

Zion National Park

National Park Service

U.S. Department of the Interior

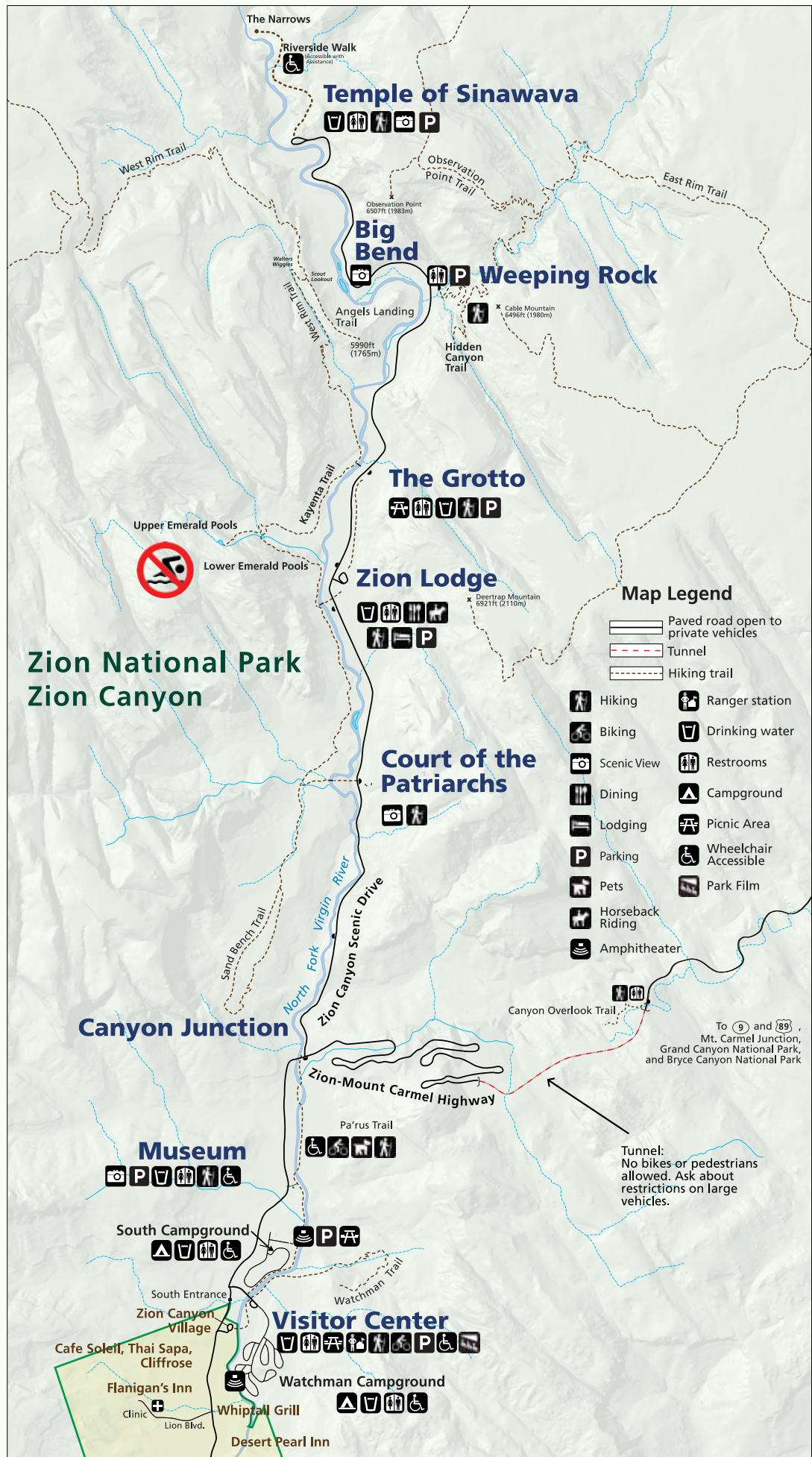
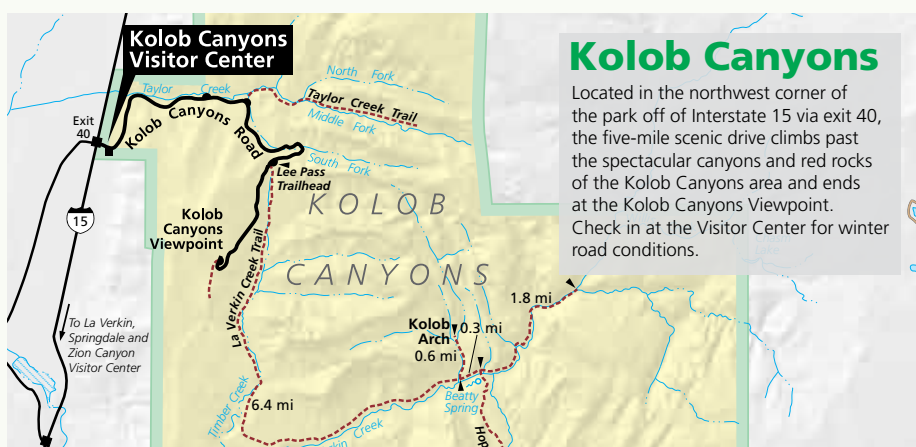


Winter Information Sheet

Zion Canyon Hikes

Hike Location	Round trip Average time	Elevation Change	Description
Easy			
Pa'rus Trail Zion Canyon Visitor Center	2 hours 3.5 mi/ 5.6 km	50 ft/ 15 m	Paved trail follows the Virgin River from the South campground to Canyon Junction. Wheelchairs may need assistance.
Archeology Trail Zion Canyon Visitor Center	0.5 hour 0.4 mi/ 0.6 km	80 ft/ 24 m	Short, but steep. Starts across from the entrance to the visitor center parking lot. Climbs to the outlines of several prehistoric buildings. Trailside exhibits.
Lower Emerald Pool Trail Zion Lodge	1 hour 1.2 mi/ 1.9 km	69 ft/ 21 m	Minor drop-offs. Paved trail leads to the Lower Emerald Pool and waterfalls. Connects to the Kayenta and Upper Emerald Pool Trails.
The Grotto Trail Zion Lodge The Grotto	0.5 hour 1 mi/ 1.6 km	35 ft/ 11 m	The trail connects the Zion Lodge to The Grotto. Can be combined with the Lower Emerald Pool and Kayenta Trails to create a 2.5 mile loop.
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. Trailside exhibits. Sections may be icy or closed in winter.
Riverside Walk Temple of Sinawava	1.5 hours 2.2 mi/ 3.5 km	57 ft/ 17 m	Minor drop-offs. Paved trail follows the Virgin River along the bottom of a narrow canyon. Trailside exhibits. May be icy. Wheelchairs may need assistance.
Moderate			
Watchman Trail Zion Canyon Visitor Center	2 hours 3.3 mi/ 4.3 km	368 ft/ 112 m	Minor drop-offs. Ends at viewpoint of the Towers of the Virgin, lower Zion Canyon, and Springdale. May be muddy and icy.
Sand Bench Trail Zion Lodge	5 hours 7.6 mi/ 12.2 km	466 ft/ 142 m	Commercial horse trail from March to October. Hike atop a massive landslide under The Sentinel. May be icy.
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. May be icy. May be accessed from the Kayenta Trail.
Kayenta Trail The Grotto	1.5 hours 2 mi/ 3.2 km	150 ft/ 46 m	Long drop-offs. An unpaved climb to the Emerald Pools. Connects The Grotto to the Emerald Pools Trails. May be icy.
Canyon Overlook Trail Zion-Mt. Carmel Hwy	1 hour 1 mi/ 1.6 km	163 ft/ 50 m	Long drop-offs, mostly fenced. Rocky and uneven trail ends at viewpoint of Pine Creek Canyon and lower Zion Canyon. May be snow covered and icy.
Strenuous			
Angels Landing via West Rim Trail The Grotto	4 hours 5.4 mi/ 8.7 km	1488 ft/ 453 m	Long drop-offs. Not for young children or anyone fearful of heights. Last section is a route along a steep, narrow ridge to the summit. Often snow covered and icy.
Hidden Canyon Trail Weeping Rock	2.5 hours 2.4 mi/ 3.9 km	850 ft/ 259 m	Long drop-offs. Not for anyone fearful of heights. Follows along a cliff face to the mouth of a narrow canyon. May be snow covered and icy.
Observation Point via East Rim Trail Weeping Rock	6 hours 8 mi/ 12.9 km	2148 ft/ 655 m	Long drop-offs. Climbs through Echo Canyon to viewpoint of Zion Canyon. Access to Cable Mountain, Deertrap Mountain, and East Mesa Trails. Often snow covered.
The Narrows via Riverside Walk Temple of Sinawava	8 hours 9.4 mi/ 15.1 km	334 ft/ 102 m	Check conditions at the visitor center before attempting. Top down hike is not advised in winter. Dry suits are needed for day hike in winter. High water levels can prevent access.

Stay on established trails and watch your footing, especially at overlooks and near drop-offs. Avoid cliff edges. Watch children closely. People uncertain about heights should stop if they become uncomfortable. Never throw or roll rocks because there may be hikers below.



Kolob Canyons Hikes

Hike Location	Round trip Average time	Elevation Change	Description
Moderate			
Taylor Creek Trail Kolob Canyons Road	3.5 hours 5.0 mi/ 8.0 km	450 ft/ 137 m	Limited to 12 people per group. Follows the Middle Fork of Taylor Creek past two homestead cabins to Double Arch Alcove. Often snow covered.
Timber Creek Overlook Trail Kolob Canyons Road	0.5 hour 1 mi/ 1.6 km	100 ft/ 30 m	Follows a ridge to a small peak with views of Timber Creek, Kolob Terrace, and Pine Valley Mountains.
Strenuous			
Kolob Arch via La Verkin Creek Trail Kolob Canyons Road	Up to 8 hours 14 mi/ 22.5 km	1037 ft/ 316 m	Limited to 12 people per group. Follows Timber and La Verkin Creeks. A side trail leads to Kolob Arch, one of the world's largest freestanding arches. Often snow covered.

Contact Information

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

Website
www.nps.gov/zion

E-mail
zion_park_information@nps.gov

Social Media
www.facebook.com/zionnps
www.instagram.com/zionnps
www.twitter.com/zionnps

Park Information
(435) 772-3256
Emergencies
911 or (435) 772-3322



Parking and Driving



Park roads are used by vehicles, bicycles, walkers, and even wildlife. Obey posted speed limits. Unless otherwise posted, the maximum speed limit in the park is 35 mph. Seat belts or child safety seats are required for all occupants in a vehicle.

To protect park resources, 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.

For Your Safety



WEATHER

Winters in Zion National Park are cold and often wet. Temperatures can range from highs of 50°F to 60°F during the day to lows well below freezing at night.

Nearly half of the annual precipitation in Zion Canyon falls between the months of December and March. Most roads are plowed, but trails may be closed due to snow and ice.

After winter storms, snow typically disappears within a matter of hours at lower elevations. At higher elevations, the snow accumulates.



SAFETY TIPS

- Water bottle refilling stations are unavailable during the winter, plan accordingly.
- Stay on designated trails. Zion's sandstone erodes easily from foot traffic. Desert soils and plants recover slowly (or not at all).
- Take responsibility for your own safety. Listen to your body and recognize its limitations.
- Do not take undue risks such as jumping off rocks or climbing unaided. **Remember, your safety is your responsibility!**
- Do not feed or approach wildlife; it is illegal and dangerous.
- Human food is bad for animals, and can make them aggressive (even the squirrels and chipmunks). Wild animals can carry harmful diseases; keep a safe distance.
- With many springs spilling over trails, ice on trails poses slipping danger, traction devices are highly recommended, especially in shaded areas of a trail.

- As temperatures rise in spring, melting snow causes high water levels in the Virgin River and its tributaries.
- Check the USGS website for the latest river conditions at waterdata.usgs.gov/ut/nwis/uv?site_no=09405500

Due to falling ice, the following trails may often be closed during the winter:

- Riverside Walk
- Weeping Rock
- Emerald Pools
- The Narrows
- West Rim at Refrigerator Canyon



HYPOTHERMIA

Hypothermia occurs when the body is cooled to dangerous levels. It is the number one killer of outdoor recreationists, even in warm weather, and it usually happens without the victim's awareness. Hypothermia is a hazard in narrow canyons because immersion in water is the quickest way to lose body heat.

To help prevent hypothermia, avoid cotton clothing because it provides no insulation when wet and eat high energy food before you are chilled.

Signs of hypothermia include:

- Uncontrollable shivering
- Stumbling and poor coordination
- Fatigue and weakness
- Confusion or slurred speech

If you recognize any of these signs, stop hiking and immediately replace wet clothing and add insulating layers.

Leave No Trace



Dogs on leashes and bicycles are allowed on the Pa'rus Trail. All other trails are closed to pets, emotional support animals and bikes.

Practice "Leave No Trace" principles to protect Zion for future generations. Report graffiti and littering.



"Go Before You Go." Use the restrooms at the trailheads. You must remove your human waste from the Narrows. Disposable

bags are available at local shops and the park bookstore.

- Place trash in designated receptacles only.

Trail Etiquette



- Be considerate of other visitors
- Hike quietly and enjoy the sounds of nature
- Hike in a single file line to let other hikers pass
- Ascending hikers have the right of way

Emergencies

911

For 24-hour emergency response, call 911 or 435-772-3322. 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.

Large Vehicles



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. Vehicles 11'4" tall or taller, or 7'10" wide or wider, require one-lane traffic control through the tunnel. Large vehicles cannot travel in a single lane through the tunnel. Nearly all RVs, buses, trailers, fifth-wheels, dual-wheel trucks, campers, and boats require traffic control.

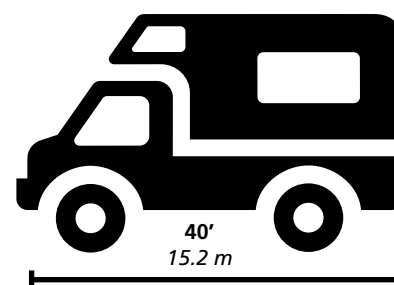
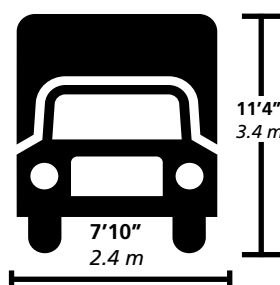
During the winter months, and particularly after snow fall, lingering patches of snow make driving more challenging for larger vehicles to negotiate the many switchbacks in the East Side of the park. Be aware of the inherent risks associated with winter conditions and plan accordingly.



TUNNEL TRAFFIC CONTROL

Visitors requiring traffic control through the tunnel must pay a \$15 fee per vehicle in addition to the entrance fee. Pay this fee at the park entrance station before driving to the tunnel. The fee is valid for two trips through the tunnel for the same vehicle during a seven-day period.

Vehicles 11'4" (3.4 m) tall or higher and 7'10" (2.4 m) wide or more, including mirrors, awnings, and jacks, will require traffic control in the tunnel. Single-axle vehicles may not exceed 40' in length.



Rangers will stop oncoming traffic so that you may drive down the center of the road in the tunnel. We apologize for any delays associated with this safety precaution.

Large vehicles may only travel through the tunnel from:

- Nov. 5 to March 3 from 8:00 a.m. to 4:30 p.m.
- March 4 to March 10 from 8:00 a.m. to 6:00 p.m.
- March 11 to April 28 from 8:00 a.m. to 7:00 p.m.



PROHIBITED VEHICLES

Vehicles not permitted in the tunnel include the following:

- Vehicles over 13'1" tall
- Semi-trucks and commercial vehicles
- Vehicles carrying hazardous materials
- Vehicles weighing more than 50,000 lb.
- Combined vehicles or buses over 50 ft.

Bicycles and pedestrians are also not permitted in the tunnel and must obtain a ride.

Hitchhiking is permitted. Rangers are not allowed to provide or arrange for transport through the tunnel.

Flash Floods Can Kill



Always be aware of the threat of thunderstorms and lightning and be prepared for a wide range of weather conditions.

Temperatures in the park can vary dramatically with changes in elevation and the time of day. Day and night temperatures can differ by over 30°F/17°C. Consider dressing in layers to prepare for changes in temperature.

- If bad weather threatens, do not enter a narrow canyon. Whether hiking, climbing, or canyoneering, your safety depends on your own good judgment, adequate preparation, and instant attention to your surroundings.
- Before starting your trip, pay close attention to the weather forecast and any flash flood warning that might be in effect.

SIGNS OF FLASH FLOODING

- Deterioration in weather conditions
- Build up of clouds or thunder
- Floating debris
- Rising water levels or stronger currents
- Increasing roar of water up canyon
- Sudden changes in water clarity from clear to muddy

Hours of Operation

	Late Fall	Winter	
Zion Canyon Visitor Center	8:00 a.m. to 5:00 p.m.	8:00 a.m. to 5:00 p.m.	Closed Christmas Day
Zion Canyon Wilderness Desk	8:00 a.m. to 5:00 p.m.	8:00 a.m. to 4:30 p.m.	Closed Christmas Day
Zion Human History Museum	10:00 a.m. to 5:00 p.m.	Closed	
Kolob Canyons Visitor Center	8:00 a.m. to 4:30 p.m. Closed Thanksgiving Day	8:00 a.m. to 4:30 p.m.	Closed Christmas Day

Utah is in the Mountain Time Zone. California and Nevada are in the Pacific Time Zone, one hour earlier than Utah. Arizona is in the Mountain Time Zone, but does not observe daylight-saving time.

Ranger-led Programs



Enhance your understanding and enjoyment of Zion National Park by participating in a free ranger-led program. Programs are offered depending on ranger staffing and availability.

Check park information centers and bulletin board for times, places, subjects, and information about youth-oriented programming.

- Topics include geology, plants, animals, human history, and more.
- Junior Ranger Handbook: Visitors ages 4 and older can earn a badge by completing the Junior Ranger handbook and watching the park orientation film at the visitor Center. The handbook is available for free at information centers within the park.
- Distance Learning: If you would like to share the wonders of Zion with your classroom, consider signing up for a curriculum-based interactive Distance Learning program. <https://www.nps.gov/zion/learn/education/distance-learning.htm>.

Support Zion Forever Project



Zion National Park's nonprofit partner, The Zion Forever Project, makes it possible for you to experience and enjoy the park in a more meaningful way, by addressing that stronger sense of stewardship and responsibility that falls on all of us to protect and sustain the park for future generations. Whether you simply round up your change at the sales counter, or make a large contribution to a specific park project listed in our Field Guide to Park Project Priorities, you will make a difference now and forever. You can find the Field Guide online at www.zionpark.org/projects.

Follow us on
Social Media!

