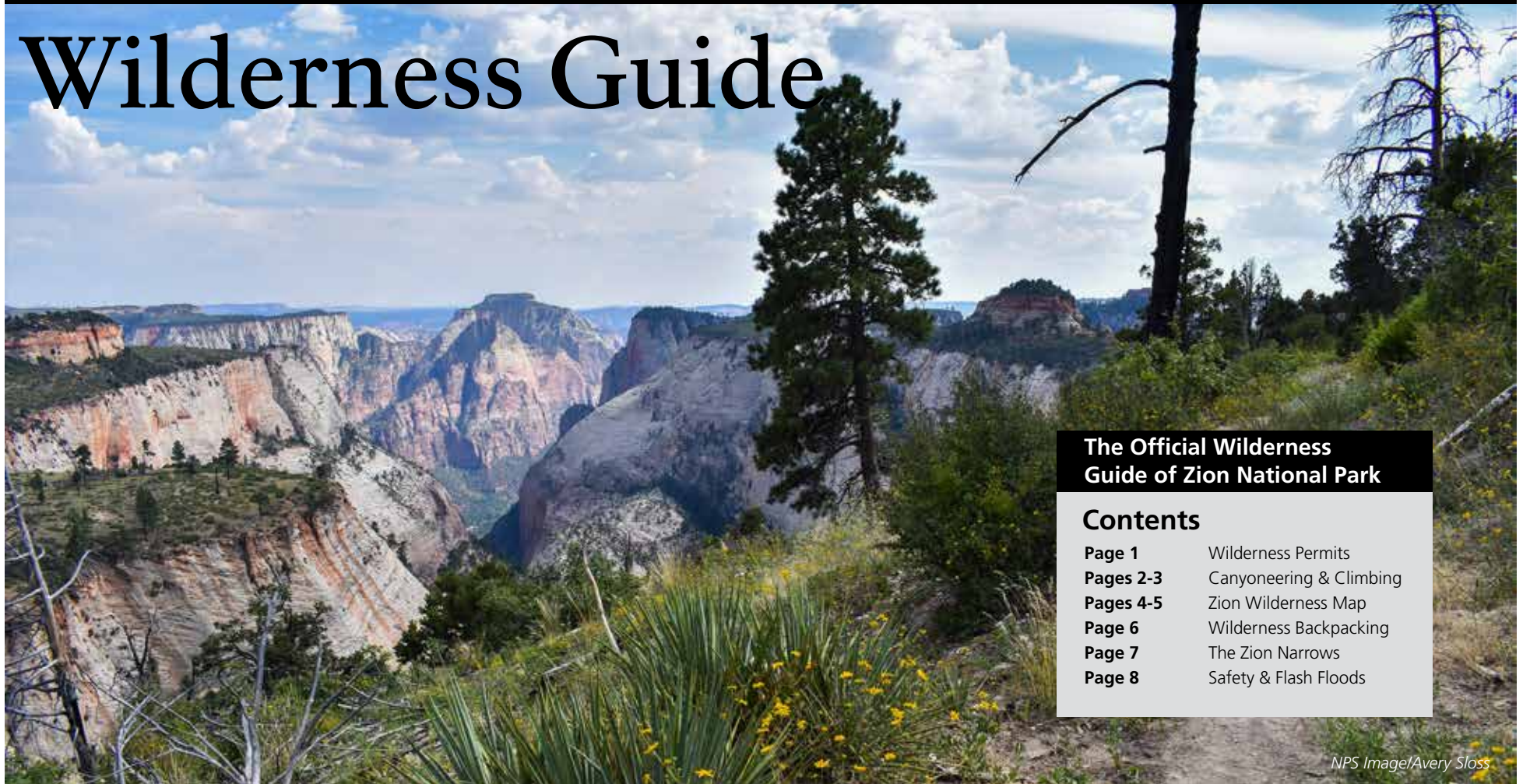




Wilderness Guide



**The Official Wilderness
Guide of Zion National Park**

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NPS Image/Avery Sloss

Welcome to the Zion National Park Wilderness



Zion is a spectacular network of colorful canyons, forested mesas, and striking deserts. All of the land within the park boundary is preserved by the National Park Service for the benefit of the public. In addition, a remarkable 84 percent of this extraordinary landscape is preserved as Wilderness. This designation ensures that over 124,000 acres of the park will continue to be a place where nature and its “community of life are untrammelled by man, a place where man himself is a visitor who does not remain.”

Traveling into the Zion Wilderness, even on short trips, can be very challenging and requires careful planning before you begin. Your safety depends on your own good judgment, adequate preparation, and constant observation.

Contact Information

Zion Park Information
435 772-3256

E-mail
zion_park_information@nps.gov

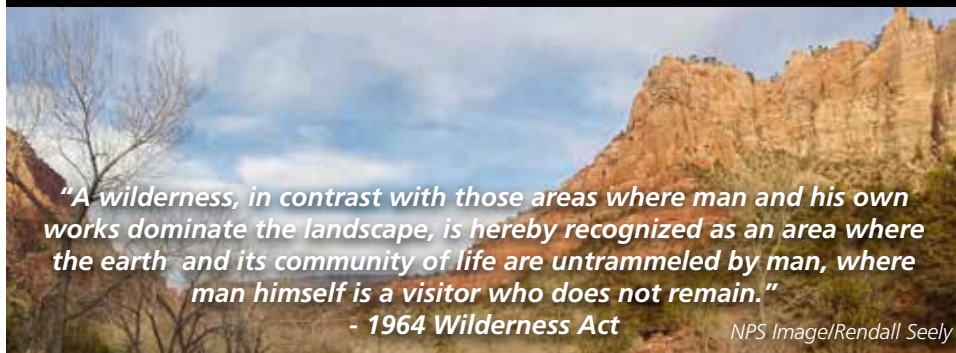
Wilderness Information
435 772-0170

Lost and Found
Report at any visitor center

Website
www.nps.gov/zion

Park Emergencies
911 or 435 772-3322

Zion Wilderness



“A wilderness, in contrast with those areas where man and his own works dominate the landscape, is hereby recognized as an area where the earth and its community of life are untrammelled by man, where man himself is a visitor who does not remain.”

- 1964 Wilderness Act NPS Image/Rendall Seely

On March 30, 2009, President Barack Obama signed the Omnibus Public Land Management Act of 2009 into law designating 124,406 acres of Wilderness in Zion National Park. Eighty-four percent of the acreage of Zion National Park is managed under the 1964 Wilderness Act.

In addition to this designation, 153 miles of rivers and streams within Zion National Park are designated as Wild and Scenic and are managed under the requirements of the Wild and Scenic Rivers Act of 1968.

WILDERNESS PERMITS

Wilderness Permits are required for all overnight backpacking trips, overnight climbing bivouacs, all through-hikes of The Narrows and its tributaries, all canyons requiring the use of descending gear or ropes, and all trips into Left Fork of North Creek (The Subway).

HOW TO OBTAIN A WILDERNESS PERMIT

Advanced reservations, lottery applications, and walk-in permits are available for various areas within the Zion Wilderness. Please visit the Zion National Park webpage: www.nps.gov/zion for current reservation, lottery application, and Wilderness Permit information.

PERMIT FEES

Fees help cover the costs of issuing permits, patrolling wilderness areas, monitoring park resources, and repairing trails. Please visit the Zion National Park webpage: www.nps.gov/zion for current reservation, lottery application, and/or Wilderness permit fees.

GUIDED ACTIVITIES

Structured and/or formally guided activities facilitated by educational, commercial, or like organizations are authorized to occur only on front country trails. Such activities are not authorized to take place in park Wilderness areas. (Primitive and Pristine Zones).

Canyoneering



Canyoneering combines route finding, rappelling, problem solving, hiking, and swimming. Zion National Park is one of the premier places in the country to participate in this exciting activity. With dozens of different canyons to explore, some barely wide enough for a human to squeeze through, the park offers opportunities that range from trips for beginners to experiences requiring advanced technical skills. You can help preserve and protect the canyons of Zion for future generations by following these park regulations and Leave No Trace principles.

WILDERNESS PERMITS

Permits are required for all technical canyoneering trips and all trips into the Left Fork of North Creek (The Subway).

Permits must be carried with you and shown upon request.

PLAN AHEAD AND PREPARE

Ensure that your group is self-reliant and aware of the risks involved with canyoneering. Know the current Flash Flood Potential rating. Flash floods in narrow slot canyons can be fatal. If bad weather threatens, do not enter a narrow canyon. Continuously evaluate the weather and adjust plans to keep you and your group safe. Always have a back-up plan.

Rescue is not a certainty. Your safety is your responsibility.

EXPERIENCE AND ABILITY

Everyone in the group should have the proper equipment, skill level, and ability to belay, ascend, create extra friction, and evaluate anchors. Everyone should be prepared to spend additional time, travel after dark, spend the night if necessary, and survive on their own.

The group should have a route description, map, compass, and the ability to use them to locate the correct route for your trip.

TRAVEL ON DURABLE SURFACES

Travel on well-established trails. Hike in canyon drainages and on slick-rock whenever possible. If you must leave the trail, avoid stepping on biological soil crusts. It can take decades to regrow and can be destroyed by a single step.

GROUP SIZE LIMITS

The maximum group size for The Left Fork (Subway), Orderville, Keyhole, Pine Creek, and the Virgin River Narrows is 12 people. The maximum group size for all other canyons is 6 people.

A group is any number of people sharing the same affiliation (e.g., club, scout troop, colleagues, family, friends, etc.) that enter a canyon or trail on the same day, even if they have multiple permits.

Group size limits are strictly enforced. Permits will be denied and violators will be cited if limits are exceeded.

GUIDED ACTIVITIES

Structured and/or formally guided activities facilitated by educational, commercial, or like organizations are authorized to occur only on front country trails.

Such activities are not authorized to take place in park wilderness areas. (Primitive and Pristine Zones).

DISPOSE OF WASTE PROPERLY

Be prepared to pack out human waste, toilet paper, and hygiene products. All human waste must be carried out of narrow canyons in waste disposal bags.

Carry out all trash, including wrappers, apple cores, fruit peels, nut shells, and toilet paper. Dispose of all waste in a proper trash can or dumpster. Recycle when possible. Do not leave fixed ropes in canyons and pack out any abandoned ropes that you find including old and damaged materials.

LEAVE WHAT YOU FIND

Protect the canyon walls, trees, and rocks from graffiti and vandalism. Do not build or destroy rock cairns that are used to mark trails and routes. If placed incorrectly, they can mislead others, cause unnecessary damage, and lead to potential injuries. Leave rocks, plants, and other natural objects as you find them.

AVOID BOLTING

Bolts should only be placed as a last resort. Only use a bolt if there are no other safe options for creating an anchor. Power drill use is prohibited. If bolts are used, they should be placed so that they will last for many years and will avoid scarring on the rock caused by rope pulls. Use subdued colors for hangers and slings.

BE CONSIDERATE OF OTHER VISITORS

Respect other canyoneering groups and protect the quality of their experience. Prevent bottlenecks. If a faster group catches up to you, allow them to pass. Let the natural sounds of the canyon prevail. Avoid loud voices and noises.



NPS Image

Left Fork (The Subway)

There are two ways to explore Left Fork (The Subway). Both trips involve extensive route finding. Visitors are encouraged to travel with an experienced hiker or obtain a detailed route description. Permits are always required regardless of the direction of travel. The Left Fork of North Creek is a day-use area only. Camping is not permitted.

FROM THE BOTTOM AND BACK

This strenuous 9-mile round-trip hike requires route finding, stream crossing, and scrambling over boulders. This route begins and ends at the Left Fork Trailhead on the Kolob Terrace Road.

FROM THE TOP TO THE BOTTOM

This strenuous 9.5-mile route requires rappelling skills, 60 feet of rope, rappelling gear, harness, a helmet, and extensive route finding experience. The route also requires swimming through several deep pools of very cold debris-filled water. The route begins at the Wildcat Canyon Trailhead and ends at the Left Fork Trailhead. Both trailheads are located on the Kolob Terrace Road.

Climbing



Zion National Park's 2,000-foot sandstone cliffs are world renowned for their big wall climbs. Due to their difficulty, most routes in the park are not recommended for inexperienced climbers and require significant preparation. Permits are not required for day climbs, but they are required for all overnight use. It is illegal to camp at the base of the wall or in your vehicle. Detailed route descriptions are available at wilderness desks.

ROUTE CLOSURES

Some rock formations and routes are closed to climbing from March through August each year to protect nesting peregrine falcons. Check at a Wilderness desk or visit www.nps.gov/zion/planyourvisit/climbing.htm for current closure information.

MINIMUM IMPACT CLIMBING

Many of the park's routes are now going clean. Avoid using pitons and hammers where they are not needed. Excess bolting is discouraged and the use of power drills to place bolts is prohibited. When approaching a climb, please use established trails. Avoid climbing directly above trails where hikers may be hit by dislodged rocks. Tube or bag human waste and carry it out. Do not drop your waste.



NPS Image/Abi Farish

Canyoneering Safety



ALWAYS HAVE A PLAN B

There is no substitute for planning ahead, taking the proper equipment, having the right skills, and using sound judgment. Be prepared to take care of yourself and your group by resolving any difficulties that may arise. Rescue is not a certainty. If rescue is possible, it will take hours or days to remove an injured hiker from the wilderness.

LOWER ECHO CANYON

September 6, 2016, two males attempted to descend Middle Echo Canyon, but did not look at their route description until they descended into Lower Echo Canyon. They continued through the canyon, even though the features did not meet the route description. By the time they looked at their route description, they were already too committed to exit Lower Echo Canyon. Eventually, they emerged at the top of Weeping Rock, a drop more than 10 times higher than the largest rappel in Middle Echo (this rappel is not permitted). Luckily, they were able to call down for help. These canyoneers spent the night at the top of Weeping Rock where they were rescued the next day, after being stranded for approximately 15 hours.

Even heavily traveled canyons in the park are routes, not maintained trails. Do you have a map and a route description? Are you confident in your ability to use them? When you enter a canyon and pull your rope after your first rappel, you are committed. You must complete the entire canyon whether you intended to or not. Make sure you are prepared for the canyon you are descending.

THE NARROWS

On the morning of September 27, 2014, two men hiked into the lower end of The Narrows. There was a 90% chance of rain that day, and the flash flood potential rating indicated that flash flooding was expected. Heavy rain began mid-morning and lasted through most of the day. The volume of the river increased to 40 times its early morning flow. The men were trapped on separate sand bars 200 feet apart. One of the men somehow survived a swim to the end of the Riverside Walk. The other man was killed by the flood. Always check the weather before your trip. If bad weather threatens, do not enter a canyon. If you observe any signs of a possible flood, climb to high ground and remain there until water levels drop.

ENGLESTEAD CANYON

September 3, 2017, a male was descending Englestead Canyon with a group. The first rappel in this canyon is approximately 300 feet. On this rappel, he lost control approximately 70 feet off the ground and fell to the canyon floor where he was fatally injured. This individual was descending on a single strand of rope, using a new 8.3 mm rope. He was descending on an ATC device without a belay or a backup. He was reported to be an experienced canyoneer. Understand your system, forces, and the variables that will change your descent. Are you taking shortcuts? Will your descent system stop you if you are unable to stop yourself? Are you positive you possess and are employing the skill to safely complete the canyon you are attempting? Know how to tie a hands free backup. Make safety your number one priority.



NPS Image



Do you have a backup for all party members? Can all members of your group stop mid-rappel or ascend a short distance to correct a problem? If not, consider taking a canyoneering course before heading out on your own.

REFRIGERATOR CANYON

On September 20, 2014, a group of eight people, including a thirteen-year-old boy, attempted the Refrigerator Canyon route. The boy attempted to rest by tying off his rappel device when he was about 40 feet off of the ground. He lost control while completing the tie off and fell 20 to 40 feet. A prussic caught him before he impacted the ground, but he still suffered back and chest injuries. The boy's prussic backup prevented more serious injuries. Do you have a backup for all party members? Can all members of your group stop mid-rappel or ascend a short distance to correct a problem? If not, consider taking a canyoneering course before heading out on your own.

PINE CREEK CANYON

On November 15, 2014, a group of three was rappelling through Pine Creek Canyon. A member of the party jumped off an obstacle about five feet high into a pool of water. He believed that the pool was deep enough to cushion his fall, but landed on a hidden ledge. The 36-year-old man suffered from a significant lower leg injury. The patient was less than half a mile from a road, but the technical rope rescue necessary to extract him from the canyon required six hours and 14 rescuers. Lower leg fractures are the most common injuries suffered in the wilderness. The most common cause of lower leg injuries is jumping. Do not jump. Bring a rope and use it.

Wilderness Use Limits

Zion National Park's wilderness is managed using standards that were developed to measure the health of natural resources and to determine the number of encounters people considered desirable and acceptable while experiencing wilderness. These two standards were combined with existing management zones to create overall use limits and group size limits. The use limits are evaluated each year, and may change as conditions warrant.

Area	Total Use Limit	Advance Reservations	Last Minute Drawing	Group Size Limit
Behunin Canyon*	12 people per day	6 people per day	6 people per day	6
Echo Canyon*	12 people per day	6 people per day	6 people per day	6
Keyhole Canyon	80 people per day	60 people per day	20 people per day	12
Left Fork (The Subway)	80 people per day	60 people per day	20 people per day	12
Mystery Canyon	12 people per day	6 people per day	6 people per day	6
Orderville Canyon*	50 people per day	30 people per day	20 people per day	12
Pine Creek Canyon*	50 people per day	30 people per day	20 people per day	12
Spry Canyon	20 people per day	14 people per day	6 people per day	6
The Narrows	40 people per day	24 people per day	16 people per day	12

*Total use limits are reduced from March through August for wildlife protection.

Zion Wilderness Map



NO CAMPFIRES

Campfires are prohibited in the Zion Wilderness. Fuel stoves and lanterns may be used for camping purposes, but should only be lit on bare ground away from all vegetation. In the interest of protection of environmental and scenic values, protection of natural resources, and public safety, these restrictions on fires are necessary. Please do all you can to protect the park from human caused wildfires.



FOOD STORAGE

All food and trash must be stored inside a secure hard sided container or interlocking wire mesh bag. For the welfare of park wildlife, your safety, and the safekeeping of your equipment, you should make your food items as unobtainable as possible. Your actions can put other people at risk of food pilfering, since animals regularly revisit areas where they easily obtained food. At worst, your behavior may lead directly to the death of a wild animal. These guidelines are meant to protect park wildlife, people, and equipment.



LEAVE NO TRACE

Protect the park from all graffiti and vandalism. All graffiti, including words, drawings, and arrows, no matter how small or superficially drawn, carved, scratched, or painted, is vandalism. Do not build rock cairns. If placed incorrectly, they can mislead visitors, cause unnecessary damage, and lead to potential injuries. Help protect Zion by not leaving your mark. Make memories, take photos, and leave no trace.



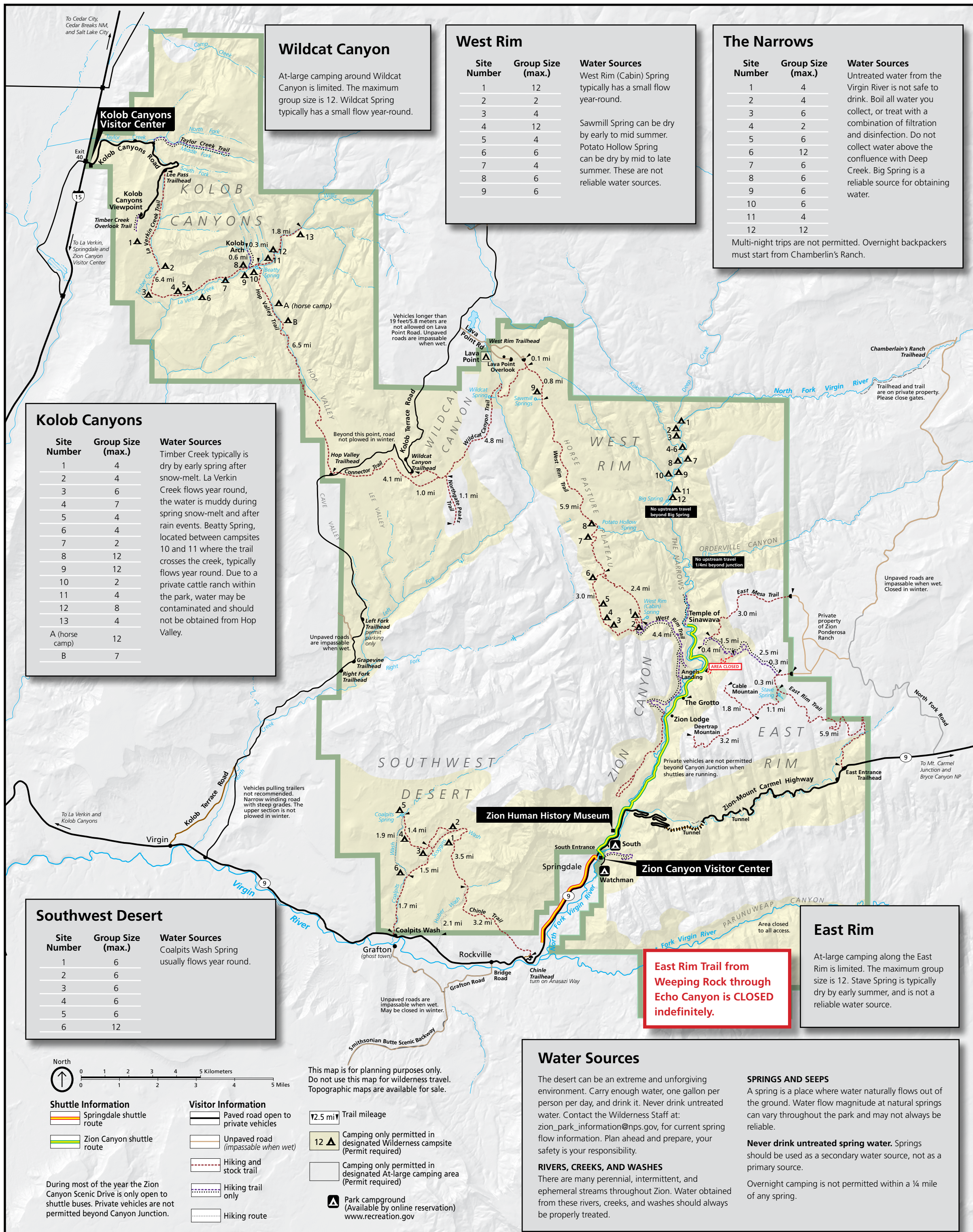
HUMAN WASTE

Pack out all solid human waste, toilet paper, diapers, and personal hygiene products. An environmentally friendly human waste disposal bag, complete with use and disposal instructions, is available for sale in the Zion Forever Park Store and at local outfitters. The contents of the disposal bag may then be deposited in the trash. Use of this waste disposal system is required for all Wilderness permit holders.



GROUP SIZE

Wilderness trails have a group size limit of 12. These limits apply to all trips into the park's wilderness, including trips that do not require a permit. Group size limits are strictly enforced. Groups that exceed these limits may not split up and visit the same route, or wilderness trail on the same day, but may split up and visit different areas.



ZION CANYON SHUTTLE
The Zion Canyon Scenic Drive is closed to private vehicles during most of the year. The Zion Canyon shuttle provides access to the trailheads for the Emerald Pools, the West Rim, and the Narrows.

PRIVATE VEHICLES
The Zion-Mount Carmel Highway, Kolob Terrace Road, and Kolob Canyons Scenic Drive are open to private vehicles. Park roads are used by vehicles, bicycles, and wildlife. Obey posted speed limits. Park only in designated spaces to protect fragile vegetation.

BICYCLES
Bicycles are not permitted in the Zion Wilderness. Bicycling is permitted on all park roadways and on the Pa'rus Trail. Bicyclists must ride single file and stop to let shuttle buses pass.

HIKER SHUTTLE SERVICES
Commercial shuttle services can be hired to provide point-to-point pick-up and drop-off at designated parking areas within the park. All services must have a current Commercial Use Authorization (CUA) with Zion National Park. Search online for current authorized services.

OTHER VEHICLES
Any use of any off-highway vehicle (OHV), all-terrain vehicle (ATV), utility vehicles (UTV) or other motorized conveyance manufactured for recreational non-highway, off-road, or all-terrain travel is prohibited within Zion National Park.

Backpacking



Zion National Park has a number of trails in a variety of landscapes for backpackers to explore. Backpackers in the Zion

Wilderness can camp in designated campsites on Zion's high plateaus, in the low desert shrublands, or next to a river in a narrow canyon.

WILDERNESS PERMITS

Permits are required for all overnight backpacking trips within the park. Permits are valid only for the campsites and dates shown; and must be carried with you and shown upon request.

TRAVEL AND CAMP ON DURABLE SURFACES

In designated camping sites, (e.g., Kolob Canyons, West Rim, The Narrows, and Southwest Desert) camp only within the previously established site. In at-large camping areas, (e.g., Wildcat Canyon and East Rim) campsites should be 200 feet from all streams and trails, ¼ mile from natural springs, and out of sight of all trails.

Camping in previously used areas or on bare ground is encouraged. Travel on well-established trails. If you must leave the trail, avoid stepping on biological soil crusts. It can take decades to regrow and can be destroyed by a single step.

LEAVE WHAT YOU FIND

Leave rocks, plants, and other natural objects as you find them. Protect the park from graffiti and vandalism. Do not build or destroy rock cairns that are used to mark trails and routes. If placed incorrectly, they can mislead visitors, cause unnecessary damage, and lead to potential injuries. Do not build structures including benches, tables, or shelters. Leave the park in a natural state for others to enjoy.

DISPOSE OF WASTE PROPERLY

Be prepared to pack out human waste, toilet paper, and hygiene products. Backpackers must carry a minimum of one human waste disposal bag per person while in the wilderness. Pack it in, pack it out. Carry out all trash, including food wrappers, apple cores, fruit peels, nut shells, and toilet paper. Dispose of all waste in a proper trash can or dumpster. Recycle the rest.



NO CAMPFIRES

Extremely dry conditions exist and campfires are prohibited. Please do all you can to help us protect the Wilderness from human caused wildfires.

PLAN AHEAD AND PREPARE

Traveling into the wilderness, even on short trips, can be challenging and risky and requires careful planning before you begin. Your safety depends on your own good judgement, adequate preparation, and constant observation. Take action to ensure that your group is self-reliant and aware of the risks involved with backpacking. It is a good idea to be prepared to spend an unexpected night in case of an emergency. Know that rescue is not a certainty. Your safety is your responsibility.

Be aware of the weather and the flash flood potential rating. Continuously evaluate the weather and adjust plans to keep you and your group safe. Have a back-up plan. Have a route description, map, compass, and the ability to use them. Familiarize yourself with the water sources in Zion. Carry enough water, one gallon per person per day, and drink it. Do not drink untreated water.

GROUP SIZE LIMITS

The maximum group size for the Zion Wilderness is 12 people. A group is any number of people sharing the same affiliation, even if they have multiple permits. Group size limits are strictly enforced. Permits will be denied and violators will be cited if limits are exceeded.



Store food and trash responsibly. NPS Image.

Extended Multi-Night Trips

Trips up to 36 miles in length can be made by combining various trails across the park. **At this time it is not possible to connect the West Rim and East Rim trails.** These routes cross several roads, so many variations to your trip are possible. A vehicle shuttle may be necessary. Backpackers that intend to camp in various locations need to make separate reservations for each site.

Backpacking Areas in Zion

EAST RIM

The trail heads up to the plateau from the East Entrance with views of sandstone cliffs all around. A hike through ponderosa forest eventually leads to the junction with Deertrap and Cable Mountain. **The East Rim Trail from Weeping Rock through Echo Canyon is closed indefinitely.** East Rim camping is only accessible from the eastside trailheads.

WILDCAT CANYON AREA

This trail starts from Wildcat Trailhead and goes past the Northgate Peaks Trail Junction offering views of the Northgate Peaks as it passes through the ponderosa pine forest. It opens into meadows before coming to the edge of Wildcat Canyon offering sweeping views down into the canyon. This area has no established campsites. At large camping is allowed near parts of the trail. A wilderness permit is required.

HOP VALLEY TRAIL

The trail begins off the Kolob Terrace Road and wanders through the open fields with wide views of the surrounding rock formations. The valley floor of Hop Valley is breathtaking with its flat sandy bottom and vertical walls rising on both sides. It is common to see cows on this route since the trail passes through private inholdings. Please respect these property rights to help maintain access.

WEST RIM TRAIL

The trail starts at the West Rim trailhead near Lava Point and traverses across the high elevation rim with sweeping views into the Wildcat Canyon, Potato Hollow, and Phantom Valley. At Cabin Spring, more than 9 miles from Lava Point, hikers can either turn around and hike back, or drop down towards Zion Canyon. The hike down is a steep drop in elevation and descends 2,500 feet over 4.4 miles, ending at the Grotto Trailhead.

LA VERKIN CREEK TRAIL

The La Verkin Creek Trail allows hikers outstanding opportunities for solitude in a primitive area of Zion Wilderness. The trail begins at Lee Pass with stunning views of the Kolob Canyons as it crosses Timber Creek and continues to descend toward La Verkin Creek. A spur trail leads hikers to a viewpoint where they can see the Kolob Arch.

SOUTHWEST DESERT

The Chinle Trail travels through the low desert and connects to Coalpits Wash. The Chinle Trail crosses the flat terrain between pinyon pines and juniper trees, with spectacular views of the West Temple and Mount Kinesava. Coalpits Wash has no developed trail, but there is a well-worn path to the junction with Scoggins Wash. Wildflowers are great here during the spring. The dirt trails are very muddy when wet. The Southwest Desert has little shade and can be extremely hot in the summer.

Stock Use



Horses have been used traditionally to explore Zion. Stock animals that are allowed include: horses, mules, and burros.

Llamas, dogs, goats, camels, and other animals are not permitted. To reduce the spread of noxious and exotic weeds, stock must be fed certified weed-free hay for 24 hours prior to the trip.

TRAILS

Stock animals must remain on trails. Free trailing or loose herding is not allowed. Maintain a slow walk when passing hikers. Stock must be kept at least 200 feet from drainages, when not being watered or ridden. Check the park map on pages 4 and 5 for trails open to stock use. Off-trail use is permitted only in Lower Coalpits Wash from the trailhead to the junction with Scoggins Wash, in Scoggins Wash, and in Huber Wash.

OVERNIGHT TRIPS

The only overnight stock camp is Hop Valley Site A and your stay is limited to one night. A permit is required. Stock must be hobbled or tethered to reduce damage to vegetation.

The Zion Narrows



The Virgin River has carved a spectacular gorge in the upper reaches of Zion Canyon: 16 miles long, up to 2,000-foot deep, and at times only 20 to 30-foot wide. The Narrows can be an unforgettable wilderness experience.

The Narrows is not a hike to be underestimated. A vast portion of the route is spent wading, walking, and sometimes swimming in the river. There is no maintained trail because the route is the river. The current is swift, the water is cold, and the rocks underfoot are slippery. Flash flooding and hypothermia are constant dangers. Good planning, proper equipment, and sound judgment are essential for a safe and successful trip. Your safety is your responsibility.

GROUP SIZE LIMIT

Large groups produce increased impacts on the wilderness. Group size above the junction with Orderville Canyon is limited to a maximum of 12 people sharing the same affiliation. (e.g., club, troop, family, or friends) Group size limits are strictly enforced. Permits will be denied and violators cited if limits are exceeded.

DISPOSE OF WASTE PROPERLY

All visitors to the Zion Narrows should be prepared to pack out human waste, toilet paper, and hygiene products. An environmentally friendly human waste disposal bag, complete with use and disposal instructions, is available for sale in the Zion Forever Park Store and at many local outfitters.

DRINKING WATER

Untreated water from the river and its springs is not safe to drink. It has passed over rangeland and may be contaminated with illness-causing bacteria. Treat the water you collect by filter, tablets, or by boiling. Hikers are encouraged to carry in all of their water. Drink one gallon of water per person per day.

FALLS

Even the most experienced hikers fall in The Narrows. Pack a walking stick for additional stability. It is also a good idea to waterproof your belongings.

CLOTHING

Even in summer The Narrows can be cool. The water is cold, breezes blow steadily, and very little sunlight penetrates to the canyon floor. Take extra warm clothing. Clothing made of wool or synthetic fibers has the best insulation.

WHEN TO HIKE THE NARROWS

Entering The Narrows is safest when the forecast has little chance of rain and the river is low, clear, and relatively warm. Conditions change from day to day and are impossible to predict. Always check the latest weather forecast and flash flood potential before each trip. Permits are not issued when the flow is 120 cubic feet per second (cfs) or greater. Flash floods can occur any time, but are more common in mid-summer and early fall. From early-Fall through late-Spring, trips through The Narrows require wetsuits, or even drysuits, and special cold weather preparation. Icefall is common in the Winter. Spring snowmelt frequently causes the river to run at dangerously high levels from March to early June.

FOOTWEAR

Hiking The Narrows is like walking on slippery bowling balls. It requires balancing on algae-coated rocks in a swiftly flowing river. Sturdy footwear is essential. Hiking boots with good ankle support are best. Sandals and bare feet are not appropriate. Inappropriate footwear often results in twisted ankles and crushed toes.

WATER DEPTH

The water level varies in The Narrows. Under ideal conditions, when flow is less than 70 cubic feet per second, water levels are around knee-deep. Higher flows mean higher water, a stronger current, and may require wading in waist-deep water. Be prepared to swim. Even when the river is low, chest-deep holes exist. Help the park protect fragile vegetation and hike in or near the river.

DAY HIKE FROM TOP TO BOTTOM

Walking the entire length of The Narrows is a very difficult hike. Under favorable conditions, the 16-mile route takes an average of 12 hours. Even for well-conditioned hikers, this is a very long and strenuous day.

The trailhead at Chamberlain's Ranch is a 1.5-hour drive from the Temple of Sinawava. Two vehicles or a shuttle is necessary. A wilderness permit is required for day trips. Group size limits apply.

DAY HIKE FROM THE BOTTOM AND BACK

To experience The Narrows, start at the Temple of Sinawava, hike one mile to the end of the Riverside Walk and wade into the river. In less than a mile, you will be hiking in one of the narrowest sections of the canyon. There is not a formal destination, and you will return the same way you came. Some hikers try to reach Orderville Canyon, a tributary roughly two hours upstream from the end of the trail. Travel upstream beyond 1/4 mile into Orderville Canyon or beyond Big Spring is prohibited. No permit is required for this day hike. Groups size limits apply beyond the junction with Orderville Canyon.

OVERNIGHT HIKE FROM TOP TO BOTTOM

To enjoy The Narrows at a more leisurely pace, some hikers choose to spend a night in the canyon. Campsite capacity is limited. Trips must start from Chamberlain's Ranch and are limited to a one-night stay.

The Narrows Timetable

Chamberlain's Ranch	0:00 / 0.0 mi
Old Cabin	1:00 / 2.3 mi
First Narrows	3:30 / 6.1 mi
Waterfall	4:15 / 8.3 mi
Deep Creek	5:00 / 8.9 mi
Kolob Creek	5:45 / 9.8 mi
Goose Creek	6:35 / 10.9 mi
Big Spring	7:20 / 11.5 mi
Orderville Canyon	10:00 / 13.5 mi
Riverside Walk	11:50 / 15.1 mi
Temple of Sinawava	12:20 / 16.2 mi

Track your progress by recognizing side canyons like Deep Creek, Kolob Creek, and Big Spring. Watch closely for the mouth of Goose Creek.

River Trips



Watercraft will be allowed by permit only on the North Fork of the Virgin River during periods of the year when the flow in the river exceeds 150 cubic feet per second.

Permits will not be issued for trips north of the Temple of Sinawava when the flow in the river exceeds 600 CFS. The level will be determined by the minimum or maximum flow for the 24 hours preceding the request for the permit. For trips involving any area south of the Temple of Sinawava, the flow will be

based on current reading, which must be below 600 CFS.

Watercraft must be specifically designed for white water use. Operators must be equipped with approved personal flotation devices. Kayak trips through The Narrows should only be attempted by expert paddlers who are prepared to survive without assistance for multiple days. Permits for kayaking through The Narrows will not be issued on the day of the trip and must be obtained the day before. An early start to this trip is needed. Inner tubes are not permitted at any time on any watercourse within the park.

Climate in Zion National Park

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Temperature (°F)												
Average high	54	59	66	75	86	95	100	99	91	79	64	54
Average low	30	34	39	45	54	63	70	68	61	48	37	30
Record high	73	90	91	95	106	114	115	111	110	99	86	81
Record low	-15	0	10	21	19	36	41	36	33	18	6	-5
Days above 100°F	0	0	0	0	0	6	16	10	2	0	0	0
Days below 32°F	20	13	9	3	0	0	0	0	0	1	10	18
Precipitation (inches)												
Average	1.8	2.0	2.0	1.3	0.7	0.3	1.2	1.5	1.0	1.3	1.4	1.6
Record high	9.3	6.7	7.1	5.4	3.0	4.0	4.9	5.1	6.7	5.5	4.0	4.7
Record daily snowfall	12.5	8.0	7.2	4.0	4.0	1.0	0.0	0.0	0.0	3.0	4.5	8.0
Days with thunderstorms	0.0	0.0	0.0	1.0	4.0	5.0	14.0	15.0	5.0	2.0	0.0	0.0

Safety



WATER

The desert is an extreme environment. Carry one gallon per person per day and drink it. Water is available at visitor centers, campgrounds, and the Zion Lodge. Water flow at natural springs can vary; check for information at visitor centers. Do not drink untreated water. Water collected in the wilderness is not safe to drink without treatment.

Harmful cyanotoxins have been found in the Virgin River system. Many remote areas in Zion's wilderness cannot be regularly monitored for toxins, therefore current conditions may not be known. There is no known recreational water filtration or disinfection method that can reduce the toxins to a level that is safe for drinking water. Filter and disinfect all drinking water directly from springs to reduce the risk of toxin exposure.



STEEP CLIFFS

Falls from cliffs near trails and routes have resulted in deaths. Loose sand or pebbles on stone are very slippery. Be careful of edges when using cameras or binoculars. Never throw or roll rocks, as there may be hikers below you. Trails can be snow and ice covered in winter.

- Stay on the trail.
- Stay back from cliff edges.
- Observe posted warnings.
- Please watch children.



PETS

Pets are not allowed on wilderness trails or on the shuttle buses. Even well-behaved pets may disrupt wildlife and other visitors. Do not leave pets in vehicles. Boarding kennels are available in local communities.



FIREARMS

It is the visitor's responsibility to understand and comply with all applicable Utah, local, and federal firearms laws. Federal law prohibits firearms in certain facilities in Zion National Park, which are posted with signs. The discharge of firearms and hunting within the park are prohibited.



DRONES

Launching, landing, or operating unmanned aircraft within park boundaries is prohibited.



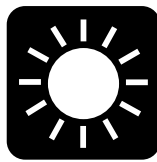
HYPOTHERMIA

Hypothermia occurs when the body is cooled to dangerous levels. It is the number one

killer of outdoor recreationists, even in summer, and it usually happens without the victim's awareness. It is a hazard in narrow canyons because immersion in water is the quickest route to body heat loss. 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
- 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 help prevent further heat loss.



HEAT EXHAUSTION

Heat exhaustion occurs when the body loses more fluid than is taken

in. Signs of heat exhaustion can include nausea, vomiting, fatigue, headaches, pale appearance, stomach cramps, and cool clammy skin. If a member of your party begins to experience any of these symptoms, stop your hike immediately. Find a cool, shady area and rest. It is important to drink fluids, but it is also important to eat salty foods. If heat exhaustion symptoms persist, seek medical help.

Heat stroke is an advanced stage of heat exhaustion. It is the body's inability to cool itself. Symptoms can include confusion, disorientation, behavior changes, seizures, and an inability to sweat. If you believe that a member of your party is suffering from heat stroke, it is imperative to cool them and obtain immediate medical assistance.

Flash Floods



All narrow canyons are potentially hazardous. Flash floods, often caused by storms miles away, are a real danger and can be life threatening. By entering a narrow canyon you are assuming a risk.

During a flash flood, the water level rises within minutes or even seconds. A flash flood can rush down a canyon in a wall of water 12 feet high or more.

BE PREPARED

Before starting your trip, pay close attention to the weather forecast and the Flash Flood Potential Rating for the park. 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 constant attention to your surroundings. Your safety is your responsibility.

FLASH FLOOD POTENTIAL RATINGS

In the summer, the National Weather Service issues a daily Flash Flood Potential Rating for multiple areas in Utah. Zion has worked in partnership with the National Weather Service to create specific Flash Flood Potential Ratings for Zion National Park's unique environment and terrain. These flash flood ratings predict the severity of the flooding can occur within the park.

- **Not Expected:** Flash flooding is not expected.
- **Possible:** Some slot canyons may experience flash flooding.
- **Probable:** Some slot canyons, dry washes and small streams are expected to experience flash flooding.
- **Expected:** Many slot canyons, dry washes, and small streams are expected to experience flash flooding.



Flash floods can be extremely violent. The strength of the water can tumble logs and large boulders. A hiker caught in a flash flood like this would not survive. NPS Image.

Watch for these indications of a possible flash flood:

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

If you observe any of these signs, seek higher ground immediately—even climbing a few feet may save your life. Remain on high ground until conditions improve. Water levels usually drop within 24 hours. Flash floods can occur in the park during periods of low flash flood potential. A moderate or higher flash flood potential is a serious cause for concern. Slot canyons will be closed if a Flash Flood Warning is issued. The canyons will reopen two hours after the Flash Flood Warning has been lifted.

Wildlife

You may encounter wildlife while in the wilderness. Be aware that wild animals can be unpredictable. Do not approach or attempt to move sick or injured wildlife. Please send an email to zion_park_information@nps.gov to report any encounters with aggressive, sick, or injured animals.

RESPECT WILDLIFE

Please keep all animals wild and healthy by viewing them from a safe distance. Do not feed or touch wildlife. Store food and trash in animal proof containers.

MOUNTAIN LIONS

Mountain lions are wild animals and can be dangerous. They have been seen in the park. Though an attack is unlikely and the park has never had a reported attack on people or pets, mountain lions have attacked in other wilderness areas. Watch children closely, and never let them run ahead or lag behind. Solo hiking is not encouraged. Never approach a mountain lion and always give them a route to escape. Do not run, try to look large, and put your arms up. If a mountain lion approaches, wave your arms, shout, and throw rocks or sticks at it. If attacked, fight back.

Emergencies

911

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

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