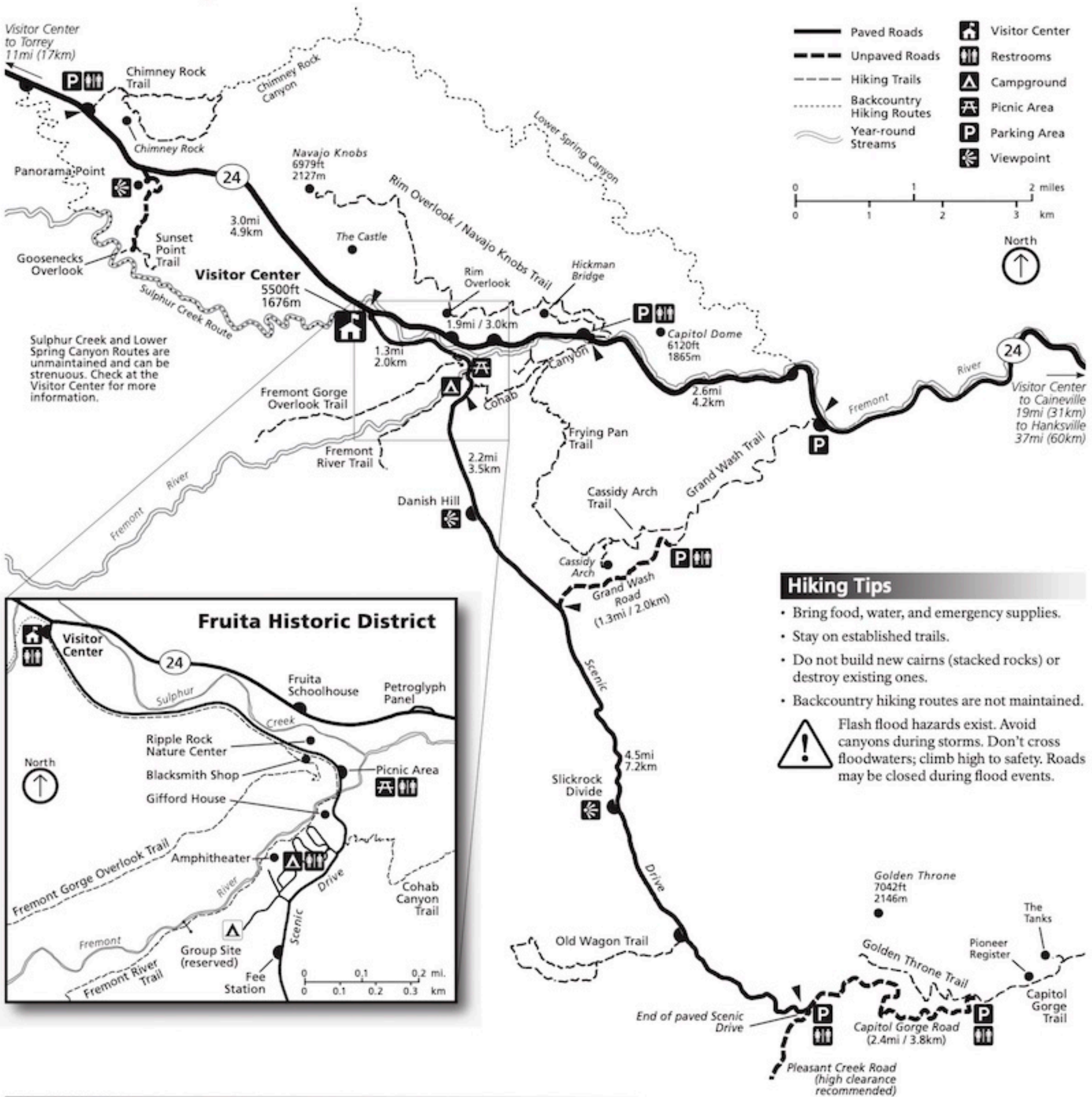




## Fruita Area Map and Guide



### 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
<b>Easy</b>	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, narrows
<b>Moderate</b>	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
<b>Strenuous</b>	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	