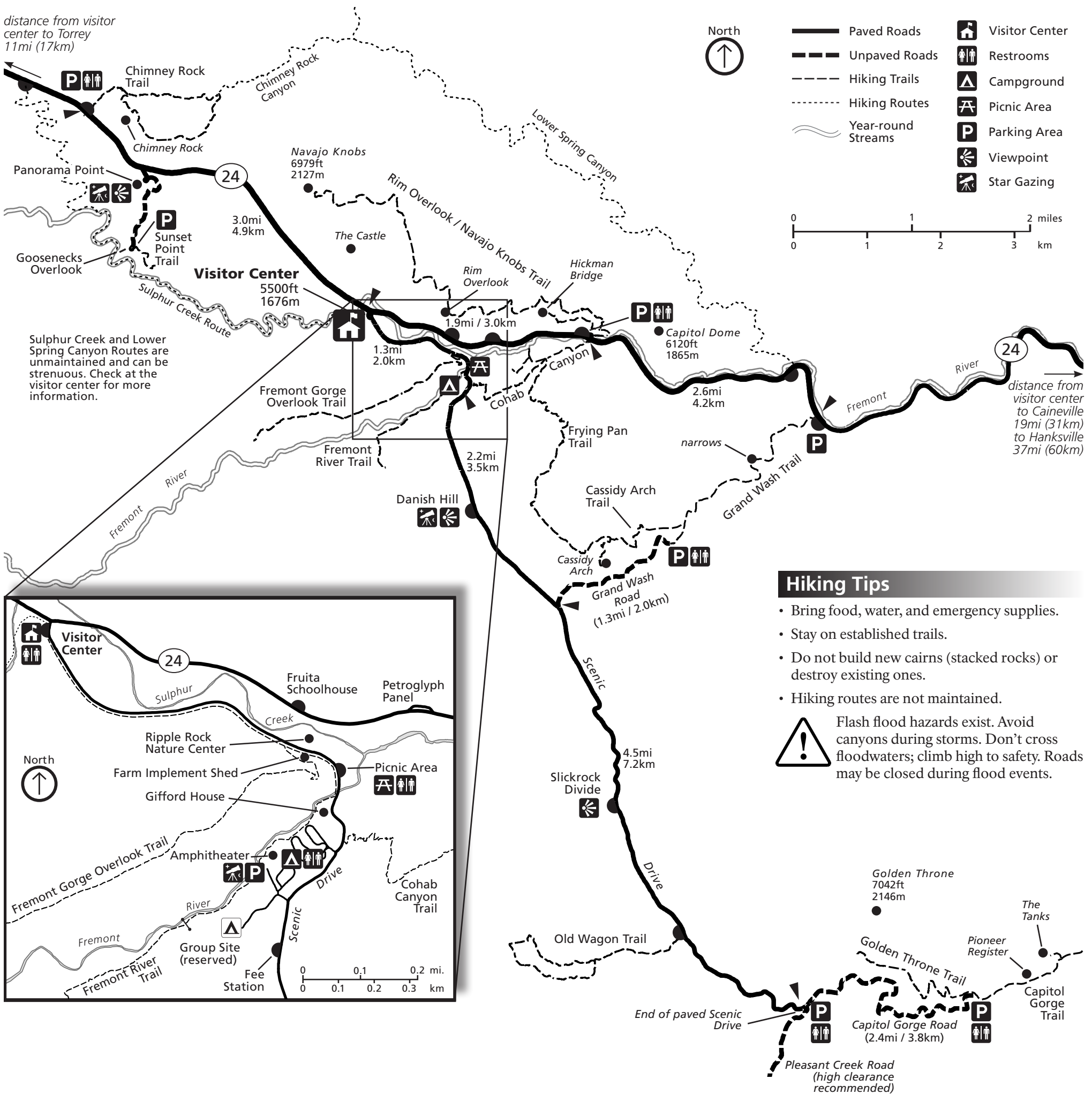




Fruita Area Map and Guide

distance from visitor center to Torrey
11mi (17km)



Hiking Tips

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



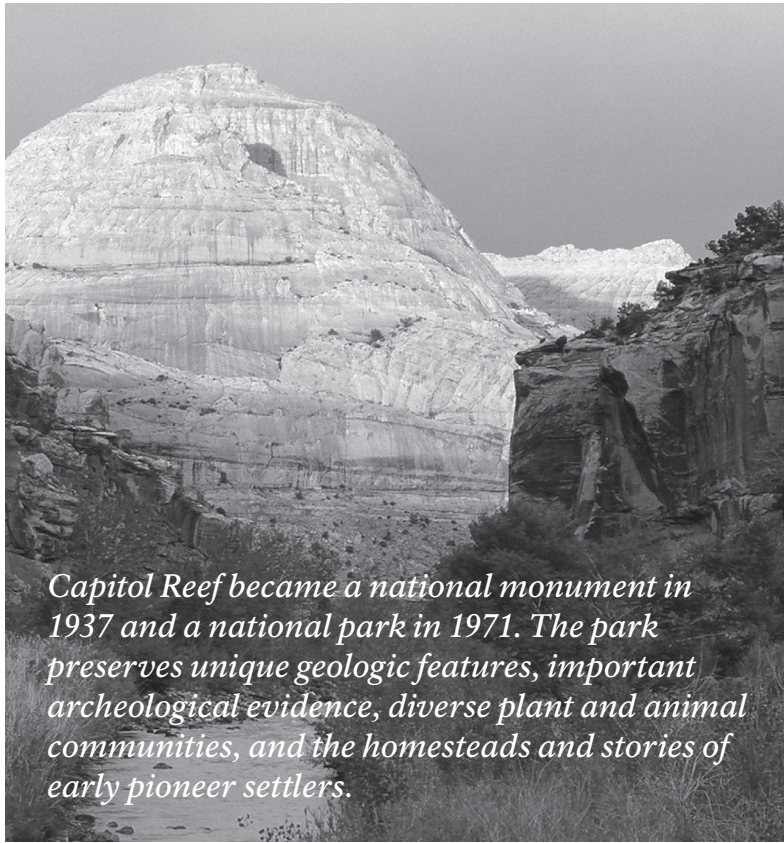
Flash flood hazards exist. Avoid canyons during storms. Don't cross floodwaters; climb high to safety. Roads may be closed during flood events.

Trail Guide

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

USE CAUTION: Natural hazards exist, including rockfall, lightning, flash floods, and steep drop-offs.

	Trail	One-way Distance	Elevation Change	Features
Easy	Gooseheads	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 and sunrise
	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, narrows
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
	Golden Throne	2.0 mi (3.2 km)	730 ft (223 m)	views of Capitol Gorge and Golden Throne
	Old Wagon Trail Loop (round trip)	3.8 mi (6.1 km)	1,080 ft (329 m)	pinyon-juniper forest, views of cliffs and Henry Mountains
	Rim Overlook	2.3 mi (3.6 km)	1,110 ft (338 m)	panoramas of Fruita and Waterpocket Fold from atop dramatic cliff
Navajo Knobs	4.7 mi (7.6 km)	1,620 ft (494 m)	continuation of Rim Overlook Trail, 360-degree mountaintop panorama	



Capitol Reef became a national monument in 1937 and a national park in 1971. The park preserves unique geologic features, important archeological evidence, diverse plant and animal communities, and the homesteads and stories of early pioneer settlers.

Ranger recommendations for...

...a half day:

- Drive the Scenic Drive (1–2 hours round-trip); tour guide available at bookstore
- Stroll the Goosenecks trail and enjoy the geology along State Route 24
- Watch the park movie at the visitor center
- View the Fremont petroglyph panels along State Route 24
- Hike a shorter trail such as Sunset Point, Grand Wash, or Hickman Bridge
- Discover 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; program schedules posted at the visitor center and Fruita Campground
- 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

Exploring Fruita

Visitor Center

The visitor center is open daily; hours vary (closed on winter holidays). A park movie, exhibits, information, and park staff are available. Capitol Reef Natural History Association sells books, maps, hats, shirts, and more; proceeds support park operations. More information can be found at www.capitolreefnha.org.

Gifford House

The historic Gifford House store and museum is open spring through fall. Exhibits on pioneer history are on display. Fresh-baked pies and breads, books, and a variety of locally hand-crafted items are for sale; proceeds support park-specific projects.

Orchards

Capitol Reef maintains one of the largest groups of historic orchards in the National Park Service, some of which are currently being replanted. With about 2,000 trees, fruits include apple, peach, pear, apricot, cherry, and plum. Flowering typically occurs from March into May, and harvest generally occurs June through October. Fruit is free to sample while in orchards; a small fee is charged for fruit taken out of the orchards.

Petroglyphs

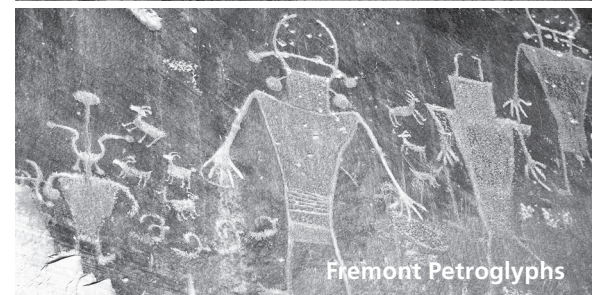
From 600 to 1300 C.E., native people of the Fremont Culture made their home at Capitol Reef. Petroglyphs carved into the Wingate sandstone remind us of their time. Petroglyph panels, which include images of anthropomorphs and bighorn sheep, are located along State Route 24, 1.1 miles (1.7 km) east of the visitor center.

Geologic Features

Capitol Dome can be seen looking east from the Hickman Bridge trailhead along State Route 24. This Navajo sandstone feature was named for its resemblance to the U.S. Capitol. This dome, along with the nearly 100-mile (160-km) Waterpocket Fold (a barrier of rock that obstructed early travelers like a barrier “reef”), inspired the park’s name. The Castle and cliffs of Fruita can be viewed from the visitor center. Panorama Point provides scenic vistas.



Fruita Cliffs



Fremont Petroglyphs



Gifford House

Protect Your Park

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 and all UTV and ATV use
- Use of firearms
- Use of drones
- Feeding, approaching, or harassing wildlife

Please obey the following regulations:

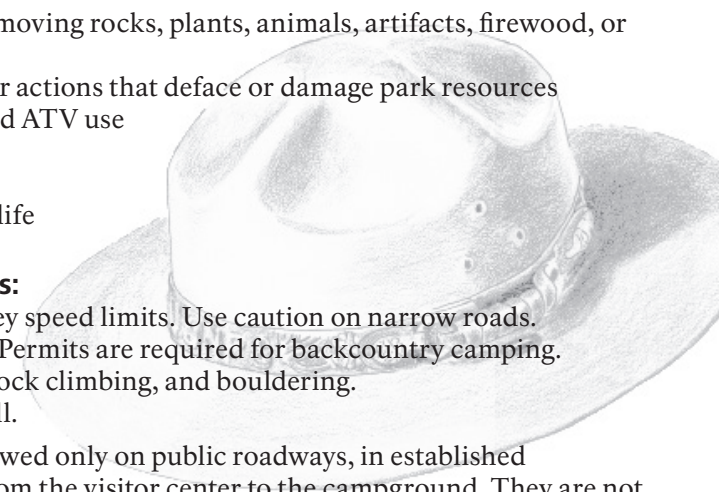
- Yield to wildlife and pedestrians and obey speed limits. Use caution on narrow roads.
- Camp only in designated campgrounds. Permits are required for backcountry camping.
- Permits are required for canyoneering, rock climbing, and bouldering.
- Make fires only in a campground fire grill.



- Bicycles and leashed pets 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.



- Leashed pets are also allowed in open orchards and in the picnic areas, 3/4 mi (1.2 km) from the visitor center on the Scenic Drive.



Plan Like a Park Ranger

Have a plan...and a backup plan.

Be flexible in case of changing weather conditions, road closures, and crowded parking areas.

During busy season, hike in the early morning or late afternoon.

March to June and September to October are popular times to visit. Some trailhead parking lots may be full from 9:00 am to 4:00 pm. It is illegal to park on vegetation and dangerous to park in washes.



Download the NPS App.

Content from each park can be downloaded for offline use.

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

Nearby Services



Camping/Lodging

Commercial campgrounds and motels are located to the west in Torrey, Bicknell, and Loa, and to the east in Caineville and Hanksville. Federal lands are located adjacent to the park and offer established campgrounds and dispersed camping.



Drinking Water

Seasonal fill stations are at the visitor center, picnic area, Gifford House, and Fruita Campground.



Food

Snacks are available at the visitor center and the Gifford House. The nearest groceries and restaurants are in Torrey.



Laundry

Laundry facilities are available in Torrey.



Gas

Gas is available in Torrey and Hanksville.



Wireless Access

Free wifi is available at the visitor center. Cell phone service is available in Torrey.



Emergencies

Call 911 from the payphone in loop A of the Fruita campground.

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