Day Canyon Overlook trail climbs partway up the Bear Mountain FS trail, but then turns off trail to a route that leads in a generally northerly direction on shelves that end at an overlook down into Fay Canyon. The trail affords views of Dow Mountain across Boynton Canyon road, the Mescal, Soldier Heights, and Capital Butte formations.

Cross the road from the parking lot and climb up the Bear Mountain trail until you are on the bench at the base of the large red rock butte. Almost immediately upon getting to this level, find a trail that heads to the right along the bench. This trail follows the contours of the mountain around the red rock buttes above and eventually works its way along rather narrow shelves all the way around the mountain until you are facing Fay Canyon in front of you. Continue along the trail across a larger wash and head to the rim of Fay Canyon.

As you head to the rim you will see a now dead small ponderosa pine growing up from the edge with a smaller pinion pine in front of it. This is where you can climb down the rock ledge to a shelf below. Take this shelf to the right and you will be in the Smuggler's Cave.

Climb back up and return a short way (don’t cross the wash) and head to your left along a long flat spit. This is a good lunch spot. Excellent views.

Return the way you came.