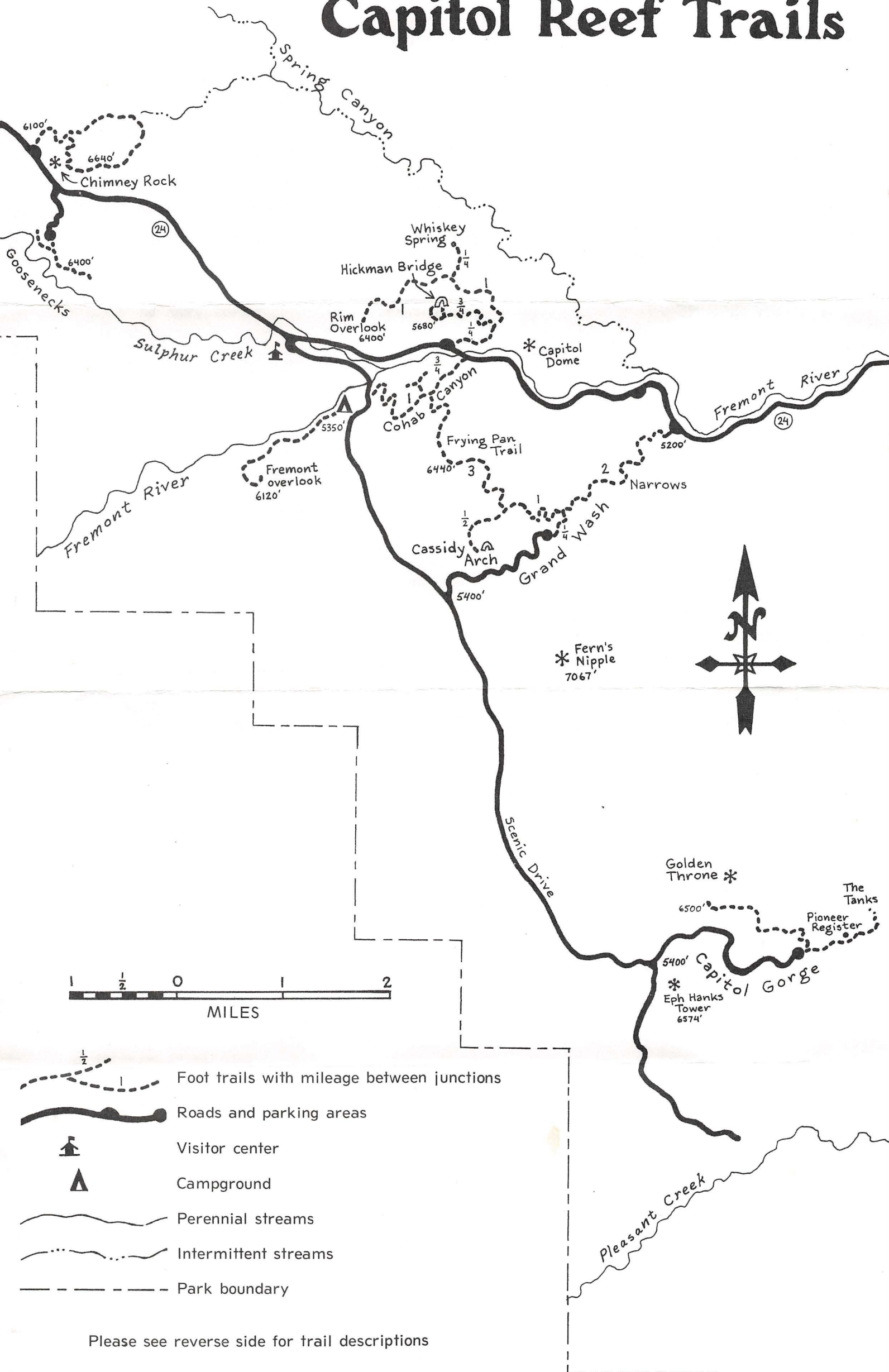


Capitol Reef Trails



TRAIL DESCRIPTIONS

Trail	Miles*	Description
GOOSENECKS	west 1/10 east 1/2	Easy; views of Sulphur Creek Canyon, panoramas, interesting rock formations beside trails
CHIMNEY ROCK	3 1/2 (round trip)	Fairly strenuous; views of Chimney Rock from below and above, panoramas of surrounding country
HICKMAN BRIDGE	1	Moderately strenuous; a self-guiding nature trail, ending in a loop under Hickman Natural Bridge
WHISKEY SPRING	1 1/2	Moderately strenuous; brief view of Hickman Bridge from above, then to a small spring in a shady canyon
RIM OVERLOOK	2 1/4	Strenuous; ends on top of thousand-foot cliffs, with spectacular views of east, west, south and straight down
COHAB CANYON	1 3/4	Moderately strenuous; 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 slickrocks and canyons
CASSIDY ARCH	1 1/2	Strenuous; climbs steeply from floor of Grand Wash to high cliffs, ending above and behind the arch
GRAND WASH	2 1/4	Fairly easy; mostly level walking along wash bottom, with sheer canyon walls rising close by on either side
FREMONT RIVER	1 1/4	Moderately strenuous; 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, & waterpockets or "tanks"
GOLDEN THRONE	2	Fairly strenuous; climbs from bottom of Gorge to top of cliffs and base of Golden Throne; scenic views all around

*All distances are ONE-WAY unless otherwise indicated

TRAIL REGULATIONS

For your own and others' safety, stay on established trails; do not shortcut across switchbacks, nor throw or roll rocks.

Camping is not permitted within 1/2 mile of any trail, except at an established campsite

You must contact a Park Ranger and obtain a camping permit before taking any overnight back country trip.

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