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.

WATER
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 other locations. Do not drink untreated water.

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

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

DRIVING
Park roads are used by vehicles, bicycles, walkers, and even wildlife. Obey posted speed limits. Unless otherwise posted, the maximum speed limit in the park is 35 mph.

Seat belts or child safety seats are required for all occupants in a vehicle.

To protect park resources, park only in designated spaces and turn off your engine when your vehicle is stopped.

Don’t drink and drive. 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.

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 because it provides no insulation when wet and eat high energy food before you are chilled. 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 69 species of mammals, 208 birds, 29 reptiles, six 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 National Park.

**Mountain Lions**

Mountain lions are present in the park. Attacks are unlikely and have never been reported in the park. Please watch children closely and never let them run ahead or lag behind. More information is posted at trailheads. Please report any sightings or encounters to a park ranger as soon as possible.

**Desert Bighorn Sheep**

Desert bighorn sheep are often seen on the east side of the park. Although they naturally shy away from people, some of these animals have grown accustomed to visitors in the park. Please do not approach or feed bighorn sheep.

**Respect Wildlife**

Please keep all animals wild and healthy by viewing them from a safe distance. Do not feed or touch wildlife. Store food and trash responsibly.

**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 sick or injured animals to a park ranger.

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. Other medical clinics are located in Hurricane. 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 be life threatening. 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:

- deterioration in weather conditions
- build up of clouds or 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 over twelve feet high.
Recreation

CAMPING
Campgrounds in Zion Canyon have restrooms, drinking water, picnic tables, fire grates, dump stations, and recycling. 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 only allowed in fire grates in the campgrounds. Bring or buy firewood. Collecting any type of wood in the park is prohibited.

BICYCLING
Bicycling is permitted on all park roadways and on the Pa'rus Trail. All other park trails, off-trail routes, and the Zion-Mt. Carmel Tunnel are closed to bicycles. Bicyclists attempting to travel though the Zion-Mt. Carmel Tunnel must obtain a ride through the tunnel. Hitchhiking is permitted. Rappers are not allowed to provide, or arrange for, transport through the tunnel. Do not pass a moving vehicle. The rules of the road apply to bicycles. 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 the park 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. Some areas and routes are closed each year to climbing from early March through August to protect nesting peregrine falcons. Climbing information and route descriptions are available at the Zion Canyon Wilderness Desk in the Zion Canyon Visitor Center.

AIRCRAFT-BASED REMOTE-CONTROLLED EQUIPMENT
Use of remote-controlled equipment, including but not limited to helicopters, drones, and other aircraft-based equipment, is prohibited in the park.

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

WILDERNESS PERMITS
Permits are required for overnight trips, through-hikes of The Narrows and its tributaries, The Subway (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.

The Narrows permit 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 upper Zion Canyon—16 miles long, up to 2,000-feet deep, and at times only 20 to 30-feet wide. The Narrows, with its soaring walls, sandstone grottos, and hanging gardens can be an unforgettable experience. It is not, however, a trip to be underestimated. Hiking The Narrows means hiking in the 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 may be cold and deep, and the rocks underfoot are slippery. 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. In winter, the top down hike is not advised. Dry suits are needed for the day hike. High water levels can prevent access.

DAY HIKE FROM THE BOTTOM AND BACK
This round-trip hike can last up to eight hours and is the simplest way to experience The Narrows. Start 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. Group size limits apply past Orderville Canyon. Travel upstream into Orderville Canyon or past 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 Wilderness Guide or inquire at the Zion Canyon Wilderness Desk 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 Wilderness Guide or inquire at the Zion Canyon Wilderness Desk for more information.

THE NARROWS CHECKLIST
- Obtain weather and flash flood potential forecasts before your trip.
- Wear closed-toe shoes or sturdy boots with ankle support, 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 a gallon of drinking water per person per day, food, and first aid kit.
- Wear warm clothing. The Narrows is much cooler than other areas in Zion.
- 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
Zion Canyon

**Hiking Guide**

<table>
<thead>
<tr>
<th>Hike</th>
<th>Location</th>
<th>Round Trip</th>
<th>Elevation Change</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Easy</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parus Trail</td>
<td>Zion Canyon Visitor Center</td>
<td>2 hours</td>
<td>50 / 15</td>
<td>Paved trail follows the Virgin River from the South Campground to Canyon Junction. Wheelchairs may need assistance.</td>
</tr>
<tr>
<td>Archeology Trail</td>
<td>Zion Canyon Visitor Center</td>
<td>0.5 hour</td>
<td>80 / 24</td>
<td>Short, but steep. Starts across from the entrance to the visitor center parking lot. Climbs to the outlines of several prehistoric buildings. Trailside exhibits.</td>
</tr>
<tr>
<td>Lower Emerald Pool Trail</td>
<td>Zion Lodge</td>
<td>1 hour</td>
<td>80 / 24</td>
<td>Minor drop-offs. Paved trail leads to the Lower Emerald Pool and waterfalls. Connects to the Kayenta Trail. Sections may be closed due to ice.</td>
</tr>
<tr>
<td>The Grotto Trail</td>
<td>Zion Lodge</td>
<td>0.5 hour</td>
<td>35 / 11</td>
<td>The trail connects the Zion Lodge to The Grotto. Can be combined with the Lower Emerald Pool and Kayenta Trails to create a 2.5-mile loop.</td>
</tr>
<tr>
<td>Weeping Rock Trail</td>
<td></td>
<td>0.5 hour</td>
<td>98 / 30</td>
<td>Short, but steep. Minor drop-offs. Paved trail ends at a rock alcove with dripping springs. Trailside exhibits. Sections may be icy or closed in winter.</td>
</tr>
<tr>
<td>Riverside Walk</td>
<td>Temple of Sinawava</td>
<td>1.5 hours</td>
<td>57 / 17</td>
<td>Minor drop-offs. Paved trail follows the Virgin River along the bottom of a narrow canyon. Trailside exhibits. Wheelchairs may need assistance. May be icy.</td>
</tr>
<tr>
<td><strong>Moderate</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Watchman Trail</td>
<td>Zion Canyon Visitor Center</td>
<td>2 hours</td>
<td>368 / 112</td>
<td>Minor drop-offs. Ends at viewpoint of the Towers of the Virgin, Lower Zion Canyon, and Springdale. May be muddy and icy.</td>
</tr>
<tr>
<td>Sand Bench Trail</td>
<td>Zion Lodge</td>
<td>5 hours</td>
<td>466 / 142</td>
<td>Commercial horse trail from March to October. Hike atop a massive landslide under The Sentinel. May be icy.</td>
</tr>
<tr>
<td>Upper Emerald Pool Trail</td>
<td>Zion Lodge</td>
<td>1 hour</td>
<td>360 / 110</td>
<td>Minor drop-offs. A sandy and rocky trail that climbs to the Upper Emerald Pool at the base of a cliff. May be icy.</td>
</tr>
<tr>
<td>Canyon Overlook Trail</td>
<td>Zion-Mt. Carmel Hwy</td>
<td>1 hour</td>
<td>163 / 50</td>
<td>Long drop-offs, mostly fenced. Rocky and uneven trail ends at viewpoint of Pine Creek Canyon and Lower Zion Canyon. May be snow covered and icy.</td>
</tr>
<tr>
<td>Taylor Creek Trail</td>
<td>Kolob Canyon Road</td>
<td>4 hours</td>
<td>450 / 137</td>
<td>Limited to 12 people per group. Follows the Middle Fork of Taylor Creek past two homestead cabins to Double Arch Alcove. Often snow covered.</td>
</tr>
<tr>
<td>Timber Creek Overlook Trail</td>
<td>Kolob Canyon Road</td>
<td>0.5 hour</td>
<td>100 / 30</td>
<td>Follows a ridge to a small peak with views of Timber Creek, Kolob Terrace, and Pine Valley Mountains. Often snow covered.</td>
</tr>
<tr>
<td><strong>Strenuous</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Angels Landing</td>
<td>The Grotto</td>
<td>4 hours</td>
<td>1488 / 453</td>
<td>Long drop-offs. Not for young children or anyone fearful of heights. Last section is a route along a steep, narrow ridge to the summit. Often snow covered and icy.</td>
</tr>
<tr>
<td>Hidden Canyon Trail</td>
<td>Weeping Rock</td>
<td>2.5 hours</td>
<td>850 / 259</td>
<td>Long drop-offs, not for anyone fearful of heights. Follows along a cliff face to the mouth of a narrow canyon. May be snow covered and icy.</td>
</tr>
<tr>
<td>Kolob Arch via</td>
<td></td>
<td>8 hours</td>
<td>334 / 102</td>
<td>Long drop-offs. Climbs through Echo Canyon to viewpoint of Zion Canyon. Access to Cave Mountain, Deertop Mountain, and East Mesa Trails. Often snow covered.</td>
</tr>
<tr>
<td>La Verkin Creek Trail</td>
<td>Kolob Canyon Road</td>
<td>8 hours</td>
<td>1037 / 316</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 freestanding arches. Often snow covered.</td>
</tr>
</tbody>
</table>

*Stay on established trails and watch your footing, especially at overviews and near drop-offs. Avoid cliff edges. Watch children closely. People uncertain about heights should stop if they become uncomfortable. Never throw or roll rocks because there may be hikers below.*
Winters in Zion National Park are cold and often wet. Temperatures can range from highs of 50°F to 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. Most 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 respect your national park and the experiences of others.

Environmental Impact

ZION CANYON VISITOR CENTER

The Zion Canyon Visitor Center is an excellent example of sustainable design. It is a sanctuary of natural and cultural resources. Zion National Park is 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 respect your national park and the experiences of others.

RECYCLING AND TRASH

Please do not litter. Carry out or recycle all of your trash, including toilet paper. The park recycling program provides disposal for plastic, aluminum, glass, paper, and other materials. Zion National Park works closely with the community to provide many recycling options for visitors. With help from you, Zion kept over 200,000 lbs of waste out of landfills last year. Participate in recycling efforts by using the available recycling bins inside the park and in local communities.

WILDLIFE

Feeding, harming, or capturing wild animals is illegal and can cause injury or death to the animal. Animals can become aggressive beggars when fed.

OBJECT COLLECTION

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.

SOUNDCAPES

Sounds, or sound environments, are an important natural feature of the park. Be aware of the noise that you make so that others may enjoy the peace and solitude of the park. Please travel quietly and limit the size of your group.

WATER BOTTLE FILLING STATIONS

There are several water bottle filling stations located throughout the park. To reduce waste, the sale of disposable plastic water bottles is prohibited in Zion Canyon. Support this initiative by bringing a reusable water bottle with you and using it after you leave. Water bottle filling stations are located at the Zion Canyon Visitor Center, Zion Human History Museum, Zion Lodge, and the Temple of Sinawava.

ZION CANYON SHUTTLE SYSTEM

The shuttle system, which runs from spring to fall, was created to reduce traffic congestion, parking conflicts, pollution, noise, and resource damage. Each full shuttle reduces traffic by 28 cars. The shuttles reduce vehicle miles traveled per day by over 50,000 and reduce CO₂ emissions by over 12 tons per day.

ZION CANYON VISITOR CENTER

The Zion Canyon Visitor Center is a sustainable building that incorporates the area’s natural features and energy-efficient building concepts into an attractive design, saving energy and operating expenses while protecting the environment. Natural lighting and ventilation, passive downdraft cooling towers, Trombe wall heating, and a photovoltaic system reduce energy use by more than 70 percent and prevent the annual release of 181 tons of CO₂.

RENEWABLE ENERGY

Solar power provides clean energy for Zion National Park. In 2010, large photovoltaic systems were installed at the Kolob Canyons Visitor Center, the Emergency Operations Center, and Zion Headquarters. Zion generates 12 percent of its power from onsite renewable sources and purchases renewable energy to offset other sources. Efforts to reduce energy use have resulted in a 10 percent decrease since 2008.
The Zion Natural History Association (ZNHA) 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 these parks with approximately $650,000 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
Hike to a hanging garden where vibrant columbine grow next to scarlet monkey flowers. Relax while a geologist explains the wonders of Zion in a small group setting. Enjoy a discussion by the Virgin River about water issues in the West. Wade into The Narrows and plunge into a service project to keep it pristine. These are just a few of the experiences that you can 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 small groups scheduled at your convenience.

REGISTRATION
Pick up the course schedule 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 $45 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 programs for youth, publishes books on Zion, contributes to park ranger-led 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 many ZCFI workshops. Members also receive discounts at participating associations, our quarterly e-newsletter, and the biannual Sojourns publication. Most importantly, your membership helps ensure future educational and research activities in Zion National Park.

MEMBERSHIP LEVEL OPTIONS
• Individual Sojourns $45
• Family Sojourns $60
• Contributor $100
• Advocate $250
• Donor $500

ZNHA BOOKSTORES
Be sure to pick up a copy of the award-winning Zion Adventure Guide for $16.99, available at the ZNHA bookstores located in the Zion Canyon Visitor Center, Zion Human History Museum, and at the Kolob Canyons Visitor Center. Visit the bookstores for a variety of interpretive products to enhance your experience in Zion.

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

ONLINE STORE
Shop our new online store! You can buy maps, guides, or posters, purchase books on geology, history, or art, sign up for a ZCFI class, join ZNHA, or make a donation. Purchases support important programs in Zion National Park.

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
From November 30 through March 14, the Zion Canyon Scenic Drive is open to private vehicles. Improper parking is unsafe and damages park resources. Park in designated spaces only and turn off your engine when your vehicle is stopped. Parking regulations are strictly enforced. Citations are issued for violations of signed no parking areas, traffic obstruction, and damage to resources or government property. Please park responsibly.

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
Other 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 11'4" high or higher, or 7'10" wide or wider, require one-lane traffic control through the Zion-Mt. Carmel Tunnel. Because of the tunnel dimensions, 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 through the tunnel.

Rangers will stop oncoming traffic and you will drive down the center of the road. We apologize for the delays that may result from this safety precaution.

Large vehicles may only travel through the tunnel from:
• November 2 to March 7 from 8:00 am to 4:30 pm
• March 8 to May 2 from 8:00 am to 7:00 pm

PROHIBITED VEHICLES
Bicycles and pedestrians are not permitted in the tunnel. Vehicles not permitted in the tunnel include the following:
• vehicles over 13’1” high
• semi-trucks and commercial vehicles
• vehicles carrying hazardous materials
• vehicles weighing more than 50,000 lbs
• combined vehicles or buses over 50’

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 good for two trips through the tunnel for the same vehicle during a seven-day period.

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.

Vehicles over 11'4" (3.4 m) high or higher, or 7'10" (2.4 m) wide or wider, including mirrors, awnings, and jacks, will require traffic control. Single-axle vehicles may not exceed 40’ in length.

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

Printed on recycled paper. Please recycle again.