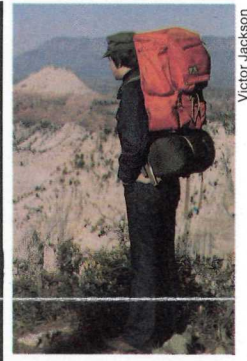


Hiking Zion



trail with a ranger. Carry a topographic map when hiking longer trails or off-trail. Water is scarce in the backcountry; you should carry four liters (one gallon) per person per day. Carry some water even on short hikes. Don't drink water you find in the backcountry without boiling or treating it. Carry food on long trips. Pack out all trash. See "For a Safe Visit" for more information.

Backcountry Camping
Free backcountry permits are required to camp on a hiking trip. Permits are issued at the Zion Canyon Visitor Center and the Kolob Canyons Contact Station. Camping is not permitted within 1.6 kilometers (1 mile) of a road or trailhead.

There are trails in Zion for those who want an easy 10-minute walk, a two-day backpacking trip, or something in-between. The chart at right lists the park's most popular trails. When choosing a hike consider not only your time and interests but also your hiking experience and physical fitness. Easy trails are short and mostly level. Moderately strenuous and strenuous trails require hiking long distances, often uphill. Extreme summer heat makes any hike more difficult and exhausting. Early morning, late afternoon, and evening are best for hiking, unless you come in spring or fall when it is much cooler.

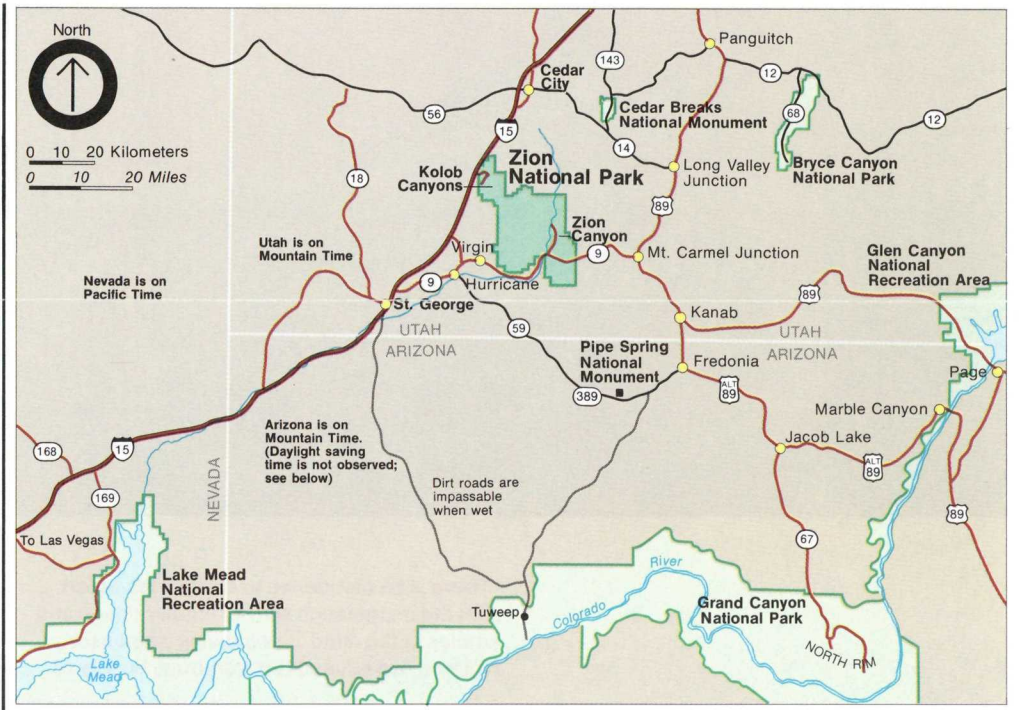
Always let a friend or relative know where you are going and when you expect to return. Stay on trails unless you have discussed plans to hike off-

Trail	Trailhead	Round Trip (km/mi)	Round Trip (ave. time)	Ascent (m/ft)	Description
Weeping Rock	Zion Canyon Scenic Drive—Weeping Rock parking lot	0.8/0.5	½ hour	30/98	Easy. Self-guiding trail. Ends at Weeping Rock, a rock alcove with dripping springs.
Canyon Overlook	Zion-Mt. Carmel Highway—just east of long tunnel	1.6/1.0	1 hour	50/163	Easy. Self-guiding trail; guidebooks are available at visitor center and trailhead.
Emerald Pools	Zion Canyon Scenic Drive—opposite Zion Lodge	1.9/1.2	1 hour	21/69	Easy. Ends at Lower Pool and three waterfalls. Accessible to handicapped, with some assistance. To reach Upper Pool, hike another 1.6 kilometers (1 mile); this is more strenuous. Upper Pool is larger, sits at base of high cliffs.
Gateway to the Narrows	Zion Canyon Scenic Drive—Temple of Sinawava	3.2/2.0	1½ hours	17/57	Easy. Follows Virgin River upstream to Zion Canyon Narrows, where paved trail ends. Hanging gardens of wildflowers in spring and summer. Trailside exhibits.
Watchman	Zion-Mt. Carmel Highway—South Campground Amphitheater	3.2/2.0	2 hours	112/368	Moderately strenuous. Ends at viewpoint of lower Zion Canyon, Oak Creek Canyon, and town of Springdale. Recommended for hiking in fall, winter, and spring.
Hidden Canyon	Zion Canyon Scenic Drive—Weeping Rock parking lot	3.2/2.0	3 hours	259/850	Moderately strenuous. Leads through narrow side canyon carved in joint of rock. Trail ends at canyon mouth; can hike beyond end of the trail for another 1 kilometer (0.6 mile). Natural arch.
Sand Bench	Zion Canyon Scenic Drive—Court of the Patriarchs	5.8/3.6	3 hours	152/500	Moderately strenuous. Good views of lower Zion Canyon and the Three Patriarchs.
Angels Landing	Zion Canyon Scenic Drive—Grotto Picnic Area	8.0/5.0	4 hours	453/1488	Strenuous. Ends at summit high above Zion Canyon floor. Last 0.8 kilometer (0.5 mile) follows a steep ridge; chains and railings have been added for safety. This hike is not recommended for anyone afraid of heights.
East Rim	Zion Canyon Scenic Drive—Weeping Rock parking lot	12.0/8.0	7 hours	655/2148	Strenuous. Climbs to Observation Point high above the floor of Zion Canyon. Excellent views of the canyon. Trail gives access to other East Rim plateau trails.
Kolob Arch	Kolob Canyons Road—Lee Pass	22.0/14.0	8 hours	213/699*	Strenuous. Follows Timber and La Verkin Creeks and ends at Kolob Arch, the world's largest freestanding arch. This red rock span is 94 meters (310 feet) long.
West Rim	Zion Canyon Scenic Drive—Grotto Picnic Area	42.6/26.6	20 hours	1095/3593	Strenuous. Climbs to high country viewpoint of canyon of Right Fork of North Creek (20.4 kilometers/12.8 miles), and continues to Lava Point, an alternate starting point.

*Descent

- Unpaved road
- Trail
- Picnic area
- Self-guiding trail
- Campground
- Primitive campground
- Overlook or parking area
- Ranger station
- Amphitheater
- Private campground

Traveling in the Area

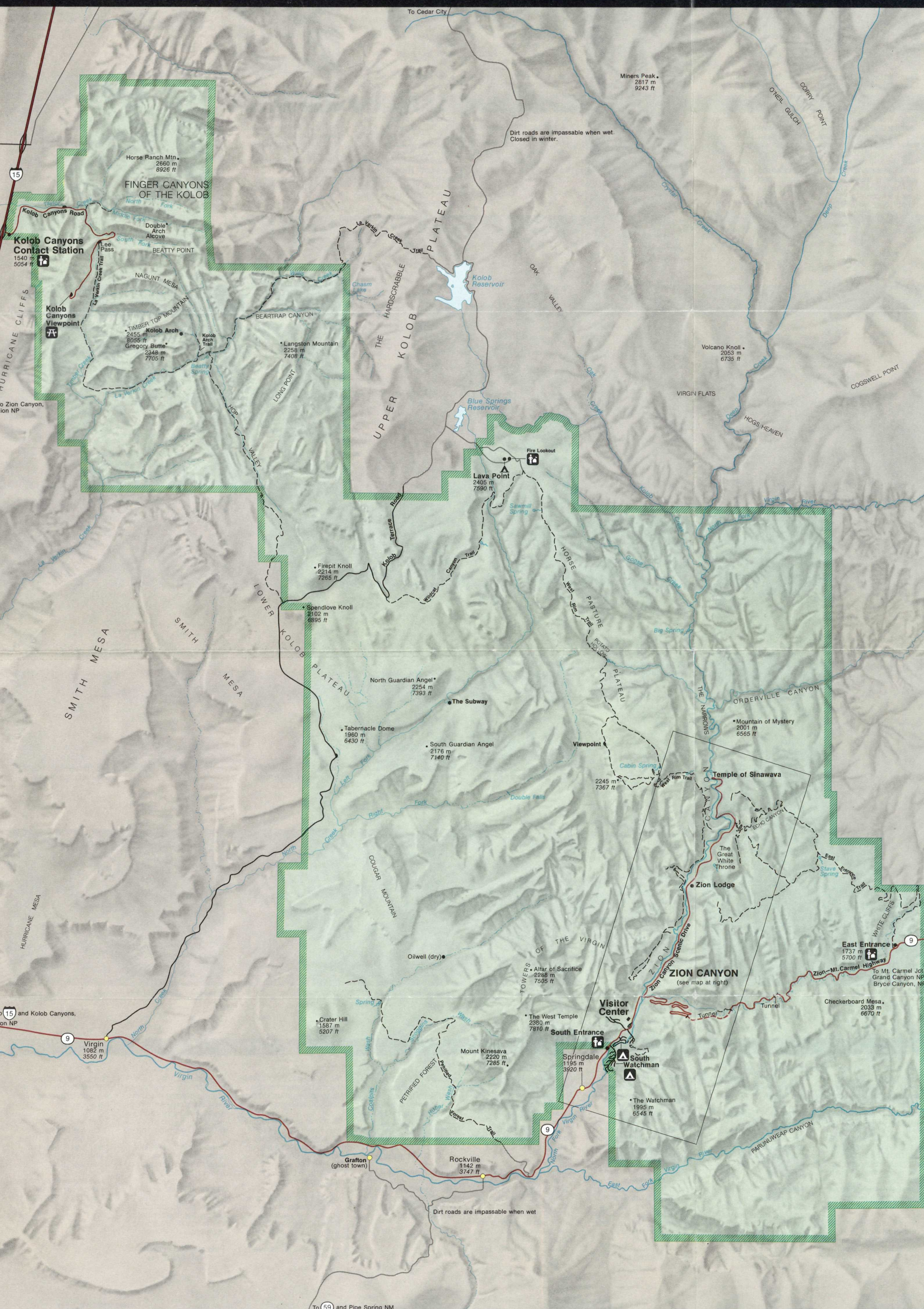


Zion is part of the Southwest's "Grand Circle" of national parks, monuments, and recreation areas—one of the world's great concentrations of outstanding natural and cultural features. Driving distances from the Zion Canyon Visitor Center to many of these sites and to area towns are listed here for your convenience.

Bryce Canyon National Park, 136 km (86 mi); **Cedar Breaks National Monument**, 122 km (76 mi); **Cedar City**, 96 km (60 mi); **Grand Canyon National Park**: North Rim, 190 km (119 mi) and South Rim, 405 km (253 mi); **Kanab**, 66 km (41 mi); **Lake Mead National Recreation Area** (Hoover Dam area), 304 km (189 mi); **Lake Powell** (Glen Canyon National Recreation Area), 184 km (115 mi); **Las Vegas**, 253 km (158 mi); **Pipe Spring National Monument**, 101 km (63 mi); **St. George**, 69 km (43 mi).

Be aware of time changes as you travel throughout this region. Nevada is always one hour earlier than Utah, and thus on the same time as Arizona is one hour earlier than Utah, and thus on the same time as Nevada.

The Park



Detailed Map of Zion Canyon

