## Hiking Guide

<table>
<thead>
<tr>
<th>Shuttle Stop</th>
<th>Hike</th>
<th>Round Trip</th>
<th>Elevation Change</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Easy</strong></td>
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<td></td>
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</tr>
<tr>
<td>1</td>
<td>Pa’so Trail</td>
<td>2 hours</td>
<td>50 ft / 15 m</td>
<td>Paved trail follows the Virgin River from the South Entrance. Trailhead near Zion Visitor Center. Wheelchair may need assistance.</td>
</tr>
<tr>
<td>1</td>
<td>Archeology Trail</td>
<td>0.5 hour</td>
<td>80 ft / 24 m</td>
<td>Short, but steep. Start off entrance to the visitor center parking lot. Climbs to the outlines of several prehistoric buildings. Trailside exhibits.</td>
</tr>
<tr>
<td>5</td>
<td>Lower Emerald Pool Trail</td>
<td>1 hour</td>
<td>69 ft / 21 m</td>
<td>Minor drop-offs. Paved trail leads to the Lower Emerald Pool and waterfalls. Connects to the Kanyeta and Upper Emerald Pool Trails.</td>
</tr>
<tr>
<td>5</td>
<td>The Grotto Trail</td>
<td>0.5 hour</td>
<td>35 ft / 11 m</td>
<td>The trail connects the Zion Lodge to The Grotto. Can be combined with the Lower Emerald Pool and Kanyeta Trails to create a 2.5-mile loop.</td>
</tr>
<tr>
<td>5</td>
<td>Weeping Rock Trail</td>
<td>0.5 hour</td>
<td>98 ft / 30 m</td>
<td>Short, but steep. Minor drop-offs. Paved trail ends at a rock alcove with shipping springs. Trailside exhibits.</td>
</tr>
<tr>
<td>9</td>
<td>Riverside Walk</td>
<td>1.5 hours</td>
<td>57 ft / 17 m</td>
<td>Minor drop-offs. Paved trail follows the Virgin River along the bottom of a narrow canyon. Trailside exhibits. Wheelchair may need assistance.</td>
</tr>
<tr>
<td><strong>Moderate</strong></td>
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<tr>
<td>1</td>
<td>Watchman Trail</td>
<td>2 hours</td>
<td>368 ft / 112 m</td>
<td>Moderate drop-offs. Ends at viewpoint of the Towers of the Virgin, lower Zion Canyon, and Springdale.</td>
</tr>
<tr>
<td>5</td>
<td>Sand Bench Trail</td>
<td>5 hours</td>
<td>466 ft / 142 m</td>
<td>Commercial horse trail from Marsh to October. Horse atop a massive landslide under fire control. Deep sand and little shade.</td>
</tr>
<tr>
<td>5</td>
<td>Upper Emerald Pool Trail</td>
<td>1 hour</td>
<td>200 ft / 61 m</td>
<td>Minor drop-offs. A sandy and rocky trail that climbs to the Upper Emerald Pool at the base of a cliff. Swimming is allowed.</td>
</tr>
<tr>
<td>6</td>
<td>Kanyeta Trail</td>
<td>1.5 hours</td>
<td>150 ft / 46 m</td>
<td>Moderate drop-offs. An unpaved climb to the Emerald Pool. Connects The Grotto to the Emerald Pool Trails.</td>
</tr>
<tr>
<td>6</td>
<td>Kolob Canyon Overlook Trail</td>
<td>1 hour</td>
<td>163 ft / 50 m</td>
<td>Long drop-offs, mostly fenced. Rocky and unlevel trail ends at viewpoint of Pine Creek Canyon and lower Zion Canyon. Parking lot is left-turn only. No swimming is allowed.</td>
</tr>
<tr>
<td>6</td>
<td>Kolob Creek Trail</td>
<td>3.5 hours</td>
<td>450 ft / 137 m</td>
<td>Limited to 12 people per group. Follows the Middle Fork of Taylor Creek past two homesteaded cabins to Double Arch Alcove.</td>
</tr>
<tr>
<td>6</td>
<td>Timber Creek Overlook Trail</td>
<td>0.5 hour</td>
<td>100 ft / 30 m</td>
<td>Follows a ridge to view of Timber Creek, Kolob Terrace, and the Pine Valley Mountains.</td>
</tr>
<tr>
<td><strong>Strenuous</strong></td>
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<tr>
<td>6</td>
<td>Angels Landing via a West Rim Trail</td>
<td>4 hours</td>
<td>1488 ft / 453 m</td>
<td>Long drop-offs. Not for young children or anyone fearful of heights. Last section is a hike along a steep, narrow ridge to the summit.</td>
</tr>
<tr>
<td>7</td>
<td>Hidden Canyon Trail</td>
<td>2.5 hours</td>
<td>850 ft / 259 m</td>
<td>Long drop-offs. Not for anyone fearful of heights. Follows along a cliff face to the top of a narrow canyon.</td>
</tr>
<tr>
<td>8</td>
<td>Observation Point via East Rim Trail</td>
<td>6 hours</td>
<td>2148 ft / 655 m</td>
<td>Long drop-offs. Ends through Echo Canyon to viewpoint of Zion Canyon. Access to Cave Mountain, Deerview Mountain, and East Mesa Trails.</td>
</tr>
<tr>
<td>8</td>
<td>The Narrows via Riverside Walk</td>
<td>8 hours</td>
<td>334 ft / 102 m</td>
<td>Read reverse side and check conditions at the visitor center before attempting. Higher water levels can prevent access to The Narrows.</td>
</tr>
<tr>
<td>8</td>
<td>Kolob Arch via La Verkin Creek</td>
<td>3.5 hours</td>
<td>1037 ft / 316 m</td>
<td>Limited to 12 people per group. Follows Timber and La Verkin Creeks. A side trail leads to Kolob Arch, one of the world’s largest free-standing arches.</td>
</tr>
</tbody>
</table>

## Kolob Canyons

Located in the northeast corner of the park off of Interstate 15 at exit 40, the five-mile scenic drive climbs past the spectacular canyon and red rocks of the Kolob Canyons area and ends at the Kolob Canyons Visitor Center.

### Kolob Canyons Visitor Center

- **Nearest Town:** Virgin
- **Location:** 12 miles north of Springdale
- **Hours:** May 16 - Sept 30: 8:00 am - 5:30 pm; Oct 1 - May 15: 9:30 am - 5:00 pm
- **Features:** Restrooms, gift shop, and food service.

### Shuttle Schedule

#### Zion Canyon Shuttle

**Zion Canyon Shuttle**

**Feb. 17 - March 09**
- **First Bus:** From Zion Canyon Visitor Center, 7:00 am

**March 10 - May 12**
- **First Bus:** From Zion Canyon Visitor Center, 6:00 pm

**May 13 - Sept. 30**
- **First Bus:** From Zion Canyon Visitor Center, 6:00 am

#### Last Bus

- **Zion Canyon Shuttle:** 10:00 pm
- **Springdale Shuttle:** 7:00 pm

### Zion National Park Shuttle System

**Zion National Park shuttle service operates year-round.**

- **Springdale shuttle loop:** 6:00 am - 10:00 pm
- **Zion Canyon shuttle loop:** 6:00 am - 10:00 pm

**Note:** The shuttle service operates year-round, but the frequency may vary. Please check the schedules for the most accurate information.
**Trail Etiquette**
- **Camping**: Leave No Trace principles to protect Zion for future generations. Report graffiti and littering.
- **Trails**: Dogs on leashes and bicycles are allowed on the Pa’rus Trail. All other trails are closed to pets, emotional support animals, and bikes.
- **Trail Etiquette**: Be considerate of other visitors. Hike quietly and enjoy the sounds of nature. Hike in a single file to let other hikers pass safely without any hindrance.
- **Emergencies**: Contact Information
  - **Mailing Address**: 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
  - **Twitter**: www.twitter.com/zionnps
  - **Instagram**: www.instagram.com/zionnps

**Get Around**
To protect park resources, park only in designated spaces. For your safety, park rangers enforce laws against alcohol and drug-related driving offenses, including open container violations. For Utah road conditions, please call 866-511-8824.

**Driving**
- Park roads are used by vehicles, bicyclists, walkers, and even wildlife. Obey 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.

**Zion Canyon Shuttle**
During much of the year, the Zion Canyon Scenic Drive is only accessible by shuttle bus.

**Camping**
Zion National Park has three campgrounds. South and Watchman Campground are in the main canyon. Lava Point Campground is on the Kolob Terrace Rd, and is a first-come first-serve campground. South and Watchman Campgrounds are on reservation beginning March 1, 2018. Reservations can be made at: www.recreation.gov or by calling 877-444-7277. Reservations for the Kolob Canyons campground can be made 14 days in advance of arrival date, reservations for Watchman Campground can be made 6 months ahead of arrival date. Reservations are strongly suggested, the campgrounds fill every night during the reservation season. Camping is permitted in designated campsite only. Camping is not permitted in parking areas or pullouts.

**For Your Safety**
- **DRIVING**: Park roads are used by vehicles, bicyclists, walkers, and even wildlife. Obey 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.
- **HOURS OF OPERATION**
  - **Late Winter**: 8:00 am to 6:00 pm
  - **Early Spring**: 8:00 am to 6:00 pm
  - **Spring**: 8:00 am to 6:00 pm
  - **Late Spring**: 8:00 am to 6:00 pm

**Flash Floods Can Kill**
- **SIGNS OF FLASH FLOODING**
  - Deterioration in weather conditions
  - Build-up of clouds or thunder
  - Floating debris

**For 24-hour emergency response, call 911 or 435-772-3324. The Zion Canyon Medical Center is located near the south entrance to the park. For hours, please call 435-772-3236. Additional medical clinics are located in Hurricane. The nearest hospitals are in St. George, Cedar City, and Kanab.**

**Large Vehicles**
The Zion - Mt. Carmel Tunnel connects Zion Canyon to the east side of the park. It was built in the 1920s 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. Large vehicles cannot travel in a single lane 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 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. This fee pays for the park entrance station before driving to the tunnel. The fee is paid for two trips through the tunnel for the same vehicle during a seven-day period.

**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 50,000 lb.
- 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 through the tunnel.**

**Ranger-led Programs**
Enhance your understanding and enjoyment of Zion National Park by participating in a free ranger-led program. Program schedules depend on ranger staffing and availability.

**Support Zion Forever Project**
Zion National Park’s nonprofit partner, The Zion Forever Project, makes it possible for you to experience and enjoy the park in a more meaningful way, by addressing that stronger sense of stewardship and responsibility that falls on all of us to protect and sustain the park for future generations.

Whether you simply round up your change at the sales counter, or make a large contribution to a cause, you recognize any of these signs, stop hiking in the park roads are used by vehicles, bicyclists, walkers, and even wildlife. Obey 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.

**Zion Canyon Shuttle**
The Zion Canyon Shuttle operates a free shuttle service. Leave your vehicle at your hotel or park in one of the approved parking areas in Springdale and catch the shuttle in town. You then enter the park at the pedestrian entrance at the Zion Canyon Visitor Center Plaza and the Zion Canyon Shuttle Stop. Leaving your vehicle in Springdale will help you avoid long lines at the South Entrance Station.

**HOURS OF OPERATION**
- **Late Winter**: 8:00 am to 6:00 pm
- **Early Spring**: 8:00 am to 6:00 pm
- **Spring**: 8:00 am to 6:00 pm
- **Late Spring**: 8:00 am to 6:00 pm

**VISITOR CENTER**
- **Zion Canyon Visitor Center**: 8:00 am to 6:00 pm
- **Wilderness Desk**: 8:00 am to 6:00 pm
- **Human History Museum**: Weekends Only until March 10 then everyday 12:00 pm to 4:00 pm
- **Zion Nature Center**: Closed
- **Kolob Canyons Visitor Center**: 4:30 pm to 6:00 pm

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<th>Visitor Center</th>
<th>Open</th>
<th>Closed</th>
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<tr>
<td>Zion</td>
<td>8:00 am to 6:00 pm</td>
<td>Closed</td>
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<td>Kolob</td>
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