Take a break for safety

Stop at any of the 37 rest areas and information centers along Wyoming highways, and you’ll resume your travels refreshed and more alert.

Stretch. Use the rest rooms. Walk the dog. Let the kids run off pent-up energy. You’ll be more comfortable and safer when you get back behind the wheel.

Many rest areas are built in locations where services are not otherwise available. Often that means no water, sewer or electrical power systems nearby. The cost of providing those services in remote locations is a significant portion of the cost of rest areas.

At remote rest areas, WYDOT contracts with local caretakers to clean and maintain the facilities.

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Avoiding drowsiness

- Allow plenty of time to get to your destination so you have time for rest stops when needed.
- Take a break every 100 miles or two hours, and do something to refresh yourself. Have a snack, switch drivers or go for a walk.
- Avoid driving alone for long distances. A passenger who remains awake can help identify the warning signs of fatigue and take a turn behind the wheel.
- Avoid driving at times when you would normally be asleep.
- Avoid alcohol and medications that cause drowsiness.
- Avoid smoking when you drive. The nicotine and carbon monoxide in tobacco smoke hamper night vision.
- Consume caffeine. The equivalent of two cups of coffee can increase alertness for several hours.
- Take a nap. If you feel you might fall asleep at the wheel, find a safe place to take a 15- to 20-minute nap. But remember, highway shoulders are for emergencies, and are not a safe place to stop and rest.

Sleeping at rest areas

Camping is prohibited at rest areas, but drivers who need rest to safely continue their travels can sleep in their vehicles in the parking lots. The National Sleep Foundation recommends a nap of 15-20 minutes to improve alertness and driving skills.

If you need more than a nap, you can sleep in your vehicle for a longer period, but don’t pitch a tent, extend your RV’s slideouts or otherwise set up for an extended stay.

Travelers who want to camp will find 175 public campgrounds around the state.

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Know before you go

Weather in Wyoming can change quickly, making highway travel difficult and even impossible at times.

Information on road and weather conditions in Wyoming is available by dialing 511 from inside Wyoming and (888) WYO-ROAD (996-7623) from outside the state. 511 travel information on the Web at www.wyoroad.info includes road surface conditions, current weather conditions, a listing of any travel advisories and road closures, Web camera views of conditions on the highways and road construction information.
Wyoming’s Roadside Rest Areas & Information Centers

For highways with dual or multiple route numbers, refer to the lowest route number. For example, for US 26-89-191, refer to US 26.

Information centers are staffed at least part of the year with people who can answer tourism-related questions.

I-80
1 Pine Bluffs (E-6)
2 Summit, 9 miles east of Laramie (E-5)
3 Wagonhound, 50 miles west of Laramie (E-5)
4 Ft. Steele, 13 miles east of Rawlins (E-4)
5 Bitter Creek, 41 miles east of Rock Springs (E-1)
6 Lyman, 36 miles east of Evanston (E-1)
7 Bear River, 1 mile east of Evanston (E-1)

I-25
8 Cheyenne (E-4)
9 Chugwater, 25 miles south of Wheatland (E-6)
10 Dwyer Jct., 12 miles north of Wheatland (D-6)
11 Orin Jct., 13 miles south of Douglas (C-6)
12 Kaycee, 46 miles south of Buffalo (B-4)

I-90
13 Northeast, 6 miles east of Boulia (A-6)
14 Sundance, (A-6)
15 Moorcroft (A-6)
16 Powder River, 32 miles east of Buffalo (B-5)
17 Sheridan (A-4)

US 14
18 Greybull (A-3)

US 14A
19 Powell (A-2)

WYO 120
20 Gooseberry Creek, 37 miles northwest of Thermopolis (B-2)

US 26
21 Jackson (B-1)
22 Diversion Dam Jct., 37 miles west of Riverton (C-2)
23 Guernsey, 30 miles northwest of Torrington (D-6)

US 85
24 Mornen, 24 miles northeast of Cheyenne (E-6)

US 18
25 Lusk (C-6)

US 18 & US 85
26 Mule Creek Jct., 25 miles south of Newcastle (C-6)

US 16
27 Upton, 20 miles northwest of Newcastle (B-6)

WYO 387
28 Wright (B-5)

US 59
29 Cheyenne River, 43 miles north of Douglas (C-5)

WYO 487
30 Shirley Basin, 42 miles north of Medicine Bow (D-4)

WYO 220
31 Independence Rock, 52 miles southeast of Casper (C-4)

US 20
32 Walhenu, 49 miles west of Casper (C-4)

US 287
33 Sweetwater Station, 39 miles southeast of Lander (C-3)
34 Lander (C-2)

WYO 28
35 South Pass, 43 miles southeast of Lander (D-2)

US 191
36 Pine Castle (C-1)

US 89
37 Star Valley, 10 miles north of Afton (C-1)