



Winter Visitor Guide

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NPS Photo by Josh Lamore

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Emergencies
Dial 911

Social Media
Facebook:
CedarBreaksNationalMonument

Instagram:
CedarBreaksNM



Cell phone reception is not reliable in the monument or surrounding area.

Superintendent's Winter Welcome!



Cedar Breaks National Monument Superintendent Paul Roelandt

ARE YOU READY TO DISCOVER A WHOLE NEW PARK? Each winter Cedar Breaks transforms into a wonderland that many miss out on due to the myth that the park “closes” during the colder months of the year. In fact, after the Scenic Drive (Highway 148) closes to automobiles, a whole new park reveals itself. . .

In winter the trees and meadows become cloaked in a protective layer of snow, allowing skiers and snowshoers the opportunity to explore parts of the park normally off limits to damaging foot-traffic. Wildlife is also easier to spot if you look carefully. After each snowfall the tracks of fox, coyote, weasels, predatory birds, and other yearlong residents are revealed. If you are lucky, you may even see where a predatory bird’s wings have left behind a “snow angel” after plucking an unsuspecting victim from the snow’s surface. For those who enjoy engaging ranger programs, Cedar Breaks rangers lead

guided snowshoe hikes (snowshoes supplied) every Saturday from January through March. This gives visitors a chance to practice the “art” of snowshoeing and experience firsthand how various plants and animals adapt to harsh winter life in the park. Cedar Breaks also partners with nearby Brian Head to offer “star parties” once a month, from December through March.

During the winter months, scenic drive Highway 148 transforms into a groomed snowmobile trail, which by regulation is the required route for all recreational snowmobilers. Cross country skiers and snowshoers may also enjoy using this cleared path through the park. No matter what form of winter recreation you choose, please be courteous and share the trail. On most weekends, visitors can even stop by our winter ranger station/yurt and warm up with a cup of hot cocoa provided by our helpful crew of volunteers. Better yet, consider joining our team of volunteers to help with a variety of events and projects we host year round.

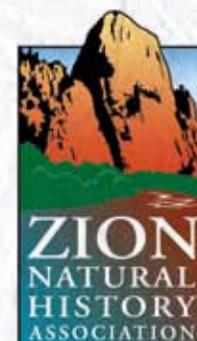
However you choose to “Find Your Park”, the winter season at Cedar Breaks will give you as many opportunities as there are snowflakes. Use this guide to plan your next adventure. Then bundle up and go outside!

~ Superintendent Paul Roelandt

Past Open and Close Dates for State Route 148

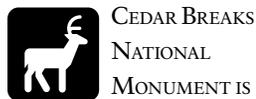
Closing & opening of State Route 148 usually occurs mid-November & late May but predicting exact dates is not possible due to unpredictable snow storms. See the chart below for recent years road opening and closure dates.

	2010	2011	2012	2013	2014	2015	2016
SR-148 Closure Date	no data	Oct 21	Dec 14	Nov 25	Dec 11	Nov 18	—
SR-148 Open Date	June 5	June 17	May 25	May 23	May 8	May 21	May 27



This Winter Guide is brought to you by the Zion Natural History Association (ZNHA) a non-profit partner supporting Southern Utah’s National Parks.

M.A.D for Winter at Cedar Breaks: Migrate, Adapt, or Die

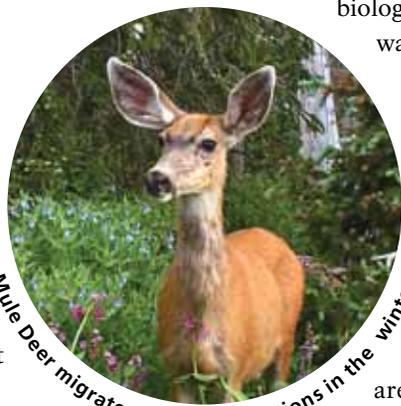


CEDAR BREAKS
NATIONAL
MONUMENT IS
A PLACE OF EXTREMES.

During the summer months, the mountain is a retreat from the dry, hot valley floor. But once fall and winter arrive it becomes an environment where temperatures are often freezing, layers of snow continuously accumulate, and howling winds sweep the meadows. Despite the extreme conditions that winter brings, plants, animals, and even people employ various strategies to survive the season.

Migration can be triggered by availability of food, temperature changes, and seasonal mating behavior. Seasonal migration is part of life for all major animal groups, including the many birds, mammals, and insects that call Cedar Breaks home. The long distance movement of these creatures may be either vertical (going to a lower elevation) or longitudinal (moving south to a warmer climate). For example:

- The **Rufus Hummingbird** that lives in Cedar Breaks during the late summer months, travels a 8,000 mile loop annually and winters in Mexico.
- **Mule Deer**, found in the park during the summer months, will make seasonal migrations of up to 150 miles a year. They follow what



Mule Deer migrate to lower elevations in the winter.

biologists call the “green wave” — a bloom of grass and other vegetation that starts in the spring at low elevations and moves higher throughout summer and spring and then retreats in the fall. The deer follow this “wave” and catch each area’s vegetation at its peak of nutrition and tenderness.

Species that **adapt** use different techniques – some which took generations of evolution to develop. These adaptations are structural, meaning they are a physical part of the organism.

- The **Yellow Bellied Marmot**, is physically adapted to hibernate through the winter months. Sleeping nearly 20 feet underground under a thick layer of fur and fat, Marmots are capable of slowing their heart and lungs down to nearly 30 beats and two breaths per minute. This among many other physiological traits, ensures they have energy to survive without eating till spring.



Yellow Bellied Marmots adapt by hibernating

Instead they stockpile food throughout the summer and fall so they can nap and snack comfortably in their nests throughout the winter.

Some creatures utilize structural and behavioral adaptations, such as the **American Pika**.

- Pikas collect piles of foliage during the warmer months and dry them in sun’s heat to store for winter consumption.
- Pikas are also structurally adapted to extremely cold temperatures.

Their short stout bodies, small ears and thick fur keep them warm and camouflaged from predators. In fact pikas are so well adapted to the cold that they can actually overheat and die when exposed to temperatures over 78° Fahrenheit. This puts them at risk for future extinction if the climate continues to warm.

Believe it or not, another strategy to ensure your species’ survival, is to **die**. For example:

- During the summer, **Dragonflies** mate

and lay their eggs either directly in water, or on damp surfaces along the water’s edge. Afterwards, the adult dies. The eggs then hatch into nymphs or overwinter as eggs. These remain in the frozen water until spring, and then develop into adult dragonflies.

- Summer foliage dies back in the fall, allowing all remaining energy to retreat to the plants’ root system. Throughout the winter, the roots are then insulated and protected by the dead foliage and accumulating snow above.

Even humans utilize these strategies during the winter season. Some travel to warmer climates (Hawaii anyone?). Others stockpile wood to keep their fireplace stoked throughout the winter. We all put on extra layers of clothing and sometimes even fat to keep warm!

So when you visit Cedar Breaks during the winter months, look and listen for evidence of the remarkable life that has adapted to this harsh climate.

What animal would you prefer to be?

Personally, I like the Uintah Chipmunk; I’d make my home warm and cozy, store lots of food, and only come out when sun is shining!



Dragonflies secure future generations by dying

Other adaptations are **behavioral**; take the **Uintah Chipmunk**:

- Uintah Chipmunks do not hibernate.

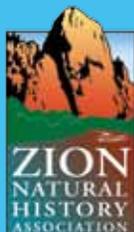
Every Kid in a Park Pass

Are you a fourth grader? If so, grab your family and enjoy your national parks for FREE! The Every Kid In A Park program offers a free annual pass for 4th grade students and their families, granting free access to any federally managed land or water until August 30, 2017. Visit www.everykidinapark.gov for details and to get your voucher to obtain your pass.



Zion Natural History Association

Zion Natural History Association (ZNHA), is a nonprofit organization that supports education, research, publication, and other programs that benefit Zion National Park, Cedar Breaks National Monument, and Pipe Spring National Monument.



Your purchases and donations at ZNHA park stores support projects like this winter newspaper and more! Become a member of ZNHA and receive a 20% discount on all ZNHA merchandise. In addition, members receive a 10% discount at other cooperating NPS bookstores across the country. **Learn more about ZNHA at <http://www.zionpark.org/>**

Call for Volunteers!

Are you ready for a challenge? We invite people of all ages to “find their park” through volunteerism. There are many opportunities to volunteer at Cedar Breaks that range from planting native plants to rehabilitating trampled areas; starting the wood fire stove in our park’s winter yurt, to leading visitors on wildflower identification hikes and more!

If you are interested please e-mail cedarbreaksinfo@nps.gov or call (435) 586-9451 ext. 4420 for more information.

Winter Star Parties



YOU'VE HAD A GREAT DAY SKIING THE SLOPES OR EXPLORING THE MOUNTAIN BY SNOWMOBILE, but don't want the adventure to end.

There's good news: it doesn't have to! As darkness falls on Cedar Mountain, objects out in space transform the night from a place of darkness into a place of illuminating wonder.

Due to our high elevation and remote location, Cedar Breaks is an excellent place to view the night sky. In fact, in 2016 readers of USA Today voted Cedar Breaks as the "Best National Park Night Experience." But why trust them? Come experience the magic of a dark starry sky for yourself by joining us for one of our famous star parties!

Cedar Breaks may be snowbound in the winter months, but that doesn't stop our rangers from sharing the

wonders of the night sky. Cedar Breaks National Monument and Brian Head have partnered to host a series of star parties at Navajo Lodge during the winter months. Despite the cold temperatures, the list of winter celestial sights is long. The Orion Nebula, star clusters, galaxies, and the winter Milky Way are among the jewels of the sky you might see during a winter star party.

Winter star parties are free of charge and are two hours in duration. There is no need to register to attend, just show up! Warm beverages will be provided, but please dress extremely warm for the cold winter night air at this high elevation! Astronomy is a relatively sedentary activity; as a rule of thumb, in order to be comfortable you should dress for at least 20 degrees colder than the outside air temperature (i.e., if it is 30° F, dress as if it is 10° F) See you there!

Star Party Schedule

Date & Times:

December 10th (7-9 pm)
Jan 28th (7-9 pm)
Feb 18th (7-9 pm)
March 18th (8-10 pm)

Meeting Location:

Brian Head, Navajo Lodge
329 S Hwy 143



Wear many warm layers, it will be extremely cold at this high elevation!

Ranger Guided Snowshoe Hikes



CEDAR BREAK'S RANGERS PROVIDE FREE

GUIDED SNOWSHOE WALKS ON SATURDAYS IN JANUARY THROUGH MARCH.

Space is limited to 30 people, so visitors must register ahead of time. Registered visitors will meet park rangers at Brian Head's Town Hall & Visitor Center for a restroom stop (There are no restroom facilities available at Cedar Breaks during the winter months.) Once gathered, visitors then caravan to the monument where rangers will provide snowshoes and instructions on how to use them. (You must provide your own snow-boot or waterproof hiking boots.)

Once everyone is equipped, rangers will lead an interpretive walk (two miles round trip) from the junction of Highways 148 and 143 to the Winter Ranger Station (yurt). Snowshoe hikes are generally moderate in difficulty due to the high elevation (over 10,000 feet) and will follow a groomed surface with side trips into the un-groomed meadows and woods to search for animal tracks and other traces of winter wildlife.

After exploring the winter landscape, visitors can warm up at the winter yurt



Ranger Dave ready to snowshoe

and enjoy hot cocoa provided by Winter Ranger Station volunteers. Rangers will then lead visitors back to their vehicles and/or allow them to return at their own pace.

To ensure a safe and fun experience for everyone, registration is required to participate. Be aware that guided snowshoe hikes may be cancelled if forecasts show high winds or blizzards. In this case, rangers will call

registered hikers by noon the day before the hike to cancel.

Snowshoe Hike Schedule

To Register Online:

<https://sites.google.com/site/cebrreg/>

Call: (435) 586-9451 ext. 4420

Dates:

January: 7, 14, 21, 28
February: 4, 11, 25
March: 4, 11, 18, 25

Meeting Times:

10:30 am - 2 pm

Full Moon Snowshoe Hikes



EXPERIENCE CEDAR BREAKS IN A WHOLE NEW LIGHT! Join a ranger on a guided full moon snowshoe hike to learn about

our closest celestial neighbor and discover how the full moon affects both our lives and the nocturnal inhabitants of Cedar Breaks.

Snowshoes and poles are provided but you must provide your own snow-boot or waterproof hiking boots. To ensure a safe and fun experience for everyone, registration is required to participate. Also guided snowshoe hikes may be cancelled due to poor conditions or overcast night skies. If this is the case, rangers will call registered hikers by noon the day of the hike to cancel.

Full Moon Hike Schedule

To Register Online:

<https://sites.google.com/site/cebrreg/>

Call: (435) 586-9451 ext. 4420

Date & Times:

January 11, 5:30 - 7:30 pm
February 10, 6-8 pm
March 11, 6:30 - 8:30 pm

Winter Ecology Hike



JOIN ZION CANYON FIELD INSTITUTE (ZCFI) INSTRUCTOR KRISTINE CRANDALL ON AN

IN-DEPTH GUIDED EXPLORATION OF THE ROLLING FORESTS AND FROZEN MEADOWS OF CEDAR BREAKS NATIONAL MONUMENT. Kristine will provide hands-on experiences and lead conversations on the survival tactics of the flora and fauna of this special area. Registration through the Zion Canyon Field Institute (ZCFI) is required for this guided hike.

Plan on bringing a sense of discovery, waterproof hiking boots or snow boots, appropriate winter clothing, snacks and water."

To register and for more information about the ZCFI please call (435) 772-3264 or go to www.zionpark.org.

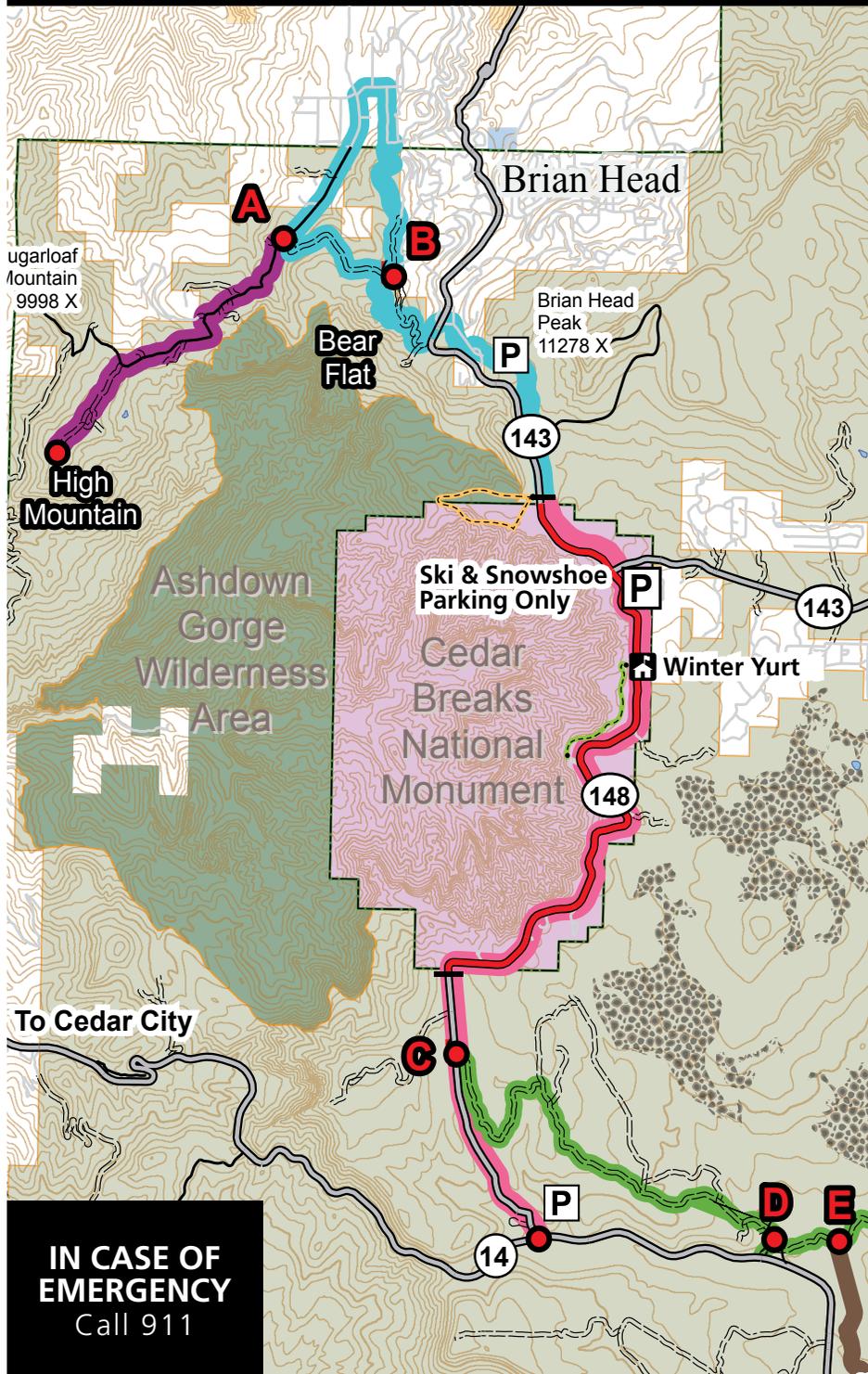
ZCFI Winter Ecology Hike Schedule

To Register Online:

www.zionpark.org
Call: (435) 772-3264
Fee: \$55.00

Date & Time:

February 18, 10:30 am- 3 pm



Rules for Winter Recreation in Cedar Breaks

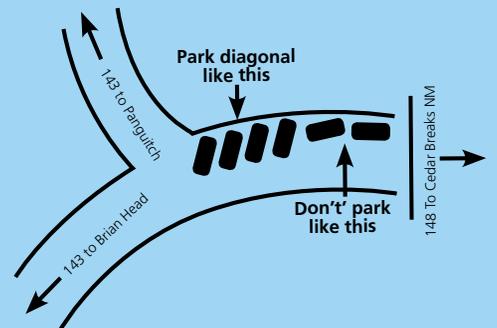
- Snowmobiles are **ONLY** permitted on the unplowed road along Highway 148 through the park and along the eastern shoulders of Highway 143.
- Leave no trace by using restrooms before visiting the park and packing out all sanitary waste and trash.
- Pets must be kept under control at all times.
- Avoid spooking wildlife.
- Maintain separate & parallel snowshoe and ski trails whenever possible.
- Snowmobilers must ride single file and keep to the right.
- When stopping, pull as far right and off the trail as possible.
- Snowmobilers must yield the right-of-way to skiers, snowshoers and those passing or traveling uphill.
- Winter camping is allowed above the rim of the breaks except within 100 yards of any park road or facility. (It is advised to call park headquarters before staying overnight in the park.)

Directions & Parking

P The best way to access the park is from the north entrance through Brian Head Resort.

- Drive on Highway 143 through Brian Head to the junction of 143 & 148.
- Please carpool and park on an angle to the road.
- During and after heavy snowstorms 143 could be temporarily inaccessible.

- Snow tires and/or chains are needed to drive on this road.
- Trailers are not allowed at the junction of 143 & 148 due to limited parking.



Trail Distances & Key

Routes	Miles	Trail Key:
A to High Mountain	3	Snow Mobile Complex
A to B - North Route	3.5	Snowmobile travel restricted to this path
A to B - South Route	1	High Mountain Trail
B to C	10.5	Brian Head Trail
C to D	4.5	Cedar Breaks Trail
C to Hwy 14	2	Duck Creek Trail
D to Hwy 14	0.25	Sage Valley Trail
Ski & Snowshoe Parking to Yurt	1	Ski & Snowshoe Trails
North Rim Loop Trail	1	Alpine Pond Trail
Alpine Pond Trail	1	North Rim Loop Trail

Winter Yurt Hours



Hours:
Sat & Sun, 11- 3 pm*

* The yurt may not be opened if there is insufficient volunteer staffing & severe weather in the forecast.

If you are interested in volunteering at the yurt please e-mail cedarbreaksinfo@nps.gov or call (435) 586-9451 ext. 4420

Tips for Safe Winter Recreation

- There are **no restrooms** in the monument in the winter. Please use restrooms in Brian Head or Duck Creek before visiting.
- Cedar Breaks sits at over **10,000 feet (3,000 Meters) in elevation!** Hiking at this altitude can be much more physically challenging and cold. Take your time, drink plenty of water, remember to snack and take lots of breaks.
- Wear sunglasses and apply sunscreen to protect against **strong UV rays**.
- The park does not do avalanche control. Never assume trails are free of **avalanche hazards**, especially when recreating along the amphitheaters rim.
- **Falling trees** are an ever-present hazard. Be extra careful around dead trees when it is windy or after fresh snowfall.
- **Hypothermia** can be fatal. Be sure to wear non-cotton wicking layers closest to your skin, an insulating layer (including hat, and gloves), and a shell or wind proof layer on top.
- Sturdy waterproof footwear and wool socks are essential to preventing **frostbite** and preserving comfort.
- Carry at least two liters of water per-person and plenty of high-energy food.
- GPS, flashlight, waterproof matches, a pocketknife, and whistle may come in handy in the case of emergency.
- Cellphone service is unreliable in Cedar Breaks and the surrounding area.