Driving Directions: If you've ever driven across Wyoming on Interstate-80 you've crossed right over this stream at the town of Arlington, which is found between Laramie and Rawlins. To get to the instream flow segment, turn off the interstate at the Arlington exit. About 100 yards south of the interstate, turn right onto a gravel road and then take the next left. This good dirt road passes up the canyon until it dead-ends at the Rock Creek trailhead. This trail parallels the stream all the way up to Sand Lake and is a popular place for day hikers and anglers. There are numerous places to jump down to the stream and check out the fishing. Normal statewide fishing regulations apply to the stream.