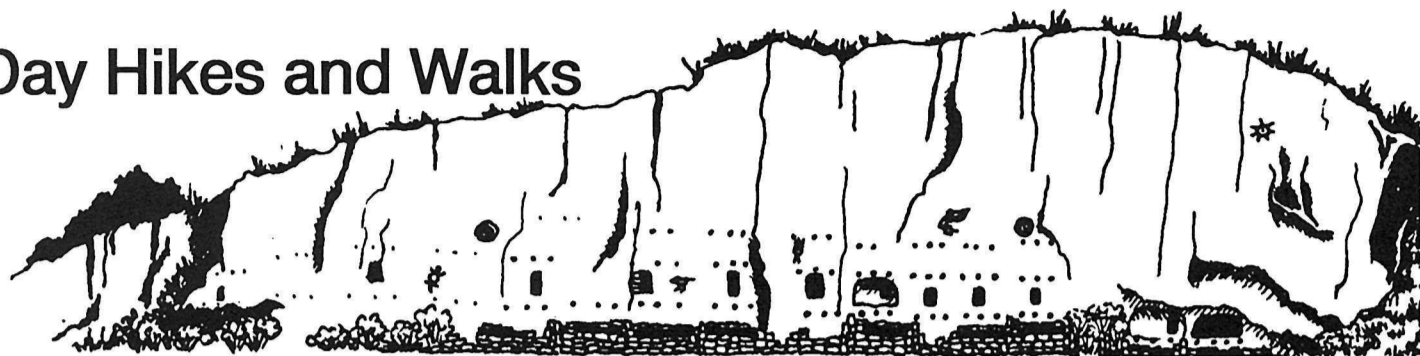


## Day Hikes and Walks



Most visitors to Bandelier walk the Main Ruins Trail, but the Monument also offers 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 300 units in the National Park System administered by the National Park Service, U.S. Department of the Interior.

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

### SAFETY TIPS

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

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.

\*All surface water intended for human consumptions should be treated. Giardia lamblia exists in Bandelier, so be prepared to treat the water or carry your own.

\* Summer heat can make hiking difficult. Carry sufficient drinking water, even on a short hike.

\*Altitude and rough terrain make hiking more difficult than mileage would indicate. Check a topographic map and allow adequate time to complete your hike.

\*Summer thunderstorms produce lightning and sudden drops in temperature. Also, late spring and early winter storms can bring snow and cold conditions. Know the causes and symptoms of hypothermia.

\*Be prepared with proper clothing and equipment for the season.

\*Use sunscreen, especially at higher elevations.

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

\*Poison ivy is common along watercourses.

### TRAILS

The chart on the reverse side lists the 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. Climbing

above trails or on canyon walls is prohibited and dangerous.

Trails are open from dawn until dusk.

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

### ARCHAEOLOGICAL SITES



There are many unexcavated sites in Bandelier. Feel free to explore them but observe the following rules to ensure that the sites will be there for future visitors and archaeological research. When exploring, do not walk on exposed walls or remove anything from a site.

Archaeologists rely on the number and location of surface artifacts to gather important information. Damage to 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> Trailhead	<u>ROUNDRIP</u>			DESCRIPTION
	DISTANCE (MILES)	TIME (HRS)	ASCENT (FEET)	
<u>FALLS - RIO GRANDE</u> Backpacker's parking lot	5	3	600	<b>MODERATE</b> walk to Rio Grande through wooded & open terrain. Waterfalls on Frijoles Creek located 1.5 & 2 miles down trail. Trail guide available for \$1.50.
<u>FRIJOLITO RUIN</u> Visitor Center	1.5	1	500	<b>STRENUOUS</b> climb up switchbacks to rim of Frijoles Canyon & unexcavated Frijolito Ruins. Overviews of cliff dwellings. Can hike north on mesa top and descend via the Long Trail for a 2.5 - mile loop.
<u>TYUONYI OVERLOOK</u> Juniper Campground amphitheater parking lot	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> Juniper Campground amphitheater parking lot	4	2.5	600	<b>MODERATE</b> hike to Visitor Center on historic trail into Frijoles Canyon. Views of Tyuonyi Ruins.
<u>TSANKAWI</u> Highway #4 at Truck Route to Los Alamos	2	1.5	150	<b>MODERATE</b> walk to unexcavated Tsankawi Ruins & cliff dwellings. Spectacular views of the Espanola Valley. Trail guide available for \$ .50
<u>BURNT MESA</u> Highway #4 at milepost 52.	5	2.5	300	<b>EASY</b> walk across mesa. Good wildflower viewing.
<u>UPPER CROSSING</u> Ponderosa Campground	3	2	550	<b>MODERATE</b> hike across Frijoles Mesa & steep descent to Frijoles Creek. Shaded canyon with lush vegetation.
<u>FRIJOLES CANYON</u> Visitor Center	12	6 - 8	1,000	<b>MODERATE</b> hike along Frijoles Creek. Lush vegetation & sheer canyon walls. With a car shuttle one can hike from Ponderosa Campground to Visitor Center (7.5 miles).
<u>YAPASHI RUIN</u> Visitor Center	12	8 - 10	2,000	<b>STRENUOUS</b> hike across mesa tops and up & down sheer-walled canyons to the large unexcavated pueblo called Yapashi.
<u>PAINTED CAVE</u> Dome Road (USFS #289, 142)	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