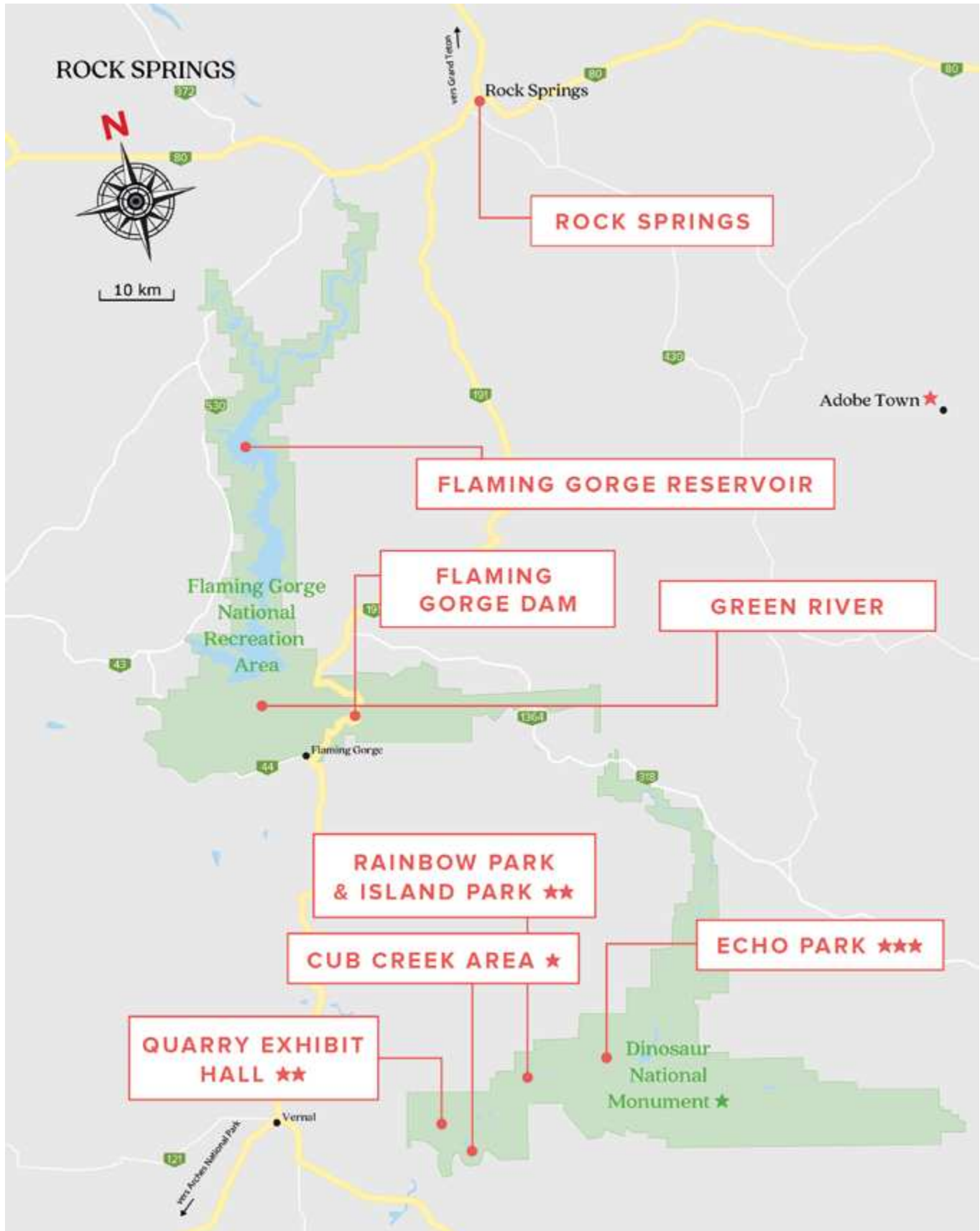




ROCK SPRINGS

This small typical western town is a short stop for many visitors on their way to northern Wyoming to visit Grand Teton and Yellowstone national parks. Rock Springs supplied the entire country with coal to power the steam engines back when the train was a popular means of transportation for both passengers and goods. In addition, the area around Rock Springs is home to some of the largest wild horse herds in the world. Take the time to stop and watch them. You will realize that you are deep in the heart of cowboy country.

YAMPA RIVER, DINOSAUR MONUMENT



NEARBY

DINOSAUR MONUMENT ★

Known to some as «Dinosaur National Park» the Monument is 1,290m² of history. It traces the lives of dinosaurs that roamed here 251 million years ago. Hundreds of fossils were discovered here in 1909. In 1915, 32 hectares were declared an official national monument to preserve the 150-million-year-old dinosaur fossil beds found within, and a few years later the protected area was extended to its current size. Here are some of the attractions you won't want to miss:

QUARRY EXHIBIT HALL ★★

In this exhibit hall you will be able to view the «Wall of Bones» containing approximately **1,500 dinosaur bones**. The bones of many different species of dinosaurs are encased in the rock, including the diplodocus, one of the longest dinosaurs in the Jurassic period. There are even several places where you can touch real **149-million-year-old** dinosaur fossils! To access the Quarry Exhibit Hall, first stop at the Quarry Visitor Center to see whether you must take the park shuttle or your personal vehicle. Closed on Christmas and New Years Day as well as Thanksgiving.

CUB CREEK AREA ★

The **pre-Columbian Fremont people**, who lived in this area approximately a thousand years ago, left evidence of their presence in **petroglyphs** and **pictographs**. Through these images and paintings, we can learn about their environment and culture. A variety of petroglyphs and pictographs can be seen at **Swelter Shelter**, a few kilometres from **Quarry Visitor Center**.

RAINBOW PARK AND ISLAND PARK ★★

These two remote areas of the park are next to each other along the Green River. Warning, visiting this area requires driving on unpaved roads that are impassable when wet. The landscape between **Split Mountain Canyon** and **Whirlpool Canyon** is quite spectacular. The sheer size of these natural wonders will make you feel small.

ECHO PARK ★★★

Echo Park is in the heart of Dinosaur National Monument. Here, the Yampa River flows into the Green River, which winds around the massive feature known as **Steamboat Rock**. Visiting Echo Park requires a high-clearance vehicle such as a 4X4, especially the last 20 km which are unpaved and impassable when wet. Echo Park provides many opportunities to discover Fremont petroglyphs and explore the canyons that formed between the two rivers. Before heading to the Echo Park area, stop at the **Canyon Visitor Center** for information on road conditions.

DINOSAUR MONUMENT ★

Season: The site is open year-round, but service availability varies depending on the area and the season. Some areas may be closed in winter.

Visitor Centers:

- **Quarry Visitor Center** is open from 9 am to 5 pm in low season and 8 am to 6 pm in high season. Closed on Thanksgiving (4th Thursday in November), Christmas and New Year's Day. It is found at the park's West entrance, in Utah.
- **Canyon Visitor Center** is in the southern area of the park and is open every day from late May to mid-October, 9 am to 5 pm.

Shuttle service inside the park? No

www.nps.gov/dino



ECHO PARK



RAINBOW PARK

FLAMING GORGE

Flaming Gorge National Recreation Area is a protected area consisting of a **magnificent canyon carved by the Green River, spectacular red cliffs and a huge reservoir measuring 146 kilometres long, Flaming Gorge Reservoir**. The reservoir is a popular destination for brown and rainbow trout fishing and many water sports such as kayaking, diving, swimming, canoeing, jet skiing and water skiing. Built in 1946, **Flaming Gorge Dam** offers guided tours of the dam and the hydroelectric plant. There are also spectacular rafting trips on the Green River below the dam. **LOCATED IN NORTHEASTERN UTAH AND SOUTHWESTERN WYOMING 435-784-3445 WWW.FLAMINGGORGE.COUNTRY.COM/FLAMING-GORGE-NATIONAL-RECREATION-AREA**

RED CANYON RIM

Distance (round-trip): 16 km
Time (round-trip): 3 hours (or as long as you like)
Level: Intermediate
Elevation gain: 244 m

This 8-km trail (one-way) follows the south rim of Red Canyon, a dramatic canyon sculpted by the powerful Green River at Flaming Gorge. There's no need to go far, the view is already spectacular near the parking lot at the trailhead. Many viewpoints along the trail offer opportunities for stunning photos, especially at sunset. The Red Canyon Visitor

ADOBE TOWN ★

Located about 30 km south of Rock Springs, Adobe Town is an area of badlands located in a cold desert on the Great

Divide between the Atlantic and Pacific watersheds. Visitors don't necessarily go for Adobe Town itself, but for the road that leads there.

The area is home to herds of wild horses and pronghorn antelope. Have your camera at the ready!



WILD HORSE ON THE WAY TO ADOBE TOWN

© AdobeStock



FLAMING GORGE

© iStock-507242737, grandriver



ROCK SPRINGS

WHERE TO EAT

BONSAI (\$\$-\$\$\$)

Bonsai offers the best, most courteous service in town and a wide selection of good Asian fare. The sushi is fresh, well prepared and very tasty. The best time to go is at lunch, when they offer combo meals at good prices.

1996, DEWAR DRIVE, ROCK SPRINGS
307-362-1888

WWW.BONSAIWY.COM

BITTER CREEK BREWING (\$\$-\$\$\$)

At Bitter Creek Brewing you'll find something for the whole family: pizzas, subs, salads, soups, pasta... A casual, friendly place but probably not the best meal of your trip.

604, BROADWAY ST, ROCK SPRINGS
307-362-4782

WWW.BITTERCREEKBREWING.COM

ANTICA FORMA (\$\$-\$\$\$)

This is the area's star restaurant, whose Neapolitan wood-fired pizza gets consistently rave reviews! The menu also offers many other Italian specialties including soups, salads, pasta, sandwiches and much more. A good choice at a good price.

251, EAST MAIN STREET, VERNAL
435-374-4138

WWW.ANTICAFORMA.COM

VERNAL BREWING COMPANY (\$\$-\$\$\$)

Vernal Brewing Company is the brainchild of owner Ginger

Bowden, who dreamed of opening a warm and welcoming gastropub serving food made from garden-fresh ingredients and craft beers on par with the greatest American brews. The American pub-style menu is quite basic and without a great deal of choice, but offers interesting salad, sandwich, burger, steak and fish dishes.

55, SOUTH 500 EAST, VERNAL
435-781-233

WWW.VERNALBREWING.COM

FARSON MERCANTILE (\$\$)

This family owned ice cream parlor is known for its delicious huge scoops and earned the title "Home of the Big Scone"! They also offer snacks, and is

the perfect place to stock up on souvenirs.

4048 US-191, FARSON
307-273-9511

FARSONMERC.COM

COWBOY DONUTS (\$)

Welcome to Donut paradise in Rock Springs! Freshly made daily, their homemade recipe is filled with love, dedication, and deliciousness. They get started each day as early as 1 am!

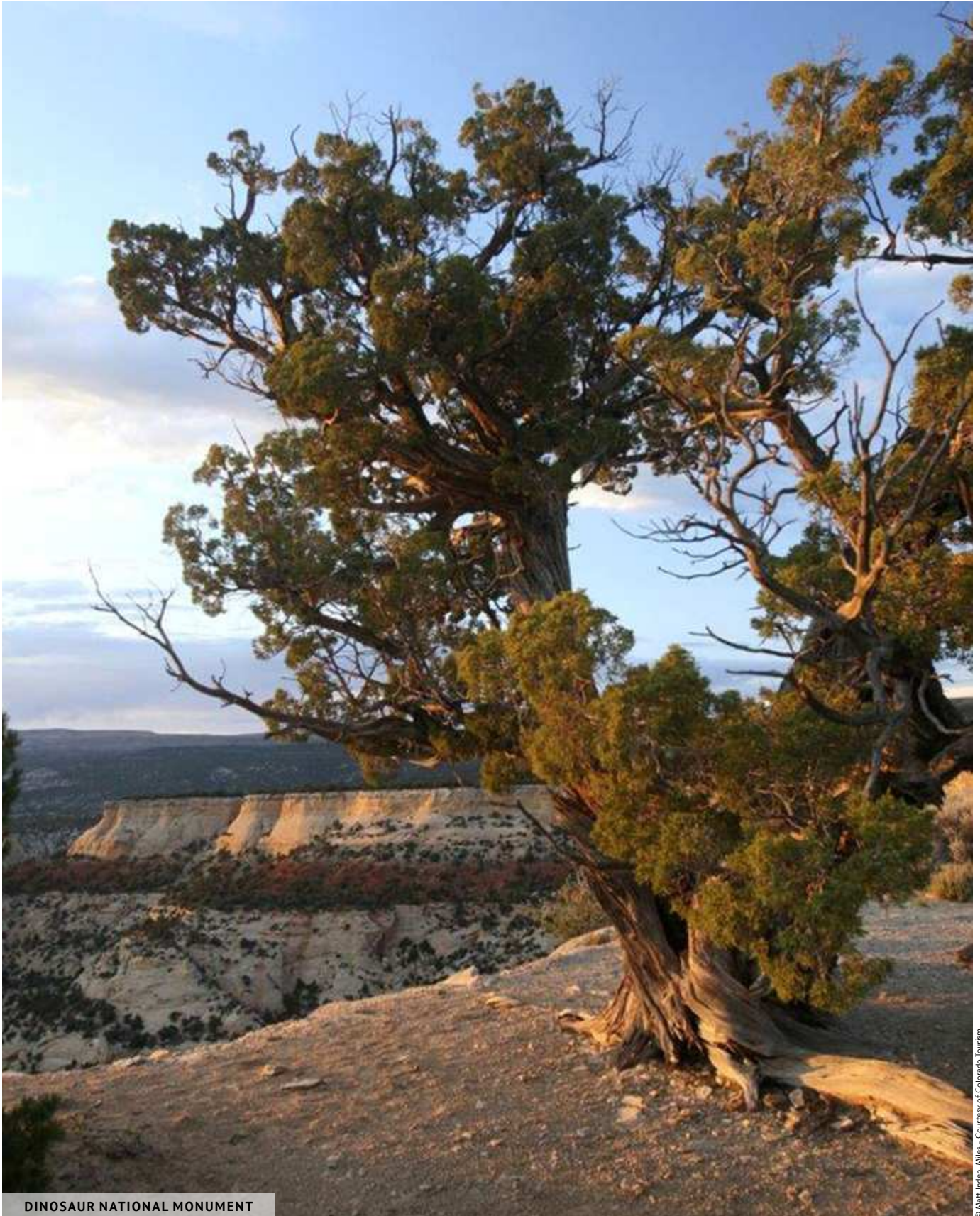
1573 DEWAR DR. #4
307-362-3400

COWBOYDONUTS.COM



Microbrewery

\$ Inexpensive \$\$ Moderate \$\$\$ Upscale \$\$\$\$ Fine dining



DINOSAUR NATIONAL MONUMENT