



# Journey to the Mount

## Traditions on the Mount Timpanogos Trail

In July 1945, a father took his eight-year-old son on a hike. But as they were hiking up the mountainside, the boy realized that this hike was different than their previous outings. For the first time he was going to reach the lofty summit of Mt. Timpanogos and sign his name in the book at the glass summit hut!

He would never forget it.

So began the first of many hikes to the top of Mount Timpanogos for young Alfred Pace III. On succeeding adventures very often his four brothers and six sisters, mom, uncles, and cousins came along, too. Even the family dog made it to the top.

It was a Pace family tradition to climb together to the summit of Mt. Timpanogos.

Alfred recalls, "The first time I almost got killed. As dad and I reached the 'saddle' near the top, it was icy, and I slipped. Then dad, holding my hand slid too and we were near the cliff ledge! Luckily, dad's shoe caught onto a rock and stopped our slide."

Now retired, Alfred has reached the top of the mountain 23 times. During 22 of those of those adventures he achieved the feat as part of the famous and historic Timpanogos Hike.

Began in 1912, Brigham Young University coach E.L. Roberts organized the "Timpanogos Hike" as the culminating event of activities for his summer school students. For that first year, the 22 students spent the entire day making the journey from central Provo to Wildwood, in Provo Canyon, and then onto the steep grade of North Fork to Stewart's Flat (present-day Sundance). The

hike began on the following day and as Roberts later remembered, "took nearly 8 hours to reach the summit since there were no real trails up the mountain side, and much of the distance led through dense underbrush. The party finally finished

the hike and reached camp after dark, weary but delighted at what they had seen and experienced."

The following year, in 1913, Roberts added a pre-hike program for the eve of the hike. It became so popular that Theater-in-the-Pines was constructed just for the purpose of this grand event that often included bonfires, theater, fireworks, awards and singing.

The issuing of badges to all those who made it to the summit was begun in 1930 and Alfred was proud to have earned his first badge in 1945. He collected more as the years went on following the footsteps of his father, Alfred Pace II. His father participated in every summit hike between 1930 and 1970 and he is believed to be the only person who has a complete collection of these now rare badges.

The hiking and camping tradition established by Alfred II and Phyllis Pace for their family made a lasting

*Continued on page 3*



Emergency: 911  
Sheriff: (801) 375-3601

**INSIDE:**

- Welcome! . . . . . 2
- Canyon Passes . . . . . 2
- Leave No Trace . . . . . 3
- Fire Safety in American Fork Canyon . . . . . 4
- Visitor Services . . . . . 4
- Volunteer Opportunities . . . 5
- Fun and Learning at the Monument Bookstore . . . . 5
- Ranger Programs . . . . . 7
- Kid's Korner . . . . . 7
- Find Your Way Around American Fork Canyon . . . 8

**WELCOME TO YOUR "NEW" CANYON!**

The 2003-2004 seasons have meant the realization of several key improvements in American Fork Canyon. From modernized rest rooms and equestrian facilities at campsites, to new handrails and an entrance shelter at Timpanogos Cave, there's a great deal of progress being made. Appreciate the comfort of our new wheelchair accessible picnic tables. Enjoy a stimulating evening program with the family. It's all here for you! Did we mention the newspaper you're holding right now? It's a brand new addition for 2004. Many of these enhancements have been paid for with use fees collected at the entrance stations and cave as part of the fee demonstration program.

We hope you'll enjoy these wonderful new "creature comforts," and especially all the beauty American Fork Canyon has to offer. So, whether you're staying for 3 hours, 3 days, or 3 weeks, we trust you'll like all the improvements for 2004. We think it's progress you will truly enjoy!

Visitors in  
1983: 670,000  
2003: 1,297,000

### Things to Do 3



### Nature Calendar 6



### Go Underground 5



**UserFee**

Wherever you see these symbols, you'll know your entrance fees are hard at work helping to fund those projects. Thank you for helping to make a difference in your parks and forests.

Timpanogos Reflections is published twice yearly by the National Park Service, Timpanogos Cave National Monument, and Forest Service, Uinta National Forest, to enhance visitor experience.

**Editor-in-Chief:**

Norman E. Young, NPS Volunteer

**Supervising Editor:**

Michael Gosse, NPS Chief Ranger

**Editorial Assistants:**

- Camille Price, NPS Ranger
- Anita Pulham, NPS Ranger
- Royce Shelly, NPS Ranger
- Jay Allen, NPS Ranger
- Anjana Khatwa, NPS Volunteer

**Layout & Design:**

- Norman E. Young, NPS Volunteer
- Brandon K. Kowallis, NPS Ranger

**Writers:**

- Michael Gosse, NPS Chief Ranger
- Camille Price, NPS Ranger
- Anita Pulham, NPS Ranger
- Debbie Stringham, NPS Ranger
- Norman E. Young, NPS Volunteer
- Dave Palazzolo, Forest Service

**Feature Story:**

Anita Pulham, NPS Ranger

**Photographers:**

- Ken Kyburz, NPS Ranger
- Brandon Kowallis, NPS Ranger

**Illustrators:**

- Elizabeth Kovacs, NPS Ranger
- Debbie Stringham, NPS Ranger

**Cartographer:**

Faye Wheeler, Forest Service

Please address comments to:

Editor, Timpanogos Reflections  
Timpanogos Cave NM  
RR 3, Box 200  
American Fork, UT 84003-9800

Help preserve natural resources. Please return this paper to an entrance station or Visitor Center.

# Welcome!



Pam Gardner



Kit T. Mullen

For over a century, our National Forests and Parks have been places where people can take a break from the rigors and routine of daily life, places to recreate and share, and places that help us mold and express our individuality. Here you can explore miles of mountain trails, pass through a living cave system, view wildlife among spectacular mountain vistas, and enjoy your favorite recreational pursuits.

There are as many ways to enjoy American Fork Canyon, as there are people who visit. The diversity of recreational opportunities here offers something for almost everyone. While many people enjoy American Fork Canyon from the comfort of paved scenic drives, others prefer the challenge and remoteness of the canyon's many unimproved roads and trails.

While vigorous activities can be fun and stimulating, some of the finest things American Fork Canyon has to offer can only be enjoyed by slowing down. Take some time, walk quietly, look, listen, and the landscape will open up to you. The mountains have their own mystical voice, the forests and meadows a potpourri of fragrance, the air is cool and clear, and the scene is a backdrop for lifetime memories.

We hope that as you walk the trails or drive the mountain roads you will reflect on the importance of these areas and the responsibility we all share to care for them. All that is here is yours to enjoy. It is also part of a great national legacy to be proudly passed to future generations. Take a moment to celebrate this magnificent canyon, and embrace the beauty and wonder of our heritage.

Sincerely,

Pam Gardner  
District Ranger, Pleasant Grove  
Uinta NF

Kit T. Mullen  
Superintendent  
Timpanogos Cave NM

# Forest or Monument?

What's the difference between the Uinta National Forest and Timpanogos Cave National Monument? There are signs for both of them in American Fork Canyon. Both are federal lands. Each exists to benefit society. So what makes them different?



Each has a different history and different purpose. Together they provide a wide spectrum of uses. National parks and monuments strive to keep landscapes unimpaired for future generations.



They protect natural and historic features while offering light-on-the-land recreation. Park Rangers work for the National Park Service, an bureau of the Department of the Interior.

National forests, managed under a "multiple use" concept, provide services and commodities that may include lumber, cattle grazing, minerals, and recreation with or without vehicles. Forest Rangers work for the Forest Service, an bureau within the Department of Agriculture.

Both bureau's manage wilderness and other areas where they strive for maximum protection of natural resources. For example the Lone Peak and Mount Timpanogos Wilderness Areas are part of the Uinta National Forest.

Forests and monuments may have different rules in order to meet their goals. Stop at the Timpanogos Cave Visitor Center or the Pleasant Grove Ranger District to check what activities are permitted where. Despite some misunderstanding over names, we are lucky to enjoy the wide range of benefits these diverse areas can offer.



# Canyon Passes

Participation in the Recreation Fee Demonstration Program allows 100% of the fees collected at the entrance stations to remain in the American fork Canyon to improve visitor services, maintain recreation facilities, enhance wildlife habitat, and protect natural and cultural resources. The Uinta National Forest and Timpanogos Cave National Monument appreciate your support of ongoing efforts to improve American Fork Canyon.

The following passes are available at the entrance stations and Visitor Center, cave tour fees are additional:

**Entrance Fee**

Allows recreating and use of facilities in American Fork Canyon and the Alpine Loop.

- Three-day Pass **\$3.00**
- Fourteen-day Pass **\$10.00**
- Annual Pass to American Fork Canyon **\$25.00**

**Golden Eagle Passport \$65.00**

Allows entrance to most national forest and park areas and some other federal fee areas for 12 months from date of purchase; non-transferable.

**National Parks Pass \$50.00**

Allows entrance to most national parks for 12 months from date of purchase; non-transferable.



**Golden Eagle Hologram \$15.00**

Affix the Golden Eagle Hologram to your National Parks Pass to your National Parks Pass to your National Parks Pass to your National Parks Pass, U.S. Fish and Wildlife Service, Forest Service, and Bureau of Land Management sites. This upgrade is valid until expiration of the National Parks Pass to which it is affixed.



**Golden Age Passport \$10.00 (one-time fee)**

Especially for seniors, the Golden Age Passport allows lifetime entrance to most national forest and park areas to American citizens 62 years of age and older; non-transferable.



**Golden Access Passport FREE**

The Golden Access Passport allows lifetime entrance to most national forest and park system areas to American citizens who provide proof of permanent disability; non-transferable.



For your convenience, buy your National Parks Pass online! Gain access to a wealth of information about your National Parks and Monuments all from your own PC. To learn more, log on to [www.nationalparks.org](http://www.nationalparks.org) today!



**FREQUENTLY REQUESTED TELEPHONE NUMBERS**

Law Enforcement	
EMERGENCY .....	911
Division of Wildlife Resources .....	(801) 491-5678
Highway Patrol .....	(801) 374-7030
Poaching Hotline .....	1(800) 662-3337
Utah County Sheriff .....	(801) 851-4100
Ranger Stations	
Timpanogos Cave National Monument .....	(801) 756-5239
Pleasant Grove Ranger District .....	(801) 785-3563
Timpanogos Cave Visitor Center .....	(801) 756-5238
Nearby National Parks	
Arches .....	(435) 719-2299
Bryce Canyon .....	(435) 834-5322
Capitol Reef .....	(435) 425-3791
Glen Canyon .....	(928) 608-6404
Golden Spike .....	(435) 471-2209
Grand Canyon .....	(928) 638-7888
Grand Teton .....	(307) 739-3300
Great Basin .....	(775) 234-7331
Yellowstone .....	(307) 344-7381
Zion .....	(435) 772-3256
Other	
Avalanche Information .....	(801) 378-4333
National Recreation Reservation Service .....	(877) 444-6777
NPS Campground Reservations .....	1(800) 365-2267
Road Conditions .....	1(800) 492-2400
Utah County Travel .....	(801) 370-8390
Utah Travel Council .....	1(800) 200-1160

**WEB SITES**

National Park Service	
National Park Foundation .....	<a href="http://www.nationalparks.org">www.nationalparks.org</a>
National Park Service .....	<a href="http://www.nps.gov">www.nps.gov</a>
NPS Campground Reservations .....	<a href="http://reservations.nps.gov">http://reservations.nps.gov</a>
Timpanogos Cave National Monument .....	<a href="http://www.nps.gov/tica">www.nps.gov/tica</a>
Western National Parks Association .....	<a href="http://www.wnpa.org">www.wnpa.org</a>
USDA Forest Service	
USDA FS Campground Reservation .....	<a href="http://www.reserveusa.com">www.reserveusa.com</a>
Uinta National Forest .....	<a href="http://www.fs.fed.us/r4/uinta">www.fs.fed.us/r4/uinta</a>
USDA Forest Service .....	<a href="http://www.fs.fed.us">www.fs.fed.us</a>
Smokey Bear .....	<a href="http://www.smokeybear.com">www.smokeybear.com</a>
Other	
Public Lands Information .....	<a href="http://www.publiclands.org">www.publiclands.org</a>
State of Utah .....	<a href="http://www.utah.gov">www.utah.gov</a>
Utah Department of Transportation .....	<a href="http://www.udot.utah.gov">www.udot.utah.gov</a>
Utah Division of Wildlife Resource .....	<a href="http://www.wildlife.utah.gov">www.wildlife.utah.gov</a>
Utah State Parks .....	<a href="http://www.stateparks.utah.gov">www.stateparks.utah.gov</a>

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audio tape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

# Make the Most of Your Canyon Visit

Short on time? Wondering how to make the most of your time in American Fork Canyon? Take a look at these suggestions to help plan your visit. Use the map on page 8 to help. The distance from the American Fork entrance station to the Aspen Grove entrance station is 26 miles; approximate driving time with no stops is 45 minutes. Please follow the posted speed limits, watch for wildlife on the roads, and be prepared to slow down in pedestrian areas.

## A Few Hours

**Take in an Evening Program.** Join a Ranger at the Timpanogos Cave Visitor Center on Friday, Saturday, and Monday evenings from 7:30 to 8:30p.m. for presentations about the park and surrounding area. Topics change daily.

**Pack a Lunch.** Picnic areas with tables, grills, water, and restrooms are available at Swinging Bridge Picnic Site inside Timpanogos Cave National Monument, and along the North Fork, Route 114 to Tibble Fork Reservoir.



Forest Service Photo

**A Half Day Drive the Loop.** The 26-mile Alpine Loop offers ter-

rific views of Mount Timpanogos and other glacier carved peaks. The narrow, winding route connects American Fork Canyon to Provo Canyon. A drive during autumn colors is truly breathtaking. Motorhomes and trailers longer than 30 feet are not recommended.



Forest Service Photo

**Visit Cascade Springs.** This beautiful site is located 7.5 miles off the Alpine Loop and consists of redwood boardwalks over springs cascading down the mountain slope in a series of limestone terraces and pools.

**Hike to the Cave.** Stop at the Timpanogos Cave Visitor Center and purchase your tickets to an underground wonderland. The Timpanogos Cave System is a series of three caves connected by two man-made tunnels. Panoramic views of the valley dazzle you as you climb the 1,065 feet to the cave entrance.

**Ride a Bike or a Horse.** Enjoy the multitudes of multiple use trails available on the Uinta National Forest and enjoy a bike ride or horseback ride where no cars can go.

## A Whole Day

**Sleep Under the Stars.** American Fork Canyon is home to four established campgrounds. Each site offers a table, grill, and access to water and restrooms during the summer.

**Take a Hike.** Over 200 miles of hiking trails in the canyon range from level and easy to steep and arduous. Stop at the Timpanogos Cave Visitor Center and ask a Ranger for recommended hikes and look at maps and guides.

**Tell Tall Fish Tales.** Hundreds of hatchery reared rainbow trout are stocked yearly in the American Fork River, Tibble Fork Reservoir, and Silver Lake Flat Reservoir. Also, Pittsburg and Silver Lakes offer an alpine setting with limited trout fishing.



Forest Service Photo

**Volunteer.** Numerous opportunities are available to volunteer your time for a day to help other visitors out, maintain trails and facilities, and protect our natural and cultural resources.

## Journey (cont.)

impression on their son. The shared family experience drew them closer together.

What outdoor family traditions have you established? Do you annually go camping, hiking, fishing, or picnicking in a favorite spot. Many visitors annually hike to the Timpanogos Cave System as a family.

Mount Timpanogos and the Alpine Loop area hold many opportunities for family events and traditions. Consider creating memories here on the slopes of Mount Timpanogos that will last a lifetime.



## Why Did It End?

From its early beginning, the annual hike grew to be one of the most prominent community mountain climbs in America. Over 700 hikers made it to the top along with young eight year old Alfred in 1945 and an estimated 3,500 people reached the summit in a single day in 1970, the final year that the official hike was held. The pressures of so many hikers on the fragile alpine ecosystem resulted in extensive environmental impacts, and many people feared the mountain would not recover.

Fortunately, Mount Timpanogos did recover, and in 1984, to ensure against such future environmental impacts, Congress created the Mount Timpanogos Wilderness Area. This designation provides special protections that prohibits campfires, groups larger than 15 people, bicycles, and short-cutting on the trails. Hopefully, this will allow future generations to create their own family traditions on the Mount.

## Did You Know?

Mount Timpanogos has, for most of these last two centuries, been the most popular mountain climbing destination in Utah. The majestic mountain, second highest in the Wasatch Mountains, has spectacular scenery, an alpine lake just below the summit, a small glacier, waterfalls along the trail, high alpine meadows and wildflowers, even a herd of about 200 mountain goats that were introduced in 1981.

# Keep The Wild in Wilderness

The National Wilderness Preservation System is celebrating its 40th birthday. With the signing of the Wilderness Act by President Lyndon B. Johnson on September 3, 1964, the National Wilderness Preservation System was established to "...secure for the American people of present and future generations the benefits of an enduring resource of wilderness." The system that started with 9 million acres has grown to more than 104 million acres.

## What is Wilderness

Wilderness is a place where the imprint of humans is substantially unnoticed. It is where natural processes are the primary influences and human activity is limited to primitive recreation and minimum tools. This allows us to experience wild places without intention to disturb or destroy natural processes. Change will occur primarily through natural disturbance, and minimum human influence.

## Wilderness in American Fork Canyon

The American Fork—Alpine Loop area offers you two wilderness areas – Lone Peak and Mount Timpanogos. From the American Fork entrance, the Lone Peak Wilderness is to the north or left of the road. Lone Peak was established in 1978 as the first wilderness area in Utah. It contains over 31,000 acres of very rugged terrain, narrow canyons, and high peaks. Your first good look of the 10,500-acre Mountain Timpanogos

Wilderness Area is looking south from the Pine Hollow Trailhead. The Mount Timpanogos Wilderness also offers abundant rugged terrain embellished with waterfalls and summer wildflowers.

## Help Keep it Wild

As the Wilderness Act states, wilderness is a place "...where man himself is a visitor who does not remain." Because Lone Peak and Mount Timpanogos are close to large population centers, they experience high visitor use. That is why it is even more important that each visitor tread lightly to preserve the wild nature of wilderness for those who follow.



Hiking in the Timpanogos Wilderness (Photo by Jon Jasper)

## Protect American Fork Canyon: Leave No Trace



The Leave No Trace concept is simple—it's a set of 7 principles that can be applied to any natural setting to minimize human impact on the environment.

Whether you're hiking, camping, or out for an afternoon drive on the Alpine Loop, following the Leave No Trace principles will help protect American Fork Canyon and preserve the experience for you and other visitors.

To learn more about Leave No Trace, visit their web site at [www.lnt.org](http://www.lnt.org).

### The Principles of LEAVE NO TRACE:

1. Plan Ahead and Prepare.
2. Travel and Camp on Durable Surfaces.
3. Dispose of Waste Properly.
4. Leave What You Find.
5. Minimize Campfire Impacts.
6. Respect Wildlife.
7. Be Considerate of Other Visitors.

# Visitor Services - Summer 2004

				Fee Area	Disabled Access	Restrooms	Drinking Water	Camp Fires	Interpretive Exhibit	Self Guided Tour	Fishing	Picnic Area	Trail Head	OHV Trail	Equestrian Trail	Group Campsite	Dispersed Camping	Equestrian Facilities	Visitor Information	Hiking Trail	Interpretive Program	Telephone	Snack Bar	
<b>CAMPGROUNDS</b>																								
Altamont	Alpine Loop	May 19 - 2003	7,200 ft (2,195 m)	•	•	•	•	•					•				•							
Granite Flat	North Fork Road	May 19 - Sep 23	6,800 ft (2,073 m)	•	•	•	•	•	•			•					•				•			
Holman Flat	North Fork Road	May 19 - Sep 23	6,800 ft (2,073 m)				•		•					•	•	•		•			•			
Little Mill	Alpine Loop	May 4 - Oct 31	6,000 ft (1,829 m)	•		•	•	•		•														
Mount Timpanogos	Alpine Loop	May 19 - Sep 23	6,800 ft (2,073 m)	•		•	•	•						•							•			
North Mill	Alpine Loop	May 4 - Oct 31	6,000 ft (1,829 m)	•	•	•	•	•		•								•						
Salamander Flat	Alpine Loop	May 19 - Sep 23	7,400 ft (2,256 m)				•		•					•		•		•			•			
Theatre-in-the-Pines	Alpine Loop	May 19 - Sep 23	6,800 ft (2,073 m)	•	•	•	•	•						•				•			•			
Timpooneke	Alpine Loop	May 19 - Sep 23	7,400 ft (2,256 m)	•	•	•	•	•						•	•						•	•		

*For campground fees, reservations, or other information please contact Reserve USA at (877) 444-6777.*

				Fee Area	Disabled Access	Restrooms	Drinking Water	Camp Fires	Interpretive Exhibit	Self Guided Tour	Fishing	Picnic Area	Trail Head	OHV Trail	Equestrian Trail	Group Campsite	Dispersed Camping	Equestrian Facilities	Visitor Information	Hiking Trail	Interpretive Program	Telephone	Snack Bar	
<b>VISITOR CENTER</b>																								
Timpanogos Cave NM	Timpanogos Cave NM	May 15 - Oct 31	5,638 ft (1,951 m)	•	•	•	•		•	•	•	•	•								•	•	•	•

				Fee Area	Disabled Access	Restrooms	Drinking Water	Camp Fires	Interpretive Exhibit	Self Guided Tour	Fishing	Picnic Area	Trail Head	OHV Trail	Equestrian Trail	Group Campsite	Dispersed Camping	Equestrian Facilities	Visitor Information	Hiking Trail	Interpretive Program	Telephone	Snack Bar	
<b>PICNIC AREAS</b>																								
Echo	North Fork Road	May 15 - Oct 31	6,000 ft (1,829 m)		•	•	•	•		•														
Grey Cliffs	Alpine Loop	May 15 - Oct 31	6,000 ft (1,829 m)		•	•	•	•		•														
Martin	North Fork Road	May 15 - Oct 31	6,200 ft (1,890 m)		•	•	•	•		•														
Mile Rock	North Fork Road	May 15 - Oct 31	6,400 ft (1,951 m)		•	•	•	•		•														
Road House	North Fork Road	May 15 - Oct 31	6,200 ft (1,890 m)		•	•	•	•		•														
Swinging Bridge	Timpanogos Cave NM	May 15 - Oct 31	5,600 ft (1,707 m)		•	•	•	•		•	•	•	•											

*The American Fork Canyon entrance fee allows picnicking at the above sites.*

## Know Your Fire Safety

Although fire is an important process in the ecosystem, it can be a destructive force. Each year the build up of fuels, extreme weather conditions, and human causes result in destructive wildfires. Preventing unwanted fires is everyone's responsibility.

The Uinta National Forest and Timpanogos Cave National Monument would like your help in preventing undesirable fires. Keep your fire small and manageable. Do not build bonfires that throw sparks and embers. Any fire that is a threat to people, property, or the environment will be suppressed. Unplanned fires may damage sensitive habitat and negatively impact visitor experiences. You can help us prevent unwanted fires by keeping American Fork Canyon, "fire safe."



### Fire Safety in American Fork Canyon

Use an established fire ring and keep water and a shovel nearby to extinguish campfires.

Keep all burning materials well inside the fire ring. Keep all unused firewood well away from the fire.

Never leave a fire unattended and be sure that all fires are dead out before leaving.

Never throw a cigarette butt from any vehicle. Don't risk it, and besides - it's litter!

Use caution when operating portable cooking devices like camp stoves.

Be sure children know how dangerous fire can be. Tell them not to play with matches or lighters.

Contact a ranger if you see any suspicious or unsafe fire practices. It is up to each of us to keep American Fork Canyon fire safe. Report any smoke you might see.

*Our responsibility to the Nation is to be more than careful stewards of the land, we must be constant catalysts for positive change." - Gifford Pinchot*

## Please Tread Lightly

All Terrain Vehicle (ATV) use is one of the fastest growing recreational activities in the forest. The State of Utah estimates that the number of registered ATVs will increase from over 56,000 vehicles in 2003 to over 100,000 vehicles in the next three years. Because the majority of registered ATVs are along the Wasatch Front, an enormous amount of impact is put on our natural resources in American Fork Canyon and other nearby canyons where ATV users ride.

Responsible riders know that one way to protect their riding privilege is to stay on the designated trails. They know that these routes have been developed to protect the valuable natural resources as well as provide them with some great riding adventures.

If ATV riders stay on designated trails,

damage to streams, rivers, plants and trees is minimal.

### Discover the rewards of responsible recreation

- ATV riding provides the opportunity to get away from it all and builds family traditions.
- Remember riding on public lands is a privilege.
- Respect the environment and other trail users. By using common sense and common courtesy, what is available today will be here to enjoy tomorrow.



ATVs exploring designated trails. (Forest ServicePhoto)

# Visiting Timpanogos Cave National Monument

Whether for a cave tour, an evening program, a picnic, or just to hike or walk around, Timpanogos Cave National Monument is a wonderful place to visit. With spectacular canyon vistas, magnificent evergreens, a babbling mountain brook, and lots of things to see and do, the monument is the perfect place for a memorable summertime outing!

## Cave Tours

Tours of the 3 adjoining caves are offered from mid-May through September, weather permitting.

Guided by National Park Rangers, these



Ranger and friends (NPS Photo)

1-hour tours are limited to 20 people. Plan on spending about 3 hours round-trip to hike up, tour the caves, and hike back to the Visitor Center. For your safety and the safety of others, pets and wheeled vehicles (baby strollers, etc.) are NOT allowed on the cave trail.

We strongly recommend bringing plenty of drinking water, as no water is available along the trail or at the caves. Come prepared with hiking shoes and a light jacket (cave temperatures average 45° F [7° C]). Cameras and flashlights are welcome.

## Inside the Caves

The three highly decorated limestone caves are known for their abundance of helictites—spiral, worm-like formations that are rare in most other caves throughout the world. Along the 3/4 mile tour deep inside the mountain, you'll discover many other interesting, colorful features. Anthodite crystals, stalagmites, stalagmites, cave drapery, and flowstone are among other formations that adorn the rooms and winding passages.

## The Cave Trail

To reach the Timpanogos Cave System, visitors must hike the 1.5 mile (2.4 km) hard-surfaced cave trail. The trail, which rises 1,065 feet (325 m), is considered a strenuous hike. Anyone with heart trouble or breathing problems should not attempt the hike. Those under 16 must be accompanied by an adult at all times.

## Introduction to Caving Tour

The Introduction to Caving Tour takes visitors back to Hansen Cave Lake. This off-



The Great Heart of Timpanogos (NPS Photo)

trail tour is a strenuous hike that requires bending, crawling, and squeezing through tight passages. Group size is limited to 5. Participants must be at least 14 years old.

For more information please call (801) 756-5238.

## Junior Ranger Program and Patio Talks

Children who visit the caves can earn a Junior Ranger certificate and badge at the Visitor Center.

Impromptu patio talks are often given on Saturdays and holidays at the Visitor Center. These ranger-presented programs cover a variety of interesting topics for kids of all ages!

## Evening Programs

Join a park ranger every Friday, Saturday, and Monday night at 7:00 p.m. at the Visitor Center for some very special evening programs. These informative programs are educational and entertaining. Activities range from the study of local wildlife to campfire singing. (See Page 7 of this guide for details.)

## Visitor Center Hours

The Visitor Center is open from 7:00 a.m.



to 5:30 p.m. daily during the cave tour season (May through Labor Day). Hours are from 8:00 a.m. to 5:00 p.m. after Labor Day until the visitor center closes for the winter.

## Picnic Area and Nature Trail

The Swinging Bridge Picnic Area is 1/4 mile west of the Visitor Center. A self-guided 1/4 mile Canyon Nature Trail will lead you there. Cooking grills, drinking water, and fire rings are available at the picnic sites. Parking is also available.

A small, shaded, streamside picnic area is also located directly across the road from the Visitor Center.

## Gift Shop and Snack Bar

Food, snacks, beverages, film, clothing,



Family fun at Swinging Bridge picnic area (NPS Photo)

and souvenirs, and a shaded eating-area and parking are located next to the visitor center. For more information call (801) 756-5702.

## Planning a Visit?

For more information on any of the activities offered at Timpanogos Cave National Monument, please call the Visitor Center at (801) 756-5238.



Anthodite crystals (NPS Photo)

**Cave Tour Pricing**

Tickets are sold at the Visitor Center and may be purchased up to 30-days in advance with a credit card by calling (801) 756-5238.

Ages 16 & older **\$6.00**  
 Ages 6 to 15 **\$5.00**  
 Ages 3 to 5 **\$3.00**  
 Ages 2 & under **FREE**  
 Golden Age/Access Pass **\$3.00**  
 Introduction to Caving Tour **\$15.00**

# Lend a Helping Hand

Would you like to get to know your forest and park better? Consider becoming a Volunteer In Parks (VIP)! Your skills and enthusiasm are needed in a variety of areas from greeting visitors, maintaining facilities and trails, to monitoring resources. VIPs can work part time or full time, year round, or for a few weeks.

Timpanogos Cave National Monument has two special volunteer programs for youth and seniors. The Behind A Tour Specialist (BATS) program is for youth 16 years of age and older and the Volunteer Senior Ranger Program is for adults. Please stop at the Visitor Center for more information on these two special programs and other volunteer opportunities.

Contact the volunteer coordinator at Timpanogos Cave National Monu-

ment at (801) 756-5239 to find out about VIPs, BATS, and More.

To find out about volunteer opportunities on the Uinta National Forest, visit the Uinta's volunteering website at [www.fs.fed.us/r4/uinta/volunteering](http://www.fs.fed.us/r4/uinta/volunteering). We'd love to have you join us.



A volunteer helping visitors (NPS Photo)

## Teacher's Corner

Timpanogos Cave National Monument welcomes all school groups to experience Nature's classroom. Discover geology thousands of years old, ancient sea life, and a series of caves deep underground. Cave tour fees may be waived for schools or other

bona fide educational institutions. For more information and the application for educational waivers check out our website filled with helpful tips for planning your visit at [www.nps.gov/tica](http://www.nps.gov/tica) or call the Timpanogos Cave Visitor Center at (801) 756-5238.

## Monument Bookstore

You'll find many interesting materials to enhance your canyon experience at the Western National Parks Association Bookstore in the Visitor Center. We offer books, posters, postcards, maps, gift items, and a whole lot more. Be sure to come see us while you're here!

Please contact the Visitor Center for hours of operation at (801) 756-5238.



The Western National Parks Association is a nonprofit cooperating association of the National Park Service. Through book sales the association helps support the interpretive activities at Timpanogos Cave National Monument.

For more information please visit the Western National Parks Association web site at [www.wnpa.org](http://www.wnpa.org).



# Naturalist's Calendar

AMERICAN FORK CANYON HAS BEAUTIFUL FLORA AND FAUNA THAT REFLECT THE SEASONAL CHANGES.

Every month of the year, plants and animals are busy doing something. Unlike people, who are here to relax, plants and animals can rarely afford leisure time. Look closely, and you will see a world of activity taking place inches from where you're standing.

**M**ay — Each day the green foliage of the canyon is creeping higher and higher up the mountainside, and in the patches of remaining snow the *mountain goats* are grazing with their newborn kids. In the lower canyon look for the snowy blossoms of the *chokecherry tree* and the white blossoms of the *western serviceberry tree*. Flitting from fir tree to fir tree the *Stellar's jay* is probably heard before it is seen! Its call is loud and raucous. Other birds to watch for include the *canyon wren*, the *western white-throated swift*, and the *cliff swallow*.

**J**une — It's often mistaken for Indian paintbrush, but that is actually *firecracker penstemon* blooming along the gravelly roadside. It is also the time to look for *blazing star*, a spectacular yellow-flowered plant, *western larkspur*, *tufted evening primrose*, and *Richardson's geranium*. Birds have young in their nest, with most chicks leaving by the end of the month. *Townsend's chipmunks* are busy and their familiar "chip-chip" sound can be heard. It's also fawning time. *Mule deer* give birth in May and June, and the spotted fawns stay hidden in the tall grass for several weeks before venturing out with their mothers. Do not disturb!

**J**uly — The meadows are covered with blooming purple-blue *lupine* and white *Jacob's ladder*. Look for other native plants including the *sego lily* (Utah's state flower), *spreading dogbane*, and *scarlet gilia*. Many blooming plants are non-native, such as *toadflax*, *Queen Anne's lace*, *woolly mullein*, *chicory* and several varieties of *thistle*. Watch (and listen) for hummingbird activity. The *broad-tailed hummer* is the most common for this region. Also look for the *Townsend's solitaire* and the *American dipper*. *Elk* and *bighorn sheep* will be grazing in the high alpine meadows.

**A**ugust — Snakes may be encountered when least expected; they are often seen in dry, warm, and sunny spots. *Gopher snakes* are harmless; however, steer clear of the *Great Basin rattlesnakes*! The groves of *quaking aspen trees* along the Alpine Loop are growing from soil accumulated by decaying trees from year's past. Birds preferring to live here are the *woodpecker* and *flycatcher*. *Goldenrod*, *shrubby cinquefoil*, and *asters* are blooming, and the *blue elderberry*, *thimbleberry*, and *black twinberry* are producing great fruit for the wildlife! Could a *bobcat* or *mountain lion* possibly be watching you from its perch on a cliff?

**S**eptember — *Moose* may be spotted in their magnificence in meadows and streamside areas. Careful not to get too close; they are unpredictable! *Mule deer* are shedding their summer coats. Their winter fur is thicker and a dull gray-brown. As leaves begin to color, remember that the red is seen primarily in the *big-tooth maple* and *Gambel's oak* leaves, while the bright yellow is seen in the *aspen*, *cottonwood*, and *box-elder maple* leaves. *Red-tailed hawks* and *turkey vultures* may be spotted overhead, taking advantage of air currents.

**O**ctober — While the deciduous trees shed their leaves, the lovely conifers remain evergreen: the *white fir*, the *Douglas-fir*, the *limber pine*, and the *blue spruce* (Utah's state tree). It is mating season for *deer*. Bucks may wrestle each other for territory, clashing antlers until one gives up and leaves the area. Bucks are very unpredictable at this time, so keep your distance. *Black bears* are putting on a pound of weight each week. By November, many will have curled up in the dens they picked out earlier in the spring. The *golden-mantled ground squirrel* will also soon be hibernating.

# Ranger Programs

Timpanogos Cave National Monument and the Uinta National Forest offer a variety of Ranger guided activities for everyone from Memorial Day to Labor Day. The following programs may be offered throughout the summer. All programs are subject to change; please call the Visitor Center at (801) 756-5238 for current information.

**Junior Rangers:**

Saturday, 10:00-11:00 a.m. at the visitor center. Make new friends while learning about the special wonders of American



Fork Canyon. If you're between the ages of 4 and 12 ask how you can become a Timpanogos Cave Junior Ranger.

**Evening Programs:**

Fridays, Saturdays, & Mondays  
7:30 - 8:30 p.m.

Programs presented either at Timpanogos Cave National Monument Visitor Center or at Swinging Bridge Picnic Area (located 1/4 mile west of the Visitor Center).

**Nature's Music in the Canyon**

Visitor Center

Enjoy an evening of sights and sounds while viewing a slide show of scenic American Fork Canyon and surrounding areas. Live acoustic guitar accompaniment provided.

**Bats! Flying Creatures of the Night**

Visitor Center

Afraid of bats? Or do you love those furry little flying creatures? Either way you'll have fun as you discover the truth behind bat myths and folklore.

**Reflections: A History of Mining in American Fork Canyon**

Visitor Center

Learn about the colorful history of mining in the canyon through slides and stories. Hear tales of fortunes gained and lost in days gone by.

**National Parks: One of America's Best Ideas**

Visitor Center

The National Park Service preserves some of the country's most impressive treasures. Learn the history of the National Park Service and what it means to Americans and the world.

**Minerals! An Essential Part of Your Rock Diet**

Visitor Center

Young and not so young mineral enthusiasts are invited to learn geology through the tests a geologist uses to identify minerals.

**Birds of Prey**

Visitor Center

Learn about the birds of prey that can be found throughout American Fork Canyon. Live birds may be in attendance.

**Let's Make Tracks**

Visitor Center

Join a National Park Service Ranger and discover how to "read" the clues that animals leave behind. Have fun making your own animal tracks as you learn how to look for these and other animal signs.

**The Charm of Ssnakes**

Visitor Center

Get up close and personal with live snakes as a National Park Service Ranger introduces you to snakes found right here in American Fork Canyon.

**Singing in the Canyon: Songs of the Summer**

Swinging Bridge Picnic Area

In the good ol' summertime families gather around the campfire and sing nostalgic ballads and rousing rounds. Rangers will nourish you with songs and s'mores.

**Legends of the Giants**

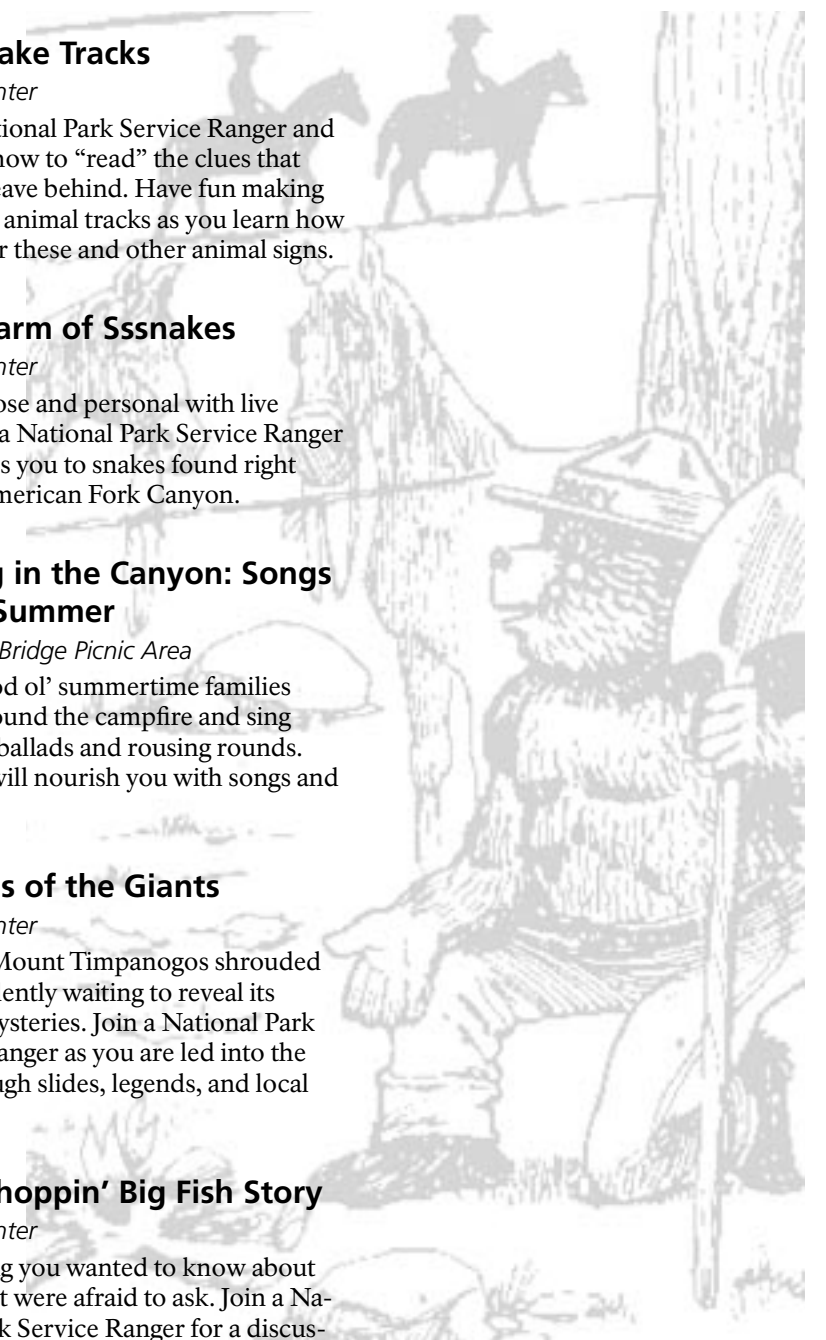
Visitor Center

Imagine Mount Timpanogos shrouded in mist, silently waiting to reveal its hidden mysteries. Join a National Park Service Ranger as you are led into the past through slides, legends, and local folklore.

**One Whoppin' Big Fish Story**

Visitor Center

Everything you wanted to know about fishing but were afraid to ask. Join a National Park Service Ranger for a discussion on types of game fish in Utah and where they are found, how to tie a basic outfit, and basic fishing practices.



## Kids Korner



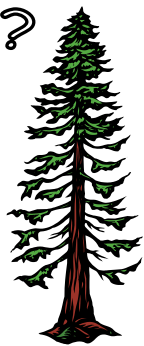
Dear Jr. Visitor,  
It's fun to explore America's National Forests, Parks, and Monuments. While you're enjoying these beautiful places, we hope you will help us to keep them safe and beautiful too. Many animals and plants call these places home, so please remember to pick up any litter, take only pictures, and leave behind only footprints!



### Did You Know?

An average forest of trees is about 70-100 years old – older than your grandparents. And trees in some forests can be 4,000-5,000 years old.

One large tree can provide a day's oxygen for four people!  
Source: www.smokeybear.com



Smokey Bear has been teaching us how to prevent forest fires for sixty years! His friend, Woodsy Owl, has been helping us care for the land for over thirty years. What messages are they each famous for saying?

Smokey Bear: "Only YOU can prevent wildfires."  
Woodsy Owl: "Give a hoot. Don't pollute!"

Help Cricket find his way through the cave.

Can you find these words?

S	B	C	A	V	E	D	E	R	L
Q	U	N	G	D	S	K	L	I	A
U	B	N	F	G	E	S	L	B	K
I	K	J	S	C	R	W	B	Q	E
R	R	Y	T	H	O	C	L	K	J
R	I	F	D	I	I	A	D	C	V
E	V	M	L	K	J	N	E	R	T
L	E	A	F	Y	G	Y	E	H	R
I	R	O	C	K	O	O	R	Q	E
C	H	I	P	M	U	N	K	F	E

**Funny Bone**

Q. What kind of luggage did the turkey vulture take on his airplane trip?  
A. Carrion

Q. What did the judge say to the unruly skunk?  
A. Odor in the court!

**Eye Spy!**

Can you spot these things in the canyon?

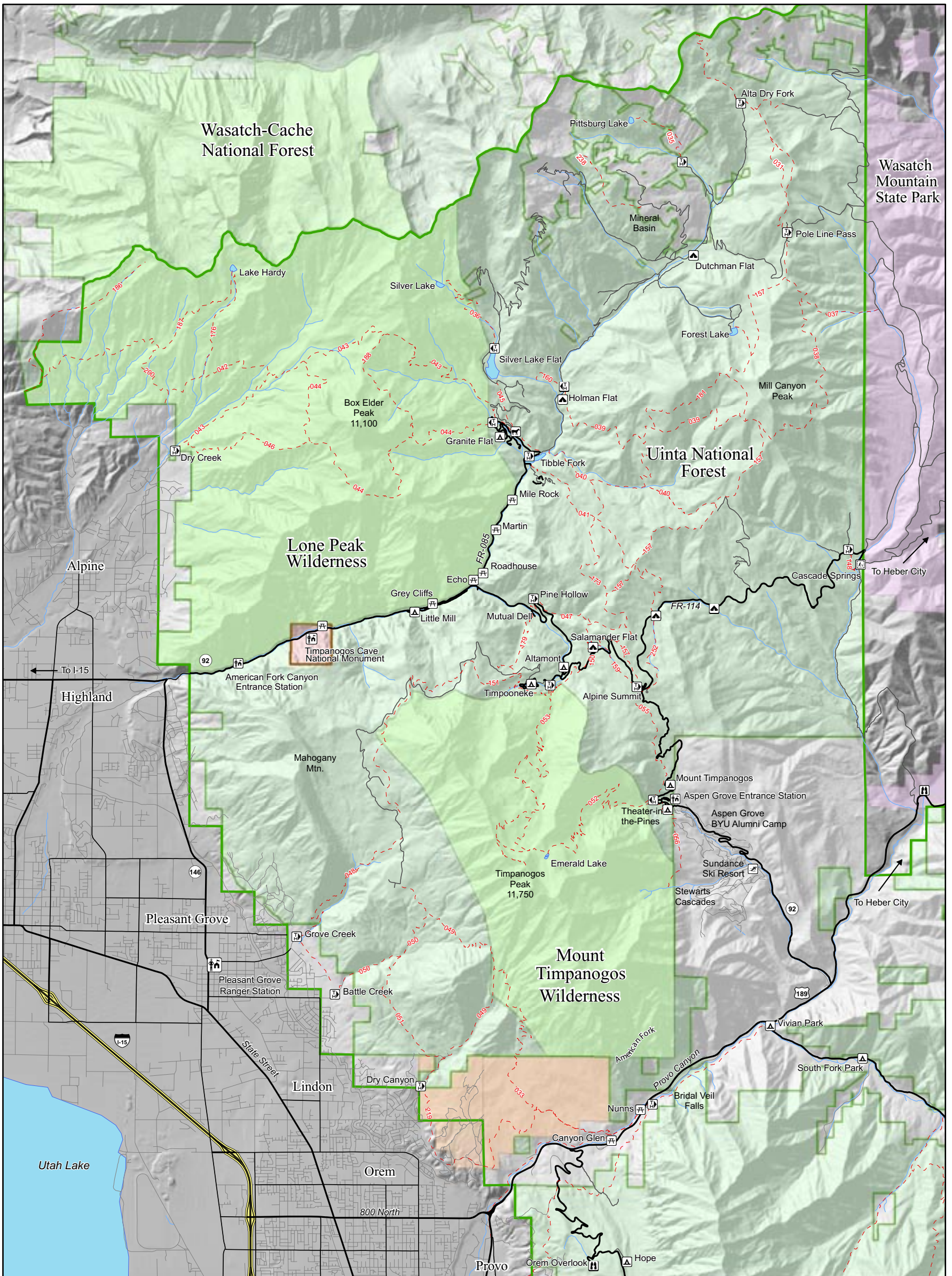
**Making Tracks!**

Match the animal to the tracks it leaves behind.

1. beaver  
2. moose  
3. bobcat  
4. ground squirrel  
5. bear

Answers: 1e, 2c, 3d, 4a, 5b

Hey kids! Be sure to ask at the visitor center about our Junior Ranger program and activities!



## American Fork Canyon - Recreation Map

### Ownership

- Uinta National Forest
- National Park Service
- Private
- Utah State Wildlife Management Area
- Wilderness
- Wasatch Mountain State Park
- - - System Trails

### Recreation Sites

- Information
- Campground
- Dispersed Camping
- Picnic Area
- Trailhead
- Horse Transfer Station
- Scenic Overlook



Original data was compiled from multiple source data and may not meet the U.S. National Mapping Accuracy Standard of the Office of Management and Budget. For specific data source dates and/or additional digital information contact the Forest Supervisor, Uinta National Forest, Provo, Utah. This map has no warranties to its contents or accuracy.