Driving Directions: Take highway 130 17 miles west from Laramie to where highway 11 branches off and goes to the community of Albany on the edge of the Medicine Bow National Forest. The road becomes USFS road 500 here. Continue on this road about 2 miles and then take USFS road 542 that branches off to the left. In 4.5 miles this road "T's" with USFS road 543. Turn left (south) on road 543 and go about 4 miles. Lake Creek (coming from the east) joins Douglas Creek (on your left) just to the west of where USFS road 512 spurs off from the main road you're on. The Lake Creek instream flow segment extends from the confluence of these two streams upstream for almost 6 miles.