

# Zion Information Guide



## Zion Canyon Hiking Guide

Hike Location	Round Trip Average Time	Elevation Change	Description
EASY			
<b>Pa’rus Trail</b> Visitor Center to Canyon Junction	2 hours 3.5 mi / 5.6 km	50 ft / 15 m	Paved trail follows the Virgin River from the Visitor Center to Canyon Junction.
<b>The Grotto Trail</b> Zion Lodge The Grotto	0.5 hour 1 mi / 1.6 km	35 ft / 11 m	This short trail parallels the roadway, connecting the Zion Lodge to the Grotto. It is located behind the shuttle stop.
<b>Lower Emerald Pool</b> Zion Lodge	1 hour 1.2 mi / 1.9 km	69 ft / 21 m	Leads to the pools below Middle Emerald Pools and the Upper Emerald Pools Trails. May be icy in winter. No swimming is allowed.
<b>Riverside Walk</b> Temple of Sinawava	1.5 hour 2.2 mi / 3.5 km	57 ft / 17 m	Paved trail follows the Virgin River in a deep canyon. First 0.4 miles is wheelchair accessible but may be sandy.

MODERATE			
<b>Watchman Trail</b> Zion Canyon Visitor Center	2 hours 3.3 mi / 5.3 km	368 ft / 112 m	Minor drop-offs. Ends at viewpoint of the Towers of the Virgin, lower Zion Canyon, and Springdale.
<b>Sand Bench Trail</b> Zion Lodge	4 hours 7.6 mi / 12.2 km	466 ft / 142 m	Hike atop a massive landslide under The Sentinel. Minor drop-offs. Commercial horse trail from March to October.
<b>Kayenta Trail</b> The Grotto	1.5 hour 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.
<b>Upper Emerald Pool</b> 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.
<b>Middle Emerald Pool</b> Zion Lodge	1.5 hour 2.2 mi / 3.5 km	150 ft/ 45 m	An unpaved climb to a sandstone ledge that parallels the lower trail at a higher elevation. No swimming is allowed.
<b>Canyon Overlook</b> East side of Zion Tunnel	1 hour 1.0 mi / 1.6 km	163 ft / 50 m	Minor drop-offs and handrails. Ends at a viewpoint into lower Zion Canyon. Parking is limited.

STRENUOUS			
<b>Angels Landing via West Rim Trail</b> The Grotto	4 hours 5.4 mi / 8.7 km	1500 ft/ 457 m	Long drop-offs. Not for young children or anyone fearful of heights.
<b>The Narrows</b> (via Riverside Walk) Temple of Sinawava	Up to 8 hrs 9.4 mi / 15.1km  Out and back hike.	334 ft / 102 m	<b>HARMFUL ALGAE PRESENT: AVOID RIVER UNTIL FURTHER NOTICE</b> You are responsible for checking weather, water levels, and flash flood potential before attempting. This hike is in the river and subject to dangerous flash floods.

**HARMFUL ALGAE:** Avoid the Virgin River and tributaries until further notice. Dangerous cyanobacteria are present. The bacteria produce a neurotoxin that is hazardous to people, especially children, if ingested. It is deadly to dogs. Keep pets away from the river and streams, as well as irrigation ditches. **DO NOT LET DOGS DRINK RIVER WATER!**

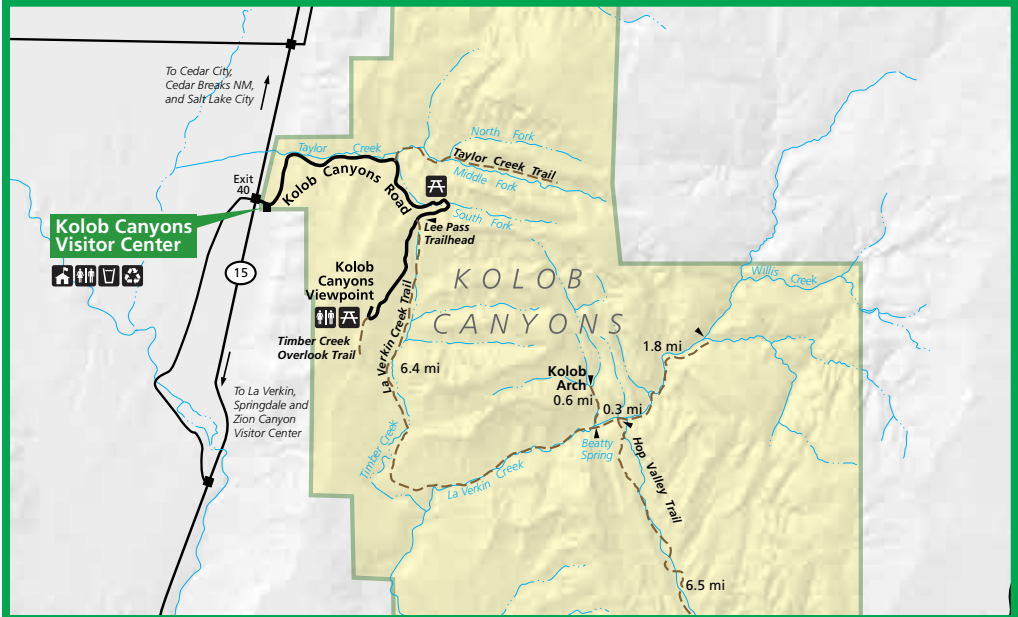
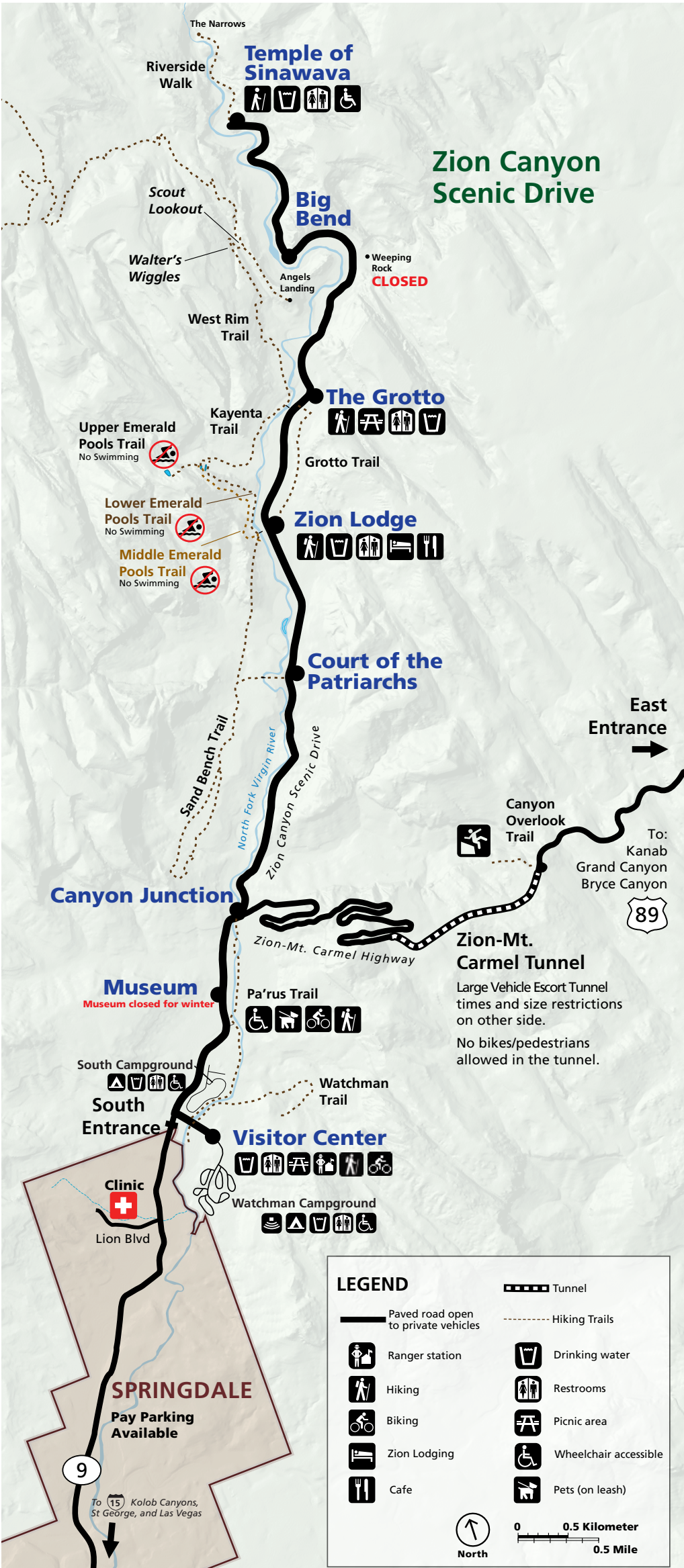
Stay on established trails and watch your footing, especially at overlooks and near drop-offs. Avoid cliff edges. Watch children closely. People uncertain about heights should stop if they become uncomfortable. Never throw or roll rocks because there may be hikers below.

## Kolob Canyons

Located in the northwest corner of the park off of Interstate 15 via exit 40, the five-mile scenic drive climbs past the spectacular canyons and red rocks of the Kolob Canyons area and ends at the Kolob Canyons Viewpoint.

Pets are prohibited on all trails. Group size limit on wilderness trails is 12 people.

KOLOB CANYONS HIKING TRAILS			
<b>Taylor Creek Trail</b> Kolob Canyons Road	3.5 hours 5.0 mi / 8.0 km	450 ft/ 137 m	Maximum 12 people per group. Follows the Middle Fork of Taylor Creek past two homestead cabins to Double Arch Alcove.
<b>Timber Creek Overlook Trail</b> 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.
<b>Kolob Arch via La Verkin Creek Trail</b> Kolob Canyons Road	8 hours 14 mi / 22.5 km	1037 ft/ 316 m	Maximum 12 people per group. Follows Timber and La Verkin Creek. A side trail leads to Kolob Arch, one of the world’s largest arches.





## Contact Information

**Mailing Address**  
1 Zion Park Blvd.  
State Route 9  
Springdale, UT 84767

**Social Media**  
[www.facebook.com/zionnps](#)  
[www.twitter.com/zionnps](#)  
[www.instagram.com/zionnps](#)

**Wilderness Information**  
(435) 772-0170

**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.

**Park Information**  
(435) 772-3256

**Website**  
[www.nps.gov/zion](#)

**E-mail**  
[zion\\_park\\_information@nps.gov](mailto:zion_park_information@nps.gov)

**Traffic and Parking Updates**  
[www.twitter.com/zionnps](#)  
1610 A.M. Radio



## COVID-19 Precautions

- Maintain six-foot social distancing.
- Adhere to group size limits. Please visit <https://coronavirus.utah.gov/> for current guidance.
- Face masks recommended.
- Wash hands with soap for at least 20 seconds.
- Cover your mouth when coughing or sneezing .

## 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.

**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. Please turn off your engine when your vehicle is stopped.

**ZION CANYON SHUTTLE**  
Shuttles will not be running November 30 - December 23. Due to anticipated overcrowding, mandatory shuttles will be running December 24 - January 2. Tickets are required to ride the shuttle, and are available at [www.recreation.gov](#).

**BICYCLING**  
Bikes are welcome on the Pa’rus Trail, but are illegal on all other trails. Shuttles, when running, can accommodate 2-3 bikes on the front rack, but not fat tires. Bikers must pull over and stop to allow shuttle buses to pass. Bikes are not allowed through the Zion-Mt. Carmel Tunnel.

## Other Information

**PETS**  
Pets are not allowed on any trails except the Pa’rus Trail. Working service dogs are permitted on all trails. Emotional support animals are considered pets by the National Park Service and are therefore not allowed. Pets are not allowed on shuttle buses.

**DRONES**  
Launching, landing or operating unmanned aircraft within the boundaries of Zion National Park is prohibited.

**RECYCLING**  
Please recycle! Commingled recycling bins are located in the Visitor Center Plaza near the flagpole, at the Grotto, at the Watchman Campground, and the Kolob Canyons Visitor Center. Plastic, metal, paper, and glass are recyclable.

**RESTROOMS**  
“Go Before You Go.” Use restrooms at the trailheads or be prepared to remove your human waste. Disposable bags are available at local shops and in Park Stores.

## Resource Protection

Damaging the park’s natural and cultural resources is prohibited. Activities that damage resources include walking on vegetation, taking of natural or cultural objects, and graffiti and other vandalism.

**GRAFFITI**  
Graffiti includes symbols, names, slogans, drawings, and writings that are etched, scratched, or painted onto a natural or man-made surface. Some

examples of materials typically used are chalk, spray paint, writing tools such as markers, mud, etc.

**VANDALISM**  
Vandalism includes action to deface, destroy, or otherwise damage property to including natural resources. Vandalism includes cairn building, stickers on road signs, destruction of plants, carving into trees, breaking windows, etc.

## Camping

**Zion National Park** has one campground currently open: Watchman Campground, which is open year-round. Advanced reservations are available 6 months prior for stays March through Thanksgiving weekend in November. The campground has first-come, first-served campsites available from the end of November through February. South Campground is currently closed for the winter season. To make a reservation, visit [www.recreation.gov](#) or call 877-444-6777. Group sites are closed until further notice. Camping is not permitted in parking areas or pullouts in the park.

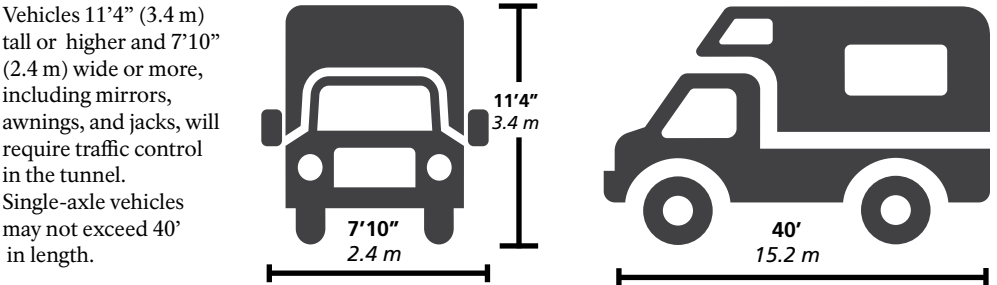
## Zion Tunnel: (Oversize Vehicles, RVs, Large Trailers)

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, and/or 7’10” wide or wider, including mirrors, awnings, and jacks, require one-way 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.

**TUNNEL CONTROL**  
It is \$15 per oversize vehicle (includes two tunnel pass-throughs within 7 days). Rangers will stop oncoming traffic so that you may drive down the center of the road in the tunnel. After hours you must return at 8 a.m. the following day to go through the tunnel.

- TUNNEL HOURS:**  
Winter hours from 8a.m. to 4:30p.m.
- PROHIBITED IN THE TUNNEL**
- Vehicles over 13 feet 1 inch tall
  - Single vehicles over 40 feet long
  - Combined vehicles over 50 feet long
  - Semi-trucks and commercial vehicles
  - Vehicles carrying hazardous materials
  - Vehicles over 50,000 pounds

Bicycles and pedestrians are 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.



## Your Safety Is Your Responsibility

Whether hiking, climbing, or driving, your safety depends on your good judgment, preparation, and constant awareness. Safety supplies are available at the Zion Forever Park Store in the Visitor Center, including water bottles, face masks, sunscreen, and hats.

**PREVENT DEHYDRATION**  
As you hike you lose water and salt through sweating. Carry water, at least one gallon per person per day. Water is available in the park’s developed areas. Do not drink untreated water from springs. Your body needs a healthy level of salt to function so eat a few salty snacks, like a handful of salted peanuts, when you drink 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.

**ICE**  
SNOW & ICE  
Nearly half of the annual precipitation in Zion Canyon falls between the months of December and March. Roads are plowed, but trails may be closed due to unsafe conditions. Snow and ice accumulates on trails, cliffs, and buildings, so be sure to pay attention to your surroundings. Watch for falling ice. Snow spikes and winter gear are recommended. Your safety is your responsibility.

**ELEVATION**  
Elevation in Zion ranges from 4,000-8,000 feet (1,220 - 2,440 meters) above sea level. If you live near sea level, take it easy on your hike until you know how the elevation is going to affect you.

**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.

## Flash Flood Danger

All narrow canyons are potentially hazardous. Flash floods, often caused by storms miles away, are a real danger and can be life-threatening. You are taking a risk when entering a narrow canyon. Your safety is your responsibility. Watch for indications of a possible flash flood. During a flash flood, the water level rises very quickly. A flash flood can rush down a canyon in a wall of water over twelve feet high.

- If you observe any of these signs, seek higher ground immediately:
- Deterioration in weather conditions
  - Build up of clouds or thunder
  - Sudden changes in water clarity from clear to muddy
  - Floating debris
  - Rising water levels or stronger currents
  - Increasing roar of water up canyon