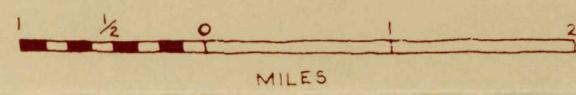
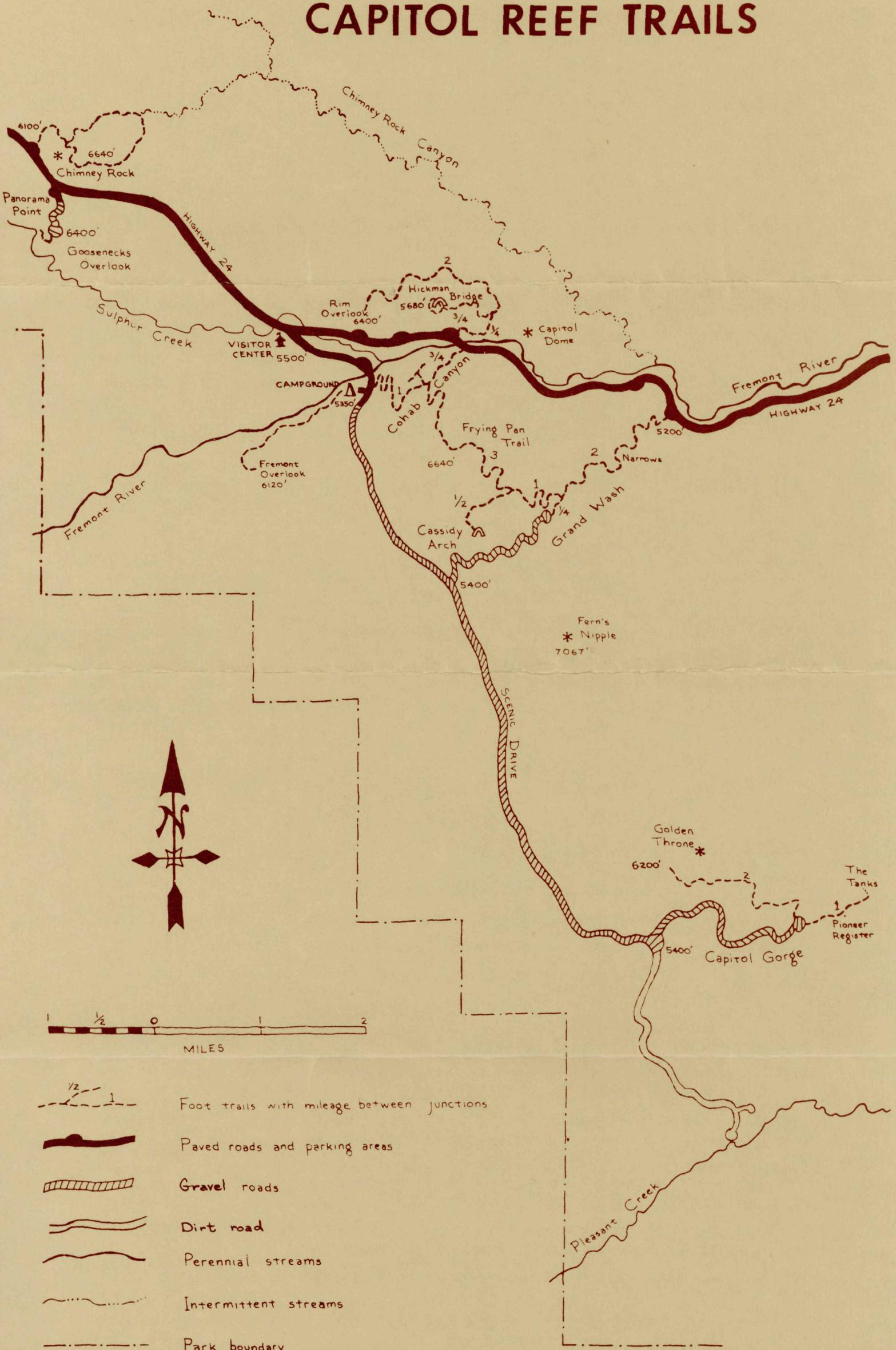
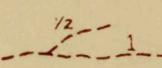
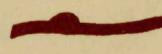
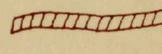
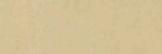
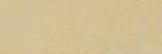
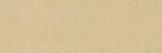


CAPITOL REEF TRAILS



-  Foot trails with mileage between junctions
-  Paved roads and parking areas
-  Gravel roads
-  Dirt road
-  Perennial streams
-  Intermittent streams
-  Park boundary

TRAIL DESCRIPTIONS

Trail	Miles*	Description
GOOSENECKS	1/10	Easy; views of Sulphur Creek Canyon, panoramas, interesting rock formations beside trail.
CHIMNEY ROCK	3 1/2 (round trip)	Strenuous climb up switchbacks and moderate hike on upper loop; views of Chimney Rock from below and above, panoramas of surrounding area.
HICKMAN BRIDE	1	Moderate; a self-guiding nature trail leading under Hickman Natural Bridge.
RIM OVERLOOK	2 1/4	Strenuous; ends on top of thousand-foot cliffs with spectacular views to east, west and south.
COHAB CANYON	1 3/4	Strenuous for first 1/4 mile, then moderate; climbs to a hidden canyon high above campground; short side trails lead to overlooks.
FRYING PAN	3 between Cohab & Cassidy trails	Strenuous; links Cohab and Cassidy trails via summit of reef; many ups and downs over slickrock and canyons.
CASSIDY ARCH	1 3/4	Strenuous; climbs steeply from floor of Grand Wash to high cliffs, ending above and behind the arch.
GRAND WASH	2 1/4	Easy; mostly level walking along wash bottom with sheer canyon walls rising close by on either side.
FREMONT RIVER	1 1/4	Very easy first 1/2 mile, strenuous thereafter; level walk through orchards by river, then steep climb to overlook of canyon and valley.
CAPITOL GORGE	1	Easy; similar to Grand Wash plus prehistoric Indian petroglyphs, Pioneer Register and waterpockets or "tanks."
GOLDEN THRONE	2	Strenuous; climbs from bottom of Gorge to top of cliffs and base of Golden Throne; scenic views all around.

*All distances ONE-WAY unless otherwise indicated.

Very Easy--smooth path over level ground

Easy--uneven ground, but fairly level

Moderate--some steep grades, some level stretches

Strenuous--steep grades, uneven terrain and long steady climbs

HIKING SUGGESTIONS

Always carry water. None is available along the trails.

The summer sun is intense, and some trails rise to 6,400 feet. Adjust your pace to these conditions and wear a hat and comfortable walking shoes.

Several of the more strenuous trails cross rough, rocky country. Trail markers are sometimes unobtrusive, so watch closely for directional signs.

Please remember:

For your own and others' safety, stay on established trails; do not shortcut switchbacks, or throw or roll rocks.

Camping is not permitted within sight or sound of any trail, maintained road or developed area except at an established campground.

Contact a Park Ranger to obtain a backcountry permit before taking any overnight trips.

Possession, destruction or removal of any native animals, plants, rock samples or artifacts is prohibited.