trail. Go down McIntyre Creek
Trail a short distance and turn right (east) into the
woods at the cabin remains—there is a well-
established campsite here with room for several tents
and access to a stream (at least most of the summer).
A fourth good camping location is near the southern
terminus of this trail 1/2 mile before its junction with
the Link Trail. The location is on a bench east of and
overlooking the trail’s crossing of upper McIntyre
Creek at approx. GPS N40°43.2' W105°57.7'. There is
room for several tents and abundant water is close by
in upper McIntyre Creek.

**SEASONAL:** Not accessible in winter, as Laramie
River Road is not plowed.

**DESCRIPTION:** This description goes from north to
south since the trail is less strenuous to traverse in
that direction.
The trail rises through dense forest for about 0.5 mile
over an eroded, steep slope, then has a moderate
incline until about 2 miles from Ute Pass before
reaching the first of wonderful views across North
Park.
For the next 5.5 miles until one reaches the McIntyre
Creek Trail junction (in an open grassy area), there
are multiple crests with great views in all directions.
One can see all of North Park to the west, southwest,
and northwest, Wyoming’s Snowy Range to the north,
the Laramie River valley and Shipman Park to the east
and northeast, and the Medicine Bow Mountains to
the south.
The junction with the McIntyre Creek Trail is marked
by a 4-foot tall rock cairn with a signpost and sign.
Continuing southeast along the large grassy area, the
route is marked by a large tree stump followed by a
number of rock cairns. Again, there are beautiful
views. The trail climbs quite steadily for about a mile
to the high point, then descends steeply downhill,
heading toward the base of a large rocky outcrop. At
the base of this rock outcrop the trail turns sharply to
the south, descending via switchbacks toward a
forested drainage.
From the top of the forested drainage, the trail turns
to the east. The trail meanders eastward following a
path marked with a lot of small (1-2 ft) rock cairns,
passes through a small boggy area (with small rock
cairns at each end), and eventually crosses upper
McIntyre Creek. The trail then climbs gently uphill for
about 0.5 mile to its junction with the Link Trail.

**INFORMATION OF INTEREST:** Colorado’s northern
Utes traversed Ute Pass from the east to North Park. It
is the lowest pass across the Medicine Bow Mountains
in this area. It was also the first wagon road access
from the plains to North Park.

**REGULATIONS:**
- **Camping and Fires** – Prohibited within 200 feet of water or trail. Wood fires prohibited above 10,800
  feet elevation (Rawah Alpine Closure Area).
- **Dogs** – Must be on hand-held leash with hikers, voice control with stock.
- **Stock** – To avoid spreading noxious weeds, recommend beginning 72 hours prior to the ride, stock
  should be fed only pellets or certified weed-free hay. Required: throughout the trip, stock **must** be fed
  only pellets or certified weed-free hay.
- **Bicycles and Other Wheeled Conveyances** – Prohibited.
- **Motorized Transport and Equipment** – Prohibited.
- **Group Size** – Maximum 12 people and stock, combined.
(See next page for map of trail).
Medicine Bow (S): 4