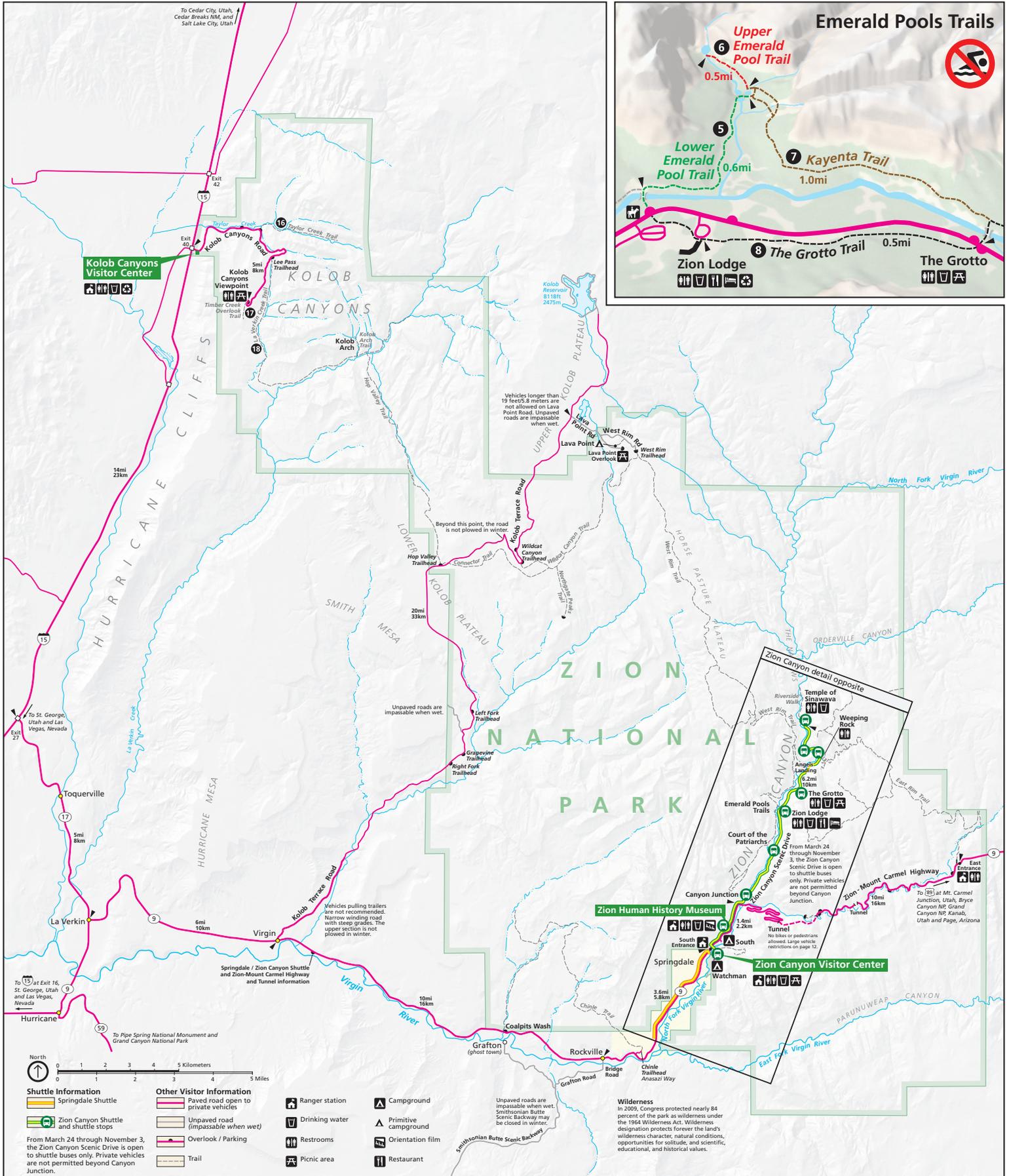
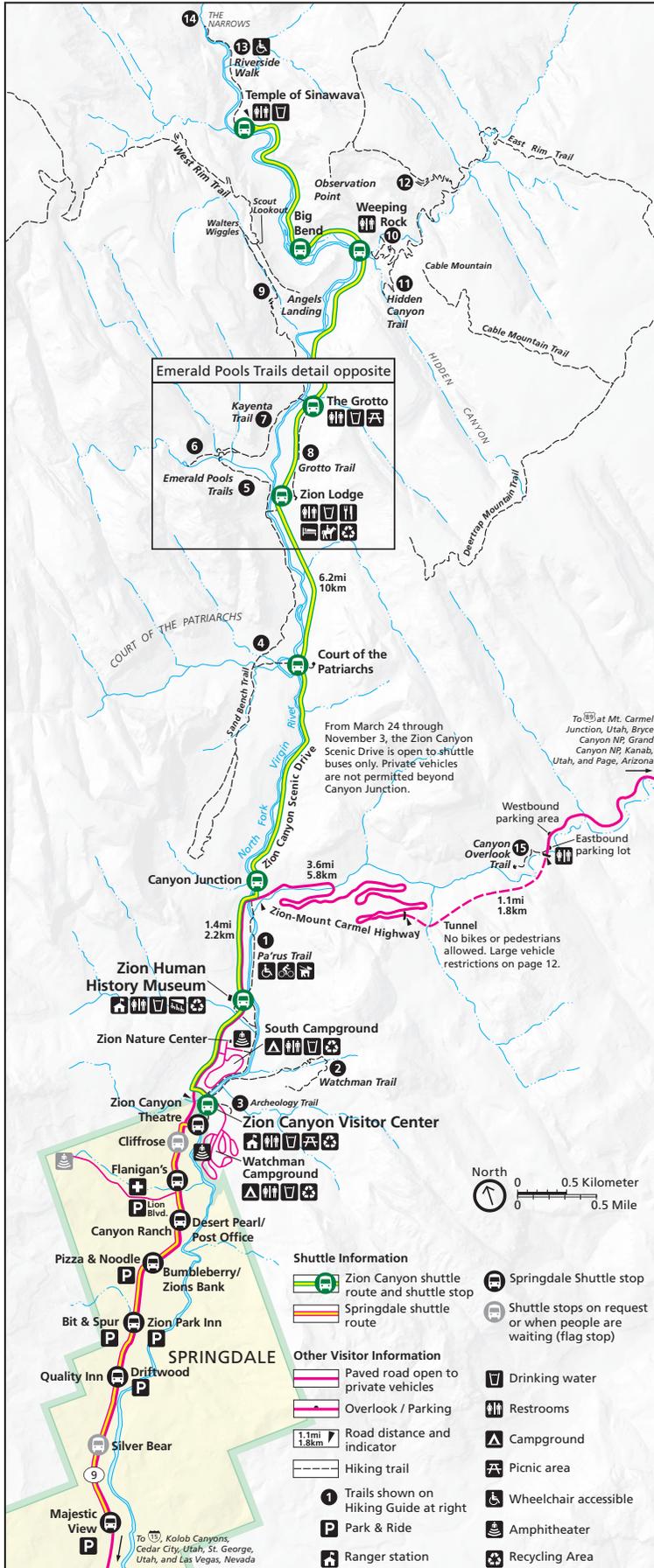


# Zion National Park



# Zion Canyon



## Hiking Guide

Hike Location	Round Trip Average time mi / km	Elevation Change ft / m	Description
<b>Easy</b>			
<b>1 Pa'rus Trail</b> Zion Canyon Visitor Center	2 hours 3.5 / 5.6	50 / 15	Paved trail follows the Virgin River from the South Campground to Canyon Junction. Wheelchairs may need assistance.
<b>3 Archeology Trail</b> Zion Canyon Visitor Center	0.5 hour 0.4 / 0.6	80 / 24	Short, but steep. Starts across from the entrance to the visitor center parking lot. Climbs to the outlines of several prehistoric buildings. Trailside exhibits.
<b>5 Lower Emerald Pool Trail</b> Zion Lodge	1 hour 1.2 / 1.9	69 / 21	Minor drop-offs. Paved trail leads to the Lower Emerald Pool and waterfalls. Connects to the Kayenta and Upper Emerald Pool Trails.
<b>8 The Grotto Trail</b> Zion Lodge	0.5 hour 1.0 / 1.6	35 / 11	The trail connects the Zion Lodge to The Grotto. Can be combined with the Lower Emerald Pool and Kayenta Trails to create a 2.5-mile loop.
<b>10 Weeping Rock Trail</b> Weeping Rock	0.5 hour 0.4 / 0.6	98 / 30	Short, but steep. Minor drop-offs. Paved trail ends at a rock alcove with dripping springs. Trailside exhibits.
<b>15 Riverside Walk</b> Temple of Sinawava	1.5 hours 2.2 / 3.5	57 / 17	Minor drop-offs. Paved trail follows the Virgin River along the bottom of a narrow canyon. Trailside exhibits. Wheelchairs may need assistance.
<b>Moderate</b>			
<b>2 Watchman Trail</b> Zion Canyon Visitor Center	2 hours 2.7 / 4.3	368 / 112	Minor drop-offs. Ends at viewpoint of the Towers of the Virgin, lower Zion Canyon, and Springdale.
<b>4 Sand Bench Trail</b> Zion Lodge	5 hours 7.6 / 12.2	466 / 142	Commercial horse trail from March to October. Hike atop a massive landslide under The Sentinel. Deep sand and little shade.
<b>6 Upper Emerald Pool Trail</b> Zion Lodge	1 hour 1.0 / 1.6	200 / 61	Minor drop-offs. A sandy and rocky trail that climbs to the Upper Emerald Pool at the base of a cliff.
<b>7 Kayenta Trail</b> The Grotto	2 hours 2.0 / 3.2	150 / 46	Long drop-offs. An unpaved climb to the Emerald Pools. Connects The Grotto to the Emerald Pools Trails.
<b>15 Canyon Overlook Trail</b> Zion-Mt. Carmel Hwy	1 hour 1.0 / 1.6	163 / 50	Long drop-offs, mostly fenced. Rocky and uneven trail ends at viewpoint of Pine Creek Canyon and lower Zion Canyon. Parking lot is right turn only.
<b>16 Taylor Creek Trail</b> Kolob Canyons Road	4 hours 5.0 / 8.0	450 / 137	Limited to 12 people per group. Follows the Middle Fork of Taylor Creek past two homestead cabins to Double Arch Alcove.
<b>17 Timber Creek Overlook Trail</b> Kolob Canyons Road	0.5 hour 1.0 / 1.6	100 / 30	Follows a ridge to a small peak with views of Timber Creek, Kolob Terrace, and Pine Valley Mountains.
<b>Strenuous</b>			
<b>9 Angels Landing via West Rim Trail</b> The Grotto	4 hours 5.4 / 8.7	1488 / 453	Long drop-offs. Not for young children or anyone fearful of heights. Last section is a route along a steep, narrow ridge to the summit.
<b>11 Hidden Canyon Trail</b> Weeping Rock	3 hours 2.4 / 3.9	850 / 259	Long drop-offs. Not for anyone fearful of heights. Follows along a cliff face to the mouth of a narrow canyon.
<b>12 Observation Point via East Rim Trail</b> Weeping Rock	6 hours 8.0 / 12.9	2148 / 655	Long drop-offs. Climbs through Echo Canyon to viewpoint of Zion Canyon. Access to Cable Mountain, Deertrap Mountain, and East Mesa Trails.
<b>14 The Narrows via Riverside Walk</b> Temple of Sinawava	8 hours 9.4 / 15.1	334 / 102	Check conditions at the visitor center before attempting. High water levels can prevent access to The Narrows.
<b>18 Kolob Arch via La Verkin Creek Trail</b> Kolob Canyons Road	8 hours 14.0 / 22.5	1037 / 316	Limited to 12 people per group. Follows Timber and La Verkin Creeks. A side trail leads to Kolob Arch, one of the world's largest freestanding arches.

Stay on established trails and watch your footing, especially at overlooks and near drop-offs. Avoid cliff edges. Watch children closely. People uncertain about heights should stop if they become uncomfortable. Never throw or roll rocks because there may be hikers below.