

UTAH LIFE ELEVATED®

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TRAVEL GUIDE

CANYONLANDS • CAPITOL REEF • ZION • ARCHES • BRYCE CANYON



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TRAVEL GUIDE CONTENTS



Balance Rock,
Arches National Park

GETTING HERE	4
THIS IS THE PLACE	7
SALT LAKE CITY & THE WASATCH FRONT	8
DINING, SHOPPING & CULTURE	12
OUTDOOR RECREATION	14
THE MIGHTY 5®	17
ARCHES NATIONAL PARK	18
BRYCE CANYON NATIONAL PARK	20
CANYONLANDS NATIONAL PARK	22
CAPITOL REEF NATIONAL PARK	23
ZION NATIONAL PARK	26
THE GREATEST SNOW ON EARTH®	28
NORTHERN UTAH	31
HISTORY & HERITAGE	32
NATIONAL SITES & STATE PARKS	33
NATIONAL SCENIC BYWAYS	34

**Adventure
Media**

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Published by Phoenix International Publishing
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Publisher: Simon Todd
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On the cover: Capitol Reef National Park.
Photo courtesy of Utah Office of Tourism.
Additional photos courtesy of Utah Office
of Tourism, Kane County Office of Tourism,
Derek Smith and Shutterstock.

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The Utah Transit Authority (UTA) serves the Wasatch Front with regular bus, light rail and commuter rail service. A 20-minute ride on the TRAX light rail transports travellers from the airport to downtown Salt Lake City, while the FrontRunner commuter rail connects the city with Ogden to the north and Provo to the south. UTA ski buses, meanwhile, serve all four Salt Lake City resorts along with Sundance, Park City and Powder Mountain.

Utah is also a convenient launching point for visits to other parts of the United States. Visiting California or Chicago? Salt Lake City is served by Amtrak's California Zephyr, considered by many to be one of the most scenic train routes in America. Salt Lake City International Airport is also the closest international airport to Yellowstone National Park. A detailed itinerary of the Yellowstone Loop is available at visitutah.com.

CLIMATE CHART

	LOGAN	SALT LAKE	PARK CITY	ST. GEORGE	MOAB	BLANDING
January	31/11 F -0.3/-12 C	36/19 F 2/-7 C	32/12 F 0/-11 C	53/25 F 12/-4 C	42/18 F 6/-8 C	38/16 F 3/-9 C
February	38/17 F 3/-8 C	43/24 F 6/-4 C	36/15 F 2/-9 C	60/30 F 16/-1 C	51/24 F 11/-4 C	44/22 F 7/-6 C
March	48/26 F 9/-3 C	52/31 F 11/-0.6 C	41/20 F 5/-7 C	67/36 F 19/2 C	62/33 F 17/0.5 C	52/27 F 11/-3 C
April	59/33 F 15/0.6 C	62/38 F 17/3 C	53/28 F 11/-2 C	77/43 F 25/6 C	72/41 F 22/5 C	62/34 F 16/1 C
May	69/41 F 21/5 C	72/43 F 22/8 C	63/36 F 17/2 C	86/51 F 30/11 C	82/48 F 28/9 C	72/42 F 22/6 C
June	80/48 F 27/9 C	83/54 F 28/12 C	74/44 F 23/7 C	96/56 F 36/14 C	92/56 F 33/13 C	83/50 F 28/10 C
July	89/54 F 32/12 C	92/62 F 32/16 C	82/50 F 26/10 C	102/66 F 37/18 C	99/63 F 36/16 C	88/57 F 30/13 C
August	88/52 F 31/11 C	90/61 F 33/16 C	79/49 F 26/9 C	99/65 F 37/18 C	95/61 F 35/16 C	86/56 F 30/13 C
September	77/43 F 25/6 C	79/51 F 26/11 C	70/41 F 21/5 C	93/55 F 34/13 C	87/51 F 30/11 C	78/48 F 26/13 C
October	64/33 F 18/0.6 C	66/40 F 19/4 C	58/32 F 14/0 C	80/43 F 27/6 C	73/39 F 23/4 C	66/38 F 19/3 C
November	46/24 F 8/-4 C	50/29 F 10/-2 C	44/22 F 6/-6 C	65/32 F 18/-0.5 C	57/28 F 14/-2 C	51/26 F 11/-3 C
December	34/15 F 1/-9 C	34/22 F 1/-6 C	34/15 F 1/-9 C	54/26 F 12/-4 C	44/20 F 7/-7 C	41/19 F 5/-7 C



American West Heritage Center

DISTANCE CHART

	Arches National Park	Bear Lake State Park	Bryce Canyon National Park	Capitol Reef National Park	Canyonlands National Park	Cedar Breaks National Monument	Dinosaur National Monument	Escalante	Flaming Gorge National Recreation Area	Grand Canyon National Park South Rim	Kanab	Moab	Monument Valley Navajo Tribal Park	Park City	Salt Lake	St. George	Yellowstone	Zion
Arches National Park		350	275	155	50	284	203	215	271	331	314	5	155	231	229	337	578	341
Bear Lake State Park	564		394	356	400	372	222	399	193	643	433	355	506	128	122	425	291	430
Bryce Canyon National Park	442	634		137	324	62	351	53	381	291	81	279	283	275	273	136	621	88
Capitol Reef National Park	249	573	220		201	162	287	62	316	374	195	156	201	236	235	253	583	202
Canyonlands National Park Needles District	81	644	521	323		333	253	264	316	292	314	45	115	281	279	386	627	391
Cedar Breaks National Monument	457	599	100	261	536		372	100	402	278	68	288	269	253	251	78	600	75
Dinosaur National Monument	327	357	565	462	407	599		310	58	533	391	207	357	159	185	426	453	430
Escalante	346	642	85	100	425	161	499		340	330	120	219	265	280	278	175	626	127
Flaming Gorge National Recreation Area	436	311	613	508	509	647	93	547		589	421	263	412	186	205	456	396	460
Grand Canyon National Park South Rim	533	1035	468	602	470	447	858	531	948		210	326	179	524	522	292	870	251
Kanab	506	697	130	314	505	109	629	193	677	338		318	201	314	312	83	661	41
Moab	8	571	449	251	72	463	333	352	423	525	512		150	236	234	341	582	346
Monument Valley Navajo Tribal Park	249	814	455	323	185	433	574	426	664	288	323	241		387	385	283	734	242
Park City	372	206	442	380	452	407	256	451	299	843	505	380	623		31	306	381	310
Salt Lake	369	196	439	378	449	404	298	447	330	840	502	377	619	50		304	351	309
St. George	542	684	219	407	621	126	685	282	734	470	134	549	455	493	489		651	43
Yellowstone	930	468	999	938	1009	965	730	1007	638	1400	1064	936	1181	613	565	1047		658
Zion	549	692	142	325	629	121	692	204	740	404	66	557	389	499	497	69	1059	

KILOMETERS

THEY CAME HERE FOR A REASON.

The dinosaurs may have been prehistoric but they knew what they were doing. They found a scenic oasis of adventure and stayed so long it caught them off guard, and they're still here. Dinosaur National Monument is their final resting place. See what they saw and go beyond the bones to experience everything the area has to offer.

EXPERIENCE THE **WALL OF BONES** AND BEYOND!

MAP

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DINOSAUR LAND
Vernal, Utah
DINOLAND.COM

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THIS IS THE PLACE

WELCOME

In 1847, Mormon leader Brigham Young crested a hill, gazed upon the expansive landscape of Utah's Salt Lake Valley and declared, "This is the right place."

Today, Utah is still the place. The place to spend the day on The Greatest Snow on Earth® and the night at the symphony. The place to savour fresh, farm-to-table cuisine and the adrenaline rush of world-class mountain biking. The place to gallop on horseback in an authentic Western bison roundup and careen down the thundering cascades on a whitewater rafting adventure. The place to delve deep into ancient cultures and explore the spectacular terrain of The Mighty 5®, Utah's five national parks.

With a sophisticated urban lifestyle set against the backdrop of some of nature's most splendid scenery, Utah is the place to live "Life Elevated®" and revel in all the state has to offer.

Craving the adventure of a lifetime? This is the place.

Angels Landing,
Zion National Park



SALT LAKE CITY

& THE WASATCH FRONT

A cosmopolitan city surrounded by breathtaking mountain vistas, Salt Lake City is the urban heart of Utah's thriving Wasatch Front, and Utah's state capital. The city combines upscale amenities with easy access to outdoor adventure, making it the ideal launching point for any Utah holiday.

UPSCALE URBAN

Salt Lake City boasts a vibrant dining and nightlife scene, where modern American cuisine and inventive cocktails provide a perfect ending to a day of outdoor fun. Named one of "America's 5 New Foodie Cities" by Wine Enthusiast Magazine (2014), Salt Lake City serves up a diverse and distinctive menu of culinary options. The city is also known for award-winning breweries like Squatters, Uinta and Red Rock as well as distilleries such as Sugar House and Beehive. Visit hip downtown destinations like Whiskey Street, Copper Common, Under Current and "Modern Family" actor Ty Burrell's Bar-X and Beer Bar.



OUTDOOR ADVENTURE

It's hard to find a cosmopolitan city more perfectly situated for outdoor fun. Salt Lake City is located just minutes away from hundreds of miles of hiking trails and less than an hour from 10 ski resorts. A few are as close as 30 minutes from downtown. Park City — the only International Mountain Biking Association (IMBA) Certified Gold Level mountain biking city in America and home to the Deer Valley and Park City mountain resorts — is less than 45 minutes up the canyon. For more outdoor adventure, saddle up and take part in the annual bison roundup on Antelope Island — Great Salt Lake's largest island and one of Utah's 43 incredible state parks — or head to the Bonneville Salt Flats to view the famous "World of Speed" racing events or photograph the surreal terrain.



Bonneville Salt Flats

HERITAGE & CULTURE

The centerpiece of Utah's capital city is historic Temple Square. View the square's impressive structures, which are home to the world headquarters of the Church of Jesus Christ of Latter-day Saints and the largest genealogical library of its kind in the world. Enjoy a free walking tour of the area — available in 40 languages — or attend a free concert by the world-renowned Mormon Tabernacle Choir. Salt Lake City is also home to numerous arts and cultural institutions. The Salt Lake Connect Pass offers admission to more than a dozen of the city's most popular attractions for one low price at visitsaltlake.com.



Historic Temple Square at Christmas

THE WASATCH FRONT

Salt Lake City is conveniently located midway along the Wasatch Front — Utah's 100-mile-long (160 km) metropolitan corridor in Northern Utah. Made internationally famous by the 2002 Winter Olympics, the Wasatch Front is home to 10 ski resorts, dynamic cities and unlimited year-round outdoor adventure. Here is a snapshot of top cities and attractions along the Wasatch Front:

Historic Ogden offers visitors a burgeoning downtown nightlife. Located at the northern end of the Wasatch Front, Ogden is the place to find great brews, farm-to-table cuisine, extensive outdoor recreation including a beautifully restored urban river and even iFly indoor skydiving.

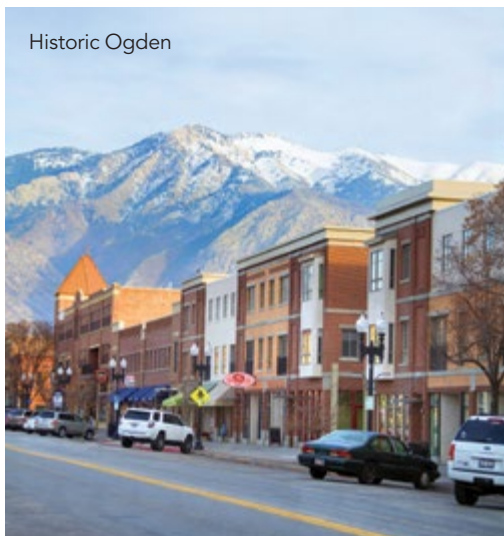
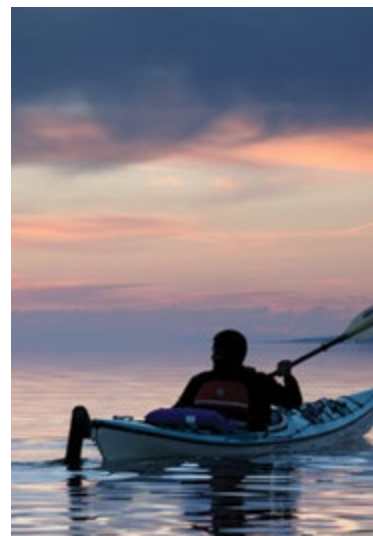
Fans of professional sports can catch a professional soccer game at Rio Tinto Stadium in Sandy, home of the Real Salt Lake soccer club. Also don't miss a visit to Vivint Smart Home Arena in Salt Lake City, where the Utah Jazz host the National Basketball Association home games.

To appreciate exotic and native Utah ecosystems, visit the Living Planet Aquarium in Draper to encounter more than 450 species. Then continue south to Lehi to stroll among the gardens and visit the shops and museums at Thanksgiving Point.

Provo and Orem, at the southern end of the front, offer easy access to Mount Timpanogos as well as Provo Canyon's fly-fishing, hiking and skiing.



Historic Ogden



Living Planet Aquarium



Rio Tinto Stadium in Sandy



Mount Timpanogos



Antelope Island
State Park

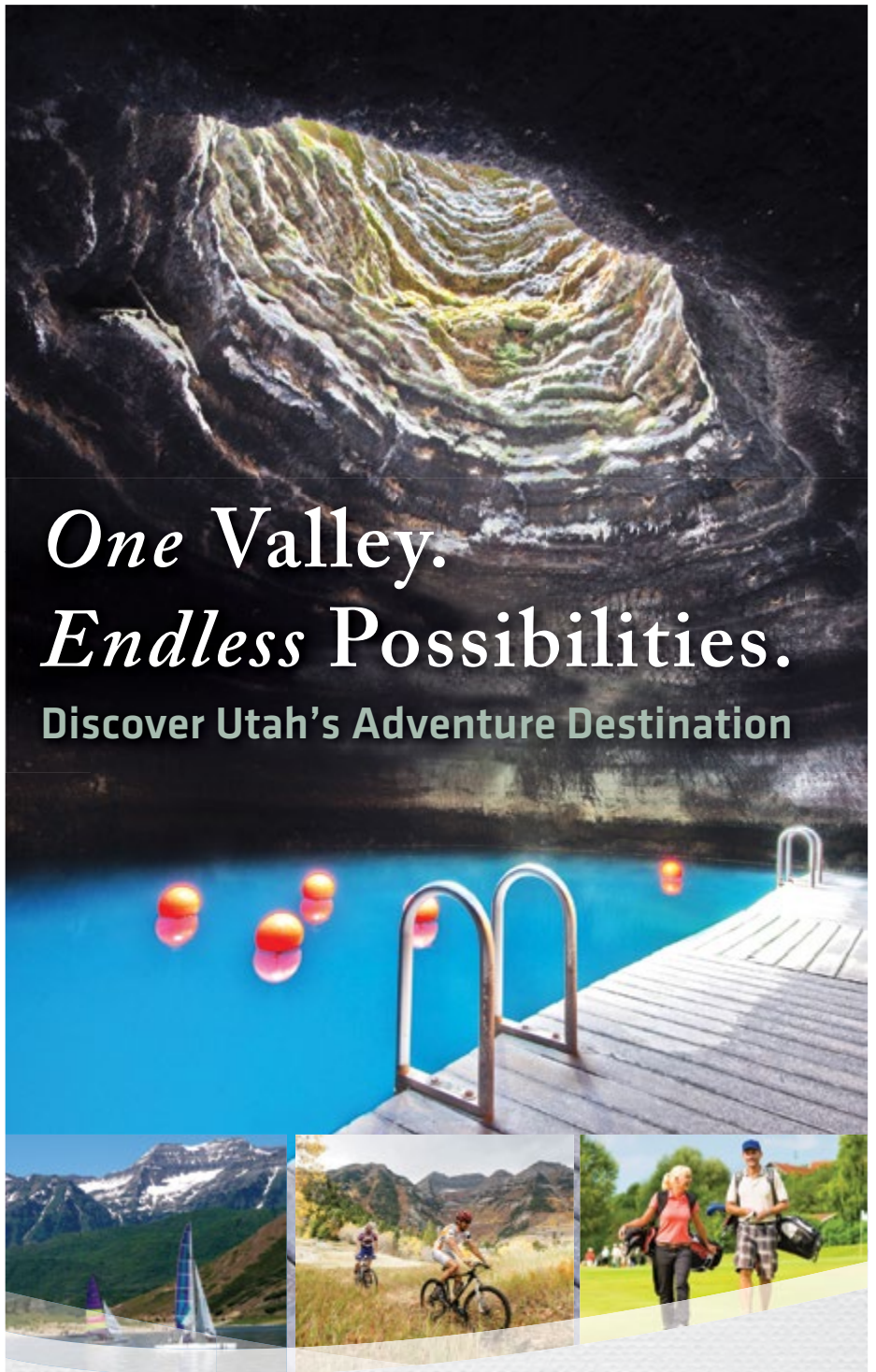


Thanksgiving Point



One Valley. Endless Possibilities.

Discover Utah's Adventure Destination



With three state parks, two world-class ski areas, a 10,000-year-old natural hot spring crater, blue ribbon fly fishing, endless hiking and biking trails, 90 holes of public golf and majestic mountain views, the Heber Valley is one of the most exciting places to recreate in Utah.

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Heber Valley
Utah's Adventure Escape
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475 North Main, Heber, UT 84032 • 435.654.3666

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Follow Heber Valley on:     

DINING & SHOPPING CULTURE



City Creek Center

DINING

Utah is fast becoming known as a foodie's paradise. From charming bistros and award-winning culinary hotspots to hip, downtown distilleries, Utah's dining and nightlife offers diverse and delectable options for every palate.

Salt Lake City's The Copper Onion, for example, combines an eclectic décor with a creative yet hearty menu featuring innovative fare such as roasted wagyu bone marrow and walnut and kale pesto over fettuccine. Prefer a more intimate ambiance? Dine by the fire at Fresco Italian Café, relishing such signature dishes as spiced pear salad, mushroom and crescenza torta and veal bolognese.

In Park City, patrons of Riverhorse on Main feast on hand-cut buffalo tartare, pork belly pierogis and Snake River Farms overnight pork shank. Travellers to Southern Utah's popular St. George region enjoy panoramic views of the St. George Valley while dining at the Cliffside Restaurant, where menu items like flatiron asado and chili-glazed salmon have earned it the title of Best New Restaurant in Southern Utah.

When visiting the stunning landscape of Grand Staircase-Escalante National Monument in Southern Utah, stop by Hell's Backbone Grill in Boulder. The Zagat-rated restaurant earns rave reviews for its fresh, local cuisine, much of it grown on the owners' adjacent organic farm.

SHOPPING

Salt Lake City's newest shopping destination is City Creek Center. With more than 100 name-brand retailers and restaurants, a retractable glass roof, and a creek that meanders through the property, City Creek reflects Utah's distinctive combination of urban sophistication and natural beauty.

Travel to Sandy to visit Utah's largest shopping mall. South Town Center features more than a million square feet of shopping and dining options as well as an indoor carousel. For a more intimate shopping experience, stroll down Park City's picturesque Main Street. Enjoy shopping in more than 100 stores and boutiques, then dine at one of 50 unique restaurants.

Bargain shoppers looking for name brands can find an outlet mall as part of their metropolitan experience on the Wasatch Front at Traverse Mountain in Lehi, at the high elevation of Park City's Tanger Outlets, or near Zion National Park in St. George.





CULTURE

Even if you visited for the unforgettable Utah landscapes, don't let the endless outdoor scenery fool you. Utah has a thriving arts and cultural community that boasts a year-round calendar of events to add high culture to your adventure.

Salt Lake City in particular offers a full complement of arts and cultural offerings. Attend a performance by the Utah Symphony or the Utah Opera. Marvel at the grace and artistry of the dancers at Ballet West. Enjoy a summertime concert while picnicking at picturesque Red Butte Gardens. Or attend one of the city's many annual festivals, including the Utah Arts Festival in June, the International Jazz Festival in July or the Craft Lake City DIY Festival every August. Salt Lake City is also home to top-notch museums, including the Utah Museum of Fine Arts, the fascinating blend of science, technology and art at The Leonardo, the Utah Museum of Contemporary Art, and the visually stunning Natural History Museum of Utah at the Rio Tinto Center.

Classical theatre fans will want to visit Cedar City, home of the celebrated Utah Shakespeare Festival. Located on the campus of Southern Utah University, this Tony Award-winning professional theatre company presents plays from Shakespeare and other authors each June through October. Starting in 2016, the festival will be housed in the new Beverley Taylor Sorenson Center for the Arts. Park City, meanwhile, plays host each year to the annual Beethoven Festival and the Deer Valley Music Festival, which brings the Utah Symphony and Opera to the cool mountain air.

Many travellers taking the scenic route from Salt Lake City to Yellowstone enjoy stopping in Logan for the Utah Festival Opera and Musical Theatre, a five-week summer festival with more than 100 events.



Utah Festival Opera

ACCESS TO ADVENTURE



Cedar Breaks National Monument



CEDAR CITY • BRIAN HEAD
TOURISM BUREAU

www.VisitCedarCity.com

OUTDOOR RECREATION



This is the place to get outside and experience life in the new American West. With five national parks, 43 state parks, seven national monuments, two national recreation areas and The Greatest Snow on Earth®, Utah is one big playground for travellers seeking year-round outdoor adventure. Cast a line. Hit the slopes. Rappel down the side of a sandstone canyon. Bike across miles of unforgettable terrain. Or simply stand back and admire the view.



Coral Pink Sand
Dunes State Park



Goblin Valley State Park

Watchman Trail,
Zion National Park



HIKING

From family-friendly trails to more challenging climbs, Utah is made for hiking. The Mighty 5® national parks alone offer countless trails through the region's iconic red-rock landscape. Multiple national monuments, national recreation areas, national forests and state parks also blanket Southern Utah, providing ample hiking opportunities outside of The Mighty 5®. For diverse alpine views, hike through miles of lush wilderness in the Uinta-Wasatch-Cache National Forest, or summit Mount Raymond to enjoy 360-degree views of Big Cottonwood Canyon, home to both Brighton and Solitude ski resorts.

BIKING

For serious mountain bikers, all trails lead to Utah. The slickrock trails of Moab are famous for their challenging climbs and descents and helped put Moab on the map. But Moab is just the beginning. Mountain biking enthusiasts travelling to Bryce Canyon and Zion should plan to visit nearby Thunder Mountain and Gooseberry Mesa. For a mountaintop biking adventure, head to Park City — America's only IMBA-Certified Gold Level mountain biking city — or travel the singletrack Wasatch Crest Trail near Salt Lake City and the many sections of the Bonneville Shoreline Trail in Salt Lake City and Ogden.

WATER SPORTS

Famous for its scenic desert vistas, Utah also ranks among the top 10 U.S. states in surface acres of boatable waters. The state's rivers, lakes and reservoirs offer world-class water recreation. Rent a houseboat and cruise majestic Lake Powell. Go fly-fishing in the Green River. Swim, sail and waterski the turquoise waters of Bear Lake. Or take a heart-pounding whitewater rafting trip through Cataract Canyon down the Colorado River.

CANYONEERING

It's hard to imagine a place more suited for canyoneering than Utah. From the deep canyons of The Mighty 5® to the desert slots of Grand Staircase-Escalante National Monument, the state is tailor-made for both serious canyoneers and guide-accompanied novices alike. It is said that Utah has the highest concentration of slot canyons in the world, which means explorers can never run out of incredible desert terrain. Canyoneering is a serious endeavor and often highly technical, but local guides and outfitters can lead you down a trail that's perfect for your level of adventure — and many people will enjoy putting on some good hiking shoes and stepping into The Narrows of Zion National Park.

WINTER SPORTS

Utah becomes even more magical in winter, when the state is blanketed with some of the best powder in the West. Utah is a must for any winter sports enthusiast. Enjoy a peaceful snowshoe or cross-country skiing sojourn through Bryce Canyon National Park. Take a tubing trip down the world's longest tubing lanes at Soldier Hollow. Shoot across hundreds of miles of groomed snowmobile trails at the Logan Canyon Snowmobile Complex. Or visit Olympic Park and Ice Arena for ski jumping, bobsledding, ice skating and curling.

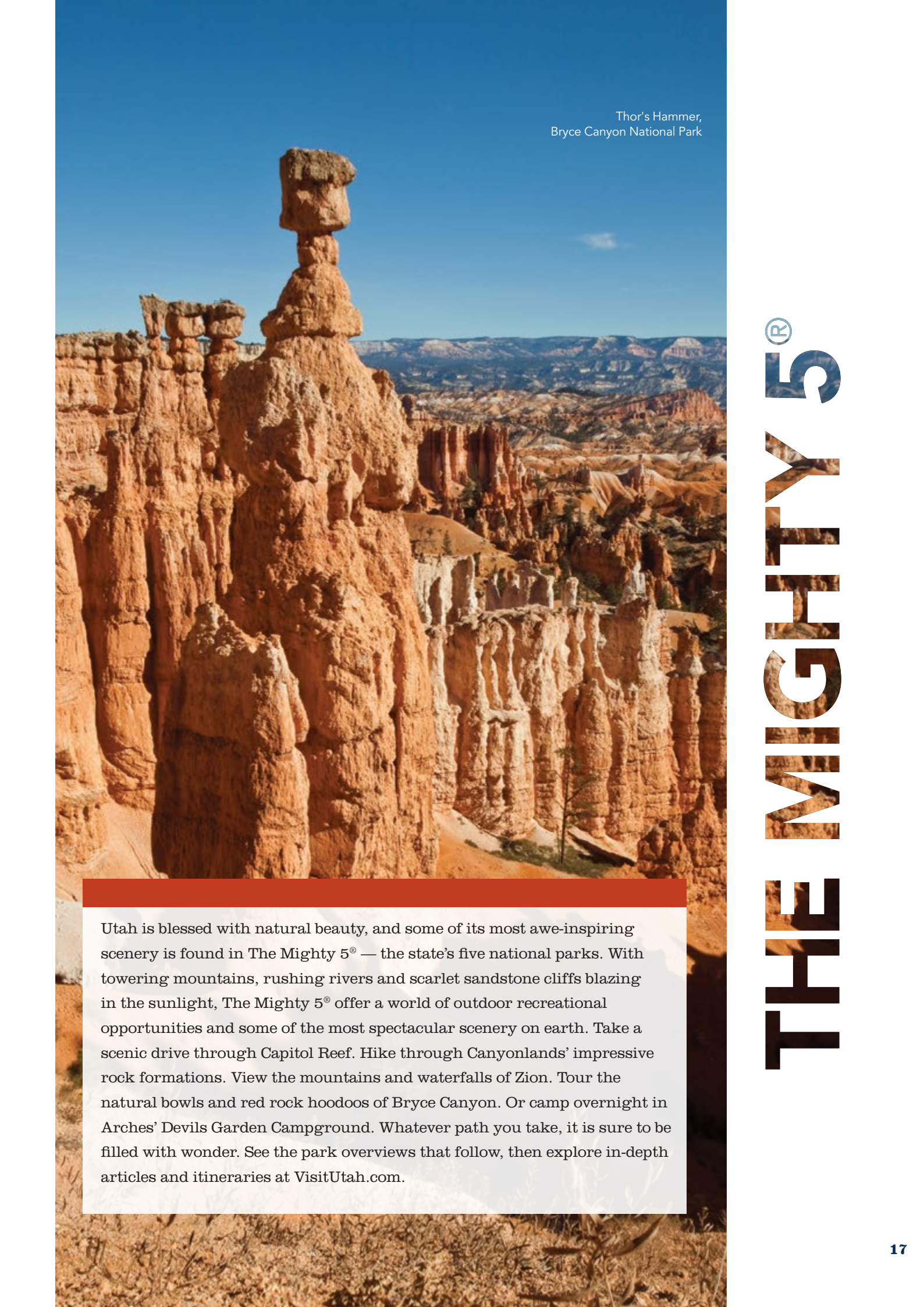
NOT UNCHARTED. JUST UNSPOILED.

CENTRALLY LOCATED TO NEARBY BRYCE CANYON, ZION NATIONAL PARK, AND GRAND CANYON NORTH RIM, KANAB IN SOUTHERN UTAH IS A LAND FILLED WITH A SPECTACULAR COMBINATION OF WORLD-FAMOUS LANDMARKS AND STUNNING AREAS THAT ARE STILL LARGELY UNEXPLORED.

START PLANNING YOUR ADVENTURE TODAY, FOR TIPS, GO TO [VISITSOUTHERNUTAH.COM](https://www.VisitSouthernUtah.com)

KANAB
MAGICALLY UNSPOILED

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A photograph of the Thor's Hammer rock formation in Bryce Canyon National Park. The formation is a tall, slender spire of orange-red sandstone with a flat, rectangular rock slab balanced precariously on top. The background shows a vast canyon landscape with other rock formations and distant mountains under a clear blue sky.

Thor's Hammer,
Bryce Canyon National Park

THE MIGHTY 5®

Utah is blessed with natural beauty, and some of its most awe-inspiring scenery is found in The Mighty 5® — the state's five national parks. With towering mountains, rushing rivers and scarlet sandstone cliffs blazing in the sunlight, The Mighty 5® offer a world of outdoor recreational opportunities and some of the most spectacular scenery on earth. Take a scenic drive through Capitol Reef. Hike through Canyonlands' impressive rock formations. View the mountains and waterfalls of Zion. Tour the natural bowls and red rock hoodoos of Bryce Canyon. Or camp overnight in Arches' Devils Garden Campground. Whatever path you take, it is sure to be filled with wonder. See the park overviews that follow, then explore in-depth articles and itineraries at VisitUtah.com.

Delicate Arch

ARCHES NATIONAL PARK

Few sights surpass the beauty and brilliance of the sun rising over the orange sandstone arches that give this park its name. With more than 2,000 natural geological arches and countless pillars, plateaus and towers, Arches offers outdoor recreation in an almost otherworldly environment. Hike the trails to see such famous and colourfully named rock formations as Dark Angel, The Three Gossips, The Organ and Elephant Butte. Be sure to make time for the iconic Delicate Arch framing the majestic La Sal Mountains and the impossibly thin Landscape Arch — at roughly 295 feet (90 m), it's the park's longest arch and a top-five span in the world.



Landscape Arch



The Windows

DON'T MISS:

Delicate Arch Hike

No trip to Arches would be complete without a visit to the park's most famous formation. The 2.5-hour moderately strenuous hike culminates at this iconic landmark.

Windows Primitive Loop

View three impressive arches on this family-friendly one-mile (1.6 km) hike.

Take an Interpretive Tour

Park guides and volunteers offer a variety of interpretive programs every day, spring through fall. Stop by the visitor centre for more information.

TRAVEL TIPS:

Where to stay: The laid-back desert town of Moab is a great base for your Arches adventure, offering lots of options for lodging, dining and recreation. After exploring the park, enjoy local cuisine then relax and unwind at an area resort like Sorrel River Ranch and Spa or Red Cliffs Lodge. Ready for more? Rent a bike and hit the area's world-famous mountain biking trails.

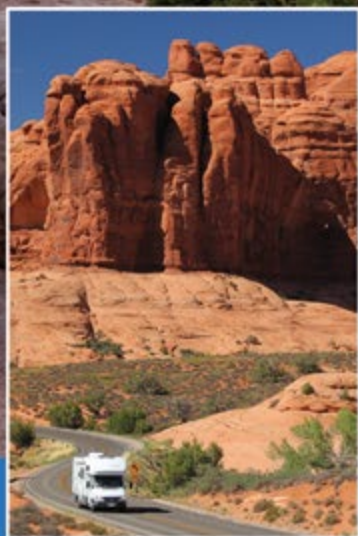
Best time: For truly spectacular views, visit Arches at sunrise and sunset when the park is less crowded and the sun's rays dance across the vermilion-coloured terrain.

Climate: While Arches enjoys moderate temperatures in the spring and fall, summer temperatures can soar past 100 F (37 C). In winter, the park's icy trails are best navigated with the aid of poles and shoe spikes. Whenever you visit, be sure to pack plenty of water and sunscreen on your outdoor adventures.

Arches • Canyonlands

Two National Parks
One Destination

MOAB
WHERE ADVENTURE BEGINS



With two of Utah's Mighty 5 National Parks in our backyard, the town of Moab is the perfect destination for your next vacation. Moab's easy access to Arches and Canyonlands National Parks, Dead Horse Point State Park, the Colorado River, three scenic byways, and thousands of square miles of amazing red rock landscapes has made it one of the most sought-after destinations in the American Southwest. While you explore the area's unique scenery, take some time to relax and experience the small town hospitality of Moab. Our great selection of lodging, restaurants, guides and outfitters will make planning your perfect family vacation easy!



To start planning the perfect Moab vacation visit discovermoab.com.

BRYCE CANYON NATIONAL PARK

It's safe to say Bryce Canyon is unlike any other place on earth. Where else can visitors find forested plateaus interspersed with a striking desert landscape punctuated by thousands of crimson spires and pillars known as "hoodoos"? To experience the full effect of these hoodoos — some of which tower 10 stories high — descend from the rim down into the canyon. A convenient shuttle system transports visitors to many of the park's most scenic vantage points, or set out on a day hike on one of the canyon's popular trails. For a more rugged adventure, get a permit and set out on the Under-the-Rim Trail for a 23-mile journey (37 km) from Bryce Point to Rainbow Point. Prefer a more romantic stroll? The park offers guided moonlight hikes when the moon is full. Or see the canyon the way the first pioneers did: from the back of a horse on a wrangler-led Canyon Trail Ride.

Natural Arch



Queen's Garden



DON'T MISS:

Navajo Trail Loop

Descend 800 feet (244 m) from Sunset Point on this popular trail through the canyon's Wall Street and by the Silent City before making the return climb up the side of the amphitheatre.

Night Sky Program

Certified as a "Dark Sky Park," Bryce Canyon is perfect for stargazing. Enjoy a ranger-led multimedia show, then view the stars through telescopes (check the visitor centre for dates and times). Fans of astronomy can see all of Utah's Dark Sky Parks at VisitUtah.com.

Fairyland Loop Hike

Follow this eight-mile trail (12.9 km) for a strenuous hike from Fairyland Point down into the brightly coloured canyons among the hoodoos, spires and labyrinths.

TRAVEL TIPS:

Where to stay: Nearby towns such as Bryce Canyon City, Panguitch and Tropic offer a range of accommodations. Enjoy panoramic canyon views at the Stone Canyon Inn or stay close to the rim at The Lodge at Bryce Canyon. Open April to November, the lodge is a National Historic Landmark and the only lodging located within the park.

Best time: Visit the park at sunrise and sunset, when the sun's rays ignite the red rock landscape. The park's high elevation makes Bryce Canyon cooler than other parks, making summertime an especially popular time to visit.

Climate: Bryce Canyon's temperatures typically peak in the low 80s F (29 C) in summer, when monsoon patterns can bring afternoon thunderstorms. From November to March, daytime temperatures peak in the 30s to 40s F (0 to 5 C), dipping below freezing at night.

TAKE YOUR TIME

Bryce Canyon



BRYCECANYONCOUNTRY.COM

BIRD WATCHING | HIKING | MOUNTAIN BIKING | WILDLIFE | CLIMBING
CANYONEERING | RED CANYON | LAKE POWELL SCENIC HIGHWAY 89
SLOT CANYONS | CAPITOL REEF NATIONAL PARK | BOULDER MOUNTAIN
KODACHROME BASIN | DIXIE NATIONAL FOREST | ANASAZI STATE MUSEUM
PETRIFIED FOREST | SCENIC BYWAY 12

435.676.1160

CANYONLANDS NATIONAL PARK

Utah's largest national park offers more than 500 square miles (1295 sq. km.) of awe-inspiring pinnacles, spires, buttes and mesas that stretch as far as the eye can see. The Colorado and Green rivers divide Canyonlands into four districts — Island in the Sky, the Needles, the Maze and the rivers themselves — each with its own distinct character. Take a four-wheel drive tour along the White Rim Road and enjoy panoramic views from Island in the Sky, a massive mesa resting atop sandstone cliffs that tower 1,000 feet (305 m) above the surrounding landscape. View the pinnacles and spires of The Needles on a backcountry adventure. Take a leisurely flat water trip down the Green or Colorado rivers, or hold on tight for a heart-pounding whitewater ride through Cataract Canyon.



Overlooking Island in the Sky



Mesa Arch

DON'T MISS:

Mesa Arch

Enjoy an early-morning hike to view the sunrise over one of the most photographed landmarks in the American West.

White Rim Trail

This popular 100-mile (161 km) mountain biking trail through Canyonlands is best attempted while on a three- or four-day camping trip with a support vehicle following along.

The Needles

Tour the colourful Cedar Mesa Sandstone spires that give this region its name. Hike or take a four-wheel drive vehicle to see such features as Elephant Hill, Confluence Overlook and Tower Ruin. There are easy trails like Cave Springs and Slickrock and strenuous day hike or overnight (with permit) options.

TRAVEL TIPS:

Where to stay: Moab and Monticello are convenient launching points for trips to Canyonland's Needles and Island in the Sky districts. Needles' Squaw Flat Campground is a great base camp for backcountry hikers (be sure to bring plenty of water).

Best time: Spring and fall are popular times to visit Canyonlands, as the temperatures climb in the summer months. While the Island in the Sky district is the park's most-visited destination, visitors will find that most trailheads are rarely crowded.

Climate: Like nearby Arches National Park, warm summer temperatures make it wise to visit the park in the cooler morning and evening hours. Be prepared for late summer's monsoon season, when afternoon thunderstorms can trigger flash floods. Check with visitor centre staff for current conditions and always carry in extra water to Canyonlands.

CAPITOL REEF NATIONAL PARK

Capitol Reef takes its name from the white, dome-shaped peaks that reminded early pioneers of the U.S. Capitol building. With some of the most visually dazzling geological formations in the West, this park is the place to hike, backpack, camp and even road cycle amid the brilliantly coloured rock formations. The backbone of the park is the 100-mile-long (161 km) Waterpocket Fold. View the towering reef's striped layers of white, pink and red sandstone, then embark on a short hike to Hickman Bridge or a scenic backway drive to Cathedral Valley, if conditions permit. Leave time to explore both Native American and pioneer culture: Examine Fremont Indian petroglyphs, then visit the historic Fruita settlement and Gifford Homestead, enjoying fresh fruit from the orchards that give the area its name.



Cathedral Valley



Hiking in Capitol Reef

DON'T MISS:

Capitol Reef Scenic Drive

Moenkopi Formation, Grand Wash and Cassidy Arch — named for outlaw Butch Cassidy — are just a few of the sights to see on this 8.2-mile (13.1 km) paved road through Capitol Reef's geological wonders.

Fruita Orchard and Gifford Homestead

Pick fruit in season and enjoy fresh-baked fruit pies at this historic homestead.

Hickman Bridge

Enjoy sweeping canyon views on this moderately strenuous hike to see this 133-foot long (40.5 m) natural bridge.

TRAVEL TIPS:

Where to stay: Cabins, campgrounds, motels and bed and breakfasts abound in the towns surrounding Capitol Reef. While Torrey is considered the gateway to the park, the nearby towns of Hanksville, Fremont and Loa also offer lodging options. Prefer to camp in the park? Capitol Reef campgrounds are available on a first-come, first-served basis.

Best time: Capitol Reef's visitor centre and campgrounds are open year-round. Hikes are best begun early in the day before the desert temperatures start to soar.

Climate: Summer temperatures in the park's desert regions range in the 70–80s F (20–30s C), with nighttime dips down to the 40s F (5 C). From November to March, temperatures rarely surpass 50 F (10 C) during the day and freezing overnight, but the solitude and snow-capped vistas make for a memorable wintertime visit.



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www.CapitolReef.org
Wayne County Office of Tourism

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A full-page background image of a person standing in the Narrows of Zion National Park. The person is small in the frame, emphasizing the massive scale of the surrounding red rock canyon walls. The lighting is warm, highlighting the textures of the rock.

#THEREISAPLACE

WHERE BOULDERS
ARE BIGGER
THAN BUILDINGS



THE NARROWS In
ZION NATIONAL PARK

ST. GEORGE UTAH
EVERYTHING FROM A TO ZION

[VisitZionCanyon.com](https://www.VisitZionCanyon.com)

ZION NATIONAL PARK

With towering sandstone cliffs, lush wilderness, picturesque waterfalls and narrow slot canyons, Utah's first national park is the place to reconnect with nature. To get oriented, hop aboard the park's shuttle system — the only motorized transportation allowed in the main canyon during the peak season — which is always free of charge. From the comfort of the shuttle, view Weeping Rock, The Great White Throne, Angels Landing and other famous landmarks. Then set out on foot: View breathtaking waterfalls along the Emerald Pools trail, go on a guided canyoneering adventure through The Subway or wade into the Virgin River to hike The Narrows, where canyon walls soar to 1,000 feet (305 m). Spend the night under starry skies in one of Zion's three campgrounds, surrounded by natural splendour.

Great White Throne
view from Angels
Landing Trail



Virgin River,
The Narrows



Court of the
Patriarchs

DON'T MISS:

The Narrows

Wade into the Virgin River for this popular hike through the narrowest portion of Zion Canyon.

Riverside Walk

Prefer not to get your feet wet? Hike along the paved, wheelchair-accessible Riverside Walk.

Angels Landing

Enjoy spectacular views of Zion Canyon from this peak accessed by a strenuous 5-mile (8 km) round-trip hike along a steep, narrow ridge.

TRAVEL TIPS:

Where to stay: Springdale is considered the primary gateway to Zion, with numerous lodging options also available in St. George, Virgin and Rockville. Camp in one of Zion's three campgrounds (reservations are recommended) or relax in style at the nearby Green Valley Spa or Red Mountain Resort.

Best time: Visitors planning to hike The Narrows will enjoy warmer water temperatures in the spring and summer.

Climate: From May to October, temperatures can reach up to 100 F (38 C), with evening highs dropping to the 70s F (21 C). Staying hydrated is a must during these months, especially on strenuous hikes. Spring, fall and winter offer cooler temperatures.

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There's no better place than Utah for a top-notch ski and snowboarding holiday. With first-class ski resorts, Olympic-calibre facilities and over 500 inches (12.7 m) of light, dry powder each year, Utah is a don't-miss destination for winter sports enthusiasts. Go for a 60-mile-per-hour ride (96 km/h) on the Comet bobsled at Utah Olympic Park. Take a figure skating lesson at the Utah Olympic Oval. Or experience world-class cross-country skiing at Soldier Hollow, the Nordic skiing venue for the 2002 Winter Olympics and home to the longest snow tubing lanes in America.

Best of all, 10 of Utah's 14 ski resorts are located less than an hour from Salt Lake City International Airport, allowing travellers more time to hit the slopes and enjoy après ski fun. Or enjoy the scenery en route to Utah's four scenic destination resorts: Northern Utah's Cherry Peak and Beaver Mountain, or Southern Utah's Eagle Point and Brian Head. When it comes to choosing a Utah ski resort, there's no wrong answer. Discover some of Utah's top ski destinations on the opposite page, then view all resorts and ski planning tools at VisitUtah.com.



UTAH RESORTS



SALT LAKE CITY

America's "Ski City" offers easy access to numerous world-famous winter resort destinations. From Snowbird and Alta in Little Cottonwood Canyon to Brighton and Solitude in Big Cottonwood Canyon, Salt Lake-area resorts offer top-quality ski runs, on-mountain amenities and accommodations that range from rustic to luxurious. And with such close proximity to Salt Lake City, it's easy for visitors to spend a full day on the

mountain and be back in the city for dinner, drinks and the opera that night.

PARK CITY

With its picturesque Historic Main Street and Olympic sports facilities, this internationally known ski town artfully combines small-town America with cosmopolitan amenities. Park City Mountain Resort and Deer Valley combine for more than 9,300 skiable acres (3,700 ha) and endless lodging,

from luxury hotels to slope-side condos. There are additional hotels for all budgets throughout Park City and the nearby Heber Valley, all of which also offer easy access to Utah Olympic Park and Soldier Hollow's Nordic ski facilities.

OGDEN

This historic town is the gateway to some of the best slopes in Utah. The scenic Ogden Valley is home to such premier ski

destinations as Powder Mountain, Nordic Valley and Snowbasin, site of the men's and women's downhill runs for the 2002 Olympics.

SUNDANCE

Situated at the foot of majestic Mount Timpanogos, Robert Redford's Sundance Resort offers more than 450 acres (182 ha) of expertly groomed slopes and 42 runs for both experts and novice skiers alike.



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I've spent years floating through Utah's powder, soaring down its steeps, carving across its corduroy.

But when my daughter flew by me for the first time, yelping with joy in the clear mountain air, I really understood why they call it

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Jill Layfield

MOTHER OF TWO   BACKCOUNTRY.COM CEO   UTAH LOCAL

Rafting the Green River,
Flaming Gorge



Go backpacking in the Ashley National Forest, camping by alpine lakes at elevations up to 13,500 feet (4,100 m). The forest is also home to the spectacularly beautiful Flaming Gorge National Recreation Area. Famous for its trout fishing, Flaming Gorge offers a host of recreational options from hiking and camping to waterskiing and powerboating on the emerald waters of the Green River, surrounded by towering crimson cliffs.

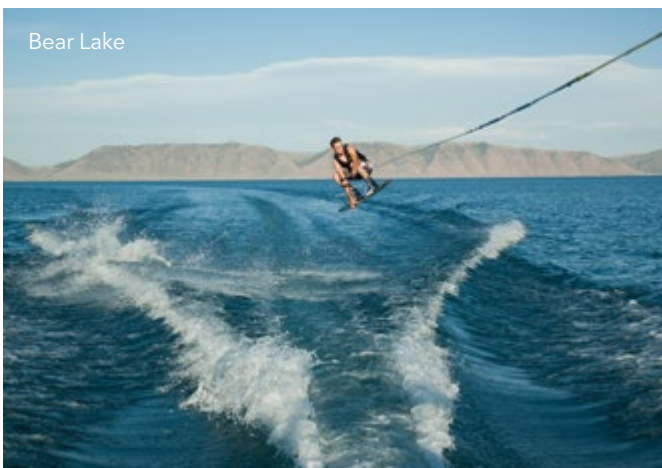
Northern Utah is the place to find vibrant cities like Salt Lake City, Park City, Ogden and Provo. It's also the place to find much of The Greatest Snow on Earth®, with world-class skiing and adventure sports. But great cities and great snow are just the beginning.

Vernal



The charming community of Vernal serves as a gateway to Ashley National Forest as well as Utah's Dinosaur Country, earning it the nickname of "Dinosaurland." Home to the largest quarry of prehistoric Jurassic dinosaur bones, Vernal is located just minutes from Dinosaur National Monument. Visit the Dinosaur Quarry Exhibit Hall to view 1,500 dinosaur bones, then examine ancient Fremont petroglyphs before embarking on a nearby whitewater rafting adventure.

Bear Lake



For more outdoor action, go hiking and fishing in the Uinta Mountains. Swim, sail and water ski the brilliant blue waters of Bear Lake on the Utah border with the state of Idaho. Or take a 1.5-mile (2.4 km) hike up 1,000 feet (304 m) to explore Timpanogos Cave National Monument, just south of Salt Lake City. With stalactites, stalagmites, "draperies" and countless other geological formations, Timpanogos offers a one-of-a-kind experience that's worth the effort.

NORTHERN UTAH

HISTORY & HERITAGE

NATIVE AMERICAN CULTURE

American Indian culture is infused throughout the Utah landscape. Explore an Ancestral Puebloan (Anasazi) village at Anasazi State Park. Edge of the Cedars State Park Museum in Blanding also features restored Ancestral Puebloan ruins as well as a large collection of Anasazi pottery.

Hovenweep National Monument near Monticello encompasses six prehistoric villages that were once home to more than 2,500 Ancient Puebloans from 1200 to 1300 AD. When visiting the Needles District of Canyonlands National Park, make sure to stop at the nearby Newspaper Rock: View the hundreds of Native American petroglyphs carved into this state historical monument. Featuring a mix of animal, human and abstract images, Newspaper Rock features one of the largest and best preserved collections of ancient Native American petroglyphs.



Native
American
dancers



Golden Spike National
Historic Site

PIONEER HERITAGE

Salt Lake City's This Is the Place Heritage Park offers a glimpse of life during Utah's pioneer days. Visit a historic village, take a ride on the train or saddle up for a Western trail ride. Or try your hand at prospecting by digging for gemstones and panning for gold at the park's interactive Treasure House exhibit.

Cedar City is home to Frontier Homestead State Park. Tribal culture and pioneer history come together at this living-history museum that celebrates both Native American heritage and frontier life. Explore Paiute cultural exhibits, see what it was like to live in a pioneer mining village, or weave a rug on a century-old loom as you listen to the peals from Cedar City's original 1850s town bell.

Visitors to Capitol Reef National Park can view the historic cabins, barns and one-room schoolhouse of the Fruita 1880 pioneer settlement.

Railroad enthusiasts gravitate toward Brigham City. Golden Spike National Historic Site marks the spot where in 1869 the "golden spike" connected the Union and Central Pacific railways, creating America's first transcontinental railroad.

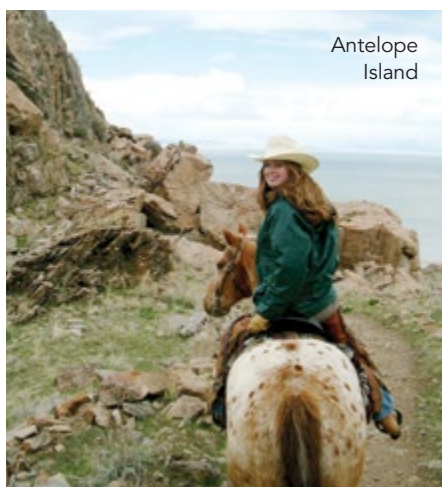
UTAH ON FILM

If Utah's scenic terrain seems strangely familiar, chances are you've seen it before. The state has served as the backdrop for some of Hollywood's most popular films. The iconic buttes of Monument Valley have played a starring role in such classic Westerns as "Stagecoach," "The Searchers," and "Butch Cassidy and the Sundance Kid." Other films featuring Utah's landscape include "Planet of the Apes," "Thelma and Louise," "Forrest Gump," "Pirates of the Caribbean: At World's End," and countless more.

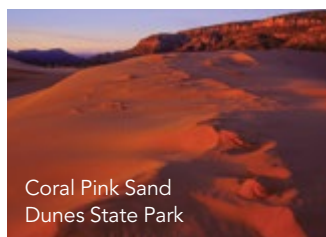
NATIONAL SITES & STATE PARKS

Monument Valley

When it comes to Utah's natural beauty and recreation, The Mighty 5® are just the beginning. With 43 state parks and numerous national monuments and recreation areas, Utah is the place to camp, fish, swim, hike, golf and more while surrounded by scenic splendour.



Antelope Island



Coral Pink Sand Dunes State Park



Lake Powell

NATIONAL SITES AND MONUMENTS

From the towering canyons and emerald waters of Flaming Gorge National Recreation Area to stepping back in time to the Ancestral Puebloan period at Hovenweep National Monument, Utah's national sites live up to their reputation for breathtaking beauty.

View the iconic landscape of Monument Valley Navajo Tribal Park. Go boating amid the magnificent backdrop of Lake Powell/Glen Canyon National Recreation Area, then visit nearby Rainbow Bridge National Monument to view one of the world's largest natural bridges. For more geological wonders, hike the trails at Natural Bridges National Monument, or camp beneath the stars surrounded by the lush green forests and multicoloured limestone amphitheatre of Cedar Breaks National Monument.

STATE PARKS

Dazzling desert landscapes, majestic mountain vistas and brilliant blue waters await visitors to Utah's state parks, several of which are located within a short drive of The Mighty 5®. And with nearly four dozen parks from which to choose, there's a Utah state park that's sure to suit virtually every traveller's tastes.

Watch the sun rise while mountain biking over the slickrock domes and trails of Dead Horse Point State Park, home to views that rival the famed Grand Canyon. Embark on a family-friendly canyoneering adventure amid the otherworldly sandstone hoodoos and slots of Goblin Valley State Park. Wiggle your toes in the sands of Coral Pink Sand Dunes State Park — a popular destination with ATV riders. Or go hiking and rock climbing at Snow Canyon State Park, which mixes Zion National Park's red rock geology with the Mojave Desert, and is only 20 minutes from the popular St. George metropolitan area.

Crave water recreation? Utah is the place. Go water skiing and wakeboarding in the waters of Deer Creek State Park. Cast a line for bass and rainbow trout at Quail Creek and Sand Hollow state parks, where red rock landscapes surround sandy beaches and warm water perfect for fishing and boating. Try stand-up paddle boarding on the turquoise waters of the "Caribbean of the Rockies," also known as Bear Lake State Park. Or drop your line at Gunlock State Park before enjoying a scenic drive to view the northernmost Joshua trees in the United States.

Frontier Homestead
State Park

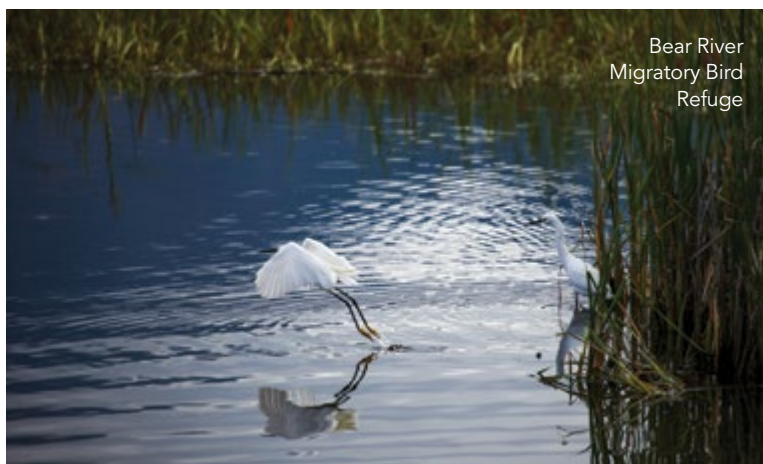


Jump in the car and experience the splendour of Utah along these roads that are so scenic they've been designated as National Scenic Byways and All-American Roads.

Scenic Byway 12 Arch,
Red Canyon



Bear River
Migratory Bird
Refuge



SCENIC BYWAY 12: Utah's first All-American Road ventures through the heart of the state, passing numerous archaeological and cultural attractions and accessing two national parks, Grand Staircase–Escalante National Monument and several state parks. Admire the crimson-coloured rock formations of Red Canyon as part of 124 miles (200 km) of otherworldly canyons, valleys and plateaus.

DINOSAUR DIAMOND PREHISTORIC NATIONAL SCENIC BYWAY: Uncover authentic dinosaur tracks and big-time museums in small towns along this byway, then stop at the Dinosaur National Monument visitor centre and other museums to view prehistoric fossils.

LOGAN CANYON NATIONAL SCENIC BYWAY: Located near Utah's northern border, this scenic route travels along the Logan River to picturesque Bear Lake.

FLAMING GORGE-UINTAS NATIONAL SCENIC BYWAY: View wildlife in its natural habitat as you journey along this byway as it wends its way over the Uinta Mountains, through Ashley National Forest and Flaming Gorge National Recreation Area.

TRAIL OF THE ANCIENTS NATIONAL SCENIC BYWAY: Hovenweep National Monument, Natural Bridges National Monument and the iconic rock formations of Monument Valley Navajo Tribal Park are just a few of the highlights on this trail through Southeastern Utah.

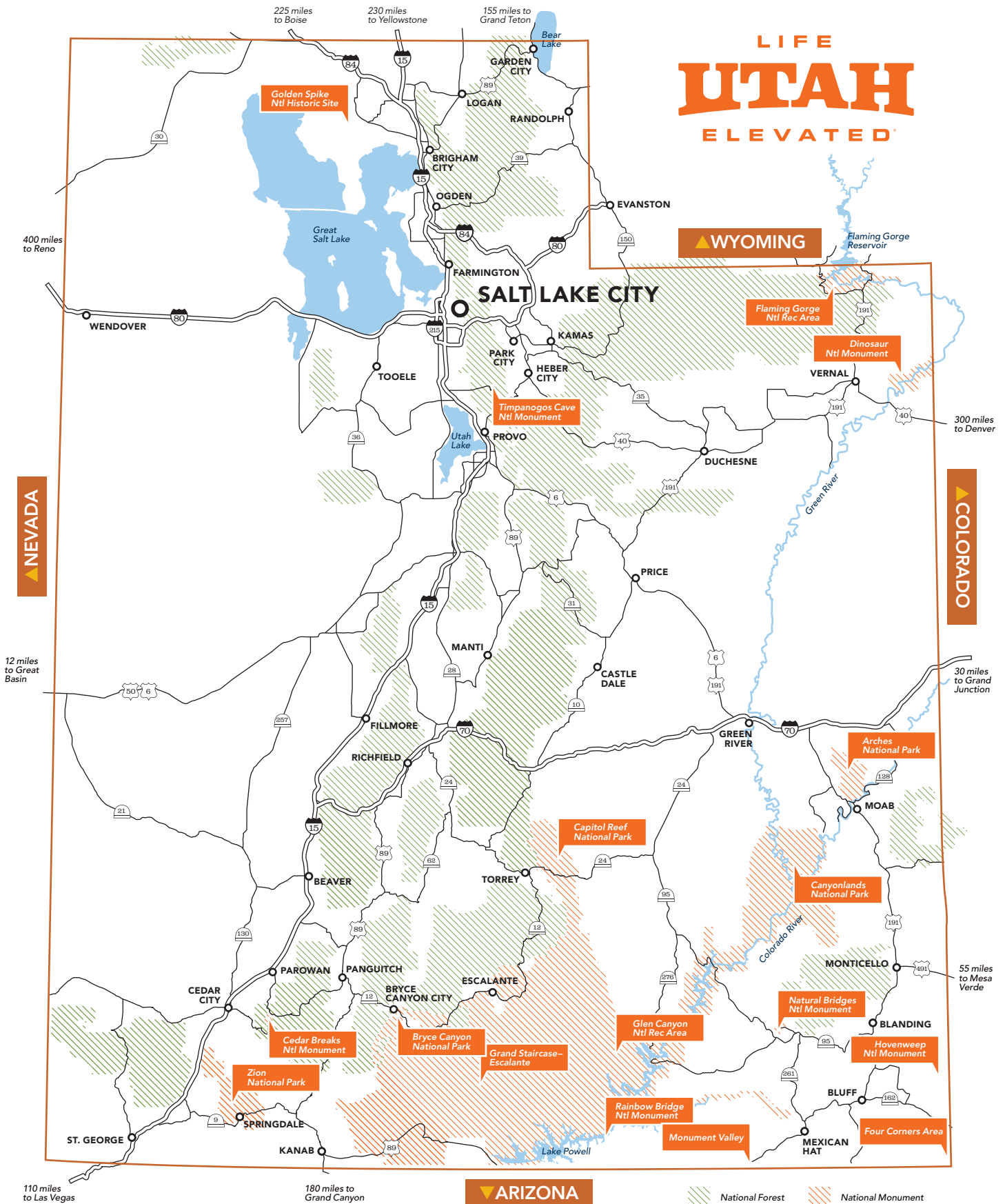
NEBO LOOP NATIONAL SCENIC BYWAY: Enjoy sweeping views of 11,800-foot (3,597 m) Mt. Nebo as you drive from Payson to Nephi. Admire the views of the Utah Valley, Wasatch Mountains and the red rock formations of the Devil's Kitchen.

THE ENERGY LOOP — HUNTINGTON/ ECCLES CANYONS NATIONAL SCENIC BYWAY: View historic mining towns and coal-mining operations as you travel through the Manti-La Sal National Forest at elevations of up to 11,500 feet (3,505 m).

UTAH'S PATCHWORK PARKWAY SCENIC BYWAY 143: Utah's Patchwork Parkway, so named for an historical pioneer journey through the snowy pass to save a settlement, travels through the Dixie National Forest from Panguitch to Parowan, cresting the 9,500-foot (2,896 m) pass at Brian Head.

Utah boasts 19 state scenic byways in addition to the national scenic byways listed here. For more information on these picturesque drives, visit www.VisitUtah.com.

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Capitol Reef National Park