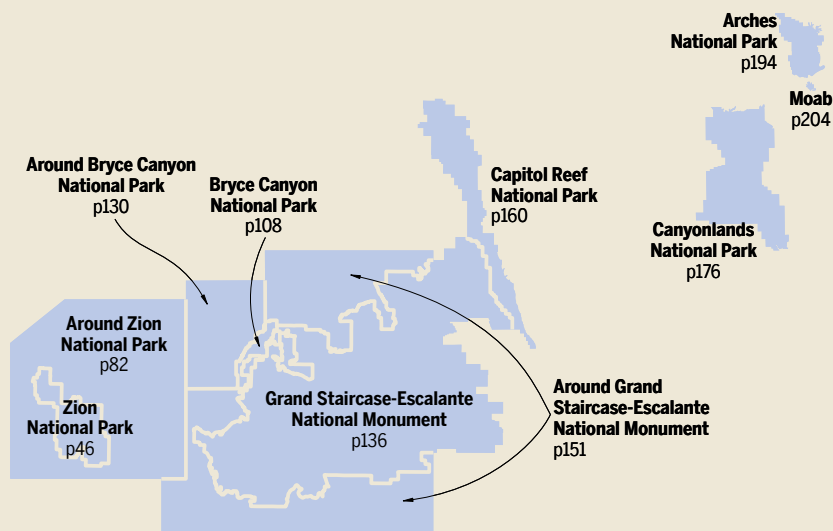




Zion & Bryce Canyon

NATIONAL PARKS



THIS EDITION WRITTEN AND RESEARCHED BY

Greg Benchwick, Carolyn McCarthy, Christopher Pitts

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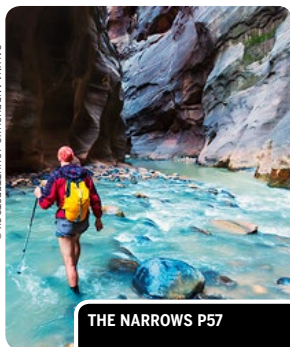
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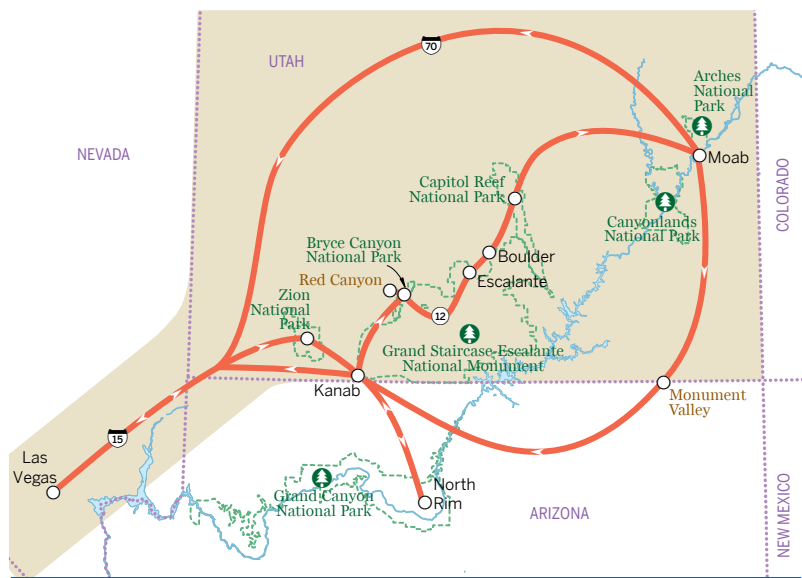
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Itineraries

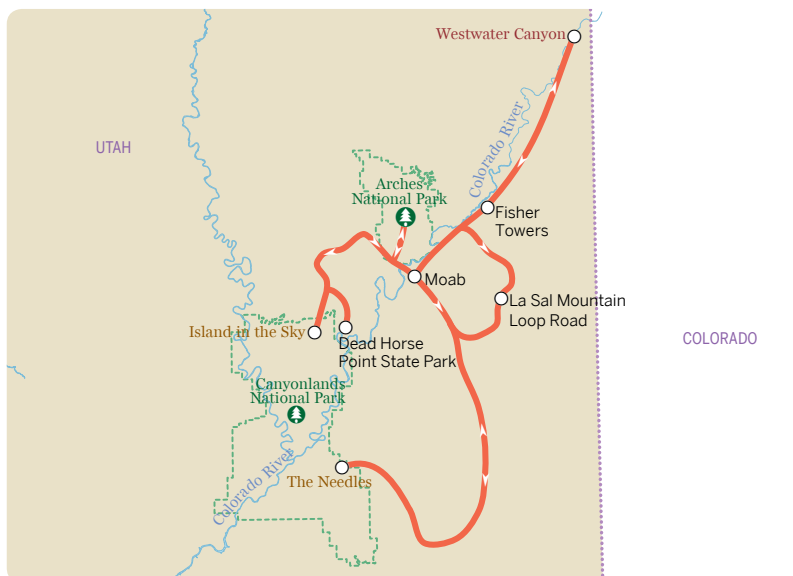


2
WEEKS

The Grand Circle

See the best of Utah's parks, with possible detours to the Grand Canyon and Monument Valley.

Start off your trip with a bang in **Las Vegas**, but move on to **Zion National Park** by the second night so you can get an early start the next morning. See the highlights that day; the next morning hike Angels Landing and spend an afternoon in East Zion. Base yourself for the next two nights in **Kanab**, and detour for panoramic overlooks at the **Grand Canyon's North Rim**. Travel north to say hello to hoodoos in **Bryce Canyon National Park** and **Red Canyon**. Begin your drive down scenic Hwy 12, basing yourself in **Escalante** or **Boulder**, and squeeze through the slot canyons of **Grand Staircase-Escalante National Monument**. Continue down Hwy 12 to crack the geologists' code and go fruit-picking in the orchards of **Capitol Reef National Park**. Drive to **Moab** and spend three days in **Arches**, **Canyonlands** and on the mountain-bike trails around town. It's a 6½-hour drive back to Vegas on the interstate or, if you want to take the scenic route, nine hours via cinematic **Monument Valley** in Arizona.



A Week in Moab

Make the most of a week in the Moab area, visiting Arches and Canyonlands, interspersed with all the adventure sports for which the region is known. If you only have a long weekend, stick to Arches, Island in the Sky and a final day either mountain biking, climbing, canyoneering or rafting.

On your first day visit **Arches National Park**, following our one-day itinerary (p28). On your second day, load up with plenty of water and drive south to Canyonlands' **Island in the Sky**, a 6000ft flat-topped mesa. Follow the Grand View Point Scenic Drive, picnic at the White Rim Overlook and try out some of the day hikes in the area. On the way back to Moab, stop at **Dead Horse Point State Park** (time it for sunset), taking in the spectacular views of the horseshoe bend of the Colorado River some 2000ft below. Day three is devoted to the **Needles** area of Canyonlands, named for the giant spires that rise from the desert. Hikes are longer here, and experienced backpackers will want to consider an overnight trip on the Chesler Park Loop (also doable in a long day). Devote day four to quintessential **Moab**: mountain biking. Good trails include Dead Horse Point for novices, Klondike Bluffs for intermediate riders and the famed Slickrock Trail for the hardcore who have already broken a bone or two.

Scale back the adventure on day five and take a leisurely drive up into the aspens and firs of the high country on the **La Sal Mountain Loop Road**; picnic at Warner Lake. Alternatively, explore another of Moab's scenic byways, such as Potash Rd, where you'll find petroglyphs, dinosaur tracks and climbers. Day six, get up early to take a full-day river trip; reserve well in advance to avoid disappointment. White-water lovers will gravitate toward **Westwater Canyon** (Class III and IV). If you don't like navigating rapids, take a leisurely canoe, kayak or float along flatwater stretches. Also consider an overnight trip – this will give you a chance to experience Canyonlands' epic Cataract Canyon (Class V) on a high-speed raft. On your last day, make it special and sign up for a canyoneering or rock-climbing trip out in the desert, or take a horseback ride in the La Sal Mountains.



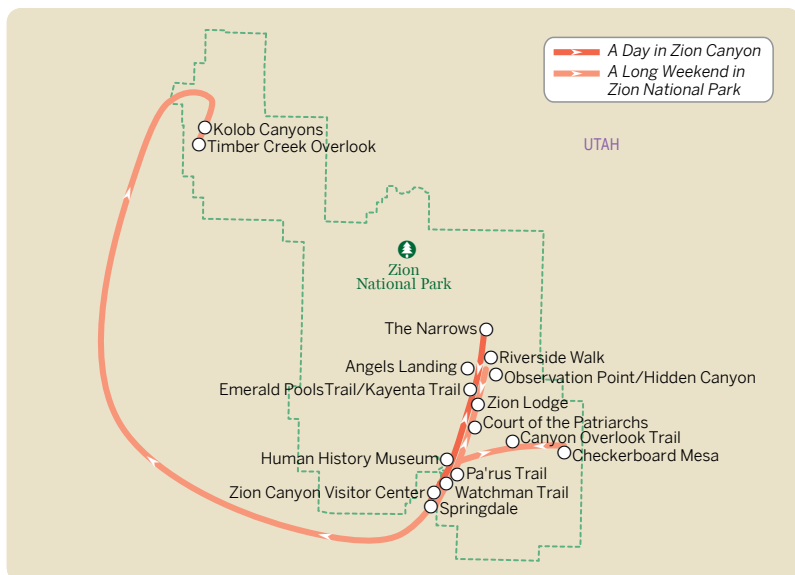
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Top: Virgin River and the Watchman (p52), Zion Canyon

Bottom: The Navajo Loop Trail (p114) through Bryce Canyon



1 DAY A Day in Zion Canyon

One day in Zion? It's not much, but a ride on the shuttle and a willingness to get your feet wet will give you a feel for this unique landscape.

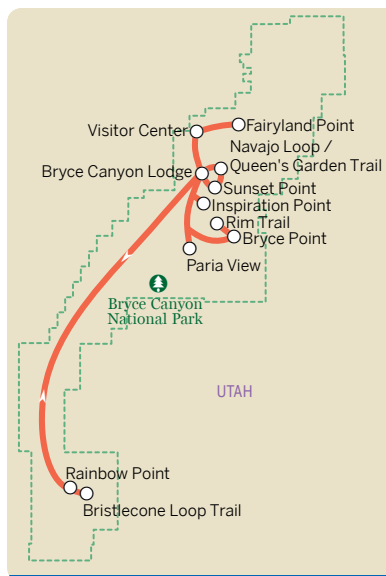
Start early at the park's **visitor center** to get oriented and browse the introductory signage outside. Hop on the free shuttle, stopping off at Zion's **Human History Museum**. Ride the shuttle all the way up-canyon to the Temple of Sinawava. Follow the **Riverside Walk** and, if you're ready to get wet, plunge into the Virgin River and continue up the **Narrows** until your stomach begins to grumble. Picnic on the riverbank or catch the shuttle heading back down-canyon and have lunch beneath the giant cottonwood tree outside **Zion Lodge**. Hike the **Emerald Pools Trail** in combination with the quieter **Kayenta Trail**. Hop back on the shuttle, stopping at the **Court of the Patriarchs**. Hop off at Canyon Junction and follow the **Pa'rus Trail**, ideally around sunset. Alternatively, climb the peaceful hilltop **Watchman Trail**, which starts near the visitor center. Head back to **Springdale** for a hearty dinner and a peek at a gallery or two.

3 DAYS A Long Weekend in Zion National Park

A long weekend is more like it: you'll be able to hit all the highlights as well as get off the beaten track.

On your first day, follow our one-day itinerary and explore **Zion Canyon**. Day two, get an early start on the hike up to **Angels Landing**, which will probably take most of the morning. Alternatively, try less-crowded hikes like **Observation Point** or **Hidden Canyon**, both starting from Weeping Rock. After a picnic with high-altitude views, return to your car and drive Hwy 9 through the Zion-Mt Carmel Tunnel to East Zion and **Checkerboard Mesa**. There's no end to the exploring here: go off-trail and wander the slickrock, or hike the short but fun **Canyon Overlook Trail**. Return to **Springdale** for dinner.

On day three, sign up for a canyoneering trip with a local outfitter, or head to the more remote **Kolob Canyons** up I-15. Explore the magnificent finger canyons, hiking up the Taylor Creek Middle Fork to an old cabin or two. Have lunch on the trail before continuing on to the magnificent **Timber Creek Overlook** at the end of the road.



1 DAY A Day in Bryce Canyon

Let your imagination run wild as you visit the planet's epicenter of hoodoos – unusual 'fairy chimneys' shaped by erosion. With a day to spare, tack on the Fairyland Loop hike or a visit to Mossy Cave.

See the free film and pick up information at the **visitor center**. Drive Bryce Canyon Scenic Drive all the way out to **Rainbow Point**. Hike the short **Bristlecone Loop Trail**, with its awesome vistas and ancient trees. Return along the Scenic Drive, stopping at the major sights along the way. Grab lunch at **Bryce Canyon Lodge** or snacks at the general store. Head to **Sunset Point** to glimpse the towering eroded hoodoos of Bryce Amphitheater. Descend into the canyon on the **Navajo Loop** and/or **Queen's Garden Trail**. Head down to **Inspiration Point** and **Bryce Point** by car or shuttle. Stroll along the **Rim Trail** and watch the light play on the hoodoos. Alternatively, drive to **Paria View** to watch the sunset. To really escape the crowds, detour out to serene, largely untrammelled **Fairyland Point**.



1 DAY A Day in Arches National Park

Small in size but packed with over 2000 natural arches, this is a great park to explore, with plenty of opportunities to wander beyond the main sights for once-in-a-lifetime views of an enthralling geological process.

Get up early to beat the heat and stop at the **visitor center**. Take the park's **Scenic Drive**, which passes all the major sights. Walk among sandstone monoliths on the **Park Avenue Trail**, best in the morning. Don't miss the viewpoint turnout where you can spy on the **Three Gossips**. Gawk at **Balanced Rock**, then stroll beneath natural arches off **Windows Road**. Pause for 360-degree views and a geology lesson at **Panorama Point**. Visit famous **Delicate Arch** at road's end; have a tailgate picnic afterward. With advance reservations, you can take a ranger-guided hike in the **Fiery Furnace**. With more energy to burn, hike to more arches from the **Devils Garden**. For solitude and sunsets, take Salt Valley Rd out to the **Klondike Bluffs**. Spend the evening eating, drinking, shopping and wandering around downtown **Moab**.

Map Legend

Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

Activities, Courses & Tours

- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkeling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

Sleeping

- Sleeping
- Camping

Eating

- Eating

Drinking & Nightlife

- Drinking & Nightlife
- Cafe

Entertainment

- Entertainment

Shopping

- Shopping

Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

Geographic

- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

Transport

- Airport
- BART station
- Border crossing
- Boston T station
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro/Muni station
- Monorail
- Parking
- Petrol station
- Subway/SkyTrain station
- Taxi
- Train station/Railway
- Tram
- Underground station
- Other Transport

Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book



OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Franklin, London, Melbourne, Oakland, Beijing and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



Greg Benchwick

Capitol Reef National Park, Canyonlands National Park, Arches National Park, Moab

Greg has been drifting across the high plains of the Colorado Plateau for most of his life – he calls it a 'true spiritual home'. As a kid, he canoed desolate river canyons with his family, while in his wilder college days he pushed the limits on classic rock-climbing routes like Castleton Tower and the Moonlight Buttress. He's backpacked lost canyons, hitchhiked to Zion, mountain-biked Moab, and

found solitude and peace in the lost corners of this desert wonderworld. Greg also wrote the Understand section, Clothing & Equipment and Directory A–Z.

Read more about Greg at:

<http://auth.lonelyplanet.com/profiles/gbenchwick>



Carolyn McCarthy

Bryce Canyon National Park, Around Bryce Canyon National Park, Grand Staircase-Escalante National Monument, Around Grand Staircase-Escalante National Monument The red-rock desert of Utah is a favorite destination for Carolyn. She has contributed to more than 30 titles for Lonely Planet, including *Panama*, *Trekking in the Patagonian Andes*, *Argentina*, *Chile*, *Colorado*, *Southwest USA* and national parks guides. She has also written for *Outside*, *BBC Magazine*, *National Geographic* and other publications. Follow her on Instagram @masmerquen and Twitter @RoamingMcC. For more information, see www.carolynmccarthy.pressfolios.com.



Christopher Pitts

Zion National Park, Around Zion National Park Chris first drove West on a family road trip across the country and immediately fell in love with the star-studded nights. Four years at Colorado College gave him plenty of opportunities to hitch-hike to Utah and lug around gallons of water during not-always-sunny spring breaks in the Canyonlands. Fifteen years, several continents and two kids later, he's back in Colorado, traveling I-70 with the rest of the family whenever the opportunity arises. Visit him online at www.christopherpitts.net. Chris also wrote the Plan section, Transportation and Health & Safety.

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