

# Canyonlands National Park

## 1 & 2-Day Basic Itinerary & Mini Travel Guide

### *Editor's Note*

Canyonlands National Park is a fantasy land of canyons and sandstone spires. There are four distinct sections, with different levels of accessibility and ruggedness. The park is not as popular as its nearby neighbor, Arches National Park, but is no less spectacular - and that means it's rarely as crowded.

This itinerary includes all the information you need to know about visiting there, together with an itinerary for one and two days.

Enjoy your trip to Canyonlands National Park.

*James*

**James Ian**  
Founder



**Parks Collecting**



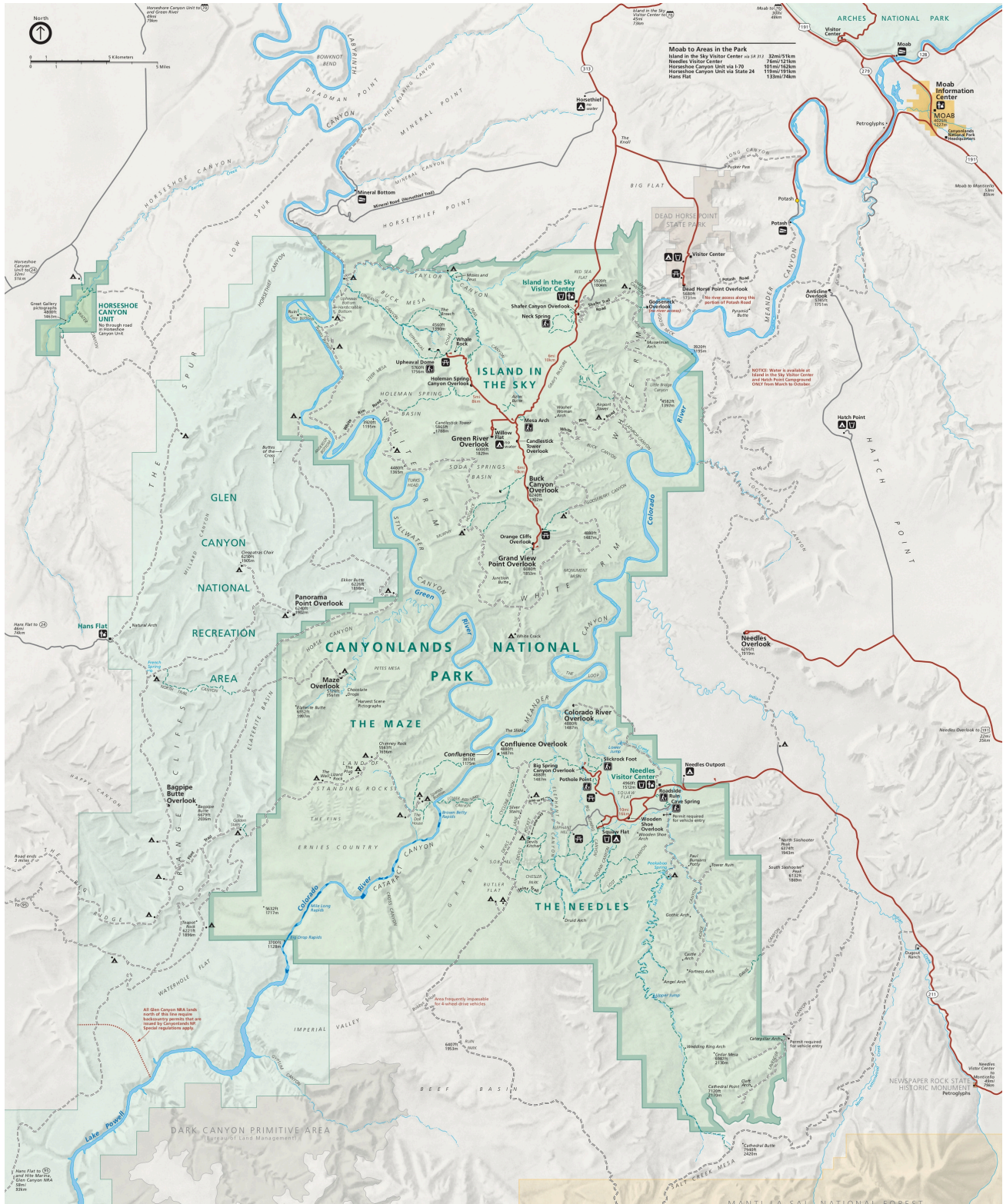
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# PARK MAP



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# ESSENTIAL INFORMATION

## Getting Your Bearings

There are three distinct areas in Canyonlands National Park separated by the Green and Colorado Rivers. None of them are connected by roads, so each has its own separate entrance. The most accessible is **Island in the Sky**, which is in the north of the park close to Moab (which also the main gateway town for Arches National Park). It's a mesa sitting atop sheer sandstone cliffs over 1,000 feet above the surrounding area and has multiple outlooks with spectacular views. The second most accessible is **The Needles** district in southeast corner of Canyonlands and was named for the colorful spires of Cedar Mesa Sandstone that dominate the area. It's more remote and has a more wilderness feel but is still accessible. **The Maze** section on the western side of the park is much more remote and difficult to access. There's also a fourth separate area: the small **Horseshoe Canyon Unit** is a day-use area west of the main park with well-preserved Native American rock art panels.

This itinerary only includes the Island in the Sky and The Needles districts.

## Disclaimers and Disclosures

This itinerary is meant to be used as a planning guide only. All information in this itinerary is provided in good faith and every reasonable effort has been made to ensure that the information provided is as accurate and complete as possible and free from errors; however, the creator assumes no responsibility for errors, omissions, or contrary interpretation, and makes no representation or warranty of any kind, express or implied, regarding the accuracy, adequacy, relevance, validity, reliability, availability, timeliness or completeness of any information in the itinerary or on [parkscollecting.com](https://parkscollecting.com). Under no circumstance shall we be held liable for any injury, loss or damage of any kind incurred as a result of the use of this itinerary or reliance on any information provided. You accept full personal responsibility for any harm or damage you suffer as a result of your actions arising out of or in connection with the use of this itinerary. See [Privacy Policy](#) and [Legal](#) on [parkscollecting.com](https://parkscollecting.com).

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# ESSENTIAL INFORMATION

## When this Itinerary is Best For

The itinerary can be used throughout the year but is best spring to fall. In winter, you may encounter snow and some road closures.

## The Best Time to Visit

The best months are spring (April - May) and fall (September - October) when temperatures are mild, and the park is less crowded. Summer months (June - August) are very hot and crowded.

## Entrance Fees

Visit the [NPS website](#) for the latest fees. If you plan to visit more than a couple of parks in a year, I recommend buying an [America The Beautiful Pass](#). It provides admission for one year to more than 2,000 federal properties, including all the national parks.

## Getting There

The nearest major airport is Salt Lake City International Airport, but it isn't close - it's 4 hours away. Closer, but smaller and with much more limited flights, are Canyonlands Regional Airport (20 minutes), Grand Junction Regional Airport (1 hour 45 minutes), and Cortez Municipal Airport (2 hours). Las Vegas Harry Reid International Airport is 7 hours away and Denver International Airport is 5 hours 45 minutes.

[>>> Click here to book your flights](#)

## Getting Around

There is no shuttle service in Canyonlands National Park, so you need your own vehicle. Although there are two short dirt roads in The Needles district on Day 2 of the itinerary, they aren't that rough and unless the weather conditions have changed them, you shouldn't need a 4WD. Note that most airport car rental agency contracts specifically prohibit vehicles being driven on unpaved roads, so if something happens, you won't be covered by insurance. Local rental agencies are often more understanding - but always check with them first.

[>>> Click here to book your rental car](#)

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# ESSENTIAL INFORMATION

## Getting Around

If you want the convenience of driving and staying in the same place without worrying about finding a hotel, a great option is an RV or campervan. It's more comfortable than a tent and cheaper than a hotel.

### **Some things to consider:**

I recommend going small (20 feet or less is best) for ease of parking and navigating winding roads in the park.

Always check if your personal insurance covers RV rentals. If not, consider getting travel insurance to be on the safe side.

Unless you're a fan of boondocking (free camping) sites and know where to find legit sites, I recommend making reservations at official campgrounds either inside or outside the national park. Parking overnight on the side of the road is not allowed.

**[>>> Click here to find a campervan rental](#)**

**[>>> Click here to find an RV rental](#)**

## Things to Pack

What you pack will vary depending on when you go, if you're visiting Canyonlands as part of road trip or not, what kinds of accommodations you'll be staying in, etc.

**[>>> Click here for a National Parks Packing list, with supplemental lists for different types of travel](#)**





# ESSENTIAL INFORMATION

## Where to Stay

### Places to Stay Inside the Park

There are no lodging or dining facilities in the park. There are two official campgrounds inside the park:

CAMPGROUND IN ISLAND IN THE SKY: [Island in the Sky Campground \(Willow Flat\)](#) has only 12 sites, first-come, first-served. The campground is open year-round. There are toilets but no water at the campground. You can get drinking water outside the Visitor Center spring through fall. There are no hookups.

CAMPGROUND IN THE NEEDLES: [The Needles Campground](#) has 26 sites. You can [reserve some individual sites](#) spring through fall. Other times of the year, individual sites are first-come, first-served. There are toilets and seasonal drinking water. There are also 3 group sites.

### Places to Stay Outside the Park

The main gateway town is **Moab**. It has plenty of accommodations, restaurants and stores, and is often called “The Adventure Capital of the United States”.

HOTELS: [Click here to see hotels and motels in Moab](#)

VACATION RENTALS: [Click here to see vacation rentals in Moab](#)

CAMPING: [CampSpot](#)

If you can't find an available campground, you can sign up with [Campnab](#) to get SMS alerts when spaces open up.

### Places to Stay in Salt Lake City (if needed)

HOTELS: [Click here to see hotels available in Salt Lake City](#)

VACATION RENTALS: [Click here to see vacation rentals available in Salt Lake City](#)

CAMPING: [CampSpot](#)

If you can't find an available campground, you can sign up with [Campnab](#) to get SMS alerts when spaces open up.



# ESSENTIAL INFORMATION

## Tips for Visiting

If you have two days available, spend one day in Island in The Sky and one day in The Needles district. If you only have one day, then spend that day in Island in the Sky.

You will need your own vehicle.

Summers get very hot - if you're visiting then, take plenty of water and salty snacks and be sun sensible (sunscreen, hat, sunglasses). Stick to the trails.

It's not included in this itinerary, but if you have a high-clearance, four-wheel drive vehicle, you can drive the **White Rim Road**, a famous scenic drive in the Island in The Sky, to Musselman Arch or Lathrop Canyon. Maximum recommended vehicle dimensions are 8 feet wide and 9.5 feet tall for the White Rim Road and [permits](#) are required.

There is no cell service in most of the park and GPS is not reliable, so always take paper maps with you.

## Permits

There are no timed entry permits for Canyonlands National Park and no permits needed for this itinerary. However, you need a permit for all bicycle, motorcycle, and four-wheel-drive [day-use trips](#) on White Rim, Elephant Hill, Lavender Canyon, and Peekaboo / Horse Canyon roads. They aren't included in this itinerary, but can be added in.

## Possible Closures

There are occasionally unexpected closures, roadworks, late seasonal openings or early season closures, etc. Please always check with the [NPS website](#) for current conditions.





# ESSENTIAL INFORMATION

## Time Zones

Canyonlands National Park lies in Utah, which observed [Mountain Time](#) (Standard and Daylight Savings).

## Avoiding Crowds

Canyonlands National Park is not as crowded as nearby Arches National Park, but it can still get busy, especially in the busy summer period. The best way to avoid crowds is to travel in the spring and fall shoulder seasons if you can. Weekdays are typically less crowded than weekends.

## Wildlife

Canyonlands is not that famous for its wildlife; however, bears do wander into The Needles district. There are rattlesnakes, scorpions and black widow spiders, so always keep your eyes peeled.

## Hiking

Hiking in the heat is very hard on your body. Take your time; rest in the shade if there is any; do long hikes early in the morning, if possible; eat plenty of salty snacks; and drink about a quart of water or sports drink every hour.

## Travel Insurance

I always recommend getting travel insurance to cover your trip for trip cancellations, emergency medical, emergency repatriations, lost or stolen property, etc. Not all travel insurance policies are the same, and you should always check the small print to make sure the policy you take out has coverage for what you want.

One thing to be very mindful of is if the policy covers outdoor activities like hiking. Not all policies do. This is especially important if you do any hiking. If you need to be medevacked outside the park, it can cost a LOT of money!

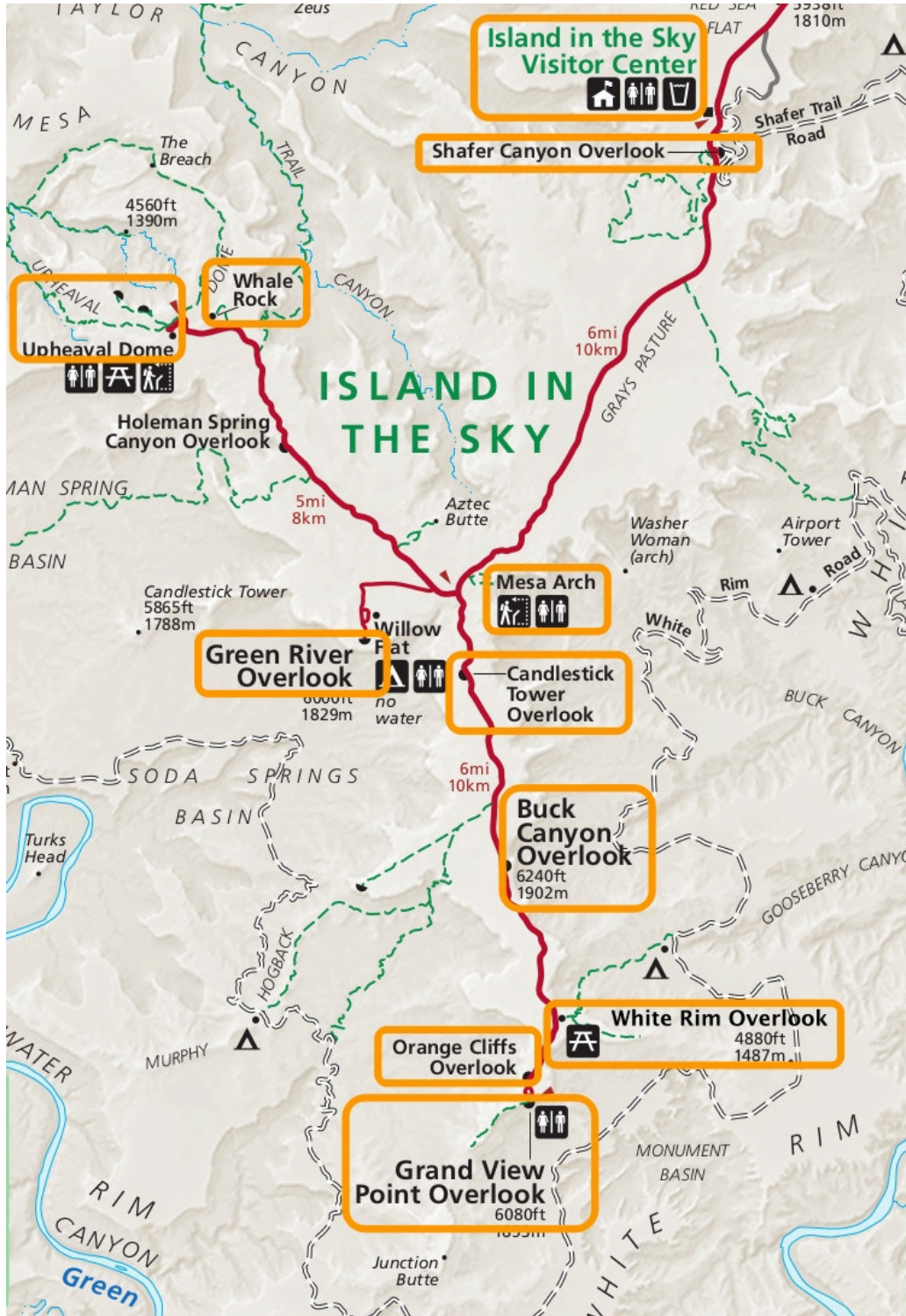
A good insurance option is Travelex.

**>>> [Compare Travel Insurance plans here](#)**



# ITINERARY: DAY ONE

## Island In The Sky







# ITINERARY: DAY ONE



## Mesa Arch

Follow US-191N for 11 miles, then turn left onto UT-313W. After 14.6 miles, go straight on to Island in The Sky Road / Grand View Point Road (313 goes left). The parking area for Mesa Arch is on the left after 13 miles.

Drive time | distance from Moab: 50 minutes | 38.5 miles



Mesa Arch is THE iconic sunrise spot. It has stunning views of the Canyonlands below and the La Sal Mountains in the background framed perfectly through a wide arch at the edge of a cliff.



There's a short hike from the parking lot to the arch.

Trail Guide: [Click here](#)  
Distance: 0.6 mile  
Elevation Change: 56 feet  
Type: Loop  
Difficulty: Easy  
Time: 30 minutes



Because the spot is so popular for sunrise, I recommend getting there 1-2 hours before sunrise to secure a parking spot. [Check the sunrise time here](#) for your trip dates.

If you prefer to avoid the sunrise crowds, you can get a little later start to the day and go the Visitor Center first, on your way into the park. There are vault toilets at the parking area.



## Visitor Center

It's a ten-minute backtrack, but worth heading to the Visitor Center after sunrise to get an overview of the park. It's open year-round, though [hours vary by season](#). They have exhibits, information, and a park orientation film.

Drive time | distance: 6 miles | 10 minutes

Time at Visitor Center:  
Approx. 30 minutes



# ITINERARY: DAY ONE

## Whale Rock



Continue into the park and after 6.3 miles, turn right onto Upheaval Dome Road. The parking for the Whale Rock Trailhead is 4 miles down the road on the right.

Drive time | distance: 10.3 miles | 20 minutes



This trail leads up the side of a sandstone dome, that looks (kind of) like a beached whale. At the top of the 'whale', there are great views of the surrounding area.

Trail Guide: [Click here](#)

Distance: 0.8 miles

Elevation Change: 100 feet

Type: Out-and-back

Difficulty: Easy(ish)

Time: 1 hour



The trail involves following cairns that mark the trail (the cairns to follow are the ones that are cemented together). There is some steeper scrambling towards the end up the "back of the whale" and there are some steep drop-offs.

## Upheaval Dome



Continue along Upheaval Dome Road to the end of the road where there's a good-sized parking area and vault toilets.

Drive time | distance: 2 minutes | 1 mile



There are two lookouts - you can turn back at the first (easier) or continue to the second (more challenging). There are great views of craters from both lookouts, but the second outlook is worth it if you can safely do it.

Trail Guide: [Click here](#)

Distance: 0.6 miles return to first lookout and 1.2 miles

return to 2nd lookout

Elevation Change: 100 feet | 150 feet

Type: Out-and-back

Difficulty: Moderate

Time: 30 minutes | 60 minutes



There is a lot of up and down, the trail is marked by cairns and has no shade, so take plenty of water and sun protection. There's a small rock scramble before the second lookout.



# ITINERARY: DAY ONE



## Green River Overlook

Drive back along Upheaval Dome Road for 4.5 miles then turn right onto Green River Overlook Road. There's a decent-sized parking area and vault toilets at the end of the road.

Drive time | distance: 6 miles | 15 minutes



It's a short walk on a paved trail to get to the overlook, where there is a wonderful view of the Green River below.

Trail Guide: [Click here](#)  
Distance: 0.2 miles  
Elevation Change: 6 feet  
Type: Out-and-back  
Difficulty: Easy  
Time: 2 minutes



## Candlestick Tower Overlook

Return back along Green River Overlook Road. Turn right onto Upheaval Dome Road. At the T-intersection after 0.3 miles, turn right onto Grand View Point Road. You'll see a small pullout on your right after 0.9 miles.

Drive time | distance: 2.6 miles | 6 minutes



Candlestick Tower is a butte you can see easily from the pullout.



## Buck Canyon Overlook

Continue along the road for 2.2 miles, then take the road on the left. This is a very short spur road ending in a loop parking area.

Drive time | distance: 2.3 miles | 5 minutes



From the parking area, it's a very short paved walk to the overlook with stunning views of the canyon below. You can also see the iconic White Rim Road below.

Trail Guide: [Click here](#)  
Distance: 0.1 mile  
Elevation Change: 0 feet  
Type: Out-and-back  
Difficulty: Easy  
Time: 2 minutes







# ITINERARY: DAY ONE



## White Rim Overlook Picnic Area

The turnoff is 2 miles on the left. You'll come back here to hike to the overlook later in the afternoon when the sun is in a better position, but there's a picnic area here that makes a good spot for lunch.

Drive time | distance: 2.2 miles | 6 minutes



## Orange Cliffs Overlook

Continue down Grand View Point Road for another mile. The parking is a loop off the road on the right.

Drive time | distance: 1 miles | 3 minutes



This viewpoint is right next to the parking area and offers a panoramic view across the canyon of the Green River, orange sandstone cliffs (which are actually inside Glen Canyon National Recreation Area) just across the river from the viewpoint, and The Maze district of Canyonlands stretching toward the south.

## Grand View Point



It's a short drive to the end of the road, where there's a decent-sized parking area and bathrooms.

Drive time | distance: 0.2 miles | 2 minutes



Grand View Point lies at the southernmost end of the Island in the Sky scenic drive. A short, paved sidewalk leads to a spectacular viewpoint.

Trail Guide: [Click here](#)

Distance: 0.1 miles

Elevation Change: 3 feet

Type: Out-and-back

Difficulty: Easy

Time: 2 minutes



You can see the across miles of corrugated canyons, the White Rim four-wheel-drive road, features in The Maze and The Needles, and distant mountains.



# ITINERARY: DAY ONE

## Grand View Point



Rangers often present geology talks at Grand View Point spring through fall.



From the first overlook, you can hike an additional mile to a second viewpoint. The trail goes along the canyon's edge and has multiple panoramic views.

Trail Guide: [Click here](#)

Distance: 1.8 miles

Elevation Change: 164 feet

Type: Out-and-back

Difficulty: Easy-Moderate

Time: 1.5 hours



Take plenty of water - there is no shade! The trail gets close to the edge of a long drop, so exercise caution, especially with children. There are a few stairs and some large rocks to clamber over.

## White Rim Overlook



Head back along the road. after 0.9 miles, take the road to hiking and picnic area on the right to White Rim Overlook. There's a small parking area and a restroom on this short side loop road.

Drive time | distance: 1 mile | 4 minutes



This has similar views to the Grand View Point Trail, so you can skip it if you're feeling tired, but the views are amazing and, especially in the afternoon, this is a great trail. There is less exposure to steep dropoffs and fewer people than Grand View Point, so this can also be an alternative if the Grand View Point parking area is full.

Trail Guide: [Click here](#)

Distance: 1.8 miles

Elevation Change: 160 feet

Type: Out-and-back

Difficulty: Easy

Time: 1.5 hours



The hike is fairly easy, with some up and down, but there is no shade, so take plenty of water. The views at the end are sensational.



# ITINERARY: DAY ONE



## Schafer Canyon Overlook

Continue back along the main road. The turnoff to the short spur road the overlook is on the right after 10.7 miles

Drive time | distance: 11 mile | 20 minutes

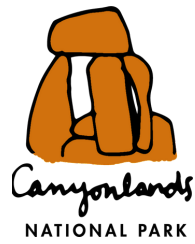
From the parking area, it's a short hike to the edge of the plateau where there are great views. This is best in the afternoon.

Trail Guide: [Click here](#)  
Distance: 0.3 miles  
Elevation Change: 45 feet  
Type: Out-and-back  
Difficulty: Easy-  
Time: 15 minutes

You can drive straight back to Moab or stop at Dead Horse State Park on the way back if you have time and aren't going there on another day.

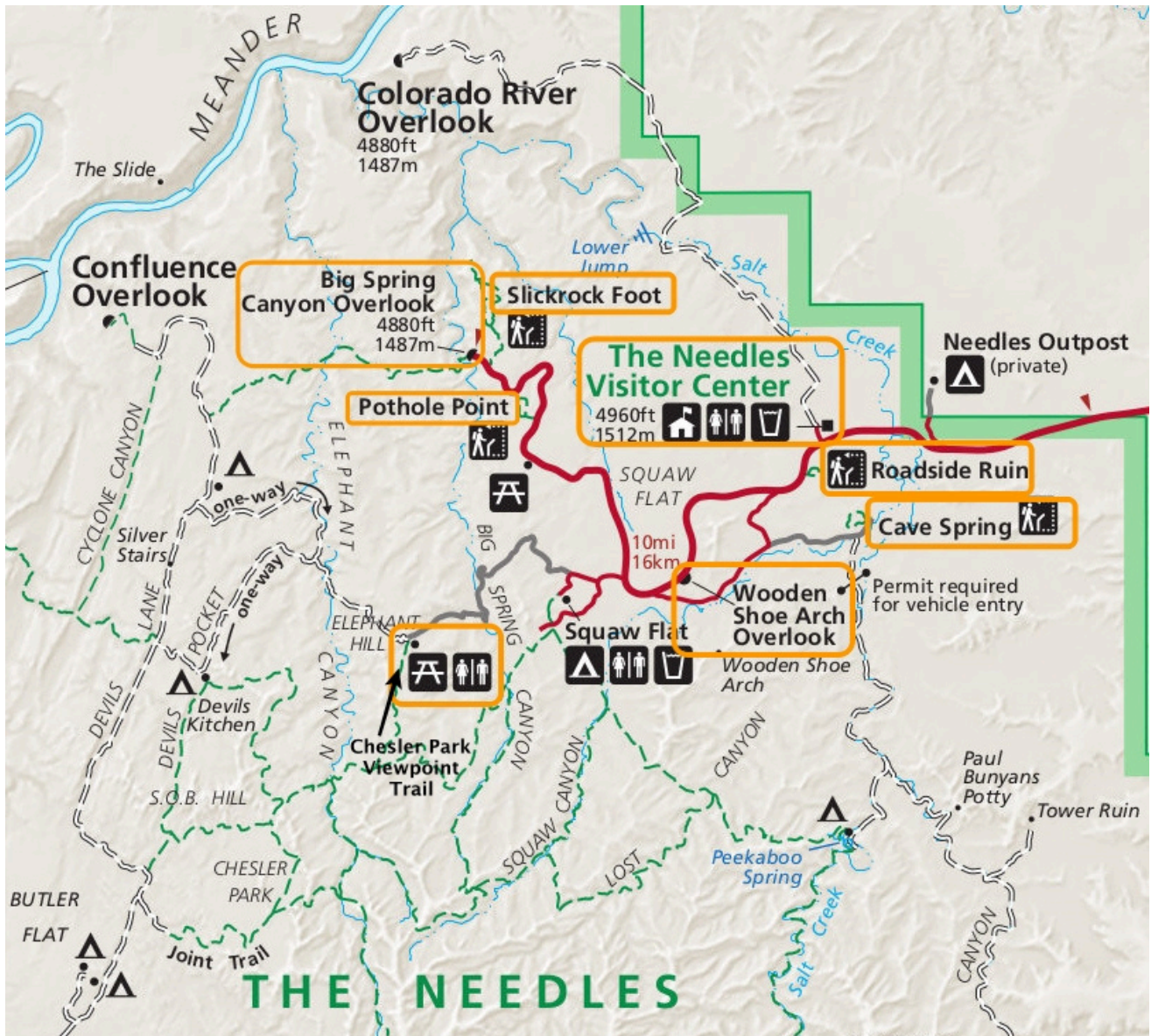
Drive time | distance to Moab: 33 mile | 40 minutes





# ITINERARY: DAY TWO

## The Needles





# ITINERARY: DAY TWO

## Possible schedules

Exact timings for each activity are given in the detailed itinerary below. You can choose to do or not do activities based on your own interests, but two possible options are:

- (a) skip long hike to Chesler Park Viewpoint and do the drive to Needles Overlook
- (b) do long hike to Chesler Park Viewpoint and skip the drive to Needles Overlook

Adjust the times depending on what time you want to start your day.

Drive to Newspaper Rock	6:00-7:00		Drive to Newspaper Rock	6:00-7:00
Newspaper Rock	7:30-8:00		Newspaper Rock	7:30-8:00
Drive to Visitor Center	8:00-8:30		Drive to Visitor Center	8:00-8:30
Visitor Center	8:30-8:50		Visitor Center	8:30-8:50
Roadside Ruin	8:50-9:10		Roadside Ruin	8:50-9:10
Drive	9:19-9:20		Drive	9:19-9:20
Cave Spring Trail	9:20-10:05		Cave Spring Trail	9:20-10:05
Drive	10:05-10:15		Drive	10:05-10:15
Overlook	10:15-10:20		Overlook	10:15-10:20
Drive to Elephant Hill Trailhead	10:20-10:40		Drive to Elephant Hill Trailhead	10:20-10:40
Trailhead	10:40-10:50		<b>Chesler Park Trail (Lunch on Trail)</b>	<b>10:40-2:30</b>
Drive to Pothole Point	10:50-11:10		Drive to Pothole Point	2:30-2:50
Pothole Point	11:10-11:50		Pothole Point	2:50-3:30
Big Spring Canyon Overlook	11:50-12:10		Big Spring Canyon Overlook	3:30-3:50
<b>Lunch at Overlook</b>	<b>12:10-1:00</b>		Sliprock Foot	3:50-5:20
Sliprock Foot	1:00-2:30		Drive to Moab	5:20-6:55
Drive to Needles Overlook	2:30-4:00			
Needles Overlook	4:00-4:30			
Drive to Moab	4:30-5:40			



# ITINERARY: DAY TWO

## Newspaper Rock State Historical Monument

Drive time | distance from Moab: 52 miles | 1 hour



Located on located on Highway 211 between Moab and The Needles district, the parking lot is on the right.



[Newspaper Rock](#) features a 200 square foot area of dense Native American petroglyphs on a "desert varnished" cliff wall. The petroglyphs were created by several ancient cultures beginning some 1,500 years ago.

Time: Approx 15 -30 minutes

## The Needles Visitor Center



Open [March - October](#), it's worth stopping in here to talk to rangers, check out the exhibitions, and watch the park orientation movie if you didn't already see it (available on demand).

Drive time | distance from Newspaper Rock: 22 miles | 30 minutes

Time: Approx 15 -30 minutes

## Stone Storehouse (Roadside Ruin)

After you leave the Visitor Center and head further into the park, look for a small pullout on the left side.

Drive time | distance from Visitor Center: 0.4 miles | 2 minutes



It's a short walk to a well-preserved storage structure built by indigenous people. Pick up an interpretive guide at the trailhead to learn how they used native plants.

Trail Guide: [Click here](#)

Distance: 0.3miles

Elevation Change: 11 feet

Type: Loop

Difficulty: Easy

Time: 20 minutes



Note that entering, touching, or climbing on archeological sites is strictly prohibited.

Although the trail is short, the surface is uneven, and it is not wheelchair accessible.





# ITINERARY: DAY TWO

## Cave Spring Trail



Take the first left soon after the ruins (Squaw Flat/ County Road 13101). Go past the Residence Road. You'll soon come to a T-junction. Squaw Flat (paved) continues to the right. Turn left on the unpaved Cave Spring Road. The road is unpaved but is generally fine for regular (non-4WD) vehicles. After one mile, it ends at a small parking lot. The trailhead is on the left.

Drive time | distance from Roadside Ruins: 2 miles | 7-10 minutes



This short loop leads to a historic cowboy camp and prehistoric rock markings and a natural spring. After climbing 2 ladders, you then go through another alcove and enjoy great views before arriving back at the parking lot.

Trail Guide: [Click here](#)

Distance: 0.6 miles

Elevation Change: 67 feet

Type: Loop

Difficulty: Easy - Moderate

Time: 45 minutes



You'll need to climb two ladders to complete the route, so it is not wheelchair accessible.

## Wooden Shoe Arch Overlook



Head back to the paved Squaw Flat. Go straight (left) until this connects with the main Needles Park Road. Turn right. The parking for the overlook is on the right 0.4 miles further along.

Drive time | distance from Cave Spring Trail: 2.6 miles | 7-10 minutes

Time at Overlook: Approx. 5-10 minutes



There's a great view of large sandstone arch shaped like a classic Dutch wooden shoe.



# ITINERARY: DAY TWO

## Elephant Hill Access Trail



Turn around (go left when pulling out) and head deeper into the park. After 0.7 miles, turn left onto Federal Route 2444 to Squaw Flat Campground. Then take the first right (0.2 miles) on to Elephant Hill Road. Take a right after 0.2 miles to stay on Elephant Hill Road. The road is then unpaved and narrow but is generally OK for all vehicles. After 2.7 miles, the road ends at a loop parking area.

Drive time | distance from Cave Spring Trail: 4 miles | 20 minutes



From the Elephant Hill Trailhead is the start of the famous **Elephant Hill Road**. It's a challenging 4WD route suitable for experienced drivers only. You can also [hike the moderate, 6.7-mile out-and-back trail](#). I'm not including it in this itinerary, but if you have an extra day and like to hike, it's a great hike.

The trailhead is also the start of the Chesler Park Viewpoint Trail. If you like to hike, I recommend this. If you don't want to do a long hike, it's worth driving to the trailhead to enjoy a beautiful distant view of The Needles.

## Chesler Park Viewpoint Trail



This trail is a great way to see a closer view of The Needles. It's a great trail that leads to a pass overlooking a scenic expanse of desert grasses and shrubs surrounded by "Needles" sandstone spires. It's well marked with cairns along the way.

Trail Guide: [Click here](#)

Distance: 5.4 miles

Elevation Change: Overall 533 feet. Cumulative 1,151 feet.

Type: Out-and-back

Difficulty: Moderate-Challenging

Time: 3-4 hours



# ITINERARY: DAY TWO

## Chesler Park Viewpoint Trail



This trail has almost no shade and is very hot in summer. Take plenty of water (3-4 quarts each).



Consider doing this first in your itinerary if hiking in summer (then do the following part of the itinerary and end your day with the part of the itinerary before this in reverse to exit the park).

## Pothole Point



Head back toward the main road. At the end of the dirt road, turn left to continue on the paved part of Elephant Hill Road, then after 0.2 miles, turn left onto Squaw Flat Campground Road then after another 0.2 miles, left onto the main Needles Park Road (UT-211). After another 2.1 miles, turn left off the road into the parking lot for Pothole Point.

Drive time | distance from Elephant Hill Trailhead: 5.4 miles | 22 minutes



The trail is a loop which starts at the left and middle of the parking area if you're facing away from the road.

The trail is mostly over uneven sliprock, with cairns marking the trail. It leads to potholes - often filled with water - and views of The Needles in the distance.

The potholes are tiny, sensitive ecosystems, so don't put any part of your body on them. The soil along the trail is actually a living organism, so stay on the trail.

Trail Guide: [Click here](#)  
Distance: 0.6 miles  
Elevation Change: 39 feet  
Type: Loop  
Difficulty: Easy  
Time: 40 minutes





# ITINERARY: DAY TWO



## Big Spring Canyon Overlook

Turn left to continue to the end of the paved road. There's parking at the roundabout and alongside the last section of the park road.

Drive time | distance from Pothole Point Trailhead: 1.5 miles | 3 minutes



From the overlook, unique rock spires and multi-colored sandstone benches line the bend in the canyon.

Time at overlook: Approx. 15 minutes

## Sliprock Foot



Head back along the main road and after 0.2 miles, you'll see a small pullout on the left. This is the trailhead parking. There's a geology guide available at the trailhead.

Drive time | distance from Big Spring Canyon Overlook: 0.2 miles | 1 minute



This trail, which follows cairns on sliprock, features expansive 360-degree views into Big Spring Canyon and Little Spring Canyon, with the La Sal Mountains and Abajo Mountains in the background.

Trail Guide: [Click here](#)

Distance: 2.4 miles

Elevation Change: 73 feet

Type: Loop

Difficulty: Easy - Moderate

Time: 1.5 hours



There is very little shade, so take plenty of water.

## Needles Overlook



Continue driving on UT-211E out of the national park. After 40.6 miles, turn left onto US-191N and continue for another 6.8 miles. At this point, it will be one hour into your trip back to Moab. Turn left onto Needles Overlook Road and after 20 miles, turn left again to stay on the road. There are a couple of parking areas and vault toilets at the overlook.

Drive time | distance from Sliprock Foot: 69.3 miles | 1 hour 30 minutes



# ITINERARY: DAY TWO

## Needles Overlook



The overlook is outside the national park. It sits 1,600 ft (486 m) above the Needles District of Canyonlands National Park and provides stunning nearly 360-degree views of canyonlands directly below and The Needles sandstone formations in the distance.



The overlook is a side trip from the route back to Moab and adds one hour to your trip, excluding time at the overlook. If you have time for it, I highly recommend it, but judge your timing. It's especially beautiful at sunset. There's a picnic area, if you want to have a picnic dinner.

Time at overlook: Approx. 30 minutes



There's a short walk at the overlook to viewpoints.

Trail Guide: [Click here](#)

Distance: 0.5 miles

Elevation Change: 85 feet

Type: Loop

Difficulty: Easy

Time: 15 minutes

Drive time | distance from  
Needles Overlook to Moab: 55  
miles | 1 hour 10 minutes



# ITINERARY UPDATES

This itinerary is reviewed annually, but is not updated in real time, throughout each year. However, I want you to have the best trip possible and for this itinerary to be as useful as possible. So, I do provide updates throughout the year on changing conditions such as road works, facilities closures, trail closures, etc. that may affect part of this itinerary.

## [CHECK FOR ITINERARY UPDATES HERE](#)

I update this regularly, so I recommend checking frequently, especially as your trip gets closer.

## BUNDLING YOUR ITINERARY

This itinerary can be easily combined with trips to:

- [Arches National Park](#) (30 minutes)
- [Zion National Park](#) (5 hours 15 minutes)
- [Bryce Canyon National Park](#) (4 hours 20 minutes)
- [Capitol Reef National Park](#) (2 hours 30 minutes)
- [Grand Canyon's North Rim](#) (6 hours 30 minutes)



# USEFUL LINKS

These links are all available in the actual itinerary, but here they are all together as a useful planning and preparation resource.

## **Itinerary Updates**

<https://parkscollecting.com/itinerary-updates-f6x9m2/>

## **Canyonlands National Park Entrance Fee**

<https://www.nps.gov/cany/planyourvisit/fees.htm>

**Annual Pass:** [America The Beautiful Pass](#)

## **Day Use Permits**

<https://www.nps.gov/cany/planyourvisit/dayusepermits.htm>

## **Current Park Conditions**

<https://www.nps.gov/cany/planyourvisit/conditions.htm>

## **Island in the Sky Visitor Center**

<https://www.nps.gov/cany/planyourvisit/hours.htm>

## **Sunrise and Sunset Times**

<https://www.timeanddate.com/sun/@5536441>

## **Book Flights**

[Skyscanner](#)

## **Camper Van Rentals**

[Escape Campervans](#)

## **Accommodations**

[Hotels and motels](#)

[Vacation rentals](#)

[Campspot](#)

[Campnab](#)

## **Travel Insurance**

[Travelex](#)

## **Packing Lists**

<https://parkscollecting.com/packing-lists/>

## **Additional Deluxe Itineraries**

- [Zion National Park](#)
- [Bryce Canyon National Park](#)
- [Arches National Park](#)





# TRIP NOTES

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