Bring food, water, and emergency supplies. Do not build new cairns (stacked rocks) or destroy existing ones. Stay on established trails. Backcountry hiking routes are not maintained.

Elevation change refers to the difference between the highest and lowest points of the trail.

**Trail Guide**

Elevation change refers to the difference between the highest and lowest points of the trail.

**Hiking Tips**

- Bring food, water, and emergency supplies.
- Stay on established trails.
- Do not build new cairns (stacked rocks) or destroy existing ones.
- Backcountry hiking routes are not maintained.

Flash flood hazards exist. Avoid canyons during storms. Don’t cross floodwaters; climb high to safety. Roads may be closed during flood events.

**Capitol Reef**

National Park Service
U.S. Department of the Interior
Capitol Reef National Park

**Fruita Area Map and Guide**

**Trail Features**

- **Easy**
  - Goosenecks: 0.1 mi (0.2 km), <50 ft (<15 m), dramatic canyon views
  - Sunset Point: 0.4 mi (0.6 km), <50 ft (<15 m), panorama, good for sunset
  - Capitol Gorge: 1.0 mi (1.6 km), 80 ft (24 m), deep canyon, historic inscriptions, short climb to waterpockets (“tanks”)
  - Grand Wash: 2.2 mi (3.6 km), 200 ft (61 m), deep canyon, narrow

- **Moderate**
  - Cohab Canyon: 1.7 mi (2.7 km), 440 ft (134 m), hidden canyons, views of Fruita, panoramas at spur trail viewpoints
  - Fremont River: 1.0 mi (1.7 km), 480 ft (146 m), easy stroll along river, then steep climb to panoramas
  - Hickman Bridge: 0.9 mi (1.4 km), 400 ft (122 m), 133-foot natural bridge, canyon views

- **Strenuous**
  - Cassidy Arch: 1.7 mi (2.8 km), 670 ft (204 m), natural arch, slickrock, canyon views
  - Chimney Rock Loop (round trip): 3.6 mi (5.9 km), 590 ft (180 m), panoramas of Waterpocket Fold cliffs, good for sunset
  - Fremont Gorge Overlook: 2.3 mi (3.6 km), 1,090 ft (332 m), short climb to open mesa top, ends at high viewpoint on rim of gorge
  - Frying Pan: 2.9 mi (4.6 km), 810 ft (247 m), connects Cohab Canyon and Cassidy Arch trails, ridgetop panoramas of Capitol Gorge and Golden Throne
  - Golden Throne: 2.0 mi (3.2 km), 730 ft (223 m), pinyon-juniper forest, views of cliffs and Henry Mountains
  - Old Wagon Trail Loop (round trip): 3.8 mi (6.1 km), 1,080 ft (329 m), panoramas of Fruita and Waterpocket Fold from atop dramatic cliff
  - Rim Overlook: 2.3 mi (3.6 km), 1,110 ft (338 m), continuation of Rim Overlook Trail, 360-degree mountaintop panorama
  - Navajo Knobs: 4.7 mi (7.6 km), 1,620 ft (494 m), deep canyon, narrows
Exploring Fruita


What to do in the Fruita area if you have...

...a half day:
- Drive the Scenic Drive; tour guide available at bookstore
- Stroll the Goosenecks trail and enjoy the geology along Highway 24
- Watch the park movie at the visitor center
- View the Fremont petroglyph panels along Highway 24
- Hike a shorter trail such as Sunset Point, Grand Wash, or Hickman Bridge
- Discover Mormon pioneer history at the historic Gifford House store and museum
- Have a picnic by the Fremont River

...a whole day:
- Attend a ranger-guided activity
- Become a Junior Ranger
- Walk to historic inscriptions on the Capitol Gorge Trail
- Hike a longer trail such as Chimney Rock, Cassidy Arch, or Cohab Canyon
- Wander through the historic fruit orchards and pick fruit when in season

Experiencing Your America

Enjoy Your Visit, Protect Your Park

Capitol Reef National Park was established to preserve the natural and cultural resources in this area and to provide for public benefit and enjoyment.

The following activities are PROHIBITED:
- Collecting, possessing, destroying, or removing rocks, plants, animals, artifacts, firewood, or other park resources.
- Leaving graffiti or rock piles, or any other actions that deface or damage park resources.
- Off-road vehicular travel.
- Use of firearms.
- Feeding, approaching, or harassing wildlife.

Please obey the following regulations:
- Leashed pets and bicycles are allowed only on public roadways, in established campgrounds, and on the trail from the visitor center to the campground. They are not permitted on other trails, backcountry routes, or in off-trail areas.
- Yield to wildlife and pedestrians and obey speed limits. Use caution on narrow roads.
- Camp only in designated campgrounds. Permits are required for backcountry camping.
- Make fires only in a campground fire grill.

Discover and Learn

Free Ranger Programs
Spring through fall, the park offers geology talks, Fremont Culture talks, evening programs, stargazing, moonwalks, and geology hikes as staffing allows.

Ripple Rock Nature Center
Enjoy interactive exhibits, games and activities, and free educational programs. Open in summer.

Junior Rangers
Kids of all ages can complete activities in the Junior Ranger booklet and earn a badge (allow 1-2 hours to complete).

Online
Continue learning about Capitol Reef at www.nps.gov/care and at the park’s Facebook and Twitter pages.

Nearby Services

Food
Snacks are available at the visitor center, and at the Gifford House store and museum. The nearest groceries and restaurants are located in Torrey.

Gas
Gas is available in Torrey and Hanksville.

Emergencies
Call 911 from a payphone at the visitor center or campground.

Camping/Lodging
Commercial campgrounds and motels are located in Torrey, Caineville, and Hanksville. Federal lands are located adjacent to the park and offer established campgrounds and dispersed camping.

Laundry/Shower
Laundry facilities and public showers are available in Torrey.

Gas
Gas is available in Torrey and Hanksville.

911
Emergencies
Call 911 from a payphone at the visitor center or campground.

Wireless Access
Cell phone service and free wifi are available in Torrey. For wifi information contact the Wayne County Travel Council (WCTC) which operates a visitor center in Torrey at the junction of Highways 12 and 24. Open spring through fall.

NOTE: Many local businesses and services are closed during the winter off-season.