

Walking and Hiking



A guide to places in and near Raton, N.M.



Photo by Walsh

View of Raton from Climax Canyon Nature Trail

Your Walking Prescription

This section is for your doctor or health practitioner to complete when you seek advice on starting a walking program. You may wish to refer to it before planning your walks or hikes.

Name: _____ Date: _____

Reasons to start walking:

Begin walking:

_____ minutes at a time
_____ minutes per day
_____ minutes per week

Slowly increase to:

_____ minutes at a time
_____ minutes per day
_____ minutes per week

Other suggestions for level of difficulty and medical conditions:

Doctor or Health Practitioner

Walking Routes by Difficulty

Easiest: *Page #:*

<u>Raton:</u> Roundhouse Memorial Park trails.....	14
Raton Regional Aquatic Center (indoor).....	15
Raton High School Track.....	16
<u>Sugarite Canyon State Park:</u> Boardwalk Trail.....	22
River Walk Trail.....	22
Lower Coal Camp Trail.....	23
<u>Capulin Volcano National Monument:</u> Nature Trail.....	36

Moderate to Strenuous:

<u>Raton:</u> Raton Municipal Golf Course.....	17
Climax Canyon Trail.....	18
<u>Sugarite Canyon State Park:</u> Lake Alice Trail.....	24
Lake to Lake Trail.....	25
Deer Run Trail.....	26
Vista Grande Trail.....	27
Lake Maloya Trail.....	28
Wapiti Trail.....	29
Opportunity Trail.....	30
Ponderosa Ridge Trail.....	32
<u>Capulin Volcano National Monument:</u> Lava Flow Trail.....	37
Crater Vent Trail.....	40
Crater Rim Trail.....	41

Most Strenuous:

<u>Raton:</u> Scenic Drive.....	19
<u>Sugarite Canyon State Park:</u> Upper Coal Camp Trail.....	23
Little Horse Mesa Trail.....	31
<u>Capulin Volcano National Monument:</u> Boca Trail.....	38

About Ramblin' Round Raton

Ramblin' Round Raton aims to promote healthy lifestyles through walking and hiking in Raton and on nearby public lands. Research shows walking and hiking can help us live longer and feel better. Ramblin' Round Raton promotes use of walkways and trails on public land. We organize and support walking groups. We sponsor walking events. We advocate for walkable streets and highways. We promote development of trails, and support enhancing our walking places.

Ramblin' Round Raton is supported by an alliance established by N.M. State Parks, N.M. Department of Health, Miners' Colfax Medical Center, Rocky Mountain Physical Therapy, Raton Department of Parks and Recreation, the National Park Service, GrowRaton! and the University of New Mexico Prevention Research Center.

About This Guide

We hope this guide gives you all the information you need to enjoy walking and hiking in our area. We have included maps and descriptions of walking places in and near Raton, including Sugarite Canyon State Park and Capulin Volcano National Monument. For each you will find information on parking, distance, difficulty, suitability for dogs, wheelchair accessibility, etc. If a health professional has recommended walking for your health, you may wish to view your "prescription" on the inside front cover. On page 7, note the checklist of things you may wish to take with you. Enjoy your walks!

Getting Started

If you have not been walking regularly, consider starting with slow, 10-15 minute walks on flat, paved places such as Raton High School track or the asphalt trails at Roundhouse Memorial Park. If you are concerned about any health problems, talk to your doctor before starting a regular walking program. Here are some additional ideas :

- ◇ **Use a pedometer to count your steps.**
- ◇ **Consider finding a walking partner.**
- ◇ **Gradually increase your speed and distance.**
- ◇ **Keep track of your progress using the walking log at the end of this guide.**

Benefits of Physical Activity

Regular walking can help you live longer, maintain or lose weight, and prevent or manage diseases such as depression, diabetes, heart disease, osteoporosis and even cancer.

The U.S. Dept. Of Health and Human Services has set the following guidelines for physical activity:

Adults: Walk for a cumulative total of 2.5 hours a week, in periods of at least 10 minutes each.

Children and Adolescents: Walk 1 hour a day.

For Fees & Other Information* Call:

Raton Regional Aquatic Center:	575-445-4271
Sugarite Canyon State Park:	575-445-5607
Capulin Volcano National Monument:	575-278-2201
Raton Municipal Golf Course:	575-445-8113

**Such as whether paths/trails allow bicycles, horses, etc.*

Safety Tips

- ◇ Pay attention to your surroundings.
- ◇ Be aware that our higher elevation will affect exertion levels.
- ◇ Walk on sidewalks, quiet streets or trails.
- ◇ If you must walk on a road, face traffic.
- ◇ Wear bright colors so drivers can see you.
- ◇ Where dogs are allowed, keep them on a leash and bring bags for clean up.
- ◇ Walk with a companion if possible.
- ◇ Let someone know where you are going and when you'll be back.
- ◇ Carry a walking stick for stability and protection.
- ◇ Watch for stray dogs or wild animals. Keep small children near you.
- ◇ Avoid walking at dawn or dusk when wild animals are most active. If you see a black bear or cougar: stop, raise your arms as high as possible, glance behind you & back away slowly; NEVER RUN! (*p.s. Cars & dogs pose a much higher risk than wild animals.*)

Checklist

Items for your walk or hike:

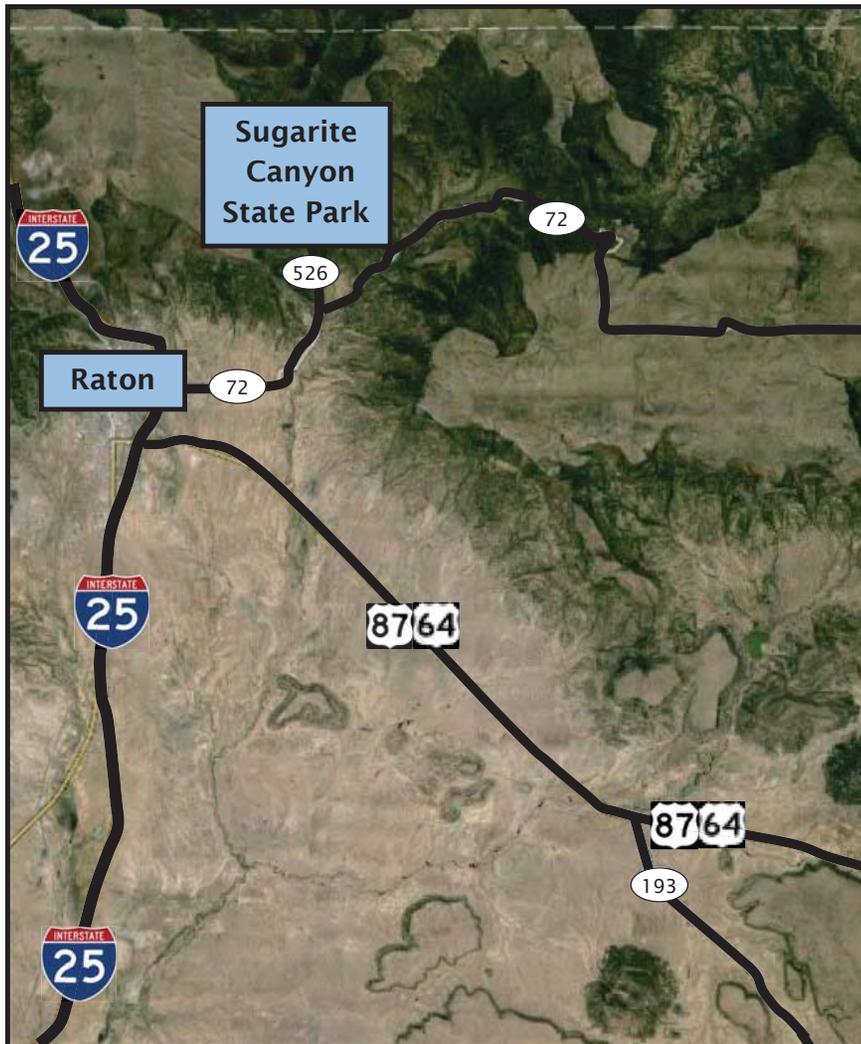
- ◇ Water (1 quart for each 2 hours)
- ◇ Appropriate Footwear (to walk, hike or run)
- ◇ Hat, Cap or Visor
- ◇ Sunblock
- ◇ Sunglasses
- ◇ Walking Stick
- ◇ Cell Phone
- ◇ Windbreaker or Rain Jacket
- ◇ Fleece or Sweater
- ◇ Digital Camera
- ◇ Food
- ◇ First Aid Kit & Medications
- ◇ Lip Balm
- ◇ Bug Repellent

Walking Etiquette

- ◇ Pack it in, pack it out; keep paths litter-free.
- ◇ Keep pets on leash.
- ◇ Stay on paths/trails to protect soils & wildlife.
- ◇ Respect wildlife & the plants they need.
- ◇ Enjoy & leave flowers in place. They feed bees & help plants reproduce.

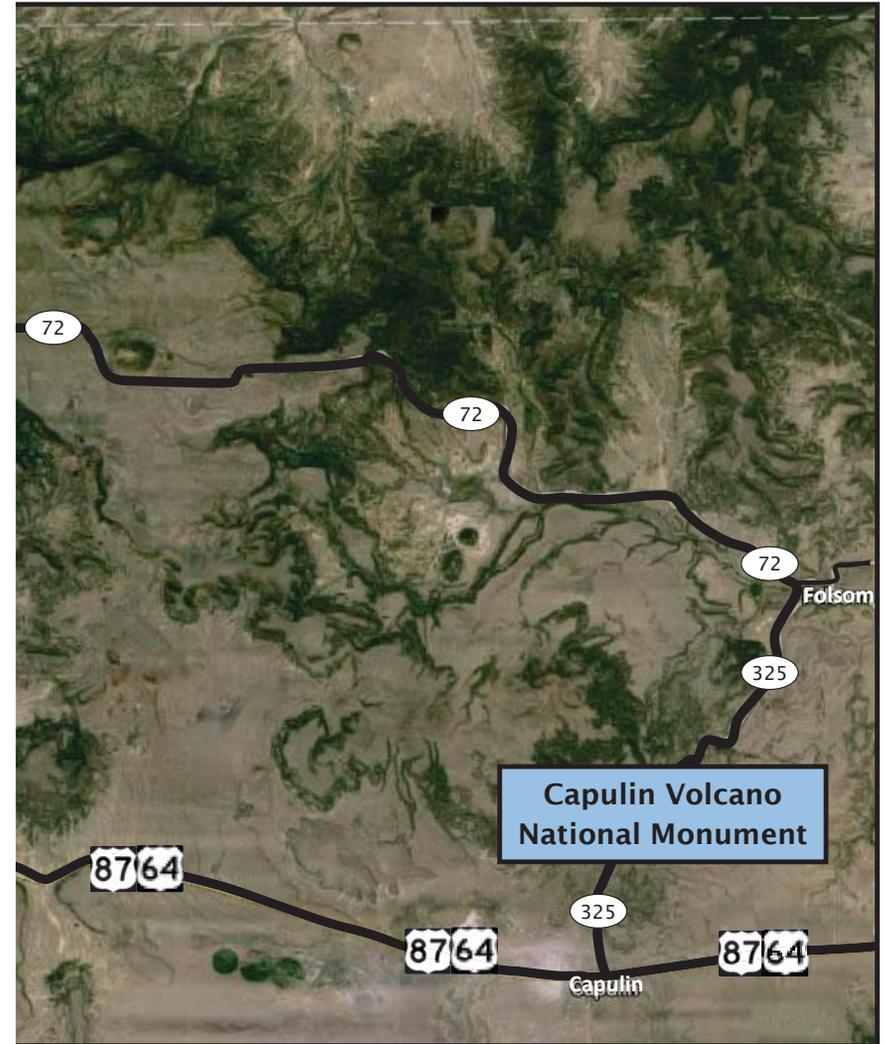


Ramblin' Round Raton



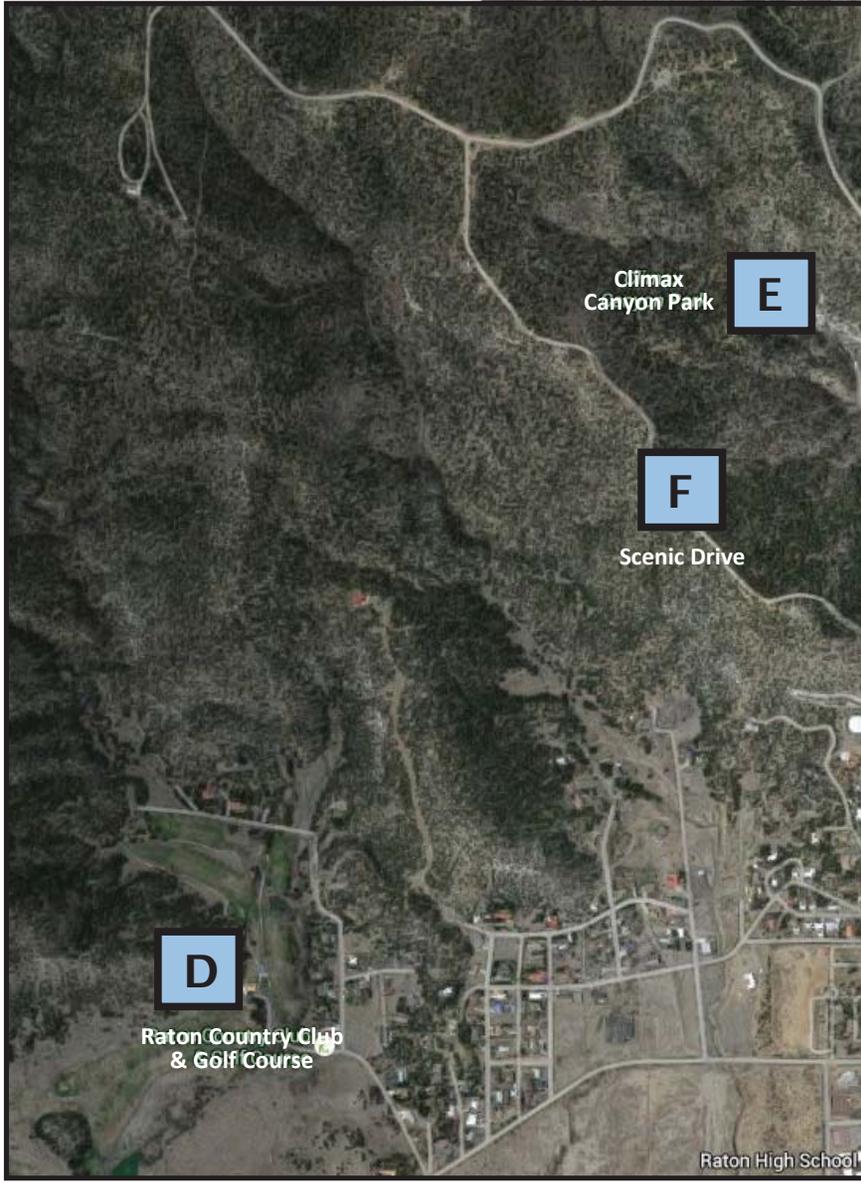
Distance from Raton-Sugarite Canyon State Park: 6 miles.

Walking Path Hubs



Distance from Raton-Capulin Volcano Nat'l Monument via Hwy 87: 34 miles.

City of Raton

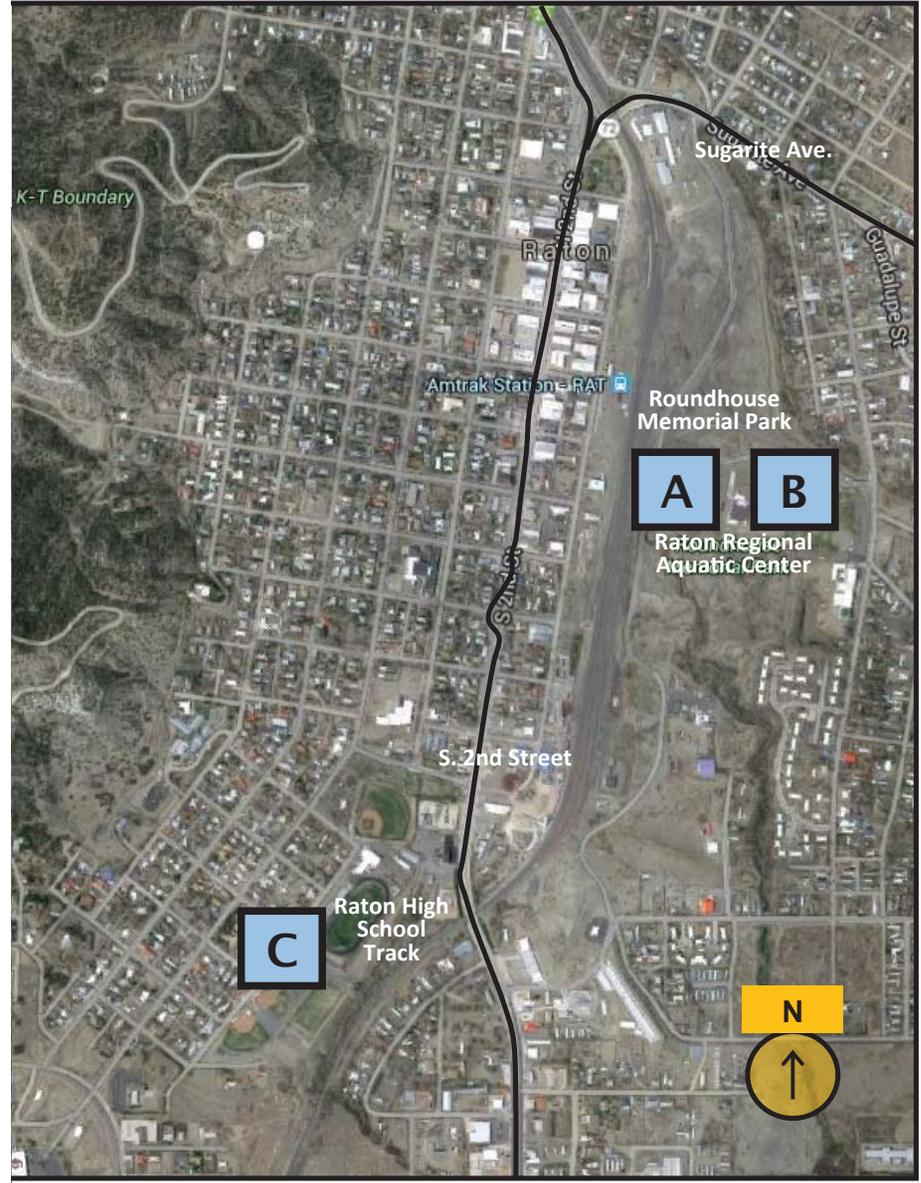


A—Roundhouse Memorial Park: *easiest*

B—Raton Aquatic Center: *easiest*

C—Raton High School Track: *easiest*

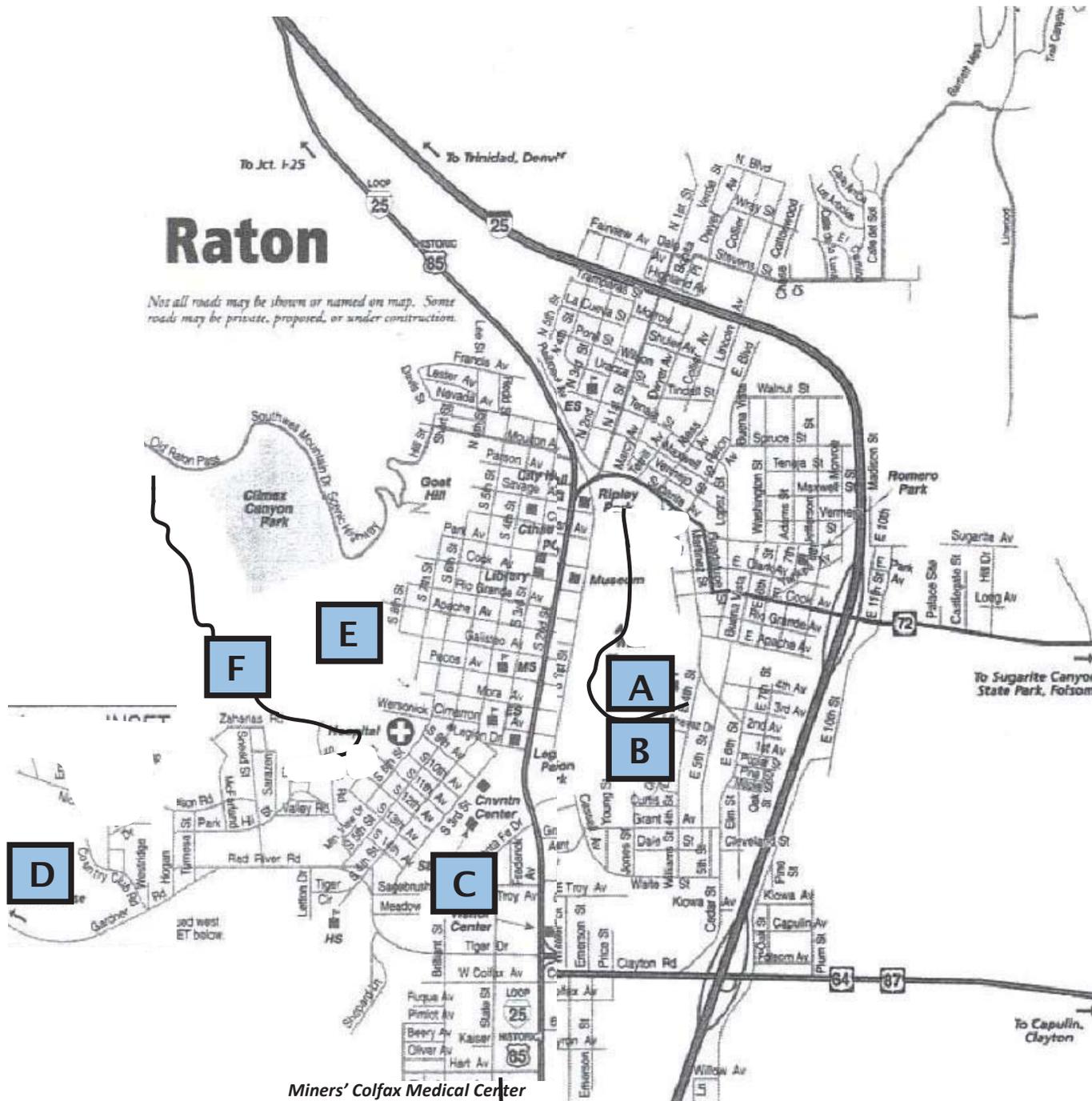
Walking Paths



D—Raton Golf Course: *moderate*

E—Climax Canyon Park: *moderate-strenuous*

F—Scenic Drive: *strenuous*



Raton

Not all roads may be shown or named on map. Some roads may be private, proposed, or under construction.

To Jct. I-25 To Trinidad, Denver

To Sugarite Canyon State Park, Folsom

To Capulin, Clayton

Miners' Colfax Medical Center
About 1 mile to south

A Roundhouse Memorial Park



Distance: 1.7 mile

Difficulty: Easiest

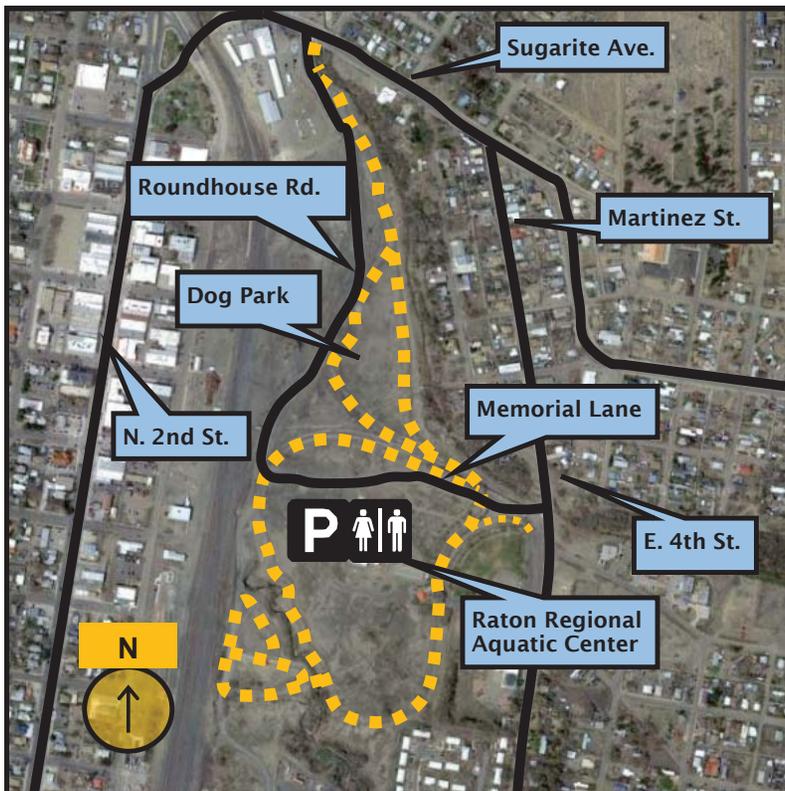
Surface: Asphalt paving

Parking: Aquatic Center, 100 Memorial Lane

Nearby Cross Streets: Sugarite Ave. & Roundhouse Rd.
Martinez/E. 4th St & Memorial Ln.

Open: Year-round

Amenities: Dog park, benches, interpretive signs, trash cans, restrooms at the Aquatic Center.



14

B Raton Regional Aquatic Ctr. Indoor Pool Deck



Distance: 350 feet (4 laps equals one quarter mile)

Difficulty: Easiest

Surface: Textured, anti-slip

Parking: Aquatic Center, 100 Memorial Lane

Nearby Cross Streets: Roundhouse Rd. & Memorial Ln.
Martinez/E. 4th St & Memorial Ln.

Open: Year-round. Call 575-445-4271 for schedule & fees

Amenities: Restrooms, showers, snack bar, trash cans



15

tripadvisor.com

C Raton High School Track



Distance: 0.25 miles

Difficulty: Easiest

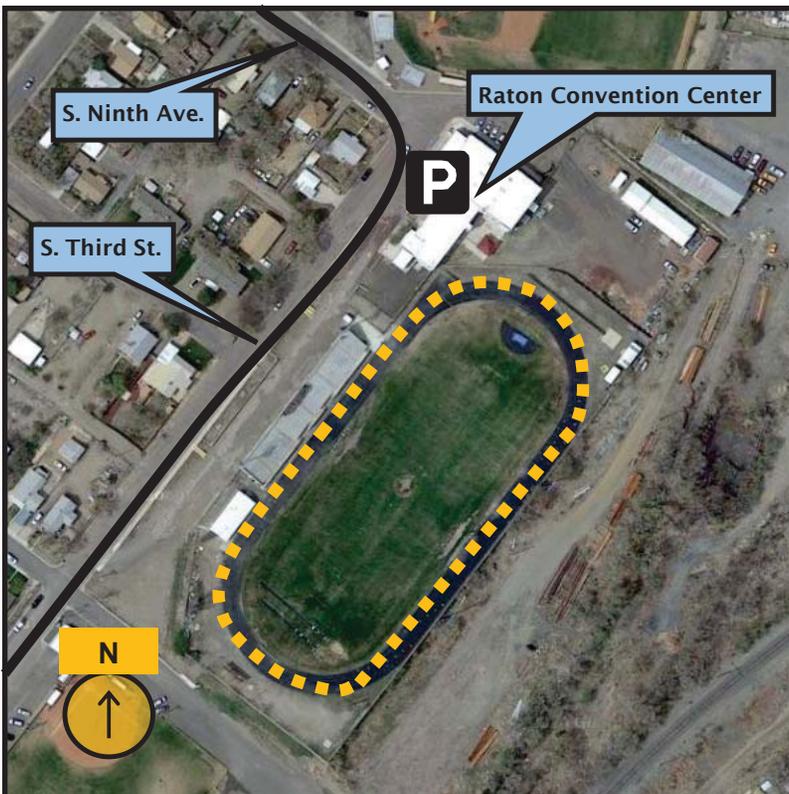
Surface: Asphalt paving

Parking: Raton Convention Center

Nearby Cross Streets: S. Ninth Ave. & S. Third St.

Open: Year-round except day before football games

Amenities: Benches, trash cans



16

D Raton Municipal Golf Course



Distance: 2 miles

Difficulty: Easy to moderate

Surface: Paved (concrete; asphalt)

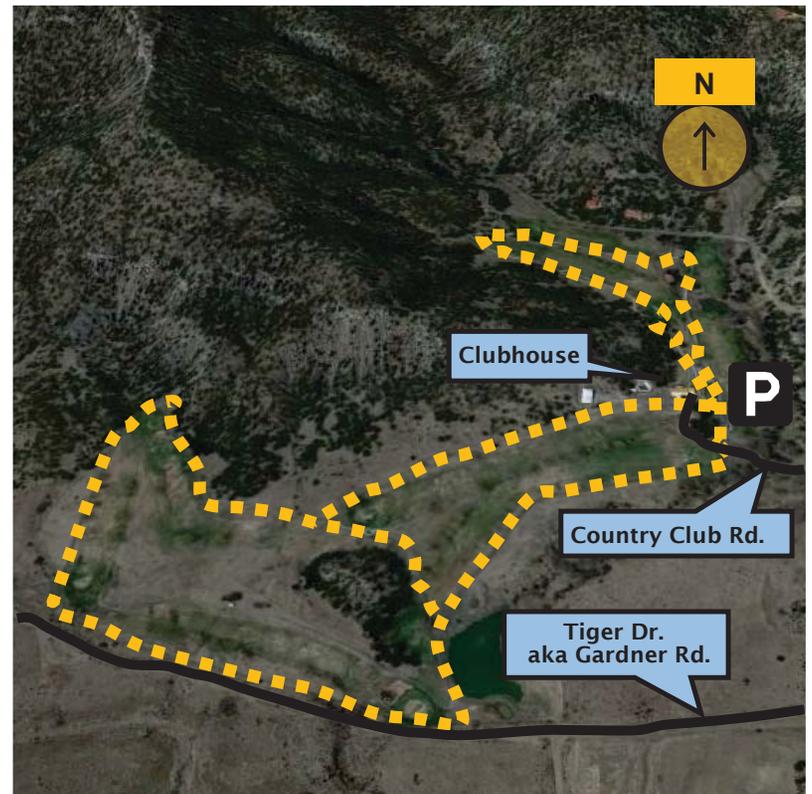
Parking: Golf Course Clubhouse; 510 Country Club Rd.

Nearby Cross Streets: Tiger Dr. & Country Club Rd.

Open: Year-round

Amenities: Benches, trash cans, restrooms at clubhouse

Note: Good wildlife viewing. Please pick up dog waste.



17

E Climax Canyon Park



Distance: 3.25 miles (roundtrip from parking lot)

Difficulty: Moderate to strenuous

Surface: Dirt

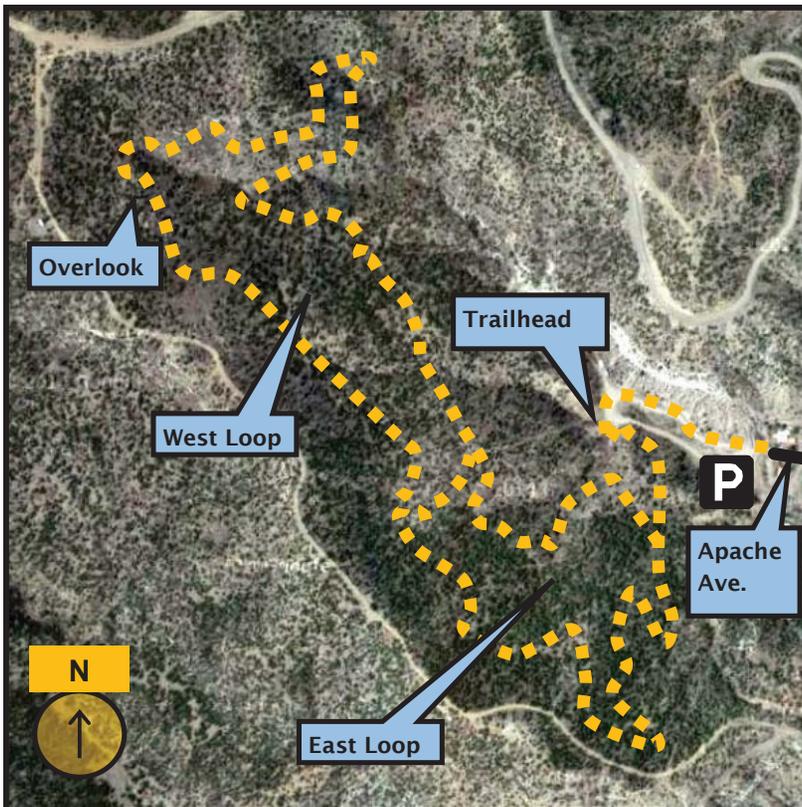
Nearby Cross Streets: Apache Ave. & S. 6th St.

Parking: Parking lot at west end of Apache Ave.

Open: Year-round

Amenities: Maps at trailhead kiosk, benches

Note: Piñon pine/juniper forest. Great views of Raton and nearby mesas.



18

F Scenic Drive



Distance: 3 miles one way

Difficulty: Moderate to very strenuous

Surface: Unpaved; severely eroded in places

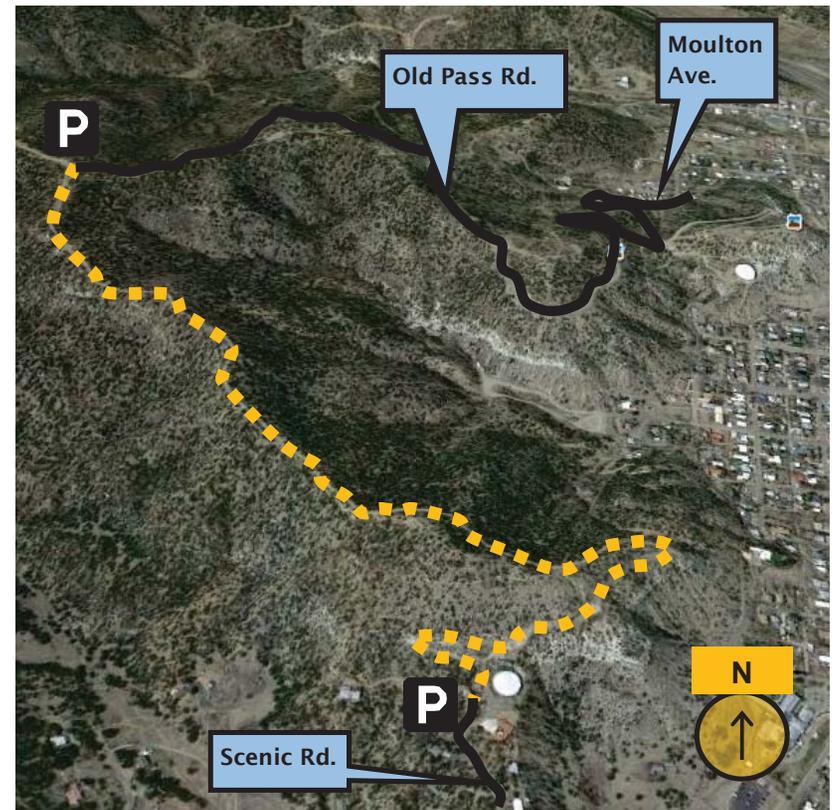
Nearby Cross Streets: Tiger Dr. & Scenic Rd.
Moulton Ave. & Old Pass Rd.

Parking: South end: trailhead; north end: Old Pass Road.

Open: Year-round

Amenities: None

Note: This trail open to off-road vehicles. Great views.



19

Sugarite Canyon State Park Walking Paths



- A-B—Boardwalk & Riverwalk: *Easiest*
- C—Coal Camp Trail: *Easy - Moderate-Strenuous*
- D—Lake Alice Trail: *Easy-Moderate*
- E—Lake to Lake Trail: *Moderate-Strenuous*
- F—Deer Run Trail: *Moderate-Strenuous*

- G—Vista Grande Trail: *Moderate*
- H—Lake Maloya Trail: *Moderate*
- I—Ponderosa Ridge Trail: *Moderate-Strenuous*
- J—Opportunity Trail: *Moderate-Strenuous*
- K—Little Horse Mesa Trail: *Strenuous*
- L—Wapiti Trail: *Moderate-Strenuous*



Boardwalk & River Walk



Distance: Boardwalk Trail = 500 feet one way
River Walk Trail = 0.5-mile loop

Difficulty: Easier. **Boardwalk is wheelchair accessible.**

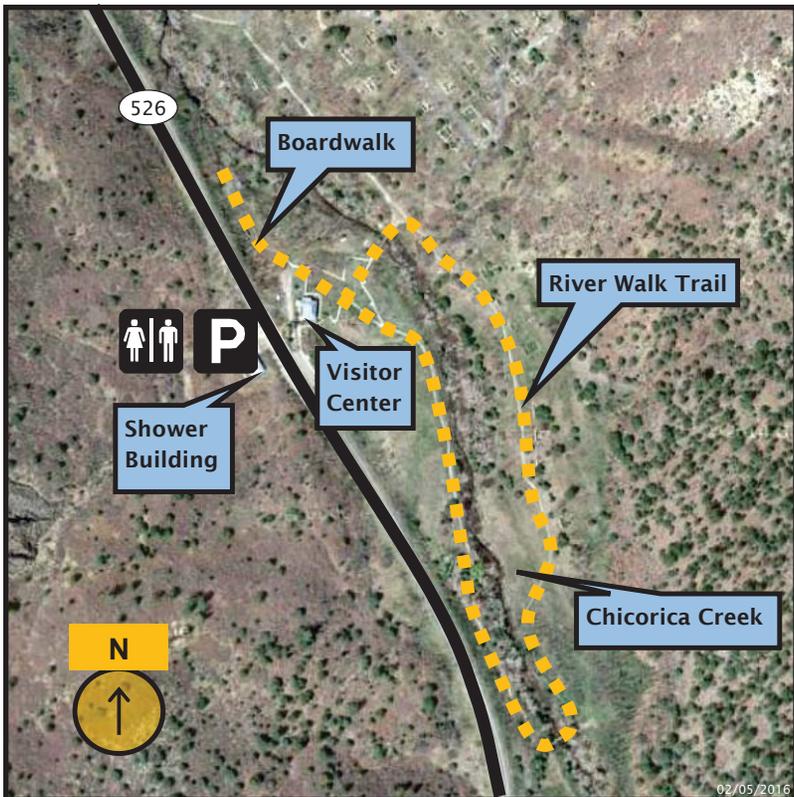
Surface: Boardwalk has boards; River Walk has gravel

Parking: Sugarite Canyon State Park Visitor Center

Open: Year-round

Amenities: Restrooms at shower building, benches, trash cans

Note: Both trails begin at Visitor Center & follow creek.



Coal Camp Trail



Distance: 0.8 miles one way to Mine 2 entrance
0.9 miles one way to Cable Wheel House;
1.1 mile one way to Mine 3 (**no structures visible**)

Difficulty: Easy in canyon bottom; strenuous higher up

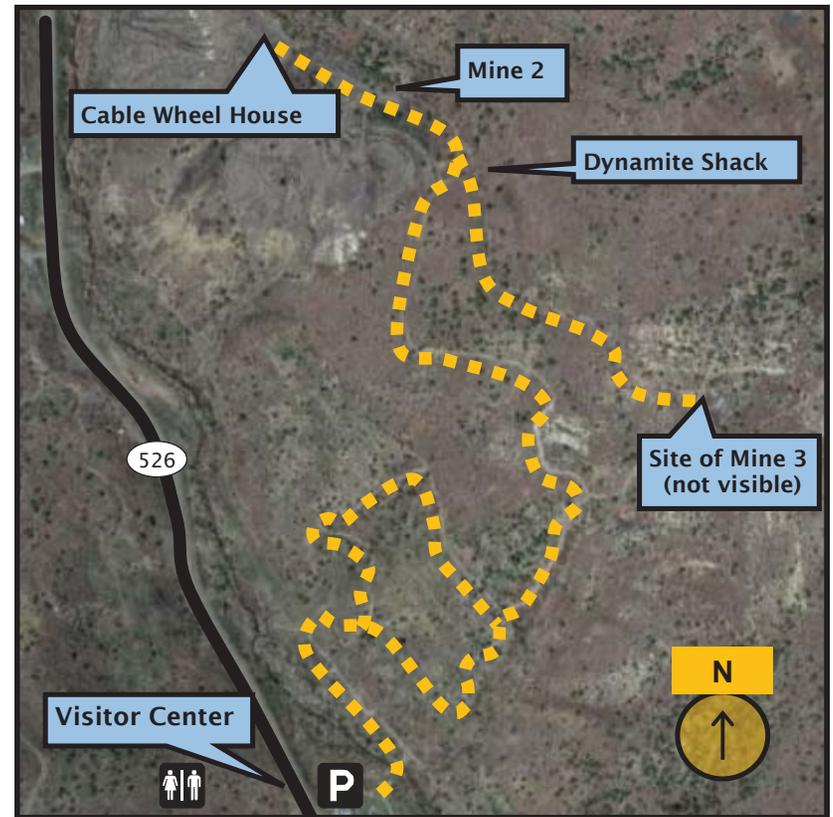
Surface: Unpaved

Parking: Sugarite Canyon State Park Visitor Center.

Open: Year-round

Amenities: Restrooms at shower building, trash cans, benches

Note: Self-guided tour brochures at Visitor Center.





Lake Alice Trail



Distance: 1.2 miles one way

Difficulty: Moderate

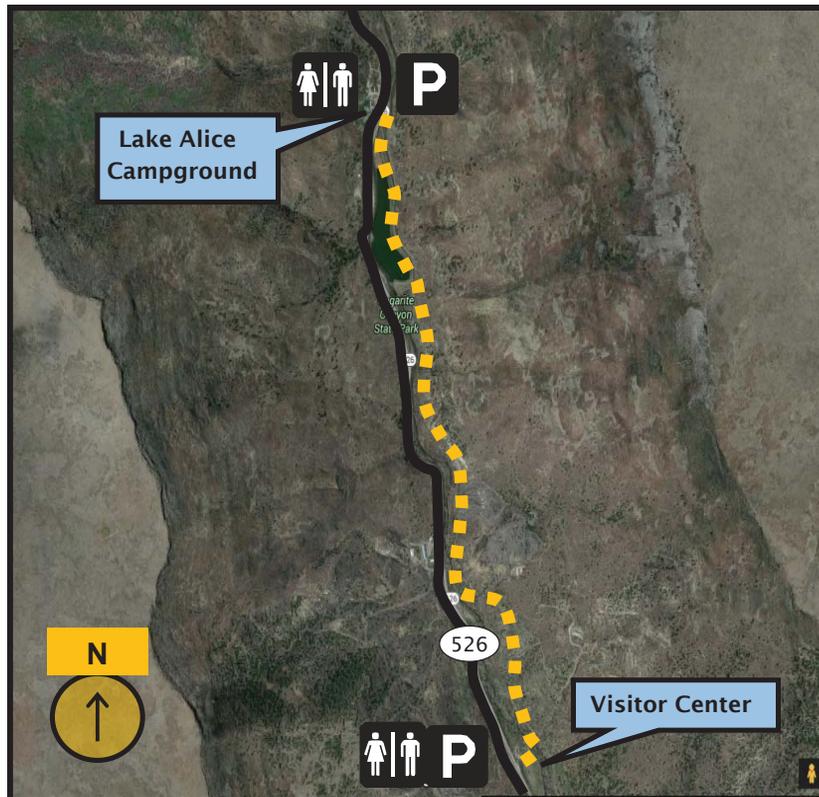
Surface: Dirt

Parking: Visitor Center or Lake Alice Campground

Open: Year-round

Amenities: Restrooms, trash cans

Note: Trail parallels Chicorica Creek and Lake Alice.



Lake to Lake Trail



Distance: 2.4 miles one way

Difficulty: Moderate to strenuous

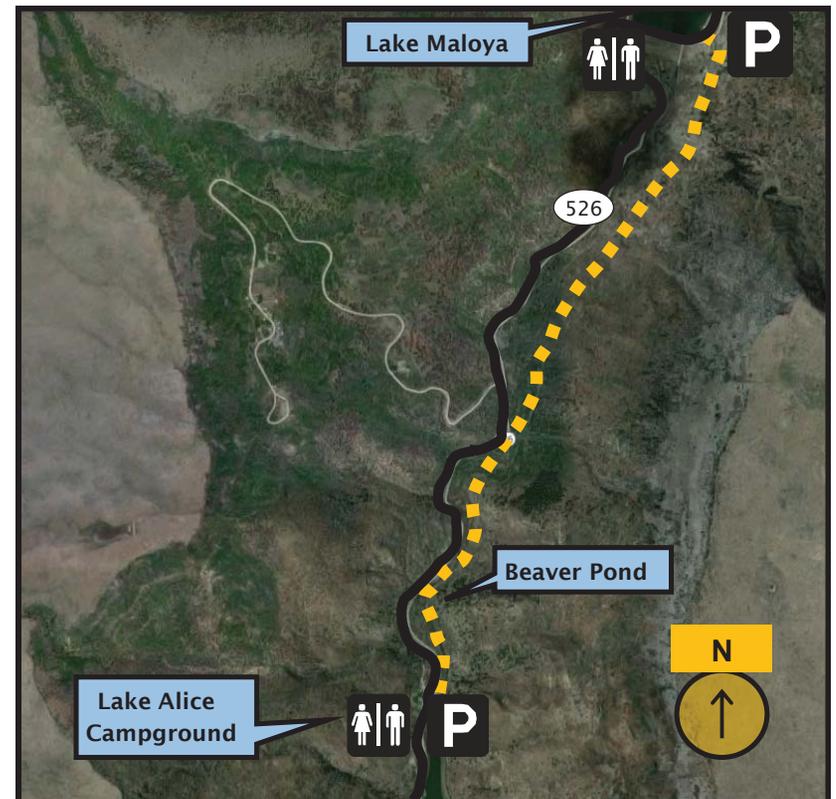
Surface: Dirt

Parking: Trailhead E of Lake Alice Campground or Trailhead SE of Lake Maloya Main Boat Ramp

Open: Year-round

Amenities: Restrooms, trash cans

Note: Bridge crosses Chicorica Creek at beaver pond.





Deer Run Trail



Distance: 1.8 miles one way

Difficulty: Moderate to strenuous

Surface: Dirt

Parking: Lake Alice & Soda Pocket Campgrounds

Open: Year-round from lower trailhead.

Upper trailhead accessible only during summer.

Amenities: Restrooms, trash cans

Note: Soda Pocket Rd. & Campground closed Oct.-May.



Vista Grande Trail



Distance: 0.75 mile (loop plus overlook trail)

Difficulty: Moderate to strenuous

Surface: Dirt

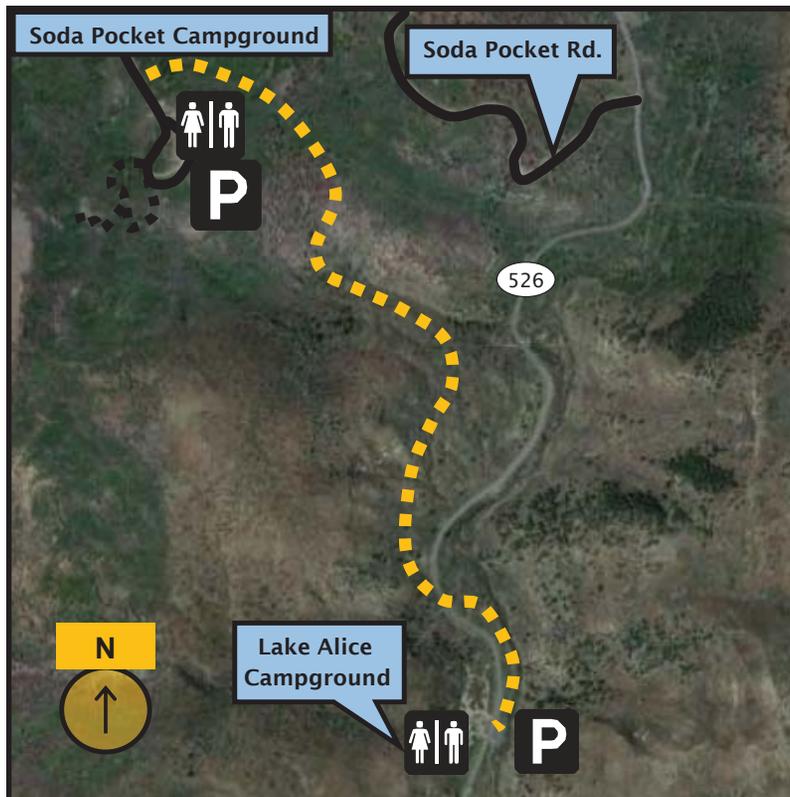
Parking: Summer: upper Soda Pocket Road

Rest of year: Lower Deer Run Trailhead

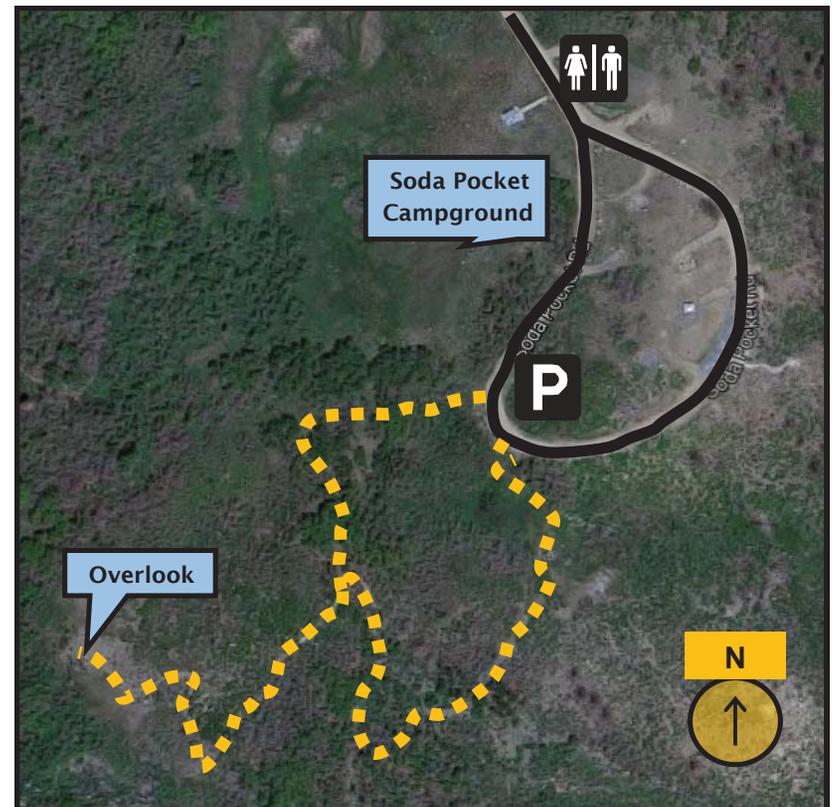
Open: Year-round

Amenities: Restrooms, trash cans

Note: Soda Pocket Rd. & Campground closed Oct.-May.
Access trail Oct.-May by foot from Deer Run Tr.



26



27



Lake Maloya Trail



Distance: 2.5 miles one way

Difficulty: Moderate

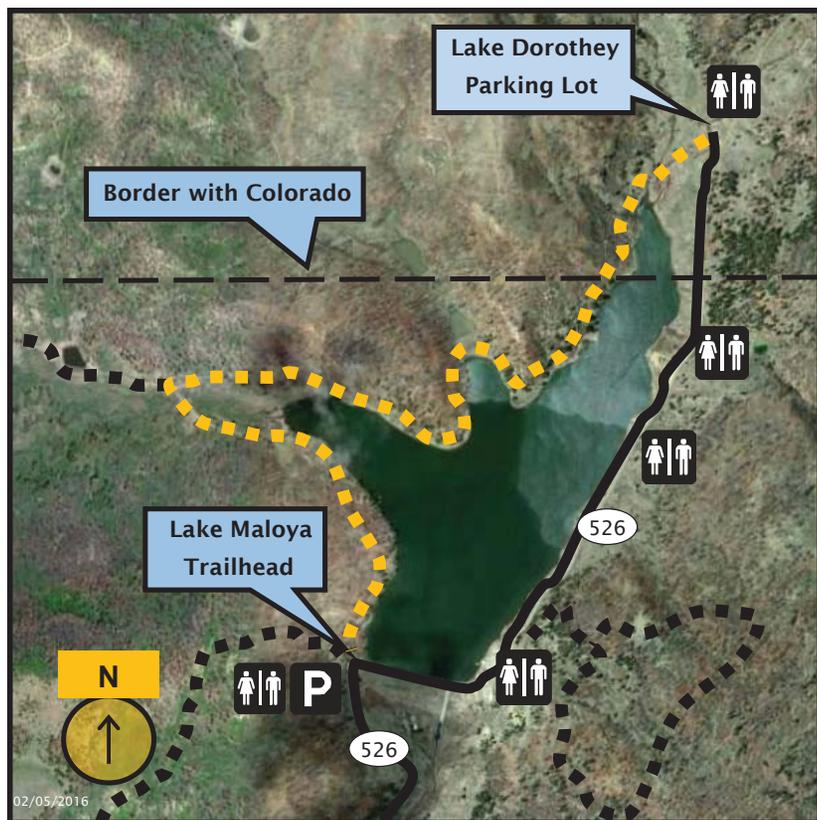
Surface: Dirt

Parking: Trailhead at west end of dam

Open: Year-round

Amenities: Restroom, benches

Note: Trail rejoins road at Lake Dorothy parking lot in CO.
To return, you can follow road along E side of lake. Trail is also part of 6-mile loop around Little Horse Mesa.



Wapiti Trail



Distance: 2.6 miles with loop

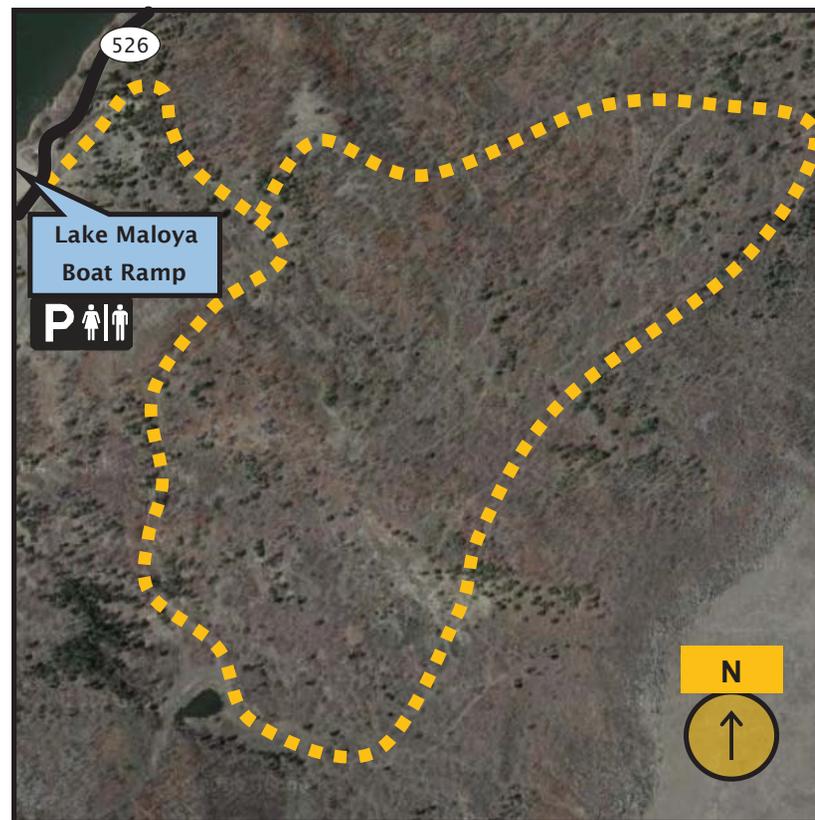
Difficulty: Moderate to strenuous

Surface: Dirt

Parking: Lake Maloya main boat ramp; to access trail, cross road to gate at trailhead

Open: Year-round

Amenities: Restrooms, trash cans at boat ramp.





Opportunity Trail



Distance: 4 miles one way

Difficulty: Moderate to strenuous

Surface: Dirt

Parking: Summer: Soda Pocket Trailhead
Otherwise: Lake Maloya Trailhead or gate at bottom of Soda Pocket Rd.

Open: Year-round

Amenities: Restroom, trash can at trailhead

Note: Soda Pocket Rd. & Campground closed Oct.-May.
Trail part of 6-mile loop around Little Horse Mesa.



Little Horse Mesa Trail



Distance: 0.75 miles one way (via Opportunity Trail)

Difficulty: Strenuous

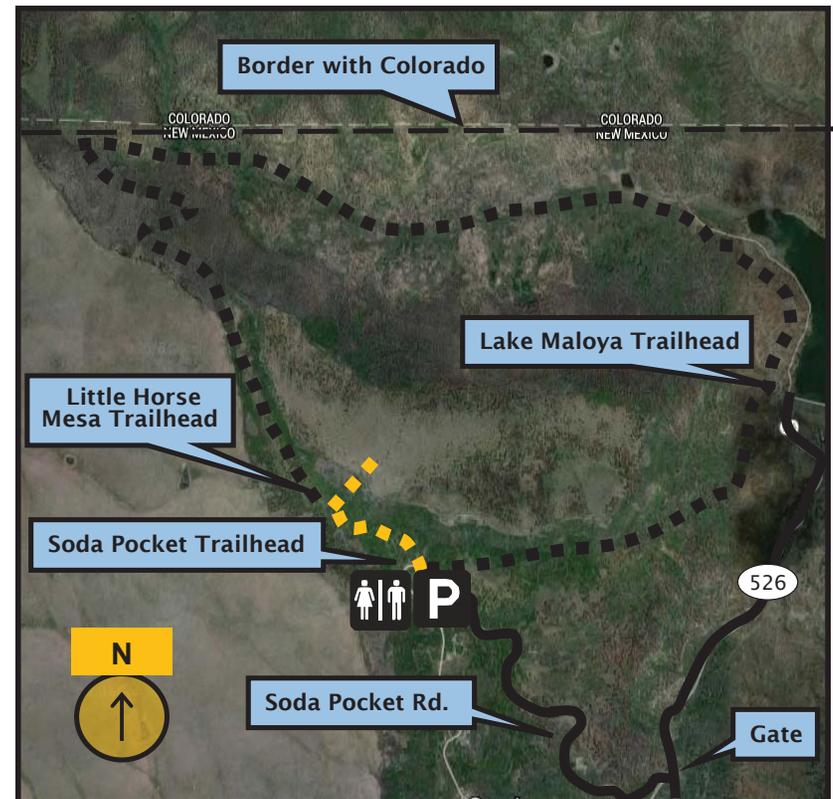
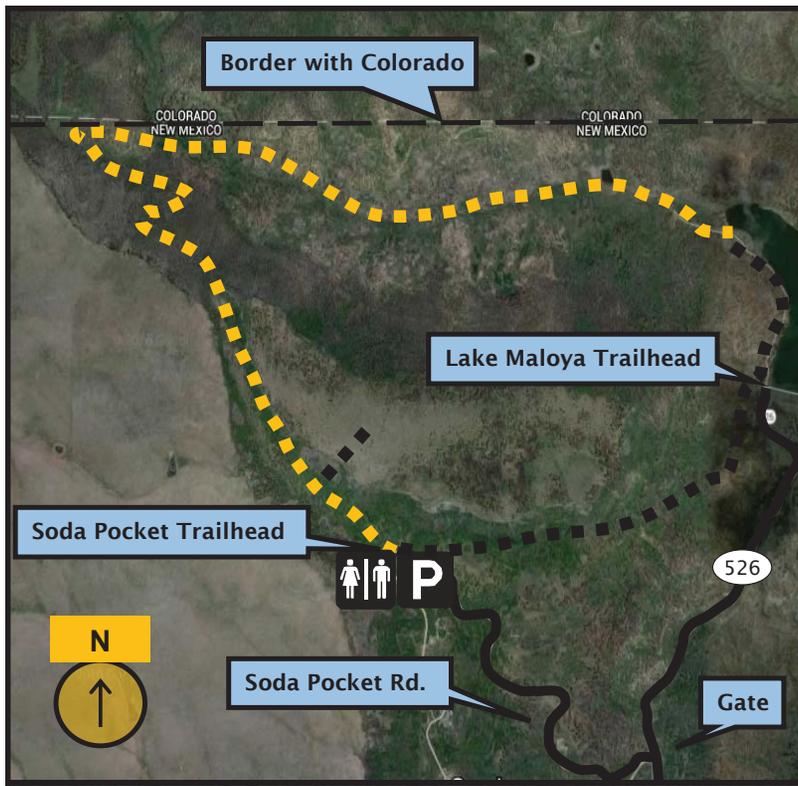
Surface: Dirt

Parking: Summer: Soda Pocket Trailhead
Otherwise: Lake Maloya Trailhead or gate at bottom of Soda Pocket Rd.

Open: Year-round

Amenities: Restroom, trash can at trailhead

Note: Soda Pocket Rd. & Campground closed Oct.-May.





Ponderosa Ridge Trail



Distance: 1.8 miles one way

Difficulty: Moderate to strenuous

Surface: Dirt

Parking: Year-round at Lake Maloya Trailhead
Summer only at Soda Pocket Trailhead

Open: Year-round

Amenities: Restrooms, trash cans at trailheads

Note: Soda Pocket Rd. & Campground closed Oct.-May.
Trail part of 6-mile loop around Little Horse Mesa.



Walkers enjoy a snowy “First Day Hike” on New Year’s Day along the Lake Maloya Trail at Sugarite Canyon State Park.

Photo by Pat Walsh, N.M. State Parks

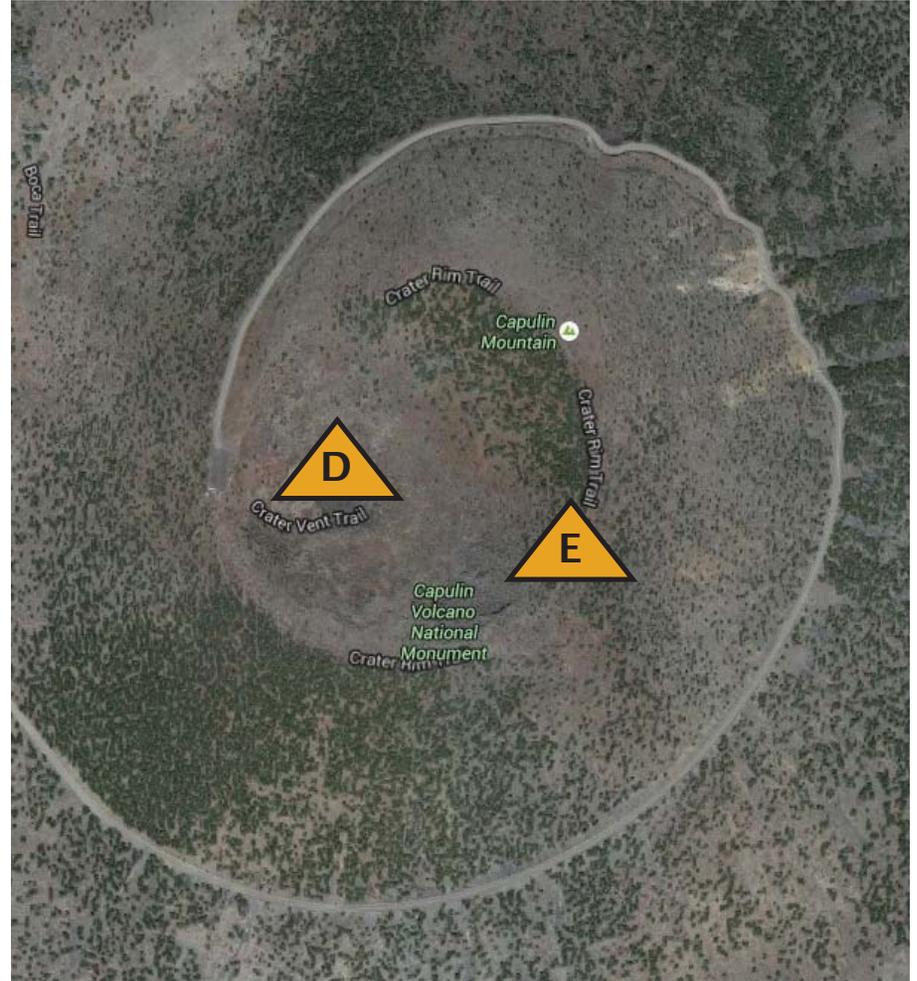
Capulin Volcano National Monument



A—Nature Trail: *Easiest*

B—Lava Flow Trail: *Moderate*

Walking Paths



C—Boca Trail: *Strenuous*

D—Crater Vent Trail: *Moderate*

E—Crater Rim Trail: *Moderate-Strenuous*

A Nature Trail



Distance: .10 miles

Difficulty: Easiest. **Wheelchair accessible.**

Surface: Paved

Parking: Visitor Center

Open: Year-round

Amenities: Park benches, restrooms, trash cans

Note: This wheelchair-accessible trail is the only trail open to pets at Capulin Volcano Nat'l Monument.



36

B Lava Flow Trail



Distance: 1 mile

Difficulty: Moderate

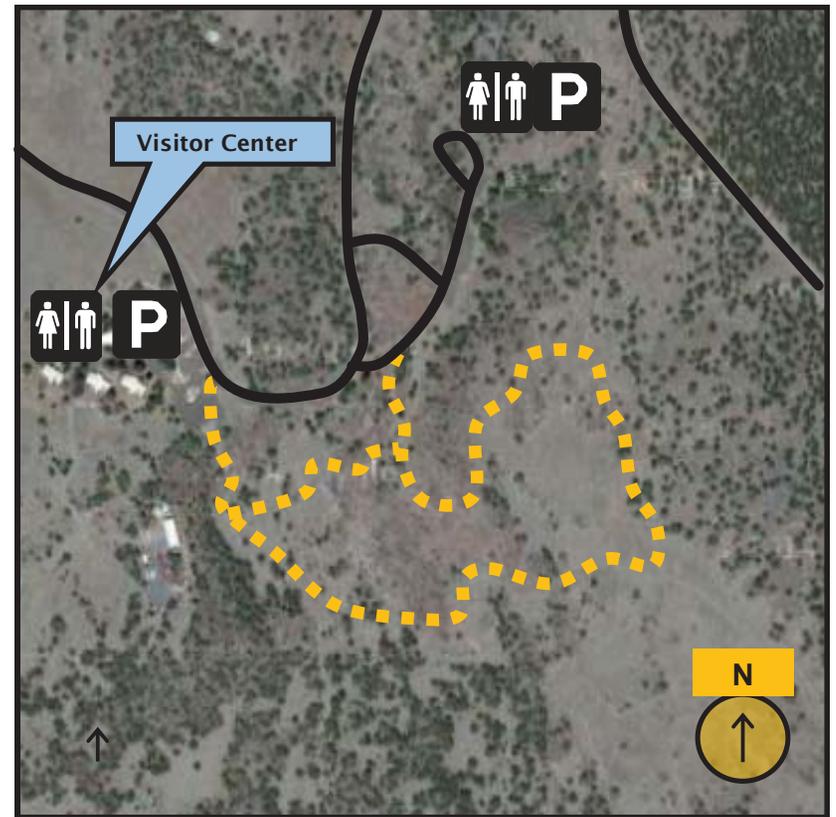
Surface: Unpaved

Parking: Visitor Center

Open: Year-round

Amenities: Park benches, restrooms, trash cans

Note: Mostly easy trail wanders through lava flow. Some steep portions.



37

Boca Trail



Distance: 2 mile loop

Difficulty: Strenuous

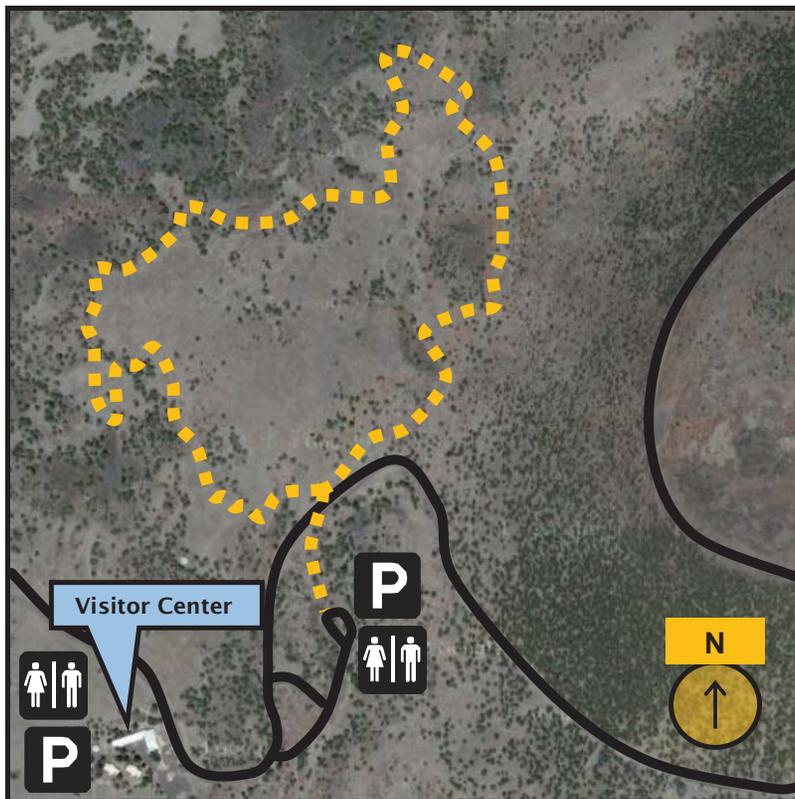
Surface: Dirt

Parking: Picnic area; occasional winter snow closures

Open: Year-round from Visitor Center

Amenities: Park benches, restrooms, trash cans

Note: Trail meanders through vent area where volcano's lava flows originated. Look for "lava lakes," "lava tubes" & "spatter hill."



These walkers explore the Crater Rim Trail at Capulin Volcano National Monument.

Photo by Keegan Donovan, National Park Service

D Crater Vent Trail



Distance: 0.2 mile one-way

Difficulty: Moderate

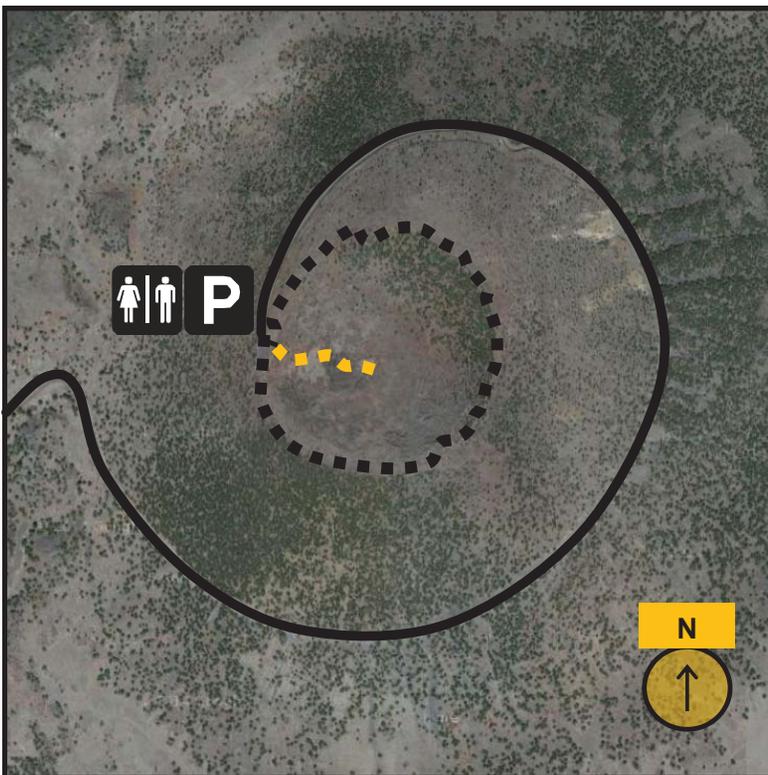
Surface: Paved

Parking: Volcano Road overlook

Open: Year-round, except for brief winter snow closures

Amenities: Park benches, restrooms, trash cans

Note: Trail descends to bottom of crater. Elevation change is 100 feet.



40

E Crater Rim Trail



Distance: 1 mile loop

Difficulty: Moderate to strenuous

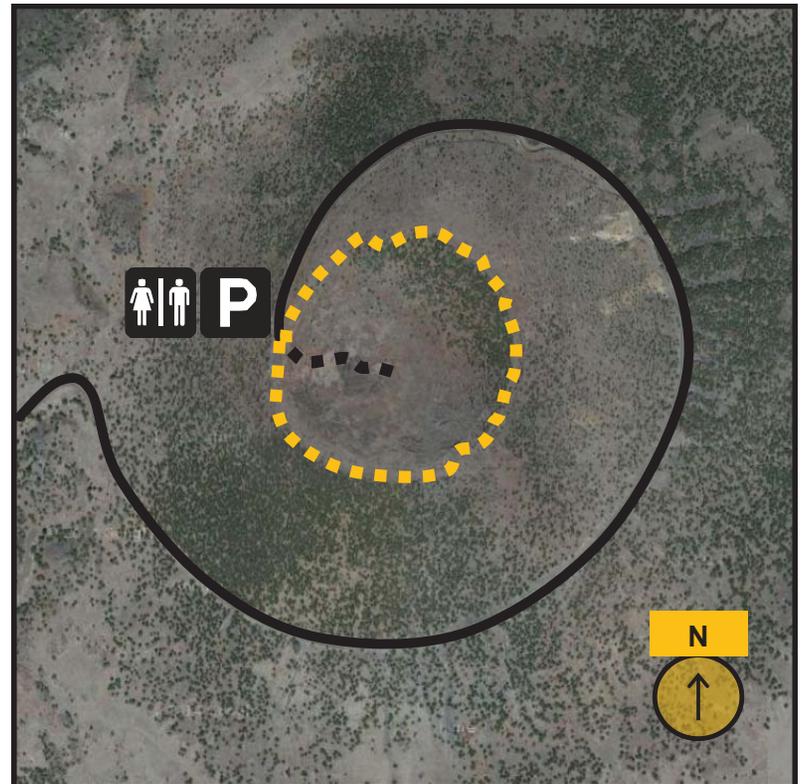
Surface: Paved

Parking: Volcano Road overlook

Open: Year-round, except for brief winter snow closures

Amenities: Park benches, restrooms, trash cans

Notes: Spectacular 360-degree views. Trail follows rim; highest point is 8,182 feet of elevation.



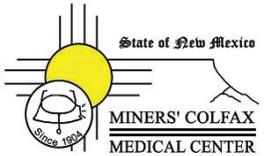
41

This walking guide is sponsored by the Ramblin' Round Raton alliance, with support from:

MCMC Auxiliary



Friends of Sugarite Canyon State Park



PREVENTION RESEARCH CENTER
Prevention & Population Sciences

Special thanks to: Eric Armstrong, Attila Bality, Scott Chalmers, Jared Chatterley, Sally M. Davis, Keegan Donovan, Paul Jenkins, Shawn Lerch, Nichole Romero, Patricia Walsh and David Wentling.



Photo by Pat Walsh

Lake Maloya at Sugarite Canyon State Park