

# Canyonlands

National Park Service  
U.S. Department of the Interior

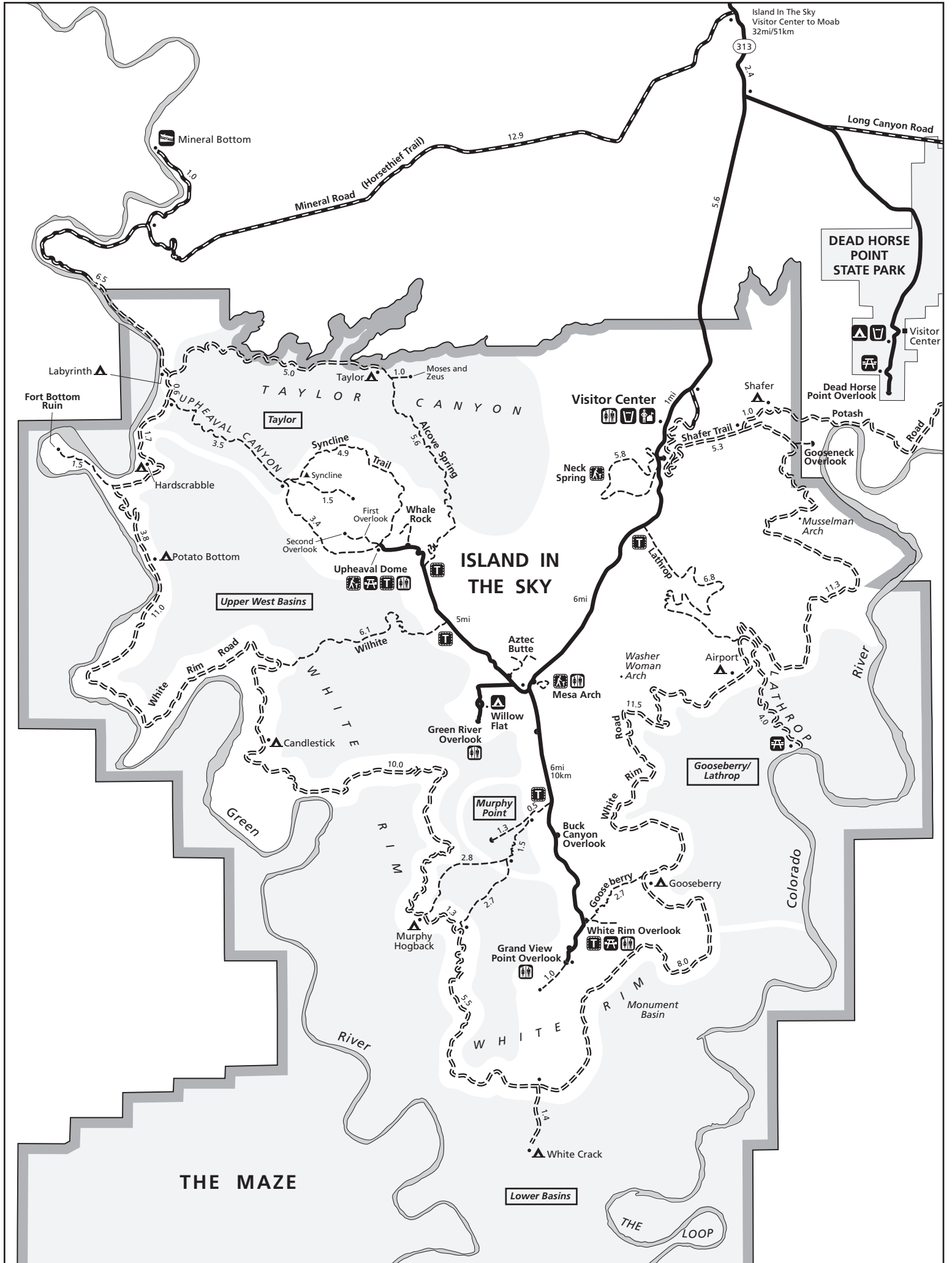


Canyonlands National Park

## Island in the Sky District Trails and Roads

- |                               |                                       |                              |                |                             |                               |
|-------------------------------|---------------------------------------|------------------------------|----------------|-----------------------------|-------------------------------|
| Paved road/<br>Pull out       | High-clearance,<br>4-wheel-drive road | At-large<br>Backpacking Zone | Boat launch    | Developed Campground        | Water available               |
| Unpaved<br>2-wheel-drive road | Hiking Trail                          | Name of<br>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 from 9 a.m. to 4:30 p.m, with extended hours from mid-March to late October. Exhibits, information, permits, video presentation, booksales, and water for sale. Call (435)259-4712, x10 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.

### Self-Guiding Trail Booklets (.50 cents each)

Available for the Mesa Arch trail. Obtain one at the trailhead or in the visitor center.

## 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. No potable water is available along any of the hiking trails. Water sold 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. Pets may be walked 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

Canyonlands National Park

Reservation Office

2282 S. West Resource Blvd.

Moab, UT 84532

Phone: (435)259-4351, Fax: (435)259-4285

[www.nps.gov/cany](http://www.nps.gov/cany)

	Round-Trip Distance	Round-Trip Hiking Time	One-way Elevation Change	Description
<b>Mesa Top (Easy Trails)</b>				
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
<b>Mesa Top (Moderate Trails)</b>				
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
<b>Mesa Top to White Rim (Steep &amp; Strenuous Trails)</b>				
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
<b>Trails along the White Rim Road</b>				
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 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.