

2nd Edition - 3/2018



CONTINENTAL DIVIDE TRAIL COALITION CDT PLANNING GUIDE 2018

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About the CDT

The Continental Divide National Scenic Trail (CDT) traverses 3,100 miles from Mexico to Canada, connecting the public lands along the Continental Divide across New Mexico, Colorado, Wyoming, Idaho and Montana.

National Scenic Trails are created to conserve the nationally significant scenic, historic, and cultural qualities of the Nation. The Continental Divide is a legendary landmark in America and in many ways, shaped the settling of the West. The Continental Divide Trail celebrates this connection to the land and history of America, expressed by the ruggedness of the American West.

Is the CDT Complete?

While no National Scenic Trail is ever considered 100% complete due to annual changes in trail tread to optimize trail shape and location, a few steps remain as the CDT nears completion:

Protected: The CDT is located on public lands or within publicly held easements. Currently 95% of the CDT is on public land. There are a few “gaps” in the CDT’s public ownership where short segments of public roadways connect the trail. These gap segments are:

- Mangus Valley near Silver City, New Mexico
- Between Pie Town and Grants, New Mexico
- Rabbit Ears Pass near Steamboat Springs, CO
- Marias Pass, Montana

Non-Motorized: When the CDT was designated, segments of the trail were placed on existing routes, many of which were open to motorized use. We are working to relocate roaded segments to provide non-motorized trail opportunities.

At Completion: The CDT is located fully within public ownership or protection and in the optimal location to provide for high quality recreation opportunities within scenic landscapes.

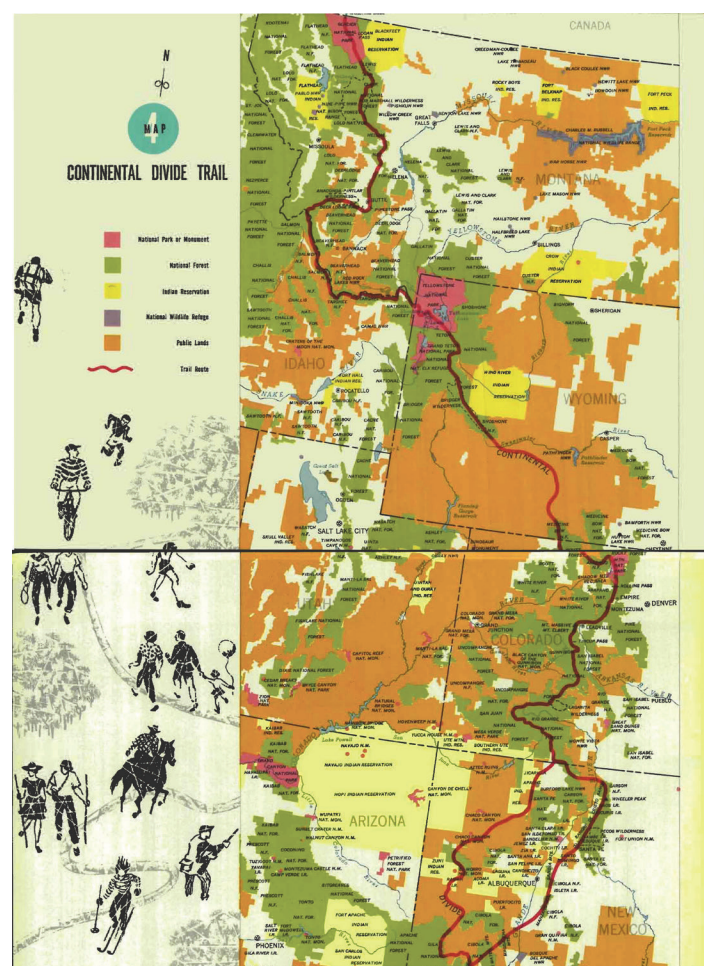


Comparing the CDT with Other NSTs

The Appalachian and Pacific Crest National Scenic Trails were the first to be designated under the 1968 National Trails System Act. The CDT was designated 10 years later in 1978. The CDT is more remote (further from population centers) and generally more rugged than the other trails. While an official route exists some users elect to take alternate routes to bypass segments or to view unique features. CDTC is working with land managers to continue to refine the trail’s location to provide for outstanding recreation opportunities.

Are Bikes Allowed on the CDT?

The CDT is primarily designed, managed and constructed for hikers and equestrians. Mountain biking may be allowed on certain segments of the CDT but is not allowed on CDT segments within Wilderness, Recommended Wilderness and National Parks and Monuments. Please check with the local land manager to determine if bicycle use is allowed on a particular CDT segment.



Original CDT Planning Map from 1966 Trails for America Report.

The CDT at a Glance

The CDT would not be possible without the expansive public land system along the Continental Divide. 92% of the trail (2810 miles) is located on federal lands: 70% on National Forest System, 12% on Bureau of Land Management and 10% on National Park Service lands. The remaining 8% is located on State and Private lands. The Forest Service is the lead agency for administering the trail.

Three Public Land Agencies, One Trail



2150 Miles across 20 National Forests



381 Miles across 13 BLM Field Offices



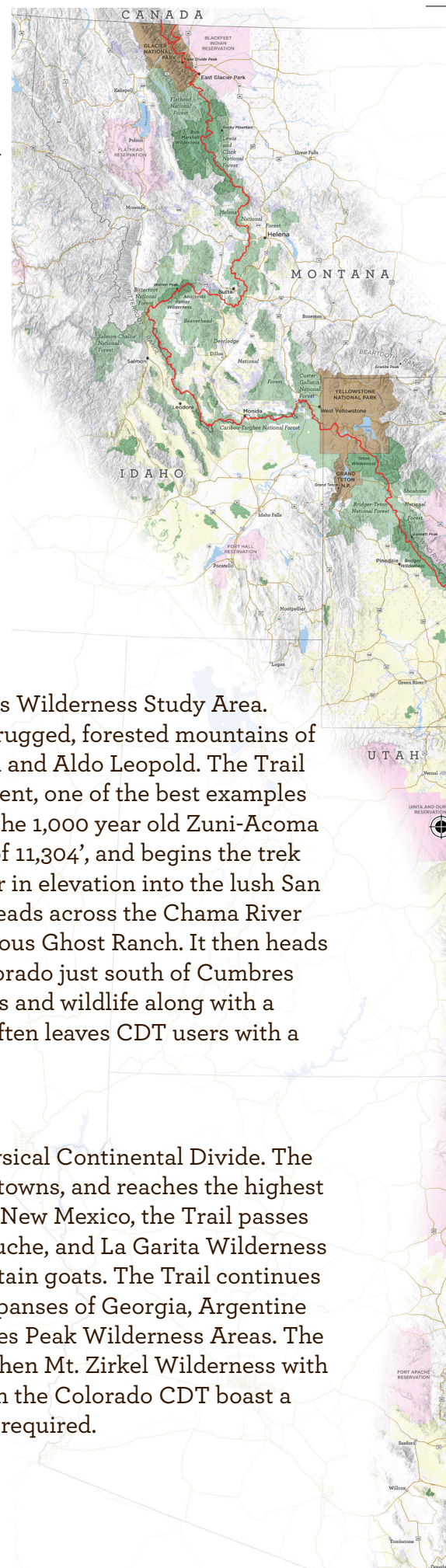
279 Miles across 4 National Park Service Units

New Mexico - 775 Miles

The CDT in New Mexico begins at the Mexican border in the Big Hatchets Wilderness Study Area. The Trail winds through the arid New Mexico desert before reaching the rugged, forested mountains of the Gila National Forest and the country's first Wilderness Areas, the Gila and Aldo Leopold. The Trail continues north across the "Badlands" of the El Malpais National Monument, one of the best examples of recent volcanic landscapes in the United States, often coinciding with the 1,000 year old Zuni-Acoma trade route. The Trail then heads up Mount Taylor, a prominent summit of 11,304', and begins the trek across the dramatic canyon lands of the Rio Puerco before heading higher in elevation into the lush San Pedro Parks Wilderness of the Santa Fe National Forest. The Trail then heads across the Chama River and along the beautiful Mesa de los Viejos before passing nearby the famous Ghost Ranch. It then heads into the high alpine areas of the Carson National Forest to cross into Colorado just south of Cumbres Pass. The impressive diversity of New Mexico, with its distinct ecosystems and wildlife along with a robust culture enriched with Native American and Hispanic influences, often leaves CDT users with a new found appreciation for the region.

Colorado - 800 Miles

Much of the CDT in Colorado lies high on the ridges and peaks of the physical Continental Divide. The CDT in Colorado offers spectacular views, travels through historic ghost towns, and reaches the highest point of the entire Trail at 14,270' on Grays Peak. Entering Colorado from New Mexico, the Trail passes through the remote, rugged alpine terrain of the South San Juan, Weminuche, and La Garita Wilderness Areas. Expect to see herds of elk and mule deer, bighorn sheep and mountain goats. The Trail continues northward through the Collegiate Peaks Wilderness, through the high expanses of Georgia, Argentine and Webster Passes before crossing into the Vaszquez Peak and then James Peak Wilderness Areas. The Trail then loops through the majestic Rocky Mountain National Park and then Mt. Zirkel Wilderness with its countless glacial lakes, before entering Wyoming. Weather patterns on the Colorado CDT boast a typical high-alpine element of surprise; preparedness and experience are required.





Wyoming - 550 Miles

The Trail enters Wyoming from Colorado and passes into the Sierra Madre Mountain Range of the Medicine Bow and Routt National Forests. Here it crosses Battle Pass and travels North to Bridger Peak to overlook the historic copper-mining town of Encampment, before entering into the Great Divide Basin, a massive basin where water does not drain to any ocean. The Trail then moves along the western side of the spectacular Wind River Range before entering the craggy mountains of the Teton Wilderness. It enters the southern border of Yellowstone National Park and crosses between the glassy- blue surface of Yellowstone Lake and the white rapids of the Firehole River, wandering past Old Faithful Geyser, and traverses the Summit Lake Trail as it approaches the Idaho border. The CDT in Wyoming is inhabited by long-tail weasels, coyotes, wild horses, antelope, and grizzly and black bears, and of course, wolves. It is also home to the forget-me-not and the alpine buttercup.

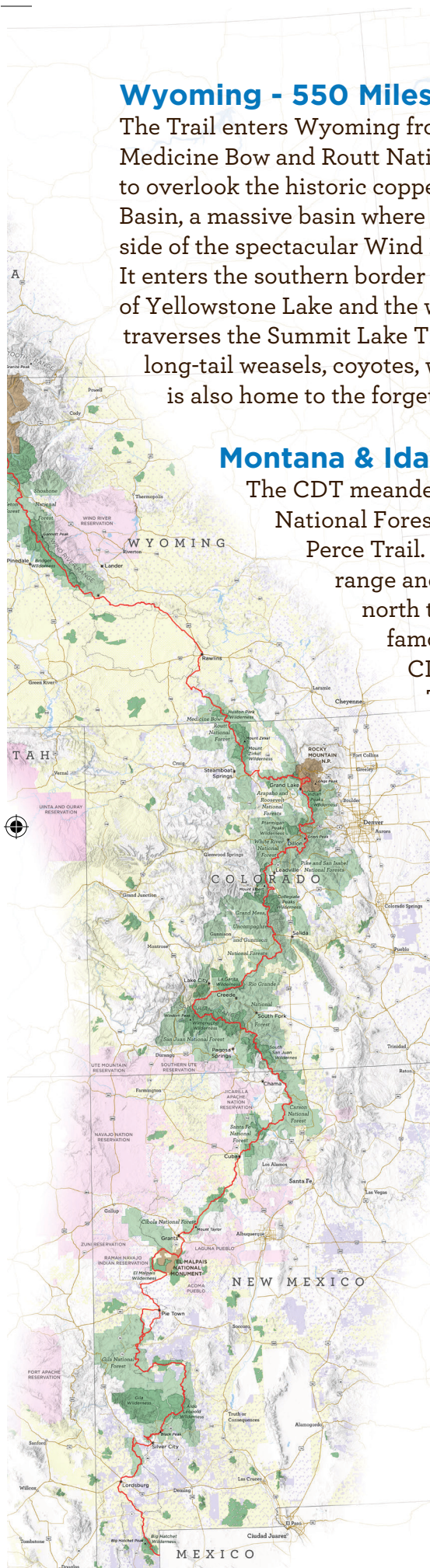
Montana & Idaho - 980 Miles

The CDT meanders along the Idaho-Montana border through the Beaverhead-Deerlodge National Forest and up the Bitterroot Range, sometimes following the path of the Nez Perce Trail. Turning east, the Trail travels through the rocky peaks of the Anaconda range and wanders around Butte, a century-old copper town. From here it heads north through many National Forests, including Lewis and Clark, through the famous Scapegoat and Bob Wilderness. Finally, after nearly 3,000 miles, the CDT reaches Glacier National Park. Here it passes between glacial lakes over Triple Divide Pass, into the Red Eagle Valley and through the Many Glacier Valley before it reaches the Canadian Border. In Glacier, grizzly bears forage for huckleberries in a constant search for calories, bald eagles and osprey share the sky, and lady slipper wildflowers wait to be pollinated by hummingbirds.

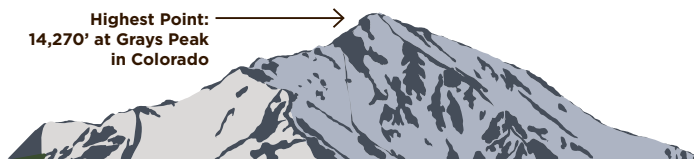
About the CDTC

The Continental Divide Trail Coalition (CDTC) is the lead national partner working with federal agencies to support stewardship of the CDT. CDTC is a 501(c)(3) nonprofit organization. The mission of the Continental Divide Trail Coalition is to complete, promote and protect the Continental Divide National Scenic Trail by building a strong and diverse trail community, by providing up-to-date information to the public, and through encouraging conservation and stewardship of the Trail, its corridor, and surrounding landscapes.

You can support the work that CDTC is doing by becoming a member. Visit www.continentaldividetrail.org/membership or fill out and mail in the form at the back of this guide.



Highest Point:
14,270' at Grays Peak
in Colorado



PREPARATION

- DIRECTION TO HIKE
- FLIP FLOP HIKES
- SOUTHERN TERMINUS INFO
- NORTHERN TERMINUS INFO
- PERMITS FOR THE CDT

Craig "Restless Wind" Hall

Picking a Direction to Travel

The first step in preparing for any trip along the CDT is to decide whether to travel northbound or southbound. This decision will influence several planning factors, from resupply strategy to preparing for different weather patterns. Choosing which direction to travel is ultimately a personal decision, but we have listed some of the more common reasons for choosing either direction. Choose the one that most closely aligns with your schedule and abilities.

	Northbound (NoBo)	Southbound (SoBo)
Starting Point	Crazy Cook monument, US/Mexico border	Glacier-Wateron Lake National Park, US/Canada border
Best time to start	Mid-April through early May	Mid-June to early July
Where will you hit snow?	As early as Mt. Taylor north of Grants, NM. Possibly in the San Pedro Parks Wilderness north of Cuba, NM; significant snow starting around Cumbres Pass, NM/CO border area.	Immediately, on the passes in Glacier National Park, & possibly on passes in the Bob Marshall Wilderness.
What's the snow travel like?	The trail in CO climbs to 10,000+ ft. and stays high, trail traverses avalanche terrain & CO snowpack is generally unstable. Ice axe, snowshoes or microspikes, and navigation skills required. You may have to camp on snow, melt snow for water.	Trail is valley-to-pass; snow mostly on passes. Traverses some steep slopes. Ice axe and traction (e.g. microspikes) required. Alternate starting point at Chief Mountain, or alternate route from Waterton over Stony Indian Pass if Highline Trail is not passable.
Other direction specific challenges	<ul style="list-style-type: none"> • Heat in southern New Mexico • Summer thunderstorms in Colorado starting in June/July • Need to reach Glacier NP before winter snows begin • More hikers hike NoBo- NoBo thru is less solitary and more social 	<ul style="list-style-type: none"> • Decreasing daylight each day • Need to reach lower terrain in NM before winter snows begin • Cold nighttime temperatures in Colorado • Fewer hikers hike SoBo- this hike can be more solitary and less social • No "warm-up" period - you immediately start in difficult terrain
Advantages	<ul style="list-style-type: none"> • Objectively more beautiful terminus • Continuity if you've hiked the AT and PCT NoBo • More hikers going NoBo; more social/less solitary experience • Overall temperatures are generally warmer • NM is a good warm-up to get your trail legs! • Wildflowers in CO 	<ul style="list-style-type: none"> • Once you are past the San Pedro Parks, no time crunch to finish NM • Aspens turning gold in Colorado • Avoid afternoon thunderstorms in CO- fall generally has bluebird days! • Fewer hikers means a more solitary experience • Wildflowers in MT • Cooler temperatures in NM

Flip Flop

A “flip flop” hike is a good option for hikers who wish to avoid as much (difficult) snow travel as possible. There are multiple flip-flop options but the most popular are:

Nobo-Sobo Flip:

Southern terminus to Cumbres Pass, then flip up to the northern terminus and hike southbound back to Cumbres Pass. Easiest logistically, and if timed correctly will put you in the midst of SoBo hikers so you can still keep the social aspect of the hike.

Basin Flip:

Southern terminus to Cumbres Pass, then hike between South Pass City and Rawlins or Encampment before flipping to another spot on the trail. Hiking the Great Divide Basin gives ~1-2 weeks of melt time.

Butte Flip:

Southern terminus to Cumbres Pass, then skip up to Butte, MT, and hike northbound to Canada. Flip back to Butte and hike Southbound to Cumbres Pass. Some variation on this is the best option if you want to avoid as much snow as possible.

Advantages of a flip-flop hike

Hike New Mexico in the Spring when the desert is in bloom, get a “warm-up” with the easier terrain in New Mexico before hiking elsewhere, avoid potentially dangerous snow conditions in Colorado, potentially hike the Great Divide Basin in early summer when water is plentiful and the plants are in bloom, potentially miss summer thunderstorms in Colorado and see the aspens turn gold.

Low Alternates

Some hikers who do not want to flip choose to skip the San Juans instead, and hike a low-route alternate. You can follow the Great Divide Mountain Bike Route to completely avoid the San Juans, or take the Creede Cut-Off to skip only the Weminuche Wilderness. Neither of these alternates are part of the official CDT.



Southern Terminus Info

The southern terminus of the CDT, sometimes known as the “Crazy Cook” monument is located near the Big Hatchets Wilderness Study Area, on the US/Mexico border. The nearest town to the terminus is Hachita, NM. Hachita has a small seasonal gas station and community center. The nearest town with lodging, a full grocery, and restaurants is Lordsburg, NM.

Getting to Lordsburg:

By bus: Greyhound from Albuquerque or Tuscon

By bus: Corre Caminos from Silver City to Lordsburg

By train: Amtrak “Sunset Limited” from Tucson or El Paso

By air: Boutique Air to Silver City

Getting to the border:

The road to the border is rough and not maintained. A high-clearance 4WD vehicle with good tires (and at least one spare) is recommended. This road is remote and a tow from this area will easily cost \$1000 or more. Border Patrol suggests not to leave your vehicle at the border.

CDTC runs a shuttle to the southern terminus on a regular schedule from early March to late May for northbound hikers, and on-demand in the fall for southbound hikers. For more information please visit the Southern Terminus Shuttle page on our website or call the CDTC office at 303-996-2759.

Border Patrol:

If you are arranging your own transportation to the border, please call Border Patrol and give them your name, number of hikers, and the make/model/license plate of your vehicle.

Border Patrol Phone: (575) 542-3221.

Water caches:

CDTC and volunteers maintain five water caches between the border and Lordsburg. A map with locations of the caches can be found on the CDTC website. 2 gallons of water per hiker is stashed for CDTC shuttle passengers. You may also pay for caches separately at a cost of \$10/person. It is entirely possible to hike this first section without the use of water caches, using stock tanks and solar wells. Familiarize yourself with the water report, which is available on the CDTC website at:

www.continentaldividetrail.org/water-report





Northern Terminus Info

There are two northern termini in Glacier National Park. The main terminus is at Waterton Lake, at the US/Canada border. The alternate terminus is at the Chief Mountain border crossing station. Both locations are considered the “official” terminus. Permits are required for camping in Glacier National Park. See “Permits” section of this guide.

Waterton Lake Terminus

The Continental Divide Trail through to Waterton Lake is an official Port of Entry on the US/Canada border. Southbound hikers entering the United States must have a US Passport, US Passport Card, NEXUS Card, or enhanced drivers license.

- Southbound hikers must check in with the border agents at Goat Haunt between 11:15am and 5pm. Failure to do so will result in a hefty fine.
- Northbound hikers entering Canada from the US must call Canadian customs upon arrival in Waterton Townsite. Customs: (403) 653-3535.
- For more information on the border crossing, see the Glacier National Park website or call (406) 888-7800.

Chief Mountain Terminus

This terminus and route is a good option for hikers who do not have a passport or are not allowed into

Canada; for early or late-season hikers; and for hikers concerned about snow travel. This route is approximately 9 miles shorter than the route into Waterton Lake, and bypasses Swiftcurrent Pass and the Ahern Drift. The Chief Mountain border crossing closes October to mid May. After the border closes, there will be no traffic on the road for hitching, so plan your transportation accordingly.

Snow Travel

Southbound hikers starting in June and into July should expect to encounter snow on the passes. Traction (e.g. microspikes) and an ice axe may be required depending on the terrain and snow coverage.

For more information contact the rangers at Glacier National Park: (406) 888-7800.

The Highline Trail (Waterton Route) is usually still in “winter status” during peak SOBO starting times. You are **REQUIRED** to carry an ice axe to get a permit. You will need to cross the Ahern Drift that rangers don’t blast until later in the season.

Crossing the Border

The Chief Mountain Border Crossing is closed between October 1st and May 14th. There will not be any traffic on the road before or after these dates. Plan your hike and transportation to/from the Northern Terminus accordingly!

NOTE: You will need a valid passport or a valid US Passport Card to cross the border!



Permits Needed for the CDT

Currently there is no permit needed to hike the CDT. However, there are a few areas along the trail that do require permits for camping and entry.

Glacier National Park

Requires backcountry permits for camping. \$7/person/night. Phone number to call: 406-888-7857

Advance reservations: www.nps.gov/glac/planyourvisit/backcountry-reservations.htm

Map of backcountry campsites: www.nps.gov/glac/planyourvisit/upload/Backcountry-Map-Web.pdf

Have multiple itineraries prepared in case one or more of your desired campsites is full. Be prepared to hike very short mileage days and/or very high mileage days.

Yellowstone National Park:

Requires backcountry permits for camping. \$3/person/night. (\$5 for stock) Phone number to call: 307-344-7311 (YNP Central Reservations)

Walk-up permits are possible to obtain but not recommended. Early- and late-season hikers in Yellowstone will have better luck with this than hikers arriving at either park in peak season. **PLEASE BE FLEXIBLE** and courteous to the rangers!

Rocky Mountain National Park:

Requires a permit and a bear canister for backcountry camping. \$26/person/night. The RMNP loop is approximately 25 miles. Many thru-hikers choose to “slack pack” this section of the trail in one day. For more information and to book your permits, visit www.nps.gov/romo/planyourvisit/wilderness-camping.htm

You can rent bear canisters at Never Summer Mountain Products in Grand Lake.

Indian Peaks Wilderness:

The CDT enters the Indian Peaks Wilderness in Colorado (south of RMNP) in three different areas: 1.6 miles from just south of the park boundary to Knight Ridge (N. of Roaring Fork Trailhead); 2.6 miles from Monarch Lake to near Lonesome Peak; and 5.1 miles from just below Devil’s Thumb to Rollins Pass. This is an extremely high-use wilderness area; do not camp in the Indian Peaks Wilderness without a permit. You can avoid the need for a permit by camping between Lonesome Peak and Devil’s Thumb, or by camping after Rollins Pass. To obtain a permit, contact the Arapahoe & Roosevelt National Forests at 970-887-4100.

New Mexico State Lands:

Recreational access to state lands throughout New Mexico can be purchased from the Commercial Leasing Division at the cost of \$35.00. These permits are valid for one year from the date issued and can be obtained by submitting the completed Recreational Access Permit Application online at <https://tinyurl.com/y7gmb4wr>. For more information, please contact the Commercial Leasing Division at (505) 827-5724.

NOTE: The CDTC shuttle includes this permit.

Self-service Wilderness permits:

Some National Forest Wilderness Areas along the trail require a self-service permit. These are available at the trailhead. Please fill out the permit forms! These help the Forest Service track use in Wilderness Areas and along the CDT, **which is tied to Trail funding!**



Mike “Hikerbox” Henrick

LEAVE NO TRACE

- LNT PRINCIPALS
- COMMON ISSUES
- USER BEHAVIOR
- FIRES
- FOOD STORAGE

Mike "Hikerbox" Henrick

Leave No Trace

Tread lightly! Take good care of the Trail and help ensure that it remains beautiful and wild for generations to come.

All trail users should be familiar with and adhere to the Leave No Trace Seven Principles:

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

(© 1999 by the Leave No Trace Center for Outdoor Ethics: www.LNT.org.)

What does this mean for CDT trail users?

- Do your research. Know the trail conditions ahead of time and be prepared for snow, inclement weather, fire closures, and other issues. Know where your route is taking you.
- Stay on the trail! Don't shortcut switchbacks. Where there is no trail, such as on alpine ridges, spread your group out to avoid creating a "social" trail. Camp at least 200 ft from water sources.
- Carry a trowel. Catholes should be 6-8" deep, and at least 200 ft from water sources. Pack out all your trash, including used toilet paper. Do not burn your trash. Consider leaving camp soap at home-- but if you do carry it, dispose of soapy water at least 200 ft from sources, dispersed over a wide area. Never use soap in streams, lakes, or ponds!
- Don't pick wildflowers, or create cairns, or take CDT confidence markers
- Be aware of fire bans along the trail. During the summer and fall, open fire bans are common in every state along the CDT. This means no campfires, and no stoves that use alcohol, esbit, or wood for fuel. If fires are allowed, build in existing fire rings only and thoroughly extinguish fires before leaving the area.
- Remember, you are representing the CDT community! Be kind and polite.

Common LNT Issues on the CDT

Toilet Paper

We encourage all hikers to pack out their toilet paper. "TP flowers" from poorly-buried or dug-up catholes are unsightly and can spread GI illnesses. Packing out your used TP is easy with an extra ziplock bag. You can add baking soda or crushed up aspirin to the bag to neutralize odors. Some hikers opt to use a backcountry bidet instead of toilet paper.

Graffiti

Parts of the CDT are co-aligned with other trails and are not marked as the CDT. Please do not write "CDT" on trail signs. Hiker-drawn "CDT" symbols are not official trail markers and are graffiti. Eventually funds will have to be diverted from other projects to replace these trail signs. Leave all signs as you find them. Do not mark or blaze the trail in any other way (e.g. spray paint).

CDT User Behavior

When you hike the CDT, you are representing not only yourself, but the entire community of CDT hikers. Be polite and kind in town to business owners and residents. Do not trespass on private property. Tip your server when you go out to eat (20% is standard).

Many Trail Angels and community members are also part of the CDT Facebook pages. Please keep this in mind before posting any derogatory comments about a town, business, or person on the Facebook pages.



The Granite Gear Grounds Keepers program is a group of hikers and outdoor enthusiasts who are passionate about removing litter from our public lands, trails and community parks. In 2018, each

member on the team of 25 has committed to hiking and removing trash from 300+ miles of trails and parks. For more information, visit: www.thegroundskeepers.org.



Stoves, Campfires, and Fire Closures

Fire bans are common along the CDT during the summer and fall months. During these bans, campfires and stoves without an on/off switch (e.g. alcohol, esbit, and wood-burning stoves) are prohibited. Do not start a campfire or use an alcohol stove in any area that has a burn ban. Not only is it dangerous, but if you are caught you will be fined. Alcohol stove users are advised to carry food that can be prepared “no cook” if needed.

With the abundance of dead trees in the Rockies due to the mountain pine beetle epidemic, we recommend avoiding campfires altogether. If you do have a campfire, make sure your fire is completely out before you leave the area or go to sleep. Drown the fire, stir the ashes, and drown it again if needed. You should be able to stick your hand in the ashes. If you cannot, your fire is not out. ***Drown it again.***

Fire closures are an unfortunate reality of hiking the CDT. The local land management agency will close the CDT when conditions are unsafe. Do not enter closed trails. Entering a fire closure area is illegal and puts both your life and others at risk. Closure notices are posted by the land management agencies on either end of the closure. CDTC will also update hikers on fire closures through the Facebook groups and our website. When possible, we will have re-routes available for hikers. You can also call the CDTC office for fire closure information at: 303-996-2759.

Food Storage

Bear canisters are required in Rocky Mountain National Park if camping overnight, and you are required to use bear boxes (or hangs if boxes are not provided) when camping in Glacier and Yellowstone National Parks.

Bear canisters OR hanging your food is **required** in the following places:

- Bob Marshall Wilderness Complex
- Bridger Teton NF (Wind River Range)
- Shoshone NF
- ¼ mile on either side of the following roads in Colorado in the Collegiates: Halfmoon, Winfield, Hancock, Cottonwood, & Mt. Princeton/Chalk Creek

How do I hang a bear bag?

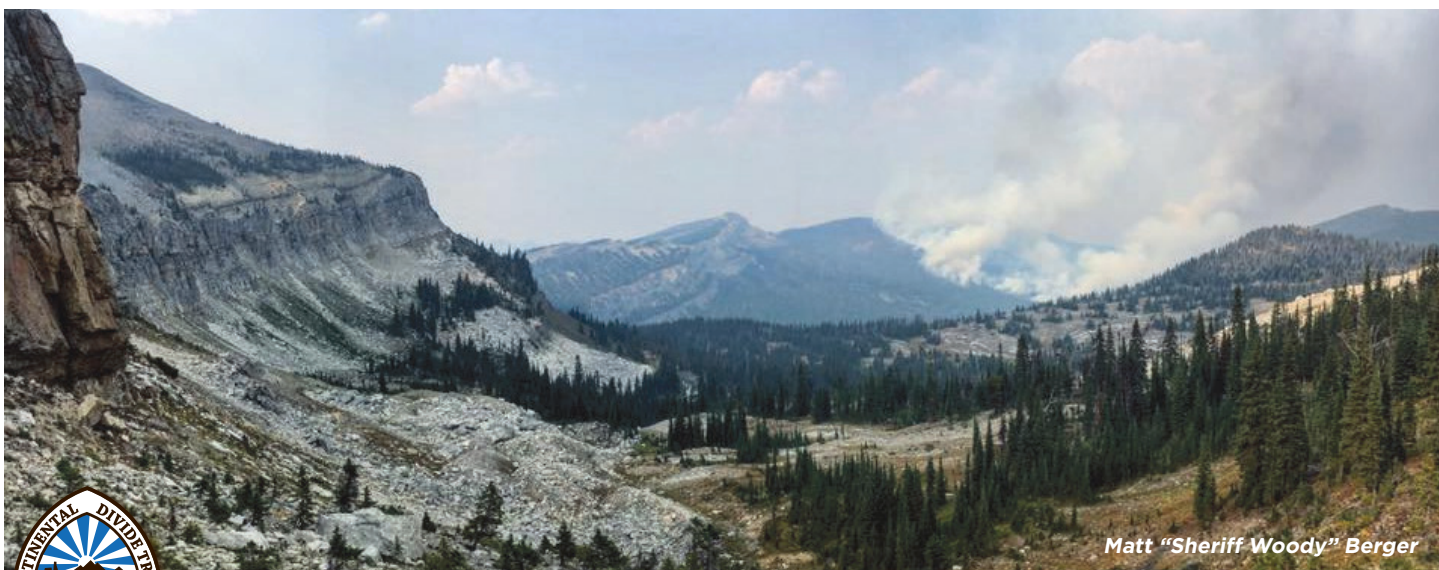
The “PCT Method” for bear bags is fairly simple and works well. See opposite page for instructions.

Can I use an Ursack?

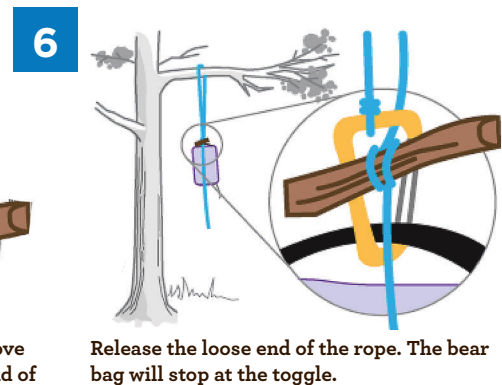
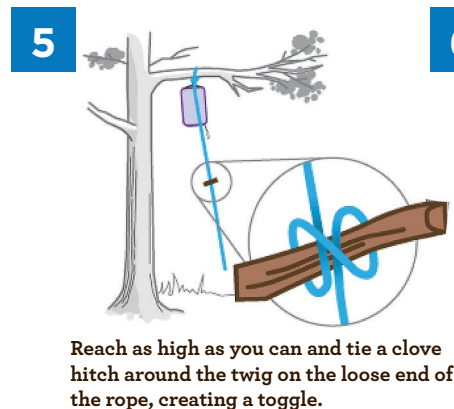
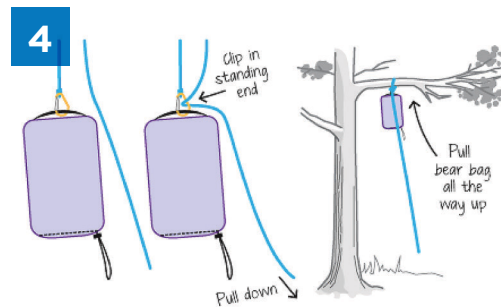
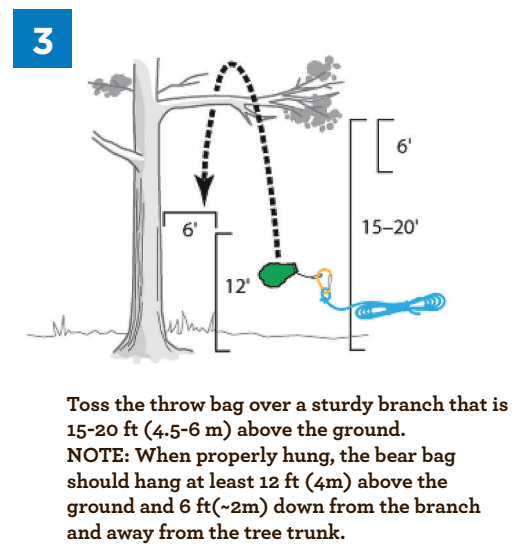
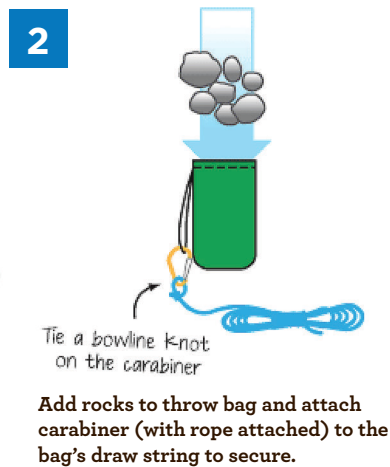
The Ursack is a great method for food storage. In many places along the CDT, hanging your food is difficult: you may be above tree-line, or in a burn area, or somewhere with a lot of beetle kill. The Ursack makes it easier to properly store your food in areas like this. You will have to hang your Ursack in the locations noted above.

What about sleeping with my food?

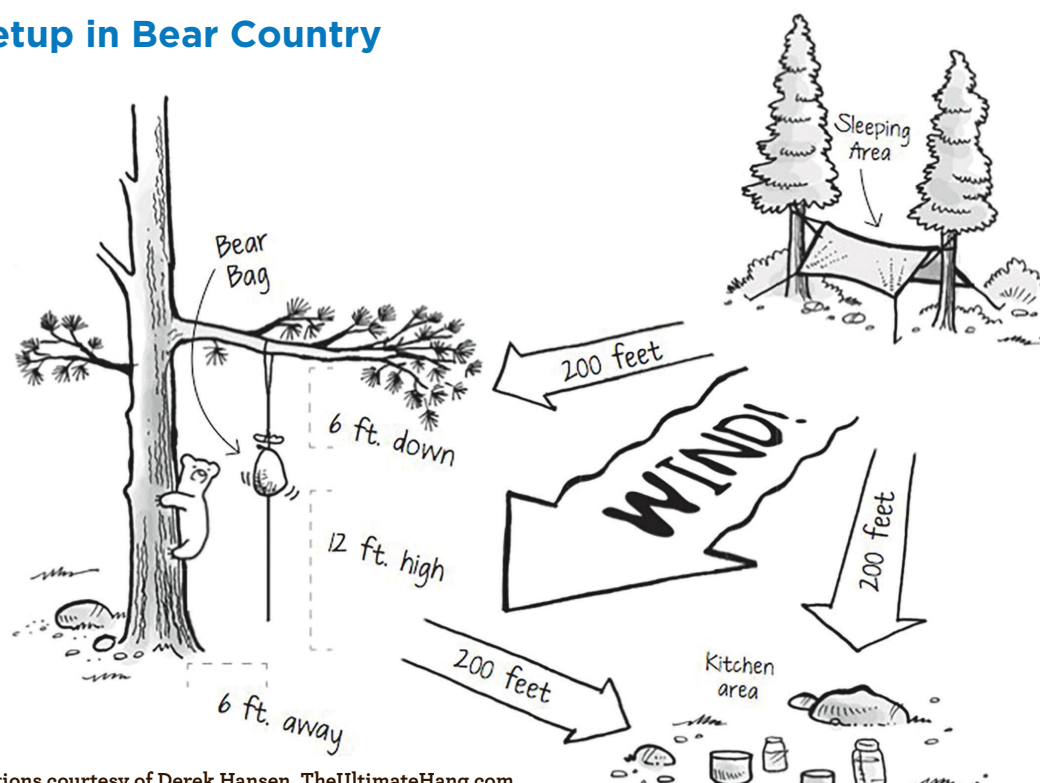
Sleeping with your food is never recommended nor does it follow leave no trace practices. Keep a clean camp, don’t cook where you sleep, and consider using an OPsack to “odor-proof” your food.



Bear Hang Steps



Camp Setup in Bear Country



Original illustrations courtesy of Derek Hansen. TheUltimateHang.com

NAVIGATION

- GUIDEBOOKS
- MAPS
- APPS
- ALTERNATE ROUTES
- NAVIGATION SKILLS

Matt "Sheriff Woody" Berger

Navigation on the CDT

Overall, the CDT is fairly well-marked (further initiatives in 2017-2018 are attempting to mark the trail without interruptions), but the CDT does currently require some navigation skills.

There are multiple map sets as well as multiple smartphone apps available for the CDT. Waypoints for the trail are also available for hikers who use standalone GPS units.

In recent years, there have been multiple instances on long trails of hikers becoming lost and requiring rescue when relying only on smartphones for navigation. To avoid straining the SAR resources in the counties traversed by the CDT, ***we very strongly recommend carrying two navigation resources.*** This may take the form of two different paper map sets; one set of paper maps and a smartphone app; or for those who prefer to navigate with only digital resources, two smartphones. (An external battery pack is NOT a backup method of navigation as it will not help if you lose or break your phone.)

Guidebooks & Databooks

Yogi's CDT Guide

Jackie "Yogi" McDonnell is an experienced hiker who has created a popular guidebook for the CDT (as well as for the PCT and CT). This guide has info on the trail alternate routes, town and resupply resources as well as gear, LNT and hiking tips. Yogi prints new versions of the guide each year, and publishes updates to the information in the book during the year with update file to her website between re-prints.

www.yogisbooks.com

Beacon's Databook

Thru-hiker Beacon has compiled a databook for the CDT. This databook is intended to be used while on-trail, as a navigation aid. You can get a copy of Beacon's databook at:

<https://tinyurl.com/ydakgvys>

Map Sets

CDTC Maps

The CDTC produces a map set at a scale of 1 inch = 1/2 mile available for free on the CDTC website.. The data to produce this map set comes from the official Forest Service CDT dataset and will be updated on an annual basis. Find them at:

<http://continentaldividetrail.org/maps>

Bear Creek Survey

Created by Jerry Brown. These maps are available in books per state, as well as an alternates book. These maps are scaled at 1 inch = 3000 feet and use both USGS and Forest Service maps for the base map. The map sets contain waypoints for mileage, water sources, junctions, road crossings, Wilderness boundaries, etc. Jerry Brown updates the maps every year with re-routes and changes.

<http://www.bearcreeksurvey.com/>

Jonathan Ley Maps

J. Ley hiked the CDT in 2001 and created a mapset as a free, print-at-home resource. These maps use the USGS 7.5 minute quads as a base map and are designed to be printed on either 8.5x11" or 11x17" paper. There are no labeled waypoints, but each page contains copious notes on water, navigation, town services, and alternates. Ley has mapped out not only the most popular alternates, but numerous "micro-alternates": short routes (often cross-country) that take the hiker off the CDT and up nearby peaks, or onto the ridge, or to scenic passes and lakes. Note that due to the way the maps were created, the mileage between waypoints is often underestimated.

www.phlumf.com/travels/cdt/cdtmaps.shtml

Supplemental Maps

Large area overview maps can be helpful on certain sections of the trail, where the CDT is more remote and has fewer opportunities to bail out if needed. Good places to carry overview maps include the Weminuche Wilderness, the Wind River Range, and the Bob Marshall Wilderness.



Smartphone Apps

Atlas/Guthook Guides CDT

The app of choice for most CDT hikers and the official CDT navigation app. This app utilizes the GPS in your smartphone to show your location in relation to the trail line. It works when the phone is in airplane mode. The app contains the same data and waypoints as the CDTC and Bear Creek Survey maps. Also included is town information for resupply stops along the CDT. Users have the option to upload comments and photos to each waypoint in the app. The water report is also included in this app. This app is available for both iPhone and Android.

To download the app, visit the iTunes or Google Play store. \$49.99 for the entire CDT or \$9.99 for each state.

Hikerbot

Hikerbot is a free app that uses crowd-sourced data. It is currently available for Android only.

Avenza PDF Maps

Both CDTC maps and JLeY maps are available in geospatial PDF format allowing you to use them for GPS navigation as well. Avenza PDF maps is the most popular app for viewing georeferenced PDFs. Search for CDT maps in the “Map Store” both sets are available for free.

Supplemental Navigation Apps

We recommend using a non-CDT-specific app for situations where you may have to “bail out” off the Trail. Be sure to pre-load the base maps onto your app before you leave town! Popular apps include:

- Gaia GPS
- Avenza
- Earthmate (pairs with Garmin/Delorme InReach devices)

GIS/GPS Data

The CDT Data page has download links for GIS, GPX, Garmin GPI, and KML information.

www.continentaldividetrail.org/cdt-data

Bear Creek Survey also provides GPS waypoints and GPS programming.

www.bearcreeksurvey.com

CDTC Gateway Community Info

The CDTC Gateway Community coordinator has compiled info on resupply, lodging, restaurants and things to do in Gateway towns along the trail.

www.continentaldividetrail.org/cdt-gateway-communities/

Navigation Skills

Hikers on the CDT should be comfortable with backcountry navigation. Familiarity with map and compass is recommended. GPS/smartphone navigation is useful, but electronics can fail.

The Columbia River Orienteering Club has a series of instructional videos on navigation on their website.

www.croc.org



Alternate Routes

Due to extreme weather conditions, trail safety issues, and use of common historical routes, many “alternate” routes have become popular over the years. These alternates are not part of the official CDNST, and are not marked as such. Make sure you have the appropriate navigational resources for any of these alternates. CDTC is providing this information as a courtesy and not as an endorsement of these routes.

	Official CDT	Gila River Alternate
Length	178.5 miles	105 miles
Route Description	The official trail follows the crest of the Black Range in the Aldo Leopold Wilderness. This route is solitary, wild, and remote; hikers can expect to see abundant wildlife and expansive views	This alternate follows the Middle Fork of the Gila River, through the river canyon. The scenery on this route is unlike anywhere else on the CDT and there are opportunities to soak in hot springs. Hikers also pass near the Gila Cliff Dwellings National Monument.
Challenges	Very remote, water can be scarce, several burn areas, hitching to/from resupply may be difficult	Ford the Gila River 200+ times (high route exists to avoid some fords), washed out trail, blow-downs along route, poison ivy, paved road-walking
Resupply	Winston, NM – hitch on Hwy 59 from mile 266.3 (NoBo)/2784.4 (SoBo). PO, small store, laundry, showers, no lodging.	Doc Campbell’s Post – on-route at mile 37.9 (NoBo)/67.1 (SoBo). Small expensive store will hold packages for a fee; laundry, showers, hot springs, lodging, camping available.

	Official CDT	Cebolla Alternate
Length	55 Miles	27 Miles
Route Description	The official trail follows the Chain of Craters along the edge of the El Malpais National Monument. This route weaves in and out of old volcanic cinder cones and massive lava tunnel caves.	This alternate stays high above El Malpais on a limestone cliff with great views of the lava flow.
Challenges	This is a longer route though arid country although water sources are available.	This route potentially includes more paved road walking as it ends shortly before the La Ventana Arch and then follows HWY 117.



	Official CDT	Mt. Taylor Alternate
Length	13.5 miles	14.5 miles
Route Description	The official trail skirts the base of Mt. Taylor.	This alternate climbs over the summit of Mt. Taylor, using a combination of trail and dirt Forest Service roads.
Challenges		Weather, elevation

	Official CDT	Creede Cut-Off
Length	118.2 miles	37.5 miles
Route Description	The official trail circles through the Weminuche Wilderness, Colorado's largest Wilderness area. This route is largely above treeline, and is very challenging, but the scenery is worth the effort!	This route by-passes the Weminuche through a combination of trails and roads. This is a good option if snow and/or weather conditions on the CDT are too dangerous or difficult.
Challenges	Remote, high elevation, exposed terrain, snow conditions in spring can be dangerous	Missing out on the Weminuche! Road-walking through Creede
Resupply	Silverton, CO via Stony Pass, NoBo mile 965.5/SoBo mile 2085.2. Lake City or Creede via Spring Creek Pass, NoBo mile 998.9/SoBo mile 2051.8. All amenities.	Creede - on route at NoBo mile 27.4 of alt, SoBo mile 10.1, all amenities.

	Official CDT	Silverthorne Cut-Off
Length	78.2 miles	42.2 miles
Location	The CDT climbs over the Tenmile Range, follows high ridge lines, and summits high point Gray's Peak (14,278'). This route has extended above-treeline hiking, options to summit additional high peaks (14er Torreys Peak & several 13ers), and climbs up Herman Gulch, which is one of the best sites to see summer wildflowers.	From Copper Mountain, this route follows the Gore Range Trail through the Eagle's Nest Wilderness, then goes through the town of Silverthorne, into the Ptarmigan Peak Wilderness. This route is lower than the official, but still beautiful hiking. There is a Chipotle on-route.
Challenges	Extended above-treeline hiking exposed to weather, knife's edge between Mt. Edwards and Gray's Peak, high elevation	Some trail is unmarked and/or poorly maintained. Still have to cross three above-treeline passes.
Resupply	Breckenridge, Silverthorne, Dillon, or Frisco from Hwy 9, NoBo mile 1255.8/SoBo mile 1794.9. Free Summit Stage bus through the county from trailhead. All amenities.	Silverthorne, on-route, NoBo mile 22/SoBo mile 22.5 of alternate.





	Official CDT	Cirque of the Towers
Length	23 miles	21.4 miles
Route Description	The official CDT is beautiful, gentle trail through wooded and alpine areas in the Wind River Range. Resupply option at Big Sandy Lodge. Equestrians should use this route.	This scenic alternate in the Wind River Range climbs steep Temple Pass and Jackass Pass to the Cirque of the Towers. Climb over Texas Pass and scramble down the talus field to follow trail back to the CDT.
Challenges		Talus fields on Texas Pass

	Official CDT	Knapsack Col
Length	14.2 miles	13.8 miles
Route Description	The official CDT follows established trail around multiple beautiful lakes. Equestrians should use this route.	This scenic alternate traverses Titcomb Basin and climbs over Knapsack Col (12,287') and Cube Rock Pass. Hikers should be comfortable with scrambling.
Challenges		Loose scree field, talus, small glacier

	Official CDT	Spotted Bear Alternate
Length	43.3 miles	27.5 miles
Route Description	The official CDT follows river valleys to the east, then hugs the North Wall.	The alternate diverges to the west after the Chinese Wall. It follows river valleys and climbs over Switchback Pass before rejoining the CDT near Gooseberry Cabin.
Challenges	Burn areas, possible deadfall	Burn areas, possible deadfall

	Waterton Route	Chief Mountain Route
Length	35.9 miles	26.8 miles
Route Description	From Many Glacier, this route heads west over Swiftcurrent Pass and follows the Highline Trail to Waterton Lake and the Canadian border. Hikers can continue north to Waterton Townsite (check in with Canadian Customs upon arrival).	From Many Glacier, this route stays to the east of the Divide, over Red Gap Pass and to Elizabeth Lake, past the Belly River ranger station, to the Chief Mountain border crossing. This is a good option for hikers who do not have a passport or who want less-challenging snow conditions.
Challenges	Ahern Drift is not passable until mid-July without extra gear/skills, must have a passport to cross the border	Can be difficult to hitch to/from border



EQUESTRIAN

- BASIC CONSIDERATIONS
- OTHER RESOURCES

Guthrie Alexander



Equestrian Use on the CDT

The CDT is generally designed for both hiker and horseback use, but equestrian users should consider the following when planning trips on the CDT:

Fences and Gates

Most fences and gates along the CDT are designed and installed for stock but there are still several known and unknown fences that do not have proper bypass gates installed. Because of that we do not recommend riding a horse south of Lordsburg, Mexico.

Forage and Water

Much of the CDT especially in Colorado is above tree line and equestrian users should pay close attention to the availability of forage close to the trail as well as availability of water for stock overnight.

Trailhead Access

Not all trailheads that access the CDT have enough space for horse trailer parking or turn around. If you have a specific trailhead or access point in mind we recommend that you contact the local land managers office to determine if there is room for your trailer at the trailhead.

Llama Packing

For information on llama packing, visit the Pack Llama Trail Association at www.packllama.org/.

Other Resources

The CDTC is looking to develop more equestrian resources – if you would like to contribute please contact us! In the meantime please look into these other resources to help plan your trip.

Backcountry Horsemen of America (BCHA)

BCHA is an important partner along the CDT and has state chapters in each CDT state. We recommend reaching out to your local state chapter for riding resources and opportunities to give back to public lands. Find out more at: www.bcha.org

BCHA provides much of the pack support for both volunteer and agency projects along the CDT. BCHA's mission is to:

1. To perpetuate the common sense use and enjoyment of horses in America's back country and wilderness.
2. To work to ensure that public lands remain open to recreational stock use.
3. To assist the various government and private agencies in their maintenance and management of said resource.
4. To educate, encourage and solicit active participation in the wise use of the back country resource by horsemen and the general public commensurate with our heritage.
5. To foster and encourage the formation of new state Back Country Horsemen's organizations.



OTHER USES

- MOUNTAIN BIKING
- MOTORIZED USE



Cass Gilbert



Mountain Biking

The CDT is primarily designed, managed and constructed for hikers and equestrians. Mountain bikes may be allowed on certain segments of the CDT but they are not allowed any CDT segment within designated Wilderness, Recommended Wilderness and National Parks and Monuments. Please check with the local land manager for regulations regarding a specific segment of the CDT for whether or not bikes are allowed on the CDT.

The Great Divide Mountain Bike Route (GDMBR) roughly parallels the Continental Divide. Sometimes the route is coincident with the CDT, other times it follows roads near the Divide. This route can be used to detour around Wilderness sections.

General Considerations

While bicycle use may be allowed on sections of the CDT, the CDT was not generally developed for bicycle use. Trail grades may be steeper than optimal, and there may be obstacles that require pushing or carrying the bike over.

Downed Trees

Downed trees are one of the largest obstacles to bike packers along the CDT. Because of beetle kill and fires there can be substantial sections of the CDT each year with a lot of dead fall. While agency staff and volunteers attempt to clear trees each year there is a good chance you will encounter segments that have not been cleared.

Gates

Currently many of the gates through fences along the trail are designed only to allow hikers through. It can be impossible to get a bicycle through these gates requiring a loaded bike to be lifted over the fence or disassembled.

Resources

<https://www.adventurecycling.org/>
<http://www.bikepacking.com/>

Motorized Use

While efforts are underway to realign the trail many current segments of the CDT are on motorized trails or roads. The Forest Service develops Motor Vehicle Use Maps (MVUMs) for each forest outlining trails open to motorized use as well as the allowed vehicles. Please review these resources carefully before riding.

Tread Lightly

The Tread Lightly organization provides advocacy and training for motorized use on public lands. They have developed the TREAD principals for responsible motorized recreation. Find out more at <https://www.treadlightly.org/>



SAFETY

- SNOW SAFETY
- WATER
- RIVER CROSSINGS
- ANIMALS
- ILLNESS & INJURY
- LIGHTNING
- HITCHHIKING
- HIKING SOLO

Mike "Hikerbox" Henrick

Who to Call in an Emergency

In case of any emergency along the CDT, call

911. Local law enforcement and rescue teams are essential in providing safety resources along the trail. **DO NOT** call the CDTC in the case of an emergency as we cannot provide any safety or rescue resources and will defer to local authorities.

Boothel of NM Border Patrol	575-531-3010
Hachita NM Dispatch	575-436-3001
El Malpais National Monument.....	505-876-2783
Rocky Mountain National Park.....	970-586-1203
Yellowstone National Park.....	307-344-2132
Glacier National Park.....	406-888-7800

U.S. Forest Service Law Enforcement:

New Mexico	505-842-3196
Colorado/Wyoming	303-275-5394
Montana/Idaho	406-329-3400

CDTC provides this safety information as a resource for CDT users but is not responsible for users safety on or off the trail. Users of the CDT take all responsibility for the own safety.

Snow Safety

Northbound thru-hikers will encounter snow in Colorado. Southbound thru-hikers will find snow on the passes in Glacier National Park and possibly the Bob Marshall Wilderness.

All hikers should carry and use traction and an ice axe in snowy areas. Kahtoola Microspikes and Hillsound Trail Crampons are the most common option for traction. Some Northbound hikers use snowshoes in Colorado.

Practice using your ice axe before you hit snow. Hikers should be able to self-belay and self-arrest to avoid dangerous falls. There are many instructional videos on YouTube that show the technique for self-belay and self-arrest. The book **Mountaineering: Freedom of the Hills** is also an excellent resource.

Avalanches

Although the CDT travels through spectacular alpine ridges in the mountains of Colorado, it also passes through the most unstable snowpack in the

country, killing 47 people in the state from 2010 to 2016⁽¹⁾. As a northbound hiker entering Colorado in June or earlier, it's important to know a few things about avalanches before you arrive. South bounders starting in Glacier will face a much more consolidated and stable snow pack but should still check with the park rangers for signs of recent avalanche activity, especially if entering early or in a high snow year.

Avalanches are categorized by the condition of the snow during the slide, and the most dangerous type for NoBos is the wet slab. A cohesive slab of snow is loaded by water from rain or snow melt above it until it releases either naturally or from instability created by a person. Similar to a wet slab avalanche, loose wet avalanches occur from wet or slushy snow on top of old consolidated snow, such as a late spring snow storm baking in the sun a day or two later. In both cases the slope aspect can lead to more or less solar radiation as the sun moves throughout the sky, warming east then south and finally west facing slopes.

To simplify things for thru-hikers who are unable to take more in-depth avalanche training, we can categorize warning signs as yellow flag (alert) and red flag (change travel plans immediately). **Please note these are an author's recommendation, not the CDTC's.**

Yellow flag warning signs:

- Travel on or below snow sitting on terrain steeper than 25 degrees, shallower than 45 degrees
- Night time temperatures above freezing
- Recent rain or snow events
- Clear sunny skies
- Wet, slushy snow more than ankle deep when walking in snowshoes or calf deep without

Red flag warning signs:

- Observing a naturally occurring avalanche
- Pinwheels or rollers of snow
- "Woompung" sound of snow slabs as they settle from increased moisture load
- Triggering mini-avalanches or point releases as you travel across the snow

Please note these lists are not comprehensive by

(1) <http://avalanche.state.co.us/accidents/statistics-and-reporting/>

any means.

Each person's level of acceptable risk is different; some may consider what we have categorized as a yellow flag to be a red flag and vice versa. Hikers should be prepared to plan alternate routes out of avalanche terrain in the case of multiple yellow flags or a single red flag warning. In the end, it is up to the backcountry user to become familiar enough with avalanches to make these decisions themselves. More information can be found at the Colorado Avalanche Information Center:

www.avalanche.state.co.us

Or by taking an avalanche awareness course or AIARE 1 course taught by the American Institute for Avalanche Research and Education

www.avtraining.org

Water In the Desert

CDTC only hosts the water report and is not responsible for its content. This is a file containing locations of all water sources along the trail in New Mexico and in the Basin of Wyoming. This information is crowd-sourced from hikers on the trail. Please update the water report for your fellow hikers!

You can email cdtwater@gmail.com or leave water report comments in the Atlas Guides/Guthook app.

The water report can be found at:

www.continentaldividetrail.org/water-report

Carry a lightweight filter or chemical treatment drops or tablets to treat your water and reduce the risk of giardiasis and other water-borne illnesses.

Navigation

CDT users should have navigation and route-finding skills. Familiarity with map and compass is important. Never rely solely on electronics for navigation. Always carry a backup.

The Columbia River Orienteering Club has a series of 15 excellent videos on YouTube that will help you build up your navigation skills.

Hitchhiking

Hitching is the most common way to get to or from towns to resupply. There are a few safety precautions you can take while hitching if you are concerned for your safety.

- Take a photo of the license plate. If you have cell service, send it to your emergency contact.
- Don't be afraid to turn down a ride. "I just realized I left my camera at my last break spot (or at the hostel)" is a great excuse that won't give offense to the driver.
- Don't get in a car with a drunk driver.
- Keep your pack with you. If you have to put your pack in the trunk, keep your cell phone and wallet.
- Try to hitch with others. There's safety in numbers!



Wildlife Encounters

Bears

The CDT corridor is home to both black bears and grizzly bears. Black bears live all along the CDT, while grizzlies make their homes in northern Wyoming and in Montana and Idaho. If you encounter a bear on the trail, do not approach it. Consider carrying bear spray between South Pass City and the Canadian border in case you have a grizzly encounter. Take extra steps to secure your food in grizzly bear habitat such as using an Ursack or bear canister and/or hanging your food properly.

If a black bear attacks you: try to make yourself appear bigger to scare off the bear; fight back; try to escape. If a grizzly bear attacks you: “play dead” by lying facedown on the ground with your arms protecting your head. Your pack will protect your back from the bear. Do not run.

Moose

Moose can be seen along the trail from Colorado north. Do not approach moose. If a moose is blocking the trail, go around it. Moose are not aggressive, but they will charge if they feel threatened or are startled. If a moose chases you, hide behind a tree or other large object. Hikers with dogs should take extra care in moose country; keep your dog leashed or at heel.

Mountain Lions

Mountain lions live in all the states along the CDT. They are very rare and it is unlikely you will see one. If you are attacked by a lion, make yourself appear larger, make noise, keep eye contact, and fight back.

Snakes

Rattlesnakes are common along the CDT in New Mexico. Do not attempt to pick up or touch rattlesnakes. Be aware of your surroundings and do not hike with headphones in so you can hear if a snake is “rattling” nearby. If you are bitten: do NOT attempt to suck out the venom. Do not use a snakebite kit. Try to stay calm, and get off the trail and to a road as quickly as possible.



Illness & Injury

Dehydration: is a common issue along the trail. Symptoms include dry mouth, increased thirst, decreased urination, dark urine, dizziness, fatigue, and confusion. Properly managing your water intake is the best way to prevent dehydration. Have a copy of the water report easily accessible. If you are unsure about how much water to carry, a good rule of thumb to start with is one liter for every 5 miles of hiking. Add electrolytes to your water and eat salty snacks to replace what you lose through sweat.

Sunburn: Prevent sunburn by wearing long pants, a long-sleeved shirt, and a hat with a brim. Sunscreen is also effective if reapplied every two hours. Some hikers carry a reflective trekking umbrella to limit sun exposure.

Heat Exhaustion: Symptoms of heat exhaustion include heavy sweating; cold, clammy skin; headache; dizziness; nausea and vomiting; muscle cramps; and fainting. If you are experiencing these symptoms, stop hiking and rest in the shade. Sip water. Wet your clothing to help cool down.

Heat Stroke: Symptoms include fever; hot, dry or damp skin; dizziness; headache; nausea; confusion; loss of consciousness. Heat stroke is a medical emergency: call 911 if possible. Move the victim to the shade and wet their clothing to help keep them cool.

The sun is intense in the Rocky Mountains, and the heat on parts of the trail can be brutal. Avoid heat exhaustion and heat stroke by taking a “siesta” during the hottest parts of the day. Hike early in the morning before it gets too hot, and in the evening when the temperatures cool down.

Hypothermia can happen not only in cold weather, but also in cool and wet conditions. Watch out for shivering and for the “umbles”: stumbles, fumbles, mumbles, and grumbles. Get in your shelter and out of wet clothes; dress in dry clothing and get in your sleeping bag. Drink hot sugary liquids and eat warm food.

Altitude Sickness can strike anyone, even the most fit hikers. If you live at sea level, give yourself time to acclimate before you start your CDT hike. Camp at lower elevations if possible. Make sure to drink enough water. If you are feeling unwell, descend to lower elevations. The prescription drug acetazolamide (diamox) can help prevent altitude sickness. Altitude sickness has three forms:

- Acute Mountain Sickness (AMS) causes headache, nausea, and fatigue.
- High-Altitude Pulmonary Edema (HAPE) is excess fluid in the lungs. Symptoms include coughing up froth and breathlessness when resting. HAPE is a serious medical emergency and can be fatal within a few hours of onset. Possible HAPE victims must descend to lower elevations immediately; call 911 or SAR as soon as possible.
- High-Altitude Cerebral Edema (HACE) is excess fluid on the brain. Symptoms include out-of-character behavior, clumsiness, confusion, drowsiness, and loss of consciousness. HACE is a serious medical emergency and can be fatal within a few hours of onset. Possible HACE victims must descend to lower elevations immediately; call 911 or SAR as soon as possible.

Crossing Moving Water

Crossing streams can be dangerous. Use your best judgment and familiarize yourself with safety tips to decrease the risk of drowning.

- The trail crossing is not always the best place to cross. Scout up and downstream for other options if needed.
- Look for places where the creek is wide and shallow, instead of narrow and deep.
- Scout the creek downstream of your crossing for debris in the water. If you are swept off your feet, “strainers” like downed trees can trap you under water.
- Unbuckle your hip belt and sternum strap before crossing. Loosen your shoulder straps. If you go under, ditch your pack so it does not drag you down.
- Make sure your sleeping bag and down





jacket are in a waterproof stuff sack or trash compactor bag. If you go under, you will need these items to be dry so you can avoid hypothermia.

- Keep your shoes on. Crossing barefoot can be dangerous if you slip or step on something sharp.
- Face upstream and shuffle sideways to cross.
- Use your trekking poles or a stick to aid in crossing. Three points of contact with the ground will provide more stability.
- For snowmelt-fed streams, water levels will be lower in the morning. If it is too dangerous to cross in the afternoon, camp out and wait until the water level falls.

Don't be afraid to back-track or hike out if the conditions are too dangerous

Hiking Solo

Hiking the CDT solo is possible, and can be very rewarding. However, solo hikers may want to consider joining a group through grizzly country, and/or when they expect to encounter significant snow. If you are hiking solo, check in regularly with someone at home. Let them know when you expect to be in contact next.

Emergency Beacons

There are several types of emergency communication devices on the market. These can be used to track your location, to send out "I'm OK" check-in messages, and to alert local authorities of an emergency. The most common types are the SPOT messenger and the Garmin InReach. The SPOT is a very basic device while the Garmin has two-way texting and can also sync with your smartphone. Consider carrying a SPOT, InReach, or a PLB on the trail in case of emergency.

Notice for friends and family back home: trackers like the SPOT and InReach are usually reliable, but occasionally the "I'm OK" signal might not go through, due to heavy tree cover, or the terrain, etc. If your loved one misses one "I'm OK" message, do not panic!

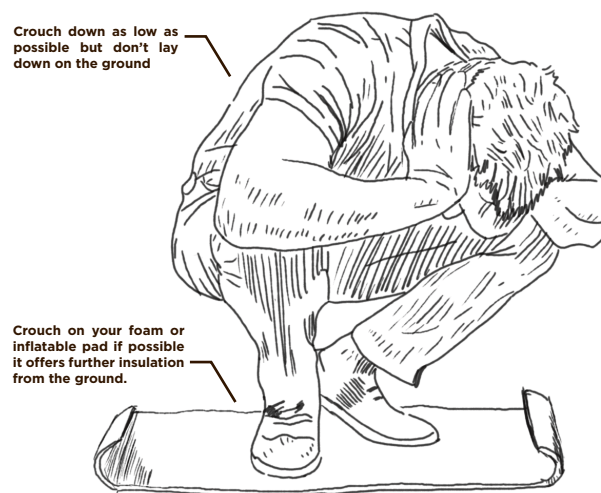
Wilderness First Aid

Consider taking a Wilderness First Aid course. These are 16-hour courses that teach participants how to respond to accidents and medical emergencies in the backcountry. Contact your local outdoor club for information on classes near you.

Lightning

Lightning is the single biggest threat to CDT travelers. It is especially a risk during the summer "monsoon" season in Colorado. To minimize lightning danger, try to plan your days so that you are over the highest points or off ridges around noon. Look at your maps to determine potential bailout spots on long above-treeline sections. Keep an eye on the clouds. Descend immediately off of exposed sections if you hear thunder. Avoid large open spaces and tall, solitary trees. If you are stuck in a storm, assume the "lightning position" (see illustration below). Stand on your sleeping pad for insulation from the ground. If hiking with others, stay at least 50 ft away from each other, to reduce the risk of everyone being struck.

<https://www.cmc.org/Portals/0/GoverningDocs/NOLS%20Lightning%20Safety%20Guidelines.pdf>



Lightning Position



RESUPPLY

- RESUPPLY
- TRAIL TOWN RESOURCES



Steven "Twinkle" Shattuck

Resupply on the CDT

Resupply along the CDT is different from resupplying on the Appalachian or Pacific Crest Trails. The towns along the CDT are spaced further apart and are farther from the trail. However, resupply is not difficult. Most towns along the CDT have well-stocked grocery stores, though there are a few locations where hikers will want to send a resupply box ahead. Please call any businesses before sending a box to ensure they will accept and hold your resupply.

Unless the location specifically requests that you use UPS or FedEx to ship packages, the most efficient and cost-effective way to mail yourself resupply boxes and replacement gear is using the USPS Priority Mail flat rate boxes. Always write your name on each side of the box, and include "Hold for CDT Hiker" and your ETA. Post offices will hold priority mail boxes sent General Delivery for 15 days.

Trail Towns:

Resupply Location & Zip Code	Mile Point (NoBo)	Mile Point (SoBo)	Access Point	Miles from Trail	Amenities	Other Info
Mexico!	0	3050.7	Crazy Cook			
NEW MEXICO						
Hachita, 88040	45.6	3005.1	Highway 81	8	PO, Snacks	
Lordsburg, 88045	85.6	2965.1	on trail	0	PO, Grocery, Laundry, Lodging, Medical	Trail Register at KOA & Econolodge
Silver City, 88061	161.8	2888.9	on trail	0	PO, Grocery, Laundry, Lodging, Fuel, Gear, Medical	Trail register at the Visitors Center and Morning Star Sports.
Winston, 87943	266.3	2784.4	Highway 59	24	PO, Snacks	Tough hitch. General Store has sandwiches, soups, etc. No lodging or restaurant in town.
Gila River Alt South	173.1	2877.6				
Doc Campbell's Post	Mile 37.9 of 105	Mile 67.1 of 105	on Gila River alt	0	Snacks, Lodging, Showers, Laundry, Fuel	Your name (CDT Hiker) C/O Doc Campbell's Post 3796 Highway 15 Mimbres, NM 88049 Include ETA on the box.
Gila River Alt North	351.6	2699.1				
Reserve, 87830	374.8	2675.9	NM 12	25 mi West	PO, Grocery, Lodging, Showers, Laundry	Tough hitch.
Top of the World store, NM	420.9	2629.8	on trail	0	Snacks, Laundry, Fuel	
Quemado, 87829	411.2	2639.5	Hwy 60	25 mi West	PO, Grocery, Lodging, Medical	

The format for the address is as follows:

Your legal name
C/O General Delivery
Name of Town, State Zip Code

For a full list of resupply options along the trail, with details about grocery availability, see the "Resupply Spreadsheet" below.

Canister fuel is widely available along the trail. For a list of locations that stock fuel cans, see the "Resupply Spreadsheet" below.

Towns that have committed to our mission and to providing a welcoming environment for hikers are designated as Gateway Communities and **are highlighted in blue** on the resupply chart.



Pie Town, 87827	423.9	2626.8	on trail	0	PO, Lodging, Showers	If you stay at the Toaster House, please clean up after yourself and leave a donation if you are able! Trail register @ Toaster House. 10% hiker discount at Pie-O-Neer.
Grants, 87020	553.5	2497.2	on trail	0	PO, Grocery, Lodging, Laundry, Showers, Fuel, Medical	10% CDTC member discount at Super 8. Carrot Express Bus - 50 cents/ride, anywhere in town, M-F. Call 505-290-2469
Cuba, 87013	660.2	2390.5	on trail	0	PO, Grocery, Lodging, Laundry, Showers, Fuel, Medical	Rebel's Roost campground 1/4 mi N of town will hold resupply boxes
Ghost Ranch	716.8	2333.2	Hwy 84	8 mi	Snacks, Lodging, Laundry, Showers	Please be respectful of the rules/regulations. Hiker box, trail register, wifi. Bus to Abiquiu, Santa Fe.
Abiquiu, 87510	716.8	233.2	Hwy 84		PO, Grocery, Lodging, Medical	Breakfast burritos and green chile cheeseburgers. RTD bus to Ghost Ranch, Santa Fe.
Santa Fe, 87501	716.8	233.2	Hwy 84		PO, Grocery, Lodging, Laundry, Showers, Gear, Fuel, Medical	RTD Bus to/from Ghost Ranch. Santa Fe International Hostel. Easy access to/from Albuquerque.
Chama, 87520	811.7	2239	Cumbres Pass	8 mi West	PO, Grocery, Lodging, Laundry, Showers, Fuel	Y Motel has hiker rate & hiker box.
COLORADO						
Pagosa Springs, 81147	880.9	2169.8	Wolf Creek Pass	25 mi West	PO, Grocery, Lodging, Laundry, Showers, Gear, Fuel, Medical	Motel SOCO will hold boxes, PO Box 5752, Pagosa Springs, CO 81147. Hiker rate at Pinewood Inn.
South Fork, 81154	880.9	2169.8	Wolf Creek Pass	20 mi East	PO, Grocery, Lodging, Laundry, Showers, Gear, Fuel, Medical	Hiker bicycles available at RV park & Wolf Creek Ski Lodge
Silverton, 81433	959.2 (via CT), 965.5 (via Stoney Pass)	2091.5 (via CT), 2085.2 (via Stoney Pass)	Molas Pass (Colorado Trail), Stoney Pass	11 mi on CT plus 7 mi hitch or 10 mi from Stoney Pass	PO, Grocery, Lodging, Laundry, Showers, Gear, Fuel, Medical	Blair Street Hostel will provide shuttles to Molas Pass TH (Colorado Trail-\$5 fee) and Stoney Pass Bottom (\$20 fee) for guests.
Lake City, 81235	998.9	2051.8	Spring Creek Pass	18	PO, Grocery, Lodging, Laundry, Showers, Gear, Fuel, Medical	Raven's Rest accepts resupply packages, UPS OR FEDEX ONLY, Hiker Name, c/o Raven's Rest Hostel, 207 Gunnison Ave, Lake City, CO 81235
Creede Cut-Off South End	895.3	2115.4				
Creede, 81130	Mile 27.4 of 37.5	Mile 10.1 of 37.5	Creede Cut-off	0	PO, Grocery, Lodging, Laundry, Showers, Gear, Fuel, Medical	
Creede Cut-Off North End	1013.5	2037.2				





Monarch Crest Store	1099.6	1951.1	Monarch Pass	0	Snacks, Fuel	Send resupply boxes UPS ONLY. Hiker Name, c/o Monarch Crest Store, 24500 Hwy 50W, Salida, CO 81201. Please Hold for CDT Hiker, ETA
Monarch Mountain Lodge	1099.6	1951.1	Monarch Pass	2	Lodging, Laundry, Showers	Will hold resupply packages, hikers can camp on property, has pool/hot tub/laundry
Salida, 81201	1099.6	1951.1	Monarch Pass	20 mi	PO, Grocery, Lodging, Laundry, Showers, Gear, Fuel, Medical	Trail register at Simple Lodge & Hostel.
Buena Vista, 81211	1142.1	1907.9	Cottonwood Pass	24 mi East	PO, Grocery, Lodging, Laundry, Showers, Gear, Fuel, Medical	West side of Cottonwood Pass closed to motor vehicles in 2017. East side will be closed in 2018.
Twin Lakes General Store	1184	1866.7	Hwy 82	1.5 mi	Snacks, Lodging, Fuel	Hiker box, trail register at store.
Leadville, 80461	1218	1832.7	Tennessee Pass	9 mi South	PO, Grocery, Lodging, Laundry, Showers, Gear, Fuel, Medical	Leadville Hostel will hold packages, has coin-op laundry, loaner bikes. Packages: Leadville Hostel & Inn, 500 East 7th St., Leadville, CO 80461, Attn: "Your Name", arriving around "month date, year"
Breckenridge, 80424	1255.8	1794.9	Hwy 9	3.5 mi South	PO, Grocery, Lodging, Laundry, Showers, Gear, Fuel, Medical	Free Summit Stage bus to town. Two hostels (both with hot tub!): Fireside Inn and The Bivvi. Trail register at Fireside Inn.
Frisco, 80443	1255.8	1794.9	Hwy 9	4.5 mi north	PO, Grocery, Lodging, Laundry, Showers, Gear, Fuel, Medical	Free Summit Stage bus to town.
Silverthorne Cutoff South End	1241.1	1809.6				
Silverthorne, 80497	alt mi 22 of 42.5	alt mi 20.5 of 42.5	on trail	0	PO, Grocery, Lodging, Laundry, Showers, Gear, Fuel, Medical	Free Summit Stage bus to Breckenridge, Frisco, Dillon
Silverthorne Cutoff North End	1319.3	1731.4				
Winter Park, 80482	1331.3	1719.4	Berthoud Pass	12 mi	PO, Snacks, Lodging, Medical	
Fraser, 80442	1331.3	1719.4	Berthoud Pass	16 mi	PO, Grocery, Lodging, Gear, Fuel, Medical	Cheaper lodging than Winter Park.
Grand Lake, 80447	1386.9	1663.8	on trail	0	PO, Grocery, Lodging, Laundry, Showers, Gear, Fuel	RMNP backcountry permits are \$26/person/night. Bear canister required. More info & to book permits: https:// www.nps.gov/romo/ planyourvisit/wilderness- camping.htm



Steamboat Springs, 80487	1485	1565.7	Rabbit Ears Pass or Buffalo Pass	20 mi West and 5 mi West	PO, Grocery, Lodging, Laundry, Showers, Gear, Fuel, Medical	Contact Big Agnes for gear repair (877-554-8975). Contact Point6 for sock replacements (970-871-1055). 15% hiker discount at Ski Haus. Free bus in town.
WYOMING						
Riverside & Encampment, 82325	1569.2	1481.5	Battle Pass	15 mi East	PO, Snacks, Lodging, Laundry, Showers	Trail register at KOA
Rawlins, 82301	1651.7	1399	on trail	0	PO, Grocery, Lodging, Laundry, Showers, Fuel, Medical	Trail Register at Post Office.
Atlantic City	1765.6	1284.4	Riverview Cutoff (road)	1.5	Snacks	St. Andrew's Episcopal Church has an "angel box". Message board w/ lists of businesses with supplies located at the Atlantic City Mercantile.
South Pass City	1770.4	1280.3	on trail	0	Snacks	Resupply Boxes: Hiker Name, c/o Friends of South Pass City, 125 South Pass Main, South Pass City, WY 82520. Please hold for CDT HIKER. ETA: mm/dd. Call to confirm: 307-332-3684
Lander, 82520	1773.2	1277.5	Hwy 28	36 mi	PO, Grocery, Lodging, Laundry, Showers, Gear, Fuel, Medical	Free camping in city park.
Big Sandy Lodge			Big Sandy Trailhead	2	Lodging	Accepts resupply packages w/ 1+ night stay. \$145/night for the first person plus \$55/night for each additional person (includes breakfast, lunch, dinner). Hiker Name, c/o Big Sandy Lodge, PO Box 62, Boulder, WY 82923. Please hold for CDT hiker, ETA mm/dd
Pinedale, 82941	1851.9 or 1852.4 (Pole Creek Trail) / 1856.6 (Seneca Lake Trail)	1988.8 (Pole Creek Trail) / 1194.1 (Seneca Lake Trail)	Pole Creek Trail or Seneca Lake Trail to Elkhart Park TH	11 mi on Pole Creek Trail or 10 mi on Seneca Lake Trail to TH, then 15 mi	PO, Grocery, Lodging, Laundry, Showers, Gear, Fuel, Medical	Trail Register @ Great Outdoor Shop. Wind River Mountain Festival in late July
Dubois, 82513	1940.2	1110.5	Hwy 26/287 at Togwotee Pass	28 mi South	PO, Grocery, Lodging, Laundry, Showers, Gear, Fuel, Medical	It is illegal to hitchhike in Dubois. NoBos: call for your Yellowstone permits. YNP Central Reservations: 307-344-7311
Togwotee Mountain Lodge	1940.2	1110.5	Togwotee Pass	10 mi NW	Lodging	Hiker Name, c/o Togwotee Mountain Lodge, PO Box 91, 27655 Hwy 26 & 287, Moran, WY 83013
Lava Mountain Lodge	1940.2	1110.5	Togwotee Pass		Lodging, Laundry, Showers, Fuel	Hiker friendly, camping available. Hiker Name, c/o Lava Mountain Lodge P.O. Box 658, 3577 US Hwy 26, Dubois, WY 82513





Brooks Lake Lodge	1942.9	1107.1	on trail	0	Lodging	Hiker Name, c/o Brooks Lake Lodge, 458 Brooks Lake Road, Dubois, WY 82513-9731
Grant Village, Yellowstone National Park, 82190	2016.9	1033.1	Heart Lake TH/South Entrance Road	6.5 mi N	PO, Snacks, Lodging, Laundry, Showers, Fuel	fee campground in Grant Village
Old Faithful Village, Yellowstone National Park, 82190	2042	1008.7	on trail	on trail	PO, Snacks, Lodging, Showers, Gear, Fuel	Great breakfast buffet in Old Faithful Inn. General store has some camping equipment.
IDAHO/MONTANA						
West Yellowstone, MT 59758	2094	956.7	US 20 E	10 mi North	PO, Grocery, Lodging, Laundry, Showers, Gear, Fuel, Medical	
Mack's Inn Cutoff South End	2064.3	986.4				
Island Park, ID 83429	alt mi 15.2 of 32.5	alt mi 17.3 of 32.5	on trail	on trail	PO, Grocery, Lodging, Laundry, Showers	Inexpensive camping & hot tub at Sawtelle
Mack's Inn Cutoff North End	2134.4	916.3				
Lima, MT 59739	2190.1	860.6	I-15	15 mi North	PO, Snacks, Lodging, Laundry, Showers, Fuel	SoBos: Call for Yellowstone Permits. YNP Central Reservations: 307-344-7311. Shuttle to/from Lima via Mountain View Motel: (406) 276-3535. Motel also holds packages: Hiker Name, c/o Mountain View Motel & RV Park, 111 Bailey St., PO Box 277, Lima, MT 59739
Leadore, ID 83464	2293.8	756.9	Bannock Pass	15 mi West	PO, Snacks, Lodging, Laundry, Showers	Possible shuttle to/from trail from Sam at Leadore Inn for a fee.
Darby, MT 59829	2417.1	633.6	Chief Joseph Pass	31 mi N from Lost Trail Pass	PO, Grocery, Lodging, Laundry, Showers, Fuel, Medical	Trail Register at Visitor's Center
Sula, MT 59871	2417.1	633.6	Chief Joseph Pass	18 mi N	PO, Snacks, Lodging, Laundry, Showers	Campsites, cabins.
Salmon, ID 83467	2417.1	633.6	Chief Joseph Pass	47 mi S from Lost Trail Pass	PO, Grocery, Lodging, Laundry, Showers, Medical	
Wisdom, MT 59761	2417.1	633.6	Chief Joseph Pass	26 mi E	PO, Grocery, Lodging, Showers, Gear	
Anaconda, MT 59711	2507.9 or 2516.4	534.3 or 542.8	Hwy 569 (official CDT)	23 mi N	PO, Grocery, Lodging, Laundry, Showers, Gear, Fuel, Medical	Hiker hut in Washoe Park by the community pool. Lockers, wifi, electricity, restroom, microwave. For code, call Robin 406-559-6262, Adam 406-560-2366 or Lydia 406-560-2425. DO NOT SHARE DOOR CODE.





Butte, MT 59701	2544.9 (I-15 S) / 2571.5 (Hwy 2) / 2580.4 (I-90) / 2590.2 (Maud's Trail) / 2611 (I-15 N)	505.8 (I-15 S) / 479.2 (Hwy 2) / 470.3 (I-90) / 460.5 (Maud's Trail) / 439.7 (I-15 N)	I-15 south of city / Hwy 2 at Pipestone Pass / I-90 near Homestake / Maud's Trail to town / I-15 north of city	I-15 S: 15 mi / Hwy 2: 10 mi / I-90: 10 mi / Maud's Trail: 3.7 mi hike / I-15 N: 13 mi	PO, Grocery, Lodging, Laundry, Showers, Gear, Fuel, Medical	Bus system in town. Folk Festival yearly in July (free camping in city parks during festival).
Anaconda Cut-off South End	2491.8	558.9				
Anaconda, MT 59711	alt mi 26.5 of 52	alt mi 25.5 of 52	on Anaconda Cutoff	on trail	PO, Grocery, Lodging, Laundry, Showers, Gear, Fuel, Medical	Hiker hut in Washoe Park by the community pool. Lockers, wifi, electricity, restroom, microwave. For code, call Robin 406-559-6262, Adam 406-560-2366 or Lydia 406-560-2425. DO NOT SHARE DOOR CODE.
Anaconda Cut-off North End	2632.6	418.1				
Helena, MT 59601	2686.7	364	MacDonald Pass (Hwy 12)	15 mi E	PO, Grocery, Lodging, Laundry, Gear, Fuel, Medical	Call Helena Transportation Co for a shuttle- \$2/mi. 406-443-3256. Budget Inn Express downtown is super hiker friendly, has hiker box, will hold packages.
Elliston, MT 59728	2686.7	364	MacDonald Pass (Hwy 12)	7 mi W	PO, Snacks, Lodging	
Lincoln, MT 59639	2755.8	294.9	Rogers Pass	20 mi W	PO, Grocery, Lodging, Showers	NoBos: call for Glacier permits. 406-888-7857. Call Gary Moseman for a shuttle: 406-362-4781. Blue Sky Motel has hiker rates, shuttle to/from trail, holds resupply boxes- Hiker Name, c/o Blue Sky Motel, PO Box 311, Lincoln, MT 59639
Benchmark Wilderness Ranch	2814.4	236.3	Benchmark Rd	1.5 mi E	Lodging, Showers	Showers, cabins available for a fee. Send maildrop 2 weeks ahead. 12x12x12 max size, \$25 fee (sent separately). Call before sending: 406-467-3110. Hiker Name, c/o Darwin & Shelly Heckman, 422 County Line Rd., Fairfield, MT 59436
Augusta, MT 59410	2814.4	236.3	Benchmark Rd	30 mi E	PO, Grocery, Lodging, Fuel	Bunkhouse Inn may shuttle back to trail for a fee.
East Glacier Park, MT 59434	2949.6	101.1	on trail	on trail	PO, Snacks, Lodging, Fuel, Gear	
Two Medicine Campground	2960.3	90.4	on trail	on trail	Snacks	Camp store closes in September.
Many Glacier Campground	3015.6	35.1	on trail	on trail	Snacks	Camp store closes in September.
Canada!	3050.7	0				NoBos- congrats, you did it! SoBos- have fun!!





Support the CDT and CDTC

The CDTC is committed to supporting the trail and the communities it passes through, but we need the help of the public to sustain that mission.

Volunteer

There are always opportunities for individuals, families, groups and organizations to volunteer with the CDTC. Please visit the Volunteer Opportunities Page and check out the work events. Trail work is a great way to be a part of the Continental Divide Trail and also meet others passionate about the trail and public lands.

www.continentaldividetrail.org/volunteer

Donate

By financially supporting CDTC through your membership or donations, you will help us protect, promote and preserve the CDT. Your contributions will help us build a sound business foundation, protect the CDT Corridor, and support other activities — from providing meals to volunteers working on the Trail to effectively advocating for the Trail and its protection with Congress!

Continental Divide Trail Coalition
710 10th Street Suite 200
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(303) 996-2759

www.continentaldividetrail.org/donate

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Matt "Sheriff Woody" Berger

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