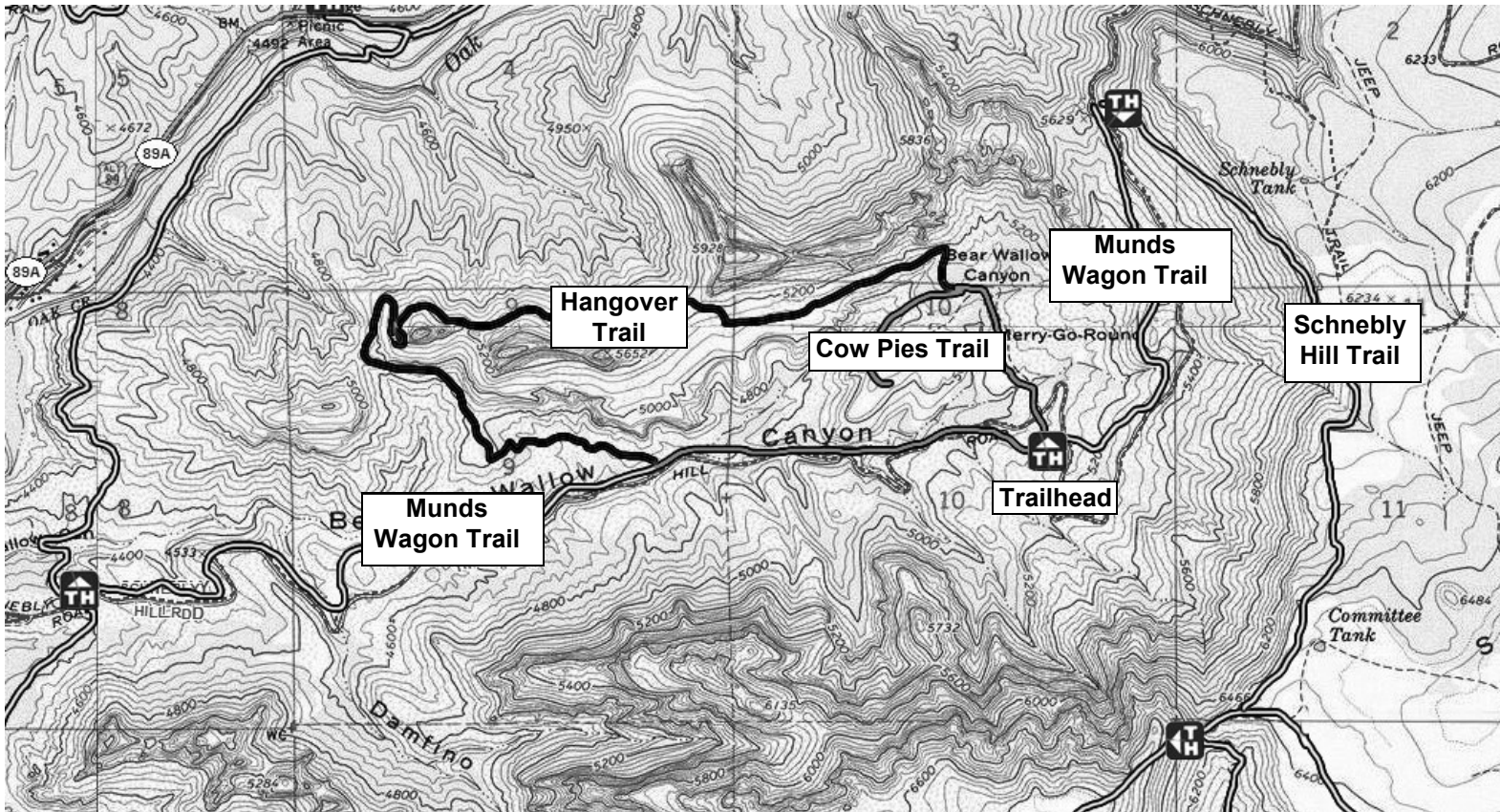


# Coconino National Forest Trail Guide - Hangover and Cow Pies Trails



**Cow Pies Trail Length:** 0.6 miles

**Hangover Trail Length:** 2.9 miles

**Cow Pies-Hangover-Munds Wagon Trail Loop Length:** 5.2 miles

**Season:** Not recommended for the winter season as snow and ice remain on the north side of Mitten Ridge after cold weather has departed.

**Hiking Time:** Allow 3 hours for the entire loop

**Cumulative Elevation:** 900 ft (loop trail)

**USGS Map:** Wilson Mountain

**Location:** 38 miles south of Flagstaff in scenic Red Rock Country.

**Notes:** Access to the Cow Pies Trailhead is recommended for **high clearance vehicles only**

**Cyclists:** Due to the trail's narrowness, it is **REQUIRED** that bikers travel in a **counter clockwise** direction from the

Cow Pies Trail and down to the Munds Wagon Trail to avoid meeting other bikers head on. Please control your speed at all times and be prepared to stop quickly. Remember, it is the cyclist's responsibility to yield to all other trail users.

**For more information contact:** Red Rock Ranger District, P.O. Box 20429, Sedona AZ 86341, (928) 203-2900

This is a popular and very technical mountain biking trail that offers hikers and bikers amazing views. The **Cow Pies Trail** is a short easy trail that provides a scenic overlook of Sedona. The **Hangover Trail** splits off of the Cow Pies Trail approximately .3 miles in and continues ap-

proximately 2.9 miles through the saddle, along the north side of the ridge, going down merging into the **Munds Wagon Trail**. The return trip to the Cow Pies Trailhead is another 1 mile up hill.

**Access:** From the junction of Routes SR 89A and SR 179, take SR 179 south to the Schnebly Hill Road roundabout. The Cow Pies Trailhead is approximately 3.5 miles up Schnebly Hill Road. Schnebly Hill Road is recommended for High Clearance vehicles only beyond the Huckaby Trailhead where the pavement ends.

