

# Canyonlands

National Park Service  
U.S. Department of the Interior

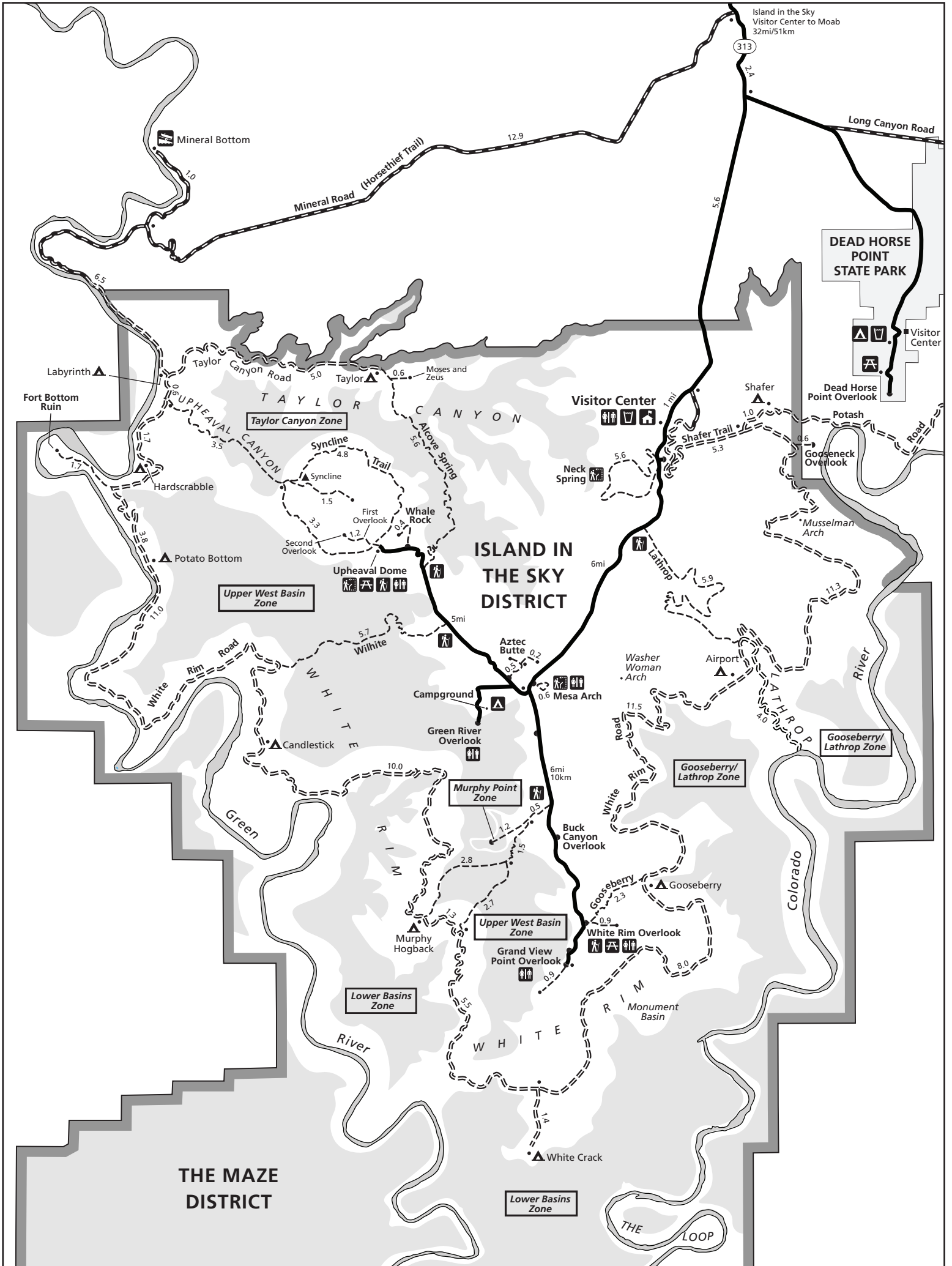


Canyonlands National Park

## Island in the Sky District Trails and Roads

- |                               |                                       |                              |                |                             |                               |
|-------------------------------|---------------------------------------|------------------------------|----------------|-----------------------------|-------------------------------|
| Paved road/<br>Pull out       | High-clearance,<br>4-wheel-drive road | At-large<br>Backpacking Zone | Boat Launch    | Developed Campground        | Drinking Water Available      |
| Unpaved<br>2-wheel-drive road | Hiking Trail                          | Name of<br>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.

	Round-Trip Distance	Round-Trip Hiking Time	One-way Elevation Change	Description
<b>Mesa Top (Easy Trails)</b>				
Mesa Arch	0.6 mi / 1 km	30 minutes	56 ft / 17 m	good for sunrise, arch on cliff edge
Murphy Point Overlook	3.4 mi / 5.5 km	2 hours	142 ft / 43 m	panoramic view w/ Henry Mtns
White Rim Overlook	1.8 mi / 2.9 km	1.5 hour	159 ft / 49 m	view of potholes, White Rim Road
Grand View Point	1.8 mi / 2.9 km	1.5 hours	73 ft / 22 m	panoramic view along cliff edge
<b>Mesa Top (Moderate Trails)</b>				
Neck Spring	5.6 mi / 9 km	3 - 4 hours	418 ft / 127 m	springs, evidence of ranching
Aztec Butte	1.4 mi / 2.3 km	1.5 hours	222 ft / 68 m	steep slickrock to top, granaries
Whale Rock	0.8 mi / 1.3 km	1 hour	141 ft / 35 m	bare slickrock, good views
Upheaval Dome				
to first overlook	0.6 mi / 1 km	1 hour	115 ft / 35 m	view into crater
to second overlook	1.2 mi / 1.9 km	1.5 hours	114 ft / 35 m	crater & Upheaval Canyon view
<b>Mesa Top to White Rim (Steep &amp; Strenuous Trails)</b>				
Lathrop				
to Canyon Rim	5 mi / 8 km	2-3 hours	158 ft / 48 m	trail crosses open grasslands to views
to White Rim Road	11.8 mi / 19 km	5- 7 hours	1,721 ft / 525 m	views of Colorado River & La Sals
Murphy Loop	10.8 mi / 17.4 km	5 - 7 hours	1,448 ft / 441 m	panoramic view from hogback
Gooseberry	4.6 mi / 7.4 km	4 - 6 hours	1,529 ft / 466 m	views of cliffs & La Sal Mtns
Wilhite	11.4 mi / 18.3 km	6 - 8 hours	1,693 ft / 516 m	slot cyn across White Rim Road
Alcove Spring	11.2 mi / 18 km	6 - 7 hours	1,455 ft / 444 m	large alcove, views of Taylor Cyn
Syncline Loop	8.1 mi / 13 km	5 - 7 hours	1,516 ft / 462 m	canyon hiking, some shade
Upheaval Crater spur	3 mi / 4.8 km	2 hours	350 ft / 107 m	some scrambling over rocks
Upheaval Canyon spur	7 mi / 11.2 km	3 - 4 hours	400 ft / 122 m	sandy hike along wash bottom
<b>Trails along the White Rim Road</b>				
Gooseneck Overlook	0.6 mi / 1 km	30 minutes	98 ft / 30 m	excellent view of Colorado River
Fort Bottom Ruin	3.4 mi / 5.5 km	2 hours	418 ft / 128 m	tower structure from ancient times
Moses and Zeus	1.3 mi / 2.1 km	1 hour	717 ft / 219 m	views of Taylor Cyn, climbing routes

## Travelling with Pets

Activities with pets are limited. Pets must be on leash at all times when outside a vehicle.

**The desert can be deadly for pets left in cars.** You should not leave pets in the car when temperatures exceed 65°F (18°C), even with the windows open.

Service animals that have been individually trained to perform specific task(s) for the benefit of an individual with a disability are allowed in the park.

### Leashed pets are allowed:

- along front-country roads or parking areas
- in front-country campgrounds and picnic areas
- in your vehicle on the Potash/Shafter Canyon road between Moab and Island in the Sky

### Pets are not allowed:

- on any hiking trails even if carried
- at any overlooks
- in the visitor center or any building
- anywhere in the backcountry (including vehicles on backcountry roads, and on any river trips)



### Protect Your Park

- 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 biological soil crust 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.

## Backcountry Reservations

Reservation Office  
2282 Resource Blvd.  
Moab, UT 84532  
Phone: (435)259-4351  
[go.nps.gov/canybackcountry](http://go.nps.gov/canybackcountry)

## For More Information

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