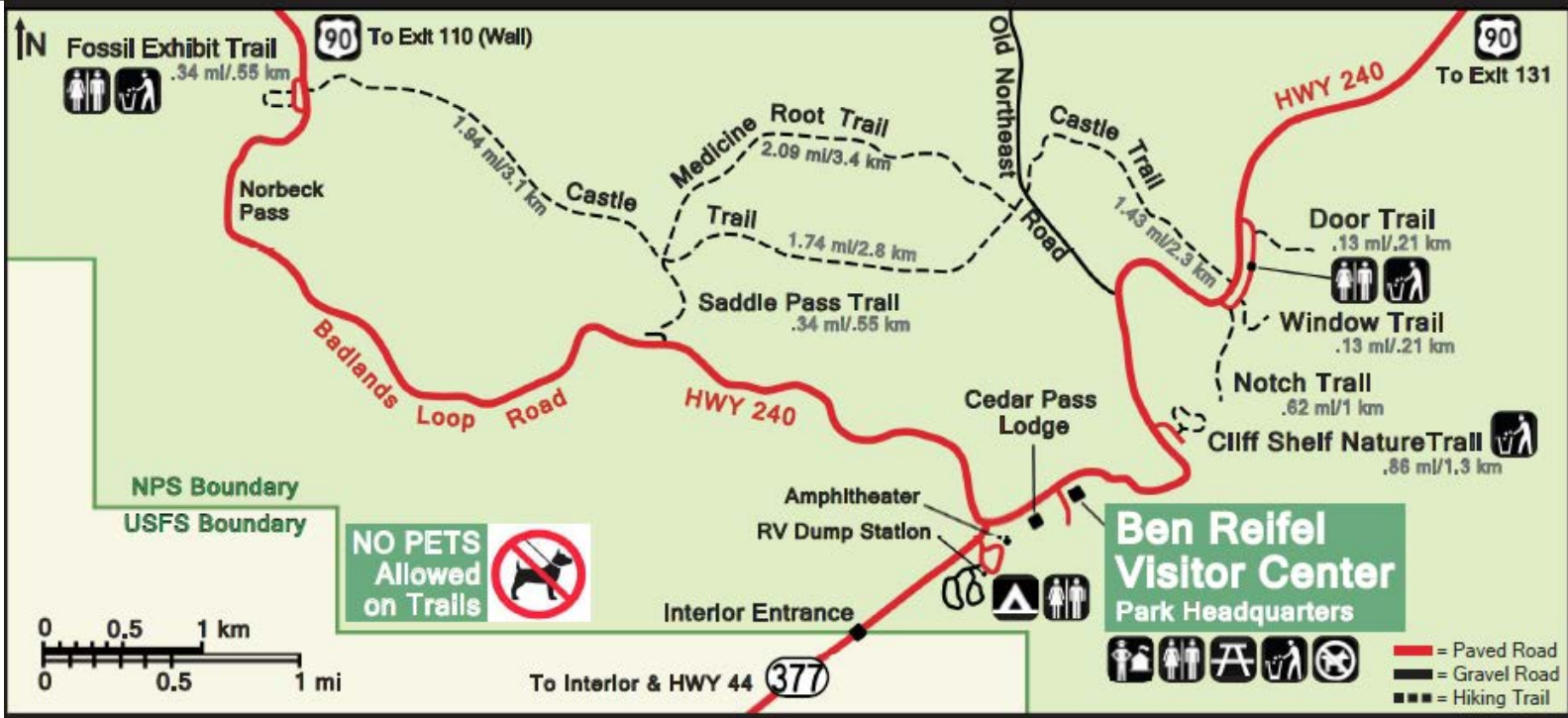


# Established Hiking Trails in Badlands National Park



## Door Trail

**Easy** - 20 minutes round trip

Boardwalk - 0.26 mi/0.4 km round trip

This hike begins with an accessible 226-yard boardwalk leading through a break in the Badlands Wall known as "the Door" to an overlook viewing the Badlands. Beyond the boardwalk, a series of posts mark the remainder of the trail through the Badlands formations.

## Window Trail

**Easy** - 20 minutes round trip

0.26 mi/0.41 km round trip

This short, accessible, boardwalk trail leads to a natural window in the Badlands Wall with a view of an intricately eroded canyon.

## Notch Trail

**Moderate to Strenuous** - 1.5 to 2 hours round trip

1.25 mi/2 km round trip

This trail leads through a canyon, climbs up a rope ladder, and follows a ledge to "the Notch" for a dramatic view of the White River Valley. Watch for dropoffs and loose gravel.

Notch trail is NOT recommended for anyone with a fear of heights.

The trail can be treacherous during and after rains. Caution is advised.

## Castle Trail

**Moderate** - 5 hours round trip

10.2 mi/16.45 km round trip

This is the longest established trail in the Badlands stretching from the Door and Window parking lot to Fossil Exhibit Trail. This relatively level path passes through Badlands formations. Castle Trail can be divided into shorter hikes. Bring plenty of water.

## Medicine Root Loop Trail

**Moderate** - 2 hours round trip

4.18 mi/6.73 km round trip

This trail provides the opportunity to explore the mixed-grass prairie while enjoying views of the Badlands in the distance. Medicine Root trail can be accessed by parking at the pull-off along Old Northeast Road or by hiking Castle or Saddle Pass trails to their intersections with Medicine Root trail.

## Cliff Shelf Nature Trail

**Moderate** - 30 minutes round trip

0.86 mi/1.38 km round trip

This loop trail is a combination of boardwalks, stairs, and natural paths that climbs approximately 200 feet in elevation. The trail weaves through juniper trees perched along the Badlands Wall and is a popular area for birdwatching.

## Saddle Pass Trail

**Strenuous** - 40 minutes round trip

0.68 mi/1.09 km round trip

This short trail aggressively climbs up the Badlands Wall to a summit overlooking the White River Valley where it connects with Castle and Medicine Root Loop Trails. Saddle Pass trail is treacherous during and after rains and can be dangerous during extreme heat. Caution is advised.

## Fossil Exhibit Trail

**Easy** - 20 minutes round trip

Boardwalk - 0.34 mi/.55 km round trip

This fully accessible boardwalk loop trail features fossil replicas and exhibits of now extinct creatures that once roamed the Badlands area.

Badlands National Park allows hiking throughout the park.

Visitors hiking off-trail do so at their own risk. Vehicles must be parked in designated areas.

**Stay Safe!**

**Carry Plenty of Water!**

**Enjoy Your Hike!**