

**YOUR VISIT TO NATURAL BRIDGES NATIONAL MONUMENT
WILL BE MORE ENJOYABLE AND SAFER
IF YOU OBSERVE THE FOLLOWING RECOMMENDATIONS**

1. "Travel Time" indicated on the map is estimated time required (by an average hiker) to travel the portion of the trail between black dots.
2. Portions of some trails require strenuous hiking; adequate footwear and water supply are essential.
3. Thunderstorms (most common in summer) may cause flash floods, requiring trail closure. Do not hike in canyon bottoms when thunderstorms are occurring upstream.
4. The Sipapu and Kachina Bridge trails are closed during winter months.
5. Please help us protect the fragile natural features by remaining on trails.
6. Help keep YOUR park clean; carry out any trash and deposit it in the garbage can at the trailhead.
7. For information, assistance in planning a hike, or in the event of an emergency, contact a Park Ranger at the Visitor Center.
8. There are unfenced overlooks, cliffs, and other potentially hazardous terrain throughout the Monument. Exercise caution on all trails; parents, control your children:
9. Elevation at Visitor Center is 6,500 feet. The difference in elevation between the Sipapu and Kachina trail head and the canyon floor is approximately 600 ft.; Owachomo Bridge is approximately 300 ft. lower than its trailhead.
10. For your own safety, stay off the viewpoints during thunderstorm activity.
11. Pets are not permitted on the Monument trails.
12. No overnight camping other than in the one existing campground near the Visitor Center.
13. Wood gathering is prohibited within the Monument.
14. No vehicles are allowed on the trails.
15. Please be careful not to enter or damage any Indian Ruins.

