



Timpanogos Reflections

People of American Fork Canyon

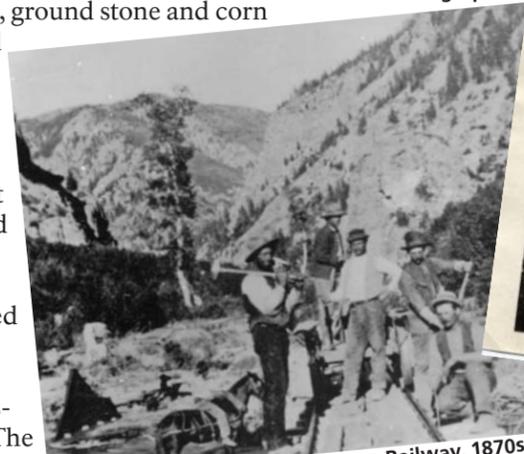
What have you discovered in American Fork Canyon? People have found value in the canyon for over 12,000 years, from a source of food and fuel, to discovering rich veins of ore, a place to graze livestock, or a place to recreate or seek solace amid a backdrop of spectacular scenery.

Early Peoples

For several thousand years, the first people of the area were heavily influenced by the climate. The Paleo-Indian people (12,000 BC) hunted large animals, and likely stayed near the shores of Utah Lake in the cool climate. As the climate warmed, Archaic people (~10,000 BC-AD 1) maintained a lifestyle of hunting and gathering. Excavations in American Fork Cave show that hunters used this cave as a base camp for hunting in the canyon. From AD 1 to 500, a cultural shift occurred, and the Archaic hunter gatherers were replaced by Fremont farming communities. The Fremont people built small farming villages across the valley where they grew corn, squash and beans. Excavations in American Fork Cave have found ceramics, cordage, ground stone and corn kernels associated with the Fremont people. As the climate cooled again around AD 1,300 the Fremont people abandoned their farming way of life. Those remaining returned to hunting and gathering, and are possibly the ancestors of the Utes. The Timpanogos Utes or Utah Valley Utes inhabited the valley using the nearby canyon to hunt big game and gather berries.



Fremont Pictograph



Men on the American Fork Canyon Railway, 1870s

moved north as beaver became scarce by 1830. As more people began to travel through Utah, John C. Fremont led his first mapping expedition along the Wasatch Front in May of 1844. Fremont's records, as well as those from other trappers and explorers, prepared the way for settlement in Utah Valley.

Pioneers, Miners and Loggers

Members of the Church of Jesus Christ of Latterday Saints (LDS), also called Mormons, became the first Europeans to settle in Utah Valley. The LDS people migrated to the Salt Lake Valley in 1847, and by the end of the year, more than 17,000 people resided in the Salt Lake area. In late 1847, LDS President Brigham Young sent Parley Pratt south to explore Utah Valley for expanding settlements. By 1850, families were settled along the American Fork River. These settlers ventured up the canyon in search of building materials and established a road for transporting timber. Rich mineral deposits of silver, lead, and zinc were soon identified in the Wasatch Mountains.

Many people knew of the ore deposits in the canyon, however, the high cost of shipping the ores for processing slowed mine development. Once rail lines running up the canyon connected to the transcontinental line, mining development rapidly followed. As mining claims and activity increased in the canyon, so did the need for lumber. Approximately eleven sawmills operated in the canyon to supply lumber to mining operations and nearby cities. By 1876, the veins of ore began to decrease. Yet there were other canyon treasures waiting to be discovered.



Payson Alpine Club, 1920s

Emergency: 911
Sheriff: (801) 375-3601

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Be Safe Out There!

- Watch your step. Be prepared: wear sturdy shoes and carry water, a map, first aid kit, and flashlight. Tell someone your plans before you go.
- Keep your speed down and be prepared to stop. Road gravel can be loose, especially on curves and hills.
- Be careful while walking near cliff edges and along shorelines. Loose gravel and wet rocks create dangerous footing, which can result in serious falls. Stay away from the edge.
- Drive safely and wear your seat-belt. Be alert for bicyclists on the road. It is easy to get distracted by scenery; pay attention. Do not drink and drive.

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Utah Mountain Bikers Club Volunteers

Thank You!

Wherever you see this symbol, you'll know your recreation dollars are hard at work helping to fund this project. Thank you for helping to make a difference in your parks and forests.



Timpanogos Reflections is published 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 a fee station or Visitor Center.



Sylvia Clark



Denis Davis

Welcome! Bienvenue! Bienvenidos! Willkommen!

Welcome to the Uinta-Wasatch-Cache National Forest and Timpanogos Cave National Monument! Over 300,000 acres await your exploration and enjoyment in American Fork Canyon. From an elevation of 4,500 feet at the entrance to the 11,750 foot summit of Mount Timpanogos, American Fork Canyon offers an experience of unmatched sights, sounds, and solitude. We trust that you will have a wonderful time as you explore and experience this great canyon.

While you are here, take a moment to put your cares aside. As you drive through the canyon, hike to the cave, ski or snowshoe a wintry trail or watch wildlife foraging in the brush, we hope you will lose yourself in the power of this beautiful landscape.

We often think of parks and forests as outdoor museums, but taking care of a living ecosystem is very different than protecting unchanging objects. Both natural features and human facilities may be different each time you visit. Both are changing all the time. How we take care of those features and facilities may also affect your visit. You probably won't notice the environmental monitoring equipment at Timpanogos Cave that works 24 hours a day, but you will see other activities such as revegetation, road work, painting and trail maintenance. Some activities may unavoidably affect you if they lead to temporary closures.

The park and forest staff uses such actions as tools to maintain our facilities in the landscape and protect its inhabitants and visitors. Your visit gives you but a snapshot of this process; Nature decides the timing of many of these actions. They all share one goal: protection of these forests and parks for people now and in the future.

Timpanogos Cave National Monument and the Uinta-Wasatch-Cache National Forest belong to us all, and as such, we have a shared stewardship role. Please be mindful of that as you spend time in YOUR national park and forest. We hope you will be refreshed and restored during your visit, and stay connected to this magnificent landscape long after you have returned home.

Sincerely,

Sylvia Clark
District Ranger, Pleasant Grove
Uinta-Wasatch-Cache NF

Denis Davis
Superintendent
Timpanogos Cave NM

People of the Canyon (cont.)

Cave Discoverers and Recreational Enthusiasts

As populations grew in the Utah and Salt Lake Valleys, more people were visiting the canyon and the demand for forest products increased. In October 1887, Martin Hansen discovered the entrance to Hansen Cave while cutting trees. Shortly thereafter American Fork Canyon came under control of the Federal government with the establishment of the Uintah Forest Reserve in 1897. Around the summer 1913, James W. Gough and Frank Johnson explored the ledges surrounding Hansen Cave. They found the entrance to Timpanogos Cave, but it was lost until Vearl Manwill and the Payson Alpine club rediscovered it in 1921. On October 15, 1921, Wayne and Heber Hansen discovered the



1920s Mt. Timpanogos hikers and 1940s hike souvenir button.

entrance to Middle Cave, and by 1922 Timpanogos Cave National Monument was established to protect the caves. The cave system has been developed for tours, and over 70,000 visitors see the caves every year. American Fork Canyon is a paradise of recreation opportunities; from scenic driving to hiking, biking, climbing and ATV riding. With your visit today you will join over 1.5 million yearly canyon visitors. We encourage you to write the next chapter of people in the canyon-will you volunteer to help care for these public lands, take a camping trip, discover something new in the canyon-or simply share canyon wonders with others?

Portions adapted from *Heart of the Mountain: The History of Timpanogos Cave National Monument* by Cami Pulham.

FREQUENTLY REQUESTED TELEPHONE NUMBERS

Law Enforcement

- EMERGENCY 911
- Division of Wildlife Resources (801) 491-5678
- Highway Patrol (801) 374-7030
- Poaching Hotline (800) 662-3337
- Utah County Sheriff Dispatch (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
- Wasatch Mountain State Park (435) 654-1791

Nearby National Parks

- Arches (435) 719-2299
- Bryce Canyon (435) 834-5322
- Capitol Reef (435) 425-3791
- Glen Canyon (928) 608-6200
- 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 (888) 999-4019
- Recreation Reservation Service (877) 444-6777
- Road Conditions (800) 492-2400
- Utah County Travel (801) 370-8390
- Utah Travel Council (800) 200-1160
- Weather (800) 882-1432

WEB SITES

National Park Service

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

Forest Service- U.S. Department of Agriculture

- National Forest Foundation www.natlfestores.org
- Forest Service Campground Reservation www.recreation.gov
- Uinta National Forest www.fs.fed.us/r4/uwc/
- Forest Service www.fs.fed.us
- Smokey Bear www.smokeybear.com

Other

- Public Lands Information www.publiclands.org
- State of Utah www.utah.gov
- Utah Department of Transportation www.udot.utah.gov
- Utah Division of Wildlife Resource www.wildlife.utah.gov
- Utah State Parks www.stateparks.utah.gov

Canyon Passes

The majority of fees collected remain in American Fork Canyon/Alpine Scenic Loop Area to improve visitor services, maintain recreation facilities, enhance wildlife habitat, and protect natural and cultural resources. The Uinta-Wasatch-Cache National Forest, Timpanogos Cave National Monument and our partners appreciate your support. The following passes are available at the fee stations and Forest Service and Park Service offices. Cave tour fees are additional.



Canyon Recreation Fee

Allows recreating and use of facilities in American Fork Canyon and the Alpine Loop. May be purchased at the fee stations or the Pleasant Grove Ranger District Office.

- Three-day pass - \$6.00
- Seven-day pass - \$12.00
- Annual Pass - \$45.00



Interagency Senior Pass - \$10.00

This is a lifetime pass for U.S. citizens or permanent residents age 62 or over. The pass provides access to, and use of, Federal recreation sites that charge an Entrance or Standard Amenity fee. Non-transferable.



America the Beautiful—National Parks and Federal Recreational Lands Annual Pass- \$80.00

This pass is available to the general public and provides access to, and use of, Federal recreation sites that charge an Entrance or Standard Amenity Fee for a year, beginning from the date of sale. Non-transferable.



Interagency Access Pass - Free

This is a lifetime pass for U.S. citizens or permanent residents with permanent disabilities. Documentation is required to obtain the pass and must be obtained in person. The pass provides access to, and use of, Federal recreation sites that charge an Entrance or Standard Amenity fee. Non-transferable.

.....
All Golden Access and Golden Age Passports will continue to be honored according to the provisions of the pass. Only paper Golden Age and Access Passports may be exchanged free of charge for new plastic passes.
.....

For more information or to purchase the National Parks and Federal Recreational Lands Pass online, visit the Internet at <http://store.usgs.gov/pass> or call 1-888-ASKUSGS, Ext. 1.

USDA is an equal opportunity provider, employer, and lender. To file a complaint of discrimination, write: USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410, or call (800) 795-3272 (voice), or (202) 720-6382 (TDD).

What's New? Your Canyon Fees at Work

American Fork Canyon is cared for today and preserved for future generations by the American people. Your fees help protect our natural and cultural heritage and ensure that everyone has a safe, enjoyable and educational experience.

American Fork Canyon Interpretive Plan

The American Fork Canyon-Alpine Scenic Loop Recreation Area Interpretive plan will guide current and future development of interpretive, educational, information, and developed site designs. The Interpretive Plan will enhance visitor experiences in American Fork Canyon and along the Alpine Scenic Loop.



Signage will change from scattered to...



Sample signage layout.



Consistent design canyon wide. (conceptual drawing)

Beginning this summer visitors will see new trailhead kiosks constructed that will provide information about recreational opportunities, maps, forest rules and regulations. Many will also have stories about mining history, geology, and wildlife. Look for new kiosks at Tibble Fork Reservoir, the new Lower Mill Canyon Trailhead, Graveyard Flat, Alpine Summit Trailhead and many other locations.

Cave Tours and Ranger Programs

Timpanogos Cave National Monument now has five additional national park service rangers to meet the demands of serving over 130,000 visitors annually. Rangers provide interpretive cave tours, evening programs, junior ranger programs, walks and talks, and school outreach.

New, free ranger-guided tours of Cascade Springs will be available from June 7-August 12, 2010 on Mondays and Wednesdays from 10:30 a.m.-11:30 a.m. and free evening programs will continue this year on every Friday through Monday evenings from 7:00-8:00 p.m., Memorial Day through Labor Day.



Guided Timpanogos Cave Tours

2009 Improvements Made Possible by Your Fees

- Construction of the new Lower Mill Canyon Trailhead and trail-access bridge.
- Completion of the upper Mill Canyon Trail reroute and reconstruction.
- Ranger guided interpretive programs at Cascade Springs.
- Rehabilitation of the Theater in the Pines Amphitheater (ongoing in 2010).
- Reconstruction of Echo Picnic Area.
- Utah County Sheriff, for additional patrols and search and rescue operations.
- Groom snowmobile trails, in partnership with Wasatch Mountain State Park.
- Cross-country ski trail grooming in Little Mill and Granite Flat Campgrounds.
- Snow removal for winter camping and trailhead parking.
- Cleaning and maintenance of toilets at all picnic areas and trailheads.
- Maintenance of more than 90 miles of trails.
- Updated trail signs and trailhead information kiosks.
- Interpretive and evening programs in American Fork Canyon.
- Improved road and directional signing on the Alpine Scenic Loop, Cascade Springs and North Fork roads.
- Stream bank stabilization in Little Mill Campground.

Upcoming Projects

- Interpretive plan for American Fork Canyon and Alpine Scenic Loop.
- Reconstruction of the Timpooneke Trailhead.
- New information and interpretive kiosks at trailheads and historic sites.



New group shelter at Little Mill Campground in progress.

- Reconstruction of the Theater in the Pines Group Picnic site.
- Completion of Little Mill Campground Group Pavillion.
- Resurface Granite Flat Campground Road.
- Additional education programs for school children.
- Continued reconstruction of the Tibble Fork, and Mud Springs trails.
- Reconstruction of "plunge and dive" section of East Ridge Trail.
- Rehabilitation of the Emerald Lake Shelter on Mount Timpanogos.
- Ongoing rehabilitation of Theater in the Pines Amphitheater, including updated seating, and lighting.
- Continued improvement and replacement of Road and Trail signs.
- North Fork Road (FR 085) improvements from Tibble Fork Reservoir to Holman Flat.
- Silver Lake Dam stabilization, and fisheries improvements.
- Construction of Cascade Springs Picnic Area.
- Reconstruction of the Mt. Timpanogos Campground.
- Construction of accessible boardwalk, fishing docks and interpretive trail around Tibble Fork Reservoir.
- Construction of a new visitor information station at the entrance to American Fork Canyon.

The protection and enhancement of public lands is everyone's responsibility. The Uinta-Wasatch-Cache National Forest and Timpanogos Cave National Monument thank you for your support. Actions taken today will determine the condition of the lands and facilities passed on to future generations. For additional information or comments, please contact:

Pleasant Grove Ranger Station
390 North 100 East
Pleasant Grove, Utah 84062
(801) 785-3563

Timpanogos Cave National Monument
RR 3, Box 200
American Fork, UT 84003
(801) 756-5239

Safety Tips for Your Adventure

The Utah County Sheriff's Office Search and Rescue team is comprised of 50 volunteers, who dedicate their time and expertise to helping others and keeping people safe. They respond to over 120 rescue missions each year.

Many of those rescue efforts take place on Mt. Timpanogos, an impressive mountain peak which rises 11,750 feet above sea level. People may soon find themselves in trouble on Mt. Timpanogos if they are not prepared for the happenings of Mother Nature. Please don't think for a moment that it "can't happen" to you. If you are prepared for your adventure into the wilderness, chances are you won't need them. But if you are not prepared, you'll be happy to see them when they arrive.



Utah County Sheriff SAR

Here are a few tips you may wish to consider prior to venturing out of the car on your adventure.

Use the items below as a check off list before your hike.

- Know your destination and how to get there. Plan your route and know the distance of your trip. Take a map.
- Tell someone else of your plans, including your planned return time. Then, stick to your plan.
- Take plenty of extra water, extra nutrition, a personal first aid kit, and a flashlight. Make sure you drink plenty of water during your hike.
- Dress appropriately for the weather, but even in the winter you should take a hat, sunglasses and sun protection.
- If you get lost, stay in one place or area. Don't "hide" under the trees or wander around in unfamiliar areas.
- Hang something bright, like a jacket, a pack, or a hat in a nearby tree.
- Stay away from large rivers and lakes.
- Stay away from steep ledges and narrow trails.
- Carry a cell phone and a GPS. There



Utah County Sheriff SAR

Be prepared! Don't let this happen to you.

- are some areas of the canyon where a cell phone will operate in case of an emergency.
- If you are in a group, stay together and do not separate.
- Don't exceed your own limitations or the limitations of your group.

Preparation on your part is a key ingredient to having an enjoyable and memorable experience while you are here. We want your experience here to be a treasured one. Heeding some of our words of advice could be a key component of that experience. Now that you're prepared and ready, go take that hike!

New! Free Ranger-Guided Tours of Cascade Springs

When: June 7-August 12, 2010
Mondays and Wednesdays
10:30 a.m.-11:30 a.m.

Where: Meet at the Gazebo in the lower parking lot

All ages are invited to attend this free accessible program. Be prepared with water, sunscreen and walking shoes. For more information call (801) 756-5238 or visit www.nps.gov/tica and click calendar of events.



Learn about Cascade Springs with a ranger.

NPS

Make the Most of Your Canyon Visit

A Few Hours

Take in an Evening Program or Junior Ranger Program. Join a Ranger at the Timpanogos Cave Visitor Center on Friday, Saturday, Sunday, and Monday evenings from 7:00 to 8:00 p.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, along Highway 92, and Route 144 to Tibble Fork Reservoir.



Picnic at Swinging Bridge

A Half Day

Drive the Loop. The 20-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 on Forest Service Road 114, and consists of 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 in the 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 developed campgrounds. Each site offers a table, grill, and access to water and restrooms during the summer.



Mt Timpanogos Wilderness

Take a Hike. Over 50 miles of hiking trails in the canyon range from level and easy to steep and arduous. Stop and ask a Ranger at the Timpanogos Cave Visitor Center or Pleasant Grove District Office for recommended hikes, 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.

Making the Roadways Safe for Everyone

Whether you enjoy camping, bicycling, hiking or just an afternoon picnic with the family, the Utah Department of Transportation encourages you to be safe while driving through the canyon. Please take notice that the speed limit changes from 35 MPH to 20 MPH through the canyon and there are many people that use the roadway at the same time. Please be courteous to bicyclists, hikers and drivers pulling trailers. Being in a hurry and driving aggressively will not get you to your

destination any faster and could cause a major accident as well as the loss of life.

Should you get behind a slow moving vehicle – Relax. Take a deep breath, chat with a companion or listen to some music. Trying to aggressively pass a slower vehicle won't get you to your destination any faster. Remember driving is not a race. Please leave your competitive instincts at home.



Take a few minutes to enjoy the beautiful scenery of the canyon. Treat others the way you would like to be treated. Courteous driving encourages other drivers to be courteous as well.

Always remember to wear your safety belt and make sure

everyone in your vehicle is securely fastened in their safety belt as well. Studies have shown that at least fifty percent of traffic fatalities could be prevented if people were just wearing their seat belt.

As the stewards of Utah's roads, safety for everyone on our roads is one of our top priorities. With your help we can all enjoy a safe and pleasant summer season in American Fork Canyon.

Interested in Government Employment?

Have you ever thought about spending a summer working in a national park or national forest? Summer seasonal positions are announced and recruited for during the winter months of December through February. A wide variety of positions provide unique challenges, and many rewards. Imagine yourself fighting wild fires, maintaining backcountry trails, conducting cave tours, selling passes in a visitor center or fee booth, leading guided hikes, or collecting resource management data.

To view and apply for vacancy announcements for all federal jobs visit www.usajobs.gov. Positions posted for Timpanogos Cave National Monument and the Uinta National Forest can be found under jobs listed in American Fork and Pleasant Grove, Utah.



You can start a rewarding career with the National Park Service or U.S. Forest Service.

A Greener Visit to Timpanogos Cave

The monument is actively engaged in many green practices, including using hybrid/alternative fueled vehicles, such as compressed natural gas (CNG), low-wattage compact fluorescent lights bulbs, and active recycling of office materials. All new construction and rehabilitation projects are designed using energy-efficient LEED standards.

Help us limit the use of plastic water bottles-bring your own reusable container. There is a new potable drinking water exhibit in the park featuring our own spring water. Refill your bottles as often as needed at the park visitor cen-



New recycling bins were installed throughout the monument in 2009.

ter. Recycle containers are available for your use throughout the monument. We also encourage you to carpool-when possible-it's easier to park one car than many! Thank you for helping us to make a difference.



Look for our new fleet as you visit the monument.

Visiting Timpanogos Cave National Monument

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.

Bring 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. 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

Cave Access 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 kilometer) hard-surfaced cave trail. The trail, which rises 1,092 feet (325 meters), is considered a strenuous hike. Anyone with heart trouble or breathing problems should not attempt the hike. Those under 16 years of age must be accompanied by an adult at all times.

Introduction to Caving Tour

The Introduction to Caving Tour takes visitors back to Hansen Cave Lake. This off-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. Patio talks are on Saturdays and holidays, Memorial Day through Labor Day at the Visitor Center. These free ranger-programs are for kids of all ages!

New! Cascade Springs Walks

Meet a ranger for a free walk on Mondays and Wednesdays, June 7-August 12, 2010, from 10:30 a.m.-11:30 a.m. at the gazebo in the lower parking lot at Cascade Springs.

Evening Programs

Join a park ranger every Friday, Saturday, Sunday, and Monday nights at 7:00 p.m. at the Visitor Center or Mutual Dell for free evening programs. These informative programs are educational and entertaining. Activities range from the study of local wildlife to canyon history and campfire singing.

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.

New! Nature Walks

Meet a ranger for a free nature walk on Tuesdays and Thursdays, June 7-August 12, 2010, from 10:30 a.m.-11:30 a.m. at the Visitor Center front steps. We will explore the 1/4-mile paved Canyon Nature Trail.



Anthodite crystals

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 www.nps.gov/tica and click calendar of events to learn more.

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	\$7.00
Ages 6 to 15	\$5.00
Ages 3 to 5	\$3.00
Ages 2 & under	FREE
Senior/Access Pass	\$3.50
Introduction to Caving Tour	\$15.00



Junior Ranger program



Take a cave tour.



Rangers are ready to help you.

Dial and Discover Cell Phone Tour (801) 216-3811



Look for signs like this along the cave trail and dial in!



Your cell phone provides another opportunity to learn more about Timpanogos Cave National Monument. Dial in and listen to a narration over your cell phone at various points of interest along the cave trail.

Wherever you see one of the cell phone tour signs, dial (801) 216-3811 and enter the stop number. You will hear a ranger give a short message about the canyon— from geology to plants and animals or cave discovery.

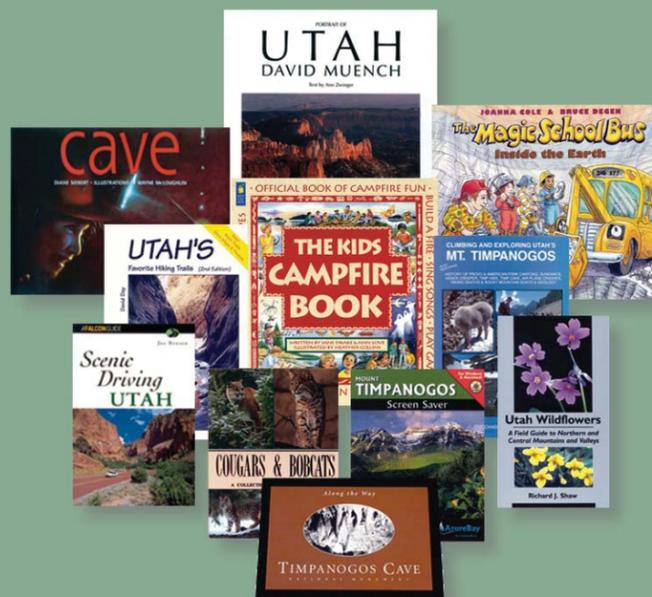
There is no additional charge to listen to these messages. Please be aware that cell phone coverage can be spotty and not all providers offer service in the park.

Teacher's Tip

Cave tour fees may be waived for schools or other bona fide educational institutions. For more information and the application for educational waivers check out our website filled with helpful tips for planning your visit at www.nps.gov/tica or call the Timpanogos Cave Visitor Center at (801) 756-5238.

Monument Bookstore

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



The Western National Parks Association is a nonprofit cooperating association of the National Park Service. Through book sales the association helps support the interpretive activities at Timpanogos Cave National Monument. For more information please visit the Western National Parks Association web site at www.wnpa.org.



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

Will Global Climate Change Affect Timpanogos Cave?

Global climate change is a complex and for some, a controversial topic. What scientific data clearly shows is that temperature and carbon dioxide are rising on the planet. There are still many questions and many predictions about the future, some of which are contradictory, but that doesn't mean we should ignore the issue.

How will global climate change affect Timpanogos Cave? The short answer to that is "We don't know." Will Timpanogos Cave's average temperatures increase? Will that happen in both summer and winter? Will daytime or nighttime temperatures change the most? Will rainfall increase or decrease? Will the rainy season lengthen or shorten? Will there be less snow and more rain?



What could changes in rainfall do to cave system lakes?

Models and predictions try to answer those questions and more, and they are good ways for us to prepare for the future. One of the things needed is good data. In 2001, the National Park Service, park staff and researchers at Timpanogos Cave began inventorying and monitoring the natural resources and conditions found within National Park sites including Timpanogos Cave.



Collecting a water sample in the cave.

This "Inventorying and Monitoring" program first looked at all the plants, animals and conditions in the park. Currently, "indicator" species are being selected to focus attention on, with the intention that by monitoring these, the condition of the whole could be correctly measured. Cave environmental data loggers have been installed to measure drip rates, humidity, and temperatures. Data is coming in.

We also have some good data from three weather stations located in the park; one above the caves, one near the caves, and one below the caves, that includes temperature and rainfall. Combined with newer data, we can start to put pieces of the puzzle together.

While it would be very helpful to have a completed puzzle with enough data to draw definitive conclusions and take decisive actions, for the most part, we aren't there yet. So what should we do now?

No matter what the data shows, one decisive action each of us can take is to conserve. The American values that drove the creation of National Parks, and the National Park Service back in 1916 were the conservation and stewardship of resources for the benefit of all Americans.

Our conservation and stewardship values are just as important today. Reducing our personal use of resources, using less energy, and releasing less carbon will help. We can all make a difference.

Do Your Part for Climate Friendly Parks!

Visitors can sign up for the "Do Your Part!" program at: <http://www.nps.gov/climatefriendlyparks/doyourpart.html>.

Step 1 — Pick a Park

Choose among the parks that participate in the Do Your Part! program.

Step 2 — Sign Up

Create a personal profile that is linked to your carbon footprint and the park of choice.

Step 3 — Calculate & Pledge

Calculate your carbon footprint by entering basic information about your household's energy needs. Next, calculate your household's environmental and economic savings based on future climate-friendly actions. Once you hit "submit," you have pledged to help your national park achieve its emissions reduction goals!

After 6 months, we will ask you to return to the website to update the progress you have made toward reducing your carbon footprint.



Lend A Hand

The Pleasant Grove Ranger District and Timpanogos Cave National Monument have hundreds of volunteers who come out and make a difference. We would like to recognize 4 groups who put forth exceptional volunteer contributions in 2009. Volunteers help reduce the cost of managing public lands, improve visitor facilities, and protect natural resources and recreational opportunities.



Volunteers install a horse hitching post.

Back Country Horsemen Association, Hi-line and Hobbles Chapter

A segment of the national Back Country Horsemen of America, the Highline-Hobbles Chapter members have been completing trail work and improving equestrian facilities since the early 1990s. They have been instrumental with general trail maintenance and construction, and were instrumental in connecting, building and continuing to maintain the Great Western Trail. They have also developed equestrian parking and camping opportunities, and complete projects for the Heber and Spanish Fork Ranger Districts.



Volunteers install fencing at Forest Lake.

Utah Four Wheel Drive Association and Utah 4x4 Club

The Utah Four Wheel Drive Association (U4WDA) and Utah 4x4 Club have been helping manage off road vehicles in American Fork Canyon since 2000. Starting in 2005 they began organizing an annual National Public Lands Day (NPLD) volunteer event. For NPLD in 2009, they recruited over 80 4x4 enthusiasts who helped build 200ft of fence to close and rehabilitate illegal motorized routes, removed litter and improved signing. The Utah 4x4 Club has adopted the Shaffer Fork Forest Road #194 and Forest Lake area.

Utah Mountain Bikers Club

The Utah Rocky Mountain Bikers Club has been working on trails since 2003.



Before and after of South Fork of Little Deer Creek Trail #252.



They have currently adopted 17 miles of single track trails. They have been completing trail maintenance, noxious weed removal and educating other trail users. In 2009 they helped plan, recruit and host two volunteer work days to construct a turnpike on the South Fork Little Deer Creek trail #252. This work repaired a badly damaged section of trail.

Behind A Tour Specialist (B.A.T.S.)

The Behind A Tour Specialists at Timpanogos Cave have been helping to protect the cave system, provide visitor information, and assist the rangers since 1995. Over 55 youth ages 14-18 donated over 2,000 hours to preserving the caves for future generations.

If you see any of our great volunteers out working, please take the opportunity to pass on a big thanks. Thank you to everyone who volunteered in 2009, your time and efforts are greatly appreciated.

For more information about how to get involved please call:

Pleasant Grove Ranger District
801-785-3563

Timpanogos Cave National Monument
801-756-5239

Fire Safety

American Fork Canyon has hot and dry summers and wildfire is always a concern.

- Don't park in dry grass.
- Have water and a shovel nearby campfires during the fire season.
- Don't throw cigarettes out of your car window or smoke near dry grass.
- Never burn trash.
- Don't throw out or bury hot charcoal from your grill.
- Do not burn firewood larger than the width of your arm.
- Never leave your campfire unattended.
- Make sure your fire is dead out when you leave.

Remember, only you can prevent wildfires.



Canyon Kids



Fun in the Canyon

No matter where you are exploring in the canyon, take a moment to have some fun! Here are some ideas to get you started.

- Close your eyes for one minute-count how many different sounds you hear.
- Go on a hike.
- Hug a tree.
- Find something rough and smooth to touch.
- Play I Spy.
- Identify a plant or animal.
- Pick a color and look for something natural to match it.
- Sing a favorite song.
- Make up your own game to play.
- Become a Junior Ranger.
- Finish the Canyon Kids page activities.



Funny Bone

Q: What did the big flower say to the small flower?

A: What's up Bud.

Q: What did the beaver say to the tree?

A: It's been nice gnawing you!

Q: What bow can't be tied?

A: A rainbow!

Q: What did the dirt say to the rain?

A: If this keeps up, my name will be mud.

Q: Why do hummingbirds hum?

A: Because they do not know the words.

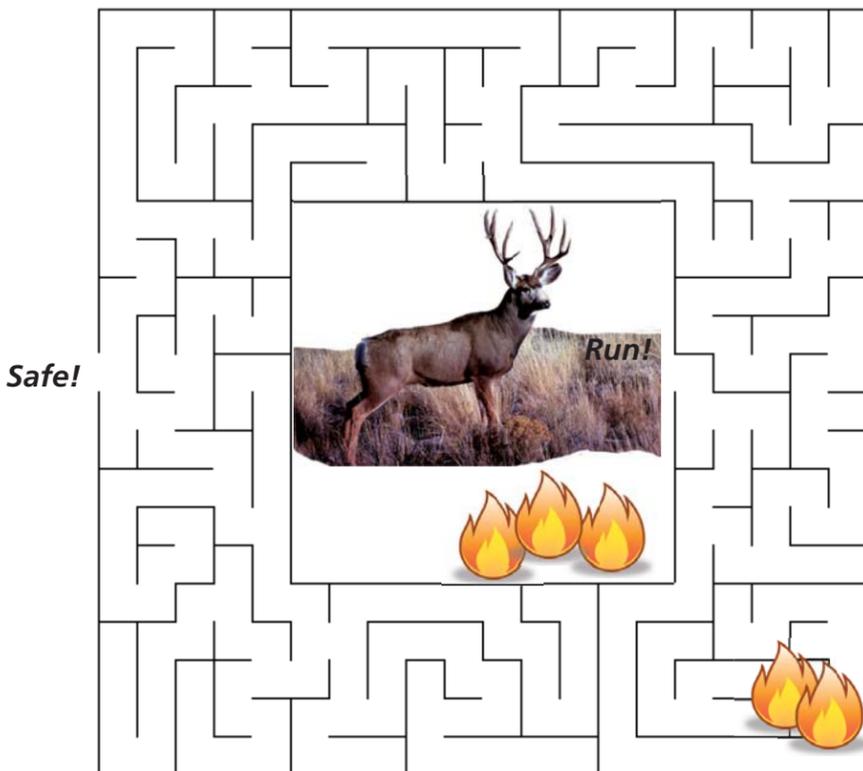
Discover More Fun Canyon Activities

- ATV
- CAMP
- CAVE TOUR
- CLIMB
- CROSS COUNTRY SKI
- FISH
- HIKE
- PICNIC
- RANGER PROGRAM
- SCENIC DRIVE
- SNOWMOBILE
- VIEW WILDLIFE

Hint: Do you see the secret message in the wordsearch? Remember this as you have fun!



Help the Mule Deer Escape the Wildfire!



Answers: Discover More Fun Canyon Activities Secret Messages: Take pictures and leave only footprints.
Canyon Animal Match: Mountain Goat-F, Bat-B, Chipmunk-A, Ground Squirrel-D, Hummingbird-E, Falcon-G, Bighorn Sheep-C.

Become a Junior Ranger

At Timpanogos Cave

Earn your choice of a badge or patch while you learn! Stop by the Timpanogos Cave National Monument Visitor Center and pick up your free Junior Ranger booklet.

Take a cave tour, watch the monument video, ask a ranger for help and work with your friends, brothers, sisters, parents or guardians to complete the booklet. Bring your completed booklet back to the Visitor Center for a ranger to review and sign. Take the Junior Ranger pledge and receive your badge or patch.

Junior Ranger Programs

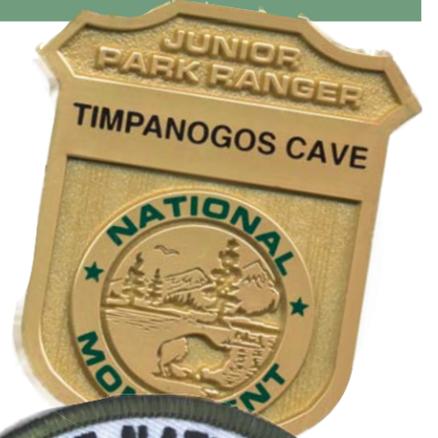
Every Saturday and holiday from Memorial Day through Labor Day, free Junior Ranger programs are held from 10:00 to 11:00 a.m. on the Visitor Center deck.

At Wasatch Mountain State Park

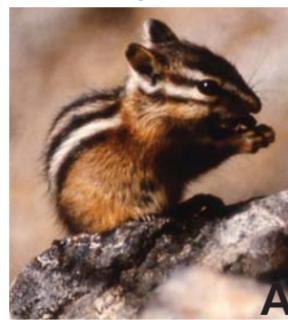
Earn your badge and certificate while you learn! Stop by the Wasatch Mountain State Park visitor center, call them at (435) 654-1791 or visit www.stateparks.utah.gov for details.

Junior Ranger Programs

From Memorial Day through Labor Day, Junior Ranger programs are offered. Check with the park for more information.

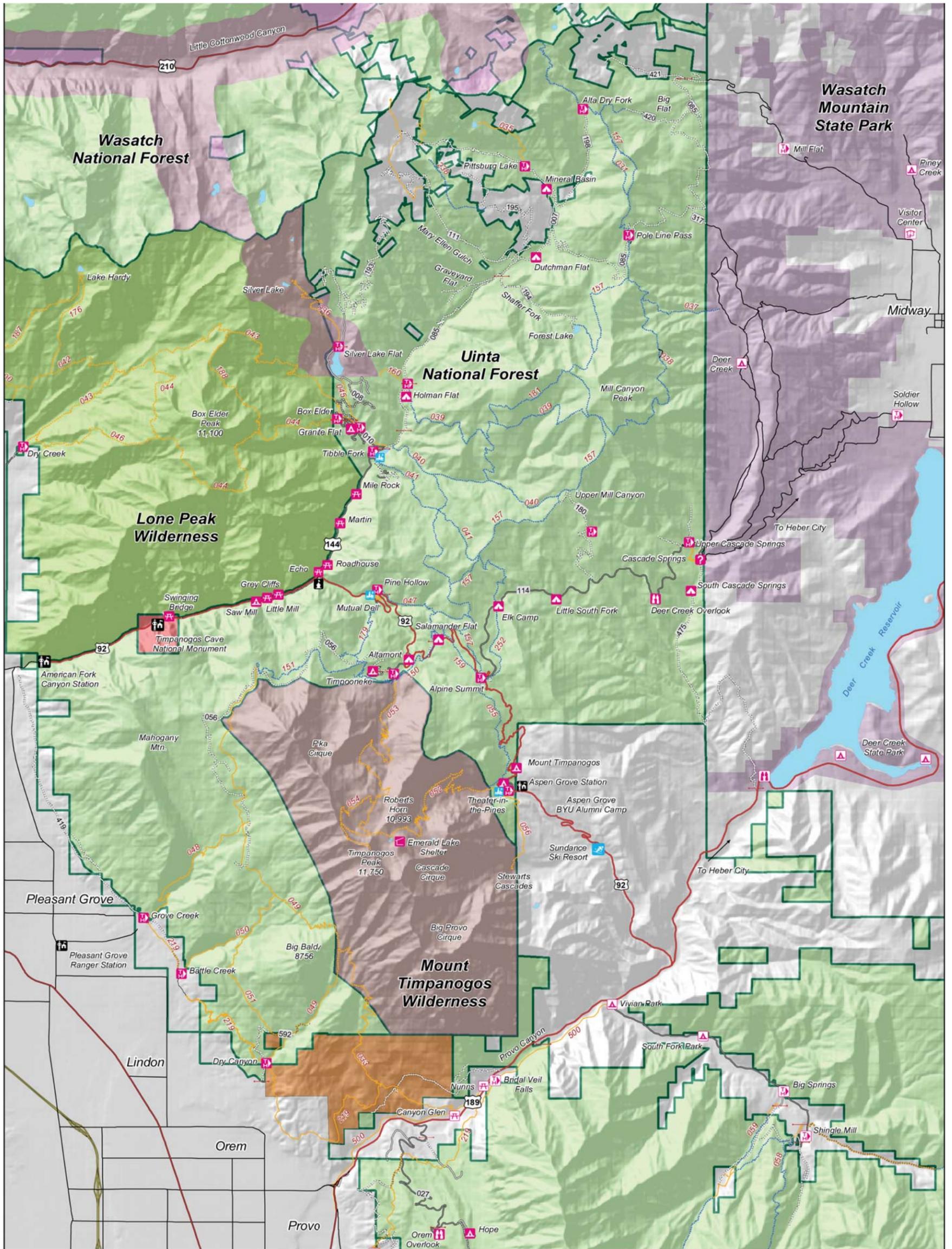


Canyon Animal Match



- ___ Mountain Goat
- ___ Bat
- ___ Least Chipmunk
- ___ Golden-Mantled Ground Squirrel
- ___ Hummingbird
- ___ Peregrine Falcon
- ___ Rocky Mountain Bighorn Sheep

Hint: How do I tell the difference between a least chipmunk and golden-mantled ground squirrel? Least chipmunks have black and white stripes on their faces and sides. Golden-mantled ground squirrels will only have stripes on their sides.



American Fork Canyon - Recreation Map

0 1 2
Miles



Ownership

- Uinta-Wasatch-Cache NF
- Wilderness
- National Park Service
- State Wildlife Management Area
- No Camp Fire Area
- State Parks
- Private

Recreation Sites

- Information
- Campground
- Dispersed Camping
- Picnic Area
- Trailhead
- Scenic Overlook
- Snowmobile Parking

Roads

- Highway
- Other Paved Road
- Passenger Car - Gravel
- Passenger Car - Dirt
- Not Suitable for Passenger Car
- Gate - Seasonal Road Closure

Trails

- Trail (foot, pack, bicycle, or as signed)
- Trail (foot, pack, or as signed)
- Single Track Trail (motorcycle OK)



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 as data source dates and/or additional digital information contact the Forest Supervisor, Uinta National Forest, Provo, Utah. There is no warranty to its contents or accuracy.