

# COACH KUYPER recommended hikes

**Mount Cutler Trail**: This trail is a popular 2.7 kilometer trail, in the Cheyenne Mountain area. It is an “easy” ranked trail. The trail offers a number of activity options and is accessible year-round. Winter/spring hikes be prepared for mud, slush and snow! Dogs are also able to use this trail but must be kept on leash.

**Distance: 2.7 km / Elevation Gain: 144 m / Route Type: Out & Back**

This is a leisurely family hike you can do in a morning or afternoon. Mount Cutler - named after Henry Cutler, one of General Palmer's friends and a supporter of Colorado College - rises above Cheyenne Creek about half way up the Cheyenne Canyon, on the south side. The trailhead is well marked and has limited parking. Beautiful views are available from the summits.

**Spruce Mountain Trail** : This trail is a 5.5 mile heavily trafficked loop trail located near Larkspur, Colorado that features beautiful wild flowers in the spring and is good for all skill levels. Dogs are also able to use this trail but must be kept on leash. WINTER/SPRING HIKES are often muddy, icy, slushy or snowy. Be prepared! AND bring lots of water!

**Distance: 5.5 miles / Elevation Gain: 600 feet / Route Type:Loop**

Colorado Butte With a Beautiful View!! Just east of the Rampart Range section of the Front Range of the Rocky Mountains the plains limestone buttes rise randomly across the plains. One of the largest of these rocky islands is Spruce Mountain, situated west of I-25 and north of the small town of Palmer Park, CO. Spruce Mtn. provides a delightful opportunity to enjoy views of Pikes Peak, Rampart Range, the Greenland Open Space, and the Palmer Divide. Douglas County has provided an excellent trailhead which includes toilets. From the trailhead, you can ascend to the top of the butte by a long shallow trail or by a short steep trail. The longer trail adds about a half mile to your hike. On the top of the butte is a shaded loop trail that allows for a tranquil walk among pine and fir groves. Punctuating the stillness, in the spring and summer, is a riot of wildflowers. The trail eventually takes you to Windy Point, where you can look over the edge at the valley 200 ft below, or look out to the south and marvel at Pike's Peak. Continue for a short time, and you will come to a fork in the trail. Go right to get you back to the original trail, and return to the parking lot the same way you ascended. GO left and you will go down the service road. At the end, turn right through the fence and continue to walk on the path around the base of the butte, all the way back to the parking lot.