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

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Plan Your Visit

Welcome to Zion National Park. Steep cliffs, narrow canyons, and unpredictable weather add to the challenge and adventure of a visit, so it is important to plan carefully for your stay. Park rangers at the visitor centers can provide planning information and weather forecasts, but your safety depends on your own good judgment, adequate preparation, and constant awareness.

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STEEP CLIFFS
Falls from cliffs on trails have resulted in death. Ice, loose sand, and pebbles are very slippery. Be careful of edges when using cameras or binoculars. Never throw or roll rocks, there may be hikers below you.

• Stay on the trail.
• Avoid cliff edges.
• Observe posted warnings.
• Please watch children.

DRIVING
Zion’s roads are used by vehicles, bicycles, walkers, and even wildlife. Obey posted speed limits. Unless otherwise posted, the maximum speed limit is 35 mph (radar enforced).

Wear safety belts and use child safety seats. Seat belts or child safety seats are required for all occupants in a vehicle and failure to use them is a primary offense in the park.

Don’t drink and drive. For your safety, rangers enforce laws against alcohol and drug-related driving offenses, including open container violations.

To protect the park’s vegetation, please park in designated or posted areas only.

HYPOTHERMIA
Hypothermia occurs when the body is cooled to dangerous levels. It is the number one killer of outdoor recreationists, even in warm weather, and it usually happens without the victim’s awareness. 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 no insulation when wet, and eat high energy food before you are chilled. The signs of hypothermia include:

• Uncontrollable shivering
• Stumbling and poor coordination
• Fatigue and weakness
• Confusion or slurred speech

If you recognize any of these signs, stop hiking and immediately replace wet clothing and add insulating layers.
Wildlife

Zion National Park is home to 67 species of mammals, 207 birds, 35 reptiles and amphibians, and nine fish. Commonly seen animals include mule deer, lizards, and many species of birds. Rare or endangered species include the peregrine falcon, Mexican spotted owl, California condor, desert tortoise, and the Zion snail, found only in Zion.

Mountain Lions

Mountain lions are wild animals and can be dangerous. They have been seen in the park. An attack is unlikely, and the park has never had a reported attack on people or pets. However, mountain lions have attacked in other areas.

- Watch children closely and never let them run ahead or lag behind.
- Solo hiking is not encouraged.
- Never approach a mountain lion. Most will try to avoid a confrontation. Always give them a way to escape.
- Do not run. Try to look large and put your arms up.
- If a mountain lion approaches, wave your arms, shout, and throw rocks or sticks.
- If attacked, fight back.

Please report any encounters or sightings to a park ranger as soon as possible.

Sick or Injured Animals

Be aware that wild animals can be unpredictable. Do not approach animals or attempt to move sick or injured wildlife. Please report any encounter with sick or injured animals to a park ranger.

Services

Accessibility

The park visitor centers, museum, restrooms, shuttle buses, and Zion Lodge are fully accessible. Several campsites are reserved for people with disabilities, and the Pa’rus Trail and Riverside Walk are accessible. Service dogs are permitted on a leash throughout the park.

The orientation film offers captioning and the frontcountry trails video has an audio description. Accessible programs are indicated in the Ranger-led Program Schedule. Assistive listening devices are available by reservation for all ranger-led programs. Please visit the Zion Human History Museum for more information.

 Lodging

In the park, the Zion Lodge has rooms, suites, cabins, and a gift shop. For reservations, please call 888 297-2757 or 435 772-7700, or visit www.zionlodge.com. There are other lodging options in Springdale, Rockville, Hurricane, near the East Entrance, Mt. Carmel Junction, Kanab, St. George, Cedar City, and other surrounding communities.

Restaurants

In the park, the Zion Lodge dining room and café serve breakfast, lunch, and dinner. Dinner reservations are required; please call 435 772-7760. There are also restaurants in Springdale, Virgin, La Verkin, Hurricane, near the East Entrance, Mt. Carmel Junction, Kanab, St. George, Cedar City, and other surrounding communities.

Groceries

There are grocery stores in Springdale, La Verkin, Hurricane, Kanab, St. George, and Cedar City. There are convenience stores in most surrounding communities.

Money

An ATM is located in the park at the Zion Lodge. Banks and ATMs are located in most surrounding communities.

Emergencies

For 24-hour emergency response, call 911 or 435 772-3322. The Zion Canyon Medical Clinic is located in Springdale near the south entrance to the park. For hours, please call 435 772-3226. The nearest hospitals are in St. George, Cedar City, and Kanab.

Flash Floods

All narrow canyons are potentially hazardous. Flash floods, often caused by storms miles away, are a real danger and can have a life threatening effect. You are assuming a risk when entering a narrow canyon. Your safety is your responsibility.

Watch for indications of a possible flash flood. If you observe any of these signs, seek higher ground immediately:

- Any deterioration in weather conditions
- Build up of clouds or sounds of thunder
- Sudden changes in water clarity from clear to muddy
- Floating debris
- Rising water levels or stronger currents
- Increasing roar of water up canyon

During a flash flood, the water level rises within minutes or even seconds. A flash flood can rush down a canyon in a wall of water twelve feet high or more.

“*The squirrel bit me in less than a second. Wild animals can hurt you. Do not feed them.*"
Recreation

CAMPING
Campgrounds in Zion Canyon have restrooms, drinking water, picnic tables, fire grates, and dump stations. All sites are half price for holders of Interagency Senior and Access Passes. There are no showers available within Zion National Park. Pay showers are available in Springdale and east of the park. The availability of these services varies throughout the year.

FIRES
When fire danger is high, all campfires may be prohibited. When permitted, fires are allowed in fire grates in the campgrounds. Bring or buy firewood. Collecting any type of wood is prohibited.

BICYCLING
Bicycles may travel on roadways and on the Pa’rus Trail. Bicycles are not allowed off roadways or in construction areas. When riding from the South Entrance, use the Pa’rus Trail instead of the main road. The rules of the road apply to bicycles. Do not pass moving vehicles. Please ride on the right side of the road in single file and wear your helmet.

CLIMBING
The sandstone cliffs of Zion National Park are famous for big wall climbs. Zion is not a place for inexperienced climbers. Climbing in Zion requires appropriate hardware and advanced technical skills. There are few top roping areas and no sport climbs. Permits are not required for day climbs, but they are required for all overnight bivouacs. Climbing information and route descriptions are available at the Backcountry Desk in the Zion Canyon Visitor Center.

Some areas and routes are closed to climbing from early March through August each year to protect nesting peregrine falcons. Some areas that are routinely closed include the Great White Throne, Cable Mountain, the Court of the Patriarchs, and Angels Landing. Check at the visitor centers or visit www.nps.gov/zion for current closure information.

HORSEBACK RIDING
Horses traditionally have been used to explore the terrain of Zion National Park. Guided trips are available starting in spring at the corral at the Emerald Pools Trailhead. For private stock use, see the Backcountry Planner or inquire at visitor centers.

WATERCRAFT
All watercraft use in Zion National Park requires a backcountry permit. Permits are issued only when the river is flowing in excess of 140 cubic feet per second. Inner tubes are not permitted at any time on any watercourse in the park.

HIKING AND CANYONEERING
Hiking in canyons, even short hikes, requires advance planning. Many hikes involve walking in water. Rivers and washes are subject to flash flooding. Know the weather and flash flood potential forecasts before starting your trip. The forecasts are posted daily in park visitor centers. Many canyons require ropes, hardware, and advanced technical skills for rappelling and ascending.

BACKPACKING
Permits are required for all backcountry camping. There is a fee. Permits and hiking information are available at visitor centers. The maximum group size is 12 people. Please read the Backcountry Planner for more information.

BACKCOUNTRY PERMITS
Permits are required for overnight trips, through-hikes of The Narrows and its tributaries, the Subway and Left Fork, Kolob Creek, and all canyons requiring the use of technical equipment. Reservations are available online for many permits at www.nps.gov/zion. Permits must be obtained at the visitor centers before your trip.

Backcountry fees are based on the size of your group:
- $10 for 1-2 people
- $15 for 3-7 people
- $20 for 8-12 people

The maximum group size is 12 people of the same affiliation on the same trail or in the same drainage on the same day. The limit for some canyons is six people.

THE NARROWS
The Virgin River has carved a spectacular gorge in the upper reaches of Zion Canyon—16 miles long, up to 2000-feet deep, and at times only 20 to 30-feet wide. The Narrows, with its soaring walls, sandstone grottos, natural springs, and hanging gardens can be an unforgettable experience. It is not, however, a trip to be underestimated. Hiking The Narrows means hiking in the Virgin River. At least 60 percent of the hike is spent wading, walking, and sometimes swimming in the river. There is no maintained trail because the route is the river. The current is swift, the water is very cold, the rocks underfoot are slippery, and the water can be deep. Flash flooding and hypothermia are constant dangers. Good planning, proper equipment, and sound judgment are essential for a safe and successful trip. Your safety is your responsibility.

There are three ways to hike The Narrows, weather and water conditions permitting:

DAY HIKE FROM THE BOTTOM AND BACK
This round-trip hike can last up to five hours and is the simplest way to experience The Narrows. Park at the Temple of Sinawava, walk one mile to the end of the paved Riverside Walk, and begin wading up the river. There is no formal destination and you must return the same way you entered. Many hikers try to reach the junction with Orderville Canyon, a tributary creek approximately two hours upstream from the paved trail. A permit is not required and group size limits do not apply. Travel upstream into Orderville Canyon or beyond Big Spring is prohibited.

DAY HIKE FROM TOP TO BOTTOM
This strenuous 16-mile all-day hike requires a permit and a private shuttle to the trailhead. Please see the Backcountry Planner or inquire at the Zion Canyon Visitor Center for more information.

OVERNIGHT HIKE FROM TOP TO BOTTOM
This two-day hike requires a permit and a private shuttle to the trailhead. Maximum stay is one night. Please see the Backcountry Planner or inquire at the Zion Canyon Visitor Center for more information.

THE NARROWS CHECKLIST
- A dry suit and insulating layers are essential for winter hikes in The Narrows.
- Obtain weather and flash flood potential forecasts before your trip.
- Wear sturdy boots with ankle support or closed-toe shoes, not sandals or water shoes.
- Take a walking stick. Do not cut tree branches for sticks.
- Children should not hike in the river due to strong currents and deep pools.
- Carry out all trash, including food wrappers, apple cores, fruit peels, and toilet paper.
- Carry one gallon of drinking water per person per day, food, sunglasses, sunscreen, and first aid kit.
- Pack your gear in waterproof bags.
- Use the restroom at the Riverside Walk trailhead before hiking. There are no toilets in The Narrows.

Map and Guide 3
Hiking Guide

<table>
<thead>
<tr>
<th>Hike Location</th>
<th>Round Trip Time</th>
<th>Elevation Change</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Easy</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td><strong>Parus Trail</strong></td>
<td>Zion Canyon Visitor Center</td>
<td>2 hours</td>
<td>3.5 / 5.6</td>
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<tr>
<td><strong>Archeology Trail</strong></td>
<td>Zion Canyon Visitor Center</td>
<td>0.5 hour</td>
<td>0.4 / 0.6</td>
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<tr>
<td><strong>Lower Emerald Pool Trail</strong></td>
<td>Zion Lodge</td>
<td>1 hour</td>
<td>1.2 / 1.9</td>
</tr>
<tr>
<td><strong>Grotto Trail</strong></td>
<td>Zion Lodge</td>
<td>0.5 hour</td>
<td>1.0 / 1.6</td>
</tr>
<tr>
<td><strong>Weeping Rock Trail</strong></td>
<td>Weeping Rock</td>
<td>0.5 hour</td>
<td>0.4 / 0.6</td>
</tr>
<tr>
<td><strong>Riverside Walk</strong></td>
<td>Temple of Sinawava</td>
<td>1.5 hours</td>
<td>2.2 / 3.5</td>
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<tr>
<td>Moderate</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Watchman Trail</strong></td>
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<td>2.7 / 4.3</td>
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<tr>
<td><strong>Middle Emerald Pools Trail</strong></td>
<td>Zion Lodge</td>
<td>2 hours</td>
<td>2.0 / 3.2</td>
</tr>
<tr>
<td><strong>Upper Emerald Pool Trail</strong></td>
<td>Zion Lodge</td>
<td>1 hour</td>
<td>1.0 / 1.6</td>
</tr>
<tr>
<td><strong>Canyon Overlook Trail</strong></td>
<td>Zion-Mt. Carmel Hwy</td>
<td>1 hour</td>
<td>1.0 / 1.6</td>
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<td><strong>Taylor Creek Trail</strong></td>
<td>Kolob Canyons Road</td>
<td>4 hours</td>
<td>5.0 / 8.0</td>
</tr>
<tr>
<td><strong>Timber Creek Overlook Trail</strong></td>
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<td>1.0 / 1.6</td>
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<tr>
<td>Strenuous</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Angels Landing Trail via West Rim Trail</strong></td>
<td>The Grotto</td>
<td>4 hours</td>
<td>5.4 / 8.7</td>
</tr>
<tr>
<td><strong>Hidden Canyon Trail</strong></td>
<td>Weeping Rock</td>
<td>3 hours</td>
<td>2.4 / 3.9</td>
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<tr>
<td><strong>Observation Point via East Rim Trail</strong></td>
<td>Weeping Rock</td>
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<tr>
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<tr>
<td><strong>Kolob Arch via La Verkin Creek Trail</strong></td>
<td>Kolob Canyons Road</td>
<td>8 hours</td>
<td>14.0 / 22.5</td>
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</table>

Stay on established trails and watch your footing, especially at overlooks and near drop-offs. Always stay back from edges. Watch children closely. People uncertain about heights should stop if they become uncomfortable. Never throw or roll rocks; there may be hikers below.

Map and Guide 5
Weather

Winters in Zion National Park are cold and often wet. Temperatures can range from highs of 50-60°F during the day to lows well below freezing at night.

Nearly half of the annual precipitation in Zion Canyon falls between the months of December and March. Roads are plowed, but trails may be closed due to snow and ice. After winter storms, snow typically disappears within a matter of hours at lower elevations. At higher elevations, the snow accumulates. As temperatures rise in spring, melting snow causes high water levels in the Virgin River and its tributaries.

Zion National Park is much more than just a recreational destination. It is a sanctuary of natural and cultural resources. Conserving this heritage is a task that the National Park Service cannot accomplish alone. All of us serve a critical role in maintaining Zion’s sanctuary for the future. Please show respect for your national park.

Zion Lodge

The Zion Lodge goes to great lengths to reduce energy consumption. Their efforts save 24,000 gallons of fuel, 1.7 million pounds of gas emissions, and 2.5 million gallons of water annually.

SOLAR POWER

Solar power provides clean energy. Two remote ranger cabins run completely on solar power and three park entrance stations are partially solar powered. Additional solar projects have been completed at the Kolob Canyons Visitor Center, Zion Emergency Operations Center, and Zion Headquarters.

WATER BOTTLE FILLING STATIONS

Help us reduce waste by bringing a reusable water bottle with you. Water Bottle Filling Stations are located at the Zion Canyon Visitor Center, Zion Human History Museum, Zion Lodge, and Temple of Sinawava. Some Water Bottle Filling Stations may be closed in winter.

SUN AND MOON

Temperatures in the Kolob Canyons area may be five to ten degrees cooler than Zion Canyon.

Leaves No Trace

Please park in designated spaces only. Fines may be as high as $250.

It is illegal to remove anything from Zion National Park. Leave the flowers, rocks, and anything else that you might find for others to enjoy.

Soundscapes are an important natural feature of the park. Please be aware of the noise that you make around wildlife and allow others to enjoy the peace and solitude of the park. Please travel quietly and limit the size of your group.

Please stay on marked trails. Hiking off trails can lead to loss of vegetation, soil compaction, erosion, and unsightly scars on the landscape.

ZION CANYON VISITOR CENTER

The Zion Canyon Visitor Center is an excellent example of sustainable design. Daylighting, natural ventilation cooling, downdraft cool towers, Trombe wall heating, and roof-mounted photovoltaic system reduce energy use by more than 70 percent. The sustainable measures in this building save 148,830 kWh each year, saving the park $14,000 and preventing the release of 181 tons of CO2 into the atmosphere.

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The Zion Natural History Association is a non-profit organization that began in 1929 to support education, research, publications, and other programs for the benefit of Zion National Park, Cedar Breaks National Monument, and Pipe Spring National Monument. Financial support by ZNHA members, combined with sales from our bookstores, provides parks with approximately $600,000 in annual aid.

ZION CANYON FIELD INSTITUTE
The Zion Canyon Field Institute educates and inspires visitors about the greater Zion National Park ecosystem and environment. ZCFI is the educational division of the non-profit cooperating association Zion Natural History Association. These workshops take place in and around Zion National Park, Cedar Breaks National Monument, and Pipe Spring National Monument.

OUTDOOR LEARNING ADVENTURES
Imagine hiking with a wildlife biologist to watch bighorn sheep, capturing the photograph of a lifetime when a rainbow appears behind the West Temple, finding the tracks of ringtails in the sands of a dry wash, or discovering and mapping an unrecorded archaeological site. These are the types of experiences that Zion Canyon Field Institute participants enjoy during our workshops.

SERVICE PROJECTS
Participants have the opportunity to get a backstage view of Zion, learn intensively about a single subject, and contribute to a project that benefits the park.

PRIVATE WORKSHOPS
Our custom Explore Zion program provides private workshops for your small group scheduled at your convenience.

REGISTRATION
Pick up the course catalog at any of the park’s bookstores. To register for a course, please visit www.zionpark.org, call 435 772-3264 or 800 635-3959, or stop by the Zion Canyon Visitor Center Bookstore. Fees for one-day workshops are $25 to $60 per day.

MEMBERSHIP
Become a member of ZNHA and enjoy benefits for yourself today, while you help Zion tomorrow. ZNHA supports the educational outreach and the Junior Ranger program, publishes books on Zion, contributes to park interpretive programs, and provides free visitor information about the park.

Join us as a member and receive a twenty-percent discount on all purchases at ZNHA bookstores and ZCFI workshops. Members also receive discounts at participating associations, our quarterly newsletter, and special premiums. Most importantly, your membership helps ensure future educational and research activities in Zion National Park.

MEMBERSHIP OPTIONS
• Individual $45
• Family $60
• Contributor $100
• Advocate $250
• Lifetime $500

ZION TRIP PLANNING PACKAGE
Plan your vacation to Zion National Park with our hand-selected publications.

Includes the books: Zion: Sanctuary in the Desert, Zion Shuttle Guide, Hiking Zion and Bryce Canyon, Introduction to the Geology of Zion National Park, and a Zion topographic map. A $35.29 value for only $25.95. All books are also available for individual purchase.

ZION NATIONAL PARK ORIENTATION FILM
Enjoy the official Zion National Park orientation film in your own living room. Learn about plants, animals, geology, park history, and what to see and do in Zion National Park. DVD, 22 minutes, (plays worldwide, English subtitles) for $14.95.

MAPS OF ZION
The bookstore sells a wide variety of topographic maps, geologic maps, and maps on CD.

To find out more about the programs and publications available through the Zion Natural History Association, please visit our website at www.zionpark.org or call 800 635-3959.
Transportation

PARKING
Improper parking is not safe, can damage park resources, and is discourteous to other visitors. Please park in designated parking places only. Parking regulations are strictly enforced with citations based on violations of signed no parking areas, traffic obstruction, and damage to resources or government property. Park responsibly and avoid a ticket.

PRIVATE TAXIS
You may choose to start your hiking trip in a different location than your destination. Private shuttle and taxi services are available.

OTHER VEHICLES
Vehicles such as ATVs and OHVs are not permitted in Zion National Park.

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 much less common. Vehicles sized 11’4” in height or 7’10” in width, or larger, are required to have an escort, or traffic control, through the Zion-Mt. Carmel Tunnel. Because of the tunnel dimensions, large vehicles cannot travel in one lane through the tunnel. Nearly all RVs, buses, trailers, fifth-wheels, dual-wheel trucks, campers, and boats require an escort.

TUNNEL ESCORTS
Visitors requiring an escort 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 good for two trips through the tunnel for the same vehicle during a seven-day period. An escort vehicle will not guide your vehicle through the tunnel. Rangers will stop oncoming traffic and you will drive down the center of the road. We apologize for the delays that will result from this safety precaution.

Large vehicles may only travel through the tunnel from:
• November 7 to March 12 from 8:00 a.m. to 4:30 p.m.
• March 13 into April from 8:00 a.m. to 7:00 p.m.

PROHIBITED VEHICLES
Bicycles and pedestrians are not permitted in the tunnel. 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 lbs
• Combined vehicles over 50’ long

LARGE VEHICLE PARKING
Many parking areas in Zion National Park are not intended for large vehicles. Please pay attention to posted size restrictions. Vehicles longer than 19 feet may not park at Weeping Rock at any time. At the Temple of Sinawava, vehicles longer than 19 feet may park in designated parallel spaces and in front of the shade structure. Buses with a capacity of 16 or more may park at the Checkerboard Mesa pullout, but may not park between Checkerboard Mesa and the Zion-Mt. Carmel Tunnel.

If your vehicle is 11’4” (3.4 meters) tall or taller or 7’10” (2.4 meters) wide or wider, including mirrors, awnings, and jacks, you will need a tunnel escort.

The printing of this newspaper was made possible by the Zion Natural History Association.

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