

Tantalus Flats

Aspen forest to red rock desert, in one ride.

CAPITOL REEF COUNTRY TRAIL GUIDE

MOUNTAIN BIKE / HORSEBACK



25 miles

DISTANCE

2,100 ft

ELEVATION GAIN

Moderate

DIFFICULTY

5.5 hrs

EST. TIME

LOCATION

Rosebud Trailhead, south of Pleasant Creek Campground on Scenic Byway 12.

TRAIL TYPE

Mountain biking only; hiking and ATV trails intersect along the route.

TRAIL DESCRIPTION

A flawless transition from mountain aspen and fir forests at 8,600 ft down into striking red rock monoliths and high desert vegetation at Capitol Reef National Park.

DIFFICULTY NOTES

Trailhead elevation 8,600 ft, lowest point 6,500 ft - significant descent into desert heat, sandy sections near the park boundary.

KNOW BEFORE YOU GO

No dogs allowed; no fees required. Nearest services: Torrey, Teasdale, Grover. High-elevation route — often snow-covered and impassable in winter/early spring; check current conditions before you go. Pack out everything you pack in. Flash floods can hit canyons fast from distant storms — check the forecast first.

EQUIPMENT

Mountain bike in good working order, helmet required, repair kit, plenty of water.

COORDINATES

38.10009, -111.33749 (Trailhead)

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

SAFETY

Carry 3+ liters of water, tell someone your route, cell service is limited. Nearest services: Torrey, Teasdale, Grover.

TRAIL TIP

The closest communities for lodging and services are Grover, Teasdale, and Torrey.

