Hiking Guide

**Shuttle Schedule**

<table>
<thead>
<tr>
<th>Shuttle Stop</th>
<th>Route</th>
<th>Round Trip</th>
<th>Elevation Change</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Easy</strong></td>
<td></td>
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<td></td>
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<tr>
<td>Pa’rus Trail</td>
<td>Zion Canyon Visitor Center</td>
<td>2 hours</td>
<td>3.5 mi / 5.6 km</td>
<td>Moderate drop-offs. Ends at viewpoint of the Towers of the Virgin, lower Zion Canyon, and Springdale.</td>
</tr>
<tr>
<td>Archangel Trail</td>
<td>Zion Canyon Visitor Center</td>
<td>0.5 hour</td>
<td>4 mi / 6.4 km</td>
<td>Short, but steep. Minor drop-offs. Paved trail leads to the Lower Emerald Pool and waterfalls.</td>
</tr>
<tr>
<td>Lower Emerald Pool Trail</td>
<td>Zion Lodge</td>
<td>1 hour</td>
<td>1.3 mi / 1.9 km</td>
<td>Minor drop-offs. Paved trail leads to the Lower Emerald Pool and waterfalls.</td>
</tr>
<tr>
<td>The Grotto Trail</td>
<td>Zion Lodge</td>
<td>0.5 hour</td>
<td>1 mi / 1.6 km</td>
<td>The trail connects the Zion Lodge to The Grotto trail. The trail is a great place to view wildlife.</td>
</tr>
<tr>
<td><strong>Moderate</strong></td>
<td></td>
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<tr>
<td>Timber Creek Overlook Trail</td>
<td>Kolob Canyons Road</td>
<td>0.5 hour</td>
<td>2.2 mi / 3.5 km</td>
<td>Follows a ridge to views of Timber Creek, Kolob Terrace, and the Pine Valley Mountains.</td>
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<tr>
<td><strong>Strenuous</strong></td>
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<tr>
<td>Angels Landing Trail</td>
<td>The Grotto</td>
<td>4 hours</td>
<td>5.4 mi / 8.7 km</td>
<td>Long drop-offs. For not young children or anyone fearful of heights. First 2.2 miles, paved surface. Last section is a route along a steep, narrow ridge to the summit.</td>
</tr>
<tr>
<td>Hidden Canyon Trail</td>
<td>Weeping Rock</td>
<td>2.5 hours</td>
<td>2.4 mi / 3.9 km</td>
<td>Long drop-offs. For not anyone fearful of heights. Follows along a cliff face to the north side of a narrow canyon. May be closed, check at Visitor Center.</td>
</tr>
<tr>
<td>Observation Point via East Rim Trail</td>
<td>Weeping Rock</td>
<td>6 hours</td>
<td>8 mi / 13.2 km</td>
<td>Long drop-offs. Climbs through Echo Canyon to viewpoint of Aenarian Canyon. Access to Cable Mountain, Deertrap Mountain, and East Rim Trail. May be closed, check at Visitor Center.</td>
</tr>
<tr>
<td>The Narrows via Riverside Walk</td>
<td>Temple of Sinawava</td>
<td>8 hours</td>
<td>9.4 mi / 15.1 km</td>
<td>Read information on the reverse side and check conditions at the visitor center before attempting. High water levels can prevent access to The Narrows.</td>
</tr>
<tr>
<td>Kolob Arch via La Verkin Creek Trail</td>
<td>Kolob Canyons Road</td>
<td>8 hours</td>
<td>14 mi / 22.5 km</td>
<td>Limited to 12 people per group. Follows Timber and La Verkin Creeks. A side trail leads to Kolob Arch, a large natural arch.</td>
</tr>
</tbody>
</table>

Stay on established trails and watch your footing, especially at overlooks and near drop-offs. Avoid cliff edges. Watch for loose rocks. People uncertain about heights should stop if they become uncomfortable. Never throw or roll rocks because there may be hikers below.
For Your Safety

Whether hiking, climbing, or driving, your safety depends on your good judgment, adequate preparation, and constant awareness. Your safety is your responsibility.

HYPOTHERMIA

Hypothermia occurs when the body is cooled to dangerous levels. It is responsible for the greatest number of deaths among people engaging in outdoor activities. It is a hazard in narrow canyons because immersion in water is the quickest way to lose body heat. To prevent hypothermia avoid cotton clothing (it provides weak insulation), and a warm drink, and shelter the individual. When you recognize any of these signs, stop hiking and immediately replace wet clothing with dry clothing. Warm the victim with your own body and a warm drink, and shelter the individual from the elements. A pre-warmed sleeping bag will also prevent additional heat loss.

WATER

The desert is an extreme environment. Carry enough water (one gallon per person per day) and drink it. Water is available at visitor center campgrounds, Zion Lodge, and most shuttle stops. Do not drink untreated water.

SPRINGDALE SHUTTLE

The Park operates a free shuttle in Springdale. Leave your vehicle at your hotel or park at one of the approved parking areas in Springdale and catch the shuttle in town. Enter the park at the pedestrian bridge at Zion Canyon Village. Leaving your vehicle in Springdale will help you avoid long lines at the South Entrance Station.

DRIVING

Park roads are used by vehicles, bicycles, pedestrians, and even wildlife. Obey posted speed limits. Unless otherwise posted, the maximum speed limit is 35 mph. Seat belts or child safety seats are required for all occupants of a vehicle. Please turn off your engine when your vehicle is stopped.

For Emergency Assistance

- Call 911 for law enforcement, fire, or medical emergencies
- Call 435-772-3122 for general information
- Call 435-772-3200 for rangers at the visitor center
- Call 435-772-3226 for Wilderness services

ZION CANYON SCENIC DRIVE

The Zion - Mt. Carmel Tunnel connects Zion Canyon to the east side of the park. It was built in the 1930s when large vehicles were less common. Vehicles 11’4” tall or taller, or 7’10” wide or wider, require one-lane traffic control through the tunnel. Nearly all RVs, buses, trailers, fifth-wheels, dual-wheel trucks, campers, and boats require traffic control.

During the winter months, and particularly after snow fall, lingering patches of snow make driving more challenging for larger vehicles. Some drivers may not be able to negotiate the many switchbacks in the East Side of the park. Be aware of the inherent risks associated with winter conditions and plan accordingly.

TUNNEL TRAFFIC CONTROL

Visitors requiring traffic control through the tunnel must pay a $15 fee per vehicle in addition to the entrance fee. Pay this fee at the park entrance station before driving to the tunnel. The fee is valid for two trips through the tunnel for the same vehicle during a seven-day period. Rangers will stop oncoming traffic so that you may drive down the center of the road in the tunnel. We apologize for any delays associated with this safety precaution.

Large vehicles may only travel through the tunnel from:
- September 1 to September 28 from 8:00 am to 7:00 pm.
- September 29 to November 2 from 8:00 am to 6:00 pm.
- November 3 to March 31, 2020 from 8:00 am to 4:30 pm.

PROHIBITED VEHICLES

Vehicles not permitted in the tunnel include the following:
- Vehicles over 13’1” tall
- Semi-trucks and commercial vehicles
- Vehicles carrying hazardous materials
- Vehicles weighing more than 30,000 lbs.
- Combined vehicles or buses over 50 ft.
- Bicycles and pedestrians are also not permitted in the tunnel and must obtain a ride.

Hitchhiking is permitted. Rangers are not allowed to provide or arrange for transport.

Other Information

PETS

Pets are not allowed on any trails except the Pa’u Trail. Working service dogs are permitted on all trails. Emotional support animals are considered pets by the National Park Service and are therefore not allowed. Pets are not allowed on shuttle buses.

RECYCLING

Please recycle! Commingled recycling bins are located in the visitor center Plaza near the flagpole, at the Grotto, and at the Watchman Campground. Plastic, metal, paper, and glass are recyclable.

ROOMS

Go Before You Go.” Use restrooms at the trailheads or be prepared to remove your human waste. Disposable bags are available at local shops and in park stores.

For Your Entertainment

ENHANCE YOUR UNDERSTANDING AND ENJOYMENT OF ZION NATIONAL PARK BY PARTICIPATING IN A FREE RANGER-LED PROGRAM. PROGRAM SCHEDULES ARE BASED ON PARK STAFF AVAILABILITY.

- Check park information centers andbulletin board for times, places, subjects, and information about programming.
- Topics include geology, plants, animals, human history, more.
- Junior Ranger handbook: Visitors ages 4 and older can earn a badge by completing the Junior Ranger handbook and attending a ranger-led program. The handbook is available for free at visitor centers.

Support Zion Forever Project

Zion National Park’s nonprofit partner, The Zion Forever Project, makes it possible for Zion National Park to continue its commitment to preserve its natural resources. Your support is needed now more than ever to ensure the safety and health of the natural resources you enjoy through the park’s programs and services. In 2019, Zion Forever Project received 3,339 individual donations totaling $560,000. Zion Forever Project is a 501(c)(3) non-profit organization and contributions are tax deductible.

Contact Information

Mailing Address
1 Zion Park Blvd.
State Route 9
Springdale, UT 84767

Website
www.nps.gov/zion

E-mail
zion_park_information@nps.gov

Social Media
www.facebook.com/zionnps
www.twitter.com/zionnps
www.instagram.com/zionsnps

Expires 2022

Experience Your America

If you are interested in helping preserve Zion National Park, please consider donating or volunteering. Visit www.zionpark.org or call 435-772-3200 for information on how you can help today.