

ARTIST ON FOOT

Hiking and Drawing in Arches National Park

Your Journey of Exploration, Observation and Creativity

Use this journal as you hike and draw in beautiful Arches National Park, past the inspiring rock formations like the Tower of Babel, the Three Gossips and the iconic Delicate Arch. Artist and author Bill Russell will guide you through a process of making art and writing prose about your experience, so you'll see and connect with nature on a deeper more creative level. You'll learn to slow down and engage your senses, to notice the things revealed in the landscape and in the wildlife around you. The drawings made by the author on-location in the park. You'll get space to make your own!



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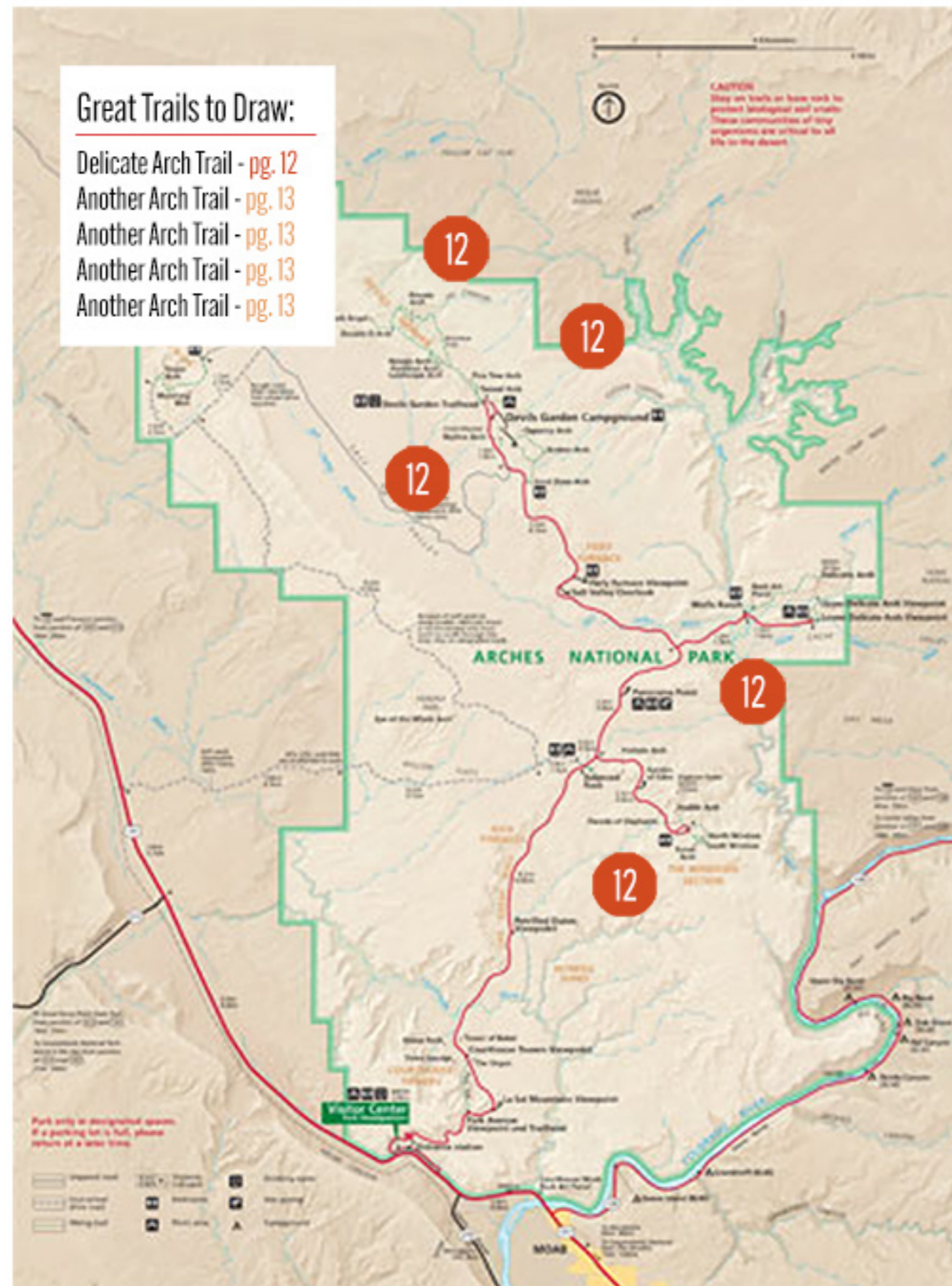


Bill Russell

Your Guide of Exploration,  Observation and Creativity

Park Map:

Trail and drawing spots information and page numbers:



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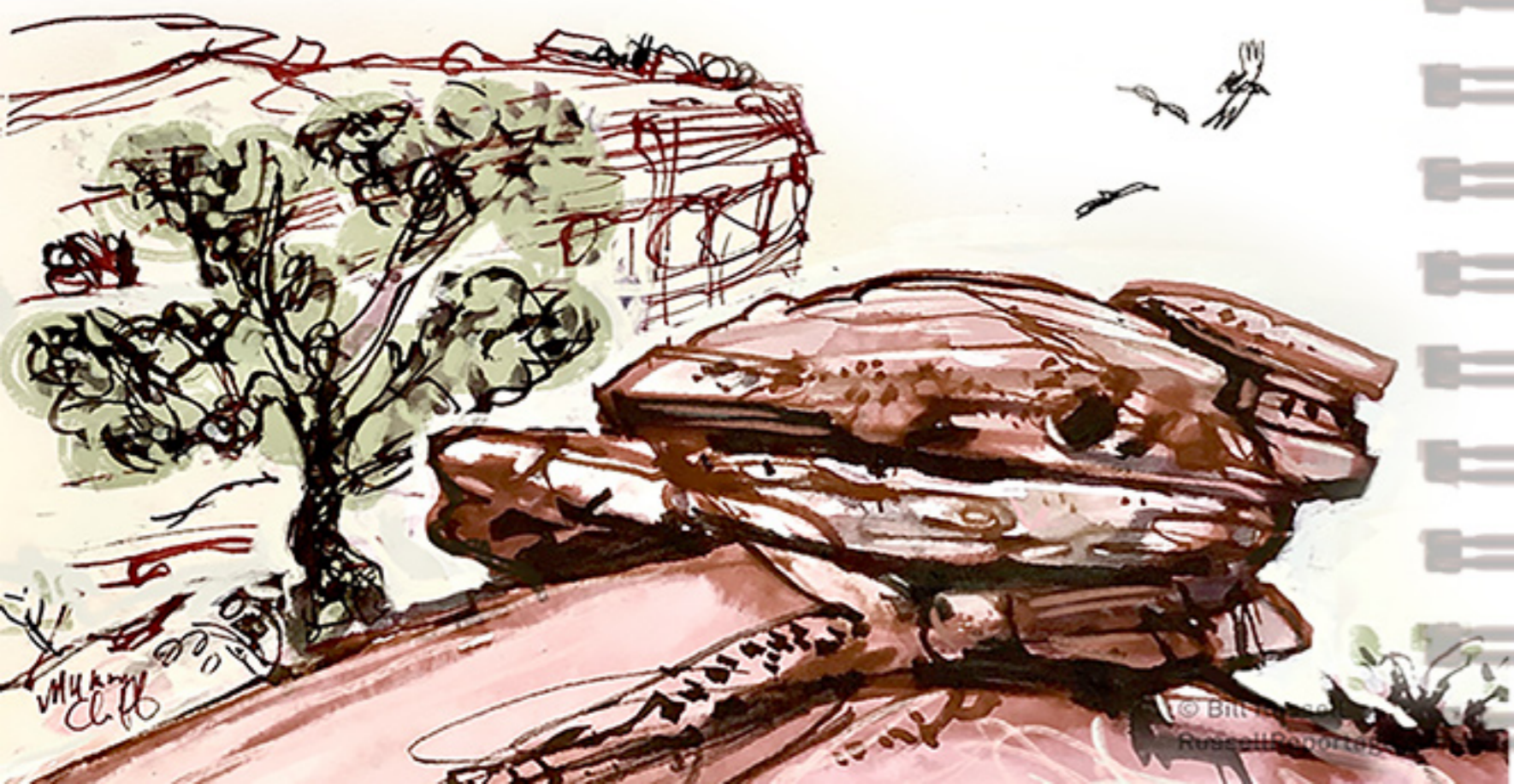
Contents

A visit to Arches National Park can be a truly enriching experience. Follow the trail to these pages:



Take the road less traveled but **stay** on the trail.

*Up on the edge at Mummy Cliff on Goosenecks Trail,
Capital Reef National Park, Utah*



About this Guide:

Visiting any of America's National Parks can be a truly enriching experience. The process outlined in this book will take you through a process of activities and drawing that allows you to observe and connect with nature on a deeper level. When you stop to draw, you hear the birds, the waterfalls and the wind. By using this guidebook you'll learn to slow down and engage your senses. You will begin to notice subtle things being revealed in the landscape and the wildlife around you.

I love the great outdoors. When I go for a hike in a National Park, I always carry a sketchbook and a few art materials. Arches offers the artist a wealth of stunning natural forms to draw from...its diverse geological features, the iconic red rock and majestic peaks of the Wasatch Range. There is an abundance of flora and fauna.

If you take time to draw and journal in this book, it will become your treasure trove of artful reminiscences for years to come. You'll create a visual narrative of your creative journey. Just remember to respect the natural environment while you're out creating your art and enjoy the beauty Arches has to offer.

You'll find inspiring words from artists and philosophers who loved the National Parks. There are blank pages for you to draw on, if you choose. I provide suggestions, helpful hiking and drawing resources and lists of items to pack for your hike and making art. I've included one of my own on-location drawings of Arches National Park drawings.

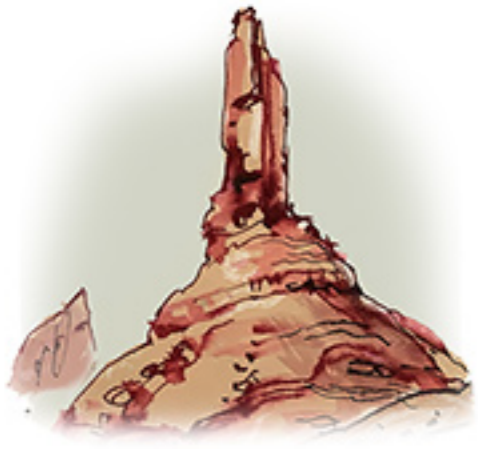
Use this guide to be present to capture your own moments, then share them on social media...just tag @Hiking_Drawing_National Parks
You'll inspire others to create their own visual narratives of nature's beauty.

- Bill Russell



Best Rock Formations to Draw:

Arches National Park is renowned for its over 2,000 natural sandstone arches and other unique rock formations. These formations are a result of millions of years of geological history. Here are some notable formations:



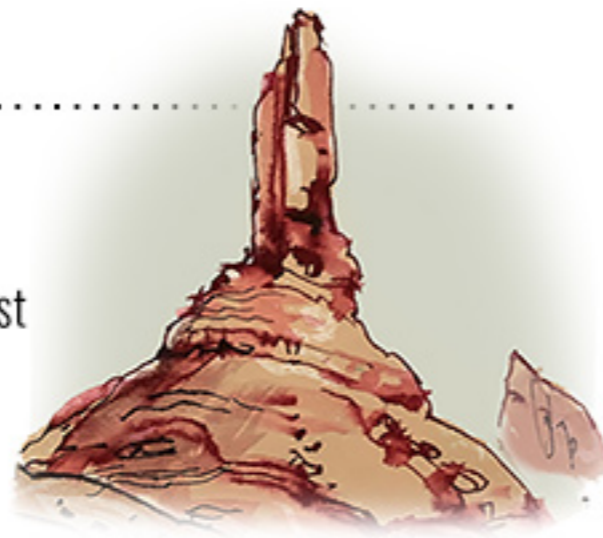
Landscape Arch: With a light opening measured at 306 feet, this arch, in the Devils Garden area, has the longest span of any in North America.

Double Arch: The southern span of this arch soars 112 feet above ground level in the Windows Section. It is also the third-longest (or widest) arch in the park, at 144 feet across.



Balanced Rock: The massive sandstone boulder perched atop the pedestal weighs 3,577 tons.

Delicate Arch: Without a doubt, this arch is the most famous natural stone arch in the world. The light opening beneath Delicate Arch is 46 feet high, with the entire rock span measuring round 60 feet tall.



Flora and Fauna:

The park is home to a variety of animals. The most frequently sighted animals include birds, lizards, and some small mammals. The park's fauna has adapted to the desert environment, with most being nocturnal, including kangaroo rats, woodrats, skunks, ringtails, foxes, bats, and owls. Some animals are most active at dawn and dusk. The park's high-desert ecosystem, characterized by less than nine inches of annual rainfall, and very hot summers, and an elevation above 5,000 feet, is dominated by shrubs, including blackbrush, and cliffrose.

Common Raven: Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim.



Big Horn Sheep: Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim.

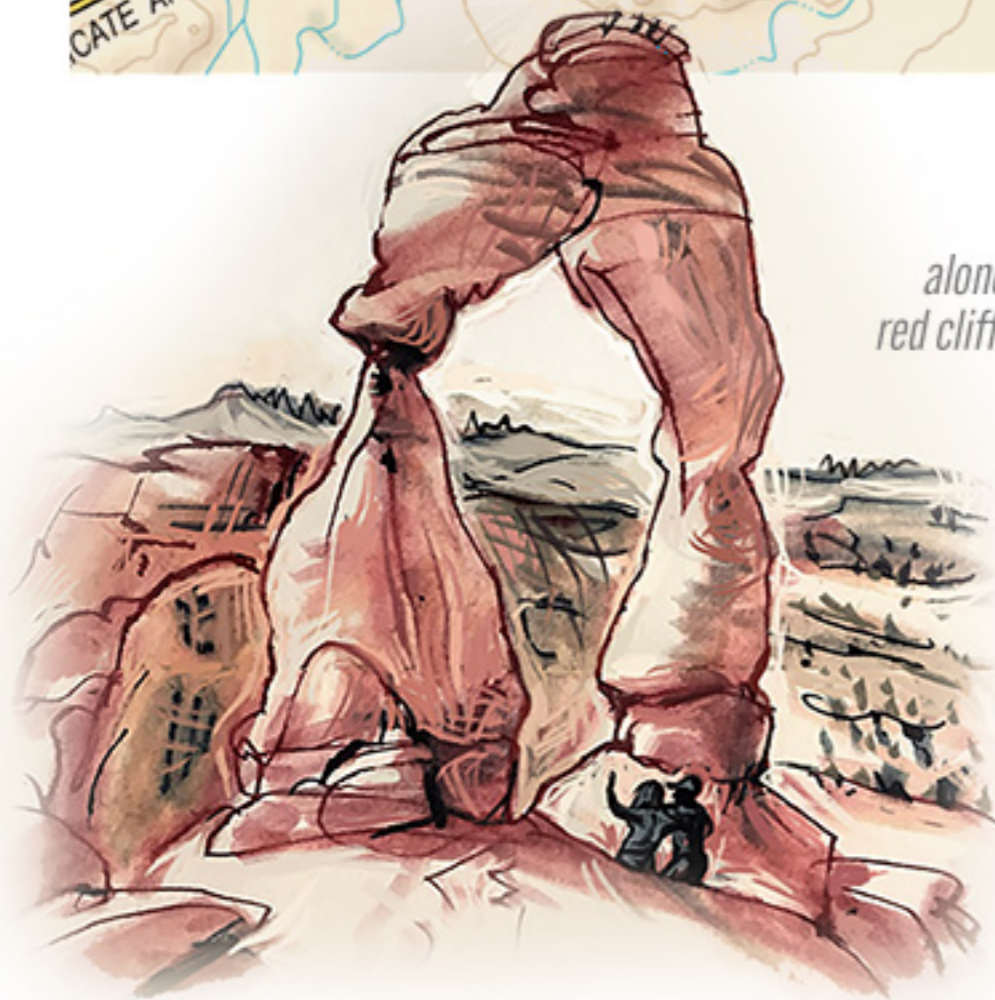
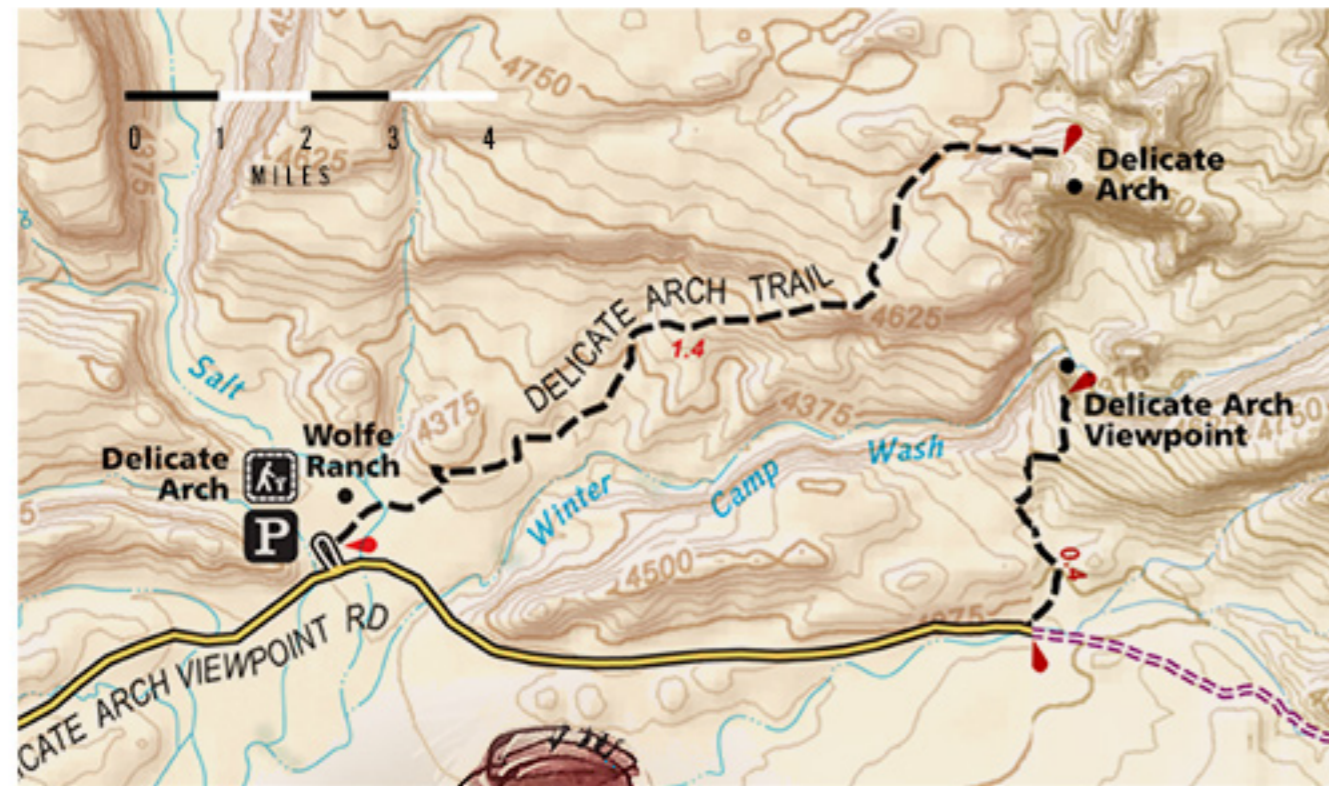
Cliffrose: The Cliffrose is a many-branched shrub that can grow up to 8 feet tall, and in some excellent growing locations, the shrubs can reach 20 feet high. The Navajo used the shredded bark for padding cradleboards and forming "pillows" for their infants.



Trail Map to Delicate Arch:

Delicate Arch is one of the longest natural arches in the world, a moderate 2-mile hike. Delicate Arch is one of the longest natural arches in the world, a moderate 2-mile hike. Delicate Arch is one of the longest natural arches in the world, a moderate 2-mile hike. Delicate Arch is one of the longest natural arches in the world, a moderate 2-mile hike. Delicate Arch is one of the longest natural arches in the world, a moderate 2-mile hike.

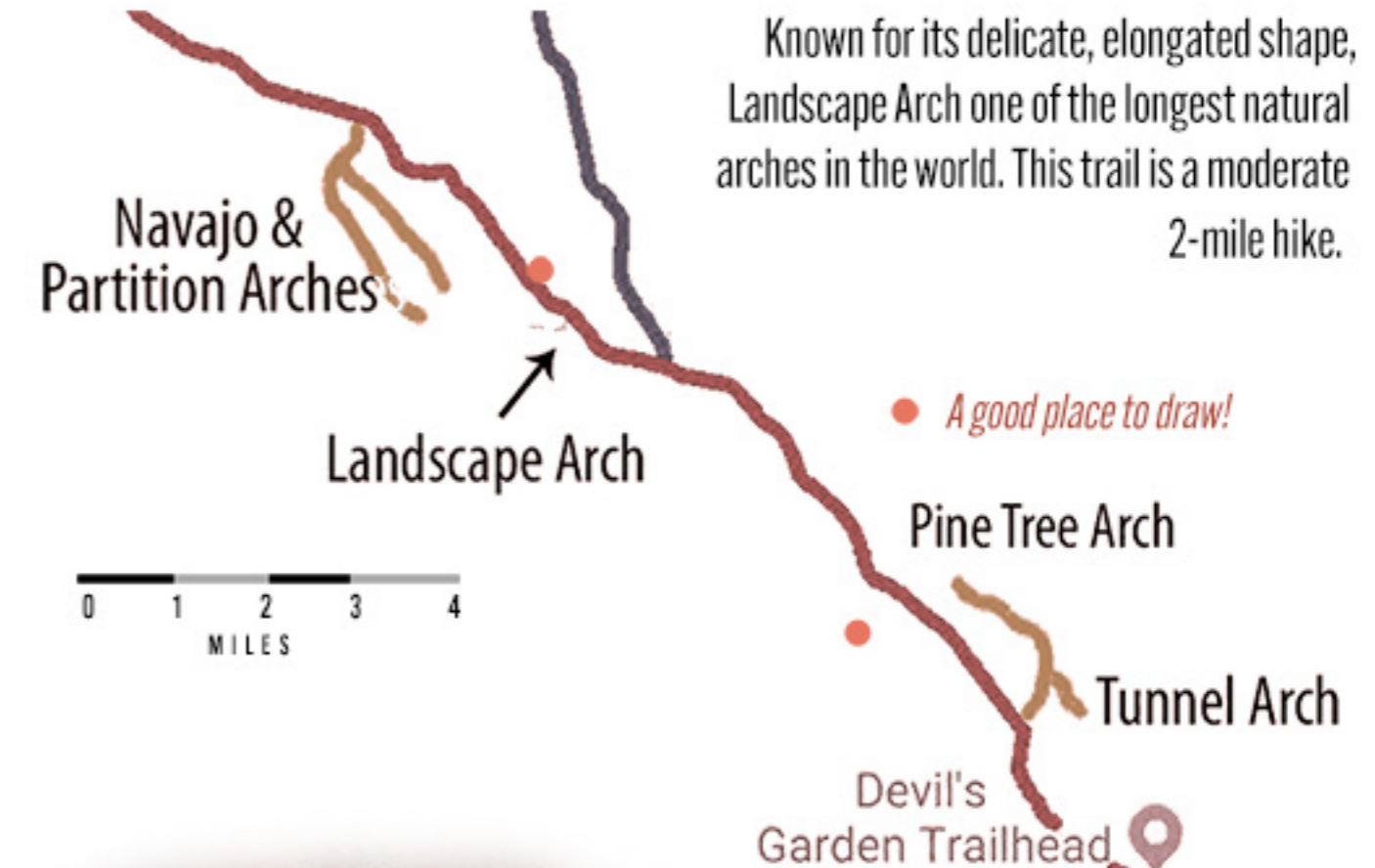
2 Mile - Easy Hike



This famous arch stands alone against the backdrop of red cliffs and is a symbol of Utah.

Trail Map to Landscape Arch:

Known for its delicate, elongated shape, Landscape Arch one of the longest natural arches in the world. This trail is a moderate 2-mile hike.



Known for its delicate, elongated shape, **Landscape Arch** is one of the longest natural arches in the world. This trail is a moderate 2-mile hike. Known for its delicate, elongated shape, Landscape Arch one of the longest natural arches in the world.

2 Mile - Easy Hike

No one can hike to this fragile arch. Just draw it.

Your Hike and your Art #1:

Month:..... Day..... Year:.....

What was memorable about this hike? What did you observe?

What distance did you travel? What did you draw?

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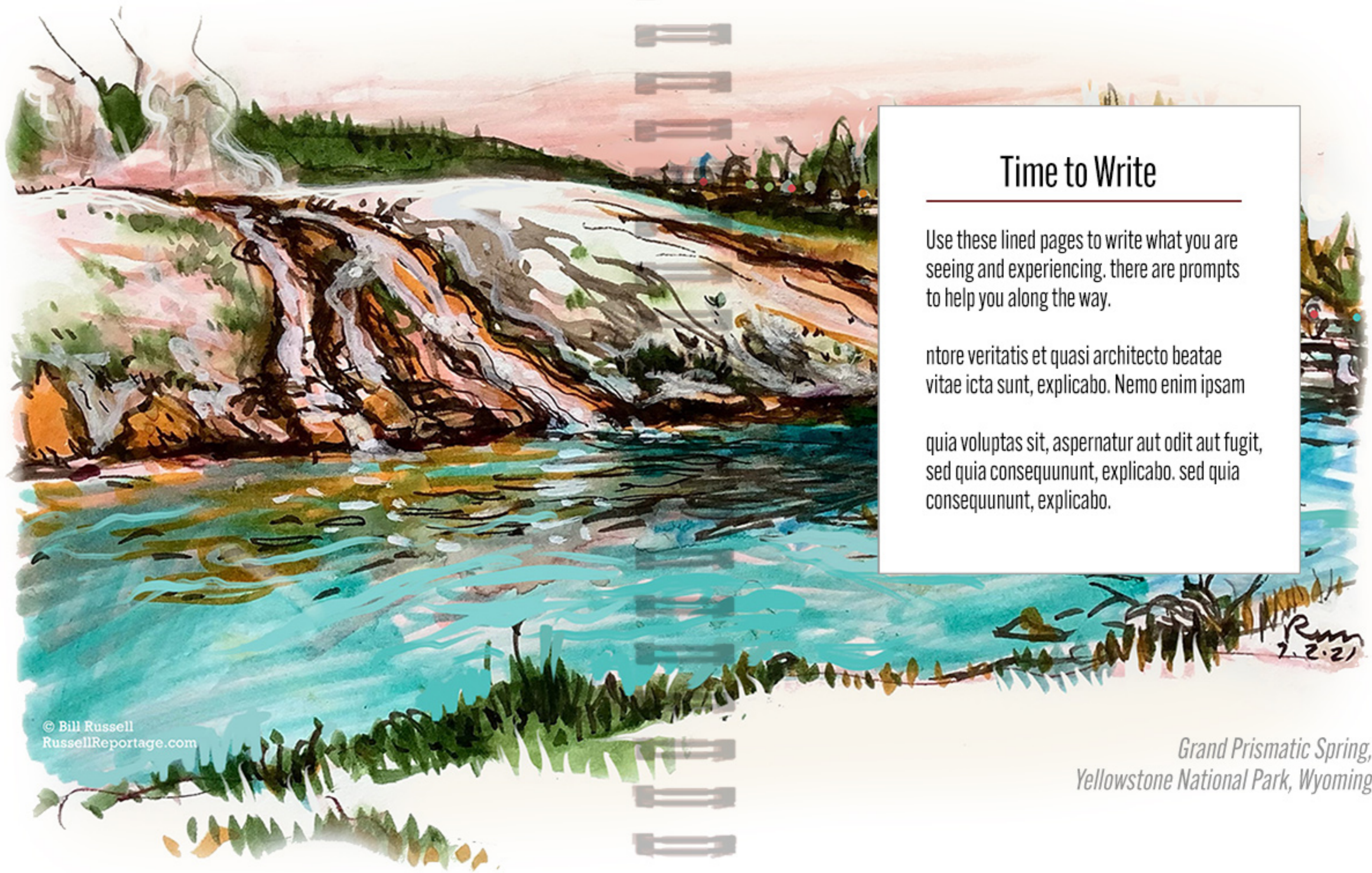


The Three Gossips, Arches National Park, Utah

Your Drawing #1 here:

Location:.....





Time to Write

Use these lined pages to write what you are seeing and experiencing. There are prompts to help you along the way.

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quia voluptas sit, aspernatur aut odit aut fugit, sed quia consequuntur, explicabo. sed quia consequuntur, explicabo.

Bill Russell
7.2.21

Poetry & Prose:

Write a few poetic words about what your experiencing.

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Mt. Norris, Yellowstone National Park

Observations:

Write a list of the things you see.

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Pebble Creek
Yellowstone Canyon

Some wisdom from John Muir:

When hiking in Arches National Park, you won't directly encounter **John Muir**, as his legacy is more closely tied to other natural wonders like Yosemite. However, the spirit of Muir's love for the outdoors and his advocacy for preserving wilderness permeates the Arches experience. Use Muir's writings as you explore Arches' 2,000 natural stone arches, soaring pinnacles, and rock formations, you'll feel a connection to the land that echoes his reverence for wild places.

***“In every walk with Nature,
one receives far more
than he seeks.”***

- John Muir

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voluptatem, quia voluptas sit,
enim ipsam voluptatem,
sit, aspernatur aut odit
aut fugit, sed quia consequuntur..

John Muir, 1901

About the founders of Arches:

In 1922, a local miner and prospector named **Alexander Ringhoffer** visited the area and was so struck by its unique beauty that he contacted officials of the Denver and Rio Grande Railroad, which ran just north of the park, to see if they would be interested in developing the

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quia voluptas sit, aspernatur aut odit
aut fugit, sed quia consequuntur.



*Alexander
Ringhoffer*



John "Doc" Williams voluptatem, quia voluptas sit,
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John "Doc" Williams

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stone obilisks
towards the ferry landing at
Landakirkja Iceland

Somewhere in Iceland

Russ

Resources:

Here are some helpful books to check out:

- *Coming into the Country* by John McPhee
- *Walking Softly in the Wilderness* by John Hart
- *Nature Walks for Ramblers* by Kathy Johnson
- *The Backpacker's Handbook* by Hugh McManners
- Check out other *Artist on Foot Series* of books by Bill Russell like *Glacier N.P.*



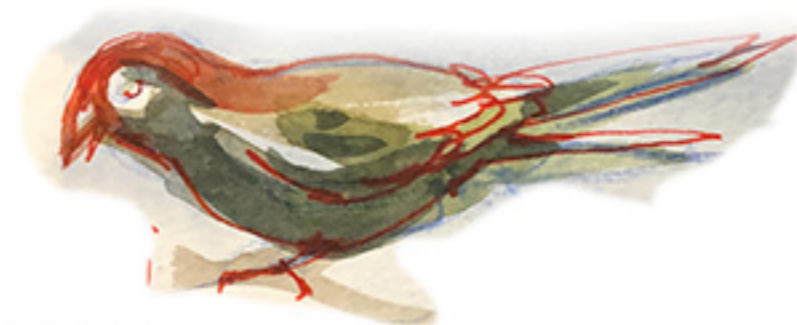
Here are some helpful websites to check out:

- *Walking Information Resource:* stayhealthy.com
- *Backpacker Magazine:* bp.basecamp.com
- *American Hiking Society:* orca.org/ahs
- *Travel Source:* travelsource.com/trekking
- *American Discovery Trail:* discoverytrail.org



Here 's some other helpful stuff:

- *American Discovery Trail:* discoverytrail.org
- *Backpacker Magazine:* bp.basecamp.com
- *American Hiking Society:* orca.org/ahs
- *Travel Source:* travelsource.com/trekking
- *Walking Information Resource:* stayhealthy.com



Some birds of Arches

Some advice from the Author:

Consider this:

- Always be observing...up, down, forward and back.
- Mornings are a good time to draw, but so is dusk.
- Respect the natural environment, walk softly.
- Draw the fish you just caught.
- Be ready for the rainbow that will follow the rain.
- Avoid the crowds. Go early.
- Don't forget the Deet and watch out for scorpions.
- Hydrate. Hydrate. Hydrate.
- Mail some handmade postcards for your fiends back home.



Hand-drawn postcards from Arches National Park



About the Artist - Author:

Bill Russell is an illustrator, designer and writer. He hikes America's National Parks, enjoying and observing all its beauty and diversity. He especially finds inspiration in Utah's geological landforms and the ancient petroglyphs that are etched into them.

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You can see more of his drawings at RussellReportage.com. Bill shares his drawings and stories on Instagram: [@BillRussellDraws](https://www.instagram.com/BillRussellDraws). You can read his Substack about great reportage artists of the past at IllustratedJournalism.com.

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