



Forest Service
U.S. DEPARTMENT OF AGRICULTURE



National Park Service
U.S. Department of the Interior

Uinta-Wasatch-Cache National Forest: www.fs.usda.gov/uwcnf
Pleasant Grove Ranger District 801-785-3563
Spanish Fork Ranger District 801-798-3571

Timpanogos Cave National Monument www.nps.gov/TICA
Visitor Center 801-756-5239



Timpanogos

Reflections

Timpooneke Trailhead Permit System

Permit required for premium hours: **June 15 - October 15th**

Midnight to 1:00 pm Saturday.
Midnight to 1:00 pm Sunday.
Midnight to 1:00 pm on holidays.

Cost: current day use fee + \$2.00 non-refundable reservation fee.

A **printed copy** of your permit **MUST** be **displayed** in your vehicle.
America the Beautiful Federal Lands Pass/ local canyon passes may offer a discount for a portion of the cost.

☒ **Secure your permit.**
Available in advance online at **Recreation.gov** or by phone.

☒ **Have your PRINTED permit and pass on display.** Arrive at the trailhead during your selected time slot.

No permit or pass required for hiker drop off and pickup. 10 min maximum stay.

Reservable 30 days in advance online, after 10am.

Reservable 48 hours in advance online, after 10am.

America the Beautiful Passes

Passes are available at US Forest Service Information Stations, offices and National Park Service Visitor Centers. You can purchase the following:

Annual passes, annual or lifetime Senior passes, Access pass, 4th grade pass, annual (active duty) or lifetime Military (honorably discharged veterans & Gold Star Family) passes. A majority of the proceeds from these passes stay in the area where purchased. Passes are also available online for an extra fee: <http://store.usgs.gov/pass>



Canyon passes may be purchased in advance at www.recreation.gov/sitepass/U-W-C or by scanning the QR code, or by stopping by the Forest Service office or Information Stations located at either end of the Alpine Loop.



Valid pass must be on display in your vehicle.

Avoid Parking Citations and Towing Fees

The safety and enjoyment of everyone using American Fork Canyon is a priority.

Roadways and shoulders in American Fork Canyon are often winding and narrow. To minimize impact and ensure safe access for all visitors, vehicles parked outside designated lots or pull-outs may be ticketed or towed.

The following visitor parking regulations apply throughout the canyon:

- Vehicles may park in marked parking stalls in designated parking lots
- Between mileposts 8 and 28, vehicles may only park at roadside pull-outs
- Vehicles parked in pull-outs must have all four tires off the paved roadway
- Any vehicle obstructing the safe passage of emergency vehicles will be towed



Winter Recreation

Always check the avalanche forecast before heading out during the winter months. <https://utahavalanchecenter.org>

Know Before You Go avalanche education: www.kbyg.org

Fire

- Before starting a fire, check local fire restrictions. Fires must be in designated fire rings or rock rings.
- Fires must never be left unattended. Assure your fire is out cold to the touch before you leave it.

Collecting live vegetation and standing dead wood is prohibited.

www.utahfireinfo.gov



Volunteer with Us

Volunteers are essential at the US Forest Service and Timpanogos Cave National Monument.

The types of work a volunteer can perform are many and varied. It is a program that has something for everyone - retirees, professionals, students, and young people, as well as service clubs and youth groups.

Current opportunities to volunteer at Timpanogos Cave National Monument (National Park Service) can be found at volunteer.gov

To adopt a trail or help with individual improvement projects on the Forest call: Pleasant Grove Ranger District (US Forest Service) 801-785-3563
Spanish Fork Ranger District (US Forest Service) 801-798-3571



Equestrian Users

- Weed-free hay is required to reduce the spread of noxious weeds.
- It is your responsibility to clean up after your animal at trailheads by removing manure or by scattering it off the parking area.
- Help others to know what to do around your horse, and how to pass to keep everyone safe.



Dogs

Protect the privilege & help keep our watersheds clean.

- ☒ Leash
- ☒ Waste bag



Note: Pets are not allowed on the Timpanogos Cave Trail.





Camping

Developed Camp Sites	Single Sites	Groups Sites	Potable Water?	Toilet Type
Little Mill	27	1	Yes	Vault
Granite Flat	52	3	Yes	Vault
Altamont	0	1	Yes	Flushing
Timpooneke	29	1	Yes	Vault
Mount Timpanogos	24	0	Yes	Flushing
Theater in the Pines	0	1	Yes	Vault
Hope	24	0	No	Vault
Rock Canyon	0	4	No	Vault

All developed campgrounds are maintained by Utah Recreation Company. Trucks and trailers combined longer than 30 ft are NOT recommended. The maximum stay limit is 14 days. RV hookups and showers are NOT available. To reserve sites up to 4 months in advance call 1-877-444-6777 or visit www.recreation.gov.



Picnicking

Picnic Sites	Number of Sites	Group Sites	Water
Saw Mill	5	0	No
Grey Cliffs	12	0	No
Echo	4	0	Yes
Road House	5	0	Yes
Martin	6	0	Yes
Warnick	1	1	Yes
Mile Rock	5	0	Yes
Theater in the Pines	2	0	Yes
Upper Falls	9	0	No



Hiking

- If you are planning to hike Mount Timpanogos, you can avoid trail and parking congestion by planning your hike Sunday-Friday and by avoiding holidays.
- Walking around wet or muddy areas creates unwanted parallel trails. Stick to the main trail to avoid damaging the surrounding vegetation.
- Shortcutting switchbacks leads to extensive erosion, trail damage, injuries, and rarely saves time. Stay on the trail. Remember, you are responsible for your own safety.
- When encountering equestrian users, you should stop and move to the downhill side, and talk to the rider as they pass.
- Permits required for hiking the Timpooneke Trail. See front page for details.

Popular Hiking Trails in the Area

Trail	# on map	Distance one-way	Short description
Cascade Springs	#148	1 mile	Paved/boardwalk over and around springs
Mill Canyon Trail	#040	3.5 miles	Streams, wooded, excellent for fall color
Pine Hollow Trail	#047	1.3 miles	Streams, meadows, scenic views
Salamander Flat Trail	#150	1.6 miles	Streams; meadows, connects w/ Pine Hollow and Timpooneke
Silver Lake Flat Connector Trail	#045	1.8 miles	Leads to Silver Lake Flat and next trailhead
Silver Lake	#036	2.3 miles	Dirt road access; aspen trees, mountain lake
Stewart Falls	#56	1.9 miles	Scenic waterfall
Tibble Fork Trail	#041	1.7 miles	Excellent views
Timpanogos Cave Canyon Nature Trail	across and down from visitor center	.25 mile	Paved nature walk; signs and benches
Timpanogos Cave Trail	by visitor center	1.5 miles	Paved, canyon views, signs and benches
Timpooneke Trail	#053	1.5 miles to Scout Falls 7.5 miles to Summit	Waterfalls, aspen forest, meadows, wildflowers
Willow Hollow Trail	#159	1.1 miles	Meadow and stands of aspen; connects to Salamander Flat Trail

For more specific directions, descriptions, and information on hiking trails on the Pleasant Grove Ranger District, visit <https://www.fs.usda.gov/recarea/uwcnf/recarea/?recid=8988> and click on "Hiking".

American Fork Canyon Recreation Map

Land Management

- Forest Service Admin Boundary
- Uinta-Wasatch-Cache National Forest
- Wilderness Area
- Timpanogos Cave National Monument
- Wildlife Management Area
- State Park
- No Campfire Area

Recreation Sites

- Campground
- Dispersed Camping
- Trailhead
- Picnic Site
- Lodging
- Ski Resort
- Information

Trails

- Hike, horse, bicycle, motorcycle, or as signed
- Hike, horse, bicycle, or as signed
- Hike, horse, or as signed
- Trail Number

Roads

- Freeway
- State Hwy
- Other State
- USFS Paved
- USFS Gravel
- USFS Dirt
- USFS Road Number

QR Code - Information

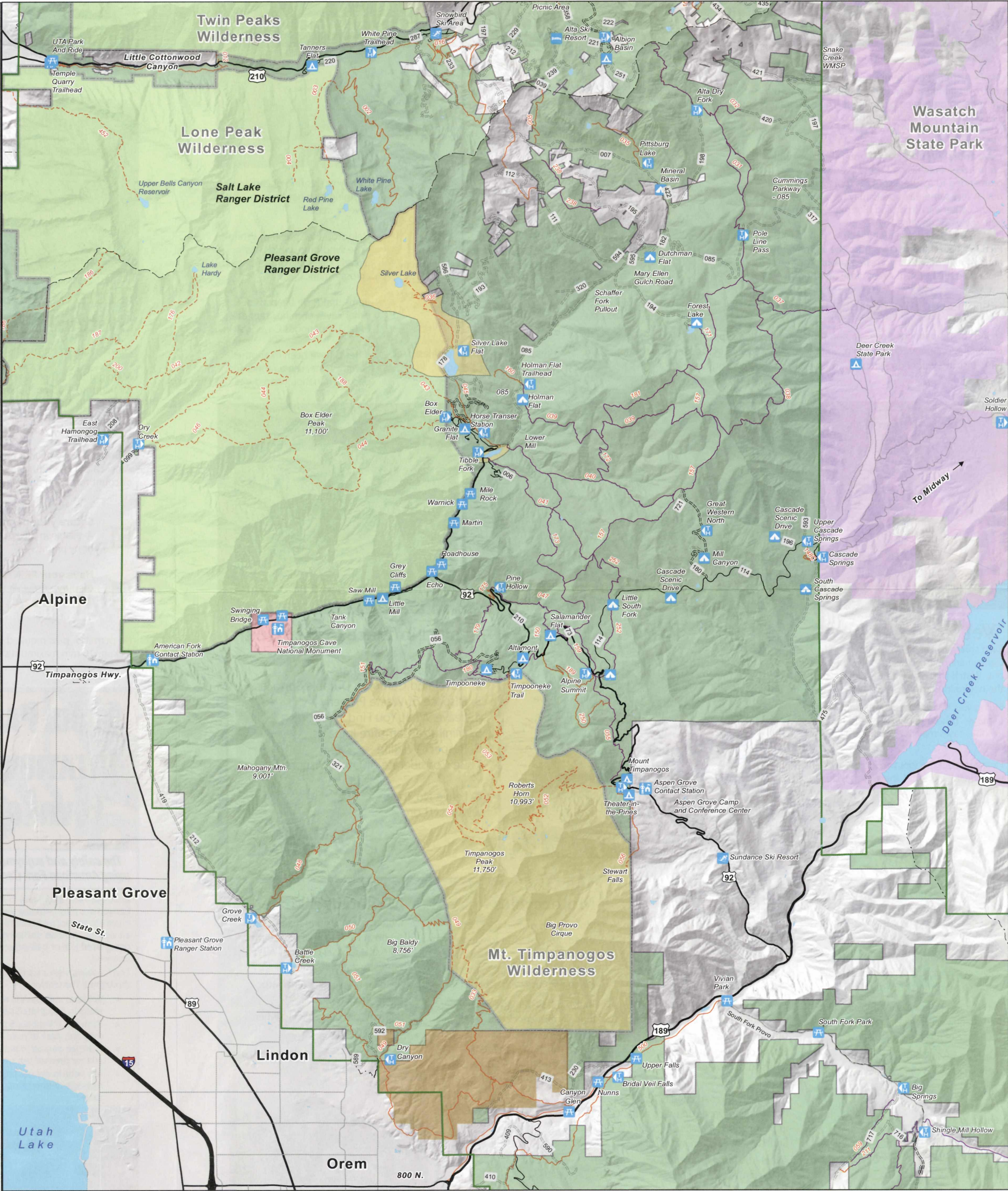


QR Code - Motor Vehicle Use



0 1 2 Miles

Original data was compiled from multiple source data and may not meet the U.S. National Mapping Accuracy Standard of the Office of Management and Budget. For specific data source dates and/or additional digital information contact the Forest Supervisor, Uinta-Wasatch-Cache National Forest, South Jordan, UT. This map has no warranties to its contents or its accuracy.

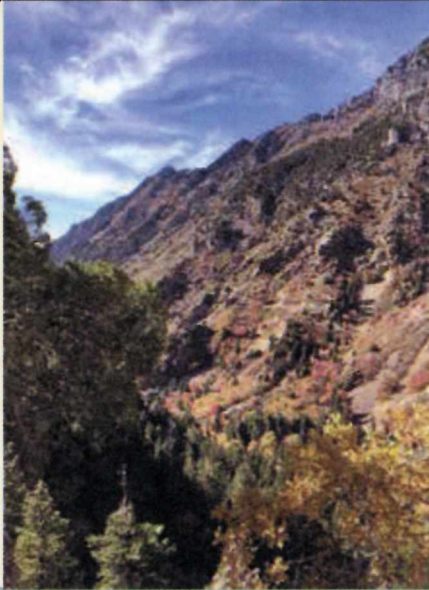


Visiting Timpanogos Cave National Monument

Trail - A strenuous 1.5 mile hike is necessary to reach Timpanogos Cave. Those under 16 years old must be accompanied by an adult. The cave trail can be used for hiking when the cave is open, even if you don't intend to take a tour.

Cave tours - Visitors cannot enter the caves without a ticket. Purchasing tickets in advance is recommended to assure a spot, as tours regularly sell out. A few same-day tickets may be available at the visitor center each morning. For more information, visit www.nps.gov/tica.

Picnics - Picnic areas across from the visitor center and 1/4 mile down canyon are available for free; first come, first served. Areas close at 10 pm.



Cave Tickets

Ages 12 & older	\$12.00
Ages 2 to 11	\$7.00
Ages newborn to 1	\$2.00
Senior/Access Pass	50%
Intro to Caving Tour	\$22.00

Advance tickets are encouraged. Purchase advance tickets through www.recreation.gov or by calling 1-877-444-6777. Any remaining tickets will be sold first come, first served at the visitor center.

Timpanogos Cave is a cashless facility; payment by card only.



"Are you wearing or carrying anything that has been in ANY cave or mine?"

Help stop the spread of White-nose syndrome, which has already killed millions of bats across America.

Items that have been inside other caves or mines cannot enter Timpanogos Cave System.

If items have been in another cave or mine, see a ranger for decontamination procedures.

Friends of Timpanogos Cave-Make a Difference Today!

Friends of Timpanogos Cave is a non-profit organization supporting Timpanogos Cave National Monument. Donate, join, volunteer, or participate in other efforts to support the park. Visit www.friendsoftimpanogoscave.org to see how you can help.



Wet Trail Closure

Each spring certain trails in American Fork Canyon are open to hikers only, until they dry out. Watch for bright green signs located at the beginning of the trails.

Riding wet trails causes short- and long-term damage. This damage is costly to repair, and in some cases may change the trail permanently.

Please respect the wet trail closure while it is in effect. Even after the wet trail closure is lifted, it's a good idea to wait a day or two to let the trails dry out.

36 CFR 261.55 (a)



OHV Rules and Regs

Only use routes designated open on the Motor Vehicle Use Map (MVUM).

To avoid road/trail damage, remember to travel at reduced speeds when wet. Drive over (not around) obstacles. Avoid roosting on corners and fishtailing.

OHV's must have a clearly visible current registration decal. All OHVs are required to have a muffler and spark arrestor.

Keep speeds low around crowds, in parking lots, and camping areas.

Utah requires all OHV operators to complete the free Utah Off-Highway Vehicle Education Course.

For more information about OHV regulations go to: <https://recreation.utah.gov/off-highway-vehicles>

Share the Trail

All the trails in this area are heavily utilized. Be a courteous trail user by yielding the right of way to others and by showing respect to everyone you meet on the trail. When encountering equestrian users stop and move to the downhill side remove your helmet and talk to the rider as they pass.



ATV/UTV

All routes open to ATVs/UTVs in American fork Canyon are roads that are also open to full size vehicles. For everyone's safety keep your speeds low and stay in control.

There are many blind corners on Forest roads. Always think that someone could be coming the other way.

Riding off designated roads on OHVs to retrieve game is not allowed.

Help maintain road conditions by not spinning circles on roads and in parking lots. Repairs are costly and damage is often irreversible.

Avoid 'roosting' on corners and fishtailing.

Motorcycles

Motorcycles geared for high speeds are not ideal for single track use. Reducing speeds prevents trail damage and potential for conflict use with others.

To avoid trail damage, remember that all trails are closed when wet. Drive over not around obstacles. Avoid 'roosting' on switchbacks and when climbing, and refrain from brake sliding when descending.

Motorcycles yield to all other users.

Mountain Biking

Riding in control and maintaining speed at all times will reduce the potential for trail conflicts. Alert others to your presence.

Building new trails or trail structure is prohibited.

Refrain from brake sliding when descending.



Leave No Trace Principles

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

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[www. LNT.org](http://www.LNT.org)

