



# HIKING GUIDE EASY REFERENCE

## LEAVE NO TRACE®

- **PLAN AHEAD & PREPARE** - BRING A APPROPRIATE EQUIPMENT, CLOTHING, AND FOOD. HYPOTHERMIA IS A RISK AT ANYTIME OF YEAR. KNOW ABOUT THE SIGNS OF FLASH FLOODING. LEAVE A TRIP ITINERARY WITH SOMEONE.
- **DURABLE SURFACES** - WALK ON DESIGNATED TRAILS, AVOID VEGETATION AND SHORT-CUT TRAILS MADE BY UNAWARE HIKERS.
- **DISPOSE WASTE PROPERLY**- PACK OUT ALL TRASH, INCLUDING HUMAN WASTE. YOU CAN PURCHASE THESE RESTOP® BAGS AT OUR STORE.
- **LEAVE WHAT YOU FIND** - LET THE PLANTS GROW, AND THE ROCKS STAY IN THE CANYON.
- **RESPECT WILDLIFE** - DO NOT APPROACH, FEED, OR TOUCH THE ANIMALS. THEY CARRY DISEASE AND CAN BITE.
- **BE CONSIDERATE OF OTHERS** - YIELD TO OTHERS ON THE TRAIL, AND BE MINDFUL OF YOUR VOICES OVERPOWERING THE SOUND OF NATURE.

	TIME FRAMES				ACCESS		EXPOSURE				STRAIN		AESTHETICS						
	2 HOURS OR LESS TRIP TIME	4 HOURS OR LESS TRIP TIME	6 HOURS OR LESS TRIP TIME	7-12 HOURS TRIP TIME	PERSONAL AUTO FOR ACCESS	SEASONAL SHUTTLE REQUIRED	CLIFF EDGES AND DROPS	CHAINS & RAILS	WATER / POSSIBLE CROSSINGS	MORNING SHADE	BLISTERING SUN MID-DAY	EVENING SHADE	CASUAL AND EASY	CAREFUL & MODERATE	"STAIR MASTER" DIFFICULT	INCREDIBLE GEOLOGY	GREAT SUNSETS	QUIET AND PEACEFUL	A MUST DO!
KOLOB CANYONS	1. TAYLOR CREEK	x			x				x	x	x	x	x			x		x	
	2. TIMBER CREEK OVERLOOK	x				x					x		x			x	x		
	3. LEE PASS TO KOLOB ARCH				x	x			x		x	x	x			x		x	
	4. TRANS-ZION TREK				x	x			x		x		x			x	x	x	
KOLOB	5. WEST RIM TRAIL				x	x	x		x	x	x			x		x	x		x
	6. NORTHGATE PEAKS	x				x	x		x				x						
	7. SUBWAY BOTTOM-UP				x	x	x		x	x	x		x			x			x
DESERT	8. COAL PITS WASH				x	x			x		x		x			x	x	x	
	9. CHINLE TRAIL				x	x			x	x			x			x	x	x	
NARROWS	10A. NARROWS "THRU-HIKE"				x	x			x	x		x	x			x			
	10B. NARROWS "BOTTOM-UP"				x				x	x		x	x			x			x
	11. RIVERSIDE WALK	x					x		x		x	x							
ZION MAIN CANYON	12. WEEPING ROCK	x				x			x				x			x			
	13. HIDDEN CANYON		x				x	x	x		x		x			x			
	14. OBSERVATION POINT				x		x	x		x	x			x		x	x		x
	15. ANGELS LANDING		x				x	x	x		x			x		x	x		x
	16. EMERALD POOLS	x					x	x		x	x		x	x		x			
	17. SAND BENCH TRAIL	x					x				x	x	x	x				x	
	18. PA'RUS (BIKE ROUTE)	x				x					x		x				x		
	19. WATCHMAN	x					x	x		x				x			x	x	
EAST	20. CANYON OVERLOOK	x				x	x	x	x	x			x			x	x		x
	21. EAST RIM				x	x					x	x		x		x		x	

\* Estimated hours of travel are based on a walking pace of 2 miles per hour.