

Zion Information Guide

National Park Service
U.S. Department of the Interior



Hiking Guide

Hike Location	Round Trip Average Time	Elevation Change	Description
EASY			
Pa’rus Trail 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.
The Grotto Trail 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.
Lower Emerald Pool 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. May be icy in winter.
Riverside Walk 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			
Canyon Overlook 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.
Watchman Trail 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.
Sand Bench Trail 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.
Kayenta Trail 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.
Middle Emerald Pool 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.
Upper Emerald Pool 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.

STRENUOUS

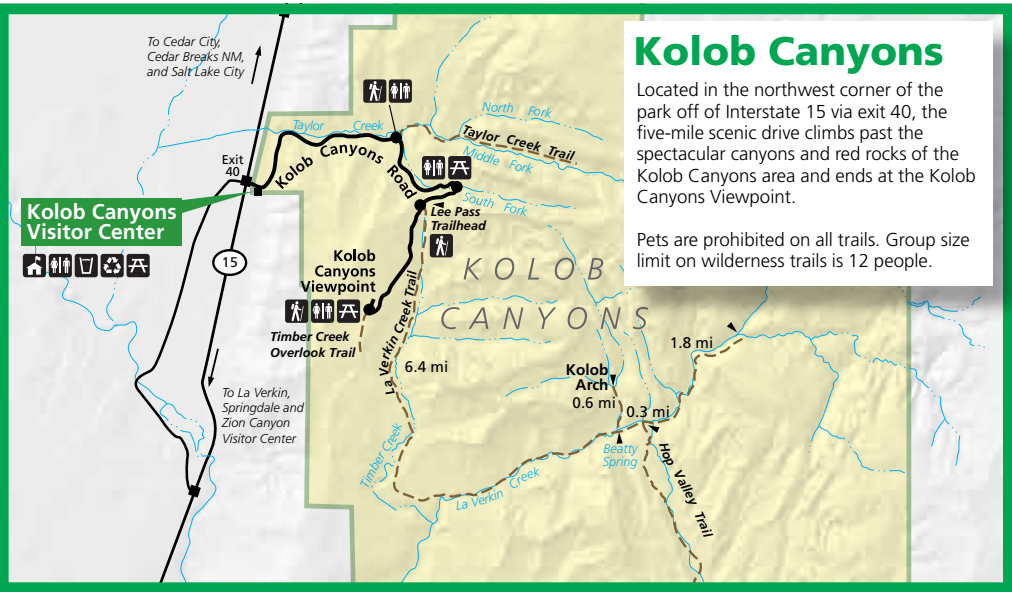
Angels Landing via West Rim Trail The Grotto	4 hours 5.4 mi / 8.7 km	1500 ft/ 457 m	Long drop-offs. Not for young children or anyone fearful of heights.
The Narrows (via Riverside Walk) Temple of Sinawava	Up to 8 hrs 9.4 mi / 15.1km	334 ft / 102 m	You are responsible for checking weather, water levels, 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 recently experienced 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

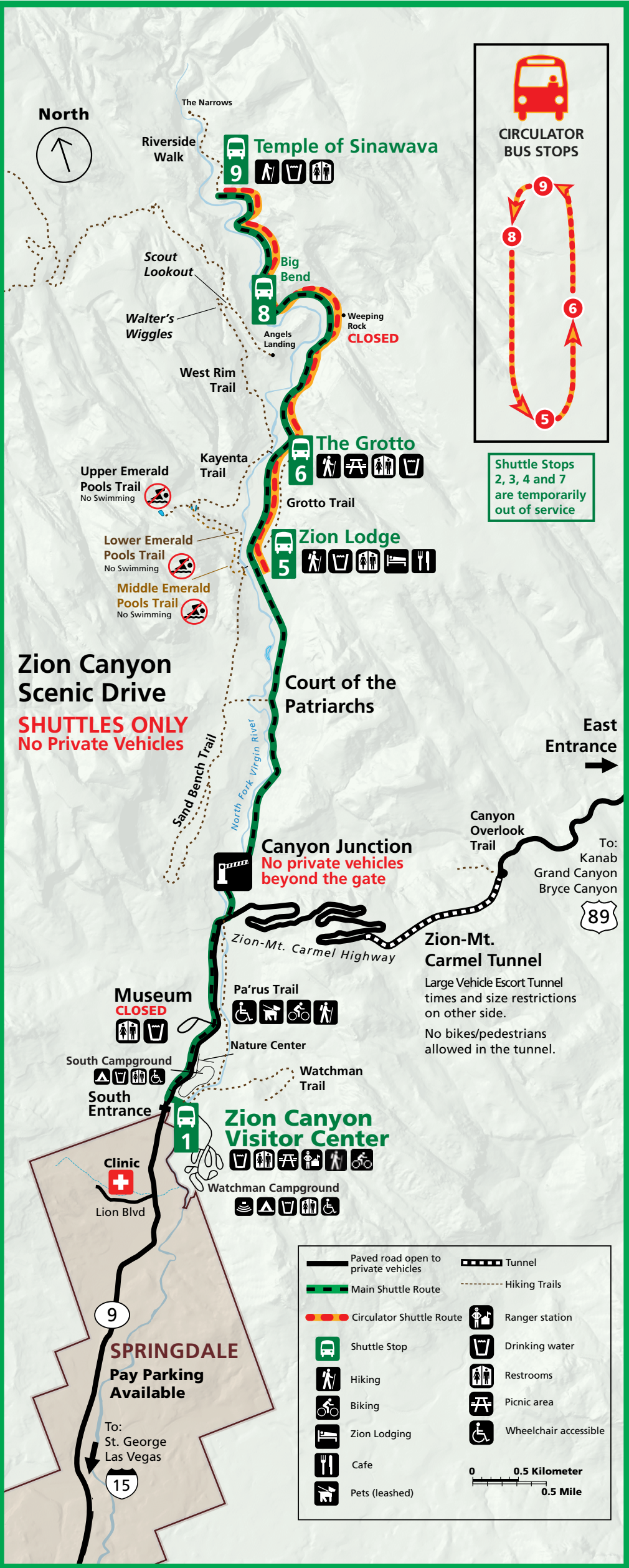
Timber Creek Overlook Trail Kolob Canyons Road	0.5 hour 1 mi / 1.6 km	100 ft/ 30 m	Follows a ridge to views of Timber Creek, Kolob Terrace, and the Pine Valley Mountains.
Taylor Creek Trail Kolob Canyons Road	3.5 hours 5.0 mi / 8.0 km	450 ft/ 137 m	Maximum 12 people per group. Follows the Middle Fork of Taylor Creek past two homestead cabins to Double Arch Alcove.
Kolob Arch via La Verkin Creek Trail 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.



Shuttle Information

SUMMER SCHEDULE	March 13 to May 8	May 9 to September 19
Last bus out of the canyon from Temple of Sinawava	7:15pm	8:15pm
Last bus into the canyon from Zion Canyon Visitor Center	4:00pm	5:00pm

Map of Zion Canyon



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

Park Information
(435) 772-3256

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

E-mail
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
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. Zion Canyon Scenic drive access is by shuttle bus or with a permit only. The park entrance pass is not a permit. Please turn off your engine when your vehicle is stopped.



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.



BICYCLING
Bicycling is permitted on all park roads and on the Pa'rus Trail. Bicyclists 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 at least two bicycles. All other park trails, off-trail routes, and the Zion-Mt. Carmel Tunnel are closed to bicycles.

Camping



Zion National Park has two campgrounds open: South and Watchman Campgrounds, both of which are by reservation only. Watchman Campground can be booked up to 6 months ahead and South Campground two weeks ahead. To make a reservation, visit [www.recreation.gov](#) or call 877-444-6777. Group sites are closed until further notice. Camping is not permitted in parking areas or pullouts in the park.

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. 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.

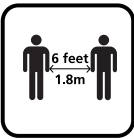


- **Stay home if you feel sick.** Symptoms include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.



- Masks are **required** for unvaccinated individuals when in public indoor settings and outdoors when physical distancing is not

feasible. Fully vaccinated individuals are exempt.



- 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.

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 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

- April 25 to August 28 from 8am to 8pm



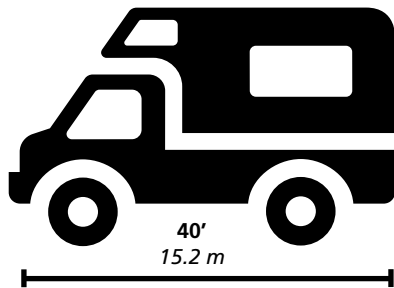
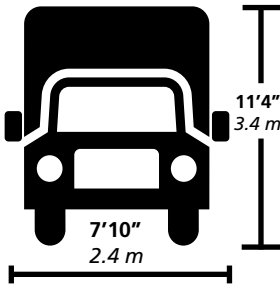
PROHIBITED IN THE TUNNEL

- 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.



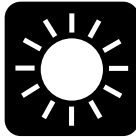
Your Safety Is Your Responsibility

Whether hiking, climbing, or driving, your safety depends on your good judgment, preparation, and constant awareness. Safety supplies are available at the Zion Forever Park Store in the Visitor Center, including water bottles, face masks, sunscreen, and hats.



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.



EXTREME HEAT
Heat illness occurs when the body warms to dangerous levels, often in combination with dehydration. This leads to heat cramps, heat exhaustion, and heat stroke, causing many medical emergencies at Zion each summer. Symptoms include high body temperature (over 100F, 38C), red, flushed skin, lack of sweat

or extreme sweating, stumbling and poor coordination, fatigue, weakness, and confusion or slurred speech. If you recognize any of these signs, stop hiking and immediately find shade, drink water, and get help.

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 away from cliff edges. Observe posted warnings and please watch children.

FIRE RESTRICTIONS
Fire Restrictions may be in place during your visit. Check at visitor centers or online at [nps.gov/zion](#)

Fires are never allowed in Zion Wilderness areas.

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 from clear to muddy

EMERGENCIES Call 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.