**Fruita Area Map and Guide**

**Fremont River**

**Pleasant Creek Road** (high clearance recommended)

**Visitor Center**

5500ft / 1676m

11mi (17km) to Torrey

19mi (31km) to Caineville

37mi (60km) to Hanksville

Golden Throne

7042ft / 2146m

Danish Hill

Scenic Drive

Capitol Gorge Trail

Pioneer Register

The Tanks

Old Wagon Trail Loop

Grand Wash Road (1.3mi / 2.0km)

Grand Wash Trail

Cassidy Arch Trail

Frying Pan Trail

Cassidy Arch

Hickman Bridge

The Castle Rim Overlook

Chimney Rock

Panorama Point

Goosenecks

Sunset Point

Capitol Gorge

Grand Wash

Cohab Canyon

Fremont River

Hickman Bridge

Canyon Bridge

Navajo Knobs Trail

Capitol Dome 6350ft / 1865m

Navajo Knobs 6979ft / 2127m

Golden Throne Trail

Cohab Canyon

Sulphur Creek Route

Sunset Point Trail

Chimney Rock Loop (round trip)

Fremont Gorge Overlook Trail

Fremont River Trail

Rim Overlook Trail / Navajo Knobs Trail

Paved Roads

Unpaved Roads

Hiking Trails

Backcountry Hiking Routes

Year-round Streams

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Restrooms

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Picnic Area

Parking Area

Viewpoint

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**Fruita Historic District**

- **Visitor Center**
- **Chimney Rock Trail**
- **Navajo Knobs 2127m**
- **Rim Overlook / Navajo Knobs Trail**
- **Golden Throne Trail**
- **Capitol Dome 1865m**
- **Capitol Gorge Road 314m**
- **Cohab 2781m**
- **Old Wagon Trail Loop (round trip)**
- **Rim Overlook Trail (round trip)**
- **Navajo Knobs 2127m**

**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.
- 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.

<table>
<thead>
<tr>
<th>Trail Feature</th>
<th>One-way Distance</th>
<th>Elevation Change</th>
<th>Features</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goosenecks</td>
<td>0.1mi (0.2km)</td>
<td>&lt;50ft (&lt;15m)</td>
<td>dramatic canyon views</td>
</tr>
<tr>
<td>Sunset Point</td>
<td>0.4mi (0.6km)</td>
<td>&lt;50ft (&lt;15m)</td>
<td>panorama, good for sunset</td>
</tr>
<tr>
<td>Capitol Gorge</td>
<td>1.0mi (1.6km)</td>
<td>80ft (24m)</td>
<td>deep canyon, historic inscriptions, short climb to waterpockets (&quot;tanks&quot;)</td>
</tr>
<tr>
<td>Grand Wash</td>
<td>2.2mi (3.6km)</td>
<td>200ft (81m)</td>
<td>deep canyon, narrows</td>
</tr>
<tr>
<td>Cohab Canyon</td>
<td>1.7mi (2.7km)</td>
<td>440ft (134m)</td>
<td>hidden canyons, views of Fruita, panoramas at spur trail viewpoints</td>
</tr>
<tr>
<td>Fremont River</td>
<td>1.0mi (1.7km)</td>
<td>480ft (146m)</td>
<td>easy stroll along river, then steep climb to panoramas</td>
</tr>
<tr>
<td>Hickman Bridge</td>
<td>0.9mi (1.4km)</td>
<td>400ft (122m)</td>
<td>133-foot natural bridge, canyon views</td>
</tr>
<tr>
<td>Cassidy Arch</td>
<td>1.7mi (2.8km)</td>
<td>670ft (204m)</td>
<td>natural arch, slickrock, canyon views</td>
</tr>
<tr>
<td>Chimney Rock Loop (round trip)</td>
<td>3.6mi (5.9km)</td>
<td>590ft (180m)</td>
<td>panoramas of Waterpocket Fold cliffs, good for sunset</td>
</tr>
<tr>
<td>Fremont Gorge Overlook</td>
<td>2.3mi (3.6km)</td>
<td>1,090ft (332m)</td>
<td>short climb to open mesa top, ends at high viewpoint on rim of gorge connects Cohab Canyon and Cassidy Arch trails, ridgetop panoramas views of Capitol Gorge and Golden Throne</td>
</tr>
<tr>
<td>Frying Pan</td>
<td>2.9mi (4.6km)</td>
<td>810ft (247m)</td>
<td>pinyon-juniper forest, views of cliffs and Henry Mountains</td>
</tr>
<tr>
<td>Golden Throne</td>
<td>2.0mi (3.2km)</td>
<td>730ft (223m)</td>
<td>panoramas of Fruita and Waterpocket Fold from atop dramatic cliff continuation of Rim Overlook Trail, 360-degree mountaintop panorama</td>
</tr>
<tr>
<td>Old Wagon Trail Loop (round trip)</td>
<td>3.8mi (6.1km)</td>
<td>1,080ft (329m)</td>
<td></td>
</tr>
<tr>
<td>Rim Overlook</td>
<td>2.3mi (3.6km)</td>
<td>1,110ft (338m)</td>
<td></td>
</tr>
<tr>
<td>Navajo Knobs</td>
<td>4.7mi (7.6km)</td>
<td>1,620ft (494m)</td>
<td></td>
</tr>
</tbody>
</table>

**Capitol Reef National Park**

**U.S. Department of the Interior**

**National Park Service**

Exploring Fruita

Visitor Center

The visitor center is open 8:00 am to 4:30 pm with extended hours spring through fall. 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 Mormon 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 historic orchards in the National Park Service with almost 3,000 trees, including apple, peach, pear, apricot, cherry, and plum. Flowering typically occurs from February 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. The petroglyph panels, which include images of anthropomorphs and bighorn sheep, are located along Highway 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 Highway 24. This Navajo sandstone feature was named for its resemblance to the US 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 Fruita Cliffs can be viewed from the visitor center. Panorama Point provides scenic vistas.

Fruita Area Map and Guide

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 to 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, Grand Wash, Cassidy Arch, or Cohab Canyon
- Wander through the historic fruit orchards and pick fruit when in season

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.
- ATV/UTV use and 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

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/Showers

Laundry facilities and public showers are available in Torrey.

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.

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. Contact www.capitolreef.org or (800) 858-7951.

Emergencies

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

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