

Zion Information Guide

National Park Service
U.S. Department of the Interior



Hiking Guide

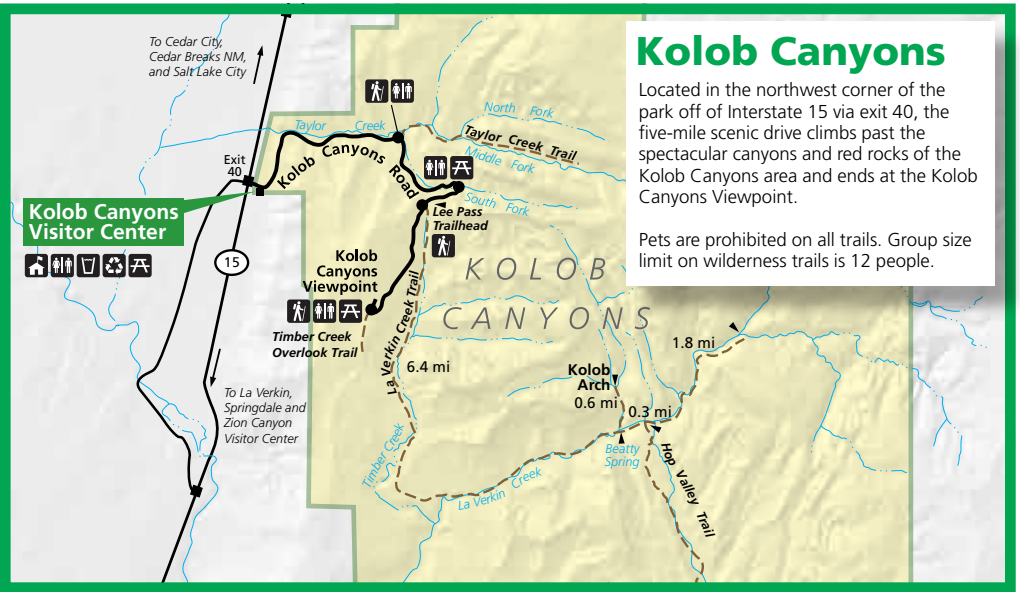
Hike Location	Round Trip Average Time	Elevation Change	Description
EASY			
Pa’rus Trail Visitor Center to Canyon Junction	2 hours 3.5 mi / 5.6 km	50 ft / 15 m	Paved trail follows the Virgin River from the Visitor Center to Canyon Junction.
The Grotto Trail Zion Lodge The Grotto	0.5 hour 1 mi / 1.6 km	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

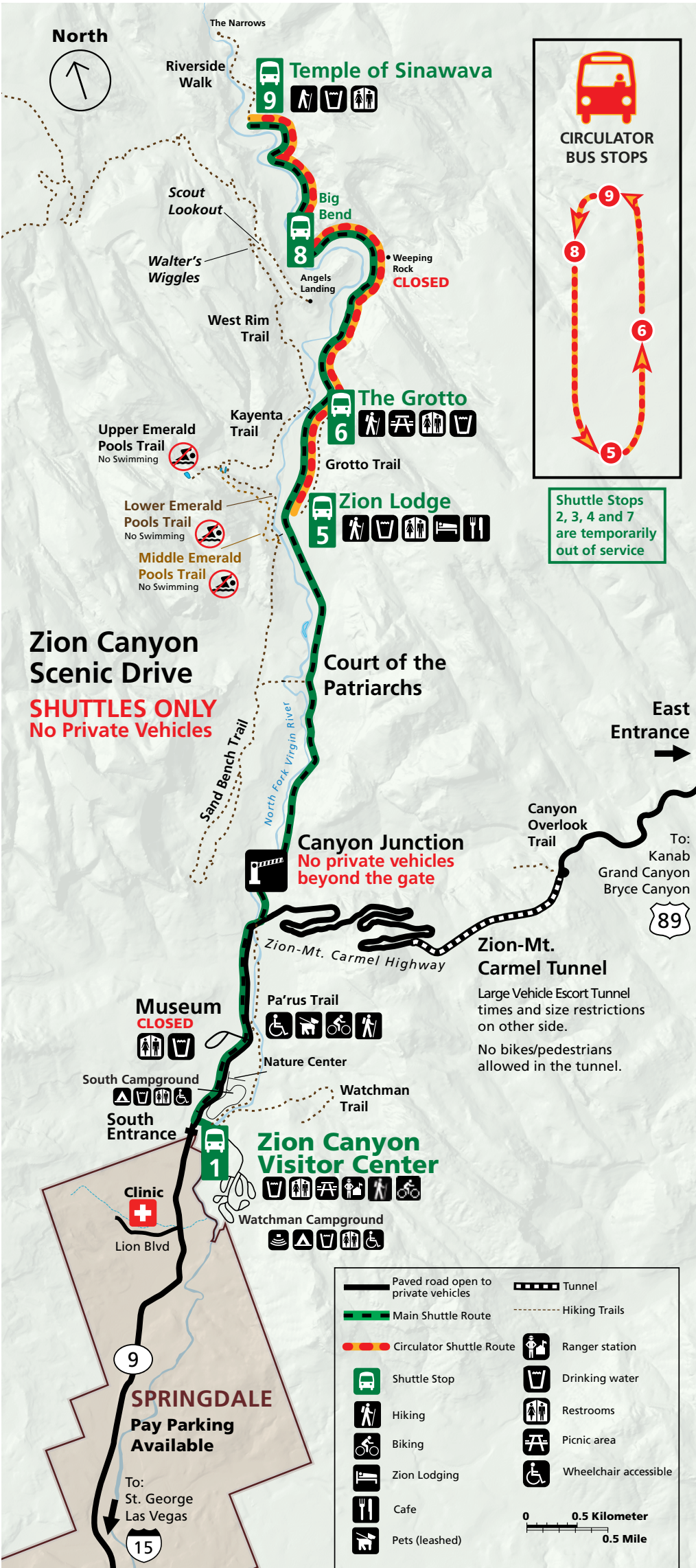
Timber Creek Overlook Trail Kolob Canyons Road	0.5 hour 1 mi / 1.6 km	100 ft/ 30 m	Follows a ridge to views of Timber Creek, Kolob Terrace, and the Pine Valley Mountains.
Taylor Creek Trail Kolob Canyons Road	3.5 hours 5.0 mi / 8.0 km	450 ft/ 137 m	Maximum 12 people per group. Follows the Middle Fork 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
YOU MUST HAVE A SHUTTLE TICKET TO BOARD THE BUS Tickets are only available online at www.recreation.gov		

- Masks are **required** on the shuttle. See COVID-19 Alert on back for details.
- Seating has been reduced and no standing is allowed.
- Shuttle tickets are non-transferable and photo ID may be required.
- A ticket is valid only for the date purchased.
- Assigned boarding time for Stop 1 Zion Canyon Visitor Center is on the ticket.
- Do not return to the Visitor Center until you are done in the canyon for the day. **Once you have returned to the Visitor Center your shuttle ticket is expired.**
- Children under 2 who sit on an adult’s lap do not need a ticket.
- Shuttle tickets are not included in your park entrance fee.
- A shuttle ticket does not guarantee parking in the park.



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



What To Do if Tickets Are Sold Out

Visitors who are not able to get a shuttle bus ticket can explore other areas of the park such as the East Side via Zion-Mt. Carmel Highway, Kolob Canyons, or the Kolob Terrace road to Lava Point. Walking the Zion Canyon Scenic Drive is long and not recommended. Consider renting a bike or contacting one of the authorized private shuttle companies below.

Rent a Bicycle or E-Bike



Bikes are available to rent from outfitters in the communities around the park including in Springdale. Bikes are welcome on the Pa’rus trail, but not other trails. The Zion Canyon Scenic Drive has 300 feet of gradual elevation change between Canyon Junction and Court of the Patriarchs but is relatively flat most of the way.

Ride bicycles single file. Pull bicycle over and stop to allow shuttle buses to pass as soon as it is safe to do so.

Hire a Commercial Shuttle



These companies are authorized to provide shuttle service on the Scenic Drive. Some offer private trips for individuals or groups. They can drop you off at a trailhead and pick you up when you are done. Ridesharing services are not allowed to transport the public into the park. Payment for services cannot be collected inside the park.

SAW Zion zionguidehub.com	Zion Jeep Tours zionjeeptours.com
Zion Guru zionguru.com	East Zion Adventures eastzionadventures.com
Zion Rock & Mountain Guides zionrockguides.com	Zion Adventure Company zionadventures.com
Red Rock Shuttle redrockshuttle.com	

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 follow CDC guidance to reduce the spread of COVID-19.

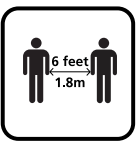


- **Stay home if you feel sick.** Symptoms include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.



- Masks are **required** by Executive Order when in federal buildings and outdoors on federal land when physical distancing

cannot be maintained. This includes throughout the shuttle bus system.



- 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.

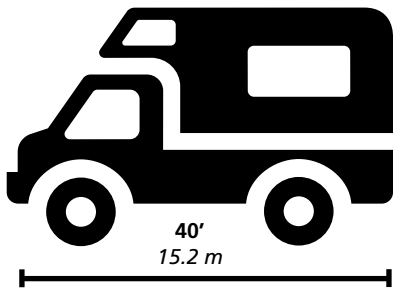
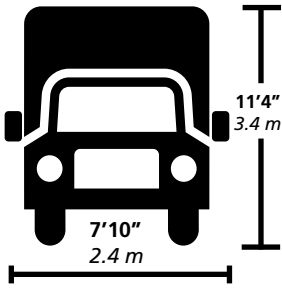


TUNNEL CONTROL


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.

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.



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.

Your Safety Is Your Responsibility

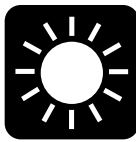
Whether hiking, climbing, or driving, your safety depends on your good judgment, preparation, and constant awareness. Safety supplies are available at the Zion Forever Park Store in the Visitor Center, including water bottles, face masks, sunscreen, and hats.



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

EMERGENCY 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.