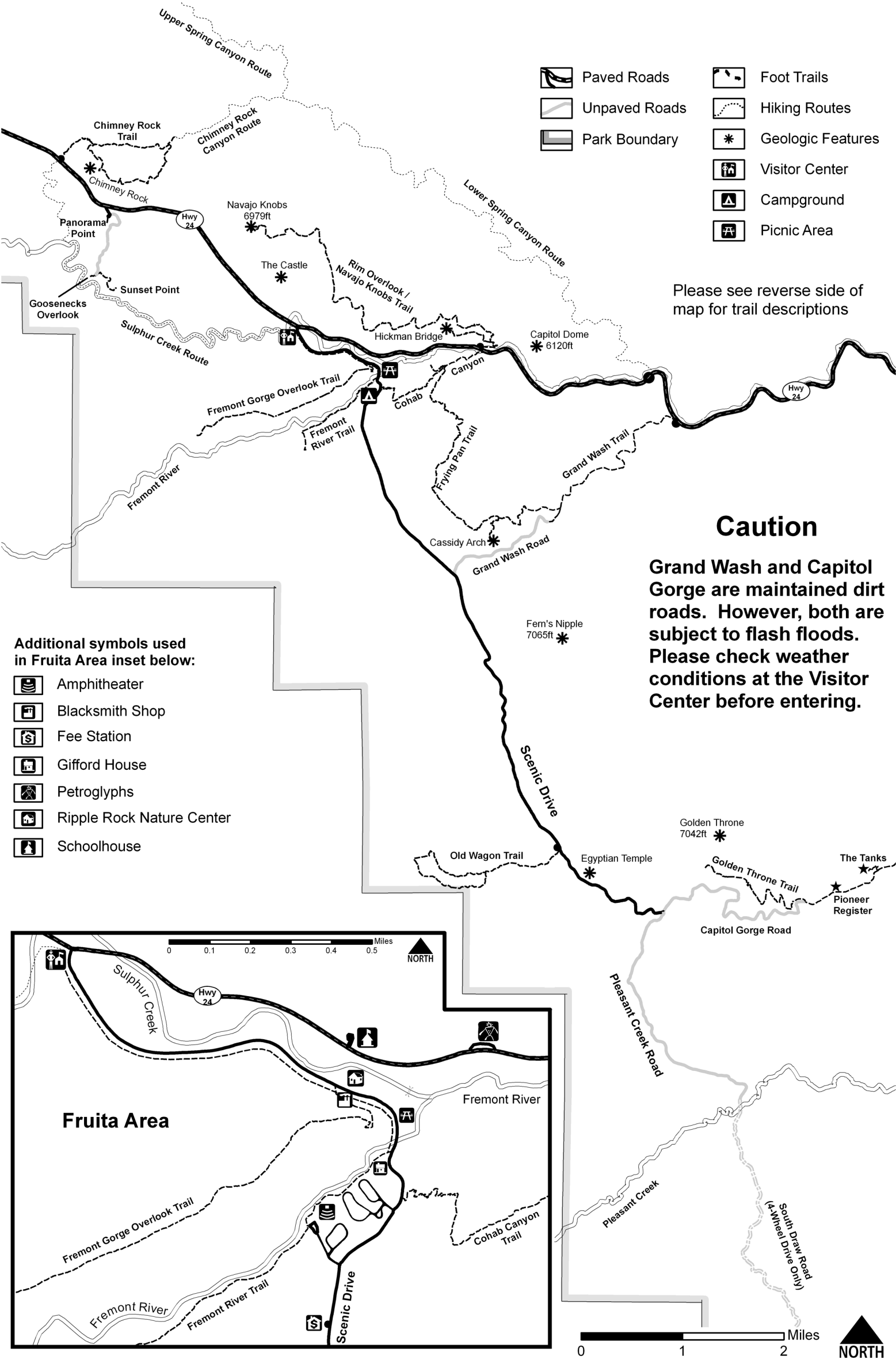




Trails and Orientation Map



Trail Guide

	Trails	One-way Miles	Elevation Change	Description
EASY	Capitol Gorge	1¼	< 50 feet	Mostly level walking in narrow wash bottom with sheer canyon walls and Pioneer Register; waterpockets or "tanks" require a short climb with an elevation increase of 80 feet.
	Goosenecks	1/10	< 50 feet	Views of Sulphur Creek Canyon; panoramas.
	Grand Wash	2½	200 feet	From the Highway 24 trailhead, very gradual climb of 200 feet along narrow wash bottom with sheer canyon walls on both sides. From the Grand Wash Road trailhead, the trail travels down the wash.
	Sunset Point	1/3	< 50 feet	Panoramic view of cliffs & domes; dramatic lighting at day’s end.
MODERATE	Cohab Canyon	1¾	320 feet 440 feet	A hidden canyon with spur trails and overlooks. Strenuous climb of 320 feet from west to east up ¼-mile switchbacks, then moderate. More gradual climb of 440 feet from east to west.
	Fremont River	1½	480 feet	Self-guiding nature trail beginning at bridge across the road from the picnic area. Very easy first ½-mile along river and orchards; <i>strenuous</i> climb to valley overlook thereafter.
	Hickman Bridge	1	400 feet	Self-guiding nature trail leads to the base of a 133 foot natural rock bridge. <i>Strenuous</i> at first then moderate.
STRENUOUS	Cassidy Arch	1¾	670 feet	Trail begins on north side of canyon 300 yards from the parking lot at Grand Wash Road. Climbs steeply with some exposure along high cliffs, ending on top of the arch.
	Chimney Rock Loop Trail	3½	810 feet	Strenuous climb of 240 feet up ¼-mile switchbacks; then moderate hike afterwards. Views of Chimney Rock and panoramas.
	Fremont Gorge Overlook	2¼	1,090 feet	Steep initial climb to Johnson Mesa, level across mesa, then steep climb to viewpoint 1,000 feet above the Fremont River.
	Frying Pan	3	670 feet 960 feet	Access from the end of Cassidy Arch Trail, then 670 foot additional gain. From Cohab Canyon junction, a 960 foot gain; numerous geological features.
	Golden Throne	2	730 feet	Climbs from bottom of gorge to top of cliffs and ends with a view of Golden Throne; panoramas.
	Navajo Knobs	4¾	2,400 feet	Follow trail to Rim Overlook; then continue another 2½-miles for a 360-degree panorama.
	Old Wagon Loop Trail	3¾	1,100 feet	Follows old wagon route on Miners Mountain; panoramic views of the Waterpocket Fold.
	Rim Overlook	2¼	1,110 feet	Ends on top of 1,000 foot cliffs with views of the orchards, camp-ground to the south and domes to the east.

Notes:

Easy: Uneven ground, but fairly level.
Moderate: Mixed steep and level grades.
Strenuous: Steep grades, uneven terrain and long, steady climbs.



Many hiking trails are marked with rock cairns. Locating cairns may be difficult; look for rock piles or stacks. *Please do not build new cairns or destroy existing ones.*

Hiking Suggestions:

The summer sun is intense, and some trails rise to 6,900 feet in elevation. **Always carry water.** One gallon per person is recommended.

For your own and other’s safety, stay on established trails; do not shortcut switchbacks or throw rocks.

Hiking routes are not trails and are not maintained.

Contact a park ranger for a free permit for overnight trips.

Possession, destruction, or removal of any animals, plants, rocks or artifacts is prohibited.

Pit toilets are located at Chimney Rock, Hickman Bridge, Grand Wash, and Capitol Gorge trailheads.

Detailed hiking guides and maps are available for sale from the Capitol Reef Natural History Association Bookstore.