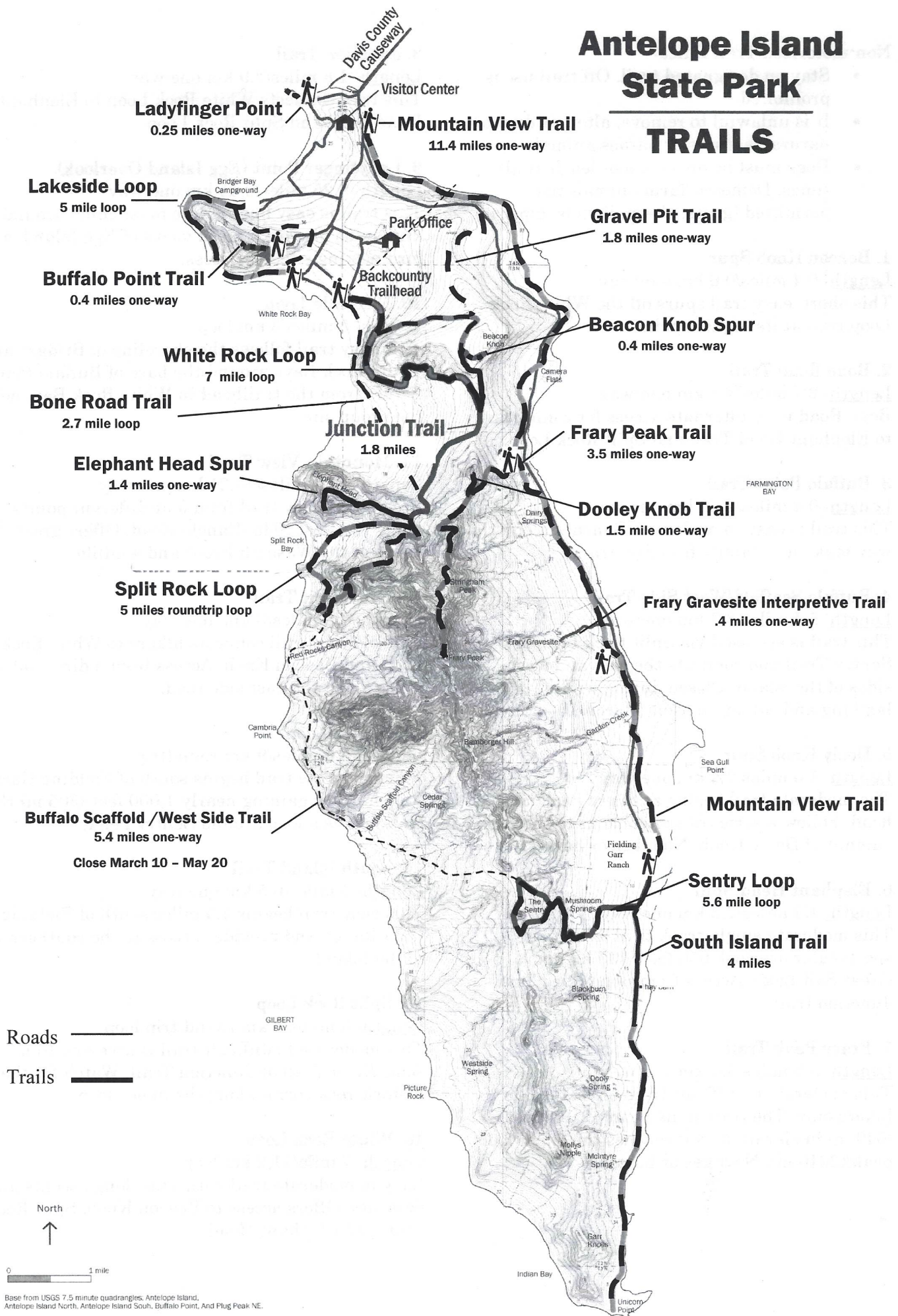


Antelope Island State Park TRAILS



Non-motorized Trail Rules:

- Stay on designated trail. Off trail use is prohibited.
- It is unlawful to remove, alter, or destroy natural features or harass animals.
- Dogs must be on a six-foot leash at all times. Domestic farm animals not permitted (goats, sheep, llamas, alpacas)

1. Beacon Knob Spur

Length: 0.4 miles/0,6 km one-way

This short, easy trail spurs off the White Rock Loop trail at its highest point.

2. Bone Road Trail

Length: 2.7 miles/4,3 km one-way

Bone Road is an alternate access for connecting to Elephant Head Trail and Split Rock Loop.

3. Buffalo Point Trail

Length: 0.4 miles/0,66 km one-way

This trail is easy to moderate. Benches along the way make it a “family friendly” trail.

4. Buffalo Scaffold/West Side Trail

Length: 5.4 miles/8,7 km one-way

This trail is accessed via Split Rock Loop or Sentry Trail and connects the east and west sides of the island. Closed during wildlife lambing and calving season: March 10 – May 20.

5. Dooly Knob Spur

Length: 1.5 miles/2,4 km one-way

The moderate trail begins at Frary Peak trail head. Follow a series of switchbacks to the rocky summit of Dooly Knob. **No bikes or horses.**

6. Elephant Head Spur

Length: 1.4 miles/2,2 km one-way

This moderate single-track trail leads to a spectacular overlook 650 feet (198 m) above Great Salt Lake. Access from Bone Road Trail or Junction trail.

7. Frary Peak Trail

Length: 3.5 miles/5,6 km one-way

This moderate to difficult trail is reserved for hikers only. The trail gains nearly 2,100 feet (640 m) in elevation as it reaches the 6,596-foot peak (2010 m). **No bikes or horses.**

8. Junction Trail

Length: 1.8 miles/2,9 km one-way

This trail connects White Rock Loop to Elephant Head Trail and Split Rock Loop.

9. Ladyfinger Point (Egg Island Overlook)

Length: 0.25 miles/0,45 km one-way

This trail is easy but visitors must climb around numerous big rocks. Good views of Egg Island, a bird nesting site. No access.

10. Lakeside Loop

Length: 5 miles/8 km loop

This easy trail follows the shoreline of Bridger and White Rock Bays around the base of Buffalo Point. Access from the trailhead in White Rock Bay, near the group site.

11. Mountain View Trail

Length: 11.4 miles/18,31 km one-way

Access this easy trail from four different points along the East Side (Ranch) Road. Offers great views of the Wasatch Front and wildlife.

12. Gravel Pit Trail

Length: 1.8 miles/3 km, one way.

This old jeep trail connects hikers to White Rock Loop and Beacon Knob. Access from a dirt road 1.8 miles along the east side road.

13. Sentry Loop

Length: 5.6 miles/9 km roundtrip

This moderate trail begins south of Fielding Garr Ranch. After gaining nearly 1,000 feet (305 m) the trail makes a loop around Sentry Peak.

14. South Island Trail

Length: 4 miles/6,5 km one-way

This easy trail begins 1.5 miles south of Fielding Garr Ranch and provides access to the southern tip of the Island.

15. Split Rock Loop

Length: 5 miles/8 km round-trip loop

This moderate to difficult trail is accessed from Bone Road Trail or Junction Trail. Watch for the historic rock corral along the upper loop.

16. White Rock Loop

Length: 7 mile/11,2 km loop

Easy to moderate trail with some long ascents and descents. Offers access to Beacon Knob, Split Rock Loop and Elephant Head.

Ranger Recommended Hikes

1-2 hours

Easy

Several short, easy hikes are available that provide nice views and fun exploration:

- Ladyfinger Point – about ½ mile round trip to a nice lake overlook
- Frary Interpretive Site – about ½ mile round trip to an old homestead

Moderate

For those looking for a little more elevation gain consider the following:

- Buffalo Point – about 1 mile round trip and 250 feet elevation gain
- Gravel Pit Trail – about 3 miles round trip with 400 feet elevation gain.
Access to Beacon Knob overlook

Strenuous

For those looking to get some sweeping views, and a little muscle burn, we recommend:

- Doolley Knob Spur – 3 miles round trip, about 700 feet elevation gain

Ranger Recommended Hikes

3-4 hours

Easy

If you have a few hours, but want to keep it nice and easy, consider:

- Lakeside Trail – do this as an out and back, or a loop (utilizing park roads) About 5 ½ miles round trip
- Mountain View Trail* – north trail head to Lower Frary parking lot is about 5 miles. Leave a car at each end, or return the way you came for a 10 mile hike.

Moderate

Looking for a view with moderate elevation gain?

- Sentry Loop – just under 6 mile loop, with 1000 feet elevation gain
- White Rock Loop – about a 7 mile loop gaining 600 feet elevation

Strenuous

- Frary Peak – 2000 feet elevation gain in 3.5 miles (7 miles round trip) for 360° views of the lake and island

* Access Mountain View Trail from three other trail heads for hikes between 3 and 5 miles each.

Ranger Recommended Hikes

5 or more hours

Easy

Looking for a long hike, but want to take it nice and easy?

- South Island Trail – 8 mile round trip trail to the southern tip of the island
- Mountain View Trail – 11 miles total; hike the entire trail, or break it up into sections. Leave a car at each end as a shuttle.

Moderate

For a little elevation gain with great views of the island and the lake:

- Gravel Pit Trail to Elephant Head Spur – about 13 miles round trip and 500 feet elevation gain

Strenuous

Looking for a trek across the island?

- Split Rock Loop (via Bone Road) – 11.5 miles round trip with 600 feet elevation gain
- Gravel Pit to Fielding Garr Ranch via Buffalo Scaffold – 15.5 miles ending at the Fielding Garr Ranch, or continue 9 miles via Mountain View back to Gravel Pit Trail Head