



Hiking Guide

Hike Location	Round Trip Average Time	Elevation Change	Description
EASY			
Pa'rus Trail 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.
The Grotto Trail Zion Lodge to 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.
Lower Emerald Pool 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.
Riverside Walk 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			
Canyon Overlook 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.
Watchman Trail Zion Canyon to 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.
Sand Bench Trail 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.
Kayenta Trail 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.
Middle Emerald Pool 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.
Upper Emerald Pool 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.
STRENUOUS			
Angels Landing via West Rim Trail 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.
The Narrows (via Riverside Walk) Temple of Sinawava	Up to 8 hrs 9.4 mi / 15.1 km	334 ft / 102 m	HARMFUL ALGAE PRESENT: AVOID RIVER UNTIL FURTHER NOTICE 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!**

How Do The Shuttles Work?

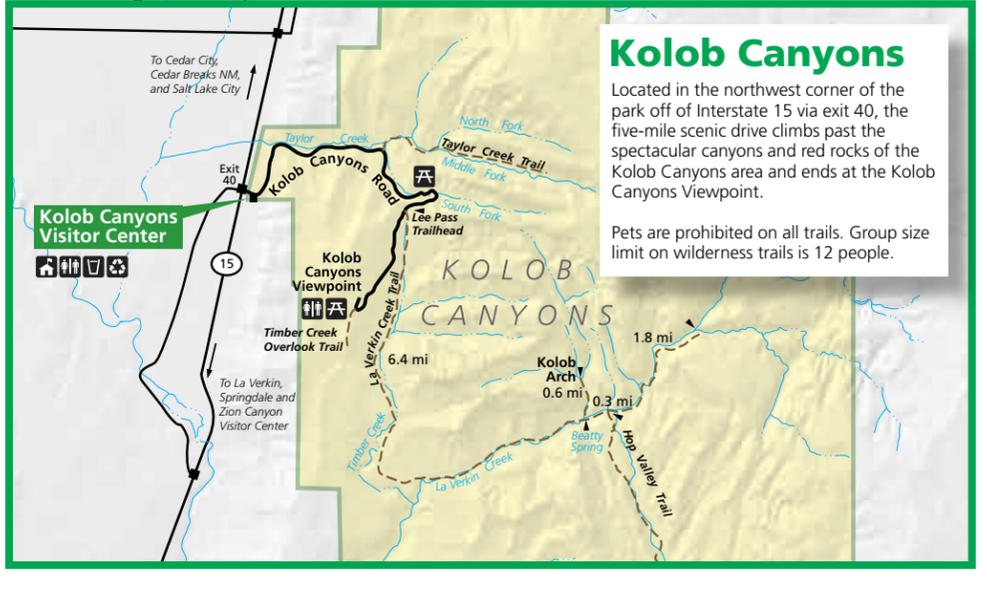
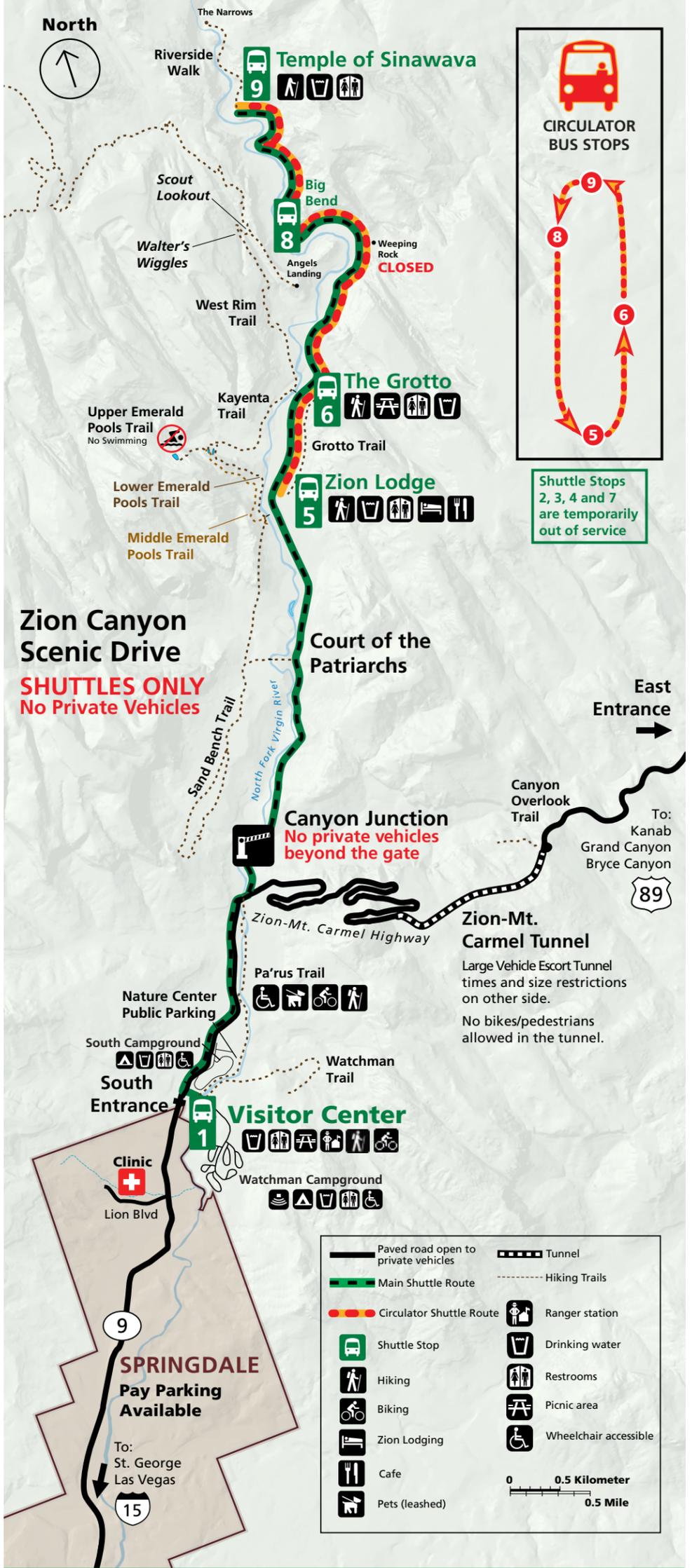
TICKETS AVAILABLE ONLY AT RECREATION.GOV

- Seating has been reduced and no standing is allowed.
 - You must have a shuttle ticket to board the bus.
 - Shuttle tickets are non-transferable and photo ID may be required.
 - A ticket is valid only for the date purchased.
 - The assigned boarding time for Stop 1/ Visitor Center is on the ticket.
 - Do not return to the Visitor Center until you are done in the canyon for the day. Once you have returned to the Visitor Center your shuttle ticket is expired.
 - Children under 2 who sit on an adult's lap do not need a ticket.
 - Shuttle tickets are not included in your park entrance fee.
 - A shuttle ticket does not guarantee parking in the park.
- CHECK VISITOR CENTER FOR SHUTTLE SCHEDULE**

KOLOB CANYONS HIKING TRAILS

Taylor Creek Trail 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.
Timber Creek Overlook Trail Kolob Canyons Road	0.5 hour 1 mi / 1.6 km	100 ft / 30 m	Follows a ridge to views of Timber Creek, Kolob Terrace, and the Pine Valley Mountains.
Kolob Arch via La Verkin Creek Trail 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.

Shuttle Stops And Zion Canyon Trails



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

Park Information

(435) 772-3256

Website

www.nps.gov/zion

E-mail

zion_park_information@nps.gov

Traffic and Parking Updates

www.twitter.com/zionnps
1610 A.M. Radio



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-lane traffic control through the tunnel. Large vehicles cannot travel in a single lane through the tunnel. Nearly all RVs, buses, trailers, fifth-wheels, dual-wheel trucks, campers, and boats require traffic control.

TUNNEL HOURS:

September 27 to Oct 31 from 8a.m. to 6p.m.

Winter hours from 8a.m. to 4:30p.m.



PROHIBITED IN THE TUNNEL

- Vehicles over 13 feet 1 inch tall
- Single-axle vehicles over 40 feet in length
- Semi-trucks and commercial vehicles
- Vehicles carrying hazardous materials
- Vehicles over 50,000 pounds
- Combined vehicles or buses over 50 feet long.

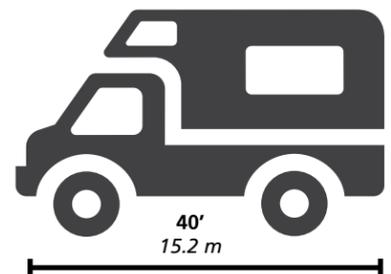
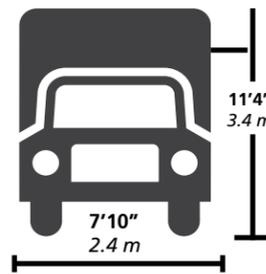
Bicycles and pedestrians are not permitted in the tunnel and must obtain a ride. Hitchhiking is permitted. Rangers are not allowed to provide or arrange for transport through the tunnel.



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.

Vehicles 11'4" (3.4 m) tall or higher and 7'10" (2.4 m) wide or more, including mirrors, awnings, and jacks, will require traffic control in the tunnel. Single-axle vehicles may not exceed 40' in length.



What To Do if Tickets Are Sold Out

Visitors who are not able to get a shuttle bus ticket can explore other areas of the park such as the East Side via Zion-Mt. Carmel Highway, Kolob Canyons, or the Kolob Terrace road to Lava Point. Walking the Scenic Drive is long and not recommended. Consider renting a bike or contacting one of the authorized private shuttle companies below.

Rent a Bicycle or E-Bike



Bikes are available to rent from outfitters in the communities around the park including several in Springdale. Bicycles are welcome on the mostly level Pa'rus trail, but not other trails. The Scenic Drive has 300 feet of gradual elevation change between Canyon Junction and Court of the Patriarchs but is relatively flat most of the way.

Ride bicycles single file. Pull bicycle over and stop to allow shuttle buses to pass as soon as it is safe to do so.

Hire a Commercial Shuttle



The businesses listed below are authorized to provide shuttle service on the Scenic Drive. Some offer private trips for individuals or groups. They can drop you off at a trailhead and pick you up when you are done. Ridesharing services are not allowed to transport the public into the park. Demand for private shuttles is high so expect long waits. Payment for services cannot be collected inside the park.

SAW Zion
zionguidehub.com

Zion Jeep Tours
zionjeeptours.com

Zion Guru
zionguru.com

East Zion Adventures
eastzionadventures.com

Zion Rock & Mountain Guides
zionrockguides.com

Zion Adventure Company
zionadventures.com

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

Camping



Zion National Park has two campgrounds open: South and Watchman Campgrounds, both of which are by reservation only. Watchman Campground can be booked up to 6 months ahead and South Campground two weeks ahead.

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.

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.



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.

Fire Restrictions at Level 2



PROHIBITED

- Wood fires
- Burning charcoal
- Smoking near vegetation
- Fireworks (year-round)

For the full list of restrictions see nps.gov/zion

ALLOWED UNDER LEVEL 2

- Gas cooking such as propane/butane/white gas stoves and grills
- Smoking in developed recreation areas, in an enclosed vehicle, or on bare mineral soil with a minimum diameter of 3 feet (1 meter)

EMERGENCY Call 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. Additional medical clinics are located in Hurricane. The nearest hospitals are in St. George, Cedar City, and Kanab.