

Red Sands

Trail Access: Red Sands Trailhead

Allowable Uses: Hiking

Distance: 3.5 miles (round trip)

Difficulty: Difficult

Hiking Time: 2 hours



Trail Description

From the trailhead, hike straight across the paved trail and continue towards the sandstone cliffs. The trail winds through a small canyon bottom where the Hidden Pinyon trail merges from a rock passageway on the right. Continue straight, climbing a hill of lava rock, and emerge at a four-way intersection. Follow signage for Red Sands leading straight ahead through an open sand sage flat. From here, the trail follows along sandstone ledges and crosses dry wash bottoms until reaching another four-way intersection with the lower Petrified Dunes trail. Continue west down a steep slope, crossing the dry creek-bed and meeting up with West Canyon Road. From here, the trail crosses the road and follows the sandy wash bottom surrounded by towering cliffs. The end of trail is noted by a sign, or in wet periods, several small pools.

Special Features

This hike leads to an area nicknamed the "Three Ponds" where water from rainstorms collects and forms three small pools of water. In the short window of time before the pools dry up, the waters spring to life with several aquatic desert pothole species such as tadpoles, insect larvae and three different species of shrimp.

Safety and Considerations

The portion of this trail beyond West Canyon Road features deep sand that greatly enhances difficulty in hot weather.

Park Rules

- Hikers must stay on mapped trails.
- Dogs are not allowed on Red Sands Trail.
- Day Use hours 6am-10pm.