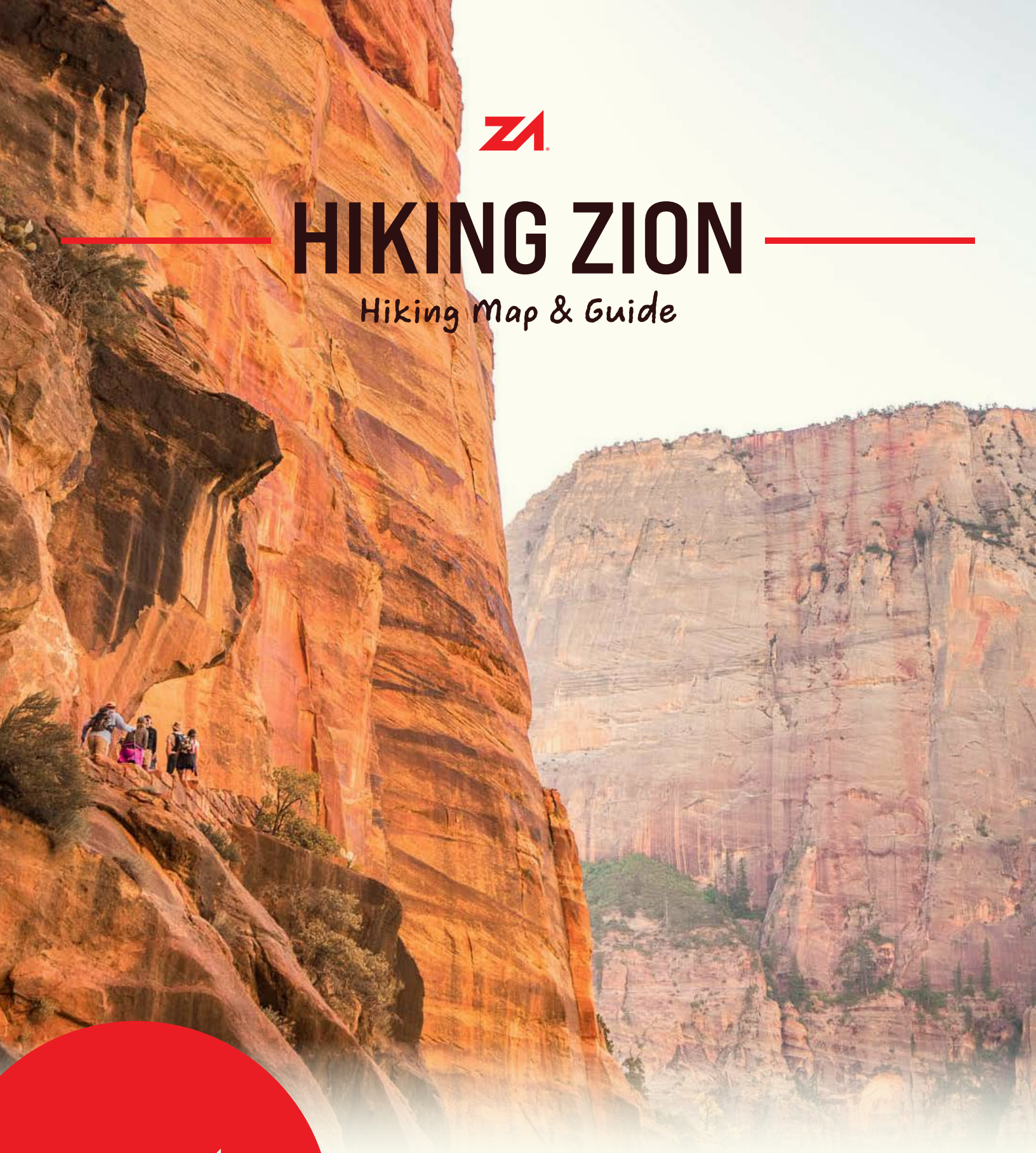


# HIKING ZION

## Hiking Map & Guide

ZION Adventures®


Springdale Location
36 Lion Blvd.
435-772-1001

Virgin Location
1055 SR-9
435-414-9554

www.ZionAdventures.com
@zionadventuresutah
info@zionadventures.com

# HIKING IN ZION NATIONAL PARK

## with Zion Adventures®

Welcome to your personal guide to hiking in Zion National Park. Inside, you'll find details on some of the park's most popular trails along with a few essential "need-to-knows" to help you get started. This isn't a full list — sadly, we couldn't squeeze all of the possible adventures into a single guide (though we did try).

There's so much waiting for you in this corner of Utah. Here at Zion Adventures®, we believe the best experiences come from the small moments outdoors. Whether you're setting out on a hike, descending into a slot canyon, or biking along the river, we're here to help you create memories that will stay with you long after you've left Zion.

### What to Know

Zion sits on the edge of the Colorado Plateau where temperatures can soar above 100°F / 38°C (yep... that's hot). Days and nights feel dramatically different here, so be prepared for anything no matter the season.

Heat-related illnesses are one of the most common issues visitors face in the desert (well, that and tripping). Protect yourself by wearing sunscreen or protective clothing, and taking lots of breaks. Snacks and plenty of water are a must. We'll say it again for the folks in the back: stay hydrated.

Cell service is spotty at best inside the park, so don't count on your phone. Make and share a plan with friends before heading out. Above all, we want you safe while you're out exploring Zion.

### What to Bring

Some hikes require more gear than others, and seasonally what you need will change. For hikes with the presence of water, we recommend renting special equipment. Look for these icons by each hike to help plan for your adventure. You can always give us a call if you have further questions.

For single day, warm weather hikes we recommend:

- Sunscreen
- Hat (for sun or warmth)
- Plenty of food and snacks
- 2-3 liters of water per person
- Basic first aid kit
- WagBag® for human waste disposal
- Extra clothing layers
- Rain gear (potentially)
- A big ol smile :)

### How to Get There

Getting to the trails in Zion can be a little tricky — but don't worry, we've got you covered. Some hikes have multiple access points, while others are more limited. Just keep an eye out for the icons on our hiking chart to see the best way to reach each trail.

### Permits in the Park

Permits are required for all overnight hikes and technical canyoneering in Zion. Keep in mind that park entry is a separate fee and isn't included with your permit. On the hiking chart, look for the icons that mark trails requiring permits — or ones that can be turned into an overnight adventure.

### Canyon Hiking and Flash Flooding

When hiking in the desert, please always be aware of the current weather and flash flood potential. The risk is especially high in narrow slot canyons. If storms are in the forecast, we strongly recommend making alternative plans. Keep in mind: even clear blue skies don't guarantee safety — flash floods can start miles away. Thunderstorms are more common in the area from mid-July through early September.

Aside from the presence of an incoming rain storm, there are four warning signs that there is an incoming flash flood. Any combination of the following four signs are an indicator:

1. Rapidly rising water levels.
2. Rapid increase in current speed (CFS).
3. Sudden change from clear water to brown, muddy, and churning current.
4. Large pieces of debris flowing downstream.

In the event of a flash flood, seek high ground and get out of the way of the water. Look for water line stains on the canyon walls to judge how high you may need to go. Do not attempt to beat the flood out of the canyon. Remember — when in doubt, stay the heck out. At Zion Adventures® we monitor the weather daily and are always happy to give the most up to date weather information.

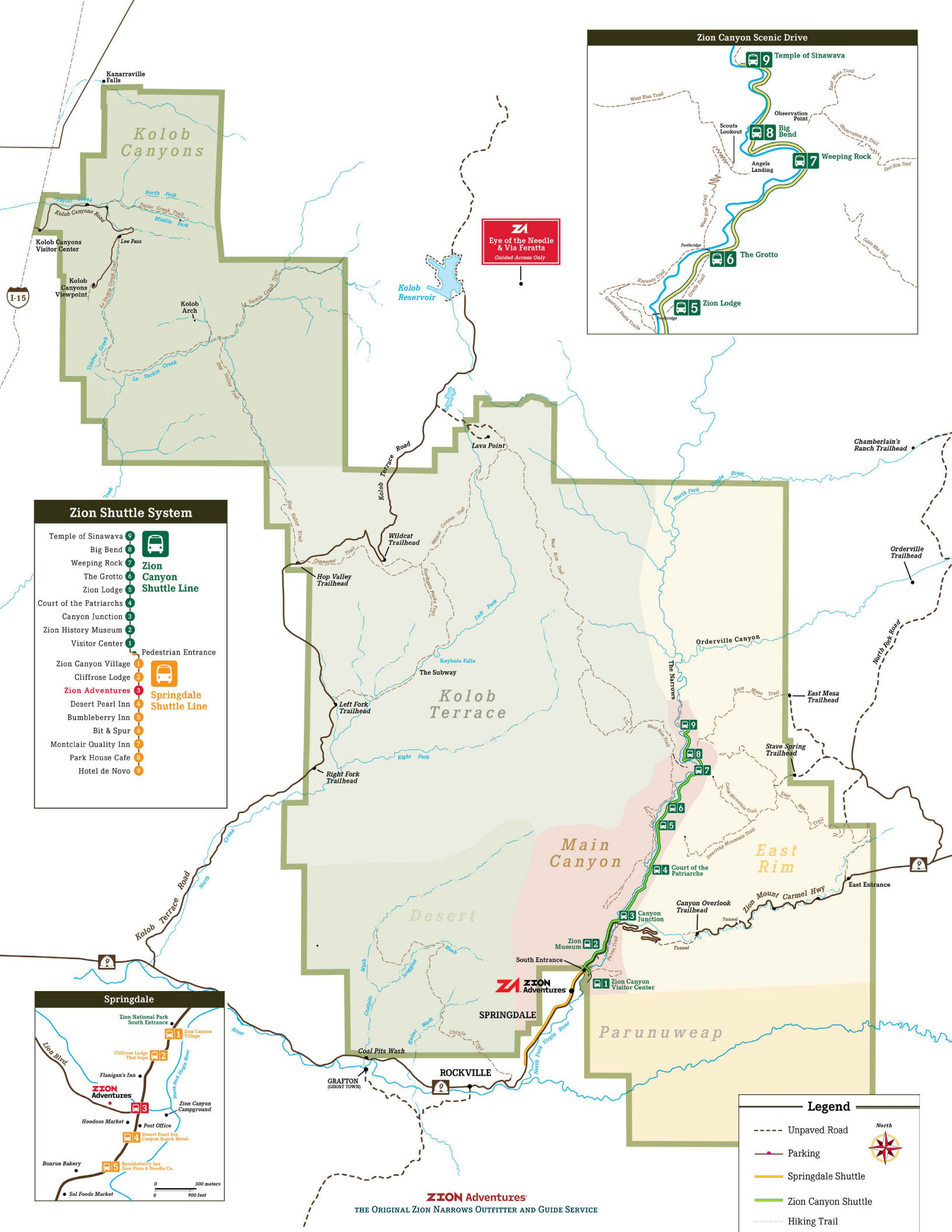
### Leave No Trace® Principles

To adventure with minimal impact we recommend following these seven principles: 1. Plan Ahead & Prepare 2. Travel & Camp on Durable Surfaces 3. Dispose of Waste Properly 4. Leave What you Find 5. Minimize Campfire Impacts 6. Respect Wildlife 7. Be Considerate of Others

### Local Emergency Contacts

| | |
|---|---|
| Emergency | 911 |
| ZNP Information | 435-772-3256 |
| Zion Canyon Medical Clinic | 435-986-2565 |
| Hurricane Valley Instacare | 435-635-6550 |
| St. George Regional Hospital | 435-251-1000 |

More Than 30 Years of Trusted Expertise with
Zion's Original Narrows Outfitter & Guide Service


Zion Canyon Scenic Drive
9 Temple of Sinawava
8 Big Bend
7 Weeping Rock
6 The Grotto
5 Zion Lodge
Observation Point
Scouts Lookout
Angels Landing
West Rim Trail
East Rim Trail
Zion Shuttle System
Temple of Sinawava 9
Big Bend 8
Weeping Rock 7
The Grotto 6
Zion Lodge 5
Court of the Patriarchs 4
Canyon Junction 3
Zion History Museum 2
Visitor Center 1
Zion Canyon Shuttle Line
Pedestrian Entrance
Zion Canyon Village 1
Cliffrose Lodge 2
Zion Adventures 3
Desert Pearl Inn 4
Bumbleberry Inn 5
Bit & Spur 6
Montclair Quality Inn 7
Park House Cafe 8
Hotel de Novo 9
Springdale Shuttle Line
Springdale
Zion National Park South Entrance
Zion Canyon Village
Cliffrose Lodge
Thai Spa
Flanigan's Inn
ZION Adventures
Zion Canyon Campground
Hoodoos Market
Post Office
Desert Pearl Inn
Canyon Ranch Motel
Bonrue Bakery
Bumbleberry Inn
Zion Pizza & Noodle Co.
Sol Foods Market
Lion Blvd
0 300 meters
0 900 feet
Kanarraville Falls
Kolob Canyons
Kolob Canyons Road
Kolob Canyons Visitor Center
Kolob Canyons Viewpoint
Lee Pass
Taylor Creek
North Fork
Middle Fork
Taylor Creek Trail
La Verkin Creek Trail
Kolob Arch
Timber Creek
La Verkin Creek
Hop Valley Trail
I-15
Kolob Reservoir
Eye of the Needle & Via Feratta
Guided Access Only
Kolob Terrace Road
Lava Point
Chamberlain's Ranch Trailhead
Virgin River
North Fork
Wildcat Trailhead
Hop Valley Trailhead
Connector Trail
Wildcat Canyon Trail
Northgate Peaks Trail
Rest Rim Trail
Left Fork
Orderville Trailhead
Orderville Canyon
North Fork Road
Keyhole Falls
The Subway
Kolob Terrace
The Narrows
East Mesa Trail
East Mesa Trailhead
Left Fork Trailhead
West Rim Trail
Stave Spring Trailhead
Right Fork
Right Fork Trailhead
Cable Mountain Trail
East Rim Trail
Main Canyon
East Rim
Desert
Court of the Patriarchs
Canyon Overlook Trailhead
Tunnel
Zion Mount Carmel Hwy
East Entrance
Canyon Junction
Zion Museum
South Entrance
Zion Canyon Visitor Center
ZION Adventures
Kolob Terrace Road
North Creek
Wash
Scoggins
Coalpits
Huber Wash
Chinle Trail
SPRINGDALE
Parunuweap
Coal Pits Wash
GRAFTON (GHOST TOWN)
ROCKVILLE
North Fork Virgin River
Virgin River
Legend
Unpaved Road
Parking
Springdale Shuttle
Zion Canyon Shuttle
Hiking Trail
North
ZION Adventures
THE ORIGINAL ZION NARROWS OUTFITTER AND GUIDE SERVICE

| TRAIL INFORMATION | TRAILHEAD ACCESS | LENGTH (mi / km) | ELEVATION (ft / m) | TRAIL TYPE | DIFFICULTY |
|---|---|---|---|---|---|
| **Pa'rus** | | | | | |
| Paved trail following the Virgin river up Zion Canyon. Enjoy river access and the only dog friendly trail. | South Campground | 3.2 / 5.1 | 141 / 43 | ↕ | Casual |
| **Watchman** | | | | | |
| Enjoy the cliffs of Zion Canyon, short switchbacks, and a long slope across a perennial spring up to a viewpoint. | Visitors Center | 2.8 / 4.6 | 479 / 146 | ↕ | Moderate |
| **Emerald Pools Trails** | | | | | |
| Three possible trails that lead hikers to seasonal waterfalls, trickling streams, and reflection pools. A true desert oasis. | Zion Lodge | 2 / 3.2 | 333 / 101 | ↕ | Casual - Moderate |
| **Sand Bench** | | | | | |
| A deep sandy trail along the river's edge meandering through low foothills below the Patriarchs. High sun exposure. | Zion Lodge | 3.9 / 6.3 | 1038 / 316 | ↻ | Moderate |
| **Angels Landing** | | | | | |
| Steep switchbacks lead to a high exposure ridge line and summit on an incredible perch with 360° views of Zion. | The Grotto | 5.4 / 8.7 | 1488 / 454 | ↕ | Strenuous |
| **Narrows Bottom Up** | | | | | |
| Beginning with the Riverside Walk, hikers then meander up the rocky river through the narrowest section of Zion Canyon. | Temple of Sinawava | 9.4 / 15.1 | 334 / 102 | ↕ | Moderate |
| **Riverside Walk** | | | | | |
| This causal paved trail is the gateway to the Zion Narrows and wanders next to the Virgin River through lush greenery. | Temple of Sinawava | 2 / 3.2 | 154 / 47 | ↕ | Casual |
| **Canyon Overlook** | | | | | |
| A short, uphill, rocky trail that follows the Pine Creek Canyon rim and brings hikers to a striking panoramic lookout of Zion. | Canyon Overlook Parking Lot | 1 / 1.6 | 154 / 47 | ↕ | Moderate |
| **Observation Point** | | | | | |
| A well maintained dirt path. This trail ends at a breathtaking view of Zion Canyon above Angels Landing. | East Mesa | 7 / 11.3 | 300 / 90 | ↕ | Casual - Moderate |
| **Narrows Top Down** | | | | | |
| A long single day or overnight hike following the Virgin River for 16 miles. Ends at the Temple of Sinawava. | Chamberlains Ranch | 16.1 / 25.9 | 1300 / 400 | ↕ | Strenuous |
| **Taylor Creek** | | | | | |
| Follows a small creek among towering red canyon walls. Ends at the Double Arch Alcove. Expect up to 15 stream crossings. | Taylor Creek via Kolob Canyons Rd | 5.2 / 8.6 | 450 / 137 | ↕ | Moderate |
| **La Verkin Creek to Kolob Arch** | | | | | |
| Creek-side walk through cottonwood trees and towering walls of sandstone. Ends at the viewpoint of a large natural arch. | Lee Pass via Kolob Canyons Rd | 14.0 / 22.5 | 1037 / 316 | ↕ | Strenuous |
| **West Rim** | | | | | |
| A long single day or overnight hike. Trail begins in the alpine desert pines of Lava Point and ends at the floor of Zion Canyon. | Lava Point | 14.5 / 23.3 | 2500 / 762 | ↕ | Moderate - Strenuous |
| **Northgate Peaks** | | | | | |
| A flat hike through ponderosa pines and white Navajo Sandstone peaks. Ends at a viewpoint of the Northgate Peaks. | Wildcat Canyon | 4.2 / 6.8 | 100 / 30 | ↕ | Casual - Moderate |
| **Subway Bottom Up** | | | | | |
| Steep switchbacks, narrowing canyon walls, and a tunnel like feature lead hikers to Keyhole Falls. | Left Fork | 9 / 14.5 | 1300 / 400 | ↕ | Moderate - Strenuous |
| **Coalpits Wash** | | | | | |
| An unmarked, sandy wash that winds below the Towers of the Virgin. High sun exposure and some route finding. | Coal Pits Wash via SR-9 | 7.2 / 11.6 | 524 / 160 | ↕ | Moderate |
| **Chinle** | | | | | |
| Follows dry washes and old roads, then narrows in the park and meanders through desert flats under breathtaking views. | In the Anasazi Plateau Development | 16.6 / 26.7 | 500 / 152 | ↕ | Moderate - Strenuous |

## LEGEND

- Main Canyon Hikes
- East Side Hikes (East Rim, Parunuweap)
- West Side Hikes (Kolob Canyons, Kolob Terrace, Southwest Desert)
- Pedal or E-Bike
- Private vehicle
- Private shuttle
- Zion National Park shuttle
- Zion National Park permit required
- Canyon rentals recommended
- Other gear needed
- Backcountry campsites
- Wheelchair accessible
- Out and back hike
- Loop hike
- Thru-hike

Any overnight hiking requires a NP Permit.

Trail length is calculated for round trip hiking.

Do not use this map for backcountry travel. This map is for trip planning only.