

Zion National Park Information Sheet

National Park Service
U.S. Department of the Interior



Hiking Guide

Shuttle Stop	Hike Trailhead	Round Trip	Elevation Change	Description
Easy				
1	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.
1	Archaeology 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.
6	Lower Emerald Pool Trail Zion Lodge	1 hour 1.2 mi/ 1.9 km	69 ft / 21 m	Due to trail construction, Lower Emerald Pool is closed until late spring. Check at Visitor Center for current information.
6	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. The trail is a great place to view wildlife.

Trail closed until further notice

9	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. Wheelchairs may need assistance.
Moderate				
1	Watchman Trail Zion Canyon Visitor Center	2 hours 3.3 mi/ 5.3 km	368 ft/ 112 m	Moderate drop-offs. Ends at viewpoint of the Towers of the Virgin, lower Zion Canyon, and the town of Springdale.
4	Sand Bench Trail Zion Lodge	3-4 hours 5.5 mi/ 8.85 km	466 ft/ 142 m	Commercial horse trail from March to October. Hike atop a massive landslide under The Sentinel. Deep sand and little shade.
6	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. No swimming is allowed.
6	Kayenta Trail The Grotto	1.5 hours 2 mi/ 3.2 km	150 ft/ 46 m	Moderate drop-offs. An unpaved climb to the Emerald Pools. Connects The Grotto to the Emerald Pools Trails.
East Side Tunnel	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. Parking lot is right-turn only. Be aware of steep drop offs.
Kolob Canyons	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.
Kolob Canyons	Timber Creek Overlook Trail Kolob Canyons Road	0.5 hour 1 mi/ 1.6 km	100 ft/ 30 m	Follows a ridge to views of Timber Creek, Kolob Terrace, and the Pine Valley Mountains.

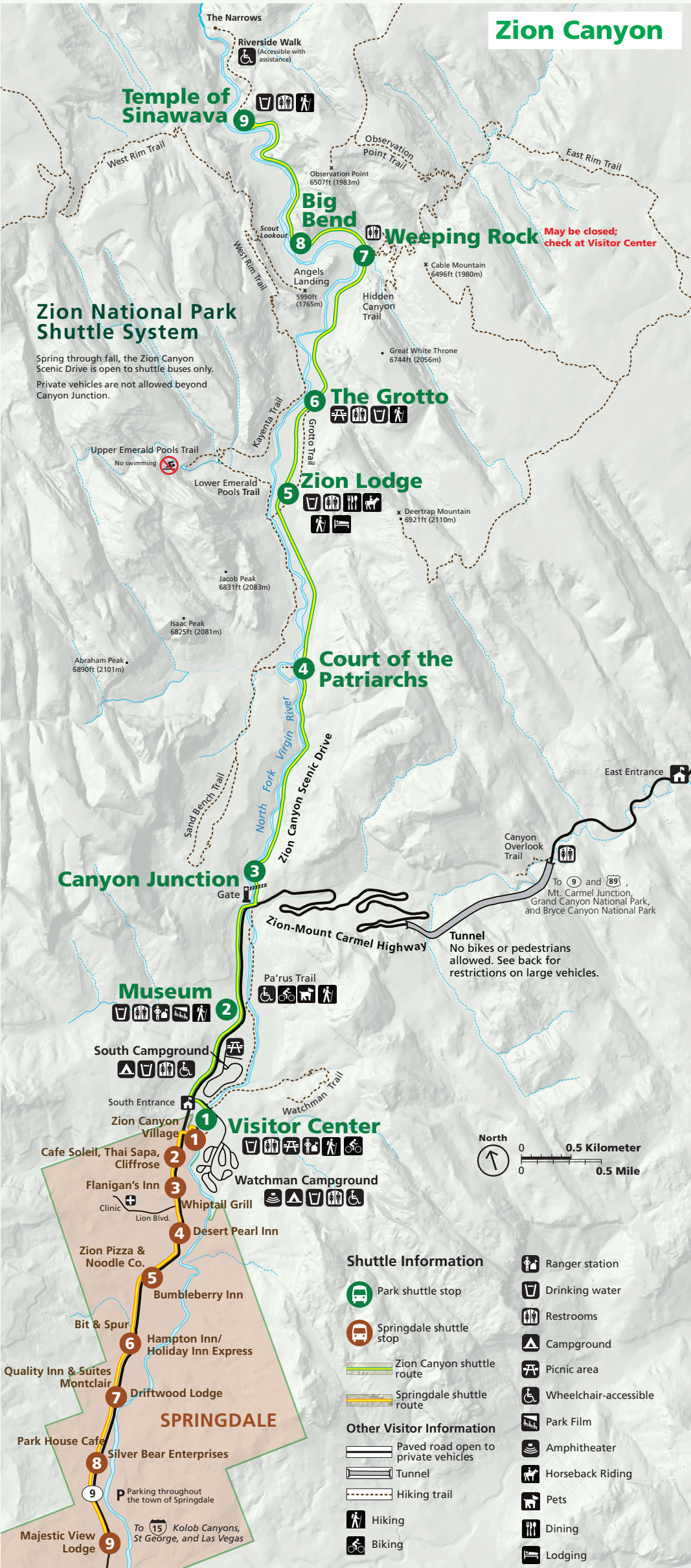
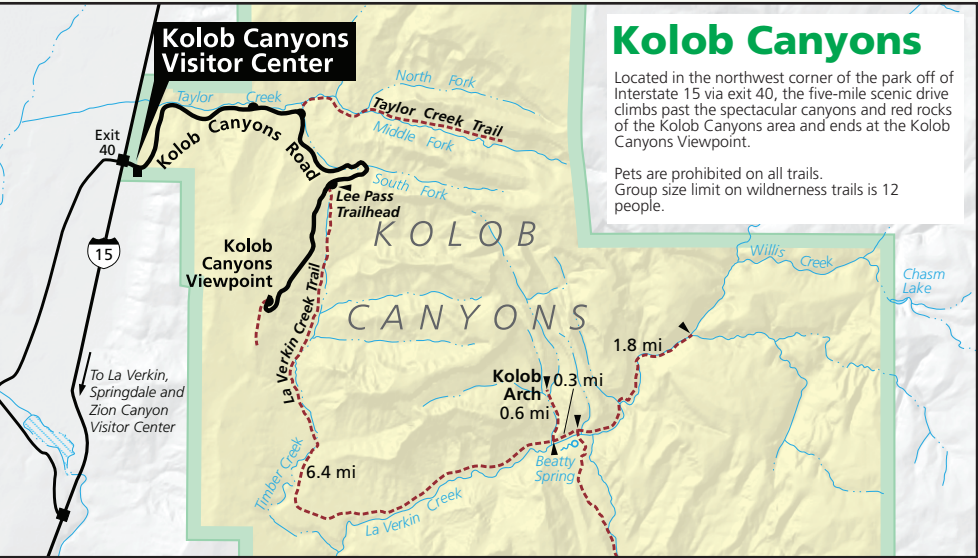
Strenuous				
6	Angels Landing via West Rim Trail The Grotto	4 hours 5.4 mi / 8.7 km	1488 ft/ 453 m	Long drop-offs. Not for young children or anyone fearful of heights. First 2.2 miles, paved surface. Last section is a route along a steep, narrow ridge to the summit.

Trail closed until further notice

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9	The Narrows via Riverside Walk Temple of Sinawava	8 hours 9.4 mi/ 15.1 km	334 ft/ 102 m	Read information on the reverse side and check conditions at the visitor center before attempting. High water levels can prevent access to The Narrows.
Kolob Canyons	Kolob Arch via La Verkin Creek Trail Kolob Canyons Road	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, a large natural arch.

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.



Shuttle Schedule

Zion Canyon Shuttle	Early Spring	Spring	Summer
First Bus from Zion Canyon Visitor Center	Weekends only 7:00 am	7:00 am	6:00 am
Last Bus from Zion Canyon Visitor Center from Temple of Sinawava from Zion Lodge	6:00 pm 6:44 pm 7:00 pm	7:30 pm 8:10 pm 8:30 pm	8:30 pm 9:15 pm 9:30 pm
Springdale Shuttle			
First Bus from Majestic View Lodge from Pedestrian Entrance	Not in service Not in service	8:10 am 8:30 am	7:10 am 7:30 am
Last Bus to Zion Canyon Shuttle from Majestic View Lodge	Not in service	9:15 pm	10:15 pm
Last Bus from Pedestrian Entrance from Majestic View Lodge	Not in service Not in service	9:00 pm 9:15 pm	10:00 pm 10:15 pm

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.twitter.com/zionnps
www.instagram.com/zionnps

Park Information
call (435) 772-3256 or
tune into radio station
1610 AM
Emergencies
911 or (435) 772-3322




Getting Around


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.

 **ZION CANYON SHUTTLE**
During much of the year, the Zion Canyon Scenic Drive is only accessible by shuttle bus. See the shuttle schedule for times and dates of this free service. The buses are wheelchair accessible and have room for backpacks, climbing gear, and at least three bicycles. While in Zion Canyon you may get on and off the shuttle as often as you like. Only service dogs are permitted on the shuttles.


SPRINGDALE SHUTTLE
The Park operates a free shuttle in Springdale. Leave your vehicle at your hotel or park in one of the approved parking areas in Springdale and catch the shuttle in town. Enter the park at the pedestrian bridge at Zion Canyon Village. Leaving your vehicle in Springdale will help you avoid long lines at the South Entrance Station.

 **DRIVING**
Park roads are used by vehicles, bicycles, walkers, and even wildlife. Obey posted speed limits. Unless otherwise posted, the maximum speed limit is 35 mph. Seat belts or child safety seats are required for all occupants of a vehicle. Zion Canyon Scenic drive access is by shuttle bus or with a permit only. The park entrance pass is not a permit. Please turn off your engine when your vehicle is stopped.

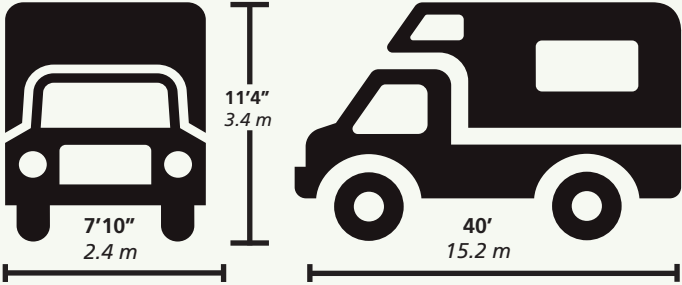
Large Vehicles

 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 snowfall, lingering patches of snow make driving more challenging for larger vehicles to negotiate the many switchbacks on 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. Rangers will stop oncoming traffic so that you may drive down the center of the road in the tunnel.

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.



We apologize for any delays associated with this safety precaution.

Large vehicles may only travel through the tunnel from:

- November 3 to February 29 from 8:00 am to 4:30 pm
- March 1 to March 7 from 8:00 am to 6:00 pm
- March 8 to April 25 from 8:00 am to 7:00 pm
- April 26 to August 29 from 8:00 am to 8:00 pm

 **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.

For Your Safety


Whether hiking, climbing, or driving, your safety depends on your good judgment, adequate preparation, and constant awareness. Your safety is your responsibility.

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

 **WATER**
The desert is an extreme environment. Carry enough water (one gallon per person per day) and drink it. Water is available at visitor centers, campgrounds, Zion Lodge, and most shuttle stops. Do not drink untreated water.

 **HYPOTHERMIA**
Hypothermia occurs when the body is cooled to dangerous levels. It is responsible for the greatest number of deaths among people engaging in outdoor activities. It is a hazard in narrow canyons because immersion in water is the quickest way to lose body heat. To prevent hypothermia avoid cotton clothing (it provides no insulation when wet), and eat high energy food before you are chilled. The signs of hypothermia include uncontrollable shivering, stumbling and poor coordination, fatigue and weakness, and confusion or slurred speech. If you recognize any of these signs, stop hiking and immediately replace wet clothing with dry clothing. Warm the victim with your own body and a warm drink, and shelter the individual from breezes. A pre-warmed sleeping bag will also prevent additional heat loss.

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		Please see park website for most up to date hours of operation.	
	February 15 to February 29	March 1 to April 18	April 19 to May 22
Zion Canyon Visitor Center	8 am - 5 pm	8 am - 5 pm	8 am - 6 pm
Park Store	8 am - 5 pm	8 am - 6 pm	8 am - 7 pm
Zion Canyon Wilderness Desk	8 am - 4:30 pm	8 am - 5:00 pm	7 am - 6 pm
Zion Human History Museum	Closed	10 am - 4 pm	10 am - 5 pm
Kolob Canyons Visitor Center	8 am - 4:30 pm	8 am - 5 pm	8 am - 5 pm
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. Program schedules are based on ranger staffing and availability.


- Check park information centers and bulletin board for times, places, subjects, and information about 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 attending a ranger-led program. 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 a stronger sense of stewardship and responsibility 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.

Emergencies

 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.