



## Theodore Roosevelt

National Park  
North Dakota

NPS.gov (<https://www.nps.gov/>) / Park Home (<https://www.nps.gov/thro/index.htm>) / Plan Your Visit (<https://www.nps.gov/thro/planyourvisit/index.htm>) / Things To Do (<https://www.nps.gov/thro/planyourvisit/things2do.htm>)  
/ Outdoor Activities (<https://www.nps.gov/thro/planyourvisit/outdooractivities.htm>) / Hiking

## Hiking and Trail Information

### Hiking and Trail Guide

Hiking Trail	Round-Trip Time and Distance	Trail Description
<b>Easy</b>		
<b>Skyline Vista</b> South Unit	10 minutes 0.1 mi / 0.16 km	Feel the wind in your hair high atop Johnson's Plateau. This flat, paved nature trail is perfect for those who want to step out for just a moment.
<b>Boicourt Overlook Trail</b> South Unit	15 minutes 0.2 mi / 0.3 km	One of the most beautiful South Unit overlooks is accessible by this easy nature trail with slight grade. This overlook is a ranger favorite for sunsets over the badlands!
<b>Little Mo Trail</b> North Unit	30 - 45 minutes 0.7 mi / 1.1 km (paved inner loop) 1.1 mi / 1.8 km (unpaved outer loop)	Explore the river bottom habitat along a paved nature trail with slight grades. Take along a trail brochure, available at the trailhead, to learn as you adventure.
<b>Buck Hill</b> South Unit	15 minutes 0.2 mi / 0.3 km	You'll be on top of the world when you climb to the highest accessible point in the park. This is a short, but steep trail. The view from the top is worth every step.
<b>Wind Canyon Trail</b> South Unit	20 minutes 0.4 mi / 0.6 km	Enjoy hiking this nature trail alongside a wind-sculpted canyon as you climb to the best view of the Little Missouri River the South Unit has to offer. Another ranger favorite for sunsets!

<b>Easy to Moderate</b>		
<b>Ridgeline Trail</b> South Unit	30 minutes 0.6 mi / 1 km	Explore the badlands environment along a nature trail with moderate to steep grades. Take along a trail brochure, available at the trailhead, to learn as you adventure. This trail has stairs. <a href="https://www.nps.gov/thro/planyourvisit/upload/Ridgeline-508.pdf">Download the Ridgeline Trail brochure (https://www.nps.gov/thro/planyourvisit/upload/Ridgeline-508.pdf)</a>
<b>Coal Vein Trail</b> South Unit	30 - 45 minutes 0.6 mi / 1 km (inner loop) 0.8 mi / 1.3 km (outer loop)	Although the coal vein is no longer burning, this nature trail is an excellent place to learn about badlands geology and ecology. Take along a trail brochure, available at the trailhead. This trail has stairs. <a href="https://www.nps.gov/thro/planyourvisit/upload/Coal-Vein-508.pdf">Download the Coal Vein Trail Brochure (https://www.nps.gov/thro/planyourvisit/upload/Coal-Vein-508.pdf)</a>
<b>Painted Canyon Nature Trail</b> South Unit	45 minutes 0.9 mi / 1.4 km	The canyon looks amazing from the rim, but wait until you experience a hike down into it! Get up close and personal with the rock layers, junipers, and wildlife. Remember, every step down means a step back up on the return.
<b>Caprock Coulee Nature Trail</b> North Unit	1 hour 1.5 mi / 2.4 km	Hike through badlands terrain and dry washes as you experience a variety of habitats. Take along a trail brochure, available at the trailhead, to learn as you adventure. <a href="https://www.nps.gov/thro/planyourvisit/caprock-coulee-nature-trail.htm">View the Caprock Coulee Nature Trail Guide. (https://www.nps.gov/thro/planyourvisit/caprock-coulee-nature-trail.htm)</a>
<b>Prairie Dog Town via the</b>	1 hour 1.5 mi / 2.4 km	Start at the Caprock Coulee Trailhead and follow the Buckhorn Trail to a prairie dog town. Be sure to plan some extra time for wildlife viewing; where

<b>Buckhorn Trail</b> North Unit	there are prairie dogs, there are often lots of other animals, too!
<b>Sperati Point via the Achenbach Trail</b> North Unit	1 hour 1.5 mi / 2.4 km Begin at Oxbow Overlook. A gently rolling walk leads to an overlook of the Little Missouri River. Along the way, pay attention to the wide variety of forbs and grasses. The prairie ecosystem is one of the most diverse on the planet!

Moderate to Strenuous		
<b>Caprock Coulee</b> North Unit	2 - 3 hours 4.3 mi / 6.9 km	The first 0.75 miles of this trail consists of the Caprock Coulee Nature Trail. The trail becomes more strenuous as it climbs to the top of a grassy butte, follows a ridgeline with incredible views, and descends back down.
<b>Maah Daah Hey</b> South Unit	3 - 4 hours (one way) 7.1 mi / 11.4 km (one way)	The Maah Daah Hey Trail stretches 96 miles across the National Grassland connecting all three units of the park. This portion of the trail runs through the South Unit.
<b>Lone Tree Loop</b> South Unit	5 - 6 hours 9.6 mi / 15.4 km	You can begin this trail at Peaceful Valley Ranch by following the Ekblom Trail. To avoid a river crossing, access the loop via the Maah Daah Hey Trail. This will add 3.2 miles round trip. Be aware of difficult stream crossings.
<b>Petrified Forest Loop</b> South Unit	5 - 6 hours 10.3 mi / 16.6 km	Located in the remote northwest corner of the South Unit, this hike takes you through ancient petrified forests and badlands wilderness. The loop includes the North and South Petrified Forest Trails as well as the Maah Daah Hey.
<b>Buckhorn</b> North Unit	6 - 8 hours 11.4 mi / 18.3 km	Hike through prairie dog towns, sagebrush terraces, deep canyons, and high open prairies. Experience the diversity of plant and animal life in these distinct habitats.
<b>Jones/Lower Talkington/ Lower Paddock Loop</b> South Unit	6 - 8 hours 11.4 mi / 18.3 km	This loop combines the Jones Creek Trail, the Lower Talkington Trail, and the Lower Paddock Creek Trail. Add it to the Upper Paddock/Talkington Loop for an epic adventure of 23.4 miles.
<b>Upper Paddock/ Talkington Loop</b> South Unit	8 - 10 hours 15.4 mi / 24.8 km 19.4 mi / 31.2 km (Painted Canyon)	This trail combines part of the Lower Talkington Trail with the Upper Talkington and Upper Paddock Creek Trails. Accessing the loop from Painted Canyon will add 4 miles round trip to your hike.
<b>Achenbach</b> North Unit	10 - 12 hours 18 mi / 30 km	Steep climbs and descents and two river crossings await you on a trail that leads deep into the heart of the Theodore Roosevelt Wilderness. Cross the Little Missouri River at daybreak and climb the buttes to greet the rising sun.


**Please keep the following in mind as you hike:**

- All plants, wildlife, and natural and cultural features are protected. This includes animal bones, rocks, flowers, cultural items, and anything else you may discover while hiking. Do not disturb or remove these things.
- Watch wildlife from a safe distance of 25 yards or more.
- **Pets, bicycles and motorized equipment** are prohibited on all trails and in the backcountry.
- **Backcountry camping requires a free permit.** (<https://www.nps.gov/thro/planyourvisit/backcountry-camping.htm>)
- All trash and other materials, including toilet paper, must be packed out. Human waste should be buried in a hole 6-8 inches deep and at least 200 feet from any water source.
- Hikers should yield the right-of-way to horseback riders.
- Respect wildlife and other visitors by keeping noise low while on trail.

Was this page helpful?

☐ Yes

☐ No

 An official form of the United States government. Provided by **Touchpoints**  
(<https://touchpoints.app.cloud.gov/>)

CONTACT INFO

**Mailing Address:**

PO Box 7  
Medora, ND 58645

**Phone:**

701 623-4466