### Popular Hiking Trails

- **Amphitheater Loop**
  - Trailhead Location: 22 miles from Hwy 191, park at Hittle Bottom.
  - Distance: 2.8 miles (4.5 km)
  - Average Time: 2.5 hours
  - Description: Meander through washes, around boulders, and over benches in the Moenkopi and Cutler sandstones. Trail ascends 250 ft. for sweeping views of the Colorado River.

- **Fisher Towers Trail**
  - Trailhead Location: 21 miles from Hwy 191, right on dirt road to parking lot.
  - Distance: 4.4 miles (7.08 km)
  - Average Time: 4 hours
  - Description: Features fantastic close up views of the Fisher Towers and Onion Creek area. This trail has little shade and can be exceptionally hot on summer afternoons. Use caution: poison ivy is present along trail.

- **Grandstaff Canyon**
  - Trailhead Location: 3 miles east of Hwy 191.
  - Distance: 4 miles (6.44 km)
  - Average Time: 4 hours
  - Description: Family friendly hike along a perennial stream to Morning Glory Natural Bridge, a 243-foot long rock span. Use caution: poison ivy is present along trail.

- **Sylvester**
  - Trailhead Location: 18.5 miles from Hwy 191, right onto Professor Valley Rd.
  - Distance: 6.54 miles (10.53 km)
  - Average Time: 5 hours
  - Description: This trail follows an old cattle trail and travels on sandstone and shale ledges climbing 810 feet to a rise overlooking Castle Valley.

### Highway 191

- **Dinosaur Stomping Grounds**
  - Trailhead Location: 23.1 mi. north of Moab to North Klondike MTB trailhead.
  - Distance: 3.4 miles (5.47 km)
  - Average Time: 3 hours
  - Description: The pedestrian trail starts on a mountain bike trail and branches off to a hiking only trail. Follow rock cairns and painted yellow dots to the Jurassic-age track site. There is a net elevation gain of 459 feet.

- **Hidden Valley Trail**
  - Trailhead Location: 3 mi. south of Moab, to Angel Rock Rd, to Rimrock Rd.
  - Distance: 6 miles (9.66 km)
  - Average Time: 3 hours
  - Description: Hidden Valley offers views of Moab Valley and Behind the Rocks. Steep switchbacks lead to more mellow terrain. Just beyond the low pass (~2 miles) the trail connects with the Moab Rim 4WD road.

- **Ken’s Lake Trails**
  - Trailhead Location: 7 mi. south of Moab, follow signs for Ken’s Lake.
  - Distance: 3 miles (4.82 km)
  - Average Time: 1 hour
  - Description: Features family-friendly short hikes near water sources. Circumnavigate the reservoir, walk to Faux Falls, and enjoy the Ken’s Lake Rock Loop Nature Trail.

### State Route 279

- **Corona Arch Trail**
  - Trailhead Location: 10 mi. west of Hwy 191.
  - Distance: 3 miles (4.82 km)
  - Average Time: 2 hours
  - Description: This popular trail features Corona Arch and adjacent Bow Tie Arch. Trail includes two safety cables with steps cut into the slickrock. These may pose difficulty for some hikers and be impassable for dogs.

- **Jeep Arch Trail**
  - Trailhead Location: 10.3 mi. west of Hwy 191.
  - Distance: 4 miles (6.44 km)
  - Average Time: 3.5 hours
  - Description: Spectacular views await! Pass through a large metal tunnel beneath the railroad tracks and look for a sign to the left. The gradual rise takes you around fins and spires and finally to the well-named arch.

- **Longbow Arch Trail**
  - Trailhead Location: Poison Spider parking area, 5.9 miles from Hwy 191.
  - Distance: 2.4 miles (3.82 km)
  - Average Time: 1.5 hours
  - Description: This route features dinosaur tracks, rock art, and Longbow Arch. The trail ascends for a 200 foot gain, including a short climb on slick rock (metal handles in rock—may not be suitable for dogs).

- **Poison Spider Bench**
  - Trailhead Location: Poison Spider parking area, 5.9 miles from Hwy 191.
  - Distance: 2.2 miles (3.54 km)
  - Average Time: 2 hours
  - Description: With a 230 ft. elevation gain along the first 1/4 mile. This trail offers striking Colorado River views. After this short climb, the trail levels out. Follow signs to stay on foot path.

- **Portal Overlook Trail**
  - Trailhead Location: Jaycee Park Campground, 4.2 miles from Hwy 191.
  - Distance: 4 miles (6.44 km)
  - Average Time: 3 hours
  - Description: Enjoy panoramic views of the Moab Valley, La Sal Mountains, and Colorado River. Keep dogs leashed, as the trail travels along exposed cliff edges. In summer, this trail is largely shaded in late afternoon.

### State Route 313

- **Dellenbaugh Tunnel**
  - Trailhead Location: 8.4 mi. west of Hwy 191, turn onto Spring Canyon bottom road, then short distance on Secret Spire Jeep Safari Route.
  - Distance: 3.4 miles (5.46 km)
  - Average Time: 3 hours
  - Description: This trail offers outstanding views of the high-desert landscape. From the parking area follow painted dots on smooth sandstone for 0.5 miles. At this point, choose between hiking on rock or through grasslands, both of which join a single trail leading to the natural rock tunnel.

- **Kane Creek Road**
  - Trailhead Location: 7.5 miles west of Hwy 191.
  - Distance: 4 miles (6.44 km)
  - Average Time: 4 hours
  - Description: Enjoy a free-flowing stream during spring months with cottonwood trees and pools along this canyon hike. A large arch is located high on the right-hand side of the canyon, 0.5 miles from the trailhead.

- **Stairmaster**
  - Trailhead Location: 1.9 miles west of 500 West.
  - Distance: 1.6 miles (2.57 km)
  - Average Time: 2 hours
  - Description: This trail is all about aerobic exercise, gaining 910 feet of elevation in just 0.8 miles. The workout is rewarded by great views of the Colorado River.

### Sand Flats Recreation Area

- **Juniper Loop Trail**
  - Trailhead Location: 6.3 miles past entrance booth on left.
  - Distance: 1.9 miles (3 km)
  - Average Time: 1 hour
  - Description: Ascend 100 feet to the top of a small mesa for sweeping views and relative solitude. Sections of the trail follow along steep cliff edges. Use caution and follow trail markers.

### Dog Friendly Trail Information:
Dogs are allowed on BLM trails, but must be leashed or under voice command. Desert heat can be deadly for dogs. Always carry water for your furry friend and never leave them in a car.