



Preparing to Trek

at the Wyoming Mormon Trail Sites

Updated February 2022



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Introduction

Thank you for signing up for a trek experience at the Wyoming Mormon Trail Sites. We are excited to host your group.

This document outlines options for you to consider when planning your trek. It also includes policies for camping and trekking on these properties. Please read the entire document. At the end there is a space for you to sign, acknowledging you have read the policies and that you understand them and agree to follow them. Please sign this and email a copy to martinscove.ts1@ChurchofJesusChrist.org before April 20.

Roles and Responsibilities

WYOMING MORMON TRAIL SITES STAFF

Site President and Companion

The site leaders have been called by the First Presidency to oversee the operations of the Wyoming Mormon Trail Sites. They represent the Church's interests in preserving these historic places and ensuring the safety of all visitors and missionaries. They ensure that all visitors comply with legal agreements between the Church and other parties who own or have an interest in the trails and surrounding areas. The site leaders have the responsibility and authority to close trails, river crossings, and amphitheaters without advance notice when they see that conditions are unsafe or that visitors are not complying with site policies.

Campground Hosts

Campground hosts are missionaries who oversee the check-in and checkout processes at the campgrounds. They show groups where to park, help them find their reserved campsite(s), and give them a cleaning checklist. On the last day, they conduct a walk-through with camp leaders before the group departs.

Trail Guides

Missionaries who accompany the group on the trails are called trail guides. They meet the group at the trail head where the trek begins, and they provide final instructions for group leaders. They also give the group a brief historical overview about the trail and remind everyone of the trail rules. During the trek, they set the pace for the group. One trail guide leads the group, and another brings up the rear to ensure that the group does not get spread out too thin along the trail and that no one is left behind.

LEADERSHIP ROLES FOR THE TREK GROUP

The *Handcart Trek Reenactments: Guidelines for Leaders* has a more comprehensive list of possible callings, assignments, and roles associated with trekking. We only mention a few of these roles below. This condensed list includes the roles we have found necessary to coordinate the logistics between your group and the missionaries during your stay at the Wyoming Mormon Trail Sites.

Ecclesiastical Leader (Stake President or Bishop)

In a Church unit, the stake president or bishop has stewardship over the activity. He should be aware of the content of this document so that

he can understand policies related to these sites. It is his responsibility to ensure that leaders and participants abide by these guidelines.

Trek Chairperson(s)

In many Church units, one or two people are called to oversee all aspects of the trekking activity. Along with the ecclesiastical leader, chairpersons serve as points of contact to coordinate the group's itinerary with the site missionaries.

Trail Boss(es)

A trail boss oversees the group while on the trail. This person makes sure everyone in the group and the trail guide are communicating effectively. Groups of more than 150 people need multiple trail bosses, one for each trek start time (see the next section, Planning Your Trek).

Camp Leader

A camp leader oversees the setup and maintenance of the campsite. This person works closely with the campground hosts to ensure that campground rules are understood and adhered to. Before the group checks out, the camp leader and campground host do a final walk-through.

Medical Team

The required number of medical professionals per group depends on the number of people trekking and the number of subgroups. Groups up to 150 people are required to bring a minimum of two medical professionals. Groups of more than 150 are required to have a minimum of two medical professionals for each subgroup. Having a minimum of two medical professionals accompanying each group ensures that if a member of your group needs to be evacuated, one medical professional can accompany the evacuee, and another can remain with the group.

Be aware that each trek subgroup must have a vehicle dedicated for medical needs.

This vehicle will be parked near the trail head. More instructions for medical vehicles can be found under trekking logistics.

Family Leaders (sometimes called Ma and Pa Leaders)

Many Church units elect to divide into smaller groups, which they call families. If this is a ward activity, perhaps the families are biological families. If this is a youth activity, families consist of 6-8 youth and 2 adults. Family leaders watch over their families on the trail. They must be familiar with the warning signs of dehydration, heat exhaustion, and blisters. The most important safety factor is for trekkers to drink plenty of water. For more details about the role of family leaders, refer to the *Handcart Trek Reenactment* guidelines.

Planning Your Trek

You can find general instructions for planning a trek in *Handcart Trek Reenactments: Guidelines for Leaders* (https://www.ChurchofJesusChrist.org/youth/activities/bc/pdfs/stake/PD10052956_000_Handcart_Trek_Booklet.pdf). In addition to that publication, you will need to understand the specific options and parameters for trekking at the Wyoming Mormon Trail Sites. The following pages contain information about the different trek trails, start times, and options for tailoring your trek for your group.

TRAILS

The Wyoming Mormon Trail Sites feature three different trails for trekking: Martin's Cove, Sixth Crossing, and Rocky Ridge. All three trails are loops. At each trail, your group will start and end at the same location, making it easy for you to transport them and return the handcarts. In this section, you will learn about the significance of each trail and the logistics for trekking at each location. You can cross reference this section with the Maps and Itineraries section to plan your trek.

For trekking at any of the trails, you will need to provide water and lunch for your group.

If any members of your group are unable to walk the trails, a limited number of rickshaws—chairs with two large wheels that are pulled like handcarts—are available. To reserve a rickshaw, please call the office (307-328-2953) before April 20.

Sixth Crossing

Historical Background. On October 19, members of the Willie handcart company were living on twice-reduced rations. They faced a 16½-mile journey to reach their next stop—the sixth crossing of the Sweetwater River. Four advance riders from the George Grant relief company encountered the Willie company and told them rescue wagons were only a day or two behind them.

The advance riders kept heading east to look for the Martin, Hunt, and Hodgetts companies while the reinvigorated Willie company pushed west. The Willie company arrived at the sixth crossing after 10 p.m. that night. They awoke the next morning to a dreary sight, with snow at least four inches deep and still falling.

Worried about the snowstorm and lack of food, Captain James Willie and Joseph Elder left the company at 10 a.m. on October 20 to search for the rescue company farther west on the trail. They found the rescuers 25 miles away. The next morning, they retraced their steps with the relief company.

Most of the Willie company had been without food, other than a little meat, since crackers had been distributed on October 19. When Captain Willie and the relief party arrived at the Willie camp, the joy was unrestrained. Rescuers said they could hear shouts from the handcart Saints when they were still a mile away. Members of the handcart company could hear the squeaking of the wagons as they came through the snow before they could see them.

The rescuers gave flour, potatoes, and onions to the starving people. They distributed bedding, clothes, and shoes donated by Saints in the Utah Territory. The food, supplies, and the rescuers gave the handcart company hope.

Trekking Logistics. The Sixth Crossing trail is 6 miles long and begins near the Meadow, Jamerman, and Sweetwater campgrounds. If you are camping at one of those sites, you will simply walk to the handcart corral 30 minutes before your start time. If you are traveling from another campground, a missionary will direct you to the place where you can park your vans or buses and designated medical vehicle.

Drinking water is not available at the trail head. Please have your group members fill up their water bottles prior to leaving the campground. In addition to individual water bottles, you will need two 5-gallon jugs of water to go in each handcart.

Before your group begins on the trail, a trail guide will give a brief historical overview and remind everyone of the trail rules.



There are few optional stops in the first part of the trail (see the trek itinerary).

Partway through the trek, you will reach the Sweetwater River. Depending on what time you start your trek, this might be a good place to either eat lunch or set aside the handcarts and step into the willows for a thought or story (see stop 6 on the map and itinerary).

Depending on weather conditions and water levels, you may have the chance to pull

the handcarts through the river (see stop 10 on the map and itinerary). The trail guide will tell you if this is an option.

There are 3 restroom stops along the trail (see stops 2, 6, and 9 on the map and itinerary).

This trail will take your group approximately 7 to 9 hours to complete.

Rocky Ridge

Historical Background. Captain James Willie later said that October 23 was “the most disastrous day” of the entire journey for the Willie company. The day before, the relief company continued east to search for the last three emigrant companies on the trail. Six relief wagons and several rescuers remained to assist the Willie company.

The Willie company’s travel that day began with Rocky Ridge, a climb of 600 feet over a

distance of about 3 miles. For people already worn down by hunger and fatigue, pulling heavy handcarts up that grade was agonizing. For weak animals, pulling heavily loaded wagons was likewise a mighty struggle. In some places, the road was covered with deep snow. The people had to make frequent stops to rest. Their pauses chilled them to the marrow.

The company became stretched out across the trail throughout the day. A rear-guard encouraged and assisted those who were struggling and weary. It was 5:00 a.m. the next morning before the last of the group arrived at their camping spot: Rock Creek Hollow.

Thirteen people died during that grueling day. Company leaders decided to stay camped on October 24. Two more people died before the company left the next day. The Willie company arrived in the Salt Lake Valley on November 9.



Trekking Logistics. Trekking at this location is available only after July 1. This trail is on public land managed by the Bureau of Land Management. Please respect the trail guide and be courteous to other recreation groups you may encounter.

The trail for Rocky Ridge is approximately 10 miles long. It begins at Sage Creek, which is approximately 16 ½ miles southwest of the Sixth Crossing Visitors' Center. Your vans or buses will drop your group off about a half mile away from the handcart corral. Other than the designated medical vehicle, vehicles cannot wait at the drop off location. Drivers can return to their camp or park at the Sixth Crossing Visitors' Center and then return when it is time to pick up your group. The driver of the medical vehicle must remain with the vehicle. They will wait at the trail head for a period and then follow instructions to drive to a halfway point to check on their group.

Since you are dropped off about a half mile away from the handcart corral, you should plan time for a handful of your group to walk down, pick up the handcarts, and come back to load supplies (such as water jugs) from your vehicles.

Because of the remoteness of this trail, drinking water is not available. Please make sure that all participants in your group fill up their water bottles at camp before traveling to the trail head. In addition to individual water bottles, you will need to bring at least two 5-gallon water jugs for each handcart.

There are restrooms at Sage Creek, and portable restrooms will be set up at Lewiston Lakes (see stops 1 and 4 on the map and itinerary).

The most strenuous portion of the trail is Rocky Ridge—a climb of 600 feet over a distance of about three miles on rocky terrain (between stops 2 and 3 on the map). You should plan for between 7 and 9 hours for your group to complete this trek.

Martin's Cove

Historical Background. The main body of Captain Grant's relief company met the Martin handcart company on October 31. The handcart Saints were overjoyed, especially since the last of their flour was gone. The rescuers distributed flour, onions, and clothing. However, even the rescuers were running low on provisions. They had been on the road much longer than they had expected.

The Martin company and rescuers traveled west to Fort Seminoe near Devil's Gate, where the relief company previously camped. They arrived on November 2, and the Hodgetts wagon company arrived at Devil's Gate later that same evening. The Hunt wagon company was still nearly 30 miles behind.

Leaders earnestly counseled together about what to do. They concluded to keep moving to Salt Lake rather than attempt to winter along the Sweetwater River. Only about one third of the Martin company were able to walk. To get to the Salt Lake Valley, about 350 of them would need to ride in wagons. Since the rescuers' wagons could only carry a fraction of that, the Hunt and Hodgetts companies were asked to unload their personal belongings and make room for those who needed to ride.

On November 4, the temperature was recorded as six degrees below zero. Leaders decided that while they waited for the Hunt company and for weather to improve, the handcart company would move to a protected area a few miles northwest of the fort. The cove or recess in the Granite Mountains provided some protection from the wind and a good supply of firewood. Reaching the cove required crossing the Sweetwater River. Most of the women and children, as well as weaker men, were ferried across in wagons or carried across by rescuers. The rescuers also helped pull handcarts to the cove.

The Martin Company spent five days in the cove. During that time, rations were reduced,

and oxen were killed for food. Some in the company became discouraged and wanted to die. In prayer meetings each morning and evening, the Saints beseeched God to help them in their need. The group found hope in knowing that President Brigham Young would continue to send relief companies to meet the emigrants and keep the road opened.

The Hunt company reached Devil's Gate on the evening of November 5. They set up camp by the fort, near the Hodgetts company.

The weather finally turned more favorable on November 8. At the fort, men finished preparations to leave the next day. On November 9, the emigrant and relief groups headed out, leaving 20 men at Fort Seminoe to watch over the personal belongings of the Hunt and Hodgett companies for the rest of the winter. The next

Trekking Logistics. The Martin's Cove trail is a little over 5 miles long and begins next to Fort Seminoe (near the Martin's Cove Visitors' Center). There is a large parking lot for buses and vans at the drop-off point. Your emergency medical vehicles will be directed to a separate parking lot.

You will have a chance to fill up water bottles from several spouts at the start location. You will need to bring at least two 5-gallon water jugs for each handcart. While it is best if you have these filled before arriving at the trail head, you can use some of the waterspouts to fill or top off large water jugs.

When you reach the entrance to Martin's Cove, you will park the handcarts and proceed unencumbered into the cove. The cove is on public lands managed by the Bureau of Land Management (BLM).



day the Martin company met rescuer Ephraim Hanks, and starting on November 13 they began meeting additional small rescue teams. The Martin company finally arrived in the Salt Lake Valley on November 30. The Hunt and Hodgett companies arrived on December 10.

This handcart parking spot has restrooms and picnic tables. Depending on what time you start your trek, you will stop here for lunch either before or after your walk through the cove.

There is a gathering space as you start up the trail to the cove (see stop 4 on the map

and itinerary). If you would like, your group can stop here for 20 minutes to have a thought or to hear a story before you enter the cove.

When you leave the cove, there is a monument with three statues representing the Martin company and rescuers crossing the Sweetwater River. There are benches if you want to stop for 20 minutes and share a thought or story.

Depending on weather and river conditions, you may have the opportunity to pull the handcarts through the river. Sometimes, especially in May and June, the river is too high. The site leaders evaluate the conditions and communicate to the trail guides whether or not river crossings are permitted each day.

There are restrooms near Fort Seminoe and two restroom stops along the trail (see stops 3 and 8 on the map and itinerary).

You should anticipate your group taking approximately 7 to 9 hours to complete the Martin's Cove trek.

TREK START TIMES

At Martin's Cove and Sixth Crossing, there are four different start times Tuesday through Friday. Rocky Ridge has one or two start times per day; the days of the week for trekking at Rocky Ridge vary throughout the summer in accordance with the Church's agreement with the Bureau of Land Management.

Each start time can accommodate up to 150 people (with the exception of Rocky Ridge which can accommodate 300 people per start time). These limits are determined by agreements between the Church, Bureau of Land Management, and other stakeholders. If your group is larger than 150, you will need to reserve additional start times. Then you will need to divide your group into subgroups of less than 150 people for each start time. Remember, each subgroup must have a trail boss and the appropriate number of medical team.

The start times are an hour apart. Please ensure that each group (or subgroup) arrives at the starting location 30 minutes before the start time. This will give you time to receive instruction from the trail guide and line up with the handcarts. If your group is divided into subgroups, the subgroups should arrive separately to the trail head. We realize that transportation sometimes makes it difficult to arrive at the trek location in separate groups, but please take this into consideration as you are planning.

If you are trekking at Sixth Crossing or Martin's Cove, you need to arrive at the trail head (or trek start location) 30 minutes before your start time. If you are trekking at Rocky Ridge, you need to arrive 60 minutes before your start time.

If you do not arrive at the trail head on time, you might be asked to wait until the next open slot, which could be up to four hours later. If you arrive at Sixth Crossing or Martin's Cove after 10 a.m. or if you arrive at Sage Creek to trek Rocky Ridge after 8 a.m., you might not be allowed to go on the trail, because the risk of heat-related illness increases exponentially for groups out on the trail later in the day.

TAILORING YOUR TREK

A missionary trail guide will give your group a brief introduction about the significance of each trail before you begin. Along the trail, you have the option of pausing at several locations. You can see these on the map and itinerary for each trek. In order to preserve the landscape and to adhere to agreements between the Church and other entities, you will not be allowed to get off the trail anywhere that is not a designated stopping point.

You can elect to prepare thoughts or stories to share at designated stopping points. You might choose to assign leaders or youth to research and prepare to share something with your group. Be careful to stay within the allotted time limit for each stop.

As you consider things you or others in your group might share or do along the trail, please remember that these are historic and sacred places. The stories of the emigrants and rescuers are powerful in their simplicity and accuracy. Dramatizing the stories or creating elaborate activities or gimmicks can detract from the influence of the Holy Ghost.

For a collection of accurate stories that you might share with your group, see [Selected Handcart Stories for Youth Treks](#).

Note that wearing white clothing to represent the deceased is not appropriate for trek, and fasting is not permitted as part of trek activities.

If you would like, you can rely on the trail guides to give brief presentations at some or all of your stops along the trek. All the missionaries serving at the site receive training on how to tell engaging, accurate stories about these places and the events that occurred here.

Approximately three weeks before your visit, a missionary from the Wyoming Mormon Trail Sites will email the chairperson to set up a pre-trek phone call. During that phone call,

please be prepared to identify which of the optional stops you would like to make during your trek. You will also be asked whether you want a trail guide to come prepared to share stories with your group at any or all of these stops.

Camping and Camp Rules

When a missionary calls you two weeks before your visit, they will ask whether you are traveling by buses, 15-passenger vans, or personal vehicles. This is so the missionaries can plan for parking at the campgrounds. They will also confirm your estimated time of arrival.

Check-in hours at the campgrounds are between 3:00 p.m. and 8:00 p.m. If you are unable to arrive during these hours, you must call the site and request an exception.

Please have your camp leader be in the first vehicle to arrive at the site. The campground host will provide the camp leader with a vest



that he or she should wear while on site. This makes it easier for the host to find the camp leaders when needed and helps your group know who to pose questions to about camp set up and cleaning assignments. The host will also provide the camp leader with cleaning supplies.

When you leave the campground for the day, we recommend that you collapse your tents in case of high winds. You also might want to store your sleeping bags and clothes in plastic bags in case of rain.

Some of the campgrounds have an area you can use for square dancing or other activities. The areas can be reserved for a two-hour period, this includes set up and take down time. If you want to do square dancing, you will need to provide your own audio equipment and provide your own square dance caller.

Some of the campgrounds also have rustic amphitheaters. These can be reserved for two-hour periods between 7 a.m. and 9 p.m.

Campground checkout hours are between 7 a.m. and 11 a.m. The campground host will provide you with a checkout list. The campground host will arrange a time to do an inspection with the camp leader before your group checks out. The camp leader should be in one of the last vehicles to leave.

Below are rules that you and your group should be familiar with and adhere to during your stay.

1. **Be considerate of other people in the campgrounds.**
2. **Pack out your trash.** There is no local trash pickup, and so the sites are unable to dispose of your group's trash. You will need to take your trash home with you or to a local landfill. Please do not leave trash in fire rings or bathrooms. As you drive home, do not deposit your trash in dumpsters along the highway, in rest areas, service stations, motels, and so on.
3. **Fires are permitted only in existing fire rings, and fire rings should not be moved.** Note that firewood is not provided.

The state of Wyoming requires that visitors buy local firewood to avoid importation of insects. When you leave, please take all unused firewood with you. Sometimes fires are banned because of high fire risk. If this happens, the campground hosts will notify you upon arrival. Fire bans are more likely in July and August. Please plan alternative methods of cooking food as a precaution.

4. **Use only water to put out fires—not dirt or sand.**
5. **Fireworks of any kind are prohibited.**
6. **Semi trucks and ATVs are not permitted at any of the campgrounds.** Campers and RVs are permitted only at River Camp and Ranch 66 campgrounds.
7. **Drones are not permitted anywhere on the historic sites, including campgrounds and trails.**
8. **Pets and comfort animals are not permitted at the sites.**
9. **Do not feed, capture, or chase wildlife.** There are venomous snakes in the area. If a snake is spotted, please notify the campground hosts. Do not poke, chase, throw rocks at, or kill the snakes.
10. **Weapons and firearms of any kind are prohibited.** This includes guns, hatchets, slingshots, etc.
11. **Quiet hours are between 10 p.m. and 6 a.m.** All generators and powered refrigeration units must be turned off during this time. Be considerate of other groups. Early morning wake-up calls and lights-out signals using sound systems, bugles, sirens, or air horns are not permitted. If your group has to wake up early to depart for a trek, please be extra sensitive to your neighbors. You might consider having sack breakfasts for the road.
12. **Do not wash within 50 feet of water wells.** Any kind of washing—including washing dishes, clothes, hair, or feet—must be done far away from water wells to avoid polluting sources of drinking water.



Trail Rules

Below are rules that you and your group should be familiar with and adhere to while using the trails.

If you are trekking at Martin's Cove or Sixth Crossing, the trail bosses, medical team, and at least one leader from each family leader will receive a brief training once you arrive at the trail head. While this training is happening, the other family leaders will help participants organize the handcars.

If your group is trekking Rocky Ridge, all adults in your group that plan to go on the trail must receive the National Historic Trails (NHT) training within 24 hours before the trek. The Church's contract with the Bureau

of Land Management requires this training be received in that time period. If you have attended this training in previous years, you still must attend the training session. The campground hosts will let you know where and when the NHT training will take place. It is usually held the evening before the trek and may require that your group drive to the Sixth Crossing Visitors' Center.

1. **Trek groups are not to exceed 150 people per start time.** This limit is based on agreements between the Church, Bureau of Land Management, and other stakeholders. These agreements give us a weekly limit of the number of people permitted to trek on certain trails. If we exceed these numbers, we have to disclose that to the stakeholders. We have also found that

groups have a better experience along the trail if the group does not exceed 15 handcarts (10 people per handcart).

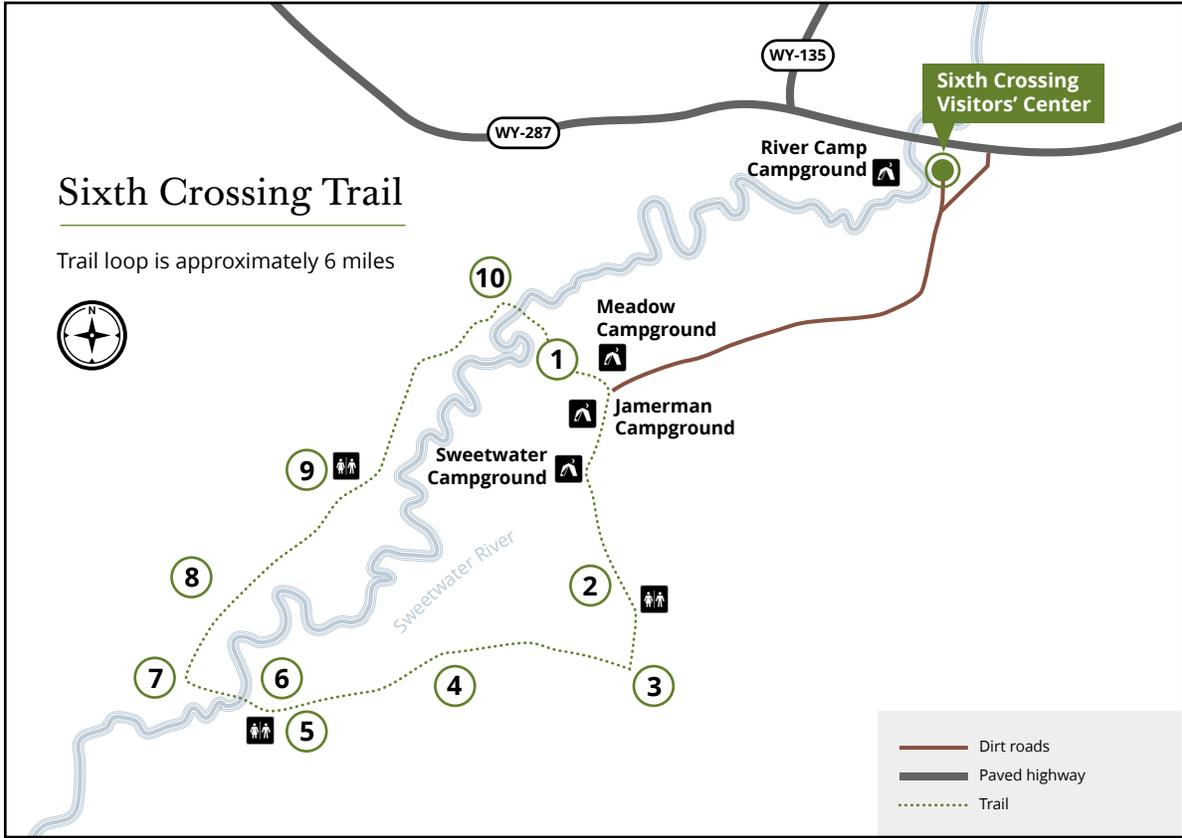
2. **Listen to the trail guides and let them set the pace.** All handcarts must stay behind the lead trail guide. The missionaries serving at this site love taking groups out on these trails and allowing the groups to experience the powerful spirit of these places. They also are familiar with the risks and potential dangers of the trails. And they have been given the assignment to ensure adherence to legal agreements between the Church and other property owners whose land the trails cover. Please be supportive and kind as these missionaries fulfill their assignment to lead your group.
3. **Be considerate of other people on the trails.** More often than not, multiple groups will be on the trail. Start times spread the groups out, but sometimes groups catch up to those ahead of them. In addition to other trek groups, you might encounter individuals, families, or others along the trail. Please step to the right side of the trail to let others pass as needed.
4. **Use handcarts appropriately.** Do not run with the handcarts. Do not touch the wheels of the handcart when it is in motion or put your limbs through the spokes of the wheels. When stopping, gently place the handcart handle down.
5. **Do not stand, ride, or sit in the handcarts.**
6. **Do not get off the trail, except at designated stopping points.** Walking or taking handcarts off the designated trails damages the historic landscape. Some of the trails are on property not owned by the Church, and we have legal agreements to stay on the trails. All violations of this policy are reported to the site leaders and to the Bureau of Land Management in cases where it occurs on public lands.

Please remember that trekking here is a privilege we want groups to enjoy for many years to come.

7. **Stay within allotted times for stopping points.** As you plan your trek, you will choose which of the optional stops you want to make. In the maps and itineraries section, you can see specific allotted times for each stop. Please plan any thoughts or stories you intend to do at these stops so that they fit within the allotted time.
8. **Do not feed, capture, or chase wildlife.** If a snake is spotted, please notify a trail guide immediately.
9. **Do not move, cut, or remove any natural material.** Leave rocks, plants, and other natural objects as you find them. Do not build rock cairns or grave markers.
10. **Do not climb on rocks, fences, or gates.**
11. **Use only the provided restroom facilities.** Restrooms are spaced along all the trails. Toilet paper and hand sanitizer are provided at the restrooms. Make sure to close the restroom doors to keep the snakes and other wildlife out. Each handcart should carry a roll of toilet paper, hand wipes, and a garbage bag for emergencies.
12. **Do not disturb cultural and historic features or any artifacts you find.**
13. **Pack out all garbage.**
14. **Fires and fireworks are not permitted.**
15. **No motorized vehicles, including ATVs, are allowed on the trail.** Occasionally you may see missionaries using ATVs for site purposes. But no private recreational vehicles are permitted on the trails.
16. **Drones are not permitted anywhere on the historic sites, including in the campgrounds and on the trails.**

Maps and Itineraries

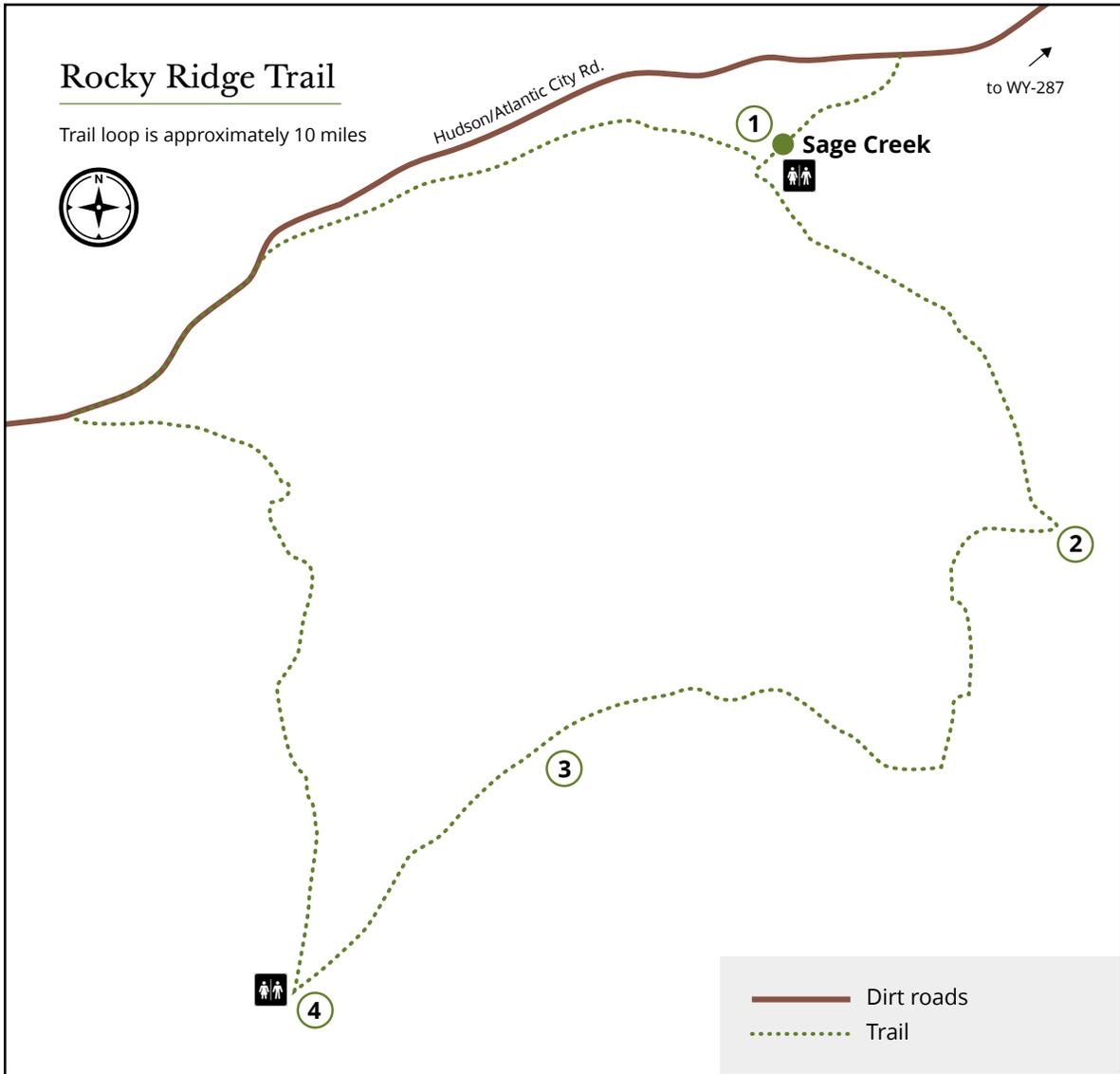
SIXTH CROSSING TREKKING ITINERARY			
Estimated times based on a 7:00 a.m. start time			
MAP KEY	LOCATION	ESTIMATED TIME	DESCRIPTION
1	Trail head (near Meadow, Jamerman, and Sweetwater campgrounds)	6:30 a.m.	Arrive at the trail head 30 minutes before your trek start time. You will meet a trail guide, receive instructions for the trail, and line up the handcarts.
1	Trail head	7:00 a.m.	To begin your trek, a trail guide will give a brief historical overview for the trail you are taking and will remind everyone of the trail rules.
2	Poison Springs	7:35 a.m.	Restroom break.
3 (Optional Stop)	View Ridge		You can elect to pause here to share a thought or story for 15 minutes.
4 (Optional Stop)	Along trail		Along this section of the trail, you have the option of conducting a women's pull, not to exceed 30 minutes.
5 (Optional Stop)	Linford Monument		You can elect to pause here to share a thought or story for 15 minutes.
6	Meadow	10:25 a.m.	Restroom break. If you started your trek at 7 a.m. or 8 a.m., you can choose to pause here to share a thought or story. If you started 9 a.m. or 10 a.m., this is where you will stop for a 30-minute lunch break.
7 (Optional Stop)	Willows		You can choose to park your handcarts on the west side of the Sweetwater River and step into the willows along the riverbank. This is an ideal spot to share a slightly longer thought or story, as you can have 30 minutes.
8 (Optional Stop)	Eminence		You can elect to pause here to share a thought or story for 15 minutes.
9	Two Gates	12:25 p.m.	Restroom break. If you started your trek at 7 a.m. or 8 a.m., this is where you will stop for a 30-minute lunch break. If you started at 9 a.m. or 10 a.m., you can choose to pause here to share a thought or story.
10 (Optional Stop)	Flagg Bridge		Depending on weather conditions and water levels, you may have the opportunity to pull the handcarts through the river here, not to exceed 30 minutes.
1	Trail head	Between 1 p.m. and 3 p.m. depending on the number of optional stops	Unload and return handcarts.



ROCKY RIDGE TREKKING ITINERARY

Estimated times based on a 7:00 a.m. start time

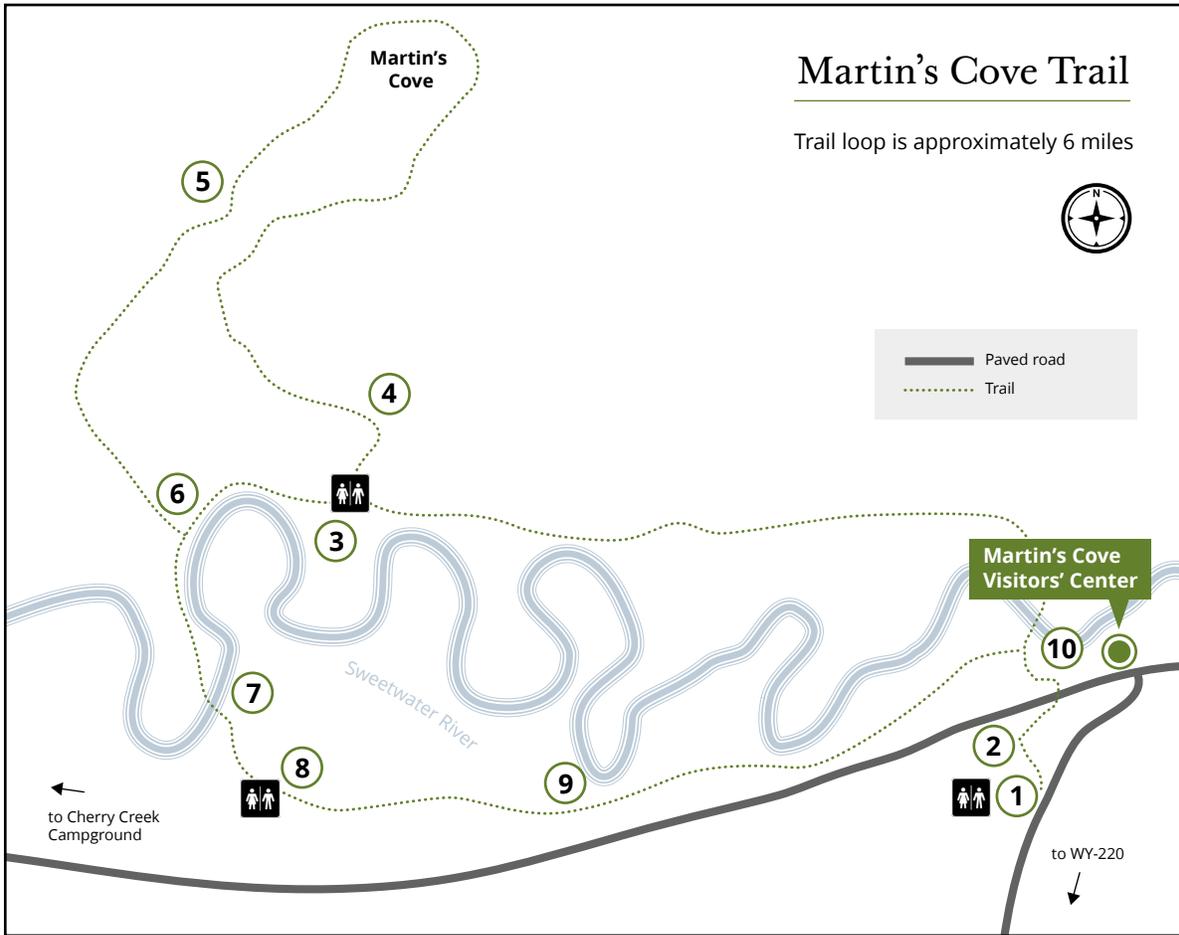
MAP KEY	LOCATION	ESTIMATED TIME	DESCRIPTION
1	Sage Creek	6:00 a.m.	Arrive 60 minutes before your start time. No matter where you camp the night before, you will need to drive a long way to reach the trail head. Everyone in your group should use the restroom before beginning the trek. And you will need to walk a half-mile to pick up the handcarts and bring them back to your vehicles to load your supplies.
1	Sage Creek	7:00 a.m.	To begin your trek, a trail guide will give a brief historical overview for the trail you are taking and will remind everyone of the trail rules.
2 (Optional Stop)	Lower Monument		You may elect to pause here to share a thought or story for 15 minutes.
3 (Optional Stop)	Upper Monument		At the top of Rocky Ridge, you may again elect to pause to share a thought or story for 15 minutes.
4	Lewiston Lakes		Restroom break and lunch stop.
1	Sage Creek	Between 1 p.m. and 3 p.m. depending on the group	Here you will unload and return the handcarts to the corral.



MARTIN'S COVE TREKKING ITINERARY

Estimated times based on a 7:00 a.m. start time

MAP KEY	LOCATION	ESTIMATED TIME	DESCRIPTION
1	Trail head (next to Fort Seminoe)	6:30 a.m.	Arrive at the trail head 30 minutes before your trek start time. You will meet a trail guide, receive instructions for the trail, and line up the handcarts.
1	Trail head	7:00 a.m.	To begin your trek, a trail guide will give a brief historical overview for the trail you are taking and will remind everyone of the trail rules.
2	Handcart parking	8:05 a.m.	Restroom break. You will leave your handcarts here while you walk through the cove.
3 (Optional Stop)	Gathering Space		If you choose, your group can pause for 20 minutes at the gathering space located at the entrance to the cove. There is seating at this stop.
5 (Optional Stop)	Lower Monument		You can elect to pause here for 15 minutes to take photos.
3	Handcart parking	10:30 a.m.	Restroom break. This is also when you will stop for a 30-minute lunch break.
6 (Optional Stop)	Rescue Statues		You can elect to pause here for 20 minutes to share a thought or story.
7 (Optional Stop)	Sweetwater River		Depending on weather conditions and water levels, you may have the opportunity to pull the handcarts through the river, not to exceed 30 minutes.
8	River restrooms		Restroom break.
9 (Optional Stop)	Along trail		Along this section of the trail, you have the option of conducting a women's pull, not to exceed 30 minutes.
10 (Optional Stop)	Trek Center		You can choose to step inside for 15 minutes to share a concluding thought or story.
1	Trail head	Between 1 p.m. and 3 p.m. depending on optional stops	Unload, wash, and return the handcarts before departing.

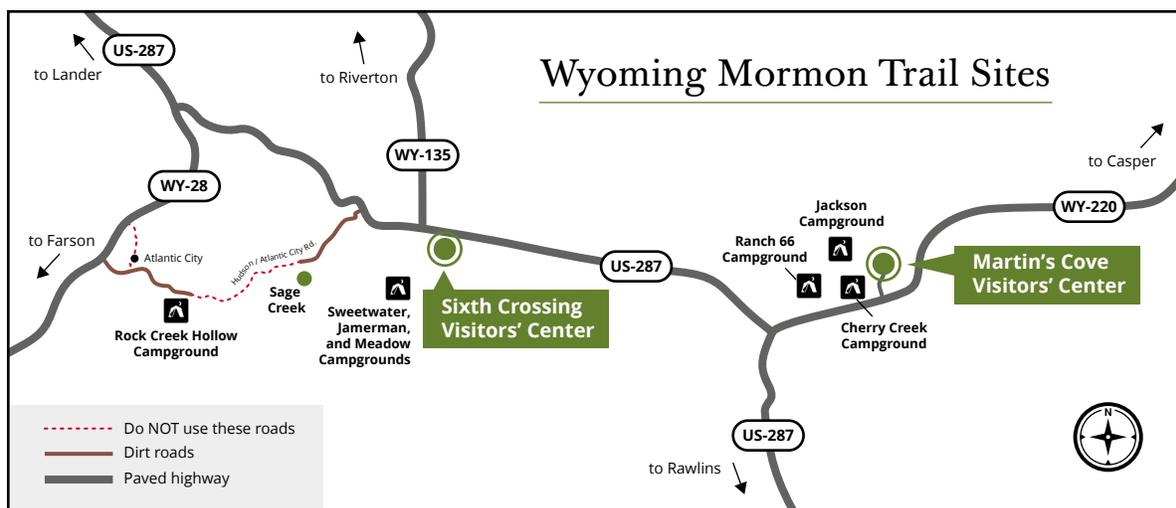


Driving Routes, Distances, and Times

The Wyoming Mormon Trail Sites are spread out over central Wyoming. Please plan plenty of time to travel from your campground to the trail heads for your trek(s). See the map below for the locations of the historic sites: Martin's Cove, Sixth Crossing, and Rock Creek Hollow.

To estimate how long it will take you to drive from one point to another, use the chart below.

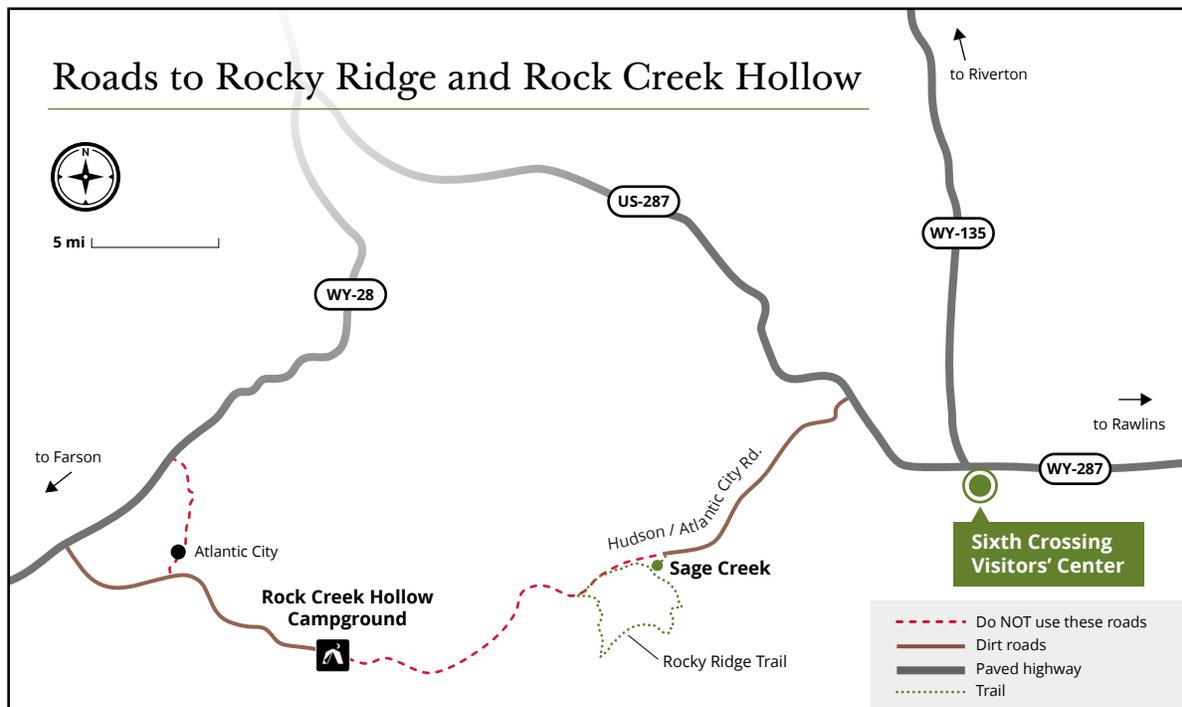
min. / m = minutes h = hours	Martin's Cove Visitors' Center	Cherry Creek Campground	Jackson Campground	Ranch 66 Campground	Sixth Crossing Visitors' Center	Sweetwater, Jamerman, Meadow Campgrounds	Sage Creek	Rock Creek Hollow Campground
Martin's Cove Visitors' Center		10 min.	15 min.	12 min.	60 min.	65 min.	90 min.	2 h 10 m
Cherry Creek Campground	10 min.		10 min.	13 min.	50 min.	55 min.	1 h 20 m	2 h 10 m
Jackson Campground	15 min.	10 min.		15 min.	50 min.	55 min.	1 h 20 m	2 h 10 m
Ranch 66 Campground	12 min.	13 min.	15 min.		45 min.	50 min.	1 h 15 m	2 h 5 m
Sixth Crossing Visitors' Center	60 min.	50 min.	50 min.	45 min.		6 min.	30 min.	1 h 20 m
Sweetwater, Jamerman, Meadow Campgrounds	65 min.	55 min.	55 min.	50 min.	6 min.		36 min.	1 h 25 m
Sage Creek	90 min.	1 h 20 m	1 h 20 m	1 h 15 m	30 min.	36 min.		1 h 40 m
Rock Creek Hollow Campground	2 h 10 m	2 h 10 m	2 h 10 m	2 h 5 m	1 h 20 m	1 h 25 m	1 h 40 m	



If you are trekking at Rocky Ridge and either camping at Rock Creek Hollow or planning to visit there, please note that you are not permitted to drive on the road between Sage Creek and Rock Creek Hollow. Also, if you are visiting or camping at Rock Creek Hollow, please do not drive through Atlantic City. The Church has agreements that trek groups will not utilize this road. There is another road farther west that will take you to Rock Creek Hollow that is much better equipped for large vehicles (such as buses) and is a better route for caravanning groups. See the map below for appropriate routes to reach these destinations.

Below are more specific instructions for reaching Rock Creek Hollow:

1. If you are heading west from Sixth Crossing, follow highway 287/789 for 30 miles toward Lander, Wyoming.
2. Turn left on WY 28 and drive approximately 22 miles.
3. Continue past the Atlantic City–South Pass City Historic Site turn-off.
4. Continue past the rock walls in the mining area.
5. Continue past the Louis Lake turnoff.
6. About one-quarter mile past mile marker 45, you will see a sign that reads “Nat’l Historic Place, Rock Creek Hollow, Willie Handcart 1 Mile.” *Note that this indicates one mile to the turnoff, **not** to the site.*
7. Turn left on the gravel road and follow the arrows on the small brown signs showing directions to Rock Creek. The site is approximately 11 miles from the highway. To reduce the chance of flat tires, do not exceed 30 miles per hour on these roads.



Agreement Form

After you have read this document, please print and sign the form below. By signing this form, you acknowledge that you have read the campground and trail rules and that you understand them and agree to abide by them while visiting the Wyoming Mormon Trail Sites. After the ecclesiastical leader and the chairperson have signed this, please scan or take a photo of this completed form and email it to martinscove.ts1@ChurchofJesusChrist.org before April 20.

Unit Name: _____ Unit Number: _____

Ecclesiastical Leader (Stake President or Bishop)

Full Name Signature Date

Trek Chairperson

Full Name Signature Date

