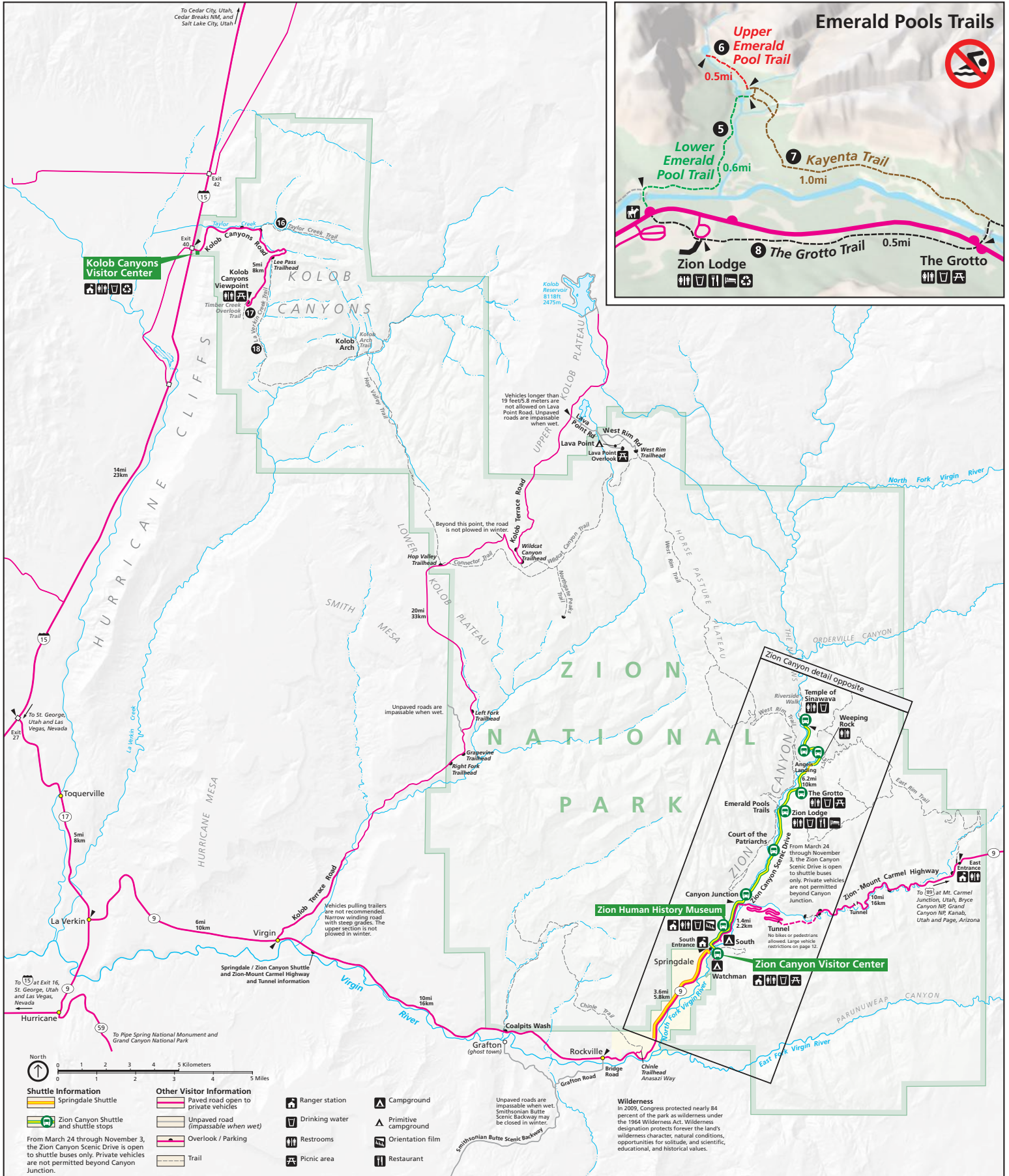
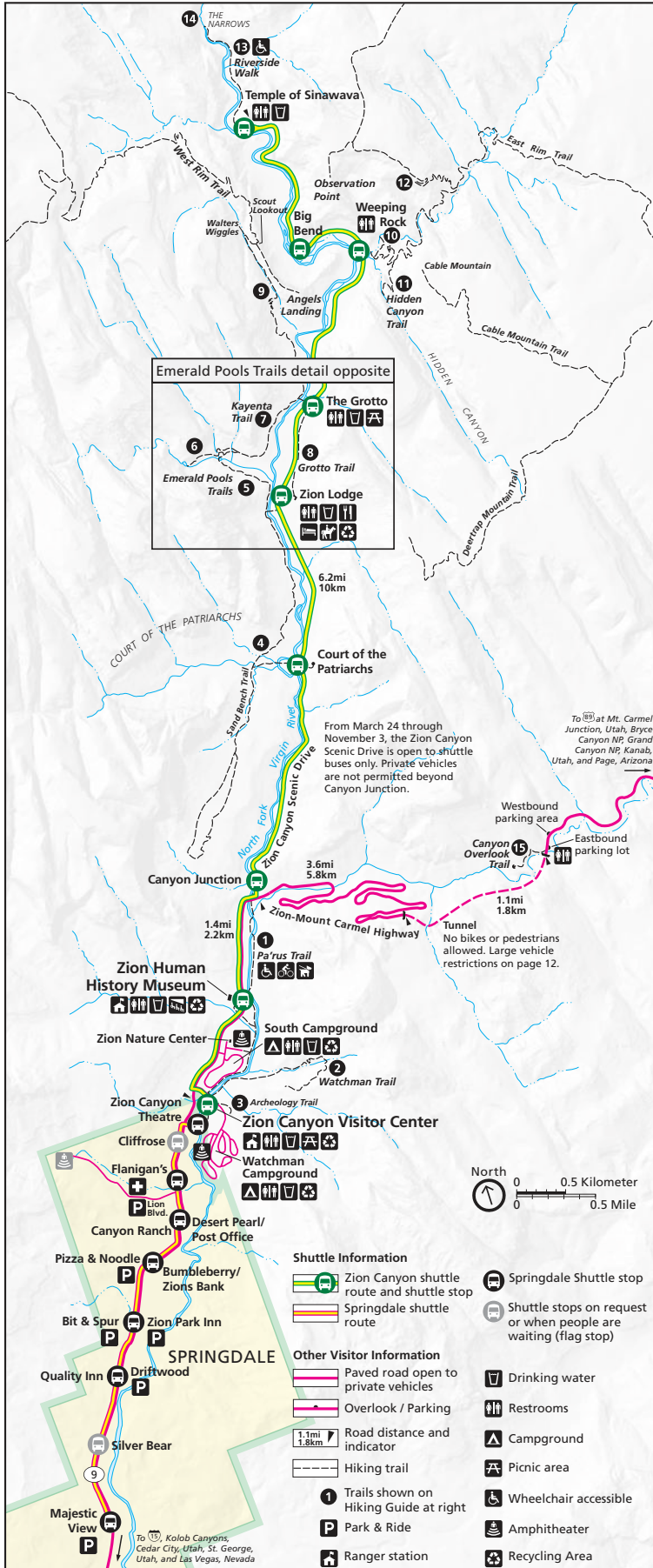


Zion National Park



Zion Canyon



Hiking Guide

| Hike Location | Round Trip Average time mi / km | Elevation Change ft / m | Description |
|--|---------------------------------|-------------------------|---|
| Easy | | | |
| 1 Pa'rus Trail 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. |
| 3 Archeology Trail 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. |
| 5 Lower Emerald Pool Trail 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. |
| 8 The Grotto Trail 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. |
| 10 Weeping Rock Trail 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. |
| 15 Riverside Walk 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. |
| Moderate | | | |
| 2 Watchman Trail 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. |
| 4 Sand Bench Trail 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. |
| 6 Upper Emerald Pool Trail 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. |
| 7 Kayenta Trail 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. |
| 15 Canyon Overlook Trail 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. |
| 16 Taylor Creek Trail 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. |
| 17 Timber Creek Overlook Trail 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. |
| Strenuous | | | |
| 9 Angels Landing via West Rim Trail 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. |
| 11 Hidden Canyon Trail 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. |
| 12 Observation Point via East Rim Trail 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. |
| 14 The Narrows via Riverside Walk 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. |
| 18 Kolob Arch via La Verkin Creek Trail 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.