



Hiking in Scenic Southern Utah is a great way to explore the region and experience the beautiful scenery off the beaten path. There's everything from arches to waterfalls, ancient forests to narrow canyons and majestic overlooks. Trails range from an easy walk to challenging overnight excursions. Be prepared with a good supply of water, good hiking shoes, cell phone, maps, sun-screen and plenty of time. Always tell someone where you are going. Leave no trace and no campfires.

Trail	Trailhead/Location	Difficulty	Time	Distance Roundtrip	Season	Description
Cedar Canyon Walking Trail (Point to point) and out and back)	Cedar City Canyon Park - Head east on Center St/Hwy 14 to Canyon Park on south side of the road.	Easy	1 hour	3 mi	Spring thru Fall	Paved walking trail along the banks of Coal Creek with drinking fountains and benches. Trail can be accessed from several points, including the Canyon Bridge, Canyon Park, Baseball Complex. Trail expansion within the city limits (to be completed summer 2008) includes Visitor Center and Bicentennial Park access. 435-586-5124
Bristlecone Walking Trail (out and back)	Dixie National Forest -18 miles east of Cedar City along Hwy. 14 about mile past Zion Overlook at the road summit.	Easy	30 min.	1 mi	Summer & Fall	Trail traverses through a strand of spruce and fir to terminate at a strand of ancient Bristlecone Pines. Excellent view of the north fork of the Virgin River. 435-865-3700
Alpine Pond Trail (Loop)	Cedar Breaks National Monument. Trailhead at Chessman Ridge Overlook & Alpine Pond pullout	Easy to moderate <small>(be mindful that you are hiking at 10,000 feet)</small>	45 min	2 mi	Summer & Fall	Trail guide available at the trailhead. Picturesque walking trail that leads to a surreal alpine grove and pond. Abundant wildlife and wildflowers 435-586-9451
Timber Creek Overlook (Out and back)	Kolob Canyons - 20 miles south of Cedar City. Trailhead is located at the picnic area at the end of the Kolob Canyons Road	Easy to Moderate	1/2 hr	1 mi	Year-round, best in the Spring & Fall	Scenic views of the Kolob Terrace and backcountry. Some nice fall colors in early October. 435-586-9548
Cascade Falls (Out & back)	Dixie National Forest - From Cedar City travel east on Hwy U-14 for 25 miles. Turn right at the Navajo Lake junction, then left and follow the Forest Service Road to trailhead parking area	Easy to Moderate	1 hr	1 mi	Summer thru Fall	Trail leads to a beautiful waterfall that is the outlet of Navajo Lake. See incredible views of the Zion/Kolob Terrace. Uneven surface. Trail subject to temporary closures. 435-865-3700
Hidden Haven (Out and back)	Parowan Canyon - Located between mile markers 8 & 9 along Hwy 143. Trailhead is on the east side of the road. Look for the wood fence.	Moderate	1/2 hr to 1hr	1mi	Spring thru Fall.	Trail that winds through a study area then traverses a granite rock fall to a waterfall. Use care the last 100 feet due to the uneven surface where trail is not established.
Ramparts Trail (Out and back)	Cedar Breaks National Monument (trailhead is at the Visitors Center)	Moderate	2 hrs	2 mi	Summer thru early Fall	Trail edges along the plateau, through an ancient Bristlecone Pine stand and ends at spectacular view point looking back into the Cedar Breaks amphitheater. 435-586-9451

Trail	Trailhead/Location	Difficulty	Time	Distance Roundtrip	Season	Description
Spring Creek (out and back)	Bureau of Land Management Wilderness Area -Travel 9 miles south of Cedar City to the town of Kanarrville, turn left on the dirt road as you leave the town limits, follow about one mile to parking area. Watch weather forecast , do not attempt in rain or flash flooding is predicted.	Moderate	2 hrs	2 mi	Spring thru Fall	An excellent introduction to hiking in "narrows" Follow old jeep trail through large meadow into a deep, narrow canyon. Follow the stream bed for 1.5 miles. Canyon walls will narrow and you'll need to climb over boulders and logs. Trail will be come difficult to pass with out climbing skills and equipment, this is a good point to turn around. 435-586-2401
Henderson Hill (out and back)	Dixie National Forest - Trailhead is 3 miles up Yankee Meadow Rd from Parowan Canyon/Hwy 143.	Moderate	2 hrs	2 mi	Late spring thru Fall	Trail crosses Bowery Creek, works its way up to a natural spring. Continue to the top of Henderson Hill for a scenic view. Also used as a horse trail. 435-865-3700
C-Trail (Point to point, shuttle suggested)	Cedar City -8 miles east of Cedar City, via 14 to Kolob Reservoir turnoff, follow to trailhead. Best to have a shuttle or two vehicles. Leave 2nd vehicle at the dirt parking lot at 820 South and 300 East.	Moderate	2.5 hrs	4.2 mi	Late Spring thru Fall	Steep grade down the face of Cedar Mountain. Beautiful views of the Cedar City valley. Fall is the best due to the fabulous fall colors. Also used as a mountain bike trail. 435-586-2401
Twisted Forest (Out & back)	Dixie National Forest -10 miles from Parowan, take Scenic Backway -Summit Canyon Road off Hwy 143, follow for about six miles. You'll encounter a few forks in the road, keep to the High Mountain Rd side until you reach Twisted Forest Rd, then follow to trailhead	Moderate	1 hr	1 mi	Summer thru Fall	Unique features of this hike are the Bristlecone Pine trees and the view into Cedar Breaks. High elevation hike with a sheer drop-off at the end of the trail., so use caution. Bring insect repellent in July & August 435-865-3700
Taylor Creek (Out & back)	Kolob Canyons -Zion National Park. 20 miles south of Cedar City via I-15. Park at Taylor Creek Trailhead	Moderate	4 hrs	5 mi	Spring thru Fall	Follows the middle fork of Taylor Creek past two homestead cabins to the Double Arch Alcove. 435-586-9548
Vermillion Castle (out and back)	Dixie National Forest - Trailhead is 2 miles up Yankee Meadow Rd. from Parowan Canyon/Hwy 143. Just past the Vermillion Picnic area	Moderate to strenuous	2 hrs	2 mi	Late Spring thru Fall	Trail switchbacks up through the red rock formations (referred to as hoodoos) to a large rock platform with scenic views into a deep canyon and the Noah's Ark formation. 435-865-3700
Virgin River Rim (Point to point or out and back)	Dixie National Forest -12 miles east of Cedar City, via Hwy 14 to the Woods Ranch Recreation Area	Moderate to strenuous	varies	32 mi	Summer thru Fall	Trail can be accessed at several points (Woods Ranch, Deer Haven, Navajo Lake, Cascade Falls, Strawberry Point). Hikers can hike a mile or all 32 miles. Beautiful views of the Virgin River Rim, the northern terrace of Zion National Park. Also used as mountain bike and horse trail 435-865-3700
Kolob Arch (Out & back)	Kolob Canyons- Zion National Park. 20 miles south of Cedar City via I-15. Park at the La Verkin Creek Trailhead	Strenuous		14.4 mi	Spring thru Fall	See Kolob Arch, the world's largest free standing arch. The trail follows the La Verkin Creek into the Kolob wilderness. Overnight requires backcountry permit. 435-586-9548