



Canyons of the Ancients Trails

Map	Trail Name	Difficulty	Route Type	Distance	Elev. Gain
1	Lower Sand Canyon	Moderate	Out & Back	3.4 mi / 5.4 km	320 ft
2	Upper Sand Canyon	Moderate	Out & Back	6.2 mi / 10.0 km	1,965 ft
3	Horse Trail (No Bike)	Easy	Out & Back	2.2 mi / 3.6 km	100 ft
4	Mountain Bike Trail (No Horse)	Moderate	Out & Back	2.2 mi / 3.6 km	100 ft
5	Lower Connector	Easy	Out & Back	1.3 mi / 2.1 km	120 ft
6	Upper Connector	Easy	Out & Back	0.7 mi / 1.1 km	120 ft
7	East Rock Creek	Moderate	Loop	5.2 mi / 8.4 km	1,000 ft
8	Rock Creek	Moderate	Loop	3.8 mi / 6.2 km	120 ft

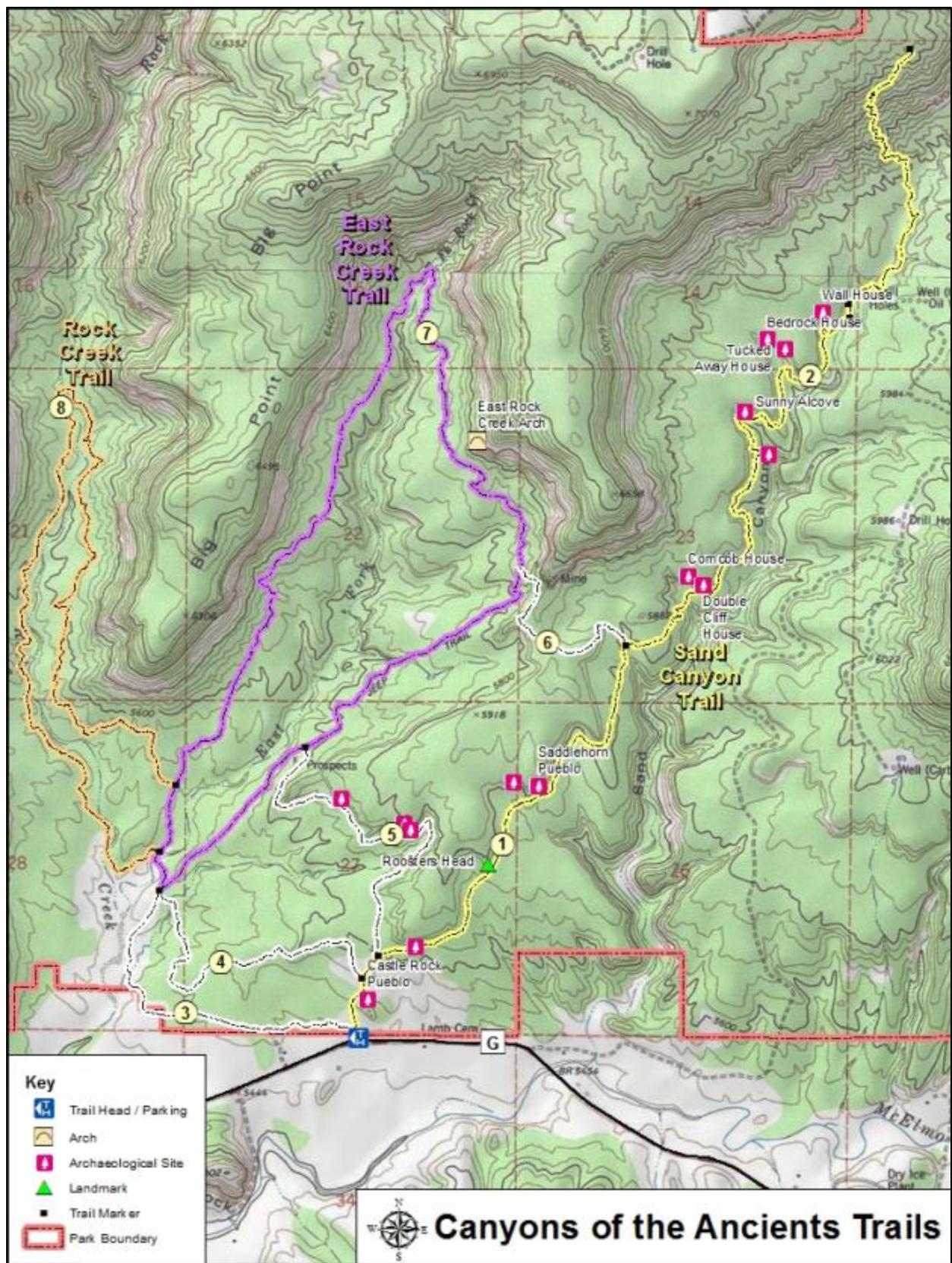
Trail Difficulty provided by Alltrails.com

Resource Protection: All cultural resources such as Ancestral Pueblo ruins, pot sherds, petroglyphs, and historical artifacts are protected by Federal and State law. Let all cultural resources lie undisturbed.

Share the Trail: These are multi-use trails for pedestrians, equestrians, and bicyclists. Bicyclists should yield to all other users.



Safety: When exploring trails, always carry water, sunscreen, a hat, extra clothing, a flashlight, and a navigational aid.



1. Sand Canyon Lower

This is the most commonly hiked trail which begins at the parking lot and extends to meet the upper connector (#6) for the option of hiking westward to hike East Rock Creek Trail. This allows for hiking a looped system. The most photographed cliff dwelling, Saddlehorn Pueblo, is located on this trail.



2. Sand Canyon Upper

One has the option at Connector #6 to continue further north up Sand Canyon Trail. Significantly more pueblo cliff dwellings are located on this hike.

3. Horse Trail (No mountain bikes allowed)

This trail is designated for horseback riding and mountain bikes are prohibited. Hikers are allowed on this trail as an option to access the south end of East Rock Creek Trail. However, Connector #5 is more recommended for hiking as this trail provides views of several cliff ruins.

4. Mountain Bike Trail (No horses allowed)

This trail is designated for mountain bikes and horseback riding is prohibited. Hikers are allowed on this trail as an option to access the south end of East Rock Creek Trail. However, Connector #5 is more recommended for hiking as this trail provides views of several cliff ruins.

5. Lower Connector

This connecting trail can be hiked in either direction as part of a looped system between Sand Canyon and East Rock Creek. This connector is more interesting as one has an opportunity to view several cliff ruins.

6. Upper Connector

Like the lower connector, this connecting trail can be hiked in either direction as part of a looped system between Sand Canyon and East Rock Creek. A small mine alcove can be observed along this trail.

7. East Rock Creek Loop

This trail forms an extensive loop within East Rock Canyon. No ruins are found along this trail, however there is a very large natural arch, East Rock Creek Arch on the eastern side of the trail.



8. Rock Creek Loop

This trail forms a loop within Rock Creek canyon. The author has not yet hiked this trail to determine what sites may exist.