



Hiking Bandelier



Hiking Cerro Grande

Bandelier National Monument is over 33,000 acres; about 23,000 acres are designated as wilderness. There are more than 70 miles of hiking trails in the park for you to explore. Hiking difficulty varies from short and easy to rugged and strenuous. Elevation ranges from 5,300 feet at the Rio Grande River to 10,200 feet at the top of Cerro Grande. Enjoy diverse life zones, stunning views, and the experience of walking through an ancient landscape. Hundreds of years of foot traffic across soft, volcanic rock have carved paths through time. You can delight in the experience of following these ancient routes today. Collecting cultural and natural artifacts, including wood, rocks, etc. is prohibited.

Trails

When choosing an outing, consider your interests, hiking experience, physical fitness, time constraints, the weather, and current trail conditions. Check the park website for more information or contact the visitor center for updates. Overnight travel requires a backcountry permit that is available free of charge. Day hikers need to be off the trail at dusk. Within the historic district of Frijoles Canyon, you must stay on designated trails at all times. Group size in wilderness areas is limited to twelve people. Follow Leave No Trace principles and pack out whatever you pack in.

Safety

Many problems can be avoided if you are prepared. Ask a ranger about your route and current trail conditions, carry a map and plenty of 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. Surface water is available only in very limited areas of the park – please ask a ranger.

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

*Topographic maps are strongly recommended for all wilderness hikes.

*Be prepared with proper clothing and equipment for the season. Summer thunderstorms produce lightning and sudden drops in temperatures. Late spring and early winter storms can bring snow and cold temperatures. Know how to recognize and prevent hypothermia.

*Use sunscreen and sun protection.

*Rabies and bubonic plague occur in New Mexico. Avoid contact with rodents or their homes.

*Poison ivy and stinging nettles are found along waterways.

*Watch for rattlesnakes; never attempt to pick up a rattlesnake or sit down on a log or rock before checking the area for resting snakes.

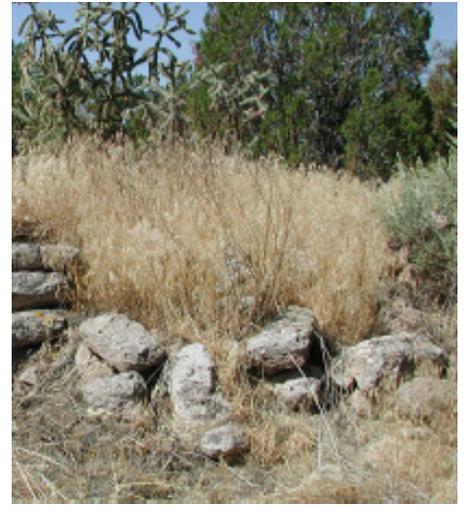
*Lightning kills! If you can hear thunder, lightning is in the area. Immediately seek shelter in a building or vehicle. Never use a tree as an umbrella!

Archaeological Sites

Bandelier is home to excavated, and many more unexcavated, archaeological sites. You are welcome to visit them and learn. Remember, regulations prohibit walking and sitting on the rocks and sites or removing anything. Bandelier is preserving these areas for Pueblo people, future visitors and future archaeological explorations.

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: 505-709-0077.



Bandelier Hikes

	Trail Starting Point	Distance-round trip Time	Ascent	Trail Description
E A S Y	Pueblo Loop Visitor Center	1.4 m /2.2 km 1 hour	190 ft/ 58 m	Begin at the back of the Visitor Center for an easy walk up Frijoles Canyon past the Big Kiva, Tyuonyi Village, and cliff dwellings. Climb into cavates where ladders are provided and view petroglyphs at Long House. Purchase a trail guide at the park store.
	Alcove House Visitor Center	2.4 m /3.8 km 1 hour	110 ft/ 33 m	Hike to the base of Alcove House cliff dwelling. Stairs & ladders take you 140 ft/ 43 m up to the archeological site high above the canyon floor. (From the turnaround of the Pueblo Loop at Frijoles Canyon Trail, it is 0.5 miles to Alcove House.)
	Alamo Boundary Forest Road 289	2 m /3.2 km 2 hours	300 ft/ 91 m	From the Alamo Boundary Trailhead ascend through aspen groves and mountain meadows to connect with the Coyote Call Trail of the Valles Caldera.
	Burnt Mesa Hwy 4 @ Milepost 52	5.6 m /9 km 2.5 hours	300 ft/ 91 m	From the Burnt Mesa Trailhead hike across an open and sunny mesa that offers panoramic views and a nice overlook.
	Upper Frijoles Canyon Overlook Hwy 4 across from Cerro Grande	2 m /3.2 km 2 hours	160 ft/ 49 m	Park at the Cerro Grande Trailhead and cross the highway to enjoy a high country walk to a spectacular overlook of upper Frijoles Canyon.
	Ponderosa to Canyon Rim Ponderosa Group Campground	2.7 m /4.3 km 1 hour	290 ft/ 88 m	From the Ponderosa Trailhead hike through stands of Ponderosa pines to the edge of Frijoles Canyon and a stunning view.
	Tyuonyi Overlook Amphitheater Parking Lot	2 m /2.2 km 1.5 hours	196 ft/ 59 m	An easy walk across the mesa top to a spectacular view of Frijoles Canyon and Tyuonyi Pueblo.
M O D E R A T E	Falls Trail Across creek from visitor center	2.6 m /4.2 km 2 hours	485 ft/ 148 m	Explore the unique natural and geologic features found on this hike leading to Upper Falls of Frijoles Creek. Purchase a trail guide at the park store.
	Tsankawi Highway 4 east of White Rock	1.3 m /2 km 2 hours	170 ft/ 52 m	Hike this beautiful trail that includes climbing ladders to the unexcavated Tsankawi Village and cliff dwellings. Great panoramic views of the Rio Grande Valley. A trail guide is available for purchase.
	Frey Trail Amphitheater Parking Lot	3.2 m /5.1 km 3 hours	603 ft/ 184 m	Historic trail to the Pueblo Loop Trail with beautiful views of Frijoles Canyon and Tyuonyi Village. When shuttle buses are running (mid-May through mid-October) you can take the bus back to the rim after hiking down.
	Frijolito Loop Trail Across creek from visitor center	2.5 m /4 km 1.5 hours	603 ft/ 184 m	Climb the switchbacks of the Frijoles Rim Trailhead to the mesa top and travel Northwest along the rim for one mile, before returning via the Long Trail. Enjoy great views of Frijoles Canyon and its archeological sites.
	Cerro Grande Highway 4 near Forest Road 289	4.6 m /7.4 km 3 hours	603 ft/ 184 m	Hike to the highest point within the monument, a trek that offers excellent views of the surrounding area, including the Valles Caldera.
	Ponderosa Trail to Upper Crossing Ponderosa Group Campground	3.6 m /5.8 km 2 hours	720 ft/ 219 m	From the Ponderosa Trail, continue steeply down into Frijoles Canyon, enjoying spectacular views of the broad landscape. Return the same way or, if a second vehicle is available, continue to the Visitor Center (8 miles one way).
S T R E N U O U S	Frijoles Loop Across creek from visitor center	13 m /21 km 7 - 8 hours	1200 ft/ 366 m	Take Frijoles Rim Trail to the Upper Crossing and return via the Frijoles Trail (or vice versa). Enjoy panoramic views from the rim and stunning rock formations as well as lush, riparian vegetation in Frijoles Canyon.
	Burro Trail Across creek from visitor center	9 m /14.5 km 6 - 8 hours	856 ft/ 261 m	Take the Frijoles Rim Trail to the mesa top and continue left on the Burro Trail for outstanding views of the Rio Grande Valley. Continue down the steep descent to the mouth of Alamo canyon and the Rio Grande River. This will add 3.8 m/6.1 km to your hike and will increase your total elevation gain to 1500 ft/457m.
	Yapashi Site Across creek from visitor center	11.4 m /18 km 8 - 10 hours	2800 ft/ 853 m	Take the Middle Alamo Trail to the unexcavated Yapashi Village, one of the largest archeological sites in Bandelier. Return the same way. Hiking a loop via Upper Alamo will add 3.6 m/5.9 km to your hike but will decrease your total elevation gain to 2450 ft/747m.
	Painted Cave Forest Road 289	14.5 m /23 km 8 - 10 hours	2400 ft/ 731 m	Hike to an exquisite display of both Ancestral Puebloan and historic pictographs. A high-clearance vehicle is recommended to reach the Dome Trailhead (road closed in winter). Starting at the visitor center adds 7.5 miles and 800 ft/244 m and is recommended as an overnight hike - permit required for back country camping.