**Zion Information Guide**

**Hiking Guide**

**Shuttle Stop**

<table>
<thead>
<tr>
<th>Location</th>
<th>Round Trip</th>
<th>Average Time</th>
<th>Elevation Change</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EASY</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Pau’rus Trail</td>
<td>2 hours</td>
<td>3.5 mi</td>
<td>5.6 km</td>
</tr>
<tr>
<td>2</td>
<td>The Grotto Trail</td>
<td>0.5 hour</td>
<td>1 mi</td>
<td>1.6 km</td>
</tr>
<tr>
<td>3</td>
<td>Lower Emerald Pool</td>
<td>1 hour</td>
<td>1.2 mi</td>
<td>1.8 km</td>
</tr>
<tr>
<td>4</td>
<td>Riverside Walk</td>
<td>1.5 hour</td>
<td>2.2 mi</td>
<td>3.5 km</td>
</tr>
<tr>
<td>5</td>
<td><strong>MODERATE</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Canyon Overlook East side of Zion Tunnel</td>
<td>1 hour</td>
<td>1.0 mi</td>
<td>1.6 km</td>
</tr>
<tr>
<td>7</td>
<td>Watchman Trail Zion Canyon Visitor Center</td>
<td>2 hours</td>
<td>3.3 mi</td>
<td>5.3 km</td>
</tr>
<tr>
<td>8</td>
<td>Sand Bench Trail Zion Lodge</td>
<td>4 hours</td>
<td>7.6 mi</td>
<td>12.2 km</td>
</tr>
<tr>
<td>9</td>
<td>Kayenta Trail The Grotto</td>
<td>1.5 hour</td>
<td>2 mi</td>
<td>3.2 km</td>
</tr>
<tr>
<td>10</td>
<td>Middle Emerald Pool Zion Lodge</td>
<td>1.5 hour</td>
<td>2.2 mi</td>
<td>3.5 km</td>
</tr>
<tr>
<td>11</td>
<td>Upper Emerald Pool Zion Lodge</td>
<td>1 hour</td>
<td>1 mi</td>
<td>1.6 km</td>
</tr>
<tr>
<td>12</td>
<td><strong>STRENUOUS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>Angels Landing via West Rim Trail The Grotto</td>
<td>4 hours</td>
<td>5.4 mi</td>
<td>8.7 km</td>
</tr>
<tr>
<td>14</td>
<td>The Narrows (via Riverside Walk) Temple of Sinawava Out and back hike</td>
<td>Up to 8 hrs</td>
<td>9.4 mi</td>
<td>15.1 km</td>
</tr>
</tbody>
</table>

**KOLOB CANYONS HIKING TRAILS**

<table>
<thead>
<tr>
<th>Trail Name</th>
<th>Round Trip</th>
<th>Average Time</th>
<th>Elevation Change</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Timber Creek Overlook Trail Kolob Canyons Road</td>
<td>0.5 hour</td>
<td>100 ft</td>
<td>30 m</td>
<td>Follows a ridge to views of Timber Creek, Kolob Terrace, and the Pine Valley Mountains.</td>
</tr>
<tr>
<td>Taylor Creek Trail Kolob Canyons Road</td>
<td>3.5 hours</td>
<td>450 ft</td>
<td>137 m</td>
<td>Maximum 12 people per group. Follows the Middle Fork of Taylor Creek past two homestead cabins to Double Arch Alcove.</td>
</tr>
<tr>
<td>Kolob Arch via La Verkin Creek Trail Lee Pass</td>
<td>8 hours</td>
<td>1037 ft</td>
<td>316 m</td>
<td>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.</td>
</tr>
</tbody>
</table>

**Zion Canyon Shuttle Information**

**SHUTTLE SCHEDULE**

<table>
<thead>
<tr>
<th>Start Time</th>
<th>End Time</th>
<th>Days Available</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00am</td>
<td>7:00am</td>
<td>Sept. 20 to Nov. 7</td>
<td>Shuttle not in service</td>
</tr>
<tr>
<td>7:15pm</td>
<td>6:15pm</td>
<td>Nov. 8 to Dec 22</td>
<td>Shuttle not in service</td>
</tr>
<tr>
<td>8:00am</td>
<td>5:45pm</td>
<td>Dec. 23 to Jan. 1</td>
<td>Shuttle not in service</td>
</tr>
</tbody>
</table>

**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 operating.

**HARMFUL ALGAE MAY BE PRESENT:** Zion National Park is experiencing a harmful cyanobacteria bloom. The park is conducting regular water quality monitoring and will issue health advisories based off the latest data. Check the Visitor Center or park website for the current conditions and advisories. Do not drink water from the river.

**KOLOB CANYONS**

Located in the northwest corner of the park off of Interstate 15 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 Canyon viewpoint.

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

**Springdale shuttle stop**

**Zion-Mt. Carmel Tunnel**

Large vehicle escort Tunnel times and size restrictions on other side. No bikers/pedestrians allowed in the tunnel.

**OTHER VISITOR INFORMATION**

- **Camping:** Limited to private campgrounds.
- **Dining:** Limited availability.
- **Fishing:** Not allowed.
- **Hiking:** Limited to marked trails.
- **Laundromat:** Available.
- **Shuttle:** Available.
- **Visitor Center:** Open daily.
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 801-582-3456.

**Ranger-led Programs**

Enhance your understanding and enjoyment of Zion National Park by participating in a 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. The handbook is available for free at visitor centers within the park.

**COVID-19 Safety Alert**

The National Park Service encourages you to practice safety guidelines to reduce the spread of COVID-19.

- **Isolate if you feel sick.** Symptoms include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.
- **Masks are required for everyone on shuttles.** Masks are also required for unvaccinated individuals when in public indoor settings and outdoors when physical distancing is not feasible.
- **Practice social distancing.** Maintain at least 6 feet of distance between you and others.
- **Wash your hands often with soap and water for at least 20 seconds.**
- **Cover your mouth and nose when you cough or sneeze.**
- **Avoid touching your eyes, nose, and mouth.**

**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 avoid cliffs. 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**

**EMERGENCY Call 911**

For 24-hour emergency response, call 911 or 435-772-3322.

**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 overa hicle (includes two tunnel pass-throughs within 7 days). Rangers will not open the traffic control gate until 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. Warn the victim with your own body and a warm drink, and shelter the individual from breezes. A pre-warmed sleeping bag will also provide or arrange for transport through the tunnel.

**TUNNEL HOURS**

- **August 29 to September 25:** 8 am to 7 pm
- **September 26 to November 6:** 8 am to 6 pm
- **November 7 to February 26:** 8 am to 4:30 pm

**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.

**Your Safety Is Your Responsibility**

- **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 when using cameras or binoculars. Never throw or roll rocks because there may be hikers below you. Stay on the trail and avoid cliffs. Observe posted warnings and please watch children.

**Traffic and Parking Updates**

Zion National Park has two campgrounds open: South and Watchman Campgrounds, both of which are by reservation only. Watchman Campground has 400 sites, which are by reservation only. The park entrance pass is not a permit. Please turn off your engine when parking in Springdale, as the roadways in Springdale are used by shuttle bus. See the shuttle schedule for times and dates of this free service. For an up-to-date list of restrictions, visit utahfireinfo.gov.

**Emergency Call 911**

For 24-hour emergency response, call 911 or 435-772-3322. Additional medical clinics are located in Hurricane. The nearest hospitals are in St. George, Cedar City, and Kanab.