

Canyonlands

National Park Service
U.S. Department of the Interior

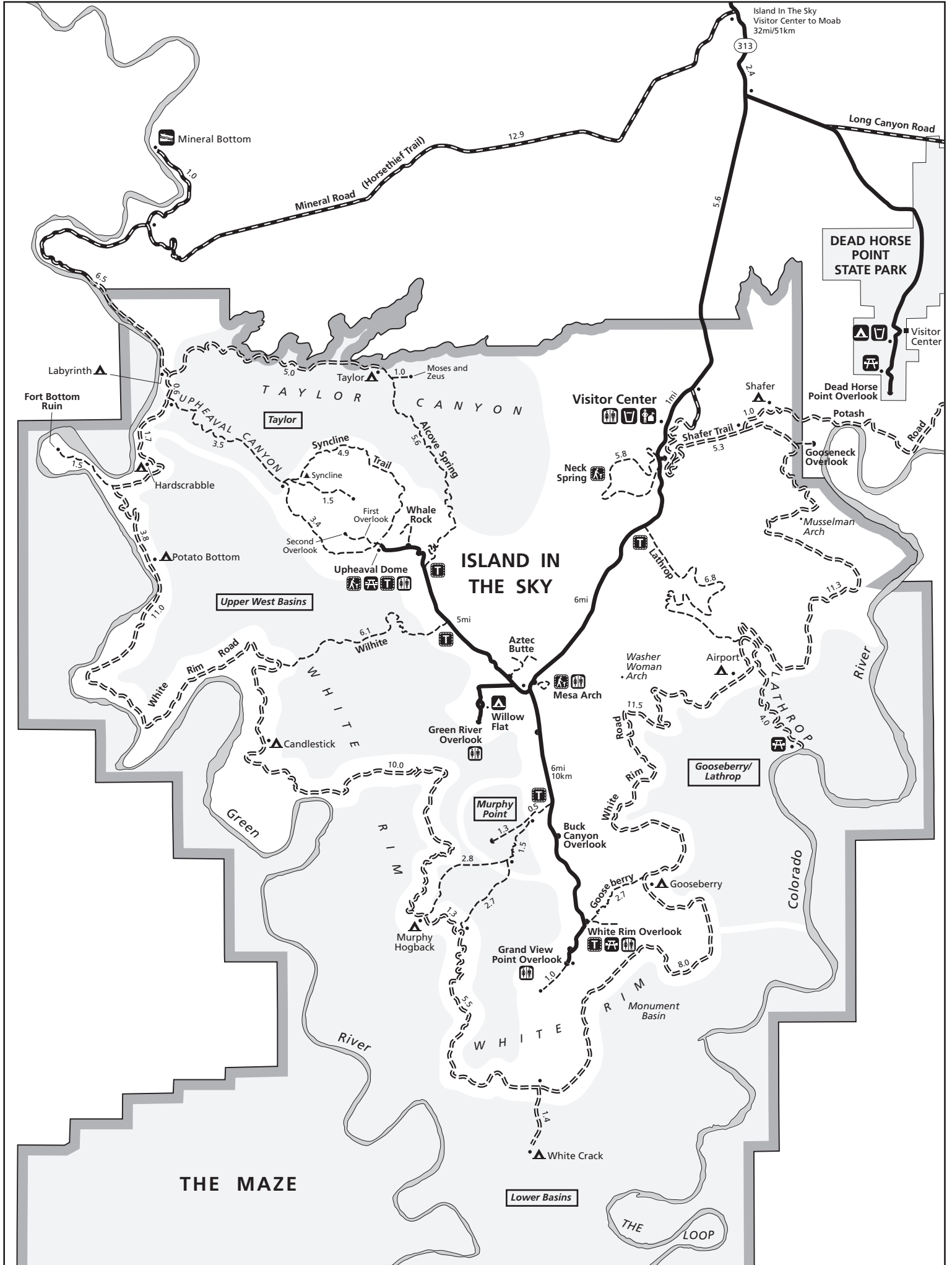


Canyonlands National Park

Island in the Sky District Trails and Roads

- | | | | | | |
|-------------------------------|---------------------------------------|---|----------------|-----------------------------|-------------------------------|
| Paved road/ Pull out | High-clearance, 4-wheel-drive road | At-large Backpacking Zone | Boat launch | Developed Campground | Water available |
| Unpaved 2-wheel-drive road | Hiking Trail | Name Name of Backpacking Zone | Ranger station | Backcountry Vehicle Camp | Self-guiding trail |
| | | | Picnic area | Designated Backpacking Site | Backcountry Trailhead Parking |
| | | | | | Toilet |

NOTE: White shading within Canyonlands National Park indicates areas with designated site camping only.



Interpretive Activities

Visitor Center
Open daily March through December, 9 am to 4 pm, with extended hours in summer. Exhibits, information, permits, video presentation, booksales, and water for sale. Call 435-259-4712 to verify hours.

Interpretive Talks and Guided Walks
Presented daily March through October. Locations, times, and topics vary. A program schedule and description of activities is posted at the visitor center, campground, and entrance station.

Hiking Trails

Trails are marked with cairns (small rock piles). Do not disturb existing cairns or build new ones. Signs are located at trailheads and intersections. All trails leading below the mesa top are primitive and rough. There is no potable water along any hiking trails. Drinking water is available spring through fall at the visitor center.

Traveling With Pets

Pets are not allowed on any hiking trails or in the backcountry. Pets may not accompany you in your vehicle on four-wheel-drive roads, except when traveling along the

Potash and Shafer Trail roads in a single day. You can walk your pet along paved roads, in parking lots, and at Willow Flat Campground, but must be on a leash at all times. Protect your pet from heat exhaustion: do not leave your pet unattended in a vehicle during hot weather.

Backcountry Reservations

Reservation Office
2282 Resource Blvd.
Moab, UT 84532
Phone: 435-259-4351
www.nps.gov/cany

| | Round-Trip Distance | Round-Trip Hiking Time | One-way Elevation Change | Description |
|---|---------------------|------------------------|--------------------------|--------------------------------------|
| Mesa Top (Easy Trails) | | | | |
| Mesa Arch | 0.5mi / 0.8km | 30 minutes | 100ft / 30m | good for sunrise, arch on cliff edge |
| Murphy Point Overlook | 3.6mi / 5.8km | 2 hours | 100ft / 30m | panoramic view w/Henry Mtns. |
| White Rim Overlook | 1.8mi / 2.9km | 1 hour | 25ft / 8m | view of potholes, White Rim Road |
| Grand View Point | 2.0mi / 3.2km | 1.5 hours | 50ft / 15m | panoramic view along cliff edge |
| Mesa Top (Moderate Trails) | | | | |
| Neck Spring | 5.8mi / 9.3km | 3 - 4 hours | 300ft / 91m | springs, evidence of ranching |
| Aztec Butte | 2.0mi / 3.2km | 1.5 hours | 225ft / 69m | steep slickrock to top, grainaries |
| Whale Rock | 1.0mi / 1.6km | 1 hour | 100ft / 30m | bare slickrock, good views |
| Upheaval Dome | | | | |
| to first overlook | 0.8mi / 1.3km | 1 hour | 100ft / 30m | view into crater |
| to second overlook | 1.8mi / 2.9km | 1.5 hours | 150ft / 45m | crater & upheaval canyon view |
| Mesa Top to White Rim (Steep & Strenuous Trails) | | | | |
| Lathrop | | | | |
| to White Rim Road | 13.6mi / 22km | 5- 7 hours | 1600ft / 488m | views of Colorado River & LaSals |
| to Colorado River | 21.6mi / 34.7km | overnight | 2000ft / 610m | river access, cottonwoods |
| Murphy Loop | 10.8mi / 17.4km | 5 - 7 hours | 1400ft / 427m | panoramic view from hogback |
| Gooseberry | 5.4mi / 8.6km | 4 - 6 hours | 1400ft / 427m | views of cliffs & LaSal Mtns. |
| Wilhite | 12.2mi / 19.6km | 6 - 8 hours | 1600ft / 488m | slot cyn across White Rim Road |
| Alcove Spring | 11.2mi / 18km | 6 - 7 hours | 1300ft / 396m | large alcove, views of Taylor Cyn |
| Syncline Loop | 8.3mi / 13.3km | 5 - 7 hours | 1300ft / 396m | canyon hiking, some shade |
| Upheaval Crater spur | 3mi / 4.8km | 2 hours | 350ft / 107m | some scrambling over rocks |
| Upheaval Canyon spur | 7mi / 11.2km | 3 - 4 hours | 400ft / 122m | sandy hike along wash bottom |
| Trails along the White Rim Road | | | | |
| Gooseneck Overlook | 0.6mi / 1.0km | 30 minutes | 50ft / 15m | excellent view of Colorado River |
| Fort Bottom Ruin | 3mi / 4.8km | 2 hours | 500ft / 152m | tower ruin from ancient times |
| Moses and Zeus | 1mi / 1.6km | 1 hour | 500ft / 152m | views of Taylor Cyn, climbing routes |



Protect Your Park

- Pets are not allowed on hiking trails or four-wheel-drive roads, even in a vehicle. Pets may accompany groups traveling by vehicle on the Potash and Shafer Trail roads in a single day.
- Do not enter, alter, damage or deface archeological sites. Do not collect artifacts.
- Vehicles and bikes must stay on roads.
- ATVs and OHVs are not permitted.
- Protect cryptobiotic soil crusts by staying on trails and roads.
- Permits are required for all overnight backcountry trips.



Protect Yourself

- Drink at least one gallon (4 L) of water each day. Be sure to eat food as well.
- Always carry a topo map, adequate clothing, and a flashlight.
- Remain in one place if you become lost or separated from a group.
- Never cross a canyon that is flooding.
- During lightning storms, avoid lone trees, cliff edges and high ridges. Return to your vehicle if possible.
- Be careful near cliff edges, especially when rock surfaces are wet or icy.

For More Information

Canyonlands National Park
2282 Resource Blvd.
Moab, UT 84532
(435)719-2313
Web www.nps.gov/cany
Social Media @CanyonlandsNPS