



**ZION NATIONAL PARK**



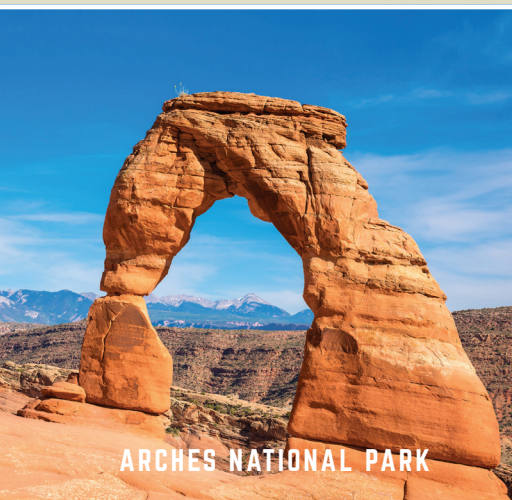
**BRYCE CANYON NATIONAL PARK**

SOUTHERN UTAH  
**SUN.  
PARKS**  
NATIONAL PARKS

**PEAK SEASON  
ITINERARIES**



**CAPITOL REEF NATIONAL PARK**



**ARCHES NATIONAL PARK**



**CANYONLANDS NATIONAL PARK**



SOUTHERN UTAH  
**SUN.**  
 PARKS NATIONAL

Southern Utah National (**SUN**) Parks is a collaboration between the five counties that house the five national parks in Utah; Arches, Bryce Canyon, Canyonlands, Capitol Reef, and Zion. Our purpose is to provide resources and inspiration for improved visitor experience in these regions.

The purpose of this guide is to provide the travel trade with a resource on how to best visit the Mighty Five National Parks in Utah. For more information please visit [www.utahsnationalparks.com](http://www.utahsnationalparks.com)





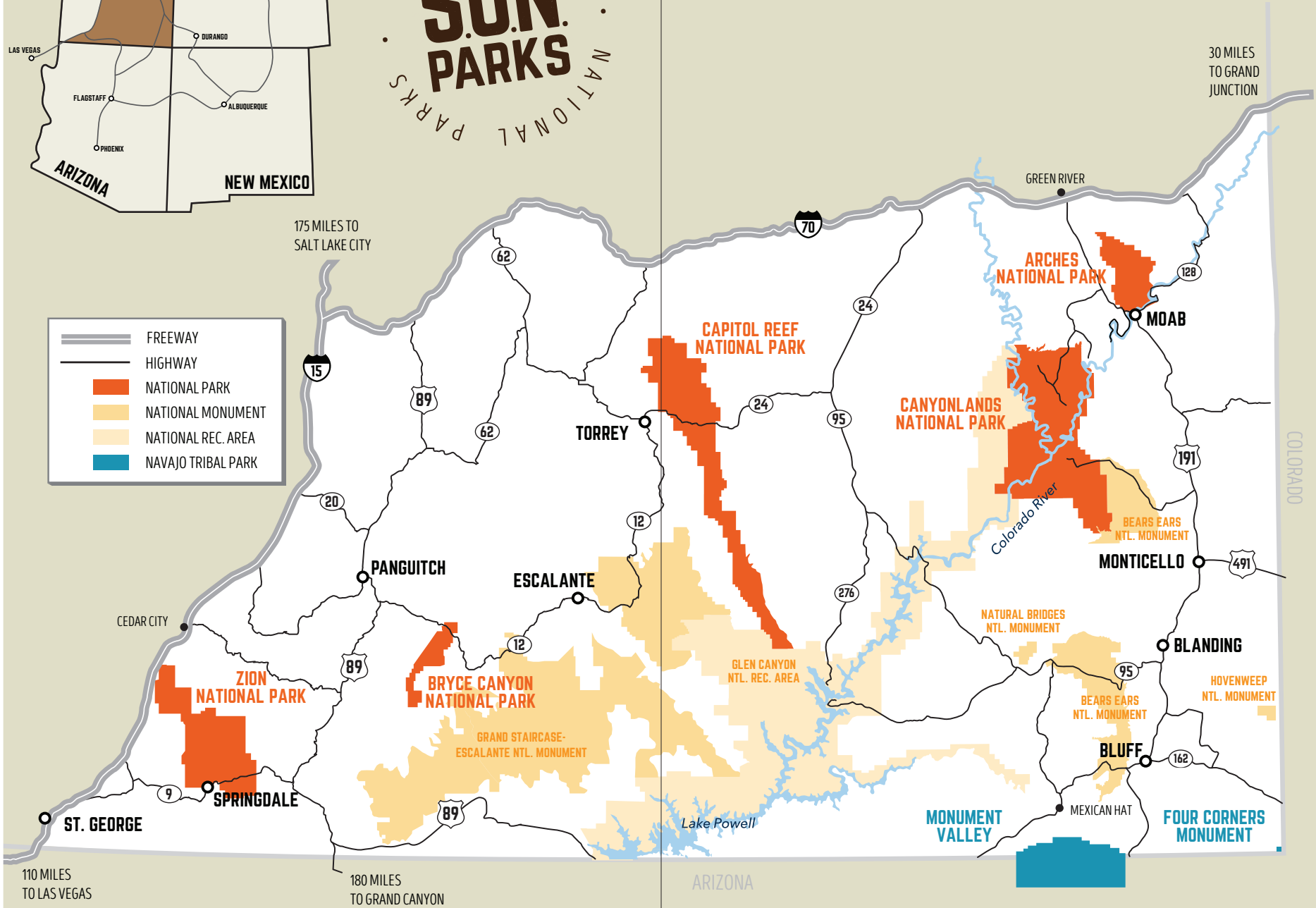
# SOUTHERN UTAH NATIONAL PARKS • **SUN. PARKS** • NATIONAL PARKS



175 MILES TO SALT LAKE CITY

30 MILES TO GRAND JUNCTION

	FREEWAY
	HIGHWAY
	NATIONAL PARK
	NATIONAL MONUMENT
	NATIONAL REC. AREA
	NAVAJO TRIBAL PARK



110 MILES TO LAS VEGAS

180 MILES TO GRAND CANYON



# ZION NATIONAL PARK



Snow Canyon State Park

## DAY 1

### LAS VEGAS TO ST. GEORGE

1 hours 55 minutes. Make St. George your first or last overnight stay.

### ST. GEORGE/SNOW CANYON STATE PARK

Visit Snow Canyon State Park - explore the trails either on foot, bike or horseback.

#### SUGGESTED HIKES

- **Easy**  
Petrified Sand Dune (1.2 mi/1.9 km)
- **Moderate**  
Cinder Cone (1.9 mi/3 km)  
Hidden Pinyon (1.5 mi/2.4 km)

#### AFTERNOON AND EVENING ACTIVITIES

- Horseback Riding available via Snow Canyon Trail Rides
- Explore Downtown: Brigham Young Pioneer Home, Towne Square (splash pad), Green Gate Village, Tabernacle, art galleries and more.
- Tuacahn Outdoor Amphitheatre. Broadway musicals.
- Mountain Biking (nearby trails or mtn biking park)
- Kayenta Art Village

#### OVERNIGHT ACCOMMODATIONS

[www.greaterzion.com](http://www.greaterzion.com)

- Inn on the Cliff
- Desert Garden Inn by Wyndham
- Best Western Abbey Inn
- Advenire Autograph Collection Hotel



Angels Landing - Zion National Park





Big Bend National Park

## DAY 2

### ST. GEORGE TO ZION NATIONAL PARK/ SPRINGDALE

#### SUGGESTED STOP

- Sand Hollow State Park - Reservoir and Sand Dunes possible activities: paddleboarding, kayaking, ATV rentals available on site.

### ZION NATIONAL PARK

- Visit the Visitors Center
- Rent bikes or ebikes with local outfitters (shuttles are equipped with bike racks)
- Take the free shuttle the entire length of the park

#### SUGGESTED HIKES THROUGHOUT THE TOWN OF SPRINGDALE

- **Easy**  
Pa' Rus Trail (1.7 mi/2.7 km)
- **Moderate**  
Emerald Pools (1.5-3 mi/2.4-4.8 km)
- **Tailored to Any Ability**  
The Narrows (3-8 mi/4.8-12.9 km)\* Gear available at local outfitters.

#### OVERNIGHT ACCOMMODATIONS IN SPRINGDALE

##### www.greaterzion.com

- Zion Under Canvas
- Cable Mountain Lodge
- Majestic View Lodge
- Holiday Inn Express & Suites
- Zion Lodge (located inside the park)



The Narrows

## DAY 3

### ZION NATIONAL PARK

#### SUGGESTED HIKES

- **Easy**  
Riverside Walk (2.2 mi/3.5km)
- **Moderate**  
Canyon Overlook (1 mi/1.6 km)
- **Strenuous**  
Angels Landing (4.1 mi/6.6 km)

#### ADDITIONAL ACTIVITIES:

- Canyoneering (Outfitters located in Springdale)
- Zion Helicopter (Aerial tours)
- Horseback ride - Inside the Park Canyon Trail Rides or Outside the Park Jacobs Trail Rides or Blue Sage Trail Rides
- Jeep Tours
- Visit nearby Grafton Ghost Town
- Explore Kolob Terrace (40 min) hiking, kayaking, incredible landscape
- Kolob Canyon View point - short drive (39 mi/63km0)
- Shopping
- Art Galleries
- Unique shops
- Home-made candies and ice cream
- Bicycle and ebike rentals
- Via Ferrata
- Zion Brewery



# BRYCE CANYON NATIONAL PARK



Thor's Hammer

## DAY 1

### BRYCE CANYON NATIONAL PARK

Explore the new and improved visitor's center at Bryce Canyon National Park. A free shuttle is available to pick up in Bryce Canyon City or Bryce Canyon Visitor Center. You can drive your own vehicle, but parking may be limited. However, the shuttle only goes to the first amphitheater, so if you take your own vehicle be sure to visit the lesser-known viewpoints, Natural Bridge and Rainbow Point. (Plan 1/2 - full-day at Bryce)

#### SUGGESTED HIKES

- **Easy**
  - Mossy Cave (0.8 mi./1.3km)
  - Rim Trail (11 mi/17.7km)
  - Queens Garden (1.8 mi/2.9km)
- **Moderate**
  - Navajo Trail (1.3 mi/2.2 km)
  - Tower Bridge (3 mi/4.8 km)
- **Strenuous**
  - Fairyland Loop (8 mi/12.9km)
  - Peek-A-Boo Loop (5.5 mi/8.8 km)

#### ADDITIONAL ACTIVITIES

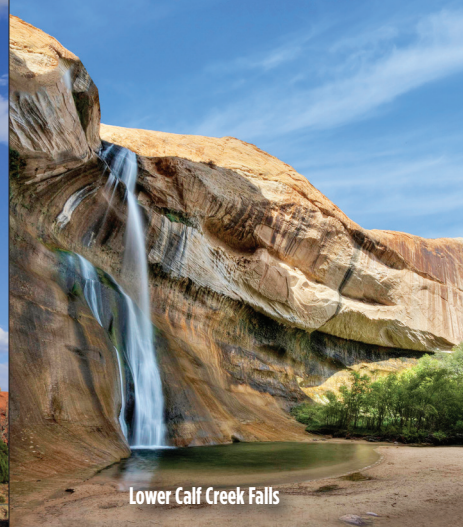
- Horseback riding
- Biking
- ATV Tours
- Helicopter Tours
- Bryce Canyon rodeo
- Virtual Reality ride, "Soaring over Southern Utah"

Bryce Canyon

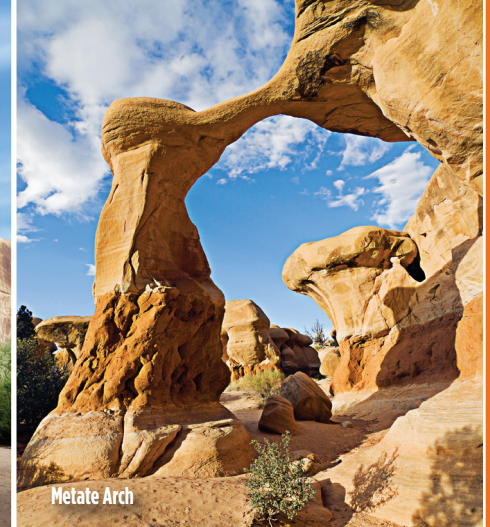




Kodachrome Basin State Park



Lower Calf Creek Falls



Metate Arch

## DAY 1 - CONTINUED

### KODACHROME BASIN STATE PARK

Kodachrome Basin is located 30 minutes from Bryce Canyon National Park near Cannonville. Home to several towering spires and sandstone chimneys. There are various places to hike or take a horseback ride in Kodachrome. Drive 20 additional miles down the road and enjoy Grosvenors Arch (be sure to have a high clearance vehicle).

### RED CANYON NATIONAL FOREST

Similar to the iconic hoodoos in Bryce, enjoy hiking, horseback riding and mountain biking on trails for all skill levels. Red Canyon is also pet-friendly.

#### OVERNIGHT ACCOMMODATIONS:

[www.brycecanyoncountry.com](http://www.brycecanyoncountry.com)

- Panguitch,
- Hatch
- Bryce Canyon Area
- Tropic
- Cannonville

## DAY 2

### ESCALANTE/NATIONAL SCENIC BYWAY 12

Start early to make sure you have plenty of time to explore part of National Scenic Byway 12 — Utah's All-American Road — and the Grand Staircase Escalante National Monument (hiring an experienced guide on the Grand Staircase Escalante National Monument is a great and safe way to make the most of your adventure)

#### PLACES TO EXPLORE (most need high-clearance vehicles)

- Escalante Petrified Forest State Park
- Metate Arch
- Spooky and Peek A Boo Slot Canyons
- Calf Creek Falls
- Burr Trail

#### ADDITIONAL ACTIVITIES

- Biking
- Canyoneering
- Jeep Tours
- ATV Rentals
- Horseback rides
- Fishing guides
- Guided hikes

#### OVERNIGHT ACCOMMODATIONS:

[www.brycecanyoncountry.com](http://www.brycecanyoncountry.com)

- Escalante
- Boulder



# CAPITOL REEF NATIONAL PARK

Hickman Bridge



Capitol Reef Barn

## DAY 1

### CAPITOL REEF NATIONAL PARK

- Explore Capitol Reef Park
- Visit the Visitor Center
- Visit the Gifford House and treat yourself to homemade pie and Icecream
- See Orchards (in bloom or fruit)
- Drive the Historic District and Scenic Loop
- View the petroglyph panel
- Stop and view wildlife at the picnic area.
- Attend evening programs at the campground amphitheatre

### SUGGESTED HIKES

#### • Easy

- Goosenecks (0.2mi/0.3 km)
- Sunset Point (0.8 mi/1.3 km)
- Capitol Gorge (2 mi/3.2 km)
- Grand Wash (4.4 mi/7 km)

#### • Moderate

- Cohab Canyon (3.4 mi/5.5 km)
- Fremont River (2 mi/3.2 km)
- Hickman Bridge (1.8 mi/2.9 km) This is a popular hike so arrive early to get the best parking.

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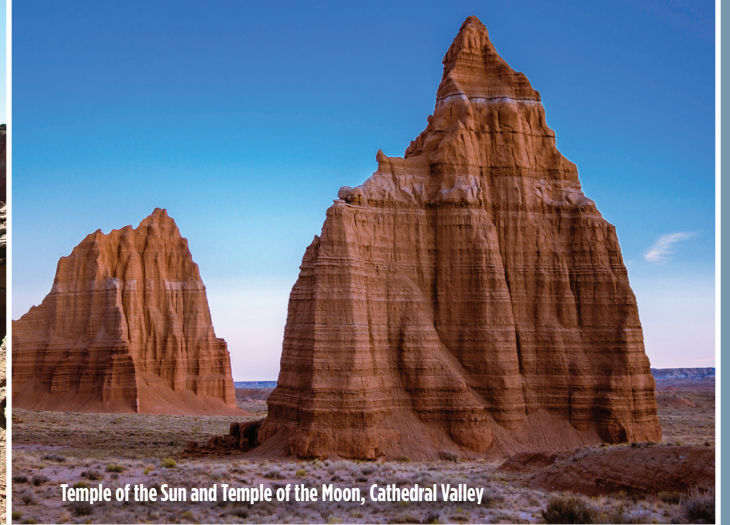




Cassidy Arch



Velvet Ridge Overlook



Temple of the Sun and Temple of the Moon, Cathedral Valley

## DAY 1 - CONTINUED

### SUGGESTED HIKES - CONTINUED

#### • Strenuous

- Cassidy Arch (3.4 mi/5.5 km)
- Chimney Rock (3.6 mi/5.8 km)
- Fremont Gorge Overlook (4.6 mi/7.4 km)
- Frying Pan (5.8 mi/9.3 km)
- Golden Throne (4 mi/6.4 km)
- Old Wagon Trail (3.8 mi/6.1 km)
- Rim Overlook (4.6 mi/7.4 km)
- Navajo Knobs (9.4 mi/15.1 km)

### ADDITIONAL ACTIVITIES

- Visit art galleries and gift shops in Torrey
- Jeep and Backcountry Tours
- Horseback rides
- Hike with a llama
- Fishing guides
- Canyoneering
- ATV rentals
- Star gazing (Designated dark sky park and community)

### OVERNIGHT ACCOMMODATIONS

[www.capitolreef.org](http://www.capitolreef.org)

- Capitol Reef Resort
- Broken Spur Inn
- Red Sands Hotel
- Cougar Ridge Casitas



Grand Wash



# ARCHES NATIONAL PARK

Delicate Arch - Arches National Park



Double Arch - Arches National Park

## DAY 1

### ARCHES NATIONAL PARK

- Visit the Visitor Center
- Drive the entire park in 3hrs with 10 min at each viewpoint and take a short hike at the windows section of the park.

#### SUGGESTED HIKES

- **Easy**
  - Double Arch (0.5 mi/0.8km)
  - Landscape Arch (1.6 mi/2.6 km)
- **Moderate**
  - Delicate Arch (3 mi/4.8 km) This hike is usually crowded, sunrise or sunset is best for this hike.

#### AFTERNOON ACTIVITIES

- Horseback Rides (Moab Horses or Red Cliffs Lodge)
- Canyonlands by Night & Day
- Shopping Moab Main Street
- Stargazing - Many overlooks in The National parks with open views of the skies offer great opportunities for stargazing after 10 pm

#### OVERNIGHT ACCOMMODATIONS

- [www.discovermoab.com](http://www.discovermoab.com)

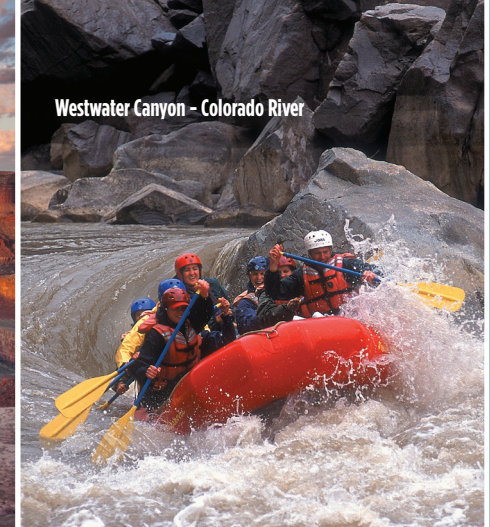




Mesa Arch - Canyonlands National Park (Island in the Sky District)



Dead Horse Point State Park



Westwater Canyon - Colorado River

## DAY 2

### CANYONLANDS NATIONAL PARK • ISLAND IN THE SKY DISTRICT

In 4 hours you can drive the Grand View Point, Green River Overlook, and Upheaval Dome. Hike the Grand View Point, Mesa Arch, And Upheaval dome Overlook Trails.

In 8 hours you can visit every overlook, hike one or more strenuous trails.

#### SUGGESTED HIKES

- **Easy**  
Mesa Arch (0.05 mi/0.08 km) Recommended before sunrise
- **Moderate**  
Grand View Point (2 mi/3.2 km)
- **Strenuous**  
Murphy Point (3.6 mi/5.8 km)

### DEAD HORSE POINT STATE PARK

- Visitor center
- Dead Horse Point Overlook

#### SUGGESTED HIKES

- **Easy**  
The Colorado River Overlook (1 mi/1.6 km)
- **Moderate**  
The Bighorn Overlook Trail (3 mi/4.8 km)

#### AFTERNOON ACTIVITIES

- Hummer/Jeep or ATV/UTV Tour
- Ice Cream at Crystal's Cakes and Cones
- Moab Giants Dinosaur Park
- Rafting or Jetboat Tour on the Colorado River

#### RESTAURANTS

- Moab Dinner - breakfast or lunch (to-go options)
- Moab Brewery - lunch or dinner
- Blue Pig - lunch or dinner
- Thai Bella - lunch or dinner
- Fiesta Mexicana - lunch or dinner

### MOAB TO MONTICELLO

55 minutes

#### OVERNIGHT ACCOMMODATIONS IN MONTICELLO

[www.utahscanyoncountry.com](http://www.utahscanyoncountry.com)



# CANYONLANDS NATIONAL PARK



Druid Arch



Chesler Park

## DAY 1

### MOAB TO MONTICELLO

55 minutes

### NEEDLES DISTRICT OF CANYONLANDS NATIONAL PARK

- Stop at the Visitor Center to learn about the history of Canyonlands and the geologic formation of the park.
- Take the scenic drive through the park to see the Needles Rock formations and views of the surrounding landscape.
- Jeep Tour through Elephant Hill to Devil's Kitchen (Navtec)

#### SUGGESTED HIKES

- **Easy**
  - Roadside Ruin (0.3 mi/0.5 km, 20 min)
  - Pothole Point (0.6 mi/1 km, 45 min)
  - Cave Spring (0.6 mi/1 km, 45 min)
- **Moderate**
  - Slickrock Trail (2.4 mi/4 km, 2hrs)
- **Strenuous**
  - Chesler Park Viewpoint (6 mi/9.7 km, 3-4 hrs)
  - Big Spring-Squaw Canyon Loop (7.5 mi/12 km 3-4 hrs)
  - Confluence Overlook (10 mi/16.5km 5-6 hrs)





Edge of the Cedars State Park



Newspaper Rock



Owachomo Bridge



Sipapu Bridge

## DAY 1 - CONTINUED

### EDGE OF THE CEDARS STATE PARK

- View the Four Corners regions' largest collection of Ancestral Puebloan pottery and artifacts
- Climb a replica ladder down into a restored 1,000 year old kiva
- Learn about artifacts found in the region before exploring Bears Ears National Monument

### ADDITIONAL ACTIVITIES

- Needles Overlook - Nearly 360 degree views of the park below
- Take in the views as you drive Scenic Byway 211 through the Indian Creek Unit of Bears Ears National Monument
- Newspaper Rock - 200-sq ft petroglyph panel with over 650 symbols
- Canyon Country Discovery Center - Science & nature center with indoor and outdoor learning stations. They also offer stargazing programs in their observatory.
- Guided and/or shuttled mt. bike, ski, and climbing tours with Roam Industry
- Dinosaur Museum - Home to an extensive collection of dinosaur movie posters and memorabilia from around the world.

### OVERNIGHT ACCOMMODATIONS IN MONTICELLO

- Inn at the Canyons
- Gristmill Inn

### OVERNIGHT ACCOMMODATIONS IN BLANDING

- Stone Lizard Lodge
- Abajo Haven Guest Cabins
- Blue Mountain RV Park

## DAY 2

### NATURAL BRIDGES NATIONAL MONUMENT

- Stop at the visitor center to learn about the formation of the park
- Drive the paved, one-way Bridge View Drive (9 mi/ 14.5 km)
- Ranger-led astronomy program at dusk (Summer)

### SUGGESTED HIKES

- **Easy**
  - Owachomo Bridge (0.5 mi/.84 km)
  - Horse Collar Ruin (0.6 mi/1 km)
- **Moderate**
  - Kachina Bridge (1.4 mi/2.25 km)
  - Sipapu Bridge (1.4 mi/2.25 km)
- **Strenuous**
  - Loop Trail (9.8 mi/15.8 km)

### GOOSENECKS STATE PARK

- View the largest entrenched river meander in North America from an easily accessible overlook. Observe the San Juan River twisting and turning, flowing a distance of over 6 miles (9.7 km) while advancing only 1.5 miles (2.4 km) west toward Lake Powell.





Monument Valley

## DAY 2 - CONTINUED

### MONUMENT VALLEY

- Take a tour of Monument Valley with a local, Navajo guide
- Learn about the history of Goulding's, and movies that were filmed in Monument Valley at Goulding's Trading Post Museum
- Shop for one-of-a-kind jewelry, rugs, and artwork at Goulding's Trading Post, the Vendor Village, and road-side stands
- Hike the Wildcat Trail, or trails on Goulding's property
- Take in sunrise & sunset
- Enjoy a regional favorite- Navajo Tacos, at Goulding's Stagecoach Restaurant

### ADDITIONAL ACTIVITIES

- House on Fire- 3 mile round-trip hike to a popular archaeological site
- Butler Cliff Dwellings- Easily accessible 1 mile/1.6km hike to overlook of spectacular cliff dwellings
- Mule Canyon Ruin- Easily accessible, restored kiva along Hwy 95
- Valley of the Gods (17 mi/27.4 km) loop drive through free-standing monoliths, spires, & fins
- Canyoneering & ATV tours with Hite Outpost
- Part-day, full-day, or multi-day river trip on the San Juan River with Wild Expeditions
- Hiking/Archaeological tours of Cedar Mesa/Bears Ears National Monument with Far Out Expeditions
- Bluff Fort- Replica Co-op store and cabins at the site of the first pioneer settlement in the region- Free



House on Fire

- Sand Island Petroglyphs- Easily accessible petroglyph panel along Hwy 163 just south of Bluff
- Horseback Riding Tours in Monument Valley
- Overnight Hogan Stay & Tour in Monument Valley with Simpson's Trailhandler Tours

#### OVERNIGHT ACCOMMODATIONS IN MONUMENT VALLEY

- Goulding's Lodge
- Simpson's Trailhandler Tours Hogan

#### OVERNIGHT ACCOMMODATIONS IN MEXICAN HAT

- Hat Rock Inn

#### OVERNIGHT ACCOMMODATIONS IN BLUFF

- Bluff Dwellings Resort
- Bluff Gardens Cabins
- Desert Rose
- La Posada Pintada

### MONUMENT VALLEY TO LAS VEGAS

6 hrs 32 minutes



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**SUN  
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PEAK SEASON  
ITINERARIES

