

Blue Benches Trail

Ride toward mountains that never stop rising.

CAPITOL REEF COUNTRY TRAIL GUIDE

OHV / MOUNTAIN BIKE / JEEPING



20 miles
DISTANCE

1,600 ft
ELEVATION GAIN

Moderate
DIFFICULTY

2-3 hrs
EST. TIME

LOCATION

Staging areas in Hanksville and Giles; loop begins about 7 miles south of Hanksville at the Burt Avery fork.

TRAIL TYPE

Loop route on county-maintained roads plus several washes, for mountain bikes.

TRAIL DESCRIPTION

The ride showcases the Henry Mountain range rising 5,000 ft ahead, passing the Fremont River Crossing, Historic Blue Valley Cemetery, Lost Spring, and Fairview Ranch.

DIFFICULTY NOTES

The elevation gain over 20 miles combined with mixed road and wash surfaces creates moderate physical and technical demand.

KNOW BEFORE YOU GO

Dogs allowed, No fees. Nearest services: Hanksville. Pack out everything you pack in. Flash floods can hit canyons fast from distant storms — check the forecast first.

EQUIPMENT

Mountain bike suited to county roads and washes; physical map recommended.

COORDINATES

38.35806, -110.87417 (Fremont River Crossing)

Coordinates are a navigation aid — conditions change, so always verify current road and trail status before you go.

SAFETY

Check weather forecasts and avoid narrow washes if rain is predicted; notify someone of your route and return time.

TRAIL TIP

Check the weather before you go — rain floods sections of this loop fast, especially near Giles.

