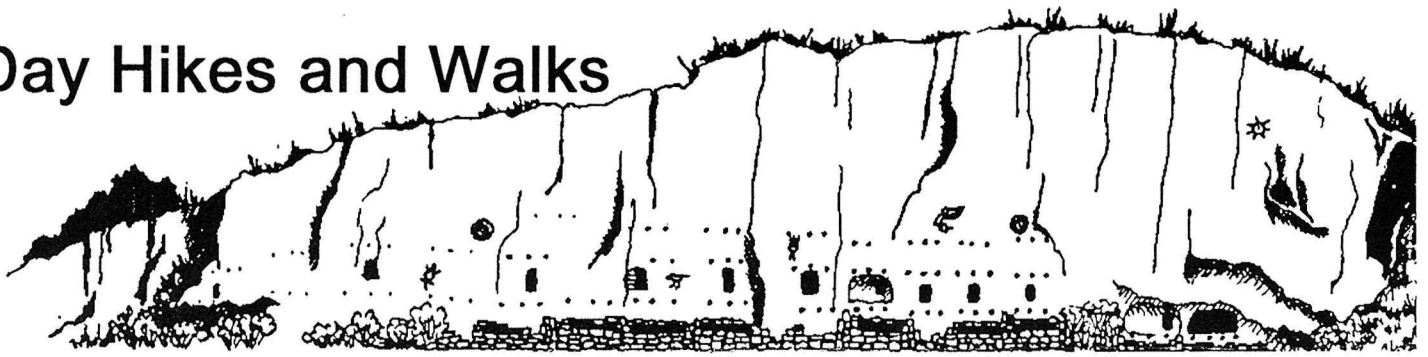


# Bandelier

National Monument  
National Park Service  
U.S. Department of the Interior

## Day Hikes and Walks



Most visitors to Bandelier walk the Main Ruins Loop, but there is also a variety of additional opportunities for day hikers, from a casual stroll to a strenuous all-day outing.

The monument is one of more than 360 units in the National Park System administered by the National Park Service, U.S. Department of the Interior.

For further information contact:  
Bandelier National Monument  
HCR 1, Box 1, Suite 15  
Los Alamos, NM 87544-9701  
(505) 672-3861 (voice/TTY)

### TRAILS

The chart on the reverse side lists some major trails in the Monument. When choosing a trail, consider your hiking experience and physical fitness as well as your interests and the time you have. Stay on maintained trails. Shortcutting contributes to erosion. Climb-

ing above trails or on canyon walls is prohibited and dangerous.

You MUST return from your hike by dusk.

**PETS AND BICYCLES ARE NOT PERMITTED ON ANY TRAILS IN BANDELIER.**

### SAFETY TIPS

Problems can be avoided if you are prepared. Ask a ranger about your route and current trail conditions; carry a map and water; read available safety literature.

### YOU ARE RESPONSIBLE FOR KNOWING AND OBEYING PARK REGULATIONS - AND FOR YOUR OWN SAFETY.

● The parasite Giardia lamblia exists in Bandelier. Be prepared to carry drinking water with you or to treat surface water intended for human consumption.

● Summer heat, altitude and rough terrain can make hiking more difficult than mileage would indicate. A gallon of water per person is recommended for an all-day hike. Carry plenty of drinking water, even on short hikes or in cooler seasons.

● Study and carry a topographic map and allow adequate time to complete your hike.

● Be prepared with proper clothing and equipment for

the season. Summer thunderstorms produce lightning and sudden drops in temperature. Also, late spring and early winter storms can bring snow and cold conditions. Know how to recognize and prevent hypothermia.

● Use sunscreen and sun protection.

● Rabies and bubonic plague occur in New Mexico. Learn how to protect yourself.

● Poison ivy and stinging nettles are common along watercourses.

● Flashfloods can occur at any time of the year in canyons. Stay alert.

### ARCHAEOLOGICAL SITES



There are many unexcavated sites in Bandelier. Feel free to observe them but, to ensure the sites will be there for future visitors and archaeological research, remember that regulations prohibit walking or sitting on walls or removing anything from a site.

Archaeologists rely on the number and location of surface artifacts to gather important information. Collecting cultural resources is a criminal offense subject to imprisonment and/or fines up to \$100,000. Please report any suspicious or illegal activity to a Park Ranger.

<u>TRAIL</u> <i>Trailhead</i>	ROUNDRIP			DESCRIPTION
	DISTANCE (MILES)	TIME (HRS)	ASCENT (FEET)	
<u>FALLS - RIO GRANDE</u> <i>Backpacker's parking lot</i>	5	3	700	Down to Rio Grande with mostly sunny, <b>MODERATE</b> uphill return. Overlooks of waterfalls on Frijoles Creek located 1.5 and 2 miles down trail. Trail guidebook available for \$1.50.
<u>FRIJOLITO RUIN</u> <i>Visitor Center</i>	1.5	1	500	<b>STRENUOUS</b> climb up switchbacks to rim of Frijoles Canyon and unexcavated Frijolito Ruin. Overview of cliff dwellings. For a 2.5 mile loop, continue north on mesa-top trail and descend at junction with trail to Yapashi.
<u>TYUONYI OVERLOOK</u> <i>Juniper Campground amphitheater parking lot</i>	2.2	1.5	50	<b>EASY</b> walk across mesa-top to excellent overlook of Frijoles Canyon and Tyuonyi Ruins.
<u>FREY TRAIL</u> <i>Juniper Campground amphitheater parking lot</i>	4	3	600	Hike down to Visitor Center on historic trail into Frijoles Canyon. Views of Tyuonyi Ruin. Return is <b>STRENUOUS</b> .
<u>TSANKAWI</u> <i>Highway #4 near Truck Route to Los Alamos</i>	2	1.5	150	<b>MODERATE</b> walk to unexcavated Tsankawi Ruin and cliff dwellings. Spectacular views of the Espanola Valley. Trail guide available for \$ .50.
<u>BURNT MESA</u> <i>Highway #4 at milepost 52</i>	5	2.5	300	<b>EASY</b> walk across open, sunny mesa. Good wildflower viewing.
<u>UPPER CROSSING</u> <i>Ponderosa Campground</i>	3	2	550	<b>MODERATE</b> hike across mesa and steep descent to Frijoles Creek in shaded canyon. With a car shuttle one can hike from Ponderosa Campground to Visitor Center (7.5 miles one way).
<u>FRIJOLETS RIM &amp; CANYON</u> <i>Visitor Center</i>	13	7 - 8	1,000	<b>STRENUOUS</b> loop; up to mesa and north through semi-open forest with descent to Upper Crossing in canyon. Return through lush streamside vegetation.
<u>YAPASHI RUIN</u> <i>Visitor Center</i>	12	8 - 10	2,200	<b>STRENUOUS</b> hike across mesas and up and down sheer-walled canyons to the large unexcavated pueblo called Yapashi.
<u>PAINTED CAVE</u> <i>Dome Road (USFS roads #289 and #142)</i>	14.5	8 - 10	2,400	<b>STRENUOUS</b> hike with steep descent from the San Miguel Mountains into Capulin Canyon. Prehistoric & historic pictographs in large alcove.

## PUBLICATIONS

A variety of maps and publications on the natural and cultural history of Bandelier are available at the Visitor Center or by

contacting:  
 SPMA Area Manager  
 HCR 1, Box 1, Suite 2  
 Los Alamos, NM 87544-9701