

Zion National Park Information Sheet

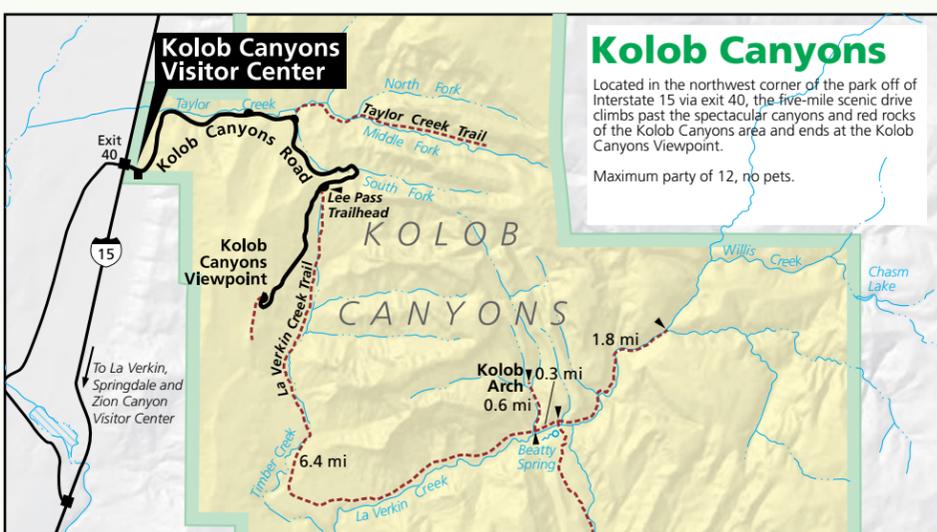
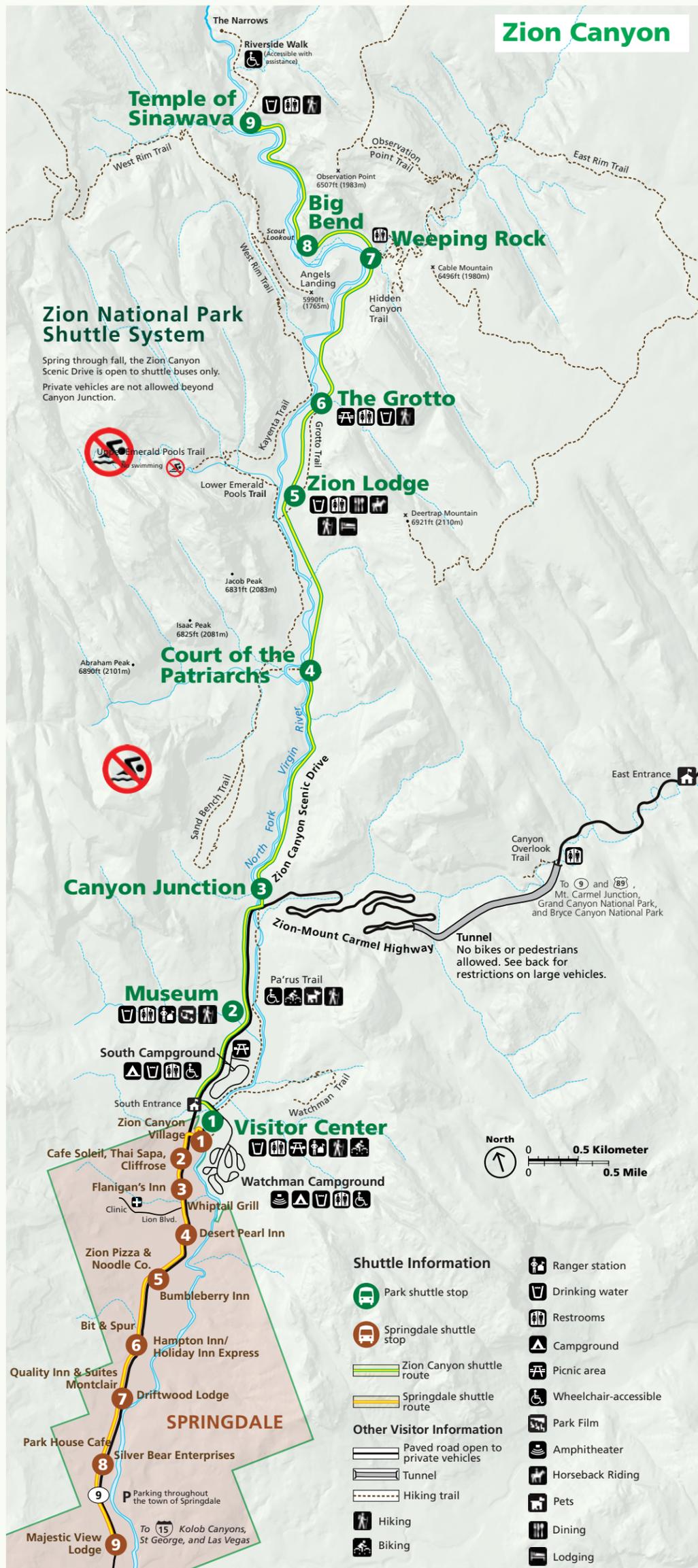
National Park Service
U.S. Department of the Interior



Hiking Guide

Shuttle Stop	Hike Trailhead	Round Trip	Elevation Change	Description
Easy				
1	Pa'rus Trail Zion Canyon Visitor Center	2 hours 3.5 mi/ 5.6 km	50 ft/ 15 m	Paved trail follows the Virgin River from the South Campground to Canyon Junction. Wheelchairs may need assistance.
1	Archeology Trail Zion Canyon Visitor Center	0.5 hour 0.4 mi/ 0.6 km	80 ft/ 24 m	Short, but steep. Starts across from the entrance to the visitor center parking lot. Climbs to the outlines of several prehistoric buildings. Trailside exhibits.
5	Lower Emerald Pool Trail Zion Lodge	1 hour 1.2 mi/ 1.9 km	69 ft/ 21 m	Minor drop-offs. Paved trail leads to the Lower Emerald Pool and waterfalls.
6	The Grotto Trail Zion Lodge The Grotto	0.5 hour 1 mi/ 1.6 km	35 ft/ 11 m	The trail connects the Zion Lodge to The Grotto trail. The trail is a great place to view wildlife.
7	Weeping Rock Trail Weeping Rock	0.5 hour 0.4 mi/ 0.6 km	98 ft/ 30 m	Short, but steep. Minor drop-offs. Paved trail ends at a rock alcove with dripping springs. Trailside exhibits.
9	Riverside Walk Temple of Sinawava	1.5 hours 2.2 mi/ 3.5 km	57 ft/ 17 m	Minor drop-offs. Paved trail follows the Virgin River along the bottom of a narrow canyon. Trailside exhibits. Wheelchairs may need assistance.
Moderate				
1	Watchman Trail Zion Canyon Visitor Center	2 hours 3.3 mi/ 5.3 km	368 ft/ 112 m	Moderate drop-offs. Ends at viewpoint of the Towers of the Virgin, lower Zion Canyon, and Springdale.
5	Sand Bench Trail Zion Lodge	5 hours 7.6 mi/ 12.2 km	466 ft/ 142 m	Commercial horse trail from March to October. Hike atop a massive landslide under The Sentinel. Deep sand and little shade.
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 is allowed. May be closed, check at Visitor Center.
6	Kayenta Trail The Grotto	1.5 hours 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.
East Side Tunnel	Canyon Overlook Trail Zion-Mt. Carmel Hwy	1 hour 1 mi/ 1.6 km	163 ft/ 50 m	Long drop-offs, mostly fenced. Rocky and uneven trail ends at viewpoint of Pine Creek Canyon and lower Zion Canyon. Parking lot is right-turn only. Be aware, steep drop offs.
Kolob Canyons	Taylor Creek Trail Kolob Canyons Road	3.5 hours 5.0 mi/ 8.0 km	450 ft/ 137 m	Limited to 12 people per group. Follows the Middle Fork of Taylor Creek past two homestead cabins to Double Arch Alcove.
Kolob Canyons	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.
Strenuous				
6	Angels Landing via West Rim Trail The Grotto	4 hours 5.4 mi/ 8.7 km	1488 ft/ 453 m	Long drop-offs. Not for young children or anyone fearful of heights. First 2.2 miles, paved surface. Last section is a route along a steep, narrow ridge to the summit.
7	Hidden Canyon Trail Weeping Rock	2.5 hours 2.4 mi/ 3.9 km	850 ft/ 259 m	Long drop-offs. Not for anyone fearful of heights. Follows along a cliff face to the mouth of a narrow canyon. May be closed, check at Visitor Center.
7	Observation Point via East Rim Trail Weeping Rock	6 hours 8 mi/ 12.9 km	2148 ft/ 655 m	Long drop-offs. Climbs through Echo Canyon to viewpoint of Zion Canyon. Access to Cable Mountain, Deertrap Mountain, and East Rim Trail. May be closed, check at Visitor Center.
9	The Narrows via Riverside Walk Temple of Sinawava	8 hours 9.4 mi/ 15.1 km	334 ft/ 102 m	Read information on the reverse side and check conditions at the visitor center before attempting. High water levels can prevent access to The Narrows.
Kolob Canyons	Kolob Arch via La Verkin Creek Trail Kolob Canyons Road	8 hours 14 mi/ 22.5 km	1037 ft/ 316 m	Limited to 12 people per group. Follows Timber and La Verkin Creeks. A side trail leads to Kolob Arch, a large natural arch.

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 throw or roll rocks because there may be hikers below.



Shuttle Schedule

	September 4 to September 29	September 30 to December 1
Zion Canyon Shuttle		
First Bus		
from Zion Canyon Visitor Center zzz	6:00 am	7:00 am
Last Bus		
from Zion Canyon Visitor Center	8:30 pm	6:30 pm
from Temple of Sinawava	9:15 pm	7:15 pm
from Zion Lodge	9:30 pm	7:30 pm
Springdale Shuttle		
First Bus		
from Majestic View Lodge	7:10 am	8:10 am
from Pedestrian Entrance	7:30 am	8:30 am
Last Bus to Zion Canyon Shuttle		
from Majestic View Lodge	8:05 pm	6:05 pm
Last Bus		
from Pedestrian Entrance	10:00 pm	8:00 pm
from Majestic View Lodge	10:15 pm	8:15 pm

Contact Information

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

Website
www.nps.gov/zion

E-mail
zion_park_information@nps.gov

Social Media
www.facebook.com/zionnps
www.twitter.com/zionnps
www.instagram.com/zionnps

Park Information
(435) 772-3256
Emergencies
911 or (435) 772-3322



Getting Around

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 866-511-8824.

ZION CANYON SHUTTLE
During much of the year, the Zion Canyon Scenic Drive is only accessible by shuttle bus. See the shuttle schedule for times and dates of this free service. The buses are wheelchair accessible and have room for backpacks, climbing gear, and at least three 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.

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.

DRIVING
Park roads are used by vehicles, bicycles, walkers, and even wildlife. Obey posted speed limits. Unless otherwise posted, the maximum speed limit is 35 mph. Seat belts or child safety seats are required for all occupants of a vehicle. Please turn off your engine when your vehicle is stopped.

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.

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.

WATER
The desert is an extreme environment. Carry enough water (one gallon 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 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.

Camping

Zion National Park has three campgrounds. South and Watchman Campgrounds are in the main canyon. Lava Point Campground is on the Kolob Terrace Rd. Watchman Campground is currently by reservation only through Nov 11th 2019. The winter season starts Dec 1st 2019 and will be first come first serve until Feb 27th 2020. Reservations for Watchman Campground can be made 6 months in advance. South Campground closes Oct 31st 2019 and will reopen Mar 3rd 2020, available by reservation only. Reservations for South Campground can be made 14 days in advance. Lava point will close for the winter due to snow and ice and reopens weather permitting. Reservations are strongly recommended. To make a reservation, visit www.recreation.gov or call 877-444-6777.

Other Information

PETS
Pets are not allowed on any trails except the Pa'rus Trail. Working service dogs are permitted on all trails. Emotional support animals are considered pets by the National Park Service and are therefore not allowed. Pets are not allowed on shuttle buses.

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

RECYCLING
Please recycle! Commingled recycling bins are located in the Visitor Center Plaza near the flagpole, at the Grotto, and at the Watchman Campground. Plastic, metal, paper, and glass are recyclable.

RESTROOMS
"Go Before You Go." Use restrooms at the trailheads or be prepared to remove your human waste. Disposable bags are available at local shops and in park stores.

Emergencies

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.

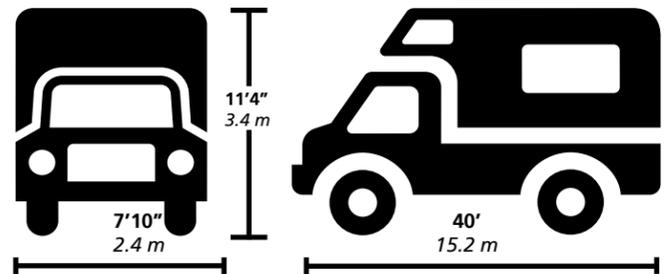
Large Vehicles

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, or 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 \$15 fee 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

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.



vehicle during a seven-day period. Rangers will stop oncoming traffic so that you may drive down 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:

- September 1 to September 28 from 8:00 am to 7:00 pm.
- September 29 to November 2 from 8:00 am to 6:00 pm
- November 3 to March 3rd 2020 8:00 am to 4:30 pm

PROHIBITED VEHICLES
Vehicles not permitted in the tunnel include the following:

- Vehicles over 13'1" 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 obtain a ride. Hitchhiking is permitted. Rangers are not allowed to provide or arrange for transport

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 that might be in effect.

SIGNS OF FLASH FLOODING

- Deterioration in weather conditions
- Build up of clouds or thunder
- 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

Please see park website for most up to date hours of operation for visitor center.

	September 3 to October 12	October 13 to November 30	Winter
Zion Canyon Visitor Center	8:00 am to 6:00 pm	8:00 am to 5:00 pm	8:00 am to 5:00 pm
Park Store	8:00 am to 7:00 pm	8:00 am to 6:00 pm	8:00 am to 5:00 pm
Zion Canyon Wilderness Desk	7:00 am to 6:00 pm	8:00 am to 4:30 pm	8:00 am to 10:00 am, 3:00 pm to 4:30 pm
Zion Human History Museum	9:00 am to 6:00 pm	10:00 am to 5:00 pm	Closed
Zion Nature Center	Closed	Closed	Closed
Kolob Canyons Visitor Center	8:00 am to 5:00 pm	8:00 am to 4:30 pm	8:00 am to 4:30 pm

Utah 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.

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. <https://www.nps.gov/zion/learn/education/distance-learning.htm>.

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 a stronger sense of stewardship and responsibility falls on all of us to protect and sustain the park 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.