

**Trail Use Guidelines**

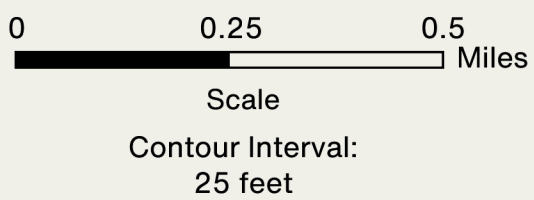
- Only use designated trails marked on a map or with signage
- Avoid using unofficial user-created trails, also known as "social trails"
- Trails are open from dawn to dusk
- Adhere to Leave No Trace policies, found at Int.org
- Respect trail closures and restoration areas
- Dogs must be on a leash
- Be respectful of other users
- All other campus policies apply
- Report any signs of erosion or degradation to trails@uccs.edu

*To preserve cultural resources, do not collect or disturb historic or archaeological materials. Photograph them and leave them where found.*



About Campus Trails

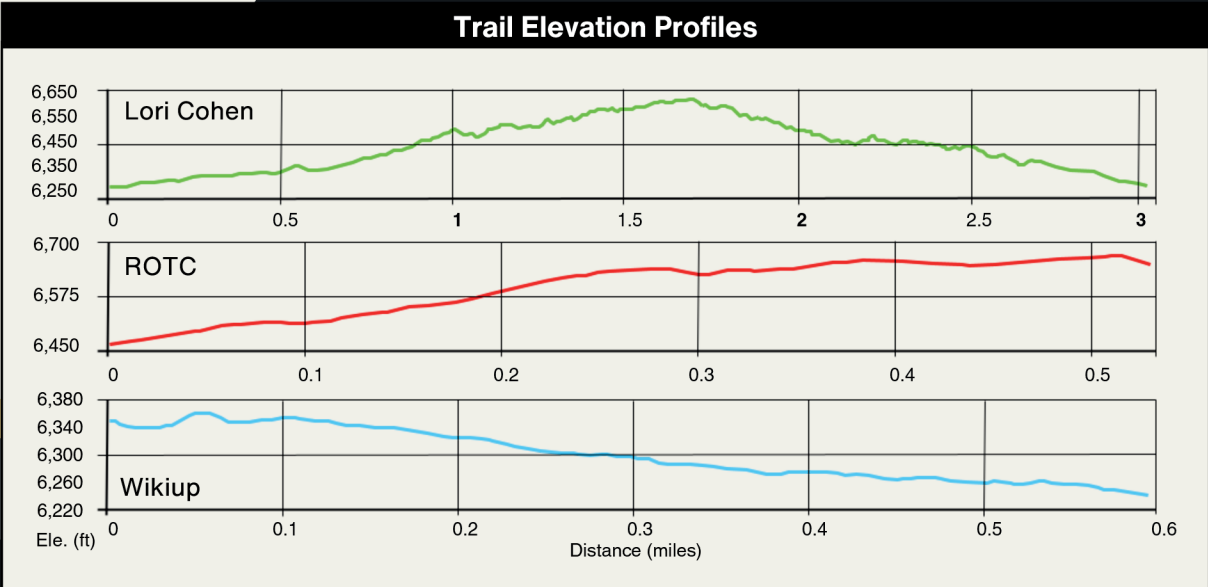
UCCS is home to a network of scenic trails that offer a perfect escape for outdoor enthusiasts right on campus. Winding through the natural foothills of the Rocky Mountains, the trail system provides opportunities for hiking, running, and mountain biking. With stunning views of Pikes Peak and the surrounding landscapes, the trails are ideal for enjoying Colorado's beauty while staying close to campus. They vary in difficulty, accommodating both short walks and technical bike routes. Whether you're seeking a peaceful moment in nature or a challenging workout, the campus trail system connects students, faculty, staff, and visitors to the region's vibrant outdoor culture.



**Symbol Key**

- Trailhead
- Trail Information
- Historical Site
- Parking
- Building
- Road
- Access Trail

Trail Distances		
Lori Cohen		3.1 miles
Tuckahoe		0.7 miles
Wikiup		0.6 miles
ROTC		0.6 miles
Tava		0.3 miles
University Park		Regional Trail





Winding through the rugged beauty of the Austin Bluffs, the campus trail system traverses a landscape shaped by time—where ancient rock formations stand as silent witnesses to millennia of change, and where Indigenous peoples, settlers, and explorers have all left their mark. Today, this land remains a vital part of the Pikes Peak region, serving as a thriving ecosystem and popular recreation area.

Northern Flicker



Black-billed Magpie



Black-capped Chickadee



Steller's Jay



Gray Catbird



PULPIT ROCK  
66 million years old



## Campus Trail System Map and Information

### Among the Trees

The **Ponderosa Pine Woodland** is one of six ecosystems—including the Douglas Fir Forest, Grassland, Shrubland, Riparian, and Piñon-Juniper Woodland—that call UCCS home. Common tree species on campus include Rocky Mountain Juniper, Gambel oak, Blue Spruce, and Cottonwood.

### Geologic History

The exposed rock outcroppings found around campus—such as **Eagle and Pulpit Rock**—reveal a dynamic geologic past shaped by ancient seas, mountain formation, and volcanic activity. The cliffs and spires are part of the Dawson Arkose Formation, deposited around 66 million years ago as the rising Rockies shed volcanic and granitic debris into the region. The lower layers contain andesitic sandstones—evidence of past volcanoes—while upper layers, rich in feldspar, signal a shift to granite-derived sediments.

### Happy Walk

Long before the modern trails that surround campus today, paths existed on the bluffs for more than 100 years. In the early 20th century, Cragmor Sanatorium director Dr. Frank M. Houck designed a trail affectionately dubbed the **"Happy Walk"**—a 3.5-mile path winding through Austin Bluffs. Patients were encouraged to stroll the trail daily, combining gentle exercise with sunshine and fresh air. Markers located along the trail helped doctors assess each patient's treatment progress.

### Then and Now

As you wander the campus trail system, you will come across remains of bygone eras— crumbling foundations, rusted pipelines, artifacts, and the faint traces of roads and structures long abandoned. These quiet remnants of the past serve as reminders of the people, stories, and uses that have shaped the land.

**What artifacts of historical and cultural significance will you come across?**

**Important:** Help protect our shared history. Do not remove or alter any artifacts. Take a photo and leave them in place.

Then



Once leading to cottages for sanatorium patients (top), this stairway behind Main Hall now serves as the trailhead for the ROTC Trail (bottom)



Built in 1888 by the Austin Bluffs Land and Water Company, a since-demolished water tower (bottom) served the community and Sanatorium until 1969. That same year, students repainted it as a Campbell's Soup can (top).

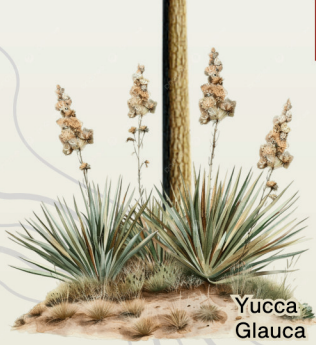


Headed by ROTC cadets in 1986, a fitness course with six stations and twenty exercises once dotted the bluffs, leading to a still-standing set of pull-up bars

Now



### Flora and Fauna on the Bluffs



Yucca Glauca



Cottontail Rabbit



Plains Prickly Pear



Great Horned Owl



Mountain Lily



Prairie Rattlesnake

Black-eyed Susan



Mule Deer

### Echoes of the Past: Millennia of Life On the Bluffs

#### First Peoples

Archaeological findings indicate that Native American communities inhabited and traversed the Austin Bluffs region for at least the last 10,000 years, engaging in hunting and resource gathering.

#### Indigenous People on the Bluffs

A 2016 survey revealed 50 locations featuring signs of fires, tool making, and stone enclosures, indicating that Ute, Arapaho, Apache, O'chéthi Šakówin, Cheyenne and others once inhabited the Austin Bluffs region.

#### Ranching on the Bluffs

A Chicago businessman turned rancher, Henry Austin—for whom the area is named—buys 5,300 acres for his sheep to graze and herd. He hired Hispanic shepherds to tend the land.

#### Cragmor Sanatorium Opens

Following a trend of tuberculosis sanatoriums opening across the city, Cragmor Sanatorium opens as a luxury tuberculosis treatment facility known for its holistic approach to healing.

#### Yawn Valley Yacht Club...

is the name artist Larry Heller bestowed upon the Puebloan-inspired estate he and his wife, Dorothy, built and called their home, art studio, and refuge. The property was donated to UCCS in 1997 as the Heller Center for Arts and Humanities.

#### UCCS Established

George J. Dwire, director of the Cragmor Sanatorium, sells the sanatorium and 80-acre property to the University of Colorado for \$1. The school began holding classes later that year. UCCS became a distinct campus in 1974.



A postcard from the 1920s (above) depicts Cragmor Sanatorium, which now serves as Main Hall on the UCCS campus (right).

Historical imagery courtesy of the UCCS Archives and Kraemer Family Library.



### Experience the Outdoors

The **Student Outdoor Learning Experience (SOLE) Center**, located inside the Campus Recreation and Wellness Center, offers rentals for mountain bikes, skis, snowboards, camping and backpacking gear, and more to the UCCS community. Students can take advantage of incredible outdoor opportunities, including guided trips, workshops and lessons, a bike repair shop, and a climbing wall. Stop by the SOLE Center to plan your next adventure!