






# Zion Information Guide


## Hiking Guide

Shuttle Stop	Hike Location	Round Trip Average Time	Elevation Change	Description
EASY				
1	<b>Pa'rus Trail</b> Visitor Center to Canyon Junction	2 hours 3.5 mi / 5.6 km	50 ft / 15 m	   Paved trail follows the Virgin River from the Visitor Center to Canyon Junction.
6	<b>The Grotto Trail</b> Zion Lodge The Grotto	0.5 hour 1 mi / 1.6 km	35 ft / 11 m	This short trail parallels the roadway, connecting the Zion Lodge to the Grotto. It is located behind the shuttle stop.
5	<b>Lower Emerald Pool</b> Zion Lodge	1 hour 1.2 mi / 1.9 km	69 ft / 21 m	Leads to the pools below Middle Emerald Pools and the Upper Emerald Pools Trails.
9	<b>Riverside Walk</b> Temple of Sinawava	1.5 hour 2.2 mi / 3.5 km	57 ft / 17 m	 Paved trail follows the Virgin River in a deep canyon. First 0.4 miles is wheelchair accessible but may be sandy.

## MODERATE

East Side	<b>Canyon Overlook</b> East side of Zion Tunnel	1 hour 1.0 mi / 1.6 km	163 ft / 50 m	Minor drop-offs and handrails. Ends at a viewpoint into lower Zion Canyon. Parking is limited.
1	<b>Watchman Trail</b> Zion Canyon Visitor Center	2 hours 3.3 mi / 5.3 km	368 ft / 112 m	Minor drop-offs. Ends at viewpoint of the Towers of the Virgin, lower Zion Canyon, and Springdale.
5	<b>Sand Bench Trail</b> Zion Lodge	4 hours 7.6 mi / 12.2 km	466 ft / 142 m	Hike atop a massive landslide under The Sentinel. Minor drop-offs. Commercial horse trail from March to October.
6	<b>Kayenta Trail</b> The Grotto	1.5 hour 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.
5	<b>Middle Emerald Pool</b> Zion Lodge	1.5 hour 2.2 mi / 3.5 km	150 ft/ 45 m	An unpaved climb to a sandstone ledge that parallels the lower trail at a higher elevation.
5	<b>Upper Emerald Pool</b> 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.

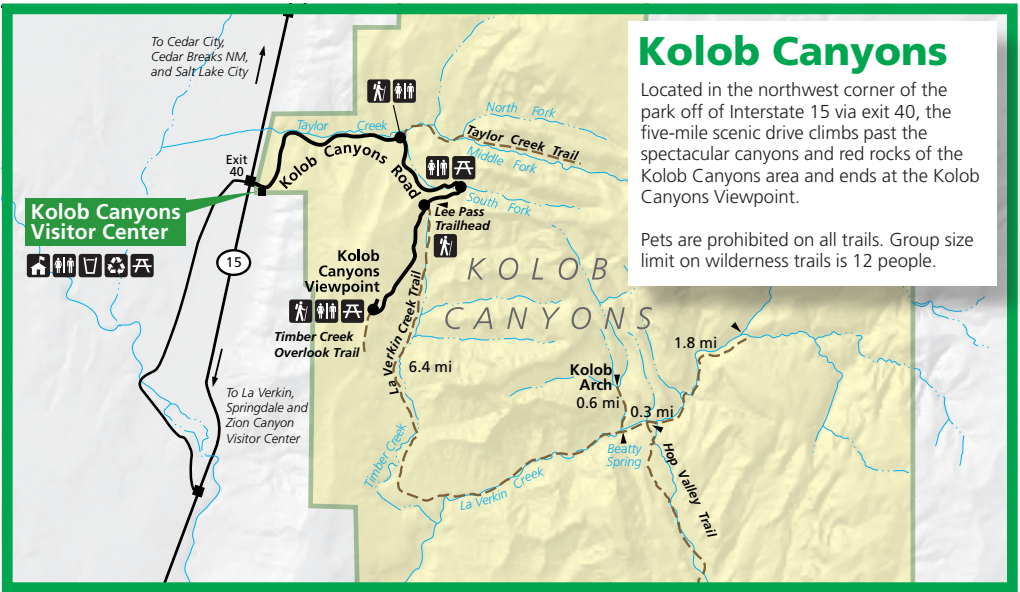
## STRENUOUS

6	<b>Angels Landing via West Rim Trail</b> The Grotto	4 hours 5.4 mi / 8.7 km	1500 ft/ 457 m	 Long drop-offs. Not for young children or anyone fearful of heights.
9	<b>The Narrows</b> (via Riverside Walk) Temple of Sinawava	Up to 8 hrs 9.4 mi / 15.1km	334 ft / 102 m	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.  Out and back hike.

**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 HIKING TRAILS

<b>Timber Creek Overlook Trail</b> 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.
<b>Taylor Creek Trail</b> Kolob Canyons Road	3.5 hours 5.0 mi / 8.0 km	450 ft/ 137 m	Maximum 12 people per group. Follows the Middle Fork of Taylor Creek past two homestead cabins to Double Arch Alcove.
<b>Kolob Arch via La Verkin Creek Trail</b> Lee Pass	8 hours 14 mi / 22.5 km	1037 ft/ 316 m	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.

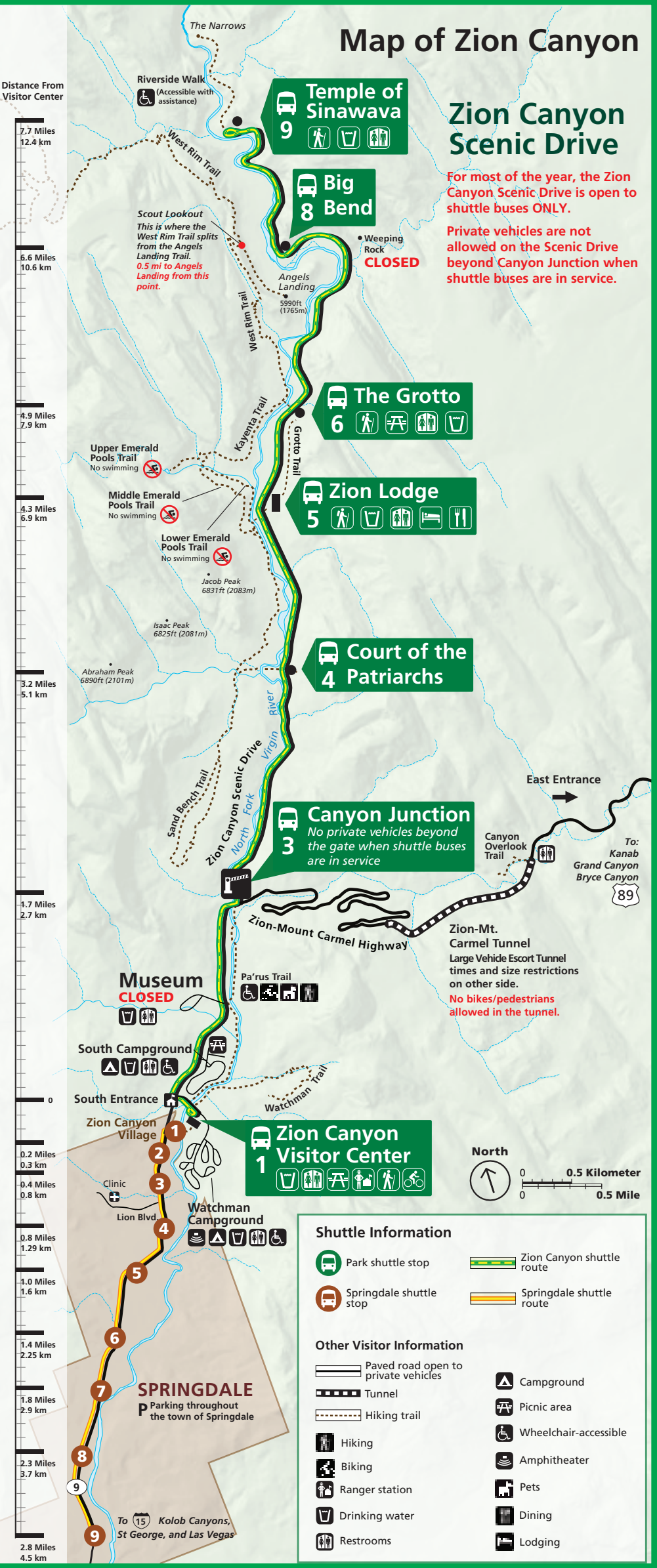


## Zion Canyon Shuttle Information

SHUTTLE SCHEDULE	Dec. 23 to January 1 Daily	January 2 to Feb. 18	Feb. 19 to March 13 Weekends Only	Beginning March 19 Daily
First bus into the canyon from the Zion Canyon Visitor Center	8:00am	<i>Shuttle not in service</i>	8:00am	7:00am
Last bus out of the canyon from Temple of Sinawava	5:45pm	<i>Shuttle not in service</i>	5:45pm	7:15pm
Town of Springdale shuttle hours	8:10am to 6:10pm	<i>Shuttle not in service</i>	<i>Shuttle not in service</i>	8:00am to 8:00pm



**MASKS ARE REQUIRED ON THE SHUTTLE**





# EMERGENCY Call 911

**911** 24-hour emergency response: call 911  
Park emergencies: call 435-772-3322 (daylight hours)

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.

## Contact Information

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

**Social Media**  
[www.facebook.com/zionnps](#)  
[www.twitter.com/zionnps](#)  
[www.instagram.com/zionnps](#)

**Wilderness Information**  
(435) 772-0170

Free WiFi is available at the Zion Canyon Visitor Center and the Zion Lodge. Do not expect data or cell connection in most areas of Zion Canyon, on trails, or in Wilderness.

**Park Information**  
(435) 772-3256

**Website**  
[www.nps.gov/zion](#)

**E-mail**  
[zion\\_park\\_information@nps.gov](mailto:zion_park_information@nps.gov)

**Traffic and Parking Updates**  
[www.twitter.com/zionnps](#)  
1610 A.M. Radio



## 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.

**DRIVING**

Drivers, pedestrians, bicyclists and wildlife all share park roads.

- 35 mph is the speed limit unless otherwise posted.
- Wear a seat belt and use a child safety seat if appropriate.
- Turn off your vehicle if you are stopped (do not idle).
- For most of the year, Zion Canyon Scenic Drive is only open by shuttle bus or with a driving permit. Your park entrance pass is not a permit.

**SPRINGDALE SHUTTLE**

For part of the year, you can ride a free shuttle in the town of Springdale. Read the front of this sheet to see when the shuttle is running. If it is running during your visit, park at your hotel or or an approved parking area and ride to the park entrance. *Masks are required on all shuttles.*

**ZION CANYON SHUTTLE**

During much of the year, the Zion Canyon Scenic Drive is only accessible by shuttle bus. Check the shuttle schedule on the front of this sheet to see when the shuttle is running. The buses have room for backpacks, climbing gear, and 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. If you have accessibility needs, please speak to a ranger at the Visitor Center. *Masks are required on all shuttles.*

**PARKING**

Park only in designated spaces. If you visit when drivers can directly access Zion Canyon Scenic Drive, be aware that the National Park Service may close the road if there is no parking available.

If you get to Zion early in the morning or later in the afternoon, it can be easier to find parking.

**CYCLING (E-BIKES AND BICYCLES)**

Cycling is permitted on all public park roads and on the Pa’rus Trail. Cyclists must ride single file and stop to let shuttle buses pass. Do not pass a moving shuttle bus. Each shuttle bus has a rack for bicycles. All other park trails, off-trail routes, and the Zion-Mt. Carmel Tunnel are closed to cycles. Only class 1 pedal-assist E-bikes are allowed and must follow all of the same rules as bicycles.

## Permits & Reservations

**CAMPING**

Zion National Park has three campgrounds available by reservation only. 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. Camping is not permitted in parking areas or pullouts in the park.

**CAMPFIRES**

Campfires are currently allowed in established fire rings within campgrounds. Be sure any campfire area is clear of debris, and that your fire is out cold before you leave. Fire restrictions are subject to change. For an up-to-date list of restrictions, visit [utahfireinfo.gov](#).

**PERMITS**

You need a permit for activities including but not limited to backpacking, canyoneering, climbing, bivvy camping, and hiking Wilderness routes like the Left Fork (Subway).

Scan this QR code or visit the Wilderness Office at the Zion Canyon Visitor Center to learn about and apply for permits (free WiFi available at the Visitor Center and Zion Lodge).

No matter where you go, please Leave No Trace. This means you should:

- Plan ahead and prepare.
- Travel and camp on durable surfaces.
- Dispose of waste properly (pack it in, pack it out).
- Respect wildlife.
- Minimize campfire impacts.
- Be considerate of others.

## 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. Nearly all RVs, buses, trailers, fifth-wheels, dual-wheel trucks, campers, and boats require traffic control.

**TUNNEL CONTROL**

It is \$15 per oversize vehicle (includes two tunnel pass-throughs within 7 days). Rangers will stop oncoming traffic so that you may drive down the center of the road in the tunnel. After hours you must return at 8 am the following day to go through the tunnel.

- TUNNEL HOURS**
- November 7 to February 26: 8am to 4:30pm
  - February 27 to March 12: 8am to 6:00pm
  - March 13 to April 23: 8am to 7:00pm
  - April 24 to August 27: 8am to 8:00pm

**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.

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.

## 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.

**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 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.

**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.

## 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 everyone when in public indoor settings and outdoors when physical distancing is not feasible regardless of vaccination status.
- **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.**