



# Celebrating a Centennial

*100 years of dedication to caring for the land and serving people*

In 2005, the Department of Agriculture's Forest Service celebrates a century of service to our nation. President Theodore Roosevelt established the Forest Service as part of the Department of Agriculture in 1905. The first Chief of the Forest Service, Gifford Pinchot, was tasked with ensuring that "all land is to be devoted to its most productive use for the permanent good of the whole people".

The creation of the Forest Service initiated a century of change in managing public forests and grasslands, with introduction of a new conservation ethic and professional workforce to carry it forth. The Forest Service has now upheld this noble charge for 100 years, and America's forests and grasslands remain vibrant because of the hard work and dedication of Forest Service employees.

Beyond serving as places for recreation, our forests are also sources for wood products, livestock forage, minerals, and many other resources that drive our economy. Over the last century, the Forest Service has combined this ethic



of good stewardship with sound science and a spirit of innovation to cultivate and sustain our forests and grasslands in ways that benefit our entire society.

Today, Americans

continue to be responsible stewards of national forests and grasslands. The Forest Service is working with State and local governments, tribes, and other Federal agencies to help prevent destructive wildfires, return forests to a healthier, natural condition, and maintain a full range of forest types. The Forest Service is also providing important work, education, and job training to citizens in need. This commitment to "Caring for the Land and Serving People" contributes to our country's success in conserving our environment and ensuring that our natural resources remain sources of pride for our citizens, our communities,

and our Nation. We ask that you join us in reflecting on the organization's proud history and traditions and explore ways to move into a new century of "caring for the land and serving people."

## Then and Now – Forest Service accomplishments over the past 100 years

From Gifford Pinchot's first concept of forest preservation, the National Forest Service idea has evolved into 155 National Forests, 20 National Grasslands, 20 National Recreation Areas, and 6 National Monuments. After nearly a century, what do we have to show for our conservation principles?

**Clean water:** A century ago, most watersheds were unprotected. Today, the most and the cleanest water in the country comes from our forests. More than 60 million Americans get their drinking water from watersheds that originate on our national forests and grasslands.

**Wildlife and fish habitat:** A century ago, many species were severely depleted or on the brink of extinction. Today, many have made remarkable comebacks after finding refuge on our national forests and grasslands. For example, our national forests provide 80 percent of the habitat in the lower 48 States for elk, mountain goat, and bighorn sheep. We maintain 28 million acres of wild turkey habitat and half of the country's blue-ribbon trout streams.

**Fire protection:** Seventy years ago, wildland fires burned tens of millions of acres annually. Today, thanks to the best wildland firefighting force in the world, less than 5 million acres burn in most years. We stop 98 percent of our fires during initial attack—what an achievement! Past fire

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Emergency: 911  
Sheriff: (801) 375-3601

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## IT'S UP TO YOU

National Parks and Forests have been described as the crown jewels of the United States. While enjoying the beauty of American Fork Canyon, please remember that few other nations have parks and forests that can compare to those of the United States. They are something to be proud of. They are something to preserve.



The protection of American Fork Canyon is ultimately in the hands of the people who visit it. Your cooperation with park and forest rules

is one way to help ensure American Fork Canyon's beauty.

Please treat your canyon with care so that we may celebrate another century of service.

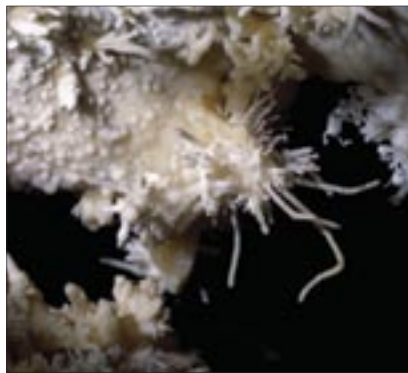
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## Thank You!

Wherever you see these symbols, you'll know your recreation 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 the Uinta National Forest Service, to enhance visitor experience.

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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

# America the Beautiful Pass Coming Soon

Federal lands have provided Americans and visitors from around the world with special places for recreation, education and reflection. Currently, four national passes exist. The Act creates an interagency national pass called the America the Beautiful Pass, which will consolidate the Golden Passport program and the National Parks Passport program into an interagency pass to decrease visitor confusion. This new pass is expected to be available in Spring, 2006.



The Recreational Fee Demonstration program, authorized by Congress in 1996, has given the Forest Service, National Park Service, U.S.

Fish and Wildlife Service, and the Bureau of Land Management an opportunity to test a user-generated cost recovery program, where fees are collected and expended onsite to provide enhanced services and facilities. New authority - The Federal Lands Recreation Enhancement Act - was enacted by Congress as part of the 2005 Omnibus Appropriations Bill and signed into law by President Bush on December 8, 2004. The Act provides agencies with recreation fee authority for 10 years, which will allow the agencies to provide better facilities and services to visitors, employ greater use of technology, and enter into fee management agreements with counties and other entities to provide additional services to visitors. Funds from American Fork Canyon have been used for: the installation of 10 new restrooms, hiking trail improvements, additional cave tours and evening programs at Timpanogos Cave National Monument, and horse-friendly campsites.

## 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**

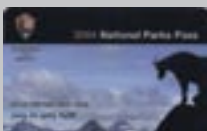
Allows recreating and use of facilities in American Fork Canyon and the Alpine Loop.

Three-day Pass **\$3.00**  
Fourteen-day Pass **\$10.00**  
Annual Pass **\$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 cover entrance fees at national parks, 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
- Weather ..... 1(800) 882-1432

**WEB SITES**

**National Park Service**

- National Park Foundation ..... [www.nationalparks.org](http://www.nationalparks.org)
- National Park Service ..... [www.nps.gov](http://www.nps.gov)
- NPS Campground Reservations ..... <http://reservations.nps.gov>
- Timpanogos Cave National Monument ..... [www.nps.gov/tica](http://www.nps.gov/tica)
- Western National Parks Association ..... [www.wnpa.org](http://www.wnpa.org)

**USDA Forest Service**

- USDA FS Campground Reservation ..... [www.reserveusa.com](http://www.reserveusa.com)
- Uinta National Forest ..... [www.fs.fed.us/r4/uinta](http://www.fs.fed.us/r4/uinta)
- USDA Forest Service ..... [www.fs.fed.us](http://www.fs.fed.us)
- Smokey Bear ..... [www.smokeybear.com](http://www.smokeybear.com)

**Other**

- Public Lands Information ..... [www.publiclands.org](http://www.publiclands.org)
- State of Utah ..... [www.utah.gov](http://www.utah.gov)
- Utah Department of Transportation ..... [www.udot.utah.gov](http://www.udot.utah.gov)
- Utah Division of Wildlife Resource ..... [www.wildlife.utah.gov](http://www.wildlife.utah.gov)
- Utah State Parks ..... [www.stateparks.utah.gov](http://www.stateparks.utah.gov)

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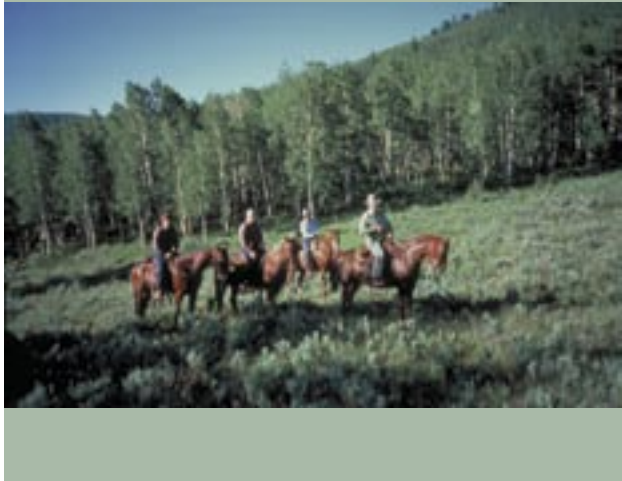


# Make the Most of Your Canyon Visit

## 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 Highway 92, and Route 114 to Tibble Fork Reservoir.



## A Half Day

**Drive the Loop.** The 26-mile Alpine Loop offers terrific 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.

**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 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 has 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.

**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.

## Centennial (cont.)

seasons have been unusually severe due to fire exclusion practices. We have stopped those practices and stepped up fuels treatments by more than 300 percent, from 385,000 acres in 1994 to 1,320,000 acres in 1999.

**Wilderness and roadless-area protection:** Fifty years ago, pristine lands were unprotected and open for development. Today, we protect some 35 million acres of wilderness, about 18 percent of the land in our National Forest System. We propose to keep another 43 million acres roadless, partly to conserve our biological reserves. One hundred eighty-one of the 327 watersheds identified by The Nature Conservancy as critical for the conservation of biodiversity in the United States are on our national forests and grasslands.

**Reforested lands:** A century ago, tens of millions of acres lay bare, including large parts of the East—cutover, burned over, and farmed. Today, more than 46 million acres on our national forests in the East have been restored to health. Nationwide, the headwaters of many Americans rivers are now protected by our national forests.

**Recreational wonderland:** Fifty years ago, our national forests and grasslands hosted just 18 million visitor-days; last year, it was nearly 1 billion—50 times more! People are coming from all over the world. They come to enjoy our 7,700 miles of national scenic byways. They come to fish and canoe our 4,348 miles of national wild and scenic rivers. They come to hike our 133,087 miles of trails, to use our 4,300 campgrounds—the list goes on and on.

## Centennial Activities

### Char Miller Lecture Series

Topics will include Gifford Pinchot and the role of the Forest Service in American history.

### Fiddling Foresters

The Fiddling Foresters are a musical group who will perform throughout the Centennial year.

### “The Greatest Good” Centennial Film

Throughout the year this film will be shown across the nation.

### Smithsonian Folklife Festival

June 23 – July 4, 2005 - The Forest Service will be one of 2005's Smithsonian Folklife Festival's three themes.

# Planning for the Future

Most people seem to enjoy asking the question, “What do you want to do?” Well, Timpanogos Cave National Monument is planning on asking visitors that question and a whole lot more this summer. The monument will be participating in the National Park Service Visitor Survey Project. Our goal is to learn as much as we can about your visit to the monument and American Fork Canyon. Why did you come up American Fork Canyon? What facilities did you use? What did you do in the monument? What did you like most about your visit? What did you like least?

Teams of independent researchers will be distributing the visitor survey to 300 or more visitors during a ten-day period in July. We'll only collect some brief information when we contact you in the monument. You'll be given a copy of a questionnaire that you can fill out at your leisure once you get home. We'll even send you occasional reminders! It should not take more than a half-hour of your time, but the information that you provide will be extremely valuable to us. Your individual response and information will not be shared with anyone, and no names will be used in any publications that result from the study.

Why do we need this information? We do have a genuine interest in knowing what our visitors think, and your opinion is used in deciding man-

agement direction. We also need this information to guide us through our next two major planning efforts. In the fall of 2005 we hope to complete our Comprehensive Interpretive Plan. This is the monument's first long-range interpretive planning



tool in its 83-year history. This planning document provides the interpretation and education vision that we will follow for the next 10 years or more. In addition, the Uinta National Forest and

Timpanogos Cave National Monument are in the initial planning and design stages for a new inter-agency visitor center and administration office to be located just outside American Fork Canyon in the city of Highland. We expect development of the new center will take 3 to 5 years. We intend the new center to benefit the public with easy access and available information on the forest and monument. We also intend the center to compliment the planning and development of Highland, and to provide a sense of arrival and entry to American Fork Canyon. There will be public opportunities to meet with monument and forest staff and provide input. When the process really gets moving, we will issue press releases and post information on our websites, so anyone interested should watch for that information.

What do you want to do at Timpanogos Cave National Monument and in American Fork Canyon? What's your vision for the monument and the forest? We encourage you to participate in the visitor survey this summer. Then stay involved by attending public meetings and by sending us your comments. Together we can plan a promising future for Timpanogos Cave National Monument and American Fork Canyon.

*Connecting to the past . . .*

*Building for the Future . . .*



# Visitor Services - Summer 2005

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

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

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

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

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

## Winning the War on Weeds

Non-native plants, also called exotic or alien, are plant species that have been introduced into an area in which they did not originate. Many thrive in disturbed areas, such as along roadsides and trails, and usually do not have natural enemies to help control their populations. When this type of plant spreads quickly, or crowds out native plants, we refer to it as an invasive species.



Volunteers Pulling Invasive Weeds

Invasive plants can quickly take over native landscapes, robbing wildlife of their natural food and shelter. Some of the most troublesome weeds found in American Fork Canyon include Dalmation Toadflax, Spotted Knapweed, Leafy Spurge, Cheatgrass, and Hounds Tongue. The Forest Service and the National Park Service use many tools to limit the spread of invasive plants. This includes biological control (insects that are specific plant's natural predator), manual removal, mulching, and the use of chemical herbicides. As exotic plants are removed, natives are planted to help restore the natural landscape.

One good area to see this process first hand is the Canyon Nature Trail at Timpanogos Cave National Monument. Invasive plants have been removed from a meadow along the trail for the past two years, and native plants are now being planted in their place.

Examples of native plants found in American Fork Canyon can be seen in the planters outside the Timpanogos Cave National Monument Visitor Center. These include Colorado Columbine, Firecracker Penstemon, and Richardson's Geranium. Common native trees in the area are the Cottonwood, Douglas Fir, White Fir, Utah Juniper, Bigtooth Maple, Gambel Oak, Quaking Aspen, and Choke Cherry. Beautiful native wildflowers such as asters, penstemons, buttercups, violets, and lupines can be seen in American Fork Canyon in the spring and early summer months.

Wildlife, wind, water, and people spread both native and non-native plants when seeds or plant parts are moved from one area to another. You can help reduce the spread of exotic plants by not taking wildflowers from natural areas, and by checking your shoes and tires for attached plant parts to prevent unintentional transport of exotic species. Many thistles are infamous for transporting themselves by sticking to the bottom of hiker's boots. In many places people have deliberately introduced non-native species.

A big part of the war on weeds is in your own backyard! Consider planting native species rather than exotics the next time you landscape your yard or

update your flowerbed. Many natives are just as easy to grow, require less watering, and can be obtained through the local chapter of the Utah Native Plant Society. We stand a better chance of winning the war on weeds when we work together.

# Wanted

## Dalmation Toadflax

Grows 2-3 feet tall. Flowers are Snapdragon-shaped and bright yellow with orange centers. Leaves are waxy green and heart-shaped.



# 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 early-May through early-October, weather permitting.

Guided by National Park Rangers, these 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, stalactites, cave drapery, and flowstone are among other formations that adorn the rooms and winding passages.



## The Cave Trail

To reach the Timpanogos Cave System, which is located 6,730 feet above sea level, 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.

### 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 . . . . .	<b>\$7.00</b>
Ages 6 to 15 . . . . .	<b>\$5.00</b>
Ages 3 to 5 . . . . .	<b>\$3.00</b>
Ages 2 & under . . . . .	<b>FREE</b>
Golden Age/Access Pass . . . . .	<b>\$3.50</b>
Introduction to Caving Tour . . . . .	<b>\$15.00</b>

## Introduction to Caving Tour

The Introduction to Caving Tour takes visitors back to Hansen Cave Lake. This off-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 7:30 p.m. at the Visitor Center for some very special evening programs. These informative programs are educational and entertaining. Activities



Anthodite crystals (NPS Photo)

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, 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 or visit <http://www.nps.gov/tica> to learn more.

# What's That Cat?



Over the years, mountain lions have been called many different names. There are about 40 English words for mountain lion, and roughly 60 more in Spanish and Indian languages. In Mexico, this large, wild cat is called a puma or leon. In the Eastern United

States, they are called panthers or catamounts (the word "catamount" comes from "cat of the mountain"). In the west, they may be called cougars.

Native Americans described these cats well when they called them "ghosts of the wilderness" or "ghost walkers." That's because mountain lions are very secretive and quiet. A mountain lion will see and hear you long before you ever catch a glimpse of it. This is why very few people get to see them.

Mountain lions are carnivores, or meat-eaters. To eat, lions must hunt other animals for food. They feed on deer and small mammals. Does this mean that mountain lions are dangerous? They can be. Like all forest and monument animals, the cats are wild. However, you are not likely to even see one. When provided enough space to roam and hunt for food, most cougars are happy to keep their distance from humans.

## Become a Web Ranger

- ▶ Bring National Park fun to your computer
- ▶ Learn more about your national parks even if you can not visit them
- ▶ Learn about parks before your visit
- ▶ Learn how to care for your parks and your world
- ▶ Send a WebRangers Postcard to a friend

Visit [www.nps.gov/webangers](http://www.nps.gov/webangers) to learn more

Smithsonian Institution

# CAVES

A FRAGILE WILDERNESS

## THE DARK ZONE


DISCOVERING UTAH'S CAVES

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# Nature'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.



**May** Each day the green foliage of the canyon is creeping higher and higher up the mountainside, and along side 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*.



**June** 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!



**July** 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.



**August** 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?



**September** *Moose* may be spotted in their magnificence in meadows and stream-side 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.



**October** 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. When food is abundant *Black bears* will eat up to 45 lbs. and put on 5 lbs. per day in preparation for winter. 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).

## 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.

## 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.

## 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.

## 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.

## 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.

## Your Forest Heritage

Visitor Center

Join us for a nostalgic look at the Uinta National Forest over the last 100 years through slides and stories



# Kids Korner



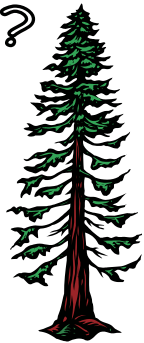
Dear Jr. Visitor,  
It's fun to explore America's National Forests, Parks, and Monuments. While you're enjoying these beautiful places, we hope you will help us to keep them safe and beautiful too. Many animals and plants call these places home, so please remember to pick up any litter, take only pictures,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

cave  
canyon  
chipmunk  
deer  
lake  
leaf  
owl  
river  
rock  
squirrel  
sunshine  
tree

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!

**Funny Bone**

**Eye Spy!**  
Can you spot these things in the canyon?

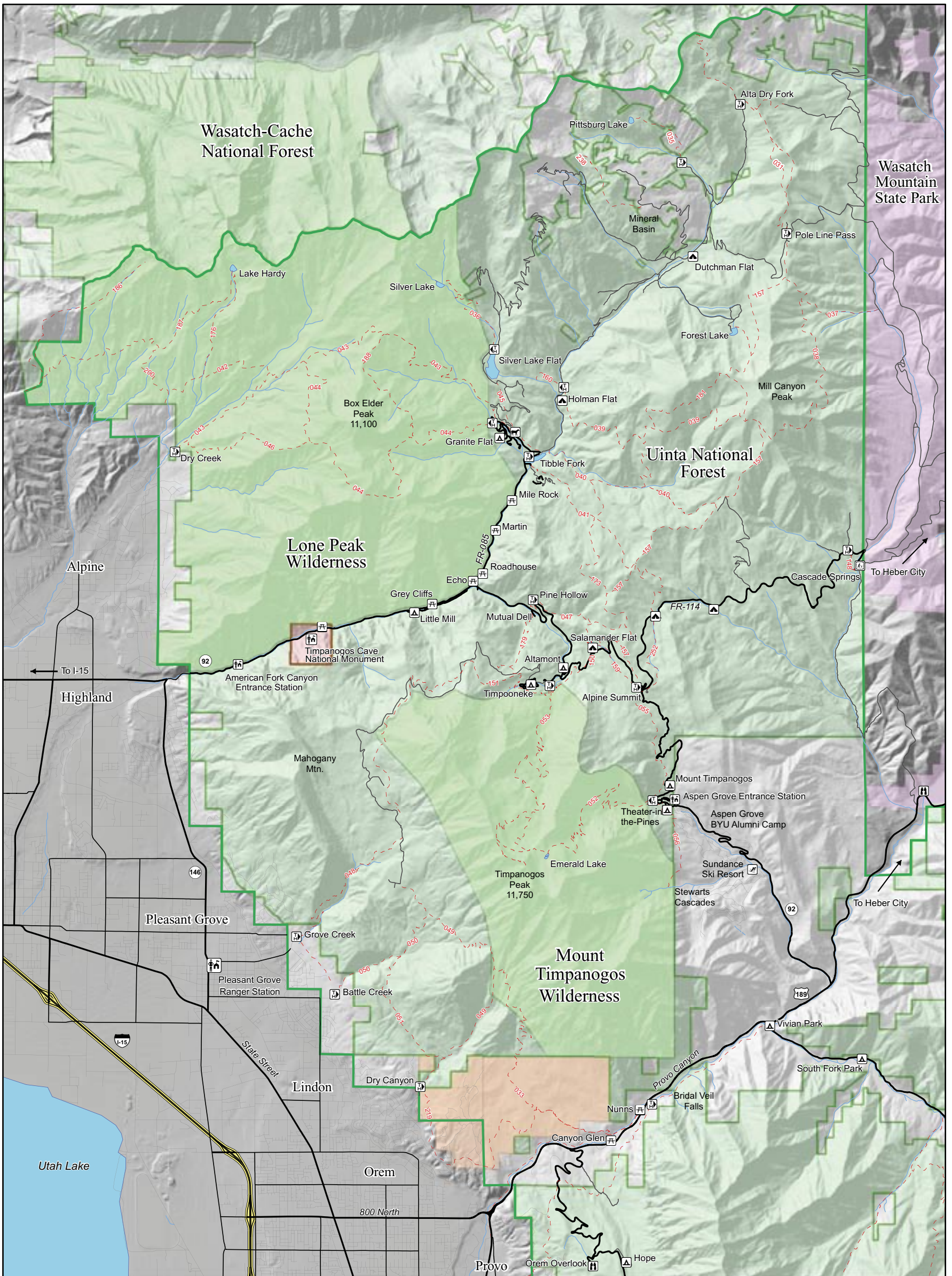
**Making Tracks!**  
Match the animal to the tracks it leaves behind.

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

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

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





## 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

- Paved Road
- Gravel Road

0 0.5 1 2 3 Miles



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.