

Zion Information Guide



Hiking Guide

Shuttle Stop	Hike Location	Round Trip Average Time	Elevation Change	Description
EASY				
1	Pa'rus Trail Visitor Center Canyon Junction	2 hours 3.5 mi / 5.6 km	50 ft / 15 m	Paved multi-use trail follows the Virgin River from the Visitor Center to Canyon Junction.
5	The Grotto Trail Zion Lodge The Grotto	0.5 hour 1 mi / 1.6 km	35 ft / 11 m	This short trail parallels the roadway, connecting the Zion Lodge to the Grotto. It is located behind the shuttle stop.
5	Lower Emerald Pool Trail Zion Lodge	1 hour 1.2 mi / 1.9 km	150 ft / 46 m	Minor drop-offs. Trail leads underneath the Middle Emerald Pools to the Lower Emerald Pool. Sections may be icy in winter. No swimming.
7	Weeping Rock Trail Weeping Rock	0.5 hour 0.4 mi / 0.6 km	98 ft / 30 m	Short, but steep. Minor drop-offs. Paved trail ends at a rock alcove with dripping springs. Sections may be icy in winter.
9	Riverside Walk Temple of Sinawava	1.5 hours 2.2 mi / 3.5 km	57 ft / 17 m	Paved trail follows the Virgin River in a deep canyon. First 0.4 miles is generally flat but may be sandy.

MODERATE

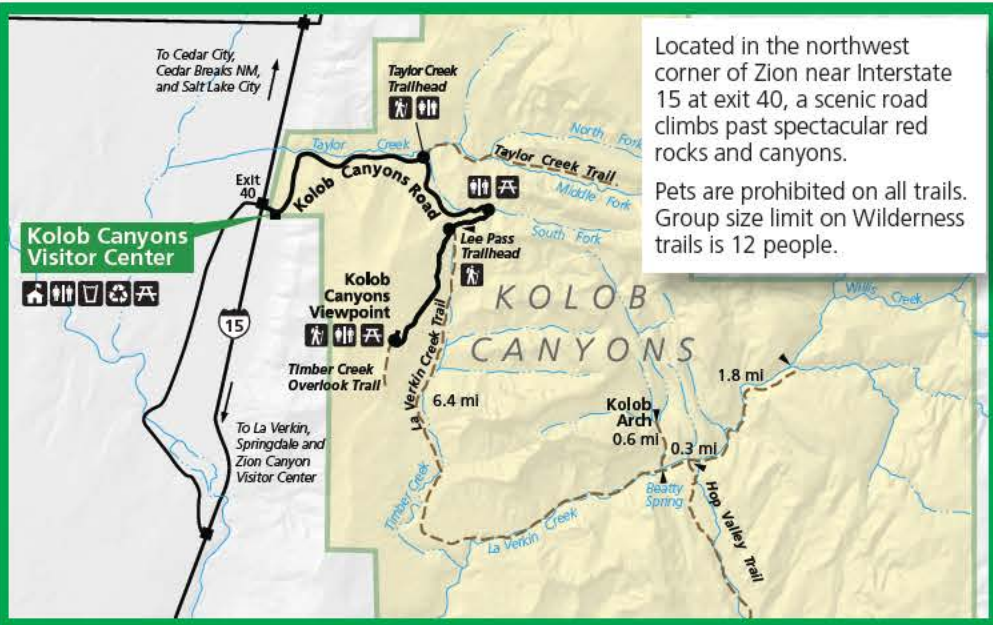
East Side	Canyon Overlook East side of Zion Tunnel	1 hour 1.0 mi / 1.6 km	163 ft / 50 m	Moderate drop-offs and handrails. Ends at a viewpoint of lower Zion Canyon. Parking is limited.
1	Watchman Trail Zion Canyon Visitor Center	2 hours 3.3 mi / 5.3 km	368 ft / 112 m	Minor drop-offs. Ends at viewpoint of the Towers of the Virgin, lower Zion Canyon, and Springdale.
4	Sand Bench Trail Court of the Patriarchs	3 hours 4 mi / 6.4 km	466 ft / 142 m	Hike atop a massive landslide under The Sentinel. Minor drop-offs. Commercial horse trail from March to October.
5	Middle Emerald Pools Trail Zion Lodge	1.5 hours 2.2 mi / 3.5 km	150 ft / 45 m	Moderate drop-offs. An unpaved climb to a sandstone ledge above Lower Emerald Pool. No swimming.
5	Upper Emerald Pool Trail Zion Lodge	1 hour 1 mi / 1.6 km	200 ft / 61 m	Minor drop-offs. A sandy and rocky trail that climbs to the Upper Emerald Pool at the base of a cliff. No swimming.
6	Kayenta Trail The Grotto	1.5 hours 2 mi / 3.2 km	150 ft / 46 m	Moderate drop-offs. An unpaved climb to the Emerald Pools. Connects the Grotto to the Emerald Pools Trails.

STRENUOUS

6	Scout Lookout via West Rim Trail The Grotto	3 hours 4.2 mi / 6.2 km	1000 ft / 305 m	Long drop-offs. Not for young children or anyone afraid of heights. You need a permit to go to Angels Landing. Use QR code on back to apply.
9	The Narrows (via Riverside Walk) Temple of Sinawava	Up to 8 hrs 9.4 mi / 15.1 km	334 ft / 102 m	You are responsible for checking weather, water levels, and flash flood potential before attempting. This hike is in the river and subject to dangerous flash floods. Out and back hike.

KOLOB CANYONS HIKING TRAILS

Timber Creek Overlook Trail Kolob Canyons Road	1 hour 1 mi / 1.6 km	100 ft/ 30 m	Follows a ridge to views of Timber Creek, Kolob Terrace, and the Pine Valley Mountains.
Taylor Creek Trail Kolob Canyons Road	3.5 hours 5.0 mi / 8.0 km	450 ft/ 137 m	Maximum 12 people per group. Follows the Middle Fork of Taylor Creek past two homestead cabins to Double Arch Alcove.
Kolob Arch via La Verkin Creek Trail Lee Pass	8 hours 14 mi / 22.5 km	1037 ft/ 316 m	Maximum 12 people per group. Trail follows Timber and La Verkin Creek. A side trail leads to Kolob Arch.



Zion Shuttle

For most of the year, the Zion Canyon Scenic Drive is open to shuttle buses only. Private vehicles are not allowed on the Scenic Drive beyond Canyon Junction during the shuttle bus season. Bicycles and E-bikes must pull over and stop to allow motor vehicles to pass.

SHUTTLE SCHEDULE	Nov 2 to Nov 30	Dec 1 to Dec 22	Dec 23 to Jan 3	Jan 4 to Spring 2026
<i>Subject to change. Check website for current hours</i>				
First bus into the canyon from the Zion Canyon Visitor Center	7:00 a.m.	No service	8:00 a.m.	No service
Last bus into the canyon from the Zion Canyon Visitor Center	5:00 p.m.	No service	4:30 p.m.	No service
Last bus out of the canyon from Temple of Sinawava	6:15 p.m.	No service	5:45 p.m.	No service
Town of Springdale Shuttle				
First bus from Springdale Stop #9	8:00 a.m.	No service	8:00 a.m.	No service
Last bus leaves Zion Canyon Village	6:00 p.m.	No service	5:30 p.m.	No service

