



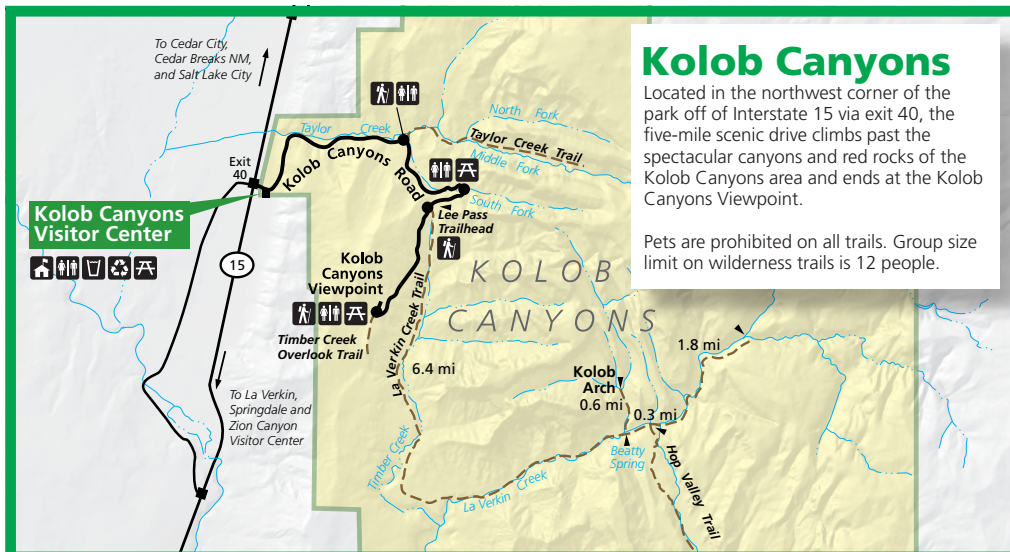
## Hiking Guide

Shuttle Stop	Hike Location	Round Trip Average Time	Elevation Gain	Description
<b>EASY</b>				
1	<b>Pa'rus Trail</b> Visitor Center to Canyon Junction	2 hours 3.5 mi / 5.6 km	50 ft / 15 m	Paved trail follows the Virgin River from the Visitor Center to Canyon Junction.
6	<b>The Grotto Trail</b> 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	<b>Lower Emerald Pool Trail</b> Zion Lodge	1 hour 1.2 mi / 1.9 km	69 ft / 21 m	Leads to the pools below Middle Emerald Pools and the Upper Emerald Pools Trails.
9	<b>Riverside Walk</b> Temple of Sinawava	1.5 hour 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 wheelchair accessible but may be sandy.

<b>MODERATE</b>				
East Side	<b>Canyon Overlook</b> East side of Zion Tunnel	1 hour 1.0 mi / 1.6 km	163 ft / 50 m	Minor drop-offs and handrails. Ends at a viewpoint into lower Zion Canyon. Parking is limited.
1	<b>Watchman Trail</b> 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.
5	<b>Sand Bench Trail</b> Zion Lodge	4 hours 7.6 mi / 12.2 km	466 ft / 142 m	Hike atop a massive landslide under The Sentinel. Minor drop-offs. Commercial horse trail from March to October.
6	<b>Kayenta Trail</b> The Grotto	1.5 hour 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.
5	<b>Middle Emerald Pool Trail</b> Zion Lodge	1.5 hour 2.2 mi / 3.5 km	150 ft / 45 m	An unpaved climb to a sandstone ledge that parallels the lower trail at a higher elevation.
5	<b>Upper Emerald Pool Trail</b> 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.

<b>STRENUOUS</b>				
6	<b>Scout Lookout via West Rim Trail</b> 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.
9	<b>The Narrows</b> (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.

<b>KOLOB CANYONS HIKING TRAILS</b>				
	<b>Timber Creek Overlook Trail</b> Kolob Canyons Road	0.5 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.
	<b>Taylor Creek Trail</b> 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.
	<b>Kolob Arch via La Verkin Creek Trail</b> Lee Pass	8 hours 14 mi / 22.5 km	1037 ft / 316 m	Maximum 12 people per group. Follows Timber and La Verkin Creek. A side trail leads to Kolob Arch.



**24-HOUR EMERGENCY RESPONSE: CALL 911**  
Park emergencies: call 435-772-3322 (daylight hours)

**911**

The Zion Canyon Medical Clinic is located in Springdale near the south entrance to the park. For hours, please call 435-772-3226. Additional medical clinics are located in Hurricane. The nearest hospitals are in St. George, Cedar City, and Kanab.

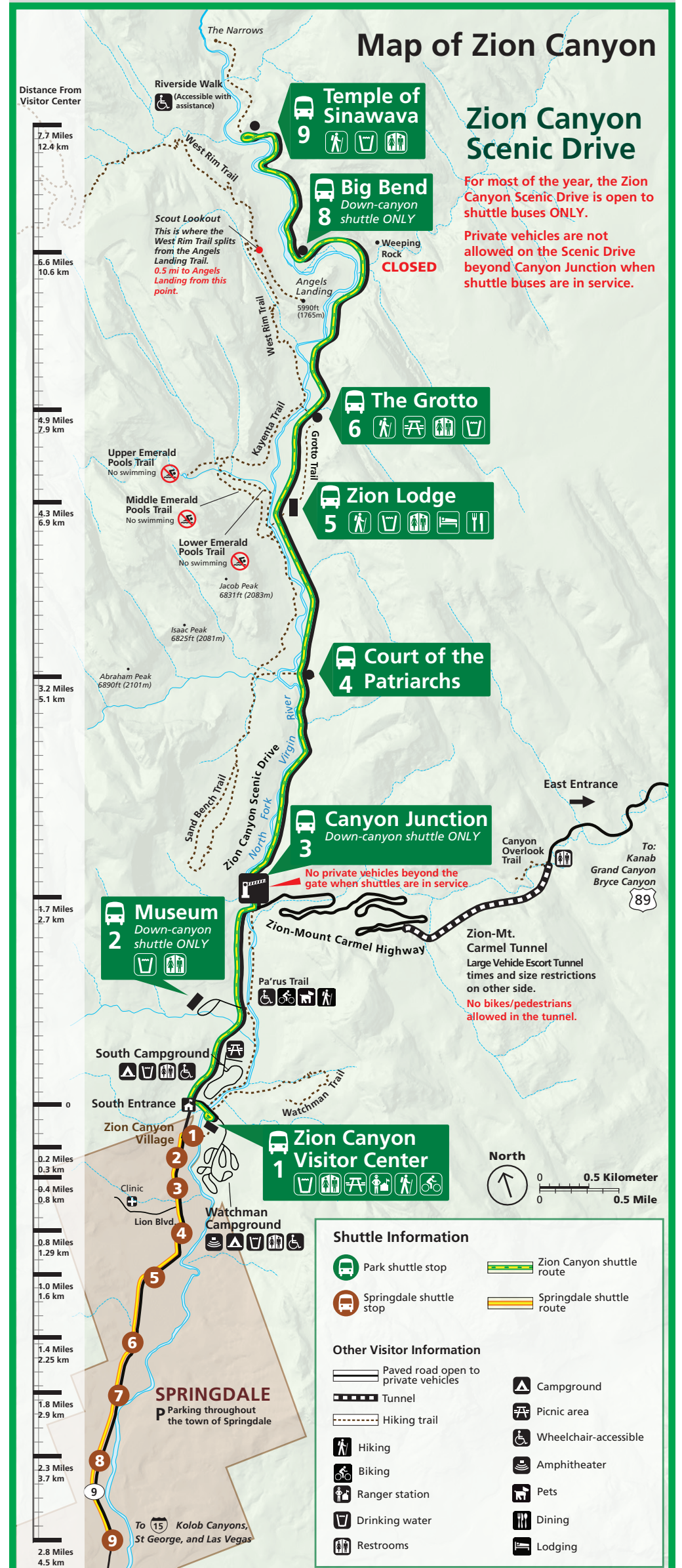
## Zion Canyon Shuttle

### SHUTTLE SCHEDULE

Subject to change. Check website for current hours

	September 19 to November 5	November 6 to November 27
First bus into the canyon from the Zion Canyon Visitor Center	7:00am	7:00am
Last bus into the canyon from the Zion Canyon Visitor Center	5:00pm	4:00pm
Last bus out of the canyon from Temple of Sinawava	7:15pm	6:15pm
Town of Springdale shuttle hours	8:00am to 8:00pm	8:00am to 7:00pm

Shuttles are out of service from November 28 to December 22



**911**

## Contact Information

**Mailing Address**  
1 Zion Park Blvd.  
State Route 9  
Springdale, UT 84767

### Social Media



Search @zionnps

**Wilderness Information**  
(435) 772-0170

Free WiFi is available at the Zion Canyon Visitor Center and the Zion Lodge. Do not expect data or cell connection in most areas of Zion Canyon, on trails, or in Wilderness.

**Park Information**  
(435) 772-3256

**Website**  
www.nps.gov/zion

**E-mail**  
zion\_park\_information@nps.gov

**Traffic and Parking Updates**  
www.twitter.com/zionnps  
1610 A.M. Radio



## Getting Around

To protect Zion landscapes, plants, animals, and history, park only in designated spaces. For your safety, park rangers enforce laws against alcohol and drug-related driving offenses, including open container violations. For Utah road conditions, please call 866-511-8824.



**SPRINGDALE SHUTTLE**  
For part of the year, you can ride a free shuttle in the town of Springdale. If it is running during your visit, park at your hotel or an approved parking area and ride to the park entrance.

Visitors must comply with all rules regarding riding the shuttles.



### DRIVING

Drivers, pedestrians, bicyclists, and wildlife all share park roads.

- 35 mph is the speed limit unless otherwise posted.
- Wear a seat belt and use a child safety seat if appropriate.
- Turn off your vehicle if you are stopped (do not idle).
- For most of the year, Zion Canyon Scenic Drive is only open to shuttle buses or with a special permit. Your park entrance pass is not a permit.



### PARKING

Park only in designated spaces. If you visit when drivers can directly access Zion Canyon Scenic Drive, be aware that the National Park Service may close the road if there is no parking available.

If you get to Zion early in the morning or later in the afternoon, it can be easier to find parking.

### ZION CANYON SHUTTLE

During much of the year, the Zion Canyon Scenic Drive is only accessible by shuttle bus. Check the shuttle schedule on the front of this sheet to see when the shuttle is running.

The buses have room for backpacks, climbing gear, and bicycles. While in Zion Canyon you may get on and off the shuttle as often as you like. Only service dogs are permitted on the shuttles. If you have accessibility needs, please speak to a ranger at the Visitor Center.

Visitors must comply with all rules regarding riding the shuttles.

### CYCLING (E-BIKES AND BICYCLES)



Cycling is permitted on all public park roads and on the Pa'rus Trail.

Cyclists must ride single file and stop to let shuttle buses pass. Do not pass a moving shuttle bus. Each shuttle bus has a rack for bicycles. All other park trails, off-trail routes, and the Zion-Mt. Carmel Tunnel are closed to cycles. Only class 1 pedal-assist E-bikes are allowed and must follow all of the same rules as bicycles.

## Your Safety Is Your Responsibility



### HYPOTHERMIA

Hypothermia occurs when the body is cooled to dangerous levels. It is responsible for the

greatest number of deaths among people engaging in outdoor activities. It is a hazard in narrow canyons because immersion in water is the quickest way to lose body heat. To prevent hypothermia, avoid cotton clothing (it provides no insulation when wet), and eat high energy food before you are chilled.

The signs of hypothermia include uncontrollable shivering, stumbling and poor coordination, fatigue and weakness, and confusion or slurred speech. If you recognize any of these signs, stop hiking and immediately replace wet clothing with dry clothing. Warm the victim with your own body and a warm drink, and shelter the individual from breezes. A pre-warmed sleeping bag will also prevent additional heat loss.

### ELEVATION

Elevation in Zion ranges from 4,000-8,000 feet (1,220 - 2,440 meters) above sea level. If you live near sea level, take it easy on your hike until you know how the elevation is going to affect you.

### SNOW & ICE

Nearly half of the annual precipitation in Zion Canyon falls between the months of December and March. Roads are plowed, but trails may be closed due to unsafe conditions. Snow and ice accumulates on trails, cliffs, and buildings, so be sure to pay attention to your surroundings. Watch for falling ice. Snow spikes winter gear are recommended. Your safety is your responsibility.

### PREVENT DEHYDRATION

As you hike you lose water and salt through sweating. Carry water, at least one gallon per person per day. Water is available in the park's developed areas. Do not drink untreated water from springs. Your body needs a healthy level of salt to function so eat a few salty snacks, like a handful of salted peanuts, when you drink water.

### STEEP CLIFFS

Falls from cliffs on trails have resulted in death. Loose sand or pebbles on stone are very slippery. Be careful of edges when using cameras or binoculars. Never throw or roll rocks because there may be hikers below you. Stay on the trail and away from cliff edges. Observe posted warnings and please watch children.

## Flash Flood Danger



All narrow canyons are potentially hazardous. Flash floods, often caused by storms miles away, are a real danger and can be life-threatening. You are taking a risk when entering a narrow canyon. Your safety is your responsibility. Watch for indications of a possible flash flood. During a flash flood, the water level rises very quickly.

A flash flood can rush down a canyon in a wall of water over twelve feet high.

If you observe any of these signs, seek higher ground immediately:

- Deterioration in weather conditions
- Clouds or thunder
- Sudden changes in water clarity from clear to muddy

## Permits & Reservations



### CAMPING

You need a reservation to camp in any of the park's three campgrounds. Watchman Campground

is open year round and can be booked up to 6 months in advance. South Campground and Lava Point Campground are open seasonally and can be booked up to 2 weeks in advance.

To make a reservation, visit [www.recreation.gov](http://www.recreation.gov) or call 877-444-6777. Camping is not allowed in parking areas or pullouts in the park.



### CAMPFIRES

Campfires are only allowed in metal, campground fire rings. Sometimes, especially during the summer, camp fires are not allowed. For an up-to-date restrictions, visit [utahfireinfo.gov](http://utahfireinfo.gov). If conditions permit building a fire, clear debris and only leave when it is out cold. Fires are never allowed in Wilderness.

### PERMITS

You need a permit for activities including but not limited to: hikes to Angels Landing, backpacking, canyoneering, climbing, bivvy camping, and hiking Wilderness routes.



Scan this QR code to learn about permits. Use free WiFi at a visitor center or Zion Lodge. You can only apply for Angels Landing permits online, and using this link takes you to a webpage with more information.

Remember to carry your permit and photo ID with you on your trip. Permits are non-transferable.

## Zion Tunnel: (Oversize Vehicles, RVs, Large Trailers)

The Zion - Mt. Carmel Tunnel connects Zion Canyon to the east side of the park. It was built in the 1920s when large vehicles were less common. Nearly all RVs, buses, trailers, fifth-wheels, dual-wheel trucks, campers, and large boats require one-way traffic control.



### ONE-WAY TRAFFIC CONTROL

Oversize vehicle drivers pay \$15 per oversize vehicle (includes two tunnel pass-throughs within 7 days). Rangers will stop oncoming traffic so that you may drive down the center of the road in the tunnel.

- Vehicles 11 feet 4 inches (3.4m) and taller up to 13 feet 1 inch (4m).
- Vehicles 7 feet 10 inches (2.4m) and wider - including mirrors, awnings, and jacks.

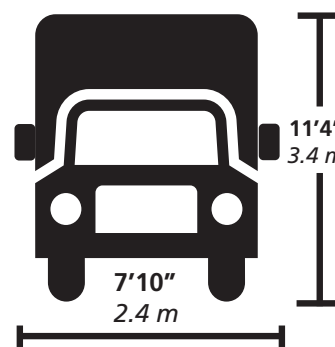
### TUNNEL HOURS

- August 28 to September 24: 8:00 am to 7:00 pm
- September 25 to November 5: 8:00 am to 6:00 pm
- November 6 through winter: 8:00 am to 4:30 pm



### PROHIBITED IN THE TUNNEL

- Vehicles over 13 feet 1 inch (4m) tall
- Semi-trucks and commercial vehicles (e.g. box trucks)
- Vehicles carrying hazardous materials
- Bicyclists and pedestrians
- Bicyclists and pedestrians cannot get a ride at the tunnel. Hitchhiking is only permitted in pullouts. Rangers are not allowed to give or arrange for transport through the tunnel.



## Ranger-led Programs



Enhance your understanding and enjoyment of Zion by participating in a free ranger-led program.

Program schedules are based on ranger staffing and availability. Free, advanced reservations may be required and can be made at the Zion Canyon Visitor Center.

Check park visitor centers and bulletin boards for times and information about programs. Topics include geology, plants, animals, human history, and more.

Visitors ages 4 and older can earn a badge by completing the Junior Ranger handbook. The handbook is available for free at visitor centers within the park.