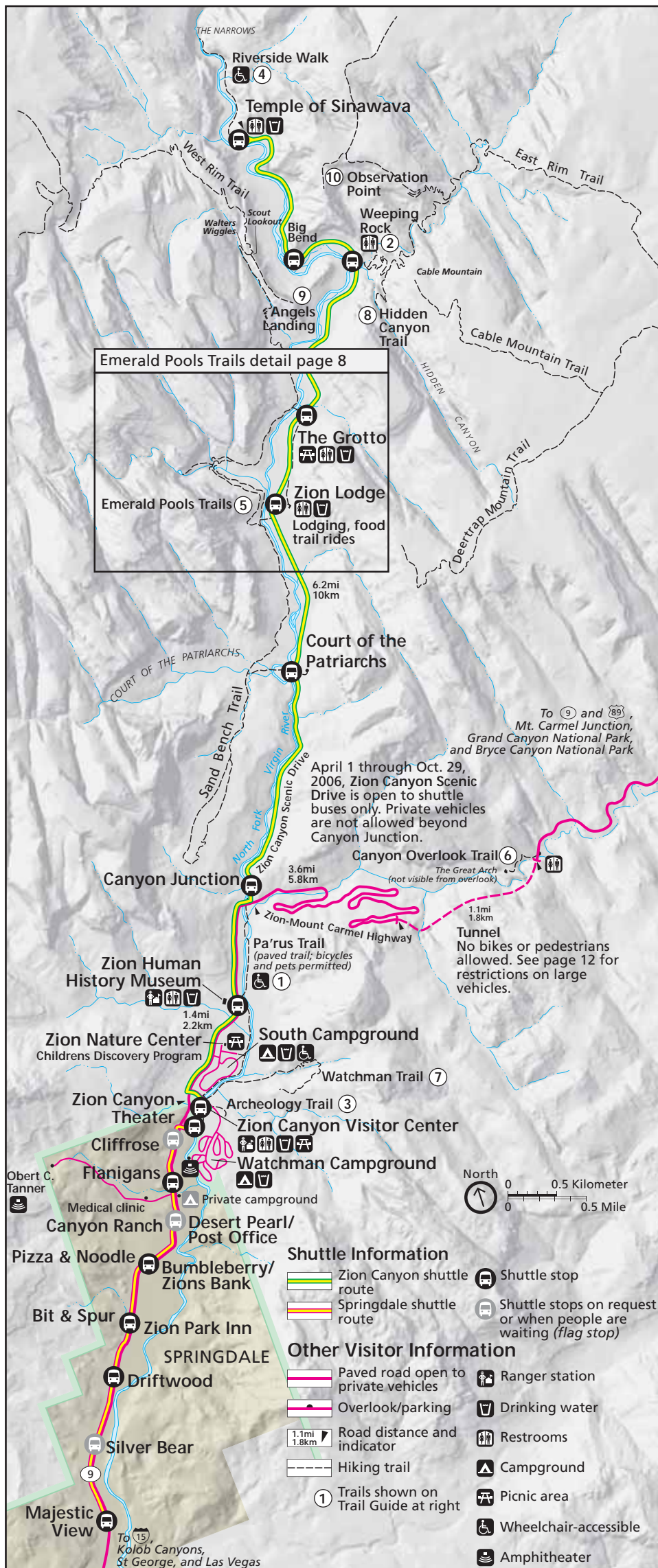


Zion Canyon

Trail Guide



Use the Shuttle to Access Trailheads

Access to trailheads along the Zion Canyon Scenic Drive is by shuttle only. *Private vehicles are not allowed.* Shuttles depart early morning from Springdale and the Zion Canyon Visitor Center and run late into the evening. Check page 12 for schedule. Plan your hike so you do not miss the shuttle.

For Your Safety

Stay on established trails and watch your footing, especially at overlooks and near drop-offs. Always stay back from edges. Watch children closely. People uncertain about heights should turn around if they become uncomfortable. Never throw or roll rocks; there may be hikers below.

Trail & Shuttle Stop	Round Trip (mi/km)	(avg. time)	Ascent (ft/m)	Description	Map Location
Zion Canyon					
Pa'rus Trail Zion Canyon Visitor Center	3.5/5.6	1-1/2 hrs.	50/15	Easy Paved trail follows Virgin River from South Campground to Canyon Junction.	1
Weeping Rock Weeping Rock	0.5/0.8	1/2 hour	98/30	Short but steep Minor drop-offs. Paved trail ends at a rock alcove with dripping springs. Trailside exhibits.	2
Archeology Trail Zion Canyon Visitor Center	0.4/0.6	1/2 hour	80/24	Short but steep Trail climbs a small hill to the outlines of small prehistoric storage buildings. Trailside exhibits.	3
Riverside Walk Temple of Sinawava	2.0/3.2	1-1/2 hrs.	57/17	Easy Minor drop-offs. Paved trail follows Virgin River along bottom of narrow canyon. Trailside exhibits.	4
Lower Emerald Pool Zion Lodge	1.2/1.9	1 hour	69/21	Easy Minor drop-offs. Paved trail to lower pool and waterfalls.	5
Middle Emerald Pools Zion Lodge	2.0/3.2	2 hours	150/46	Moderate Long drop-offs. This is the access to the Upper Pools.	5
Canyon Overlook Zion-Mt. Carmel Highway-east of long tunnel	1.0/1.6	1 hour	163/50	Moderate Long drop-offs, mostly fenced. Rocky, uneven trail ends at spectacular viewpoint of lower Zion Canyon and Pine Creek Canyon.	6
Watchman Zion Canyon Visitor Center	2.7/4.3	2 hours	368/ 112	Moderate Minor drop-offs. Ends at viewpoint of lower Zion Canyon, Oak Creek Canyon, and Springdale.	7
Hidden Canyon Weeping Rock	2.0/3.2	3 hours	850/ 259	Strenuous Long drop-offs. Not for anyone fearful of heights. Ends at mouth of narrow canyon.	8
Angels Landing The Grotto	5.0/8.0	4 hours	1488/ 453	Strenuous Long drop-offs and narrow trail. Not for anyone fearful of heights. Ends at summit high above Zion Canyon. Last 0.5 mi (0.8 km) follows steep, narrow ridge; chains have been added.	9
Observation Point Weeping Rock	8.0/12.9	5 hours	2148/ 655	Strenuous Climbs through Echo Canyon to Observation Point. Excellent views of Zion Canyon. Trail gives access to other East Rim plateau trails: Cable Mountain and Deertrap Mountain.	10
Kolob Canyons					
Timber Creek Overlook Kolob Canyons picnic area	1.0/1.6	1/2 hour	100/30	Moderate Follows ridge top to small peak with views of Timber Creek, Kolob Terrace and Pine Valley Mountains.	11
Taylor Creek 2 mi. east of Kolob Canyons Visitor Center	5.0/8.0	4 hours	450/ 137	Moderate No drop-offs. Follows Middle Fork of Taylor Creek past two homestead cabins to Double Arch Alcove.	12
Kolob Arch Lee Pass	14/22.5	8 hours	699/ 213	Strenuous No drop-offs. Follows Timber and LaVerkin Creeks and ends at Kolob Arch, possibly the world's largest free-standing arch.	13

Hiking & Canyoneering Emerald Pools Trails

HIKING IN CANYONS, EVEN SHORT HIKES, REQUIRES ADVANCE PLANNING. MANY HIKES INVOLVE walking in water, and the rivers and creeks are subject to flash flooding. River flows vary greatly depending on time of year and weather conditions. Check the National Weather Service weather forecast and flash flood potential before entering any canyon; posted daily in visitor centers. See the *Zion Backcountry Planner* for additional information.

Permits

Permits are required for all overnights, through hikes of the Narrows and tributaries, Left Fork of North Creek (the Subway), Kolob Creek, and all canyons requiring the use of technical equipment. Permits are issued at visitor centers the day before your hike. Cost:

- \$10 for 1-2 people
- \$15 for 3-7 people
- \$20 for 8-12 people.

Reservations are available on-line for many permits: www.nps.gov/zion.

Group Size

The maximum group size is 12 people of the same affiliation on the same trail or in the same drainage on the same day.

Be Prepared

All narrow canyons are potentially hazardous. Flash floods, cold water, and strong currents present real dangers that can be life-threatening. Your safety depends on your own good judgment, adequate preparation, and constant attention. *By entering a narrow canyon, you are assuming a risk. Your safety is your responsibility.*

Zion Narrows

Weather and water conditions permitting, there are three ways to hike The Narrows:

Short Day-hike Continue upstream beyond the end of the Riverside Walk. 1 to 5 hours, round trip. No permit required.

Through Day-hike Hike downstream from Chamberlain's Ranch. This long all-day hike requires a shuttle to the trailhead and a permit.

Overnight Hike Hike downstream from Chamberlain's Ranch. This two-day hike requires a shuttle to the trailhead and a permit. Maximum stay is one night. Fires are not allowed.

Zion Narrows Checklist

- Obtain *weather and flash flood potential forecasts* before starting your trip.
- Wear *sturdy boots* or shoes with ankle support.
- Take a *walking stick*. Do not cut tree branches for sticks.
- Small children *should not hike in the river* due to strong currents and deep pools.
- Carry out all trash: food wrappers, apple cores, fruit peels, tissue paper—everything you carried in.
- Carry one gallon of *drinking water* per person for a full-day hike, food, sunglasses, sunscreen, and first aid kit.
- Take a *sweater or windbreaker*. The Narrows is much cooler than Zion Canyon.
- Pack gear in *waterproof bags*.
- Use the *restroom* at the Riverside Walk Trailhead before hiking. There are no toilets in The Narrows.

THIS SERIES OF POOLS AND WATERFALLS MAY BE ACCESSED BY THREE DIFFERENT ROUTES. THESE trails, as well as a short trail to the upper pool, connect and can be combined as a loop. There is always a small waterfall at the lower pool. If it rains, there may be larger waterfalls at both the upper and lower pools. A flood on February 8, 2005 damaged portions of the Lower Emerald Pool Trail.

Lower Emerald Pool Trail

Easy, 1.2 mile out and back, 69-foot ascent. Paved trail to the pool, then continues behind the waterfalls that cascade from the middle pools into the lower pool.

Middle Emerald Pools Trail

Moderate, 1 mile one-way, 150-foot ascent. Unpaved climb to a sandstone ledge that parallels the lower trail but at a higher level. Do not go near the edge. Deaths have occurred from falling from the middle pools. Loose sand and pebbles on stone are very slippery.

Upper Emerald Pool Trail

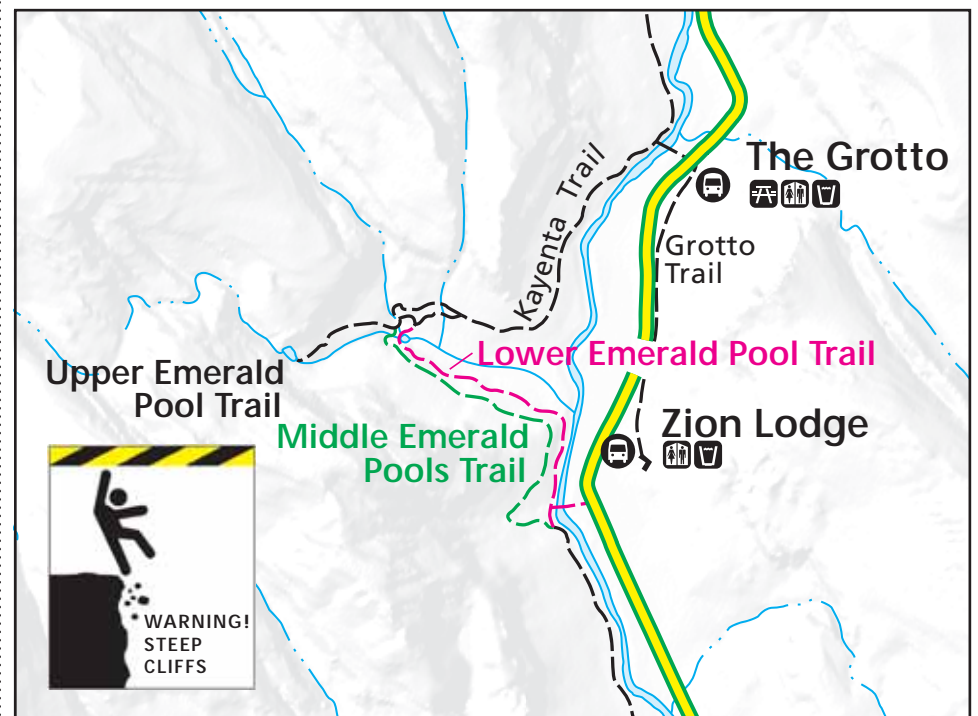
Moderate, 3 mile from Middle Pool Trail one-way, 200-foot ascent. A sandy, rocky trail climbs to the base of the cliff.

Kayenta Trail

Moderate, 1 mile one-way, 150-foot ascent. Unpaved climb to a sandstone ledge, connects The Grotto to the Middle Emerald Pools.

Grotto Trail

Easy, .5 mile one-way, level. Trail connects Zion Lodge to The Grotto Picnic Area. Can be linked with Middle Emerald Pools and Kayenta Trails allowing a 3-mile loop hike.



Mountain Lions

MOUNTAIN LIONS ARE WILD ANIMALS AND CAN BE DANGEROUS. THEY HAVE BEEN OBSERVED frequently in the park. An attack by one is unlikely—there is a far greater risk of being struck by lightning. Zion National Park has never had a reported attack on people or pets. However, mountain lions have attacked in other areas.

Four mountain lions will be radio-collared in the Zion area as part of a multi-year study to learn more about the habits of these elusive creatures.

Recommendations For Your Safety

- Watch children closely, and never let them run ahead or lag behind.
- Solo hiking or jogging is not recommended.
- Never approach a mountain lion. Most will try to avoid a confrontation. Always give them a way to escape.

- Do not run! Try to look large. Put your arms up.
- If a mountain lion approaches, wave your arms, shout, and throw rocks or sticks at it.
- If attacked, fight back.
- Report any mountain lion sightings or encounters to a Park Ranger as soon as possible.



This young male mountain lion was photographed with an infrared-triggered remote camera.