## Hiking Guide

<table>
<thead>
<tr>
<th>Shuttle Stop</th>
<th>Hike Location</th>
<th>Round Trip</th>
<th>Average Time</th>
<th>Elevation Gain</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EASY</strong></td>
<td></td>
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</tr>
<tr>
<td>1 Po’ru’s Trail</td>
<td>Visitor Center to Canyon Junction</td>
<td>2 hours</td>
<td>3.5 mi / 5.6 km</td>
<td>50 ft / 15 m</td>
<td>Paved trail follows the Virgin River from the Visitor Center to Canyon Junction.</td>
</tr>
<tr>
<td>2 The Grotto Trail</td>
<td>Zion Lodge to The Grotto</td>
<td>0.5 hour</td>
<td>0.8 mi / 1.3 km</td>
<td>35 ft / 11 m</td>
<td>This short trail parallels the roadway, connecting the Zion Lodge to the Grotto. It is located behind the shuttle stop.</td>
</tr>
<tr>
<td>3 Lower Emerald Pool Trail</td>
<td>Zion Lodge</td>
<td>1 hour</td>
<td>1.2 mi / 1.9 km</td>
<td>69 ft / 21 m</td>
<td>Leads to the pools below Middle Emerald Pools and the Upper Emerald Pools Trails.</td>
</tr>
<tr>
<td>4 Kolob Canyons Viewpoint</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Minor drop-offs. A sandy and rocky trail that climbs to the Upper Emerald Pool at the base of a cliff. No swimming.</td>
</tr>
<tr>
<td>5 Lower Emerald Pool Trail</td>
<td>Zion Lodge</td>
<td>1 hour</td>
<td>1.2 mi / 1.9 km</td>
<td>69 ft / 21 m</td>
<td>Leads to the pools below Middle Emerald Pools and the Upper Emerald Pools Trails.</td>
</tr>
<tr>
<td>6 Riverside Walk</td>
<td>Temple of Sinawava</td>
<td>1 hour</td>
<td>2.2 mi / 3.5 km</td>
<td>57 ft / 17 m</td>
<td>Paved trail follows the Virgin River in a deep canyon. First 0.4 miles is wheelchair accessible but may be sandy.</td>
</tr>
<tr>
<td><strong>MODERATE</strong></td>
<td></td>
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</tr>
<tr>
<td>7 Watchman Trail</td>
<td>Zion Canyon Visitor Center</td>
<td>2 hours</td>
<td>3.3 mi / 5.3 km</td>
<td>388 ft / 112 m</td>
<td>Minor drop-offs. Ends at viewpoint of the Towers of the Virgin, lower Zion Canyon, and Springdale.</td>
</tr>
<tr>
<td>8 Sand Bench Trail</td>
<td>Zion Lodge</td>
<td>4 hours</td>
<td>7.6 mi / 12.2 km</td>
<td>466 ft / 142 m</td>
<td>Hike a steep and massive landslide under The Sentinel. Minor drop-offs. Commercial horse trail from March to October.</td>
</tr>
<tr>
<td>9 Kayenta Trail</td>
<td>The Grotto</td>
<td>1.5 hour</td>
<td>2 mi / 3.2 km</td>
<td>150 ft / 46 m</td>
<td>Moderate drop-offs. An unpaved climb to the Emerald Pools. Connects the Grotto to the Emerald Pools Trails.</td>
</tr>
<tr>
<td>10 Middle Emerald Pool Trail</td>
<td>Zion Lodge</td>
<td>1.5 hour</td>
<td>2.2 mi / 3.5 km</td>
<td>150 ft / 45 m</td>
<td>An unpaved climb to a sandstone ledge that parallels the lower trail at a higher elevation.</td>
</tr>
<tr>
<td>11 Lower Emerald Pool Trail</td>
<td>Zion Lodge</td>
<td>1 hour</td>
<td>1 mi / 1.6 km</td>
<td>200 ft / 61 m</td>
<td>Minor drop-offs. A sandy and rocky trail that climbs to the Upper Emerald Pool at the base of a cliff. No swimming.</td>
</tr>
<tr>
<td><strong>STRENUOUS</strong></td>
<td></td>
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</tr>
<tr>
<td>6 The Narrows (via Riverside Walk)</td>
<td>Temple of Sinawava</td>
<td>Up to 8 hrs</td>
<td>9.4 mi / 15.1 km</td>
<td>334 ft / 102 m</td>
<td>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.</td>
</tr>
<tr>
<td><strong>KOLOB CANYONS HIKING TRAILS</strong></td>
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<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>12 Kolob Arch via La Verkin Creek Trail</td>
<td>Lee Pass</td>
<td>8 hours</td>
<td>14 mi / 22.5 km</td>
<td>1037 ft / 316 m</td>
<td>Maximum 12 people per group. Follows Timber and La Verkin Creek. A side trail leads to Kolob Arch.</td>
</tr>
</tbody>
</table>

## Zion Canyon Shuttle

### SHUTTLE SCHEDULE
Subject to change. Check website for current hours.

<table>
<thead>
<tr>
<th>Month</th>
<th>First Bus into the canyon from the Zion Canyon Visitor Center</th>
<th>Last Bus into the canyon from the Zion Canyon Visitor Center</th>
<th>Last Bus out of the canyon from Temple of Sinawava</th>
<th>Town of Springdale shuttle hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 19 to November 5</td>
<td>7:00am</td>
<td>5:00pm</td>
<td>7:15pm</td>
<td>8:00am to 8:00pm</td>
</tr>
<tr>
<td>November 6 to November 27</td>
<td>7:00am</td>
<td>4:00pm</td>
<td>6:15pm</td>
<td>7:00pm</td>
</tr>
</tbody>
</table>

Shuttles are out of service from November 28 to December 22.

## Map of Zion Canyon

- **Shuttle Information**
  - Park shuttle stop
  - Springdale shuttle stop
- **Other Visitor Information**
  - Entrance to visitor center
  - Hiking trail
  - Ranger station
  - Drinking water
  - Restrooms
- **Shuttle Stops**
  - Zion Canyon Visitor Center
  - Zion Canyon shuttle stop
  - Other shuttle stops
- **Zion Canyon Scenic Drive**
  - For most of the year, the Zion Canyon Scenic Drive is open to shuttle buses ONLY.
  - Private vehicles are not allowed on the Scenic Drive beyond Canyon Junction when shuttle buses are in service.

## Zion Canyon Shuttle Schedule

- **Zion Lodge and Boat**
  - Zion Lodge shuttle ONLY
  - Boat shuttle ONLY

## Location

- **Zion Lodge**
  - East Entrance
  - West Entrance

## Shuttle Stops

- **Zion Lodge**
  - Southern Utah Sawmill Road
  - Zion-Mt. Carmel Tunnel
  - Lower Emerald Pool Trailhead
  - Zion Lodge shuttle ONLY
  - Zion Lodge shuttle ONLY

## Hiking Trails

- **Zion Canyon**
  - Court of the Patriarchs Trail
  - Zion-Mt. Carmel Tunnel Trail

## Additional Information

- **Zion Canyon Medical Clinic**
  - Located in Springdale near the north entrance to the park.
  - Call 435-772-3226 for hours.

- **Zion Lodge**
  - Additional medical clinics are located in Hurricane. The nearest is located in St. George, Cedar City, and Kanab.

## Zion Canyon Shuttle Route

- **Map of Zion Canyon**
  - Temple of Sinawava
  - Big Bend (shuttle ONLY)
  - Lava Point (shuttle ONLY)
  - Court of the Patriarchs
  - Zion Lodge (shuttle ONLY)

## Zion Canyon Medical Clinic

- **Location**
  - South Entrance to the park off of Interstate 15 via exit 40, the Zion-Mount Carmel Highway.

- **Services**
  - First aid
  - Refills
  - Refills
  - Refills

- **On-Site Services**
  - Pet assistance
  - Pet assistance
  - Pet assistance

## Shuttle Information

- **Zion Canyon Shuttle Route**
  - Zion Lodge shuttle ONLY
  - Zion Lodge shuttle ONLY

## 24-HOUR EMERGENCY RESPONSE: CALL 911

Park emergencies: call 435-772-3226 (daylight hours)
Your Safety Is Your Responsibility

**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.

**ELEVATION**

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

**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 winter gear are recommended. Your safety is your responsibility.

**PREVENT DEHYDRATION**

As you hike you lose water and salt through sweating. Carry, 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.

**STEPP 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
- Clouds or thunder
- Sudden changes in water clarity from clear to muddy

**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. Campfire 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燃烬 those you intend to use. 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, bivy 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, 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.

**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. Free, advanced reservations may be required and can be made at the Zion Canyon Visitor Center.

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.

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