

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	Archaeology 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.
6	Lower Emerald Pool Trail Zion Lodge	1 hour 1.2 mi/ 1.9 km	69 ft/ 21 m	Due to trail construction, Lower Emerald Pool is closed until late spring. Check at Visitor Center for current information.
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. The trail is a great place to view wildlife.

Weeping Rock Trail
Weeping Rock

Trail closed until further notice

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.
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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 the town of Springdale.
4	Sand Bench Trail Zion Lodge	3-4 hours 5.5 mi/ 8.85 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.
6	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.
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 of 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.
Hidden Canyon Trail Weeping Rock		Trail closed until further notice		
Observation Point via East Rim Trail Weeping Rock		Trail closed until further notice		
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.