



Hiking Guide

Shuttle Stop	Hike Location	Round Trip Average Time	Elevation Change	Description
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EASY

1	Pa'rus Trail Visitor Center 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.
5	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.
9	Riverside Walk Temple of Sinawava	1.5 hours 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.
5	Lower Emerald Pool Zion Lodge trailhead closed thru mid-June. Use Kayenta Trail to access during closure.	1 hour 1.2 mi / 1.9 km	69 ft / 21 m	Moderate drop-offs. An unpaved descent which leads underneath the Middle Emerald Pools to the Lower Emerald Pool. No swimming.

MODERATE

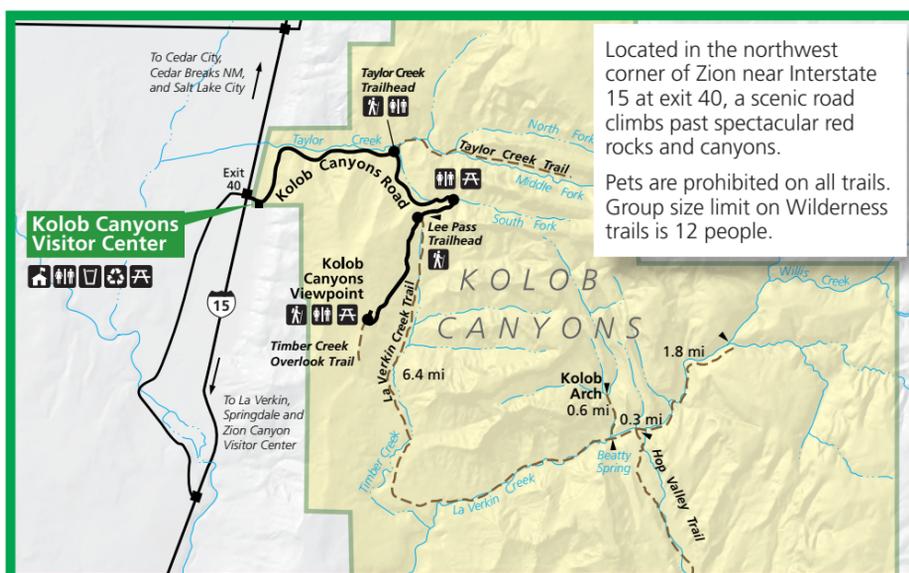
East Side	Canyon Overlook East side of Zion Tunnel	1 hour 1.0 mi / 1.6 km	163 ft / 50 m	Minor drop-offs and handrails. Ends at a viewpoint of lower Zion Canyon. Parking is limited.
1	Watchman Trail Zion Canyon Visitor Center	2 hours 3.3 mi / 5.3 km	368 ft / 112 m	Minor drop-offs. Ends at viewpoint of the Towers of the Virgin, lower Zion Canyon, and Springdale.
4	Sand Bench Trail Court of the Patriarchs	3 hours 4 mi / 6.4 km	466 ft / 142 m	Hike atop a massive landslide under The Sentinel. Minor drop-offs. Commercial horse trail from March to October.
6	Kayenta Trail The Grotto	1.5 hours 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.
5	Middle Emerald Pools Zion Lodge trailhead closed thru mid-June. Use Kayenta Trail to access during closure.	1.5 hours 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. No swimming.
5	Upper Emerald Pool Zion Lodge trailhead closed thru mid-June. Use Kayenta Trail to access during closure.	2 hours 3 mi / 4.8 km	300 ft / 91 m	Minor drop-offs. A sandy and rocky trail that climbs to the Upper Emerald Pool at the base of a cliff. No swimming.

STRENUOUS

6	Scout Lookout via West Rim Trail The Grotto	3 hours 4.2 mi / 6.2 km	1000 ft / 305 m	Long drop-offs. Not for young children or anyone afraid of heights. Hikers need a permit to go to Angels Landing. Use QR code on back to apply.
9	The Narrows (via Riverside Walk) Temple of Sinawava	Up to 8 hrs 9.4 mi / 15.1 km	334 ft / 102 m	Walk in the Virgin River surrounded by the tall sandstone walls of the canyon. This hike is in the river and subject to dangerous flash floods.

KOLOB CANYONS HIKING TRAILS

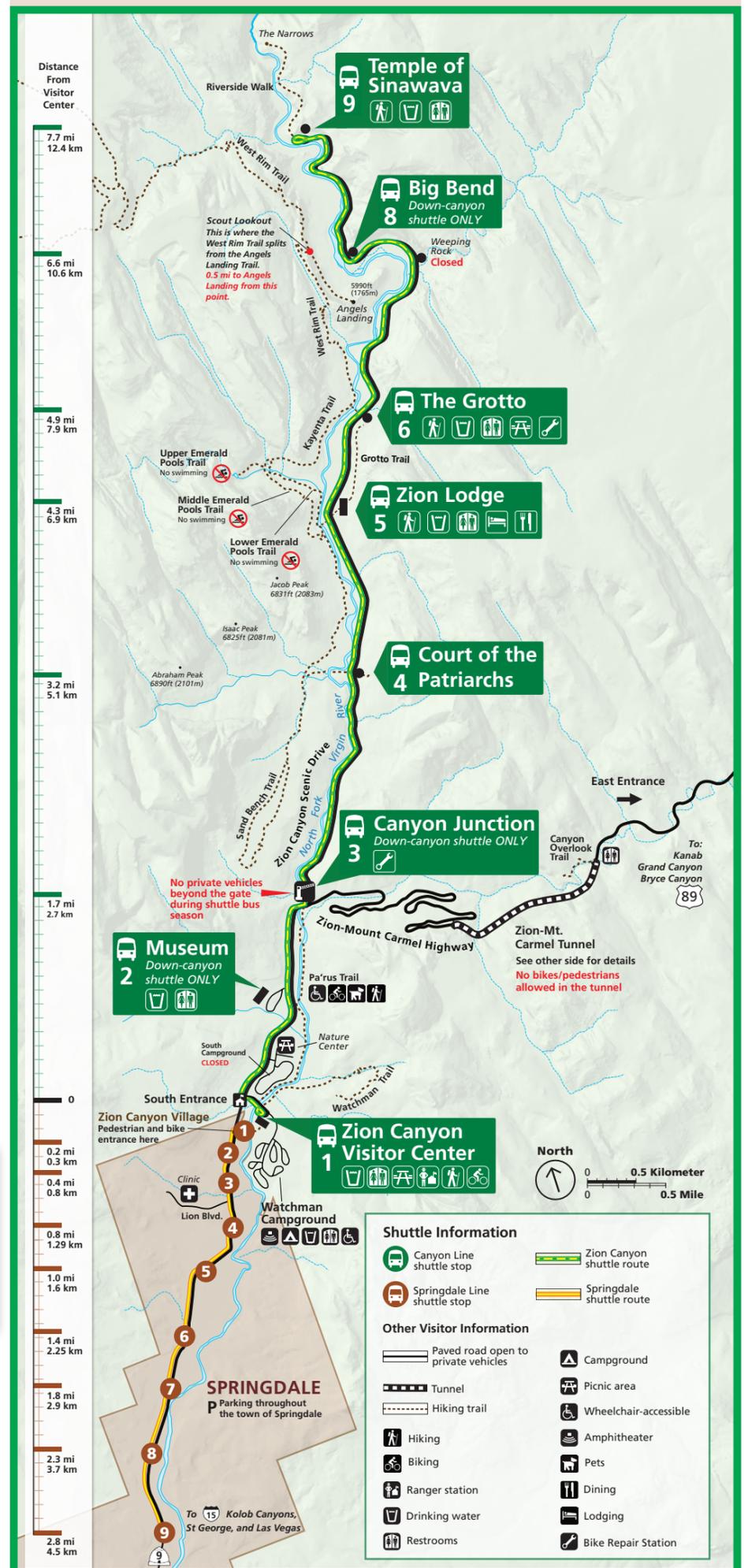
Timber Creek Overlook Trail Kolob Canyons Road	1 hour 1 mi / 1.6 km	100 ft / 30 m	Follows a ridge to views of Timber Creek, Kolob Terrace, and the Pine Valley Mountains.
Taylor Creek Trail Kolob Canyons Road	3.5 hours 5.0 mi / 8.0 km	450 ft / 137 m	Maximum 12 people per group. Follows the Middle Fork 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. Trail follows Timber and La Verkin Creek. A side trail leads to Kolob Arch.



Zion Shuttle

For most of the year, the Zion Canyon Scenic Drive is open to shuttle buses only. Private vehicles are not allowed on the Scenic Drive beyond Canyon Junction during the shuttle bus season. Bicycles and E-bikes must pull over and stop to allow shuttles to pass when safe to do so.

SHUTTLE SCHEDULE	March 3 to May 17	May 18 to September 14	September 15 to November 1
<i>Subject to change. Check website for current hours</i>			
First bus into the canyon from the Zion Canyon Visitor Center	7:00 a.m.	6:00 a.m.	7:00 a.m.
Last bus into the canyon from the Zion Canyon Visitor Center	5:00 p.m.	7:00 p.m.	5:00 p.m.
Last bus out of the canyon from Temple of Sinawava	7:15 p.m.	8:15 p.m.	7:15 p.m.
Town of Springdale Shuttle			
First bus from Springdale Stop #9	8:00 a.m.	7:00 a.m.	8:00 a.m.
Last bus leaves Zion Canyon Village	7:00 p.m.	8:00 p.m.	7:00 p.m.



Your Safety Is Your Responsibility



PREVENT DEHYDRATION

As you hike you lose water and salt through sweat. Carry and drink at least

one gallon of water per person per day. You can get water in 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 salted peanuts, when you drink water.

HARMFUL ALGAE MAY BE PRESENT

Do not drink from the Virgin River. The park is conducting regular water quality monitoring and will issue new health advisories as needed. Check park visitor centers and the park website for current conditions and advisories.



EXTREME HEAT

Heat illness is the cause of many medical emergencies in Zion every summer. It happens when the body gets too warm. Dehydration can make heat illness worse. This leads to heat cramps, heat exhaustion, and heat stroke, which can be fatal.

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.



FLASH FLOODS

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. 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.
- Clouds or thunder.
- Sudden changes in water clarity from clear to muddy.



STEEP CLIFFS

Falls from cliffs on trails have resulted in death. Loose sand or pebbles on stone are very slippery.

Watch for edges all the time – especially when using cameras or binoculars. Never throw or roll rocks. There may be hikers below you. Stay on the trail and away from cliff edges. Observe posted warnings and keep children away from edges and drop-offs.

ELEVATION

Zion is 4,000- 8,000 feet (1,220 - 2,440 meters) above sea level. If you live somewhere closer to sea level, take it easy on your hike until you know how the elevation is going to affect you.

24-HOUR EMERGENCY RESPONSE: CALL 911

Park emergencies: call 435-772-3322 (daylight hours)

Getting Around

To protect Zion landscapes, plants, animals, and history, 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 or download the UDOT Traffic app.



CYCLING (E-BIKES AND BICYCLES)

Cycling is permitted on all public park roads and on the Pa'rus Trail.

Cyclists must ride single file and pull over to a complete stop to let shuttle buses pass. Do not pass shuttle busses in traffic lane. Each shuttle bus has a rack for regular-tire bicycles. All other park trails, off-trail routes, and the Zion-Mt. Carmel Tunnel are closed to cycles. Only class 1 pedal-assist E-bikes are allowed and must follow all of the same rules as bicycles.



DRIVING

Drivers, pedestrians, bicyclists, and wildlife all share park roads.

- 35 mph is the speed limit unless otherwise posted.
- Wear a seat belt and use child safety seats.
- Turn off your vehicle if you are stopped (do not idle).

For most of the year, Zion Canyon Scenic Drive is only open to shuttle buses or with a special permit. Your park entrance pass is not a permit.



PARKING

Available on a first-come-first served basis.

RVs and other large vehicle may use the Oversize Vehicle Lot near Zion Canyon Visitor Center. Vehicles that fit through the tunnel without a permit cannot use this lot.

There is paid parking in Springdale.



SPRINGDALE SHUTTLE

For part of the year, you can ride a free shuttle in the Town of Springdale. If it is running during your visit, park at your hotel or an approved parking area, and ride to the park entrance.

ZION CANYON SHUTTLE

During much of the year, the Zion Canyon Scenic Drive is only accessible by shuttle bus. Check the shuttle schedule on the front of this sheet to see when the shuttle is running. Some shuttles only travel down-canyon (towards the Visitor Center).

The buses have room for backpacks, climbing gear, and normal bicycles (E-Bikes do not fit). 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. If you have accessibility needs, please speak to a ranger at the Visitor Center.

Zion Tunnel

Oversize Vehicles

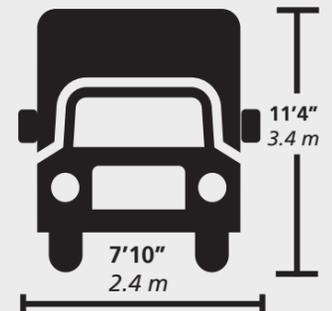
The Zion-Mt. Carmel Tunnel connects Zion Canyon to the east side of the park. It was built in the 1920s when large vehicles were less common. Nearly all RVs, buses, trailers, fifth-wheels, dual-wheel trucks, campers, and large boats require one-way traffic control.

OVERSIZE VEHICLES

Allowed thru tunnel until mid-2026

Oversize vehicle drivers pay \$15 per vehicle for one-way traffic control (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. This includes:

- Vehicles 11 ft 4 in (3.4m) and taller up to 13 ft 1 in (4m).
- Vehicles 7 ft 10 in (2.4m) and wider - including mirrors, awnings, and jacks.



TUNNEL HOURS 8 a.m. to 4:30 p.m.

Starting in mid-2026, oversized vehicles will be rerouted off the Zion-Mt. Carmel Highway. One-way traffic control through the tunnel will no longer be available.

PROHIBITED ON THE HIGHWAY

- No vehicles over 13 ft 1 in (4m) tall
- No semi-trucks and commercial vehicles (e.g. box trucks)
- No vehicles over 50,000lbs
- No hazardous materials
- No bicyclists or pedestrians. Cyclists and pedestrians cannot get a ride at the tunnel. Hitchhiking is only permitted in pullouts. Rangers are not allowed to give or arrange for transport through the tunnel.

Permits & Reservations

recreation.gov

PERMITS

You need a permit for activities including but not limited to: hiking to Angels Landing, backpacking, canyoneering, climbing bivy camping, and hiking some Wilderness routes.



Scan this QR code to learn about permits. Use free WiFi at a visitor center or Zion Lodge. You can only apply for Angels Landing permits online by 3pm, and using this link takes you to a webpage with more information.

Remember to carry your permit and photo ID with you on your trip. Permits are non-transferable.



CAMPING

You need a reservation to camp in any of the park's campgrounds. To make a reservation, visit www.recreation.gov or call 877-444-6777.

Camping is not allowed in parking areas or pullouts.



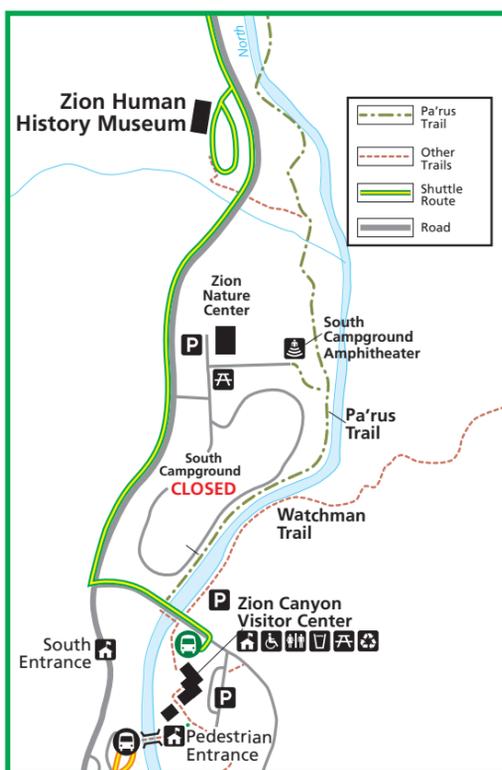
CAMPFIRES

Campfires are only allowed in metal campground fire rings. Fires are never allowed in Wilderness.

Sometimes, especially during the summer, campfires are not allowed due to risk of wildfire.

Statewide fire updates at utahfireinfo.gov

Ranger-led Programs



Shuttles from the Museum only travel down-canyon towards the Visitor Center.

Learn about Zion by participating in a free ranger-led program.

Program schedules are based on ranger availability. Free, advanced reservations may be required and can be made at the Zion Canyon Visitor Center.

Check park visitor centers, bulletin boards, and online for times and information about programs. Topics include geology, plants, animals, human history, and more.

Visitors ages 4 and older can earn a badge by completing the Zion Junior Ranger book. The book is available for free at park visitor centers and the Zion Nature Center through the summer.

NATURE CENTER

Open daily 12 p.m. to 5 p.m. from May 23 to September 1.

The Nature Center is next to the South Campground off of the Pa'rus Trail. The shuttle does not stop here. Limited parking is available.

Contact Us

Mailing Address
Zion National Park
1 Zion Park Blvd.
Springdale, UT 84767

Park Information
(435) 772-3256

Website
www.nps.gov/zion

Social Media
@zionnps



Wilderness Information
(435) 772-0170

Free WiFi is available at the Zion Canyon Visitor Center and the Zion Lodge. Do not expect data or cell connection in most areas of Zion Canyon, on trails, or in Wilderness.

E-mail
zion_park_information@nps.gov

Traffic and Parking Updates
1610 AM Radio