



Canyonlands

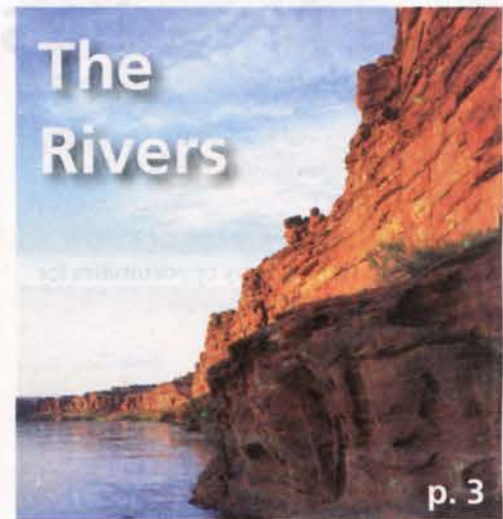
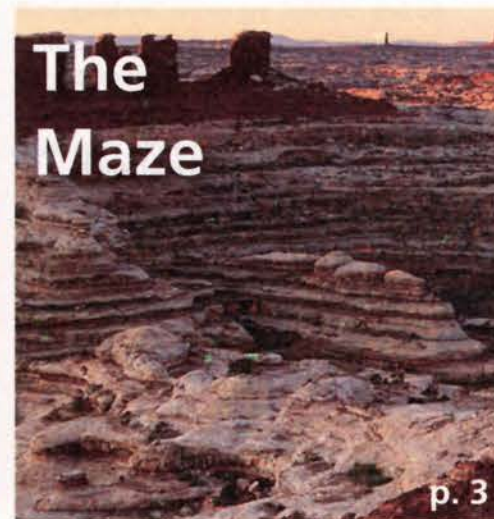
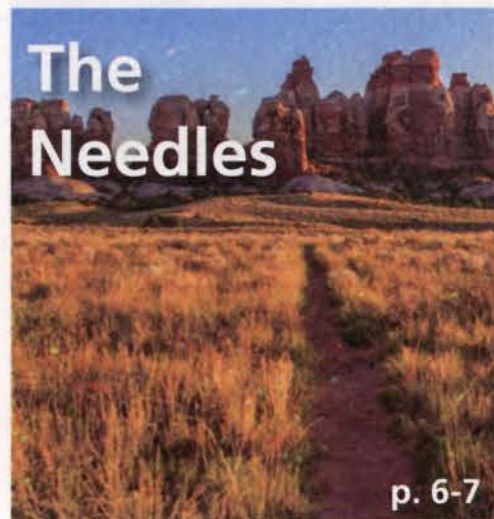
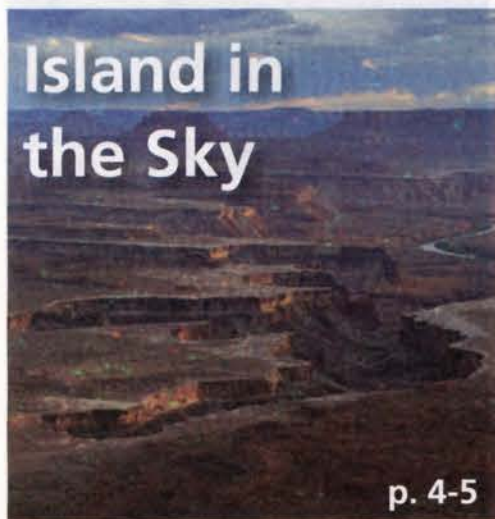


The Milky Way above Grand View Point NPS / RHODES SMARTT

One Park, Four Districts, Endless Possibilities

Canyonlands preserves outstanding natural beauty and human history throughout its four districts, which are divided by the Green and Colorado rivers. **Island in the Sky** is closest to Moab and is the most visited district. **The Needles** is a farther drive, and is great for a day trip or backcountry hiking and backpacking. **The Maze** is the most remote and rugged district, requiring a four-wheel-drive, high-clearance vehicle, and more time. The Maze's Horseshoe Canyon unit contains sacred sites from Indigenous cultures. **The Rivers** separate the other three districts and offer world-class boating opportunities.

While the districts share a primitive desert atmosphere, each has its own character, offering distinct opportunities for exploration and adventure. **There are no roads in the park that directly link the districts.** Traveling between them requires two to six hours by car.



Drink water. It's easy to become dehydrated, even in cold temperatures. Drink at least 1 gallon (4 L) of water per day. You can get water year-round at The Needles and Island in the Sky visitor centers, and seasonally at The Needles Campground.



Walk on hard surfaces, watch your step. Stay on trails to protect fragile living soil crusts and plant and animal habitat, and to reduce your risk of getting lost or falling. Do not cross wood or rock at trail edges.



The sun is intense, and shade is rare. Avoid exertion during peak heat (>90°F / 32°C). Protect yourself with sunscreen, sunglasses, and a hat.



Do not rely on cell service at Canyonlands. Much of the park is outside cell phone range. You may find service where the La Sal Mountains are visible, but availability will vary by provider.



Keep off the arches. It's prohibited—and dangerous—to climb or walk on any arch in the park.



Pets are not allowed on trails. Activities with pets are limited in the park. See page 8 for details on where you can bring your pet.



Respect nature. Leave plants, rocks, and artifacts where you see them. Do not feed, chase, or disturb animals.



Preserve natural darkness. Using artificial light sources to illuminate features for photography at night is prohibited.



Leave the rocks as you see them. Carving, scratching, or chalking marks onto rocks is illegal and causes irreparable damage.



Find your way. Cairns (small rock piles) mark routes. Don't build your own; they could mislead other hikers. If you get lost, stay where you are, and wait for rescue.



Leave drones at home. Launching, landing, or operating remotely piloted aircrafts (such as model airplanes, quadcopters, or drones) is prohibited.



Do not use ATVs. It's prohibited to use any type of ATV or OHV. There are many roads outside the park where you can use ATVs and OHVs.

Island in the Sky

435-259-4712 go.nps.gov/isky

The Island in the Sky mesa rests on sheer sandstone cliffs over 1,000 feet above the surrounding terrain. Each overlook offers a different perspective on the park's spectacular landscape. If you're short on time, Island in the Sky is the easiest district to visit. Many pullouts along the paved scenic drive offer spectacular views. Hiking trails and four-wheel-drive roads access backcountry areas for day or overnight trips.

THE BASICS

- The visitor center is open year-round, with shortened hours in winter. You'll find exhibits, book and map sales, backcountry permits, and general information.
- Drinking water is available spring through fall outside the visitor center and year-round inside.
- You can watch the 15-minute orientation movie *Wilderness of Rock* at the visitor center.
- There are toilets at the visitor center, campground, Grand View Point, Green River Overlook, Mesa Arch, Upheaval Dome, Murphy Point Trailhead and White Rim Overlook. The visitor center toilets are wheelchair accessible.
- The campground has 12 sites, first-come, first-served. No water. No hookups. Nightly fee is \$15 per site.

DIRECTIONS

On US 191, drive 10 miles (16 km) north of Moab or 22 miles (35 km) south of Interstate 70 (Crescent Junction), then take UT 313 southwest for 22 miles (35 km). Drive time from Moab is roughly 40 min. to the visitor center, or 60 min. to Grand View Point.

SCENIC DRIVE

You can tour the entire mesa top via the 34-mile roundtrip scenic drive. If you're looking for a written guide, you can purchase *The Road Guide to Canyonlands - Island in the Sky District* at the visitor center. You can also purchase or rent a self-guiding driving tour CD. Grand View Point, Green River Overlook, and Buck Canyon Overlook are accessible to wheelchairs. There are picnic areas at White Rim Overlook, Upheaval Dome, and the visitor center.

LEARN ABOUT THE PARK

We may offer ranger programs at various times, spring through fall. Check at the visitor center or campground for locations, times, and topics.

FOR KIDS

Kids can ask for a junior ranger book at the visitor center. For hiking, kids enjoy visiting Mesa Arch and climbing the back of the whale at Whale Rock. Use caution as there are unfenced overlooks and steep drop-offs on both of these trails.

PLAN YOUR VISIT

First, stop at the visitor center for current information on trails, roads, ranger programs, weather, or to watch the park movie.

In 2 hours you can: Drive to Grand View Point or Green River Overlook. Hike to Mesa Arch.

In 4 hours you can: Drive to Grand View Point, Green River Overlook, and Upheaval Dome. Hike the Grand View Point, Mesa Arch, and Upheaval Dome Overlook trails.

In 8 hours you can: Visit every overlook. Hike several mesa top trails or one of the more strenuous trails descending to the White Rim. Enjoy lunch on the trail, or picnic at White Rim Overlook or Upheaval Dome picnic areas.

Sunrise and Sunset: Visit Mesa Arch at dawn. Visit Green River Overlook or Grand View Point at dusk for incredible views of sunset over the canyons. Hike to the top of Aztec Butte or Whale Rock for a spectacular view of Island in the Sky and surrounding countryside.



Candlestick Tower at dusk NPS

The Needles

435-259-4711 go.nps.gov/theneedles

The Needles forms the southeast corner of Canyonlands and was named for the colorful spires of Cedar Mesa Sandstone that dominate the area. The district's extensive trail system provides many opportunities for long day hikes and overnight trips.

THE BASICS

- The visitor center is open daily, spring through fall. The visitor center is closed in winter. You'll find exhibits, book and map sales, general information, and picnic areas.
- Drinking water is available year-round at the visitor center and spring through fall at the campground.
- You can watch the 15-minute orientation movie, *Wilderness of Rock*, at the visitor center.
- There are restrooms with running water at the visitor center year-round, and spring through fall at the campground. There are toilets at Elephant Hill trailhead.
- The campground has 26 sites available, some sites are available for reservation, and other sites are first-come, first-served. No hookups. Nightly fee is \$20 per site. Group campsites are also available; fees vary.

DIRECTIONS

On US 191, drive 40 miles (64 km) south of Moab or 14 miles (22 km) north of Monticello, then take UT 211 roughly 35 miles (56 km) west. Highway 211 ends in The Needles, and is the only paved road leading in and out of the area.

SCENIC DRIVE

The scenic drive continues 6.5 miles past the visitor center, ending at Big Spring Canyon Overlook. There are several pullouts for short hiking trails, viewpoints, and a picnic area. Graded gravel roads lead to Cave Spring and the Elephant Hill trailhead. Get some of the best views of The Needles on the graded Elephant Hill access road (about one mile from the pavement).

LEARN ABOUT THE PARK

- Take a self-guiding trail at Cave Spring, Pothole Point, Stone Storehouse, and Slickrock.
- In spring and fall, rangers may present programs at various locations and times. Check at the visitor center for details.

FOR KIDS

Kids can ask for a junior ranger book at the visitor center. The Cave Spring and Pothole Point trails are both popular hikes with kids.

PLAN YOUR VISIT

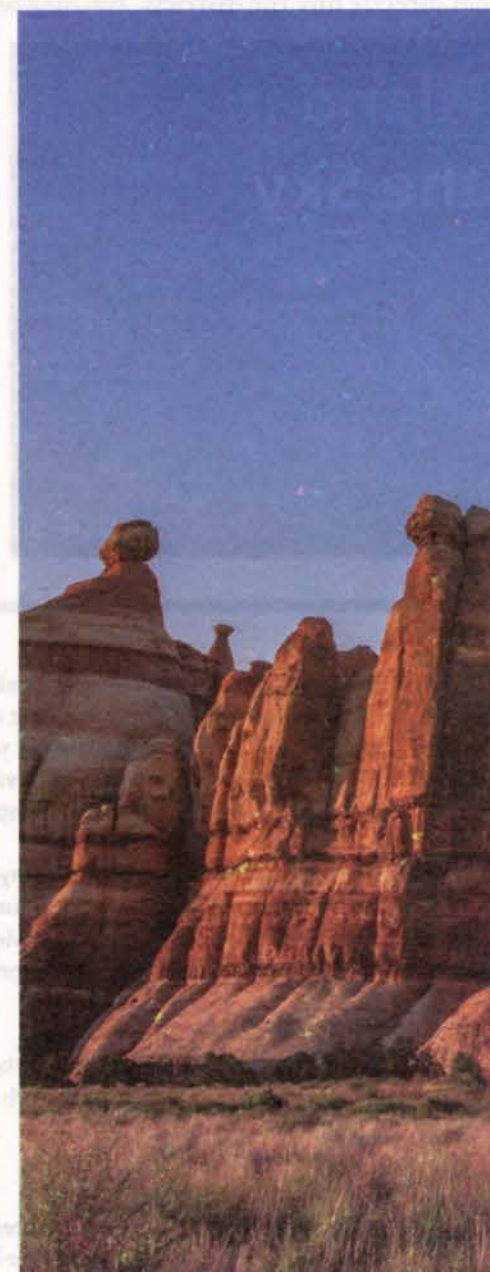
First, stop at the visitor center for current information on trails, roads, ranger programs, weather, or to watch the park movie.

In 2 hours you can: Drive to Big Spring Canyon Overlook, and hike the Pothole Point trail along the way.

In 4 hours you can: Explore the scenic drive and graded dirt roads. Hike the Cave Spring, Pothole Point, and Stone Storehouse trails, or the longer Slickrock trail.

In 8 hours you can: After exploring the scenic drive, hike to Chesler Park Viewpoint or around the Big Spring-Wooden Shoe Canyon loop. Enjoy lunch on the trail.

Sunrise and Sunset: Sunrise is spectacular from the campground area, especially along the short trail between loops A and B. Visit Pothole Point or Wooden Shoe Arch Overlook to watch the glow of sunset wash over The Needles.



Chesler Park spires NPS / EMILY OGDEN

The Maze

go.nps.gov/themaze

The Maze is remote, and all roads are unpaved. You'll need a four-wheel-drive vehicle, more time, and a greater degree of self-sufficiency to visit The Maze. Your trip may take anywhere from three days to a week or more.

VISITOR SERVICES

Hans Flat Ranger Station is open daily year-round. It has a small sales area with books and maps. There are no services, food, gas, or potable water sources in The Maze. These are located in Hanksville, 68 miles (109 km), or Green River, 86 miles (138 km) away.

BACKCOUNTRY TRAVEL

Trails in The Maze are primitive. Many canyons look alike and are difficult to identify without a topographic map. You must have a permit for all overnight trips. Backpackers stay in at-large zones. Backcountry vehicle campers and mountain bikers stay in designated sites and must provide their own toilet systems.



NPS / VERONICA VERDIN

HORSESHOE CANYON

Horseshoe Canyon contains several intriguing pictograph panels, including "The Great Gallery," which features remarkable life-sized figures and intricate designs. To visit every panel, plan on a strenuous roundtrip hike of seven miles. A trip to Horseshoe Canyon usually requires a full day.

go.nps.gov/horseshoecanyon



QUESTIONS?

For the most up-to-date information on road and trail conditions at The Maze, call Hans Flat Ranger Station 435-719-2218.

The Rivers

go.nps.gov/canyrivers

The Colorado and Green rivers wind through the heart of Canyonlands, cutting through layers of sandstone to form two deep canyons. The calm waters of these two rivers join at The Confluence. Below The Confluence, the combined rivers' flow spills down Cataract Canyon with remarkable speed and power, creating a world-class stretch of white water.



NPS / NEAL HERBERT

You can take a flatwater trip down either of the rivers as far as The Confluence or Spanish Bottom. There are no rapids above The Confluence in the park, making it an ideal trip for canoes, sea kayaks, and other calm-water boats. Below Spanish Bottom, Cataract Canyon contains 14 miles of rapids ranging in difficulty from Class II to V. This is a hazardous and isolated section of the Colorado River, and you should not attempt it unless you're an experienced boater. There are no facilities or potable water sources along the rivers in Canyonlands. Your river trip must be self-sufficient, and you must carry a cleanable, reusable toilet system.

PERMITS

You must have a permit for all overnight and one-day river trips in Canyonlands. Get your permit online at go.nps.gov/canybackcountry. We do not restrict launch dates. Maximum group size is 40 people, though to preserve the wilderness character of the river we recommend limiting your group size to 16. For more boating information, visit go.nps.gov/canyrivers.

Backcountry Permits

Much of Canyonlands is managed for its primitive character, so the park is a popular destination for backcountry travel. Hundreds of miles of rugged trails and roads wind through the park.

You need a permit for these activities:

- all overnight trips, including backpacking, four-wheel-drive camping, mountain bike or e-bike camping, and river trips;
- day trips using four-wheel drive, motorcycles, and mountain bikes or e-bikes on Elephant Hill, Peekaboo/Horse Canyon, and Lavender Canyon roads in The Needles, and the White Rim Road at Island in the Sky;
- day river trips and all packrafting trips on the river.



NPS / NEAL HERBERT

We recommend using a topographic map when planning your trip and while in the backcountry.

GETTING A PERMIT

You can check permit availability and make reservations online at Recreation.gov. Fees and group size limits apply.

White Rim trips and Needles backpacking trips in spring and fall fill up very quickly. You can get overnight permits up to four months in advance of each season. Get day-use permits the day before or day of your trip.

Campsites or permits not reserved in advance may be available first-come, first-served at park visitor centers and the Backcountry Permit Office in Moab (8 am to 4 pm).



QUESTIONS?

You can best reach the Backcountry Permit Office by email at canyres@nps.gov. Phones are answered Monday-Friday, 8 am to noon mountain time, (and if workload permits, until 4 pm), at 435-259-4351. The office is closed on weekends and holidays.

Visit our website for links to permits, trip planning, regulations and more:



go.nps.gov/canybackcountry

Be a Steward

Whether you plan to camp, hike, or visit for the day, you can be a steward of this landscape. Every person here can help protect the awe-inspiring natural and cultural resources of this park, so that future generations may enjoy them as we do today.

WATCH YOUR STEP

Biological soil crusts are delicate, and no match for footprints. Mature crusts are notable with black, knobby surfaces. Younger soil crusts may not be as obvious, looking like bare earth. Protect crusts by hiking only on trails, bare rock, or in sandy washes.



VISIT WITH RESPECT

Cultural sites are priceless and irreplaceable. Please keep your distance from archeological sites and leave any artifacts where they lie. Never touch pictographs and petroglyphs as oils from human skin will destroy them. Never enter buildings or structures.



RESPECT WILDLIFE

Do not feed or chase wild animals. Observe them quietly from a distance. Secure all food and trash so clever ravens can't get into it.



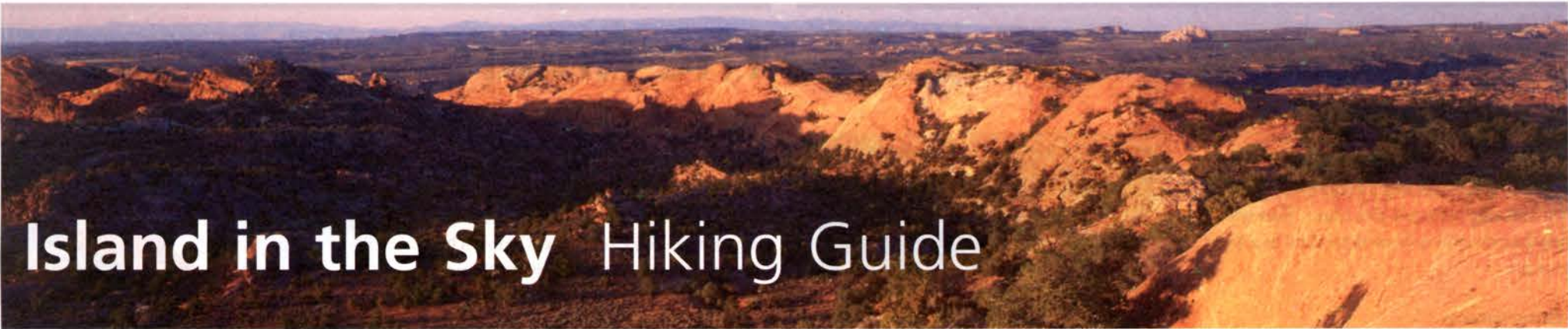
LEAVE NO TRACE

The Seven Principles of Leave No Trace are helpful guidelines to minimize your impact anywhere you visit:

- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimize Campfire Impacts
- Respect Wildlife
- Be Considerate of Other Visitors



NPS / NEAL HERBERT



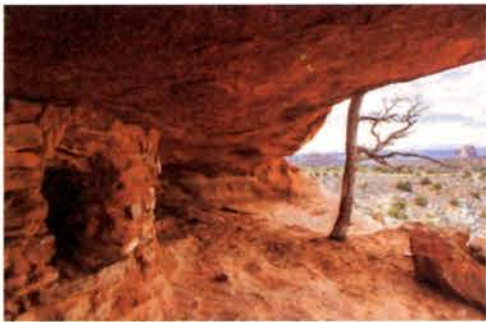
Island in the Sky Hiking Guide

Several short trails explore the Island in the Sky mesa top with minimal elevation change. Moderate trails involve elevation, such as climbing a sandstone feature or descending partway into a canyon. Long trails begin on the mesa top and descend via switchbacks to the White Rim, or beyond to one of the rivers. These are considered strenuous, with an elevation change of 1,000-2,000 feet (304-609 m). They require negotiating steep slopes of loose rock as well as sections of deep sand.

Trails are marked with cairns (small rock piles). Do not disturb existing cairns or build new ones. There are signs at trailheads and intersections. All trails leading below the mesa top are primitive and rough. There is no potable water along any of the hiking trails. You can get water at the visitor center spring through fall outside, and year-round inside.



Green River Overlook
NPS / RHODES SMARTT



Aztec Butte Structures
NPS / AVA GOETZ

Atop Whale Rock NPS

Trail		Distance (roundtrip)	Time	Elevation Change	Description
Easy - Mesa Top					
Mesa Arch	♂♂	0.6 mi (1 km)	30 min	56 ft (17 m)	A short hike leads to a cliff-edge arch. Mesa Arch is a classic sunrise spot, and has stunning views towards the La Sal Mountains any time of day.
White Rim Overlook	♂♂	1.8 mi (2.9 km)	1.5 hrs	159 ft (49 m)	Walk to an east-facing overlook for views of the Colorado River, Monument Basin, and La Sal Mountains. Best in late afternoon. <i>Very limited trailhead parking. Hikers may not park off pavement or in picnic area.</i>
Grand View Point	♂♂	1.8 mi (2.9 km)	1.5 hrs	73 ft (22 m)	A stunning out-and-back trail, this walk showcases spectacular panoramic views as it follows the canyon edge.
Murphy Point		3.4 mi (5.5 km)	2 hrs	142 ft (43 m)	This longer hike leads past a historic corral on the mesa top. The trail ends with panoramic views of Candlestick Tower, the Green River, and the White Rim Road.
Moderate - Mesa Top					
Upheaval Dome to first overlook	♂♂	0.6 mi (1 km)	1 hr	115 ft (35 m)	A short but steep trail leads to a clear view into Upheaval Dome. Exhibits at the end of the trail discuss this unique geologic feature.
to second overlook		1.2 mi (1.9 km)	1.5 hrs	114 ft (35 m)	This trail splits off from the first overlook trail, following cairns to more views of Upheaval Dome and Upheaval Canyon.
Whale Rock		0.8 mi (1.3 km)	1 hr	141 ft (43 m)	This trail leads up the side of a sandstone dome, ending with broad views of the Island in the Sky. Be careful: steep drop-offs.
Aztec Butte		1.4 mi (2.3 km)	1.5 hrs	222 ft (68 m)	The trail follows a sandy wash, then splits. The eastern fork to your right ascends Aztec Butte for spectacular views. The western fork on the left climbs the smaller butte then drops below the rim to two ancient Indigenous structures. Both trails require scrambling up slickrock and ledges. <i>Entering, touching, or climbing on cultural sites is strictly prohibited. View structures from a distance to protect fragile walls.</i>
Neck Spring		5.6 mi (9 km)	3 - 4 hrs	418 ft (127 m)	A walk back in time, this loop trail passes historic ranching features and two springs where cowboys watered cattle. With minor elevation changes, this trail is a great way to see some varied plant life.
Strenuous - Mesa Top to White Rim					
Gooseberry	♂♂	4.6 mi (7.4 km)	4 - 6 hrs	1,529 ft (466 m)	Island in the Sky's steepest trail rapidly descends 1,400 feet (427 m) to the White Rim bench. Rough switchbacks cross sheer cliffs and scree slopes. Step carefully, and don't forget to look up to take in the view.
Syncline Loop	♂♂	8.1 mi (13 km)	5 - 7 hrs	1,516 ft (462 m)	This challenging trail follows the canyons around Upheaval Dome and requires navigating steep switchbacks, climbing and scrambling through boulder fields, and a 1,300-foot (396 m) elevation change. Most park rescues occur on this trail. Carry a map, extra gallons of water, and a flashlight. Hike this trail clockwise for more afternoon shade.
Murphy Loop	♂♂	10.8 mi (17.4 km)	5 - 7 hrs	1,448 ft (441 m)	A great full-day hike, this trail drops off the side of the mesa top for a 1,400-foot (427 m) elevation change. The trail offers vast views from the Murphy Hogback, then returns up a wash.
Alcove Spring		11.2 mi (18 km)	6 - 7 hrs	1,455 ft (444 m)	After descending 1,300 feet (396 m) past a large alcove, the trail meanders in a wide canyon to the base of the notable Moses and Zeus towers.
Wilhite		11.4 mi (18.3 km)	6 - 8 hrs	1,693 ft (516 m)	A primitive trail with steep switchbacks drops 1,600 feet (488 m) into a long, sandy wash. Follow the wash to the White Rim Road. No shade.
Lathrop to Canyon Rim		5 mi (8 km)	2 - 3 hrs	158 ft (48 m)	Trail crosses open grasslands, ending in spectacular views of Airport Tower & the Colorado River.
to White Rim Road		11.8 mi (19 km)	5 - 7 hrs	1,721 ft (525 m)	Trail crosses open grassland, then drops 1,600 feet (488 m) into the canyon below. Enjoy views of the La Sal Mountains and fanciful sandstone knobs on this varied and challenging hike to the White Rim.
Trails along the White Rim Road - These trails are not accessible from the Mesa Top.					
Gooseneck Overlook		0.6 mi (1 km)	30 min	98 ft (30 m)	Along White Rim Road. This short walk ends abruptly at an overlook of a meandering gooseneck bend in the Colorado River. Note the rock layers distorted by salt pushing up from below.
Fort Bottom Trail		3.4 mi (5.5 km)	2 hrs	418 ft (128 m)	Along White Rim Road. Exposed trail crosses a narrow mesa to a high point in a bend of the Green River. A stone masonry structure marks the historic home of ancient Indigenous people. <i>Entering, touching, or climbing on cultural sites is strictly prohibited. View structures from a distance to protect fragile walls.</i>
Moses and Zeus		1.3 mi (2 km)	1 hr	717 ft (219 m)	Along Taylor Canyon Road. Trail ascends 500 feet (152 m) to the base of prominent sandstone spires. No need to climb the technical routes on Moses and Zeus towers to enjoy stunning views of Taylor Canyon.

♂♂ Toilet at trailhead (no water)

Island in the Sky Hiking Map

Paved road/
Pull out

Unpaved
2-wheel-drive road

High-clearance,
4-wheel-drive road

Hiking Trail

At-large
Backpacking Zone

Name

Name of
Backpacking Zone

Boat Launch

Ranger Station

Picnic Area

Developed Campground

Backcountry Vehicle Camp

Designated Backpacking Site

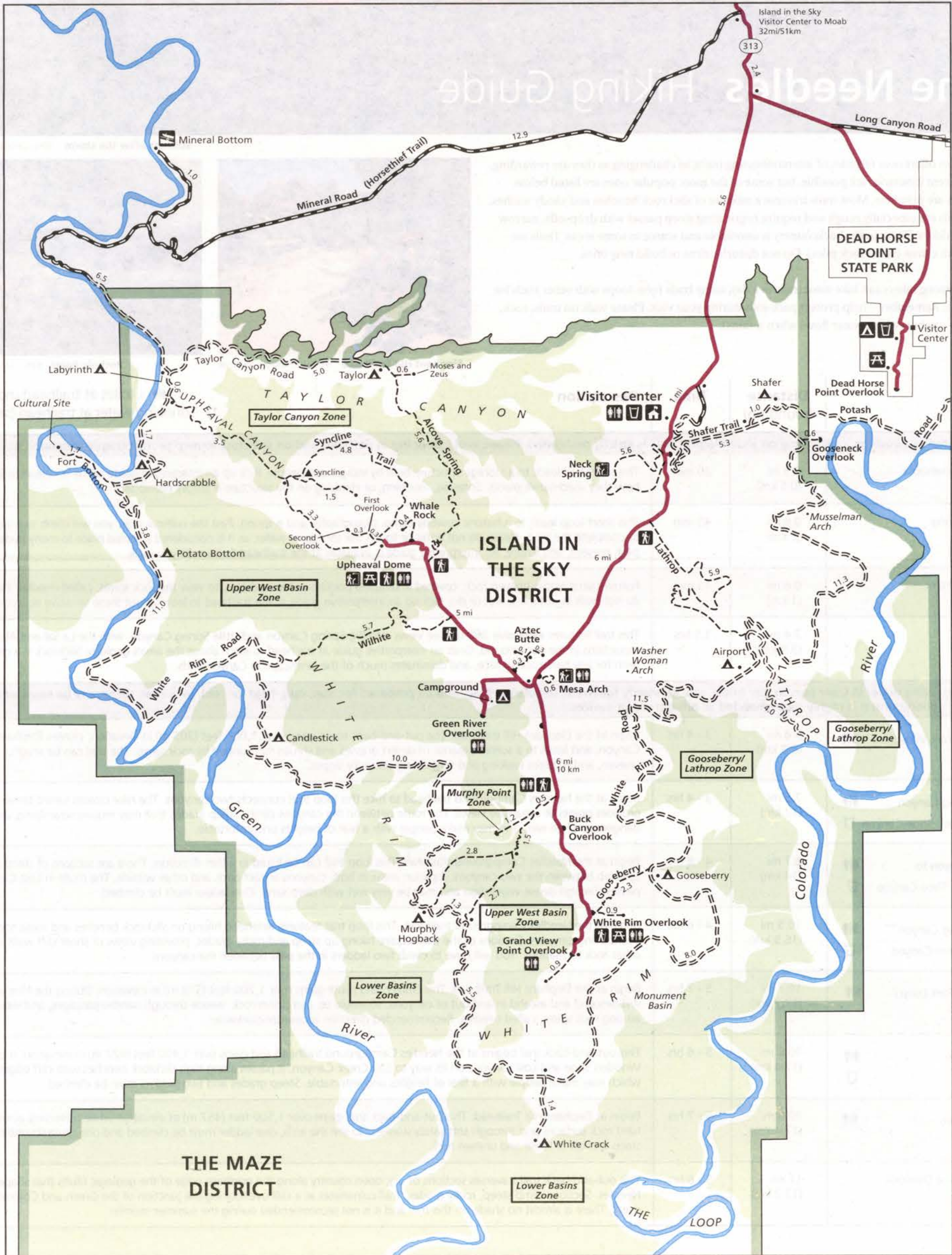
Drinking Water Available

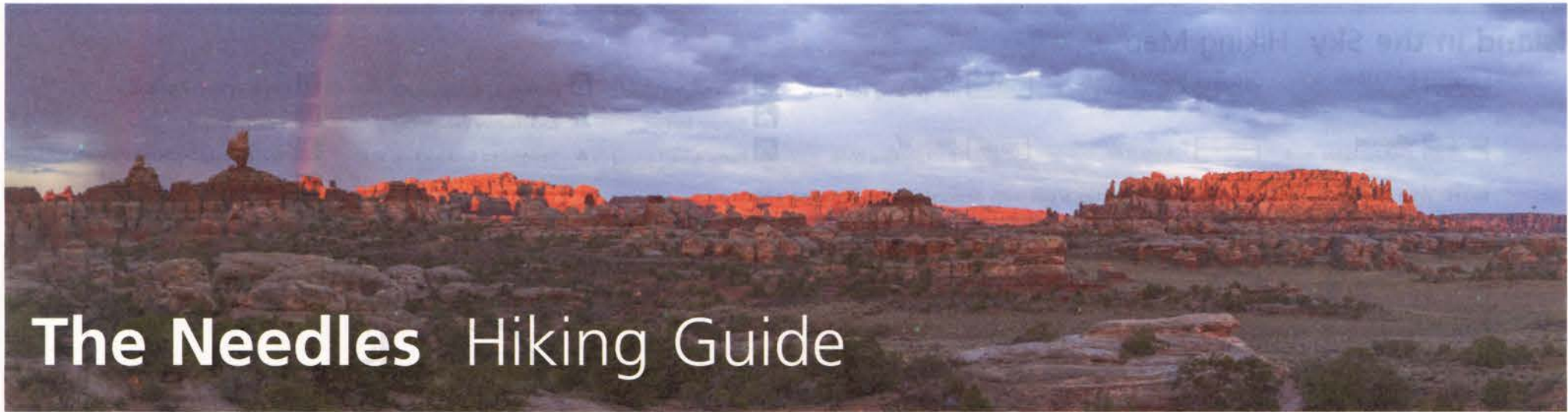
Self-guiding Trail

Backcountry Trailhead Parking

Toilet

NOTE: White shading within Canyonlands indicates areas with designated site camping only.





The Needles Hiking Guide

The Needles offers over 60 miles of interconnecting trails, as challenging as they are rewarding. Many different itineraries are possible, but some of the more popular ones are listed below. Conditions are primitive. Most trails traverse a mixture of slickrock benches and sandy washes. Longer trails are especially rough and require negotiating steep passes with drop-offs, narrow spots, or ladders. Water in the backcountry is unreliable and scarce in some areas. Trails are marked with cairns (small rock piles). Do not disturb cairns or build new ones.

Although strong hikers can hike most trails in a day, many trails form loops with other trails for longer trips. Remember—help protect park soils during your visit. Please walk on trails, rock, or in sandy washes (where water flows when it rains).



Elephant Hill Trailhead NPS / VERONICA VERDIN



Pothole Point NPS / EMILY OGDEN

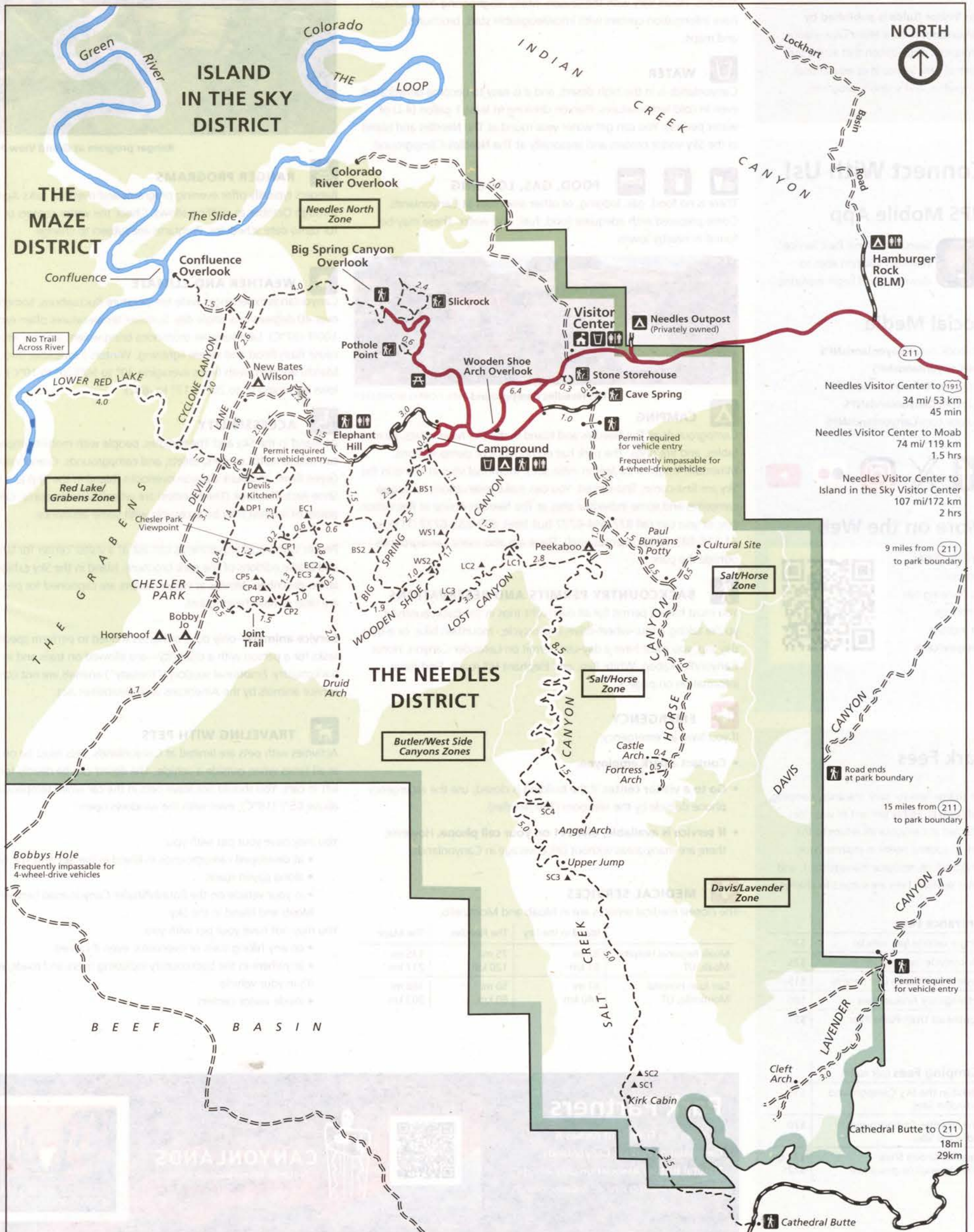
Trail	Distance (roundtrip)	Time	Description
Short: entering, touching, or climbing on archeological sites is strictly prohibited. Please avoid stepping in potholes and on soil crust to help protect fragile communities.			
Stone Storehouse	0.3 mi (0.5 km)	20 min	This short trail leads to a storage structure built by Indigenous people. Pick up an interpretive guide at the trailhead to learn how they used native plants. Entering, touching, or climbing on the structure is strictly prohibited.
Cave Spring	0.6 mi (1 km)	45 min	This short loop leads to a historic cowboy camp, pictographs, and a spring. Past the cultural sites, you will climb two ladders to complete the loop. Please do not enter or touch the springs or water, as it is considered a sacred place to many people past, present, and future. An interpretive guide is available at the trailhead to learn as you walk.
Pothole Point	0.6 mi (1 km)	45 min	Follow cairns across uneven rock, covered in dimpled pockets called potholes, to view the rock spires, called needles. Please do not walk in potholes, wet or dry. Pick up an interpretive guide at the trailhead to learn about these sensitive ecosystems.
Slickrock	2.4 mi (3.9 km)	1.5 hrs	This trail features expansive 360-degree views into Big Spring Canyon and Little Spring Canyon, with the La Sal and Abajo mountains in the background. Grab an interpretive guide at trailhead to learn about the area's geology. Slickrock is a general term for any bare rock surface, and dominates much of the landscape in Canyonlands.
Strenuous: bring water (1 L per person, per hour), snacks, sturdy footwear, headlamp, map, and be prepared for sun, rain, heat, or cold. In winter, there may be snow or icy conditions; it is highly recommended to bring traction devices.			
Chesler Park Viewpoint 	5.8 mi (9.3 km)	3 - 4 hrs	Begin at the Elephant Hill trailhead. The out-and-back route gains over 1,000 feet (305 m) in elevation, crosses Elephant Canyon, and leads to a scenic expanse of desert grasses and shrubs surrounded by rock spires. The trail can be rough, uneven, and requires walking and scrambling on rocky slopes.
Big Spring Canyon to Wooden Shoe Canyon 	7.5 mi (12 km)	3 - 4 hrs	Begin at the Needles Campground trailhead to hike this loop that connects two canyons. The hike crosses varied terrain and provides points of expansive views. The route between the canyons climbs steep grades that may require scrambling, are dangerous when wet, and may make people with a fear of heights uncomfortable.
Lost Canyon to Wooden Shoe Canyon 	8.7 mi (14 km)	4 - 6 hrs	Begin at the Needles Campground trailhead. This loop trail can be hiked in either direction. There are sections of steep grade to climb between the two canyons. Riparian areas in both canyons attract birds and other wildlife. The route in Lost Canyon passes through dense vegetation and may be very wet with deep sand. One ladder must be climbed.
Big Spring Canyon to Elephant Canyon 	10.5 mi (16.9 km)	4 - 6 hrs	Begin at the Needles Campground trailhead. This loop trail features extended hiking on slickrock benches and mesa tops overlooking canyons. Sections of the trail require hiking up steep and rocky grades, providing views of sheer cliff walls and other rock formations. You will have to climb two ladders in the pass between the canyons.
Chesler Park Loop / Joint Trail 	10.7 mi (17.2 km)	5 - 7 hrs	Begin at the Elephant Hill Trailhead. This challenging route gains over 1,700 feet (518 m) in elevation. During the hike you will descend and ascend in and out of canyons, scramble up and down rock, weave through narrow passages, and walk among rock spires, called needles. Recommended direction is counter-clockwise.
Peekaboo  	10.8 mi (17.4 km)	5 - 6 hrs	This out-and-back trail begins at the Needles Campground trailhead and gains over 1,400 feet (427 m) in elevation. It crosses Wooden Shoe and Lost canyons on its way to Salt Creek Canyon. It passes along high slickrock benches with cliff edges, which may make people with a fear of heights uncomfortable. Steep grades and two ladders must be climbed.
Druid Arch 	10.8 mi (17.4 km)	5 - 7 hrs	Begin at Elephant Hill Trailhead. This out-and-back trail gains over 1,500 feet (457 m) of elevation while traversing across hard rock surfaces and through soft sandy washes. To see the arch, one ladder must be climbed and one must scramble a steep section of loose and uneven rock.
Confluence Overlook	11 mi (17.7 km)	5 - 6 hrs	This out-and-back trail traverses sections of dry, open country along the northern edge of the geologic faults that shaped The Needles. Sections climb steep, rocky grades. Trail culminates at a cliff overlooking the junction of the Green and Colorado rivers. There is almost no shade on this trail and it is not recommended during the summer months.

 - toilet at trailhead (no water)
 - drinking water at trailhead (seasonal)

The Needles Hiking Map

Overlook/ Paved road	High-clearance, 4-wheel-drive road	Rapids	Ranger Station	Developed Campground	Self-guiding Trail
Unpaved 2-wheel-drive road	Locked Gate	At-large Backpacking Zone	Picnic Area	Backcountry Vehicle Camp	Backcountry Trailhead Parking
Hiking Trail	Name of Backpacking Zone	Drinking Water	Designated Backpacking Site	Toilet	

NOTE: White shading within Canyonlands indicates areas with designated site camping only.



Canyonlands National Park

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phone 435-719-2313

Visitor Guide 2025 Volume 1

This Visitor Guide is published by Canyonlands Natural History Association, a nonprofit organization that assists the National Park Service in its educational, interpretive, and scientific programs.

Connect With Us!

NPS Mobile App



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More on the Web

Explore articles, resources, trip planning tips & more on our website:
nps.gov/cany



Park Fees

We charge fees for park entrance, camping, and permits. Eighty percent of your fees collected at Canyonlands return to the park to address needs in maintenance, infrastructure, resource management, and visitor services. Fees are subject to change.

Entrance Fees

Single vehicle (per vehicle)	\$30
Motorcycle (per vehicle)	\$25
Pedestrian/Bicycle (per person)	\$15
Interagency Annual Pass	\$80
Southeast Utah Parks Pass	\$55

Camping Fees (per night)

Island in the Sky Campground Individual Sites	\$15
The Needles Campground Individual Sites	\$20
Needles Group Sites price depends on group size	\$70 to \$225

General Information



INFORMATION CENTERS

Canyonlands National Park operates visitor centers year-round at Island in the Sky and Hans Flat (The Maze), and spring through fall at The Needles. Hours vary with the season. Many neighboring communities have information centers with knowledgeable staff, brochures, and maps.



WATER

Canyonlands is in the high desert, and it is easy to become dehydrated, even in cold temperatures. Plan on drinking at least 1 gallon (4 L) of water per day. You can get water year-round at The Needles and Island in the Sky visitor centers and seasonally at The Needles Campground.



FOOD, GAS, LODGING

There is no food, gas, lodging, or other amenities at Canyonlands. Come prepared with adequate food, fuel, and water. These may be found in nearby towns.



The Needles Campground NPS / CHRIS WONDERLY



CAMPING

Campgrounds at The Needles and Island in the Sky have toilets, picnic tables, and fire rings. The park has no hookups or dump stations. Maximum length is 28 feet in most sites. Individual sites at Island in the Sky are first-come, first-served. You can make reservations for group campsites and some individual sites at The Needles online at Recreation.gov, or you can call 877-444-6777 (toll free), 877-833-6777 (TTY), or +1 518-885-3639 (international). There are also many campgrounds outside the park.



BACKCOUNTRY PERMITS AND RESERVATIONS

You must have a permit for all overnight trips in the backcountry. If you're taking a four-wheel-drive, motorcycle, mountain bike, or e-bike day trip, you must have a day-use permit on Lavender Canyon, Horse Canyon/Pekaboo, White Rim, and Elephant Hill roads. Find more information on page 3.



EMERGENCY

If you have an emergency:

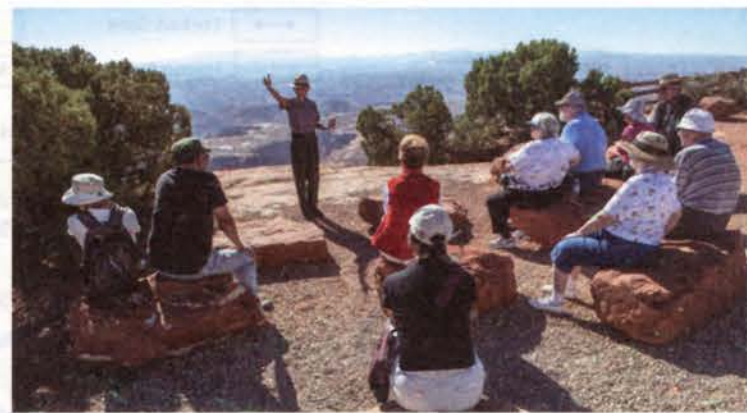
- **Contact a park employee.**
- **Go to a visitor center.** If the building is closed, use the emergency phone outside by the restroom (The Needles).
- **If service is available, dial 911 on your cell phone.** However, there are many areas without cell coverage in Canyonlands.



MEDICAL SERVICES

The closest medical services are in Moab and Monticello.

	Island in the Sky	The Needles	The Maze
Moab Regional Hospital Moab, UT	32 mi 51 km	75 mi 120 km	135 mi 217 km
San Juan Hospital Monticello, UT	87 mi 140 km	50 mi 80 km	188 mi 303 km



Ranger program at Grand View Point NPS



RANGER PROGRAMS

Rangers typically offer evening programs and overlook talks April through October as staffing allows. Check the visitor centers or website for up to date schedules. Programs are subject to change.



WEATHER AND CLIMATE

Canyonlands experiences wide temperature fluctuations, sometimes over 40 degrees in a single day. Summer temperatures often exceed 100°F (37°C). Late summer monsoons bring violent storms, which may cause flash flood and severe lightning. Winters (November through March) are cold, with highs averaging 30° to 50°F (0° to 10°C), and lows averaging 0° to 20°F (-17° to -6°C).



ACCESSIBILITY

At Island in the Sky and The Needles, people with mobility impairments can access visitor centers, toilets, and campgrounds. Grand View Point, Green River, and Buck Canyon overlooks (Island in the Sky) and Wooden Shoe Arch Overlook (The Needles) are wheelchair accessible. Other points of interest may be accessible with some assistance.

People with visual impairments can ask at a visitor center for large-print and braille editions of the park brochure. Island in the Sky exhibits are audio-described. Movies at visitor centers are captioned for people who are deaf or have hearing loss.

Service animals—only dogs or horses trained to perform specific tasks for a person with a disability—are allowed on trails and in the backcountry. Emotional support ("therapy") animals are not considered service animals by the Americans with Disabilities Act.



TRAVELING WITH PETS

Activities with pets are limited at Canyonlands. Pets must be on a leash at all times when outside a vehicle. The desert can be deadly for pets left in cars. You should not leave pets in the car when temperatures are above 65°F (18°C), even with the windows open.

You may have your pet with you:

- at developed campgrounds in Island in the Sky and The Needles
- along paved roads
- in your vehicle on the Potash/Shaffer Canyon road between Moab and Island in the Sky

You may not have your pet with you:

- on any hiking trails or overlooks, even if carried
- anywhere in the backcountry including rivers and roads, even if it's in your vehicle
- inside visitor centers

Park Partners

Partners like Friends of Arches & Canyonlands Parks & Canyonlands Natural History Association play a huge role in supporting Arches & Canyonlands.



CANYONLANDS
Natural History Association

