

Fremont River Trail

HIKING

Free, dog-friendly, and along the river.

CAPITOL REEF COUNTRY TRAIL GUIDE



2.5 miles

DISTANCE

480 ft

ELEVATION GAIN

Moderate

DIFFICULTY

2 hrs

EST. TIME

LOCATION

3 miles south of Torrey, Utah.

TRAIL TYPE

Out-and-back.

TRAIL DESCRIPTION

A serene escape following the winding Fremont River on BLM land - free and fully dog-friendly - through desert vegetation and riverside greenery framed by red rock cliffs of the Fremont River gorge. Not to be confused with the similarly-named trail inside Capitol Reef National Park near Fruita Campground, which requires a park fee and prohibits dogs.

DIFFICULTY NOTES

Hikers should be prepared for some overgrowth near the riverbanks.

KNOW BEFORE YOU GO

Stay on designated trails; leash all pets; pack out everything packed in. Nearest services: Torrey (approximately 3 miles away). Pack out everything you pack in. Flash floods can hit canyons fast from distant storms — check the forecast first.

EQUIPMENT

Physical map, first aid kit.

COORDINATES

38.27002, -111.37557 (Trailhead)

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

SAFETY

Check forecasts; canyons and washes can flood instantly from distant rain. Notify someone of your route.

TRAIL TIP

Best light is early morning or just before sunset.

