Zion National Park

Winter Information Sheet

Zion Canyon Hikes

**Easy**

<table>
<thead>
<tr>
<th>Hike</th>
<th>Location</th>
<th>Round trip Average time</th>
<th>Elevation Change</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pa'Ya Trail</td>
<td>Zion Canyon Visitor Center</td>
<td>3 hours</td>
<td>3.5 mi/ 5.6 km</td>
<td>50 ft/ 15 m</td>
</tr>
<tr>
<td>Ancestral Trail</td>
<td>Zion Canyon Visitor Center</td>
<td>0.5 hour</td>
<td>0.4 mi/ 0.6 km</td>
<td>20 ft/ 4 m</td>
</tr>
<tr>
<td>Lower Emerald Pool Trail</td>
<td>Zion Lodge</td>
<td>1 hour</td>
<td>9.4 mi/ 12.1 km</td>
<td>69 ft/ 21 m</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>35 ft/ 11 m</td>
</tr>
<tr>
<td>Weeping Rock Trail</td>
<td>Zion Lodge</td>
<td>0.5 hour</td>
<td>0.6 mi/ 1 km</td>
<td>98 ft/ 30 m</td>
</tr>
<tr>
<td>Riverside Walk</td>
<td>Temple of Sinawava</td>
<td>1.5 hours</td>
<td>2.2 mi/ 3.5 km</td>
<td>57 ft/ 17 m</td>
</tr>
</tbody>
</table>

**Moderate**

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<tr>
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<tbody>
<tr>
<td>Watchman Trail</td>
<td>Zion Canyon Visitor Center</td>
<td>2 hours</td>
<td>6 mi/ 9.6 km</td>
<td>102 m</td>
</tr>
<tr>
<td>Sand Bench Trail</td>
<td>Zion Lodge</td>
<td>5 hours</td>
<td>7.6 mi/ 12.2 km</td>
<td>146 ft/ 44 m</td>
</tr>
<tr>
<td>Upper Emerald Pool Trail</td>
<td>Zion Lodge</td>
<td>1 hour</td>
<td>1 mi/ 1.6 km</td>
<td>200 ft/ 61 m</td>
</tr>
<tr>
<td>Kayeranda Trail</td>
<td>The Grotto</td>
<td>1.5 hours</td>
<td>2 mi/ 3.2 km</td>
<td>150 ft/ 46 m</td>
</tr>
<tr>
<td>Canyon Overlook Trail</td>
<td>Zion-Mt. Carmel Hwy</td>
<td>1 hour</td>
<td>0.8 mi/ 1.3 km</td>
<td>163 ft/ 50 m</td>
</tr>
</tbody>
</table>

**Strenuous**

<table>
<thead>
<tr>
<th>Hike</th>
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<th>Elevation Change</th>
<th>Description</th>
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<tbody>
<tr>
<td>Angels Landing</td>
<td>via West Rim Trail</td>
<td>4 hours</td>
<td>7.4 mi/ 11.9 km</td>
<td>1488 ft/ 453 m</td>
</tr>
<tr>
<td>Hidden Canyon Trail</td>
<td>The Grotto</td>
<td>2.5 hours</td>
<td>2.4 mi/ 3.9 km</td>
<td>850 ft/ 259 m</td>
</tr>
<tr>
<td>Observation Point</td>
<td>via East Rim Trail</td>
<td>6 hours</td>
<td>8 mi/ 12.9 km</td>
<td>2148 ft/ 655 m</td>
</tr>
<tr>
<td>The Narrows</td>
<td>via Riverside Walk Temple of Sinawaya</td>
<td>8 hours</td>
<td>0.4 mi/ 0.6 km</td>
<td>334 ft/ 102 m</td>
</tr>
</tbody>
</table>

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

Kolob Canyons Hikes

**Easy**

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<tbody>
<tr>
<td>Taylor Creek Trail</td>
<td>Kolob Canyons Road</td>
<td>3.5 hours</td>
<td>5.0 mi/ 8.0 km</td>
<td>450 ft/ 137 m</td>
</tr>
<tr>
<td>Timber Creek Overlook Trail</td>
<td>Kolob Canyons Road</td>
<td>0.5 hour</td>
<td>1 mi/ 1.6 km</td>
<td>100 ft/ 30 m</td>
</tr>
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<tr>
<td>Kolob Arch via</td>
<td>La Verkin Creek</td>
<td>Up to 8 hours</td>
<td>22.5 km</td>
<td>1037 ft/ 316 m</td>
</tr>
</tbody>
</table>
Contact Information

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

E-mail
zion_park_information@nps.gov

Social Media
www.facebook.com/znznp
www.instagram.com/znznp
www.twitter.com/znznp

Parking and 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. 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.

For Your Safety

WEATHER

- Zion in Winter
  - Zion National Park is cold and often wet. Temperatures can range from highs of 59°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.

SAFETY TIPS

- Water bottle refilling stations are unavailable during the winter, plan accordingly.
- Stay on designated trails. Zion’s sandstone erodes easily from foot traffic. Desert soils and plants recover slowly (or not at all).
- Take responsibility for your own safety. Listen to your body and recognize its limitations.
- Do not take undue risks such as jumping off rocks or climbing unaided. Remember, your safety is your responsibility.
- Do not feed or approach wildlife; it is illegal and dangerous.
- Human food is bad for animals, and can make them aggressive (even the squirrels and chipmunks). Wild animals can carry harmful diseases; keep a safe distance.
- With many springs spilling over trails, ice on trails poses slipping danger, traction devices are highly recommended, especially in shaded areas of a trail.

Leave No Trace

- Dogs on leashes and bicycles are allowed on the Paua Trail. All other trails are closed to pets, emotional support animals and bikes.
- Practice “Leave No Trace” principles to protect Zion for future generations. Report graffiti and littering.

Trail Etiquette

- Be considerate of other visitors
- Hike quietly and enjoy the sounds of nature
- Hike in a single file line to let other hikers pass
- Ascending hikers have the right of way

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, call 435-772-3282. Additional medical clinics are located in Hurricane. The nearest hospitals are in St. George, Cedar City, and Kanab.

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Large Vehicles

- 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. 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

- Vehicles weighing more than 50,000 lb.
- Vehicles carrying hazardous materials
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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 pedestrains 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.

Flash Floods Can Kill

- Always be aware of the threat of thundershowers and lightning and be prepared for a wide range of weather conditions.

- Temporarily, the park can vary dramatically with changes in elevation and the time of day. Day and night temperatures can differ by over 30°F/17°C. Consider dressing in layers to prepare for changes in temperature.

- If bad weather threatens, do not enter a narrow canyon. Whether hiking, climbing, or canyoneering, your safety depends on your own good judgment, adequate preparation, and instant attention to your surroundings.

- Before starting your trip, pay close attention to the weather forecast and any flash flood warning that might be in effect.

SIGNS OF FLASH FLOODING

- Deterioration in weather conditions
- Floating debris
- Increasing roar of water up canyon

- Build up of clouds or thunder
- Rising water levels or stronger currents
- Sudden changes in water clarity from clear to muddy

Hours of Operation

Zion Canyon Visitor Center
- 8:00 a.m. to 5:00 p.m.

Zion Canyon Wilderness Desk
- 8:00 a.m. to 4:30 p.m.

Zion Human History Museum
- 8:00 a.m. to 4:30 p.m.

Kolob Canyons Visitor Center
- 8:00 a.m. to 4:30 p.m.

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Open Christmas Day

Closed Christmas Day

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Zion is in the Mountain Time Zone, California and Nevada are in the Pacific Time Zone, one hour earlier than Utah, Arizona is in the Mountain Time Zone, but does not observe daylight-saving time.

Ranger-led Programs

- Enhance your understanding and enjoyment of Zion National Park by participating in a free ranger-led program. Programs are offered depending on ranger staffing and availability.

- Check park information centers and bulletin board for times, places, subjects, and information about youth-oriented programming.

- Topics include geology, plants, animals, human history, and more.

- Junior Ranger Handbook: Visitors ages 4 and older can earn a badge by completing the Junior Ranger handbook and watching the park orientation film at the visitor center. The handbook is available for free at information centers within the park.

- Distance Learning: If you would like to share the wonders of Zion with your classroom, consider signing up for a curriculum-based interactive Distance Learning program. https://www.nps.gov/zion/learn/education/distance-learning.htm

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 specific park project listed in our Field Guide to Park Project Priorities, you will make a difference now and forever. You can find the Field Guide online at www.zionpark.org/projects.