



**COLORADO**

**Department of  
Natural Resources**

## **Outdoor Recreation Guidelines for Coloradans and Local Communities | COVID-19**

As Colorado adjusts to the effects of the COVID-19 pandemic, it is important to find or maintain healthy activities that strengthen your physical and mental health. A healthy mind and body can strengthen your immune system, and nature can provide a valuable refuge for Coloradans.

At the Colorado Department of Natural Resources (DNR), we believe outdoor recreation is especially important in helping Colorado citizens endure the COVID-19 pandemic. But please recreate according to the following guidelines, and check for area closures before you go.

### **Outdoor Recreation Guidelines:**

- **Make the health of others your number one priority.**  
The COVID-19 Pandemic is life and death for many Coloradans. Please consider the health of others as you choose how and where to recreate.
- **Recreate outside cautiously and wear a face covering.**  
Don't go out if you're sick or have been in contact with those who are also sick. Only recreate with individuals in your household and maintain the minimum distance on narrower trails and fish piers between yourselves and others. Avoiding busy areas and high use times between 10 AM - 2 PM. Wash your hands and wear a face covering.  
[Follow CDC guidelines carefully.](#)
- **Stay close to home.**  
Recreate locally and close to home. Front Range residents should avoid traveling to the high country or mountain communities. The further you travel, the greater potential for unplanned emergencies that may burden healthcare systems. Do not travel to communities or areas with closures in place.
- **Avoid high-risk or remote activities.**  
Many local healthcare systems are already overwhelmed or stretched thin. Please do not add to the burden or stretch further local search and rescue teams and emergency services.
- **Respect closures and be a good steward.**  
If parks or communities are closed, don't go. If parks are open, be mindful that areas might have limited maintenance or rolling closures depending on visitation or crowding. Pack out your trash, use the restroom before you leave the house. Check for local closures.

Colorado counties, municipalities, and land management agencies continue to update their COVID-19 guidance including travel restrictions, road closures, and access limitations on a regular basis. DNR reminds all outdoor recreationists that it is your responsibility to research and understand the specific guidance, ordinances and restrictions in place for any planned local recreation - [know before you go](#).

**Additional COVID-19 Outdoor Recreation Resources:**

[Federal, State and Tribal Outdoor Recreation COVID-19 Resources](#)

[Outdoor Health Benefits and Trail Safety Etiquette](#)

[Colorado's Official Trails App - COTREX](#)

[Frequently Asked Questions \(FAQs\)](#)

[CDC Guidelines on Visiting Parks and Recreational Facilities](#)