



## Planning Your Visit



### Natural Wonders

High on the steep rocky slopes of American Fork Canyon in the shadow of mighty Mt. Timpanogos in Utah's Wasatch Range are three moderate-sized limestone caves: Hansen Cave, Middle Cave, and Timpanogos Cave. These exquisite caverns are decorated with a dazzling display of helictites and anthodites in a variety of colors. Timpanogos Cave National Monument preserves these caves and all their fragile underground wonders for you and for others in the future to enjoy.

[www.nps.gov/tica](http://www.nps.gov/tica)

### Taking a Cave Tour and Purchasing Tickets

All cave tours are guided by a park ranger. The regular 1,800 foot tour through all three caves lasts about an hour on a surfaced, lighted, and fairly level route. Touring the cool 45° F (8° C), and wet caves requires some bending and crouching.

Tours are conducted daily with a limit of twenty people per tour. Tickets for the tour must be purchased at the visitor center **before** hiking to the caves. **In summer all tours usually sell out by early afternoon.** Weekends and holidays are the busiest - buy tickets in advance or arrive early to avoid long delays.

Advance tickets may be purchased over the phone up to 30 days before your visit by calling 801-756-5238. A non-refundable \$.50 service fee is added to each ticket sold over the phone. Advance tickets may also be purchased in person at the visitor center. Tickets may be purchased in advance on the day of the tour until tours are sold out. Bring water, a jacket and wear sturdy shoes.



### Ticket Prices

Adults (16-61)	\$7.00
Juniors (6-15)	\$5.00
Children (3-5)	\$3.00
Infants (2 and under)	Free
Senior/Access Passholders	\$3.50
Intro to Caving (14 and up)	\$15.00

The hour and a half Introduction to Caving Tour introduces visitors to caving and cave ethics. Although it is not a wild caving experience, the tour does require bending, crawling, and passage through tight spaces. The tour is limited to five people, age 14 or older, and requires advance tickets. Call the visitor center for more information and to purchase advance tickets at 801-756-5238.

### Cave Season

The caves are open daily from mid-May through mid-October, weather permitting. The cave trail can close without warning when weather makes hiking difficult or dangerous.

After Labor Day, please call the visitor center in advance for hours of operation and tour schedule times at 801-756-5238.

### Visitor Center Hours

May-Labor Day	7:00 a.m.-5:30 p.m. (last tour hikes at 4:30 p.m.)
After Labor Day	8:00 a.m.-5:00 p.m. (last tour hikes at 3:30 p.m.)

### Cave Trail

To reach the caves, visitors must hike the 1.5 mile (2.4 kilometer) cave trail. This paved trail rises 1,092 feet (325 meters) and is considered a strenuous hike. Anyone with heart or breathing problems should not attempt the hike. Allow at least 3 hours for the round trip. Individuals under 16-

must be directly supervised by an adult at all times. These measures are required due to the sheer drop offs, rockfall and other hazards along the trail. For everyone's safety, pets and all wheeled vehicles (including wheelchairs and strollers) are not allowed on the trail.

## Cave Trail Safety

### Cave Trail Safety

Beware of potential rockfall all along the cave trail. The most hazardous areas are marked with a red stripe. Be cautious while hiking through these areas and do not stop to rest in them. Running is not allowed on the trail. Keep children within eyesight at all times due to the sheer drop offs.



Please stay on the trail. Taking shortcuts damages plants and causes erosion, and it also causes a serious hazard to visitors below when rocks are kicked loose. Rattlesnake encounters are possible; please do not disturb them and report the location to a ranger. Help us protect the monument by not collecting or taking home any plants, animals, or minerals.

The caves and cave trail are closed during the winter.

## Visitor Services

### Visitor Center

Rangers are ready to help you plan your visit to the monument and the surrounding American Fork Canyon. The visitor center offers cave tour tickets, information, maps, exhibits (including an interactive touch screen virtual tour), an orientation film, ranger programs, junior ranger workbooks, special events, book sales and restrooms. Call 801-756-5238 for more information.

### Accessibility

Because of the steep incline of the cave trail and narrow cave passages, wheelchair access to the caves is not possible. However, a cave tour video and interactive touch screen virtual tour are avail-

able in the visitor center. The visitor center and picnic area are accessible.

### Snack Bar and Gifts

Open during the cave season, the snack bar and gift shop are located west of the visitor center. Food, beverages, sweatshirts and souvenirs are available. Call 801-756-5702 for more information.

### Swinging Bridge Picnic Area/Nature Trail

Located 1/4 mile west of the visitor center. The picnic area has sixteen sites with fire grills, water, restrooms and connects to the 1/4 mile paved Canyon Nature Trail.



## Programs



Free ranger guided programs including walks and talks are offered from Memorial Day through Labor Day. Check the detailed schedule at [www.nps.gov/tica](http://www.nps.gov/tica).

### Junior Ranger

Every Saturday from 10:00 to 11:00 a.m., on the deck of the visitor center kids of all ages can join a ranger and learn about the special wonders of American Fork Canyon. Pick up your workbook and ask how to become a Timpanogos Cave Junior Ranger at the visitor center.

### American Fork Canyon Evening Programs

Held on Friday, Saturday, Sunday and Monday evenings from 7:00-8:00 p.m. at the visitor center, Mutual Dell camp or Swinging Bridge picnic area.

Join a park ranger for an in-depth look at some of the compelling stories and resources of the monument and American Fork Canyon. From birds of prey to campfire sing-a-longs, there is something for everyone.

## Getting Here



Timpanogos Cave National Monument  
Rural Route 3, Box 200  
American Fork, UT 84003

Visitor Center: 801-756-5238  
Headquarters: 801-756-5239

### From I-15

If you are arriving from the north or south on Interstate 15 take Exit 284 (Alpine-Highland Exit), then turn east on State Highway 92 and proceed ten miles to the monument.

### From U.S. 40 or U.S. 189

If you are arriving from Heber City or Provo Canyon traveling west on U.S. 40 or U.S. 189, take State Highway 92 west, passing over the mountainous scenic route known as the Alpine Scenic Loop Highway.

### Buses and Vehicles over 30 ft. from U.S. 189

Buses and large vehicles over thirty feet should travel U.S. 189 through Provo Canyon to 8th North in Orem (State Highway 52) then west to U.S. 89. Follow U.S. 89 north to State Highway 146 in Pleasant Grove, north to State Highway 92, then east on 92 to the monument.

[www.nps.gov/tica](http://www.nps.gov/tica)