



Moab Hiking Planner

A printable trip workbook for Arches, Canyonlands, and beyond

What's inside:

- Trip overview & lodging details
- Daily hiking planner templates
- Trail shortlist by difficulty
- Packing checklist dialed for desert hiking
- Driving time cheat sheet & fuel/food stops
- Permit & pass tracker
- Safety checklist and emergency info
- Notes & trip memories

Prepared for your adventure • Generated on August 11, 2025

Trip Overview

Trip Dates	_____ / _____ / _____ to _____ / _____ / _____
# in Group	_____ Adults: _____ Kids: _____ Dogs: _____
Lodging	_____ Check-in _____ Check-out _____
Address	_____
Primary Vehicle	_____ 4WD? ☐ Yes ☐ No Fuel Type: _____
Park Passes on Hand	☐ America the Beautiful ☐ Arches timed entry ☐ Canyonlands/Island ☐ Needles
Cell Coverage Plan	Carrier: _____ Hotspot? ☐ Yes ☐ No Offline maps saved? ☐ Yes ☐ No

Permits & Reservations

Item	Confirmation #	Date/Time	Notes
Arches Timed Entry			
Fiery Furnace			
Canyonlands Backcountry			
Campground			
Guided Tour			

Daily Hiking Planner

Use a new page for each day.

Date	_____	Day of Week	_____
Sunrise	_____	Sunset	_____
Primary Trail	_____	Distance	_____ mi
Backup Trail	_____	Distance	_____ mi
Start Time	_____	Trailhead ETA	_____
Driving Time	_____ min	Water Carry	_____ L / person
Weather Check	☐ Clear ☐ Wind ☐ Rain ☐ Heat ☐ Humidity	Permit Required	☐ Yes ☐ No
Shuttle or Second Car	☐ Yes ☐ No	Meet-up Point	_____

Waypoints & Notes

Trail Shortlist by Difficulty

Circle 3 or 4 must-do hikes for this trip. Times are for planning only; verify conditions and closures before you go.

Easy (Family-friendly)	Distance	Est. Time
Sand Dune Arch	0.3 mi	15–30 min
Windows Loop	1.2 mi	45–60 min
Park Avenue	2.0 mi	1–1.5 hr
Grand Viewpoint	2.0 mi	1–1.5 hr

Moderate	Distance	Est. Time
Delicate Arch	3.2 mi	2–3 hr
Corona Arch	2.5 mi	1.5–2.5 hr
Landscape Arch + Navajo	2.3–4.5 mi	1.5–3 hr
Murphy Point	3.4 mi	1.5–2.5 hr

Challenging	Distance	Est. Time
Devils Garden Primitive	7.8 mi	3.5–5.5 hr
Syncline Loop (Upheaval)	8.3 mi	4–7 hr
Fisher Towers	4.4 mi	3–4 hr
Negro Bill to Morning Glory	4.5 mi	2.5–3.5 hr

Packing Checklist (Desert Hiking)

- 2–3 L water per person (half-day)
- 4–5+ L water per person (full-day)
- Electrolytes / salty snacks
- Sun hat + UV sunglasses
- Sunscreen SPF 30+ and SPF lip balm
- Lightweight long-sleeve sun shirt
- Trail shoes with grip (sticky rubber ideal)
- Hiking socks (wool/synthetic)
- Small first-aid kit + blister care
- Headlamp with fresh batteries
- Map + offline maps downloaded
- Portable charger + cable
- Trekking poles (optional)
- Light insulating layer
- Rain shell (monsoon months)
- Gloves for scrambles/rappels (if applicable)
- Emergency whistle + space blanket
- Multi-tool / knife
- Trash bag (leave no trace)
- Toilet kit (wag bag where required)
- Permit / pass / ID
- Cash for park fees
- Cooler & ice in vehicle
- Extra water jug in vehicle

Driving Times Cheat Sheet (from downtown Moab)

Destination	Approx. Time
Arches Entrance Station	10–15 min
Delicate Arch Trailhead	35–45 min
Devils Garden TH	45–55 min
Canyonlands: Island in the Sky Visitor Center	35–45 min
Grand View Point	60–70 min
Dead Horse Point State Park	40–50 min
Fisher Towers TH	45–55 min
Corona Arch TH	20–25 min

Fuel & Food Stops (mark your picks)

Category	Location / Notes	Hours
Fuel	Shell / Maverik / Sinclair on Main St.	_____ to _____
Groceries	City Market • Moonflower Community Coop	_____ to _____
Coffee & Breakfast	_____	_____ to _____
Post-Hike Eats	_____	_____ to _____

Safety & Emergency Info

- Hydrate early and often; bring more water than you think you need.
- Avoid the hottest hours in summer; plan sunrise starts and midday shade.
- Flash flood risk is real in canyons during monsoon season; check forecasts.
- Stay on durable surfaces; cryptobiotic soil is fragile and alive.
- Tell someone your plan and expected return time, and check in after.
- Turn around before you are tired; save energy for the return.

Emergency Contacts	Number / Channel
Grand County Sheriff (Emergency)	911
Non-Emergency Dispatch	(435) 259-8115
Poison Control	1-800-222-1222
Arches NP Visitor Center	(435) 719-2299
Canyonlands NP Island in the Sky	(435) 259-4711
Moab Regional Hospital	(435) 719-3500

Notes & Trip Memories