

Sheets Gulch Trail

CANYONEERING / HIKING

A jug-handle arch waiting in the wash.

CAPITOL REEF COUNTRY TRAIL GUIDE



10.2 miles

DISTANCE

450 ft

ELEVATION GAIN

Moderate

DIFFICULTY

5 hrs

EST. TIME

LOCATION

13 miles off Highway 24.

TRAIL TYPE

Desert slot canyon with dry wash terrain.

TRAIL DESCRIPTION

A winding dry wash narrows through the Waterpocket Fold, passing a jug-handle arch, with walls transitioning from creamy Navajo to deep red Wingate sandstone, and cottonwood groves near a seasonal seep.

KNOW BEFORE YOU GO

No dogs allowed; no fees required. This route can extend into an overnight trip — free backcountry permits are required for overnight stays and can be obtained at the Capitol Reef Visitor Center. Pack out everything you pack in. Flash floods can hit canyons fast from distant storms — check the forecast first.

COORDINATES

38.11464, -111.07074 (Trailhead)

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

SAFETY

Flash flood risk in canyons; carry physical maps and first aid kits.

TRAIL TIP

This slot canyon is beautiful — bring a camera and take the time to actually use it.

