### Zion Canyon Hikes

<table>
<thead>
<tr>
<th>Hike Location</th>
<th>Round Trip</th>
<th>Average Time</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>Pa’rus Trail</td>
<td>Zion Canyon Visitor Center</td>
<td>2 hours</td>
<td>3.5 mi / 5.6 km</td>
<td>50 ft / 15 m</td>
</tr>
<tr>
<td>Archeology Trail</td>
<td>Zion Canyon Visitor Center</td>
<td>0.5 hour</td>
<td>0.4 mi / 0.6 km</td>
<td>80 ft / 24 m</td>
</tr>
<tr>
<td>Lower Emerald Pool Trail</td>
<td>Zion Lodge</td>
<td>1 hour</td>
<td>1.2 mi / 1.9 km</td>
<td>69 ft / 21 m</td>
</tr>
<tr>
<td>The Grotto Trail</td>
<td>Zion Lodge The Grotto</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>Weeping Rock</td>
<td>0.5 hour</td>
<td>0.4 mi / 0.6 km</td>
<td>98 ft / 30 m</td>
</tr>
<tr>
<td>Riverside Walk Trail</td>
<td>Temple of Shrinava</td>
<td>1.5 hours</td>
<td>2.2 mi / 3.5 km</td>
<td>57 ft / 17 m</td>
</tr>
<tr>
<td><strong>Moderate</strong></td>
<td></td>
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</tr>
<tr>
<td>Watchman Trail</td>
<td>Zion Canyon Visitor Center</td>
<td>2 hours</td>
<td>3.3 mi / 4.3 km</td>
<td>368 ft / 112 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>466 ft / 142 m</td>
</tr>
<tr>
<td><strong>Strenuous</strong></td>
<td></td>
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<tr>
<td>Angels Landing</td>
<td>West Rim Trail The Grotto</td>
<td>4 hours</td>
<td>5.4 mi / 8.7 km</td>
<td>1488 ft / 453 m</td>
</tr>
<tr>
<td>Hidden Canyon Trail</td>
<td>Weeping Rock</td>
<td>8 hours</td>
<td>9.4 mi / 15.1 km</td>
<td>334 ft / 102 m</td>
</tr>
<tr>
<td><strong>TRAIL CLOSED</strong></td>
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<tr>
<td>Observation Point</td>
<td>via East Rim Trail Weeping Rock</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>Riverside Walk Trail Temple of Shrinava</td>
<td>8 hours</td>
<td>9 mi / 15.1 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 uncertain about heights should stop if they become uncomfortable. Never throw or roll rocks because there may be hikers below.**
Please Take the Zion Pledge

The Zion National Park Pledge is a personal promise you can make to protect yourself and the park. Please read it for more information on social media and encourage family and friends to read it too.

To be a good steward and help protect myself and Zion National Park, I pledge to:

- Plan ahead and prepare by reading and following the information provided by the park.
- Keep personal food away from all wildlife, and never approach or touch a wild animal.
- Preserve the park scenery by not collecting wildflowers, rocks, or plants.
- Never enter a narrow canyon when there is a potential for flash flooding.
- Re-route your path if you see human waste, toilet paper, and debris from trails and river areas.
- Stay on established trails to protect vegetation and fragile soils.
- Leave rocks as you find them and do not stack rocks, carry boulders or build cairns or river dams.
- Protect the natural sounds of the canyon by talking softly and using headphones for music.
- Recycle what I can and dispose of my trash and food appropriately.
- Park in designated areas and avoid blocking traffic.

The Zion Nature Center
8:00 am to 10:00 am, 12:00 pm to 4:00 pm
Closed
Closed
Closed

Social Media
www.facebook.com/zionnps
www.twitter.com/zionnps
www.instagram.com/zionnps
www.youtube.com/zionsnationalpark

• Preserve the park scenery by not collecting wildflowers, rocks, or plants.
• Keep personal food away from all wildlife, and never approach or touch a wild animal.
• Preserve the park scenery by not collecting wildflowers, rocks, or plants.

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.

DRIVING
 Vehicles are used by vehicles, bicycles, walkers, and even wildlife.
 They obey speed limits. Unless otherwise posted, the maximum speed limit is 35 mph.
 No shoulder or safety seats are required for all occupants of a vehicle. Please turn off your engine when your vehicle is stopped.

For other information, please see the following:

PETs
Pets are not allowed on any trails except the Pa'rus Trail. Working dogs are permitted on all trails. Emotional support animals are considered pets at Zion National Park Service and are therefore not allowed. Pets are not allowed on shuttle buses.

DRONEs
Due to concerns about wildlife harassment, drone use, and safety, drones are not allowed at Zion National Park.

Other Information

Please visit www.zionnp.gov for more information.

Getting Around

To protect park resources, pets 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.

Large Vehicles

ZION CANYON SHUTTLE
Shuttles will not be running November 26-December 21 and February 1-February 14. Due to anticipated overcrowding, mandatory shuttles will be running December 22-31.

HYDROTHERMA
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 heat. To prevent hypothermia avoid cotton clothing (it provides no insulation when wet), and eat high energy food before you are chilled. Signs of hypothermia are alertness and confusion or slurred speech. If you recognize any of these signs, stop hiking and immediately replace wet clothing with dry clothing. Warm the victim with your own body heat if possible. Discontinue all activity until the victim is warm. It is responsible for the greatest number of deaths among people engaging in outdoor activities.

CAMPing for Zion

Zion is the first-fence-first servesite. Reservations will be required starting February 1, 2019. To make a reservation, visit www.recreation.gov or call 877-444-6777. Reservations for South Campground can be made 14 days in advance of arrival date; reservations for Watchman Campground can be made 6 months ahead. Reservations are required. Camping is permitted in designated campsites only; camping is not permitted in parking areas or pullouts.

RANGER-led Programs

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

- Check park information centers and bulletin board for times, subjects, and information about programming.
- Topics include geology, plants, animals, human history, and more.
- Junior Ranger handbook. Children 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 information centers within the park.

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 a 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.zionproject.org/projects.

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. Additional medical clinics are located in Hurricane. The nearest hospitals are in St. George, Cedar City, and Kanab.