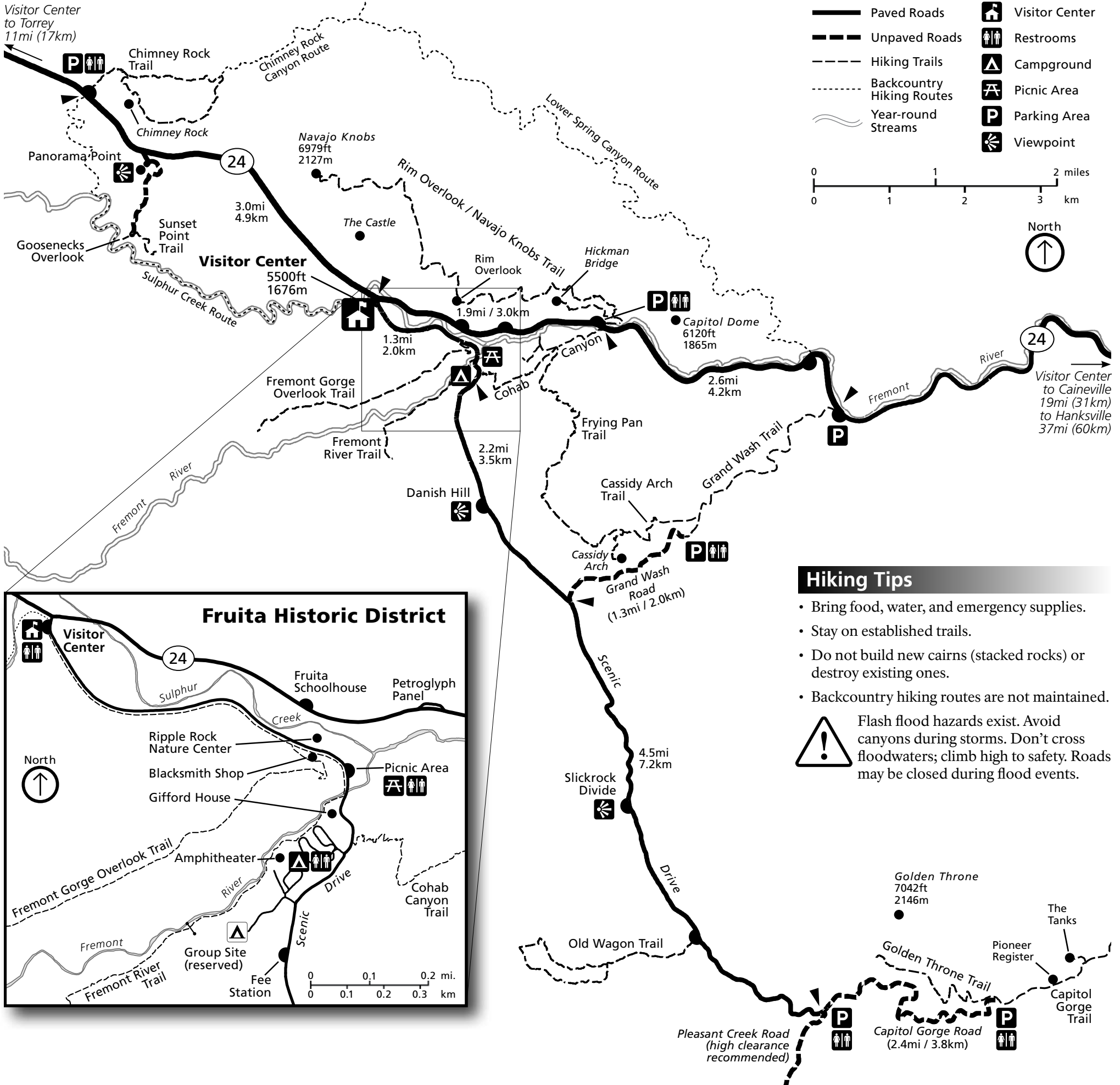




Fruita Area Map and Guide



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.

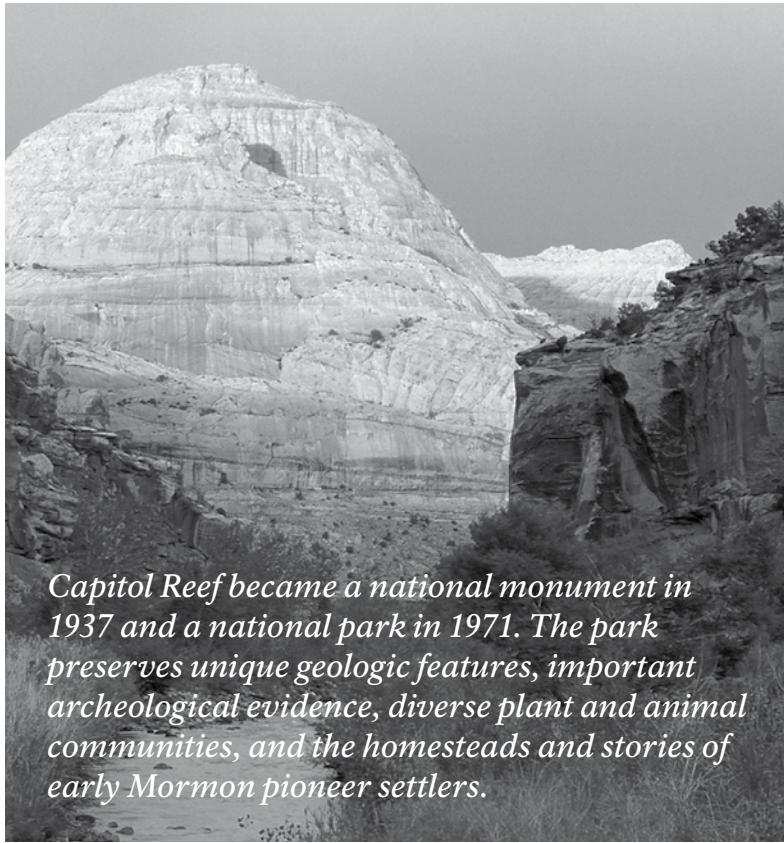
Flash flood hazards exist. Avoid canyons during storms. Don't cross floodwaters; climb high to safety. Roads may be closed during flood events.

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
	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)	pinon-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	

Fruita Area Map and Guide



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 Mormon pioneer settlers.

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

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 Cliffs



Fremont Petroglyphs



Gifford House

Enjoy Your Visit, Protect Your Park

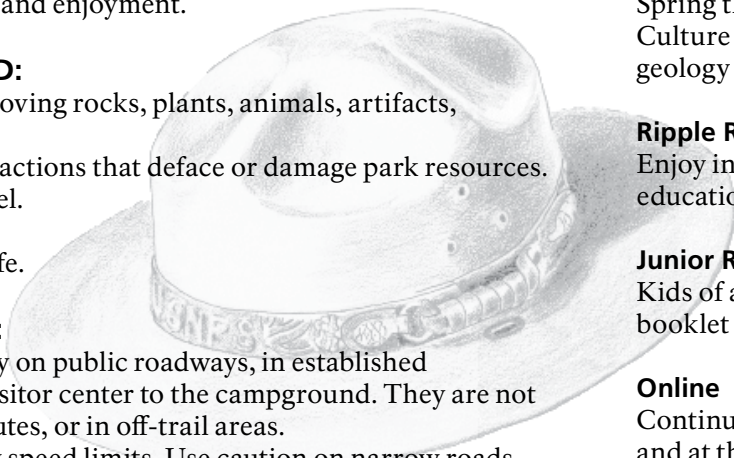
Capitol Reef National Park was established to preserve the natural and cultural resources in this area and to provide for public benefit and enjoyment.

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.



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

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