

Zion Information Guide

National Park Service
U.S. Department of the Interior

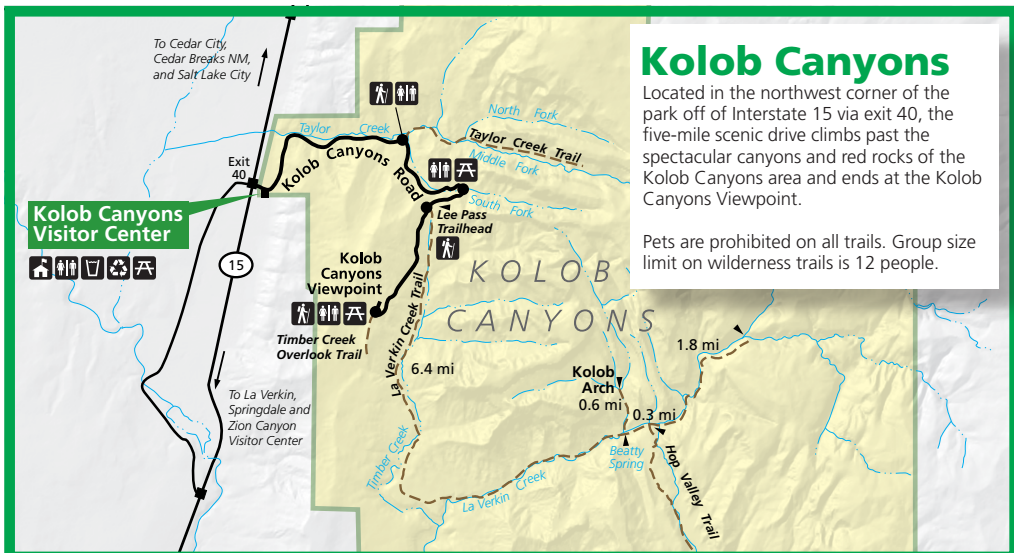


Hiking Guide

Shuttle Stop	Hike Location	Round Trip Average Time	Elevation Gain	Description
EASY				
1	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.
6	The Grotto Trail 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.
5	Lower Emerald Pool Trail 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.
9	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				
East Side	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.
1	Watchman Trail 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.
5	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.
6	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.
5	Middle Emerald Pool Trail 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.
5	Upper Emerald Pool Trail 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.
STRENUOUS				
6	Scout Lookout via West Rim Trail The Grotto	3 hours 4.2 mi / 6.2 km	1000 ft / 305 m	Long drop-offs. Not for young children or anyone afraid of heights. Hikers need a permit to go to Angels Landing. Use QR code on back to apply.
9	The Narrows (via Riverside Walk) Temple of Sinawava	Up to 8 hrs 9.4 mi / 15.1 km	334 ft / 102 m	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. Out and back hike.

KOLOB CANYONS HIKING TRAILS

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.
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.
Kolob Arch via La Verkin Creek Trail Lee Pass	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.



24-HOUR EMERGENCY RESPONSE: CALL 911
Park emergencies: call 435-772-3322 (daylight hours)

911

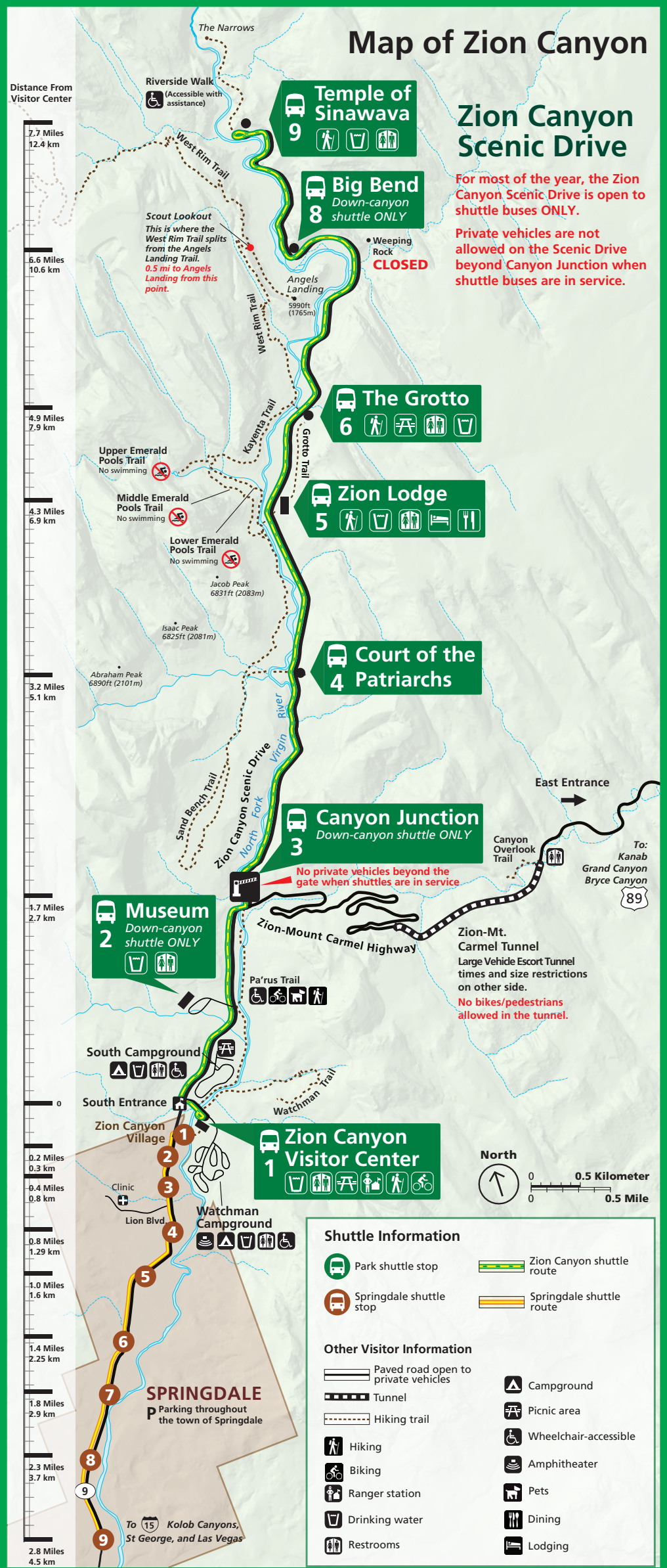
The Zion Canyon Medical Clinic is located in Springdale near the south entrance to the park. For hours, please call 435-772-3226. Additional medical clinics are located in Hurricane. The nearest hospitals are in St. George, Cedar City, and Kanab.

Zion Canyon Shuttle Information

SHUTTLE SCHEDULE

Subject to change. Check website for current hours

	March 19 to May 21	May 22 to September 18	September 19 to November 5
First bus into the canyon from the Zion Canyon Visitor Center	7:00am	6:00am	7:00am
Last bus into the canyon from the Zion Canyon Visitor Center	5:00pm	6:00pm	5:00pm
Last bus out of the canyon from Temple of Sinawava	7:15pm	8:15pm	7:15pm
Town of Springdale shuttle hours	8:00am to 8:00pm	7:00am to 9:00pm	8:00am to 8:00pm



911

Contact Information

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

Social Media
  
Search @zionnps

Wilderness Information
(435) 772-0170

Free WiFi is available at the Zion Canyon Visitor Center and the Zion Lodge. Do not expect data or cell connection in most areas of Zion Canyon, on trails, or in Wilderness.

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-way traffic control 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 can drive down the center of the road in the tunnel. If you arrive late, you must return at 8 am the following day to go through the tunnel.



PROHIBITED IN THE TUNNEL

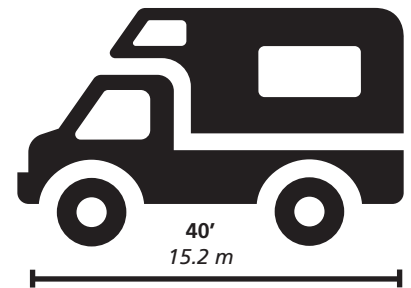
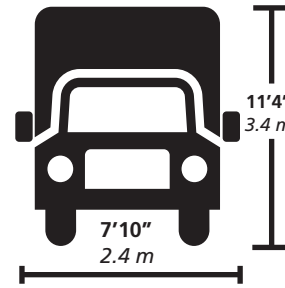
- Vehicles over 13 feet 1 inch tall
- Combined vehicles over 50 feet long
- Single vehicles over 40 feet
- Semi-trucks and commercial vehicles
- Vehicles carrying hazardous materials
- Vehicles over 50,000 pounds

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

TUNNEL HOURS

- April 24 to August 27:
8:00 am to 8:00 pm
- August 28 to September 24:
8:00 am to 7:00 pm
- September 25 to November 5:
8:00 am to 6:00 pm

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.



Getting Around

Park only in designated spaces to protect plants and animals. 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.



E-BIKES AND BICYCLES

Cycling is permitted on all public park roads and on the Pa'rus Trail. Cyclists must ride single file and stop to let shuttle buses pass. Do not pass a moving shuttle bus. Each shuttle bus has a rack for bicycles. All other park trails, off-trail routes, and the Zion-Mt. Carmel Tunnel are closed to bicycles. Only class 1 pedal-assist E-bikes are allowed and must follow all of the same rules as bicycles.



SPRINGDALE SHUTTLE

For much of the year, you can ride a free shuttle in the town of Springdale. Read the front of this sheet to see when the shuttle is running. If it is running during your visit, park at your hotel or an approved parking area and ride to the park entrance.

ZION CANYON SHUTTLE

During much of the year, the Zion Canyon Scenic Drive is only accessible by shuttle bus. Check the shuttle schedule on the front of this sheet to see when the shuttle is running. You can bring backpacks, climbing gear, and bicycles. While in Zion Canyon, you may get on and off the shuttle as often as you like. Only service dogs are permitted on the shuttles. If you have accessibility needs, please speak to a ranger at the Zion Canyon Visitor Center.



DRIVING

Drivers, pedestrians, bicyclists and wildlife all share park roads.

- 35mph is the speed limit unless otherwise posted.
- Wear a seat belt and use a child safety seat if appropriate.
- Turn off your vehicle if you are stopped (do not idle).
- For most of the year, Zion Canyon Scenic Drive is only open to shuttle buses or with a driving permit. Your park entrance pass is not a permit.



PARKING

Park only in designated spaces. If you visit during a time of year when drivers can directly access Zion Canyon Scenic Drive, be aware that the road may close if there is no parking available.

If you get to Zion early in the morning or later in the afternoon, it may be easier to find parking.

Your Safety Is Your Responsibility



PREVENT DEHYDRATION

As you hike you lose water and salt through sweat. Carry and drink

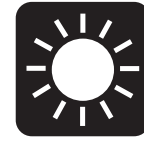
at least one gallon of water per person per day. You can get water in developed areas. Do not drink untreated water from springs. Your body needs a healthy level of salt to function so eat a few salty snacks, like a handful of salted peanuts, when you drink water.

HARMFUL ALGAE MAY BE PRESENT

Do not drink from the Virgin River. The park is conducting regular water quality monitoring and will issue new health advisories as needed. Check park visitor centers and the park website for current conditions and advisories.

STEEP CLIFFS

Falls from cliffs on trails have resulted in death. Loose sand or pebbles on stone are very slippery. Watch for edges all the time and especially 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 keep children away from edges.



EXTREME HEAT

Heat illness is the cause of many medical emergencies in Zion every summer. It happens when

the body gets too warm. Dehydration can make heat illness worse. This leads to heat cramps, heat exhaustion, and heat stroke. Symptoms include high body temperature (over 100F, 38C), red, flushed skin, lack of sweat or extreme sweating, stumbling and poor coordination, fatigue, weakness, and confusion or slurred speech. If you recognize any of these signs, stop hiking and immediately find shade, drink water, and get help.

ELEVATION

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

PUBLIC HEALTH

The National Park Service encourages you to follow public health guidance to reduce the spread of COVID-19. Isolate if you feel sick, wash your hands often, and avoid touching your face.

Ranger-led Programs



Enhance your understanding and enjoyment of Zion by participating in a free ranger-led program.

Program schedules are based on ranger staffing and availability. Advanced reservations may be required.

Check park visitor centers and bulletin boards for times and information about programs. Topics include geology, plants, animals, human history, and more.

Visitors ages 4 and older can earn a badge by completing the Junior Ranger handbook. The handbook is available for free at visitor centers within the park.

Permits & Reservations



CAMPING

You need a reservation to camp in any of the park's three campgrounds. Watchman Campground

is open year round and can be booked up to 6 months in advance. South Campground and Lava Point Campground are open seasonally and can be booked up to 2 weeks in advance.

To make a reservation, visit www.recreation.gov or call 877-444-6777. Camping is not allowed in parking areas or pullouts in the park.



CAMPFIRES

Campfires are only allowed in metal, campground fire rings. Sometimes, especially during the summer, camp fires are not allowed.

For an up-to-date restrictions, visit utahfireinfo.gov. If conditions permit building a fire, clear debris and only leave when it is out cold. Fires are never allowed in Wilderness.

PERMITS

You need a permit for activities including but not limited to: hikes to Angels Landing, backpacking, canyoneering, climbing, bivvy camping, and hiking Wilderness routes.



Scan this QR code to learn about permits. Use free WiFi at a visitor center or Zion Lodge. You can only apply for Angels Landing permits online, and using this link takes you to a webpage with more information.

Remember to carry your permit and photo ID with you on your trip. Permits are non-transferable.

Flash Flood Danger



All narrow canyons are potentially hazardous. Flash floods, sometimes caused by storms miles away, can be life-threatening. You are taking a risk when you enter a narrow canyon. During a flash flood, the water level rises very quickly. A flash flood can send a wall of water over twelve feet high down a canyon. Watch for signs of a flash flood,

and get to higher ground immediately if you see:

- Deterioration in weather conditions.
- Build up of clouds or thunder.
- Sudden changes in water clarity from clear to muddy.

Check an up-to-date forecast at a visitor center. Your safety is your responsibility.

Other Information



PETS

Pets are not allowed on any trail except the Pa'rus Trail. Pets are not allowed on shuttle buses.



DRONES

Due to concerns about wildlife harassment and visitor safety, drones are not allowed anywhere in Zion National Park.