

Hiking

Hiking in Utah Valley is one of the best ways to enjoy the outdoors and appreciate mountain beauty. With trails for all people, ranging from easy walks to challenging climbs up mountain tops.

Local Favorites

- Stewart Falls - this is an easy to moderate hike, 3.5 miles roundtrip, trailhead is at Aspen Grove or Sundance Mountain Resort off of Alpine Loop road
- Grotto Falls - this is an easy .6 mile, trailhead is off of the Nebo Loop road
- Rock Canyon Trail - this moderate hike leads to unique rock formations, crosses bridges and passes a few caves. Trailhead is at Rock Canyon Parking in Provo.
- Timpooneke Trail - this is a challenging 15 mile hike that takes you near the top of one of the highest peaks in Utah on Mount Timpanogos. Trailheads are at Aspen Grove and Timpooneke Trail



Hiking at Sundance Mountain Resort

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Utah Valley

Map & Attractions



Black Sheep Cafe



Silver Lake Flats Reservoir

Food Scene

Sweet tooths, foodies, and picky eaters are all at home in Utah Valley where exotic foods, local eats, and unique dining experiences abound. Satisfy your cravings and hunger pangs with Utah Valley's wide variety of food experiences.

utahvalley.com/restaurants

900+

Restaurants

28

International Food Cultures

230+

International Restaurants

60+

Dessert-Only Places

32

Soda Shops

6

Artisan Chocolate Makers



Kitchen 88



Mozz Artisan Pizza

Things to do

Utah Valley is known for its picturesque mountains and friendly culture. Anyone, from adventure and nature lovers to entertainment seekers, can find their happy in Utah Valley. Each city holds something unique and exciting for all to explore.

utahvalley.com/things-to-do

7

Historic Downtowns

40+

Local Festivals

13

Waterfalls

7

Scenic Drives

30+

Museums

13

Lakes



Utah Lake



Sundance Mountain Resort

Activities and Destinations

Thanksgiving Point

Discover the lost world of dinosaurs at the Thanksgiving Point Museum of Ancient Life. Take a stroll through the beautiful 55-acre Ashton Gardens or enjoy a hayride through Farm Country. See over a thousand butterflies from around the world at the Butterfly Biosphere, plus many other insects. Choose from more than 400 interactive experiences at the Museum of Natural Curiosity.

More information

- Thanksgiving Point Golf Club
- Gift shops
- Mammoth Screen Theatre
- Restaurants
- Seasonal Events



Butterfly Biosphere

Sundance Mountain Resort

Sundance Mountain Resort, open all four seasons, offers some of the finest terrain on earth for skiers, snowboarders, mountain bikers, hikers and horseback riders alike, as well as world-class guided fly fishing. Plus, the Spa at Sundance is a nature-inspired eco-spa where natural surroundings provide a complete wellness menu to restore peaceful inner balance. Guest accommodations are a collection of mountain suites and homes nestled against Mt. Timpanogos. Dining at Sundance is simply pleasurable; Sundance chefs use only the freshest ingredients available and local organic produce, if possible, when creating your entrée.

More Information

- Ski and snowboard lessons available
- Full-service rental facility for winter and summer sports
- Sundance Zip Tour boasting over 2,100 feet of vertical drop
- Bluebird Cafe Series, Sundance Summer Theatre, Sundance Resort Author Series
- Art Studios
- Meeting venues for groups, weddings, etc
- Foundry Grill
- The Tree Room



Sundance Mountain Resort

Scenic Drives

Some of the most spectacular and beautiful vistas you'll ever experience are easily accessed by taking any, or all, of Utah Valley's seasonal scenic drives, which include Hobble Creek, Spanish Fork, American Fork, Payson and Provo Canyons. Each route offers a variety of unlimited recreational opportunities.

More Information

- **Alpine Loop Scenic Backway** — 20-mile thoroughfare through lush vegetation and thick groves of aspen trees. Recreation fee required.
- **Hobble Creek Canyon** — Begins in Springville and then loops to Strawberry Reservoir and back to Hwy 89. Southeast of Spanish Fork, this route offers an excellent tour of the Southern Wasatch Range. Along the way are campgrounds, a golf course, picnic areas and a portion of the Great Western Trail. *Parts of the route are unpaved and should be traveled cautiously by a four-wheel-drive vehicle.*
- **Nebo Loop National Scenic Byway** — One of America's National Scenic Byways, this route winds 32 miles up 11,928-foot Mt. Nebo, Utah Valley's highest mountain. Incredible overlooks offer spectacular vistas of communities below.
- **Provo Canyon Scenic Byway** — 28-mile byway from Provo to Heber Valley offering views of stunning rock walls, Bridal Veil Falls and one of the world's premier blue ribbon fly-fishing rivers.



Mount Nebo

The Canyons and Provo River

Utah Valley's canyons, conveniently located just minutes off I-15, offer freshwater lakes, sparkling streams and hundreds of miles of trails. World-class rock climbing can be found in Spanish Fork, Provo, Rock and American Fork Canyons. Experience a day of rafting, kayaking or fly fishing on Provo River's pristine waters, or take a ride through the Wasatch Mountains on the historic Heber Valley Railroad.

More Information

- Mount Timpanogos can be summited from the Timpooneke Trail.
- Provo River Parkway trail parallels the Provo River beginning at Utah Lake and ending at Vivian Park, with easy access points along the way.

Timpanogos Cave

Explore the amazing wonders of Timpanogos Cave National Monument on a guided tour. You'll learn about formations and features of the cave, like the famous stalactite, "The Great Heart of Timpanogos." After your cave journey,

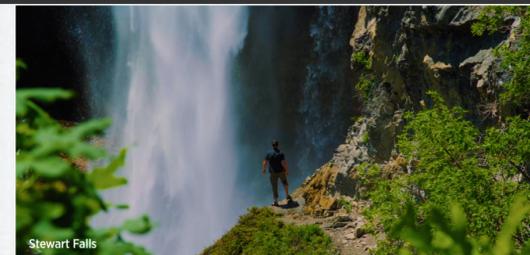
enjoy the canyon by driving the Alpine Loop, where you'll find trails, Cascade Springs and, if you're lucky, a moose and other wildlife.

More Information

- Timpanogos Cave Junior Ranger Program teaches children about the natural and cultural history of the monument and canyon.
- Introduction to Caving Tour for teenagers and adults teaches the



Timpanogos Cave



Stewart Falls

Outdoor Recreation

Nestled at the base of the majestic Wasatch Range of the Rockies, Utah Valley offers things to see and do for every imagination. Each season brings a new personality and recreational variety offering a world of outdoor recreation - from hiking trails and biking to off-the-beaten-track adventures. And best of all, there's no end. In Utah Valley, the outdoor fun lasts all year long.

More Information

- State, local parks and the Uinta-Wasatch-Cache National Forest provide a myriad of outdoor activities and camping.
- Among the natural beauty of the surrounding mountains you might spot bighorn sheep, mountain goats, deer, elk or moose.
- Rock climbing in American Fork Canyon has become a sport-climber's paradise while Rock Canyon is a local favorite.
- Waterfalls are an unexpected natural treat most are within a short hike through aspen groves and across wildflower meadows.

Museums, Art and Heritage

Dig into the nation's largest collection of dinosaur specimens at Thanksgiving Point's Museum of Ancient Life. Experience 80 intricate stained glass windows at Utah Valley University's Roots of Knowledge. Visit Utah's oldest art museum, the Springville Museum of Art. Travel back in time at Camp Floyd State Park Museum where you'll learn Utah's role in the Civil War and Pony Express.

More Information

- Brigham Young University Museum of Art offers a permanent collection of more than 17,000 pieces and hosts a diverse array of traveling exhibitions each year.
- The Covey Center for the Arts, located in downtown Provo, offers a comprehensive variety of artistic events.
- The SCERA Center for the Arts offers outdoor theater performances, art gallery exhibits, feature films, a museum and more.
- Noorda Center for Performing Arts at Utah Valley University brings world-class arts and entertainment experiences for all to enjoy.

With so many fun things to do, extend your stay by a few extra days. For a complete listing of events and activities, visit UtahValley.com



ATTRACTIONS

- Y Mountain Trailhead (E3)**
Drive East on 820 North following road to parking area. Take the Y trail 1.1 miles to the top for excellent views of the valley.
- Peaks Ice Arena (E3)**
100 N. Seven Peaks Blvd., Provo. A 2002 Winter Olympic venue that provides ice hockey, ice skating and indoor soccer. (801) 852-7465
- North Park/Provo Pioneer Village/Museum (D3)**
500 N. 500 W., Provo. Open summer months. (801) 815-1523
- Payson Temple (The Church of Jesus Christ of Latter-day Saints) (B4)**
1494 S. 930 W., Payson. (801) 754-4949
- Provo Temple (The Church of Jesus Christ of Latter-day Saints) (E2)**
2200 N. Temple Hill Dr., Provo. (801) 375-5775
- Provo City Center Temple (The Church of Jesus Christ of Latter-day Saints) (E4)**
50 S. University Ave., Provo. (801) 343-2700
- Mt. Timpanogos Temple (The Church of Jesus Christ of Latter-day Saints) (B1)**
742 N. 900 E., American Fork. (801) 763-4540
- Missionary Training Center (E2)**
2005 N. 900 E., Provo. Accommodates 3,000 LDS missionaries for training before departure to missions around the world. (801) 422-2602
- SCERA Center for the Arts (D2)**
745 S. State St., Orem. Offers Broadway musicals and concerts under the stars at the Shell. Also offers a movie theater and museum. (801) 225-2787
- Vivian Park and Heber Valley Historic Railroad (C1)**
Hwy 189, Provo Canyon. For picnic and volleyball facilities call (801) 851-8640; For train rides/information call (435) 654-5601.
- Sundance Mountain Resort (C1)**
8841 N. Alpine Loop Rd. Nine miles from the mouth of Provo Canyon on Hwy 92. Year-round resort includes skiing, hiking, restaurants, and summer programs. (801) 225-4107
- Thanksgiving Point (A1)**
3003 N. Cabela's Blvd., Lehi. Just west of I-15 near exit #284. Dinosaur museum, Butterfly Biosphere gardens, golf, shops, farm animals and Museum of Natural Curiosity. (801) 768-2300
- Camp Floyd State Park Museum (A2)**
18035 W. 1540 N., Fairfield. 25 miles southwest of Lehi on State Road 73. Old military post and historic overnight stop on Overland Stage and Pony Express route. (801) 768-8932
- Provo City Library at Academy Square (E3)**
550 N. University Ave. Historic Brigham Young Academy. (801) 852-6650
- Cabela's (A1)**
2502 W. Cabela's Blvd., Lehi. The world's foremost outfitter of hunting, fishing and outdoor gear. East of I-15 near exit #284. (801) 766-2500
- Hutchings Museum and Institute (A1)**
55 N. Center St., Lehi. (801) 768-7180 or (385) 201-1020
- Timpanogos Harley-Davidson (B1)**
555 S. Geneva Rd., Lindon. Rent a motorcycle or enjoy a gourmet slider at Marley's. (801) 434-4647
- Legends Motorcycles (B3)**
1715 W. 500 S., Springville. Handcrafted vintage motorcycle parts and gallery. (801) 489-0889
- Springville Museum of Art (B3)**
126 E. 400 S., Springville. Utah's first museum for the visual arts, housed in a Spanish Moroccan-style building with over 2,000 works of art. Closed Mondays and holidays. Free admission; donations appreciated. (801) 489-2727
- Rowley's South Ridge Farms (B4)**
300 W. 900 S., Santaquin. Come and visit the Big Red Barn and taste all the great treats, fresh fruit, pies and ice cream. (801) 754-5511

- Covey Center for the Arts (D3)**
425 W. Center St., Provo. See a play, concert or dance performance at the beautiful Covey Center for the Arts. (801) 852-7007
- Historic Downtown Provo Restaurants (E4)**
Taste food from 15 different countries all within walking distance, on University Ave. and Center St. See more at downtownprovo.com/maps
- Provo Recreation Center & Pool (D3)**
320 W. 500 N., Provo. Open Mon.-Sat. year round, indoor pool, outdoor pool, weight room and handball. Fee required. (801) 852-6600
- Orem Fitness Center (C1)**
580 W. 165 S., Orem. Olympic-sized swimming pool, indoor track, racquetball and basketball. (801) 229-7154
- Utah Valley Convention Center (D3)**
220 W. Center St., Provo. This state-of-the-art facility is the perfect place to hold any meeting or event. (888) 414-8824
- Peteetneet Museum (B3)**
10 N. 600 E., Payson. Cultural Arts Center. (801) 465-5265
- Orem Owlz Baseball (D2)**
970 W. University Pkwy., Orem. Ballpark located on the Utah Valley University campus. Minor league baseball. (801) 377-2255

NATURAL ATTRACTIONS

- Timpanogos Cave National Monument (B1)**
2038 W. Alpine Loop Rd. Access from State Hwy 92. Explore the haunting beauty of natural limestone caverns (1.5 mile hike). Open approximately mid-May to mid-October. Visitors Center hours 7 a.m. to 5:30 p.m. daily. (801) 756-5238 or (801) 756-5239
- Alpine Loop Scenic Backway (B1)**
Follows State Hwy 92 for 20 miles around the 11,750-foot Mt. Timpanogos. Accessible from Provo or American Fork Canyons. A fee is required for use of facilities. No fee for drive-through traffic. Closed for winter.
- American Fork Canyon (B1)**
Hwy 92. Camping, hiking and sightseeing.
- Bridal Veil Falls (C1)**
Breathtaking 607-foot double-cataract waterfall just minutes up Provo Canyon on Hwy 189.
- Cascade Springs (B1)**
On Cascade Scenic Dr., off Hwy 92. Pristine freshwater spring.
- Hobble Creek Canyon (C3)**
Canyon Rd., Springville. Golf course and campgrounds.
- Utah Lake State Park (C3)**
West end of Center St. in Provo. Boating, water skiing, fishing and day camping. Entry fee required. (801) 375-0731
- Nebo Loop National Scenic Byway (B4)**
Travels 32 miles through the Uinta-Wasatch-Cache National Forest between Payson and Nephi. Also accessible from Santaquin. Closed for winter.
- Rock Canyon (E2)**
2620 N. 1200 E., Provo. World-class rock climbing and hiking.
- Provo Canyon/Provo River (E1)**
Provo Canyon Rd. Camping, hiking, river rafting, ziplining, fishing and sightseeing.
- South Fork Park (C1)**
South Fork Rd., off E. Provo Canyon Rd. Scenic mountain park.
- Spanish Fork Canyon (C4)**
Hwy 6/Hwy 89. Camping, hiking and sightseeing.
- Stewart Falls (C1)**
Alpine Loop Rd. Over 200 ft waterfall.
- Tibble Fork Reservoir (B1)**
American Fork Canyon Rd.

- Deer Creek Reservoir (C1)**
Hwy 189.
- Mt. Timpanogos Park (B1)**
Hwy 189. Nestled in the beauty of Provo Canyon, a perfect place for picnicking and accessing hiking trails.
- Fort Utah Park (D3)**
200 N., Provo. Where Provo began in 1849.
- Uinta-Wasatch-Cache National Forest (C2)**
Much of Utah County's eastern area is prime recreation territory in thousands of acres of Uinta-Wasatch-Cache National Forest.

UNIVERSITIES

- Brigham Young University (E3)**
Go east on 1230 N. from University Ave. Home of the BYU Cougars. For general information, call (801) 422-INFO; For tours call (801) 422-4678.
LaVell Edwards Stadium *BYU Museum of Art*
BYU Museum of Peoples and Cultures *BYU Conference Center*
BYU Museum of Paleontology *Marriott Center*
Monte L. Bean Life Science Museum *BYU Store*
- Utah Valley University (D2)**
Located at 800 W., just north of University Pkwy. in Orem. Visitors are welcomed (801) 863-INFO(4636)
Black Box and Ragan Theatre *Woodbury Art Museum*
UCCU Events Center *(Located at University Place)*
Roots of Knowledge *Noorda Theatre*

SHOPPING

- Provo Towne Centre (D4)**
1200 Towne Center Blvd. Near I-15 exit 263, with over 50 retailers and dining options. (801) 852-2400
- University Place (D2)**
575 E. University Pkwy. On University Pkwy between State St. and 800 E. in Orem. Over 165 stores and restaurants. (801) 224-0694
- The Shops at Riverwoods (D1)**
4801 N. University Ave., Provo. Charming shopping district with shops, restaurants, Provo Beach Resort and movie complex. (801) 802-8430
- The Meadows Shopping Center (B1)**
Off exit 278. Several stores and restaurants to choose from at this popular American Fork shopping district.
- Historic Downtown Provo (D3)**
Convention Center, Covey Center for the Arts, hotels, activities, restaurants and shopping.
- Outlets at Traverse Mountain**
3700 N. Cabela's Blvd., Lehi. I-15 exit 284. The ultimate experience in outlet shopping. (801) 901-1200

CAMPGROUNDS

- Lakeside RV Campground (C3)** 4000 W. Center St., Provo. (801) 373-5267
- Springville/Provo KOA Campground (B3)** 1550 N. 1750 W., Springville. (801) 491-0700

Public Campgrounds
Uinta-Wasatch-Cache National Forest Campgrounds: visit Recreation.gov or call (877) 444-6777. Utah Lake State Park Campground: visit Utahstateparks.reserveamerica.com.

Historic Downtown Provo

Enjoy historic charm and local cuisine in Provo's historic downtown influenced by the local colleges Brigham Young and Utah Valley Universities. The city center has a thriving district where families and business professionals can enjoy their free time. With over fifty independently-owned restaurants featuring local and international cuisine, plus unexpected unique activities and experiences.

- 50+ Restaurants
- Vintage Boutiques
- Karaoke
- Live Entertainment
- Virtual Experiences
- Comedy Shows
- Urban Art Stroll
- Historic Buildings
- Mural Hunting
- Arts and Crafts
- Axe Throwing
- Annual Festivals



Downtown Provo