

### 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.

<b>TRAILHEAD</b>   37.612711, -112.837163 Point Supreme Overlook in Cedar Breaks near fee station on Hwy 148	<b>LENGTH</b> 2 miles
<b>DIFFICULTY   SEASON</b> Easy   Summer to Fall	<b>ELEVATION GAIN</b> 160 ft (10,350 ft)
<b>TRAIL TYPE</b> Out & back	<b>TRAIL TIPS</b> 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.

<b>TRAILHEAD</b>   37.63135, -112.83223 Chessman Ridge Overlook in Cedar Breaks on Hwy 148	<b>LENGTH</b> 2.2 miles
<b>DIFFICULTY   SEASON</b> Easy   Summer to Fall	<b>ELEVATION GAIN</b> 196 ft (10,400 ft)
<b>TRAIL TYPE</b> Loop	<b>TRAIL TIPS</b> Fee Area (National Park Pass accepted). Be sure to stop at the Yurt.

## 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, unplug 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

**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)	30 miles   40 mins
Brian Head	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.

*This guide does not constitute endorsement by Visit Cedar City • Brian Head*

**VISITCEDARCITY.COM**  
851 N Main, Cedar City, UT 84721  
(435) 586-5124

### 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.

<b>TRAILHEAD</b>   37.52165, -112.67391 At the end of Forest Service Road 057, about 29 miles east of Cedar City on Hwy 14	<b>LENGTH</b> 1 mile
<b>DIFFICULTY   SEASON</b> Easy   Summer to Fall	<b>ELEVATION GAIN</b> Flat trail at 8,400 ft
<b>TRAIL TYPE</b> Out & back/Loop	<b>TRAIL TIPS</b> Bring water and watch for ATVs at the trailhead.

### 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.

<b>TRAILHEAD</b>   37.56729, -112.84886 At the top of Cedar Canyon (Hwy 14), near mile marker 17.	<b>LENGTH</b> 1 mile
<b>DIFFICULTY   SEASON</b> Easy   Spring to Fall	<b>ELEVATION GAIN</b> 26 ft (9,200 ft)
<b>TRAIL TYPE</b> Out & back	<b>TRAIL TIPS</b> Bring binoculars if you have them.

### 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.

<b>TRAILHEAD</b>   37.70567, -112.84992 Along Hwy 143 in Brian Head (Cedar Breaks Lodge, Brian Head Resort, Georg's Ski Shop)	<b>LENGTH</b> 2 miles
<b>DIFFICULTY   SEASON</b> Easy   Summer to Fall	<b>ELEVATION GAIN</b> 9,500 ft
<b>TRAIL TYPE</b> Point to point	<b>TRAIL TIPS</b> The trail does cross roads at various points; watch for cars.

### 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.

<b>TRAILHEAD</b>   37.61202, -112.83755 Cedar Breaks Fee Station on Hwy 148	<b>LENGTH</b> 3.7 miles
<b>DIFFICULTY   SEASON</b> Moderate   Summer to Fall	<b>ELEVATION GAIN</b> 836 ft (10,350 ft)
<b>TRAIL TYPE</b> Out & back	<b>TRAIL TIPS</b> Fee Area (National Park Pass accepted)

### CASCADE FALLS | DIXIE NATIONAL FOREST

Spectacular views of Zion National Park and the Markagunt Plateau, ending at cascading falls from an underground lava tube. Portions of the trail are steep and water may be present in places.

<b>TRAILHEAD</b>   37.49747, -112.75174 From the Duck Creek Visitor Center follow the signs (staying left) approx 3 miles to the trailhead.	<b>LENGTH</b> 1.2 miles
<b>DIFFICULTY   SEASON</b> Easy to Moderate   Summer to Fall	<b>ELEVATION GAIN</b> 137 ft (9,500 ft)
<b>TRAIL TYPE</b> Out & back	<b>TRAIL TIPS</b> Bring water, portions of the trail are exposed.

### 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.

<b>TRAILHEAD</b>   37.51840, -112.74891 From Cedar City, east on Hwy 14, turn right onto Navajo Lake Rd, trailhead on the right hand side.	<b>LENGTH</b> 10 miles
<b>DIFFICULTY   SEASON</b> Moderate   Summer to Fall	<b>ELEVATION GAIN</b> 554 ft (9,400 ft)
<b>TRAIL TYPE</b> Loop	<b>TRAIL TIPS</b> Restrooms are available at trailheads.

### 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!

<b>TRAILHEAD</b>   37.68469, -112.88643 Trailhead is on Summit Mountain Road, keep to the High Mountain Road side.	<b>LENGTH</b> 1 mile
<b>DIFFICULTY   SEASON</b> Moderate   Summer to Fall	<b>ELEVATION GAIN</b> 291 ft (10,000 ft)
<b>TRAIL TYPE</b> Out & back	<b>TRAIL TIPS</b> There is little shelter from the sun, bring water and make sure to wear sunscreen.

### ASPEN MIRROR | DIXIE NATIONAL FOREST

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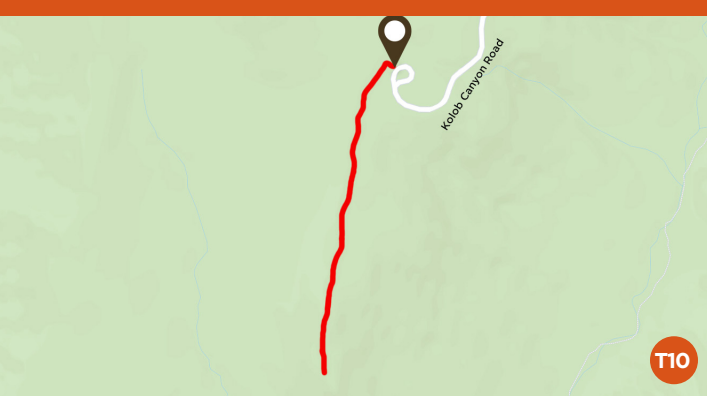


# CEDAR CITY AREA HIKING TRAILS

**VISIT Cedar City BRIAN HEAD**

visitcedarcity.com

**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 (6,500 ft)

**TRAIL TYPE**  
Out & back

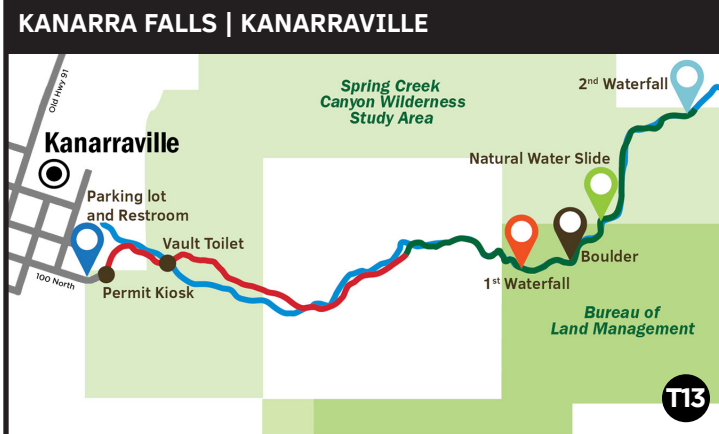
**TRAIL TIPS**  
Fee Area (National Park Pass accepted)



TAYLOR CREEK TRAIL



KANARRA FALLS TRAIL



A moderate to strenuous water hike that requires you to hike along and through the stream all the way up the canyon. Due to climbing a 15 ft lean-to log ladder, several large boulders, and uneven terrain, hiking poles and good grippy water shoes are recommended. Dogs not allowed.

**TRAILHEAD |** 37.53727, -113.17598  
Located in Kanarraville, Utah. From Old Highway 91, turn east at 100 North and travel to the parking lot.

**LENGTH**  
5 miles

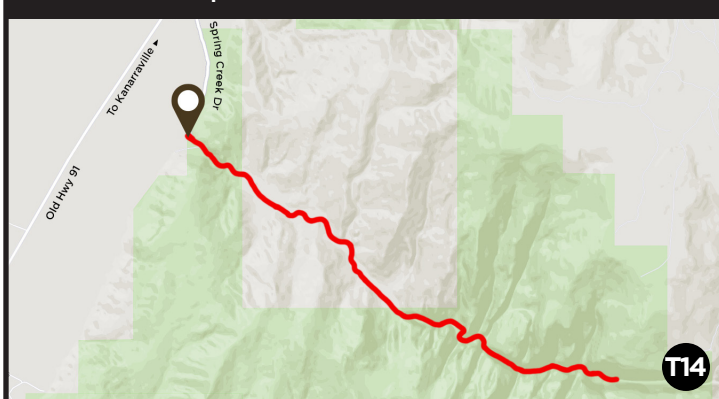
**DIFFICULTY | SEASON**  
Moderate to strenuous | Summer to Fall

**ELEVATION GAIN**  
700 ft (5,500 ft)

**TRAIL TYPE**  
Out & back

**TRAIL TIPS**  
Permit required and available at kanarrafalls.com

**SPRING CREEK | KANARRAVILLE**



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 Kanarraville.

**TRAILHEAD |** 37.52196, -113.18454  
South on Old Hwy 91 through Kanarraville, 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)

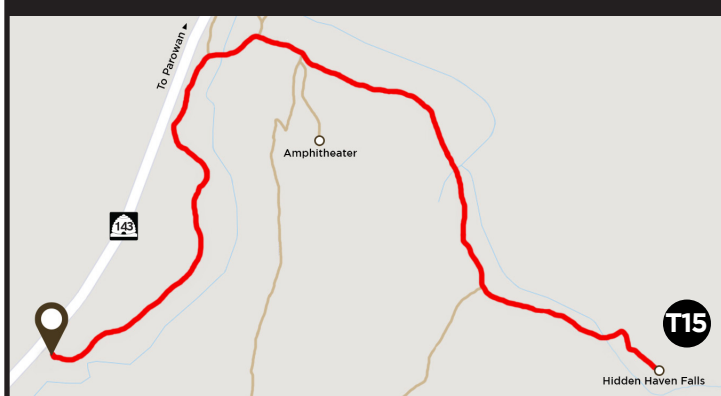
**TRAIL TYPE**  
Out & back

**TRAIL TIPS**  
Water may be present and will need to be crossed at several points.



SPRING CREEK TRAIL

**HIDDEN HAVEN | PAROWAN**



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)

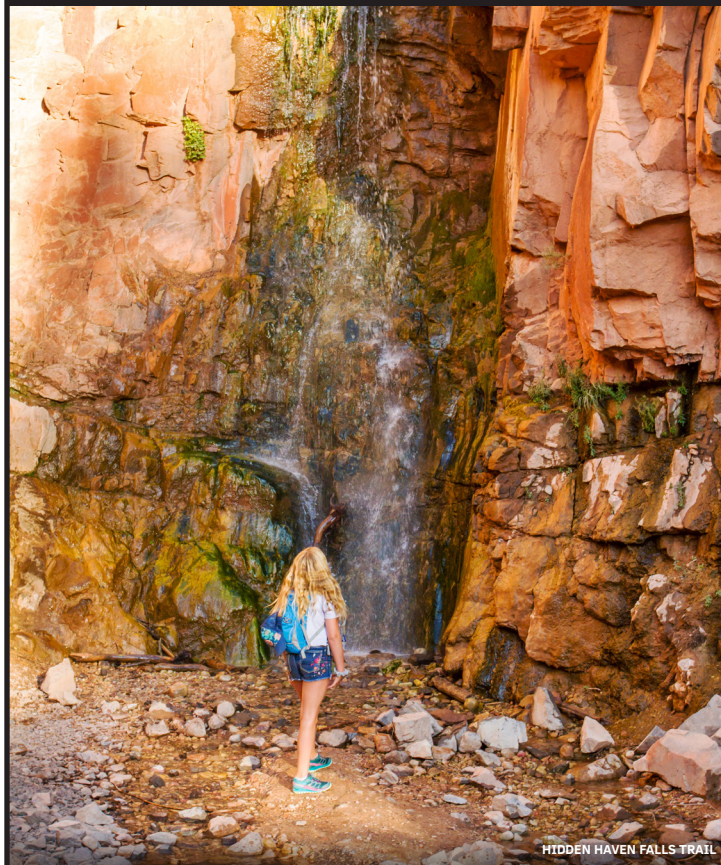
**LENGTH**  
1.4 miles

**DIFFICULTY | SEASON**  
Moderate | Spring to Fall

**ELEVATION GAIN**  
275 ft (7,000 ft)

**TRAIL TYPE**  
Out & back

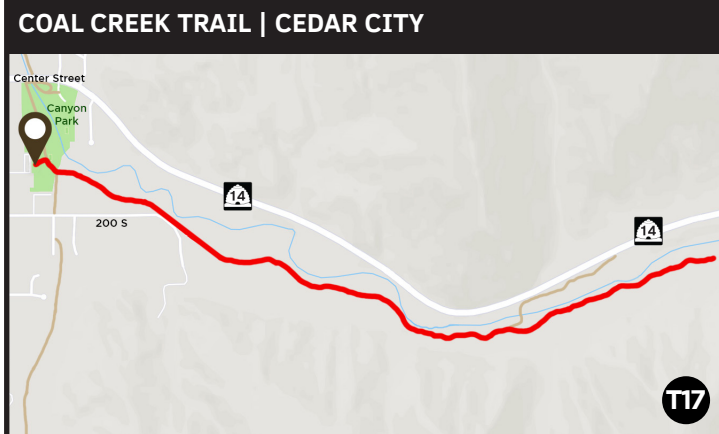
**TRAIL TIPS**  
There are multiple side trails, but the main trail is marked.



HIDDEN HAVEN FALLS TRAIL



COAL CREEK TRAIL



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

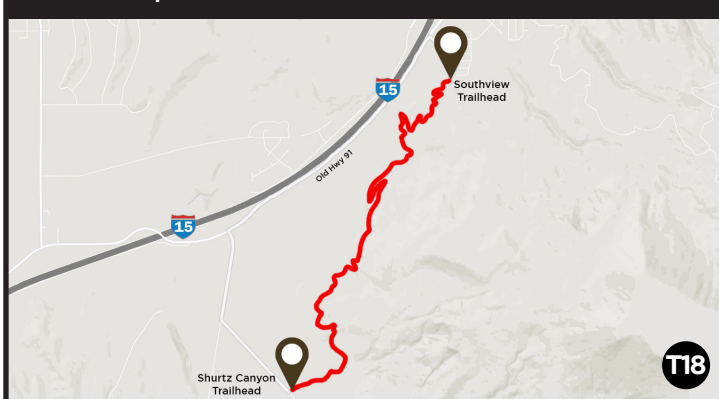
**DIFFICULTY | SEASON**  
Easy | Year round

**ELEVATION GAIN**  
180 ft

**TRAIL TYPE**  
Out & back

**TRAIL TIPS**  
Connects to East Bench and Coal Creek trails at Canyon Park.

**TURNPIKE | CEDAR CITY**



A hillside trail on the south end of Cedar City. The trail has both minor climbs and descents passing through the foothills. Portions of the trail are exposed to the sun later in the morning and throughout the day.

**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)

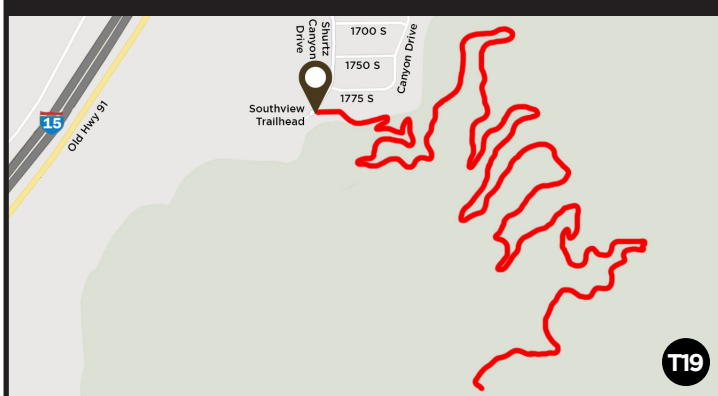
**TRAIL TYPE**  
Point to point

**TRAIL TIPS**  
Restrooms at trailheads.



TURNPIKE TRAIL

**LICHEN IT | CEDAR CITY**



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

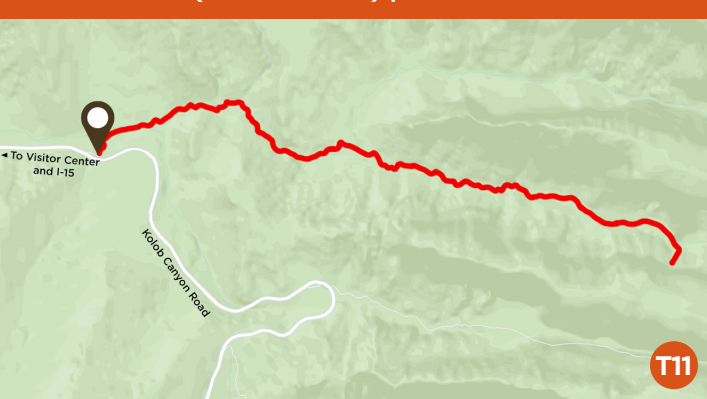
**TRAIL TYPE**  
Out & back

**TRAIL TIPS**  
Uphill only for bikers, both up and down for hikers. Bathrooms at trailhead.



LICHEN IT TRAIL

**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

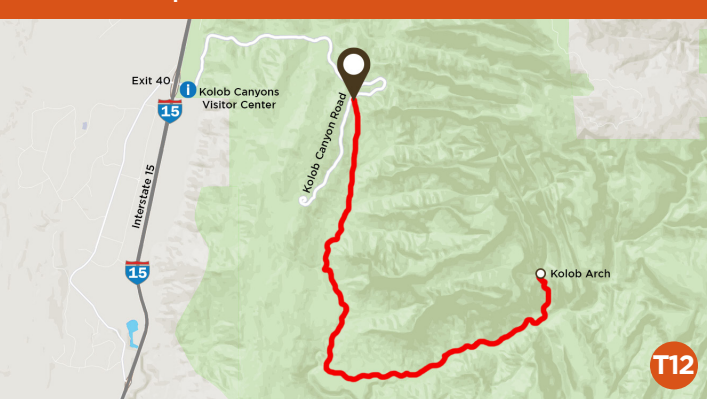
**DIFFICULTY | SEASON**  
Moderate | Spring to Fall

**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)

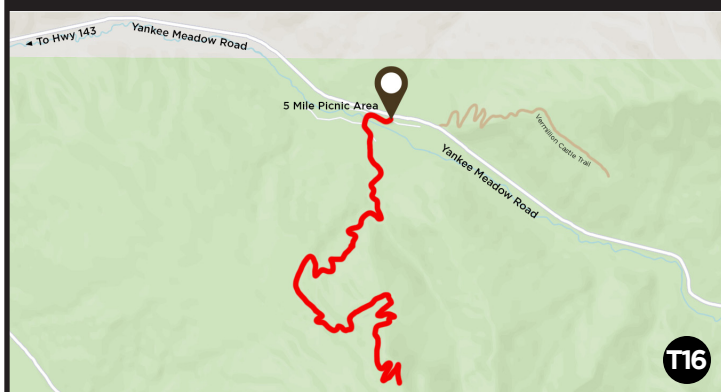
**TRAIL TYPE**  
Out & back

**TRAIL TIPS**  
Fee Area (National Park Pass accepted)



NOAH'S ARK TRAIL

**NOAH'S ARK | PAROWAN**



This trail is a steep and steady climb that rewards hikers with spectacular view of the Vermilion 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)

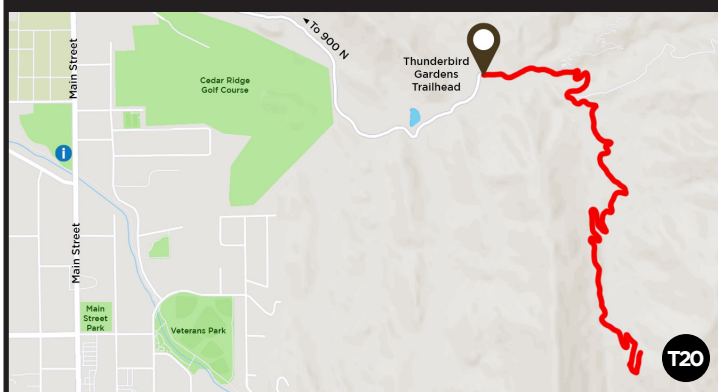
**TRAIL TYPE**  
Out & back

**TRAIL TIPS**  
Restrooms at picnic area.



THOR'S HIDEOUT TRAIL

**THOR'S HIDEOUT | CEDAR CITY**



Some steep climbs and switchbacks through fabulous red-rock country to a stunning view of Cedar City and unique rock outcroppings. This trail is dog friendly and also popular with mountain bikers.

**TRAILHEAD |** 37.69036, -113.04364  
Thunderbird Gardens on 900 North (behind Cedar Ridge Golf course in Cedar City)

**LENGTH**  
3.6 miles

**DIFFICULTY | SEASON**  
Moderate | Spring to Fall

**ELEVATION GAIN**  
564 ft (6,000 ft)

**TRAIL TYPE**  
Out & back

**TRAIL TIPS**  
Hiking poles recommended