## Hiking Guide

<table>
<thead>
<tr>
<th>Shuttle Stop</th>
<th>Easy</th>
<th>Moderate</th>
<th>Strenuous</th>
</tr>
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<tbody>
<tr>
<td><strong>Park’s Trail</strong></td>
<td><strong>1</strong> Po’eru Trail 2 hours 3.5 km 50 ft/61 m</td>
<td><strong>5</strong> Sand Bench Trail 5 hours 5.0 km 122 km</td>
<td><strong>6</strong> Hidden Canyon Trail 2.5 hours 8.7 km 39 km</td>
</tr>
<tr>
<td><strong>Archaeology Trail</strong></td>
<td>0.5 hour 0.4 km 24 m</td>
<td><strong>6</strong> Kolob Terrace Road 3.5 hours 5.0 km 8.0 km</td>
<td><strong>7</strong> Observation Point 6 hours 12.9 km</td>
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<tr>
<td><strong>Lower Emerald Pool Trail</strong></td>
<td>1.2 hour 1.9 km</td>
<td><strong>8</strong> The Nares Trail 9 hours 10.1 km</td>
<td><strong>9</strong> Kolob Arch via Riverside Walk 8 hours 22.5 km</td>
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<tr>
<td><strong>The Grotto Trail</strong></td>
<td>0.5 hour 1.6 km</td>
<td><strong>9</strong> Ruby’s Trail 8 hours 14.0 km</td>
<td><strong>10</strong> Kolob Canyons via West Rim Trail 8.0 hours 14.0 km</td>
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<tr>
<td><strong>Weeping Rock Trail</strong></td>
<td>0.5 hour 0.4 km 30 m</td>
<td><strong>10</strong> Kolob Canyon Road 8 hours 21.6 km</td>
<td><strong>11</strong> Kolob Canyons via West Rim Trail 8.0 hours 14.0 km</td>
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<tr>
<td><strong>Riverwalk Trail</strong></td>
<td>1.5 hour 2.2 km</td>
<td><strong>11</strong> Kolob Canyons via West Rim Trail 8.0 hours 14.0 km</td>
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- **Po’eru Trail**: Park shuttle follows the Virgin River from the South Gate to the Zion-Mt. Carmel Highway. Wheelchairs may need assistance.
- **Archaeology Trail**: Short, but steep. Starts at the visitor center parking lot. Climbs to the top of several prehistoric buildings. Wheelchairs exhibit.
- **Lower Emerald Pool Trail**: Minor drop-offs. Park shuttle leads to the Lower Emerald Pool and waterfall.
- **The Grotto Trail**: The trail connects the Zion Lodge to The Grotto. This trail is great for wildlife viewing.
- **Weeping Rock Trail**: Short, but steep. Park shuttle leads to a rock shelf with dining springs. Wheelchairs exhibit.
- **Riverwalk Trail**: Minor drop-offs. Park shuttle follows the Virgin River along the bottom of a narrow canyon. Wheelchairs exhibit. Wheelchairs may need assistance.
- **Kolob Canyons**: Moderate drop-offs. Ends at viewpoint of the Towers of the Virgin, Lower Zion Canyon, and Springdale.
- **Sand Bench Trail**: Commercial horse trail from March to October. Hike a massive landslide under the Sentinel. Deep sand and little shade.
- **Upper Emerald Pool Trail**: Closed temporarily.
- **Kolob Terrace Road**: Closed temporarily.
- **Hidden Canyon Trail**: Long drop-offs. Not for young children or anyone fearful of heights. Last section is a route along a narrow, steep ridge to the summit.
- **Observation Point Trail**: Closed temporarily.
- **The Nares Trail**: Closed temporarily.
- **Kolob Arch via Riverside Walk Trail**: Closed temporarily.
- **Kolob Canyons**: Closed temporarily.

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**Shuttle Schedule**

**Zion Canyon Shuttle System**: Every 20 minutes from 7:00 am to 6:00 pm. Shuttle service to the Kolob Canyons viewpoint is limited to 12 people per group. The shuttle will operate on a limited schedule in the event of extremely high temperatures. The shuttle is not recommended for motorcycles or bicycles.

**Shuttle Information**:]

- **Park shuttle stop**: 7:00 am
- **Springdale shuttle stop**: 7:00 am
- **Springdale shuttle stop**: 7:00 am
- **Shuttle Schedule**

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**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 cross or cut trails because there may be large rocks below.**
For Your Safety

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

STEPPED CLIFFS

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

WATER

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

HYPOTHERMIA

Hypothermia occurs when the body is cooled to dangerous levels. It is responsible for the greatest number of deaths among people engaging in outdoor activities. It is a hazard in narrow canyons because immersion in water is the quickest way to lose body heat. To prevent hypothermia avoid cotton clothing (it provides little insulation and can easily become wet) and eat high energy foods 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 the breeze. A pre-warmed sleeping bag will also prevent additional heat loss.

Camping

Zion National Park has three campgrounds. South and Watchman Campground are in the main canyon. Lava Point Campground is in Springdale. The South Campground and Lava Point Campground are both closed for the winter season. South Campground will reopen February 8, 2019, available by reservation only. Watchman Campground is currently open with first-come first-serve sites. Reservations will be required starting February 1, 2019. To make a reservation, visit www.recreation.gov or call 877-444-6777. Reservations for South Point Campground can be made 14 days in advance of arrival date. Reservations are required. Camping is permitted in designated campsites only; camping is not permitted in parking areas or pullouts.

Emergencies

911

For 24-hour emergency response, call 911 or 435-772-3122. 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.

PROHIBITED VEHICLES

Vehicles not permitted in the tunnel include the following:

• Over 13’ tall
• Semi-trucks and commercial vehicles
• Vehicles carrying hazardous materials
• Vehicles weighing more than 50,000 lb.
• Combined vehicles or buses over 50 ft.

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

Flash Floods Can Kill

• Always be aware of the threat of thunderstorms and lightning and be prepared for a wide range of weather conditions.
• Temperatures in the park can vary dramatically with changes in elevation and the time of day. Day and night temperatures can differ by over 30°F/17°C. Consider dressing in layers to prepare for changes in temperature.
• If bad weather threatens, do not enter a narrow canyon. Whether hiking, climbing, or canyoneering, your safety depends on your own good judgment, adequate preparation, and instant attention to your surroundings.
• Before starting your trip, pay close attention to the weather forecast and any flash flood warning issued by the National Weather Service. Check www.nws.gov or call 1-800-427-4368.

SOUNDS OF FLASH FLOODING

• Deterioration in weather conditions
• Build-up of clouds or thunder
• Floating debris

Floating debris

• Rising water levels or stronger currents
• Increasing roar of water up canyon
• Sudden changes in water clarity from clear to muddy

HOURS OF OPERATION

February 16 to March 8
March 9 to April 13
April 20 to May 4
May 25 to September 16
April 20 to May 4
Zion Canyon
Visitor Center
8 am - 5 pm
8 am - 5 pm
8 am - 5 pm
8 am - 6 pm
Zion Canyon
Wilderness Desk
8 am - 12 pm
8 am - 12 pm
8 am - 5 pm
8 am - 5 pm
Zion Human
History Museum
10 am - 4 pm
10 am - 4 pm
8 am - 5 pm
8 am - 5 pm
Kolob Canyons
Visitor Center
8 am - 4:30 pm
8 am - 4:30 pm
8 am - 5 pm
8 am - 5 pm

Zion National Park is in the Mountain Time Zone. California and Nevada are in the Pacific Time Zone, one hour earlier than Utah. Arizona is in the Mountain Time Zone, but does not observe daylight-saving time. Zion National Park is open all year. 24 hours a day.

Large Vehicles

For Your Safety

Driving

Park roads are used by vehicles, bicyclists, pedestrians, and even wildlife. Obey posted speed limits. Unless otherwise posted, the maximum speed limit is 35 mph. South Campground is required for all occupants of a vehicle. Please tune off your engine when your vehicle is stopped.

SPRINGDALE SHUTTLE

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

Large Vehicles

The Zion - Mt. Carmel Tunnel connects West 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, 7’10” wide or wider, require one-lane traffic control through the tunnel. Large vehicles cannot travel in a single lane through the tunnel. Nearly all RVs, buses, trailers, fifth-wheels, dual-wheel trucks, campers, and boats require traffic control.

During the winter months, and particularly after snow fall, lingering patches of snow make driving more challenging for larger vehicles to negotiate the many switchbacks in the East Side of the park. Be aware of the inherent risks associated with winter conditions and plan accordingly.

TUNNEL TRAFFIC CONTROL

Visitors requiring traffic control through the tunnel must pay a $1 per vehicle in addition to the entrance fee. Pay this fee at the park entrance station before driving to the tunnel. The fee is valid for two trips through the tunnel for the same vehicle during a seven-day period.

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.

Range will stop incoming traffic so that you may drive across the center of the road in the tunnel. We apologize for any delays associated with this safety precaution.

Large vehicles may only travel through the tunnel from:

• March 1 to March 7 from 8 am to 6 pm
• March 8 to April 27 from 8 am to 7:00 pm
• April 28 to mid-October from 8 am to 8:00 pm

Ranger-led Programs

Enhance your understanding and enjoyment of Zion National Park by participating in a free ranger-led program. Program schedules are based on ranger staffing and availability:

• Check park information centers and bulletin board for times, places, subjects, and information about programming.
• Topics include geology, plants, animals, human history, and more.
• Junior Ranger handbook: Visitors ages 4 and older can earn a badge by completing the Junior Ranger handbook and attending a ranger-led program. The handbook is available for free at information centers within the park.
• Distance Learning: If you would like to share the wonders of Zion with your classroom, consider signing up for a curriculum-based interactive Distance Learning program.

Support Zion Forever Project

Zion National Park’s nonprofit partner, The Zion Forever Project, makes it possible for you to experience and enjoy the park in a more meaningful way by addressing that stronger sense of stewardship and responsibility falls on all of us to protect and sustain the natural beauty for future generations.

Whether you simply round up your change at the sales counter or make a large contribution to a specific park project listed in our Field Guide to Park Project Priorities, you will make a difference now and forever. You can find the Field Guide online at www.zionpark.org/projects.