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TRAILHEAD 37.53727, -113.17598 Located in Kanarrville, Utah. From Old Highway 91, turn east at 100 North and travel to the parking lot.	LENGTH 5 miles
DIFFICULTY SEASON Moderate to strenuous Summer to Fall	ELEVATION GAIN 700 ft (5,500 ft)
TRAIL TYPE Out & back	TRAIL TIPS Permit required and available at kanarrafalls.com



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WELCOME TO OUR BACKYARD

HERE'S WHAT TO EXPECT:

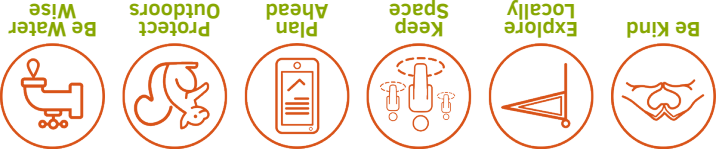
HIGH MOUNTAIN DESERT AND ALPINE CLIMATE

- You're in the desert, bring plenty of water
 - You're anywhere from 5,800-10,000 ft in elevation, you might feel winded while hiking
 - Check for rain in the area, our slot canyons are incredible, but can also be dangerous due to flash flooding
 - Wear the right shoes and plenty of sunscreen
- WHAT TO DO ON THE TRAIL**
- Stay on marked trails
 - Do not disturb or feed wildlife
 - Use headphones for music; better yet, unplugging and listen to the world around you
 - Take out what you bring in, including any trash, human and dog waste
 - Be aware of trail conditions
 - Many trails are multi-use, watch for bikers and riders on horseback
 - Treat others as you want to be treated

WHO HAS THE RIGHT OF WAY?

- Hikers coming up the hill have the right of way
- Hikers yield to riders on horseback
- Hiking in a group? Hike in single file
- Bikers yield to hikers and riders on horseback

- Pet friendly trails
- Multi-use trails
- Restrooms available (usually at trailheads)

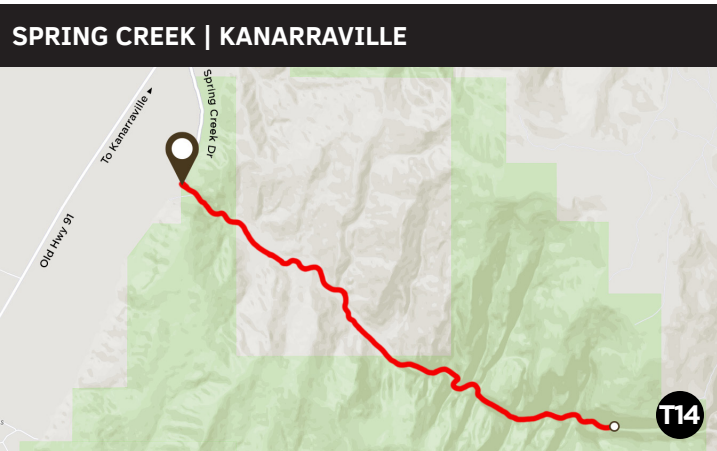


GETTING FROM HERE TO THERE

DISTANCE FROM CEDAR CITY TO	
Cedar Breaks National Monument	21 miles 30 mins
Kolob Canyons (Zion National Park)	19.5 miles 20 mins
Navajo Lake (Dixie National Forest)	28.5 miles 40 mins
Duck Creek (Dixie National Forest)	31.5 miles 42 mins
Parowan	20 miles 25 mins
Kanarrville	13 miles 17 mins
Zion National Park	58.5 miles 65 mins
Bryce Canyon National Park	77.5 miles 90 mins

This guide is for informational purposes only. Always check trail conditions and weather prior to hiking. Carry plenty of water and always let someone know where you are going and when you plan to return.

VISITCEDARCITY.COM
581 N Main, Cedar City, UT 84721
(435) 586-5124
BRIAN HEAD



A beginner slot canyon, follow the old jeep trail through meadows into a narrow canyon. Turn around as the trail becomes difficult to pass without equipment. Located at the south end of Kanarrville.

TRAILHEAD 37.52196, -113.18454 South on Old Hwy 91 through Kanarrville, turn southeast after Spring Creek Dr and follow road to trailhead.	LENGTH 5.3 miles
DIFFICULTY SEASON Moderate Summer to Fall	ELEVATION GAIN 948 ft (5,500 ft)
TRAIL TYPE Out & back	TRAIL TIPS Water may be present and will need to be crossed at several points.



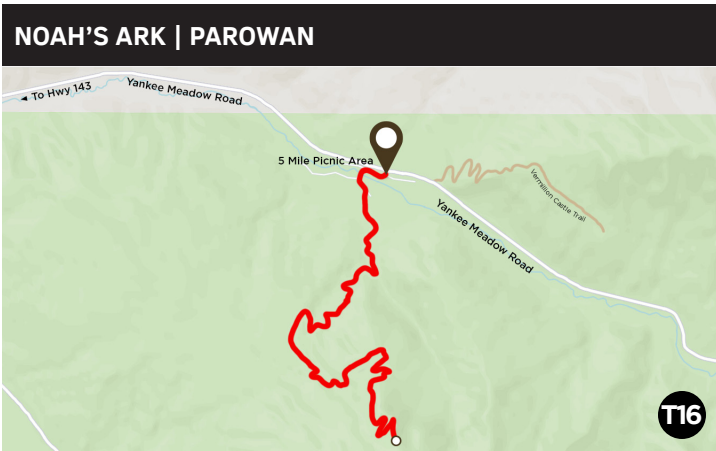
Wind through a wildlife study area then traverse a granite rock wall to a 20 ft waterfall. Use care approaching the waterfall as the surface is uneven and strewn with rock.

TRAILHEAD 37.77238, -112.84034 Between mile markers 8 and 9 on Hwy 143 (from Parowan or Brian Head)	LENGTH 1.4 miles
DIFFICULTY SEASON Moderate Spring to Fall	ELEVATION GAIN 275 ft (7,000 ft)
TRAIL TYPE Out & back	TRAIL TIPS There are multiple side trails, but the main trail is marked.



Easy trail that meanders its way up the hill. Turn around once you have reached the Upper Lava Flow trail. Please be aware this is a popular trail among mountain bikers; use caution around corners.

TRAILHEAD 37.64493, -113.08161 Southview Trailhead at the end of Shurtz Canyon Dr off Old Hwy 91.	LENGTH 1.5 miles
DIFFICULTY SEASON Easy Summer to Fall	ELEVATION GAIN 5,800
TRAIL TIPS Up! only for bikers, both up and down for hikers. Bathrooms at trailhead.	TRAIL TYPE Out & back



This trail is a steep and steady climb that rewards hikers with spectacular view of the Vermillion Castle, other canyon rock formations, and surrounding hills. Hiking poles are recommended due to areas of loose gravel.

TRAILHEAD 37.79486, -112.79326 From Parowan take Hwy 143 to Yankee Meadow Road, left, to 5 Mile Picnic Area	LENGTH 3 miles
DIFFICULTY SEASON Moderate to Strenuous Spring to Fall	ELEVATION GAIN 1,151 ft (7,000 ft)
TRAIL TYPE Out & back	TRAIL TIPS Restrooms at picnic area.

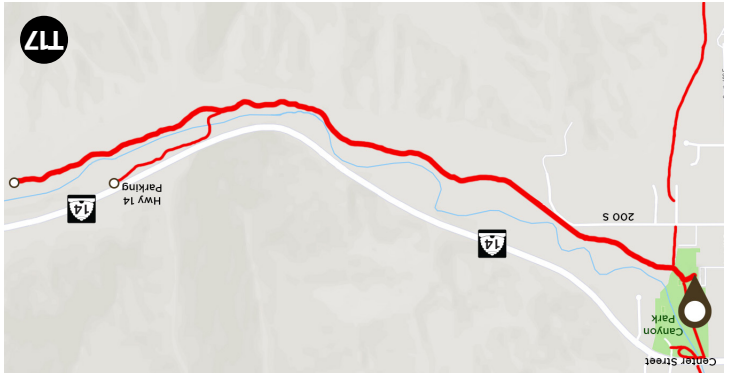


TRAILHEAD 37.46206, -113.19942 Southview Trailhead at the end of Shurtz Canyon Dr off Old Hwy 91. Or use Shurtz Canyon Trailhead.	LENGTH 4.4 miles
DIFFICULTY SEASON Moderate Summer to Fall	ELEVATION GAIN Up and down (6,000 ft)
TRAIL TIPS Restrooms at trailheads.	TRAIL TYPE Point to point



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This paved trail in Cedar City follows Coal Creek up Cedar Canyon. Red Rock views abound. This trail is part of the Cedar City Trail System that rings the city.

TRAILHEAD 37.67529, -113.05323 Canyon Park (500 E Center St, Cedar City)	LENGTH 2.7 miles
DIFFICULTY SEASON Easy Year round	ELEVATION GAIN 180 ft
TRAIL TIPS Connects to East Bench and Coal Creek Trails at Canyon Park.	TRAIL TYPE Out & back

SUNSET | CEDAR BREAKS NATIONAL MONUMENT

View meadows, trees, and peaks along the way to Sunset View Overlook. Built to offer all abilities the chance to enjoy a walk in the woods. This paved trail is ADA accessible.

TRAILHEAD | 37.612711, -112.837163
Point Supreme Overlook in Cedar Breaks near fee station on Hwy 148

LENGTH
2 miles

DIFFICULTY | SEASON
Easy | Summer to Fall

ELEVATION GAIN
160 ft (10,350 ft)

TRAIL TYPE
Out & back

TRAIL TIPS
Fee Area (National Park Pass accepted)

ALPINE POND | CEDAR BREAKS NATIONAL MONUMENT

A picturesque walking trail that leads to a surreal alpine pond. Perfect in the summer to view wildlife and wildflowers. Early in the season this trail may have drifts of snow or be muddy.

TRAILHEAD | 37.63135, -112.83223
Chessman Ridge Overlook in Cedar Breaks on Hwy 148

LENGTH
2.2 miles

DIFFICULTY | SEASON
Easy | Summer to Fall

ELEVATION GAIN
196 ft (10,400 ft)

TRAIL TYPE
Loop

TRAIL TIPS
Fee Area (National Park Pass accepted). Be sure to stop at the Yurt

SOUTH RIM | CEDAR BREAKS NATIONAL MONUMENT

A high-country trail winding along the plateau rim; passes a stand of ancient bristlecone pines at Spectra Point and ends at Ramparts Overlook. This high elevation hike, though moderate, may leave you winded.

TRAILHEAD | 37.61202, -112.83755
Cedar Breaks Fee Station on Hwy 148

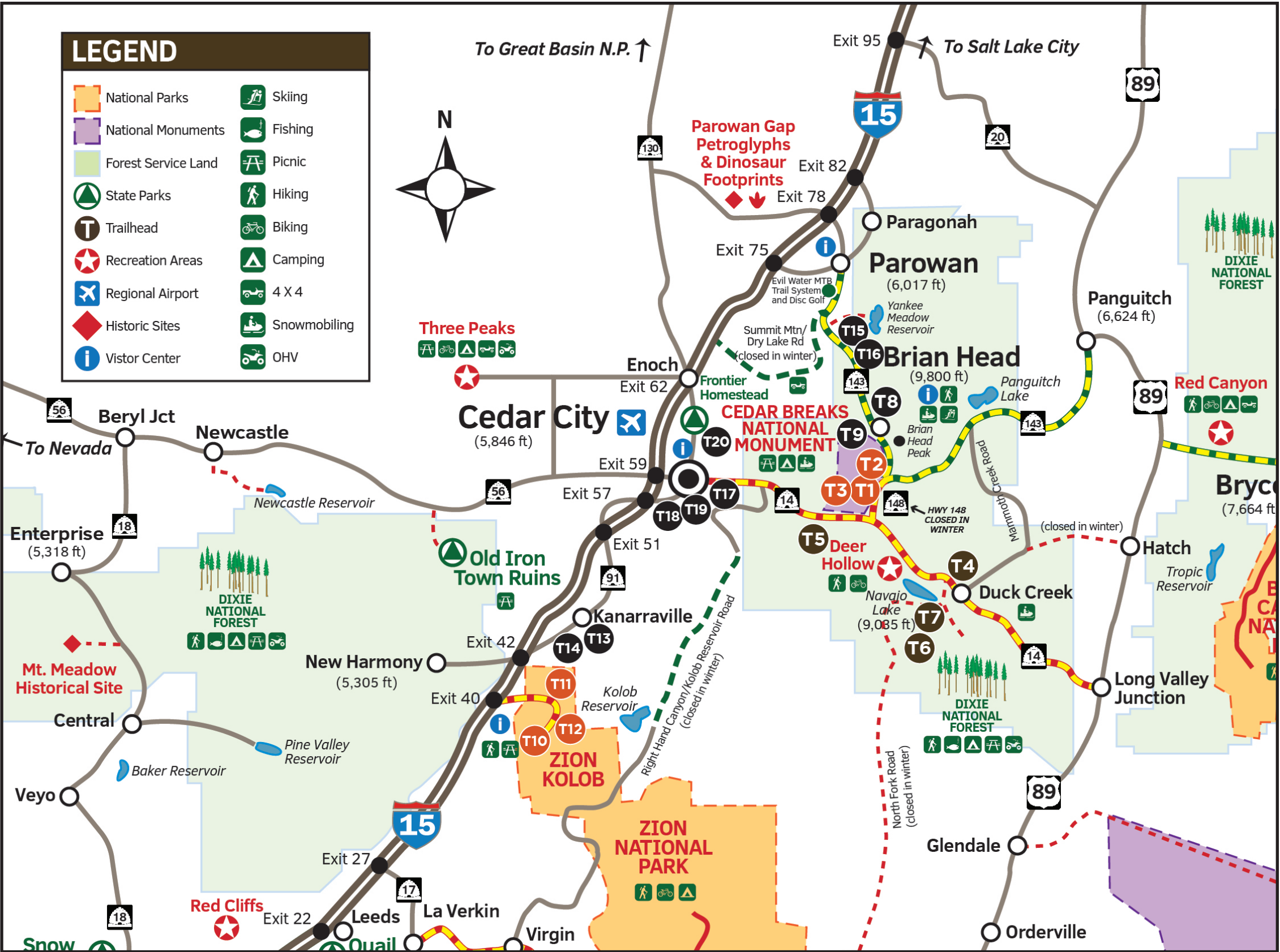
LENGTH
3.7 miles

DIFFICULTY | SEASON
Moderate | Summer to Fall

ELEVATION GAIN
836 ft (10,350 ft)

TRAIL TYPE
Out & back

TRAIL TIPS
Fee Area (National Park Pass accepted)



ASPEN MIRROR | DIXIE NATIONAL FOREST

This short but scenic trail ends at Aspen Mirror Lake. Surrounded by Aspens, it is a spectacular fall destination and is a great hike for families. Aspen Mirror Lake is a popular spot for fishing.

TRAILHEAD | 37.52165, -112.67391
At the end of Forest Service Road 057, about 29 miles east of Cedar City on Hwy 14

LENGTH
1 mile

DIFFICULTY | SEASON
Easy | Summer to Fall

ELEVATION GAIN
Flat trail at 8,400 ft

TRAIL TYPE
Out & back/Loop

TRAIL TIPS
Bring water and watch for ATVs at the trailhead.

CASCADE FALLS | DIXIE NATIONAL FOREST

Spectacular views of Zion National Park and the Markagunt Plateau, ending at cascading falls from an ancient underground lava tube. The trail skirts an open hillside where some portions are steep and mud may be present.

TRAILHEAD | 37.49747, -112.75174
From the Duck Creek Visitor Center follow the signs (staying left) approx 3 miles to the trailhead.

LENGTH
1.2 miles

DIFFICULTY | SEASON
Easy to Moderate | Summer to Fall

ELEVATION GAIN
137 ft (9,500 ft)

TRAIL TYPE
Out & back

TRAIL TIPS
Bring water, portions of the trail are exposed.

BRISTLECONE PINE | DIXIE NATIONAL FOREST

An easy trail that is great for families. Enjoy views of Zion National Park from an observation deck as you wander among a grove of ancient Bristlecone Pines.

TRAILHEAD | 37.56729, -112.84886
At the top of Cedar Canyon (Hwy 14), near mile marker 17.

LENGTH
1 mile

DIFFICULTY | SEASON
Easy | Spring to Fall

ELEVATION GAIN
26 ft (9,200 ft)

TRAIL TYPE
Out & back

TRAIL TIPS
Bring binoculars if you have them.

NAVAJO LAKE LOOP | DIXIE NATIONAL FOREST

A moderate 10 mile loop around the beautiful Navajo Lake near Duck Creek Village. The trail is primarily used for hiking, camping, and mountain biking.

TRAILHEAD | 37.51840, -112.74891
From Cedar City, east on Hwy 14, turn right onto Navajo Lake Rd, trailhead on the right hand side.

LENGTH
10 miles

DIFFICULTY | SEASON
Moderate | Summer to Fall

ELEVATION GAIN
554 ft (9,400 ft)

TRAIL TYPE
Loop

TRAIL TIPS
Restrooms are available at trailheads.

BRIAN HEAD TOWN TRAIL | BRIAN HEAD

Follow Hwy 143 through forest and wildflower meadows of Brian Head. This paved trail is popular with bikers as well so be aware as you walk.

TRAILHEAD | 37.70567, -112.84992
Along Hwy 143 in Brian Head (Cedar Breaks Lodge, Brian Head Resort, George's Ski Shop)

LENGTH
2 miles

DIFFICULTY | SEASON
Easy | Summer to Fall

ELEVATION GAIN
9,500 ft

TRAIL TYPE
Point to point

TRAIL TIPS
The trail does cross roads at various points; watch for cars.

TWISTED FOREST | BRIAN HEAD

Featuring a labyrinth of Bristlecone Pines and a unique view of Cedar Breaks, this is a high elevation hike with a sheer drop-off at the end. From the trailhead there is a brief downhill followed by a steady climb that is absolutely worth it!

TRAILHEAD | 37.68469, -112.88643
Trailhead is on Summit Mountain Road, keep to the High Mountain Road side.

LENGTH
1 mile

DIFFICULTY | SEASON
Moderate | Summer to Fall

ELEVATION GAIN
291 ft (10,000 ft)

TRAIL TYPE
Out & back

TRAIL TIPS
There is little shelter from the sun, bring water and make sure to wear sunscreen.

TIMBER CREEK OVERLOOK | KOLOB CANYONS

Perfect for an afternoon walk, the trail follows the ridge to a small peak, offering views of Timber Creek, Kolob Terrace and Pine Valley Mountains. The trail is accessible year-round if the scenic drive is open.

TRAILHEAD | 37.43560, -113.20186
At the end of Kolob Canyons Road

LENGTH
1.1 miles

DIFFICULTY | SEASON
Easy | Year round

ELEVATION GAIN
255 ft (8,500 ft)

TRAIL TYPE
Out & back

TRAIL TIPS
Fee Area (National Park Pass accepted)



TAYLOR CREEK (MIDDLE FORK) | KOLOB CANYONS

The trail follows the middle fork of Taylor Creek in Kolob Canyons; winding past two homestead cabins ending at the Double Arch Alcove. The trail does cross the creek at several points. The trail is accessible year-round if the scenic drive is open.

TRAILHEAD | 37.46206, -113.19942
Approximately 2 miles past the Kolob Canyons Visitor Center

LENGTH
5.6 miles

DIFFICULTY | SEASON
Moderate | Spring to Fall

ELEVATION GAIN
843 ft (6,000 ft)

TRAIL TYPE
Out & back

TRAIL TIPS
Fee Area (National Park Pass accepted)

KOLOB ARCH | KOLOB CANYONS

See one of the worlds largest free standing arches, Kolob Arch, along LaVerkin Creek. This trail is rated strenuous and is for experienced hikers. Overnight camping requires a backcountry permit.

TRAILHEAD | 37.46206, -113.19942
Lee Pass Trailhead (3.5 miles past the Kolob Canyons Visitor Center)

LENGTH
15.1 miles

DIFFICULTY | SEASON
Strenuous | Spring to Fall

ELEVATION GAIN
1,781 ft (6,000 ft)

TRAIL TYPE
Out & back

TRAIL TIPS
Fee Area (National Park Pass accepted)