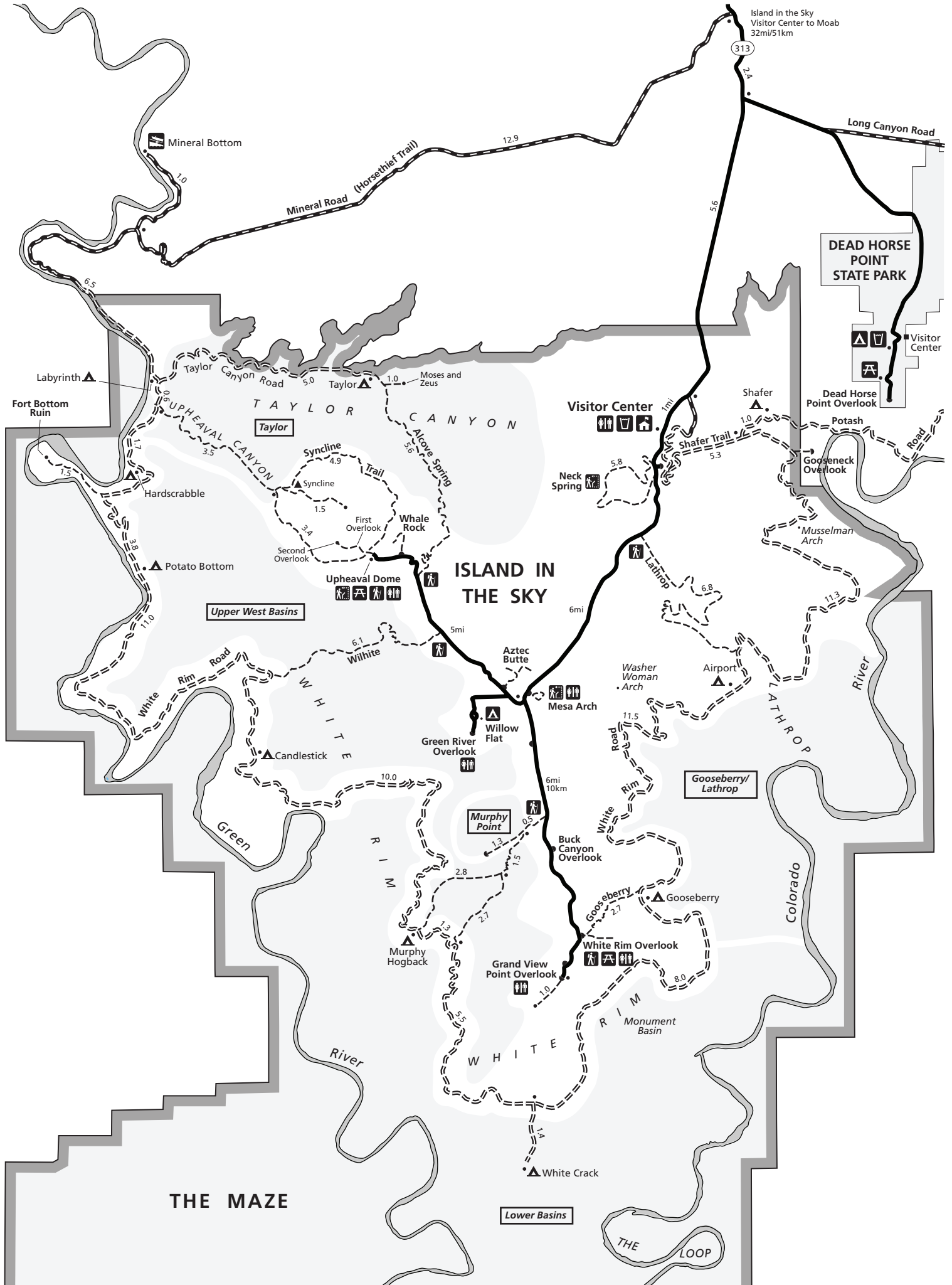


Island in the Sky District Trails and Roads

- | | | | | | |
|-------------------------------|---------------------------------------|---|----------------|-----------------------------|-------------------------------|
| Paved road/
Pull out | High-clearance,
4-wheel-drive road | At-large
Backpacking Zone | Boat Launch | Developed Campground | Drinking Water Available |
| Unpaved
2-wheel-drive road | Hiking Trail | Name Name of
Backpacking Zone | Ranger Station | Backcountry Vehicle Camp | Self-guiding Trail |
| | | | Picnic Area | Designated Backpacking Site | Backcountry Trailhead Parking |
| | | | | | Toilet |

NOTE: White shading within Canyonlands indicates areas with designated site camping only.



Interpretive Activities

VISITOR CENTER

Open daily March through December, 9 am to 4 pm, with extended hours in summer. Exhibits, information, permits, video presentation, booksales, and water for sale. Call 435-259-4712 to verify hours.

INTERPRETIVE TALKS AND GUIDED WALKS

Presented daily March through October. Locations, times, and topics vary. A program schedule and description of activities is posted at the visitor center, campground, and entrance station.

Hiking Trails

Trails are marked with cairns (small rock piles). Do not disturb existing cairns or build new ones. Signs are located at trailheads and intersections. All trails leading below the mesa top are primitive and rough. There is no potable water along any hiking trails. Drinking water is available spring through fall at the visitor center.

Potash and Shafer Trail roads in a single day. You can walk your pet along paved roads, in parking lots, and at Willow Flat Campground, but must be on a leash at all times. Protect your pet from heat exhaustion: do not leave your pet unattended in a vehicle during hot weather.

TRAVELLING WITH PETS

Pets are not allowed on any hiking trails or in the backcountry. Pets may not accompany you in your vehicle on four-wheel-drive roads, except when traveling along the

Backcountry Permit Office
2282 Resource Blvd.
Moab, UT 84532
Phone: 435-259-4351
www.nps.gov/cany

	Round-Trip Distance	Round-Trip Hiking Time	One-way Elevation Change	Description
Mesa Top (Easy Trails)				
Mesa Arch	0.5mi / 0.8km	30 minutes	100ft / 30m	good for sunrise, arch on cliff edge
Murphy Point Overlook	3.6mi / 5.8km	2 hours	100ft / 30m	panoramic view w/Henry Mtns.
White Rim Overlook	1.8mi / 2.9km	1 hour	25ft / 8m	view of potholes, White Rim Road
Grand View Point	2.0mi / 3.2km	1.5 hours	50ft / 15m	panoramic view along cliff edge
Mesa Top (Moderate Trails)				
Neck Spring	5.8mi / 9.3km	3 - 4 hours	300ft / 91m	springs, evidence of ranching
Aztec Butte	2.0mi / 3.2km	1.5 hours	225ft / 69m	steep slickrock to top, grainaries
Whale Rock	1.0mi / 1.6km	1 hour	100ft / 30m	bare slickrock, good views
Upheaval Dome				
to first overlook	0.8mi / 1.3km	1 hour	100ft / 30m	view into crater
to second overlook	1.8mi / 2.9km	1.5 hours	150ft / 45m	crater & upheaval canyon view
Mesa Top to White Rim (Steep & Strenuous Trails)				
Lathrop				
to White Rim Road	13.6mi / 22km	5- 7 hours	1600ft / 488m	views of Colorado River & LaSals
Murphy Loop	10.8mi / 17.4km	5 - 7 hours	1400ft / 427m	panoramic view from hogback
Gooseberry	5.4mi / 8.6km	4 - 6 hours	1400ft / 427m	views of cliffs & LaSal Mtns.
Wilhite	12.2mi / 19.6km	6 - 8 hours	1600ft / 488m	slot cyn across White Rim Road
Alcove Spring	11.2mi / 18km	6 - 7 hours	1300ft / 396m	large alcove, views of Taylor Cyn
Syncline Loop	8.3mi / 13.3km	5 - 7 hours	1300ft / 396m	canyon hiking, some shade
Upheaval Crater spur	3mi / 4.8km	2 hours	350ft / 107m	some scrambling over rocks
Upheaval Canyon spur	7mi / 11.2km	3 - 4 hours	400ft / 122m	sandy hike along wash bottom
Trails along the White Rim Road				
Gooseneck Overlook	0.6mi / 1.0km	30 minutes	50ft / 15m	excellent view of Colorado River
Fort Bottom Ruin	3mi / 4.8km	2 hours	500ft / 152m	tower ruin from ancient times
Moses and Zeus	1mi / 1.6km	1 hour	500ft / 152m	views of Taylor Cyn, climbing routes



Protect Your Park

- Pets are not allowed on hiking trails or four-wheel-drive roads, even in a vehicle. Pets may accompany groups traveling by vehicle on the Potash and Shafer Trail roads in a single day.
- Do not enter, alter, damage or deface archeological sites. Do not collect artifacts.
- Vehicles and bikes must stay on roads.
- ATVs and OHVs are not permitted.
- Protect cryptobiotic soil crusts by staying on trails and roads.
- Permits are required for all overnight backcountry trips.



Protect Yourself

- Drink at least one gallon (4 L) of water each day. Be sure to eat food as well.
- Always carry a topo map, adequate clothing, and a flashlight.
- Remain in one place if you become lost or separated from a group.
- Never cross a canyon that is flooding.
- During lightning storms, avoid lone trees, cliff edges and high ridges. Return to your vehicle if possible.
- Be careful near cliff edges, especially when rock surfaces are wet or icy.

For More Information

Canyonlands National Park
2282 Resource Blvd.
Moab, UT 84532
(435)719-2313
Web www.nps.gov/cany
Social Media @CanyonlandsNPS