

Around Red Rock Pines Campground, Moab

Sample plan: the host is fictional; every tip and number is genuinely researched.

Welcome to the high desert. Base yourself just north of town, roll out of the van at first light, and you can be watching sun hit sandstone before the parking lots fill. This guide keeps things simple: where to drive, where to eat, where to hide when it rains, and how to handle Moab heat without wrecking your trip. All prices in USD, all distances in miles from downtown Moab (Main Street and Center Street), all times in 12-hour format.

The Plan at a Glance

Section	What it covers in one line
1. At a Glance	The best seven picks nearby with distance, price and a short note.
2. Day Trips Worth the Drive	Arches, Canyonlands, Dead Horse Point and more, with fees, hours and map links.
3. Eat and Drink	Breakfast burritos, coffee, burgers and beer, with hours and closing days.
4. On a Rainy Day	Museums, a dinosaur museum and indoor swim options.
5. With Kids	Dinosaurs, easy trails, a mellow float and a pool.
6. Practical Things Nearby	Grocery, coffee, pharmacy, urgent care, fuel and charging.
7. Getting Here and Parking	Driving in, flying in, and where to leave a big rig.
8. Free Things to Do	Petroglyphs, canyon hikes, bike trails, a scenic byway and fee-free park days.
9. Guided Tours and Experiences	Bookable trips that clear a strict rating bar, no commission taken.
10. Sources	Every official link with the date we checked it.

On a rainy day

1. Moab Museum (On a Rainy Day): compact local history, indoor, cheap, and an easy hour or two.
2. Moab Giants Interactive Tracks Museum and 3D theater (On a Rainy Day): the indoor half of the dinosaur park still works when the trail is muddy.
3. Moab Recreation and Aquatic Center (On a Rainy Day): the indoor lap pool with slide, plus hot showers that vanlifers appreciate. The leisure pool and second lap pool are outdoors and seasonal, so a wet day means indoor lanes only.
4. Scenic Byway 128 along the Colorado River (Free Things to Do): a dry-seat drive that looks even better under storm light.
5. Love Muffin Cafe (Eat and Drink): a long slow breakfast is a legitimate weather strategy.

For summer days

- 1. Arches National Park at sunrise (Day Trips Worth the Drive): be at the gate by 6:00 AM to hike Delicate Arch or Park Avenue in shade and cool air.
- 2. Colorado River half-day raft with NAVTEC (Guided Tours and Experiences): you sit in the water instead of baking beside it.
- 3. Grandstaff Canyon (Free Things to Do): shaded streambed hiking, cottonwoods, and a creek to soak a shirt in.
- 4. Moab Recreation and Aquatic Center (With Kids): outdoor and indoor water for the hottest part of the afternoon.
- 5. Mesa Arch and Grand View Point, Canyonlands Island in the Sky (Day Trips Worth the Drive): 6,000 feet of elevation means noticeably cooler air than town.

For fall and winter

- 1. Dead Horse Point State Park (Day Trips Worth the Drive): crisp air, empty overlooks and perfect midday light in October through March.
- 2. Moab Brand Trails, Bar M (Free Things to Do): prime slickrock riding season once the heat breaks.
- 3. Fiery Furnace ranger-led hike in Arches (Day Trips Worth the Drive): a shoulder-season classic, small groups, book through the park.
- 4. Moab Museum (On a Rainy Day): warm, indoor, and open Tuesday through Saturday all winter.

1. At a Glance

Category	Name	Distance	Price	Note
National park	Arches National Park	About 5 miles north of Moab on US 191, roughly 10 minutes to the entrance station	\$30 per private vehicle, \$25 motorcycle, \$15 per person on foot or bike (nps.gov, as of 08/2026)	No timed-entry reservation is being sold for the current season, so arrive before 7:00 AM anyway to beat the entrance-station queue.
National park	Canyonlands, Island in the Sky	About 32 miles, roughly 45 minutes	\$30 per private vehicle, \$25 motorcycle, \$15 per person (nps.gov, as of 08/2026)	Open 24 hours year-round; timed entry is not required (nps.gov, as of 08/2026).
State park	Dead Horse Point State Park	About 32 miles, roughly 45 minutes	Day-use fee applies, check before visiting on the official page	Best sunset overlook in the region and an easy paved loop road.

Category	Name	Distance	Price	Note
Family attraction	Moab Giants	About 9 miles north, roughly 15 minutes	Dino Pass and VIP Pass tiers, check before visiting	Open 10:00 AM to 6:00 PM, closed Wednesdays, last entry 5:00 PM (moabgiants.com, as of 08/2026).
Museum	Moab Museum	In town, under 1 mile	\$10 adults, \$8 seniors 62+, students and military, \$30 household, free for children 7 and under (moabmuseum.org, as of 08/2026)	Tuesday through Saturday, 9:00 AM to 5:00 PM.
Breakfast and coffee	Love Muffin Cafe	In town, about 1 mile	Cafe prices, roughly \$8 to \$16 for breakfast	Open Friday through Tuesday, 6:30 AM to 1:00 PM (lovemuffincafe.com, as of 08/2026). Early enough for a sunrise start.
Water	Colorado River half-day rafting, NAVTEC Expeditions	Meets in Moab	From \$97 per person (getyourguide.com, as of 08/2026)	Class 1 and 2, beginner friendly, minimum weight 50 lbs.

2. Day Trips Worth the Drive

Arches National Park

Distance and drive time: about 5 miles north of downtown Moab on US 191, roughly 10 minutes to the entrance station. The park road then runs another 18 miles to Devils Garden. Admission: \$30 per private vehicle (15 passenger capacity or less, all occupants included), \$25 motorcycle, \$15 per person arriving on foot or by bike; children under 16 free. The \$55 local annual pass covers Arches, Canyonlands, Natural Bridges and Hovenweep. Entrance stations are credit and debit card only. Hours: park roads are open around the clock; the entrance station and visitor center have seasonal hours, so check the park's conditions page the night before. Timed entry: no timed-entry reservation is listed on the park's own fees page for the current season, and Recreation.gov currently shows only camping, canyoneering permits and ranger tours for Arches rather than a timed-entry ticket. Before you drive, confirm on nps.gov and recreation.gov, because this program has switched on and off in recent years. Extras worth booking: Fiery Furnace ranger-led hike is \$16 per person; a self-guided Fiery Furnace private permit is \$10 per person. Children under 5 are not permitted on either. Devils Garden Campground is \$25 per night. Phone: 435 719-2299. Map: [Open in maps](#) Source: nps.gov Arches Fees and Passes and recreation.gov Arches gateway, as of 08/2026.

Canyonlands National Park, Island in the Sky

Distance and drive time: about 32 miles from downtown Moab via US 191 north and UT 313, roughly 45 minutes. Admission: \$30 per private vehicle, \$25 motorcycle, \$15 per person on foot or bike; the \$55 park annual pass also works. Entrance stations take credit and debit only. Hours: the park is normally open year-round, 24 hours a day. Visitor center hours change with the season and some facilities close in winter. Timed entry: not required. Camping: Island in the Sky campground is \$15 per night, first come first served; The Needles is \$20 per night. Why go: Mesa Arch at sunrise, Grand View Point for the big drop-off, Upheaval Dome for something odd. There is no reliable water at Island in the Sky, so fill up in town. Phone: 435-719-2313. Map: [Open in maps](#) Source: nps.gov Canyonlands Fees and Passes plus Operating Hours and Seasons, as of 08/2026.

Canyonlands, The Needles district

Distance and drive time: about 75 miles from downtown Moab via US 191 south and UT 211, roughly 1 hour 30 minutes each way. Make it a full day, not an afternoon. Admission: same park fees, \$30 per private vehicle, \$25 motorcycle, \$15 per person. Hours: open year-round, 24 hours a day; the visitor center is seasonal. Camping: Needles campground \$20 per night, group sites from \$70. Why go: grassy parks between sandstone needles, real backcountry feel, far fewer people than Island in the Sky. Map: [Open in maps](#) Source: nps.gov Canyonlands Fees and Passes, as of 08/2026.

Dead Horse Point State Park

Distance and drive time: about 32 miles, roughly 45 minutes, on the same UT 313 as Island in the Sky. Admission: Utah State Parks charges a day-use fee per vehicle here, and state park fees were adjusted during 2026, so we are not quoting an exact figure. Expect a modest per-vehicle day-use charge and check before visiting at stateparks.utah.gov/parks/dead-horse. The America the Beautiful pass does not cover state parks. Hours: standard state park day-use hours, generally early morning to about 10:00 PM in the warm season, shorter in winter; confirm on the official page. Why go: the gooseneck of the Colorado River from 2,000 feet above it, a paved scenic drive, a mellow rim trail loop and a mountain bike trail network at Intrepid. Map: [Open in maps](#) Source: stateparks.utah.gov park pages, as of 08/2026 (fee figure not quoted, check before visiting).

Moab Giants Dinosaur Park and Museum

Distance and drive time: about 9 miles north of Moab at the corner of US 191 and UT 313, roughly 15 minutes. Admission: tickets come as a Dino Pass (outdoor attractions plus museum) or an all-inclusive VIP Pass, plus annual memberships. Current prices are on the official tickets page, so check before visiting rather than trusting resellers. Hours: 10:00 AM to 6:00 PM Monday, Tuesday and Thursday through Sunday, closed Wednesdays, last admission 5:00 PM. Plan on 2 to 3 hours. Address and phone: 112 West SR-313, Moab, UT 84532, 1-435-355-0288. Oversized parking, restrooms, misters and shaded benches along the outdoor trail, plus a cafe. Map: [Open in maps](#) Source: moabgiants.com Plan Your Visit, as of 08/2026.

Scenic Byway 128 to Fisher Towers

Distance and drive time: the Fisher Towers turnoff is about 22 miles from downtown Moab via US 191 north then UT 128 east, roughly 30 to 35 minutes. Admission: free to drive; the BLM Fisher Towers day-use area and campground may carry a small fee, check the posted board at the trailhead. Hours: daylight, no gate. Why go: one of the great river-canyon drives in the West, red spires straight out of a Western, and a 2.2 mile out-and-back trail beneath the towers. In summer, do it before 8:00 AM or after 6:00 PM, there is no shade. Map: [Open in maps](#) Source: BLM Moab field office information boards and [utah.gov](#) byway listings, as of 08/2026 (fees vary, check on site).

Sand Flats Recreation Area and Slickrock

Distance and drive time: about 3 miles east of downtown via Sand Flats Road, roughly 10 minutes. Admission: this is a fee area with a per-vehicle day-use charge and separate camping fees collected at the entrance kiosk. Fees have been revised over time, so check the posted rates at the gate or the BLM page before you go. Hours: entrance kiosk staffed in daylight; the road is open around the clock. Why go: the Slickrock Bike Trail, Hell's Revenge 4x4 route and a first-row seat on the La Sal Mountains. Bring all your own water, there is none up there. Map: [Open in maps](#) Source: [blm.gov](#) Sand Flats fee notices, as of 08/2026 (exact fee not quoted, check at the kiosk).

3. Eat and Drink

Love Muffin Cafe, North Main Street Open Friday through Tuesday, 6:30 AM to 1:00 PM, closed Wednesday and Thursday. Breakfast burritos, big muffins and proper coffee, and the 6:30 AM opening is the single most useful fact in this guide if you want to be at an Arches trailhead by 7:30 AM. Roughly \$8 to \$16 per person. Order-ahead is available through their online ordering link. Map: [Open in maps](#) Source: [lovemuffincafe.com](#), as of 08/2026.

Giants' Cafe at Moab Giants, 112 West SR-313 Open with the park, 10:00 AM to 6:00 PM, closed Wednesdays. Sandwiches, burgers, wraps, kids' meals, gelato and coffee. Handy if you are heading up UT 313 toward Dead Horse Point or Island in the Sky and do not want to drive back into town for lunch. Phone 1-435-355-0288. Map: [Open in maps](#) Source: [moabgiants.com](#), as of 08/2026.

Moab Brewery, South Main Street Big menu, house beer, air conditioning and enough seating to absorb a dusty group. We could not load their official hours page on the day of writing, so treat opening times as approximately late morning to late evening daily and confirm on [themoabbrewery.com](#) or by phone before you drive over. Mains commonly run about \$15 to \$28. Check before visiting. Map: [Open in maps](#) Source: [themoabbrewery.com](#), as of 08/2026 (hours not confirmed, check before visiting).

Milt's Stop & Eat, Millcreek Drive A tiny 1954 burger and shake counter near the Mill Creek Parkway, with a walk-up window and a handful of stools. It keeps limited days and hours and can close seasonally, so check their official Facebook page the same morning. Burgers and shakes typically under \$20 per person. Check before visiting. Map: [Open in maps](#) Source: [facebook.com/MiltsStopandEat](#), as of 08/2026 (hours not confirmed, check before visiting).

DoughBird, North Main Street Wood-fired pizza and fried chicken, good for a family that cannot agree. Hours change with the season and they publish them on their own ordering page, so check doughbirdmoab.com before you head in. Expect roughly \$15 to \$25 per person. Check before visiting. Map: [Open in maps](#) Source: doughbirdmoab.com, as of 08/2026 (hours not confirmed, check before visiting).

4. On a Rainy Day

Moab Museum, 118 East Center Street Open Tuesday through Saturday, 9:00 AM to 5:00 PM, closed Sunday and Monday. Admission \$10 adults, \$8 seniors 62+, students and military, \$30 for a household or family, free for children 7 and under, 10 percent off for parties of 10 or more. SNAP EBT holders get free admission year-round through Museums4All, and active-duty military families get free admission between Armed Forces Day and Labor Day through Blue Star Museums. Wheelchair accessible. Phone 435-259-7985. One to two hours is plenty. Map: [Open in maps](#) Source: moabmuseum.org Plan Your Visit, as of 08/2026.

Moab Giants: Interactive Tracks Museum, 3D theater and 5D Prehistoric Aquarium, 112 West SR-313 Open 10:00 AM to 6:00 PM, closed Wednesdays, last entry 5:00 PM. The indoor exhibits, theater and cafe are genuinely weatherproof even when the outdoor dinosaur trail is a mud bath. Ticket tiers (Dino Pass, VIP Pass) are on the official tickets page, check before visiting. Changing tables, ADA accessible, oversized parking. Map: [Open in maps](#) Source: moabgiants.com, as of 08/2026.

Moab Recreation and Aquatic Center (MRAC), 374 Park Avenue City-run facility with an indoor lap pool that has the slide, plus a fitness room and hot showers. Be clear on what is weatherproof here: the second lap pool and the leisure pool are outdoors and only run from about mid-May to the end of September, so on a rainy day the indoor lap pool is the part you can count on. Drop-in day rates are modest, typically in the single digits to low teens per person, with family and punch-pass options, but rates and open-swim windows shift by season and school schedule. Check the current fee schedule and swim times at moabcity.gov before you go. For vanlifers, a day pass is also the cheapest good shower in town. Map: [Open in maps](#) Source: moabcity.gov MRAC pages, as of 08/2026 (exact price not quoted, check before visiting).

Arches Visitor Center, 5 miles north of town on US 191 Free to enter, no entrance fee required for the visitor center itself. Exhibits, films, restrooms, water and rangers who will tell you honestly which trails are safe in the current weather. Hours are seasonal, so check the park's conditions page. A good 45 minutes when a thunderstorm parks itself over the fins. Map: [Open in maps](#) Source: nps.gov Arches, as of 08/2026.

5. With Kids

Moab Giants (best for ages 3 to 12, fun for older kids too). Life-size dinosaurs on an outdoor trail plus indoor tracks museum, 3D theater, dig-it-out sites and a playground. Open 10:00 AM to 6:00 PM, closed Wednesdays, last entry 5:00 PM. Dino Pass and VIP Pass tiers, check current prices on the

official site. Misters, benches, restrooms and vending along the trail, which matters in July. Source: moabgiants.com, as of 08/2026.

Moab Recreation and Aquatic Center (all ages, toddlers included). The indoor lap pool with slide runs year-round, and the outdoor leisure pool and outdoor lap pool add the shallow, splashy stuff from about mid-May to the end of September. Either way it is the top choice for the 1:00 PM to 5:00 PM heat window. Drop-in rates are low, and family passes exist; check current rates and open-swim times at moabcity.gov. Source: moabcity.gov, as of 08/2026.

Colorado River half-day float with NAVTEC Expeditions (children must weigh at least 50 lbs to fit the life jackets, so roughly age 6 and up). Class 1 and 2 water, guide does the rowing, plenty of chances to swim. From \$97 per person, 4 hours, meets in Moab. Source: getyourguide.com product page, as of 08/2026.

Arches easy-win trails (ages 4 and up). Balanced Rock is a 0.3 mile flat loop, The Windows are short paved-and-sand walks, Sand Dune Arch is a sandbox between rock fins and one of the few shady spots in the park. Covered by the \$30 vehicle entrance fee. Do these before 9:00 AM in summer. Source: nps.gov Arches, as of 08/2026.

Moab Museum (ages 6 and up, free for 7 and under). Dinosaur bones, uranium-boom stories and iPads that keep kids moving. Tuesday through Saturday, 9:00 AM to 5:00 PM, \$10 adults, \$30 for a household. Source: moabmuseum.org, as of 08/2026.

6. Practical Things Nearby

Need	Name	Address	Distance from downtown Moab	Note
Grocery store	City Market (Kroger)	425 S Main St, Moab, UT 84532	About 0.6 miles, 3 minutes	Largest supermarket in town, propane and a fuel center on site. Hours are long but seasonal, check citymarket.com.
Grocery, natural foods	Moonflower Community Cooperative	39 E 100 N, Moab, UT 84532	About 0.4 miles, 2 minutes	Bulk goods, produce and camp-friendly deli items. Confirm hours by phone.
Coffee and bakery	Love Muffin Cafe	North Main Street, Moab, UT 84532	About 1 mile, 4 minutes	Friday through Tuesday, 6:30 AM to 1:00 PM (lovemuffincafe.com, as of 08/2026). Earliest reliable coffee for a sunrise start.
Pharmacy	City Market Pharmacy	425 S Main St, Moab, UT 84532	About 0.6 miles, 3 minutes	Inside the supermarket; pharmacy counter hours are shorter than store hours, call ahead.

Need	Name	Address	Distance from downtown Moab	Note
Urgent care	Moab Regional Hospital urgent care	Williams Way, Moab, UT 84532 (hospital campus)	About 1.5 miles, 5 minutes	Walk-in hours vary by day and season; call the hospital first. For anything serious, the emergency department is on the same campus.
Gas station	City Market Fuel Center	425 S Main St, Moab, UT 84532	About 0.6 miles, 3 minutes	Cheapest reliable fuel in town; several more stations line S Main.
EV charging	Public DC fast and Level 2 chargers along Main Street and at Moab hotels	S Main St corridor, Moab, UT 84532	Under 1.5 miles	Availability changes fast in Moab, check PlugShare or your vehicle app the same day. N/A for pricing here.

Note on this table: addresses come from the businesses' own store locators; opening hours in Moab swing hard between high season and January, so treat any hour you did not personally confirm as provisional.

7. Getting Here and Parking

Almost everyone arrives by car or van. From Interstate 70, take exit 182 at Crescent Junction and drive 28 miles south on US 191 into Moab, about 35 minutes. From Salt Lake City it is roughly 235 miles and 4 hours; from Denver roughly 355 miles and 5 hours 30 minutes; from Grand Junction, Colorado roughly 110 miles and 1 hour 45 minutes. Arches' entrance is 5 miles north of town on US 191, and the campground sits on that same stretch, so you are on the park side of traffic in the morning.

Flying in: Canyonlands Regional Airport (CNY) is about 18 miles north of town on US 191, roughly 25 minutes, with a small number of regional flights and rental cars. Grand Junction (GJT) is the practical alternative at roughly 1 hour 45 minutes by rental car, and Salt Lake City (SLC) is the cheapest for long-haul arrivals at about 4 hours.

Parking: pull-through and back-in sites at the campground handle rigs and towed trailers, and there is room to leave a trailer on site while you take the tow vehicle into the parks. In the national parks, trailer parking is limited, and Arches asks larger vehicles to use designated pullouts; drop your trailer before you drive the park road. Downtown Moab has free street parking plus public lots off Main and Center Streets, tight from 5:00 PM in season, easy before 9:00 AM. Popular trailheads such as Delicate Arch, Mesa Arch and Corona Arch fill by 8:00 AM to 9:00 AM in spring and fall, and rangers do not allow roadside overflow parking.

Heat and water, honestly: summer highs in Moab regularly reach the upper 90s and cross 100°F, and shade is almost nonexistent on slickrock. Start hikes at first light, carry at least one gallon of water per person per day, turn around by 10:00 AM on exposed trails, and treat 11:00 AM to 5:00 PM as pool, museum, river or drive time. Canyonlands Island in the Sky has no reliable drinking water, so fill every bottle in town. Flash floods are a real risk from July into September; skip narrow canyons when storms are forecast.

8. Free Things to Do

Potash Road petroglyphs and dinosaur tracks, UT 279 About 5 miles from downtown Moab, roughly 10 minutes. Roadside panels of Ute and ancestral Puebloan rock art sit a few feet from the pavement on BLM land, with interpretive signs and free pullouts. Free, open all day, no gate. Source: BLM Moab field office signage and discovermoab.com, as of 08/2026.

Grandstaff Canyon (Negro Bill Canyon) trail, UT 128 About 3 miles from town, roughly 8 minutes to the trailhead. A shaded creek-bottom hike, roughly 5 miles round trip to Morning Glory Natural Bridge, one of the coolest places to walk in July. Free BLM trailhead parking, which fills early. Source: BLM Moab field office trail information, as of 08/2026.

Mill Creek Parkway Starts in town, under 1 mile from Main Street. A paved, mostly flat, shaded path along the creek that links neighborhoods and parks; ideal for a stroller, a scooter, or a jog before breakfast. Free, open daylight hours. Source: [moabcity.gov](https://moabcity.gov/parks) parks pages, as of 08/2026.

Moab Brand Trails (Bar M), US 191 north About 8 miles north of town, roughly 12 minutes, near the UT 313 junction. A BLM trail network with everything from the beginner-friendly Bar M loop to Deadman's Ridge, plus a big free trailhead lot and restrooms. No fee for day use. Source: blm.gov Bar M Trail System, as of 08/2026.

Scenic Byway UT 128 along the Colorado River Begins about 2 miles north of town. Roughly 30 miles of river canyon to Castle Valley and Fisher Towers, free to drive, best in the last hour of daylight. There are free pullouts and BLM day-use areas along the way; some campgrounds charge, the road never does. Source: Utah scenic byway information and BLM Moab, as of 08/2026.

National Park Service fee-free days in 2026 Arches and Canyonlands waive the entrance fee on Presidents Day February 16, Memorial Day May 25, Flag Day June 14, the Independence Day weekend July 3 to 5, the NPS birthday August 25, Constitution Day September 17, Theodore Roosevelt's birthday October 27 and Veterans Day November 11. Other fees such as camping or ranger-program charges still apply, and these are the busiest days of the year, so go very early. Source: nps.gov Arches and Canyonlands fees pages, as of 08/2026.

9. Guided Tours and Experiences

We take no commission on anything listed here, and every link is a plain public product page with no affiliate tracking. Our bar for this section is a rating of at least 4.6 out of 5 from at least 50 ratings.

Honest note first: there are no free or donation-based bookable tours in Moab that clear this bar. The closest free equivalents are ranger programs in Arches and Canyonlands, which are included with your entrance fee and posted at the visitor centers, plus the low-cost Fiery Furnace ranger-led hike in Arches at \$16 per person. The paid tours below all clear the bar. The first one was verified on its own product page; the other two are listed with the rating, review count and "from" price shown on GetYourGuide's product listings on 08/22/2026, so confirm the exact price on the product page at checkout.

Tour	Meeting point	Price	Rating	Link
From Moab: Colorado River Guided Rafting Trip, 4 hours, NAVTEC Expeditions	NAVTEC base in Moab, free street parking within one block	From \$97 per person	4.6 out of 5 from 500 reviews	getyourguide.com/...
Moab: Hell's Revenge Hummer Adventure, 2 hours, pickup available	Operator base in Moab, hotel and campground pickup available	From \$106 per person	4.9 out of 5 from 177 reviews	getyourguide.com/...
Moab: Arches National Park Sunset Tour, 4 hours	Operator meeting point in Moab	From \$142 per person	4.8 out of 5 from 125 reviews	getyourguide.com/...
Fiery Furnace ranger-led hike, Arches National Park	Fiery Furnace trailhead, Arches park road	\$16 per person, park entrance fee also applies	N/A (not a rated commercial product)	nps.gov/...

Practical notes: the rafting trip has free cancellation up to 24 hours ahead, includes guide, life jacket and water, serves a buffet lunch on the 12:00 PM departure only, and requires participants to weigh at least 50 lbs. Footwear with straps is required, no flip-flops or bare feet. The Fiery Furnace ranger hike does not allow children under 5 and sells out, so book as soon as the window opens.

10. Sources

All links checked on 08/22/2026.

National and state parks

- Arches National Park, Fees and Passes: [nps.gov/...](#)
- Arches National Park, Fiery Furnace ranger-led hike: [nps.gov/...](#)
- Arches National Park, Fiery Furnace permit: [nps.gov/...](#)
- Arches National Park, current conditions and alerts: [nps.gov/...](#)
- Recreation.gov, Arches National Park gateway (camping, permits, ranger tours, timed entry if reinstated): [recreation.gov/...](#)
- Recreation.gov, America the Beautiful passes: [recreation.gov/...](#)
- Canyonlands National Park, Fees and Passes: [nps.gov/...](#)
- Canyonlands National Park, Operating Hours and Seasons: [nps.gov/...](#)
- Dead Horse Point State Park, Utah State Parks (day-use fees, hours): [stateparks.utah.gov/...](#)

Attractions and museums

- Moab Giants, Plan Your Visit (hours, address, phone): [moabgiants.com/...](#)
- Moab Giants, tickets and pass tiers: [moabgiants.com/...](#)
- Moab Museum, Plan Your Visit (hours, admission, phone): [moabmuseum.org/...](#)
- Moab Recreation and Aquatic Center, City of Moab (indoor and outdoor pools, seasons, fees): [moabcity.gov/...](#)

Eat and drink

- Love Muffin Cafe (hours): [lovemuffincafe.com](#)
- Moab Brewery: [themoabbrewery.com](#)
- DoughBird (hours and ordering): [doughbirdmoab.com/...](#)
- Milt's Stop & Eat (official page): [facebook.com/...](#)
- Giants' Cafe at Moab Giants: [moabgiants.com/...](#)

Trails, free things and public lands

- BLM, Bar M Trail System: [blm.gov/...](#)
- BLM, Sand Flats Recreation Area fee information: [blm.gov/...](#)
- Discover Moab, mountain biking trail guide: [discovermoab.com/...](#)
- Discover Moab, Dead Horse Point overview: [discovermoab.com/...](#)

Supplies and services

- City Market, Moab store and pharmacy: [citymarket.com/...](#)

Tours

- GetYourGuide, Colorado River guided rafting trip: [getyourguide.com/...](#)
- GetYourGuide, Hell's Revenge Hummer Adventure: [getyourguide.com/...](#)

- GetYourGuide, Arches National Park Sunset Tour: [getyourguide.com/...](https://www.getyourguide.com/arches-national-park-sunset-tour/)

Where a figure above is given as a range with "check before visiting", it means we could not confirm an exact current number on the official page at the time of writing. Prices, hours and reservation rules in Moab change seasonally, so re-check the official link the week you travel.

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