

This week's Utah hiking adventure

By **Steve Baker**
Deseret News

Angels Landing Trail – Zion National Park

At the visitors center, talk to a park ranger about the trails. Rangers have a world of knowledge and can help you decide if Angels Landing is a good hiking choice for you and your family. From the visitors center, board the shuttle and get off at the Grotto stop. From the Grotto, cross the footbridge and go right on the West Rim Trail, which follows near the river. Then turn toward the cliffs and switchbacks up to Refrigerator Canyon. Enjoy the cooler temperatures and shade as the trail smooths out. Leaving Refrigerator Canyon, you arrive at Walters Wiggles. There are at least 20 switchbacks, zigzagging up a shoot to the ridgeline. You arrive at the trail junction for Angels Landing. Take the Angels Landing Trail. The trail climbs over rocks and boulders. For your safety, there are chains placed along dangerous areas. This hike is not recommended for families with small children because of slippery rocks and cliff drop-offs. On top there is a breathtaking view into the heart of Zion Canyon. Hikers are likely to get goose bumps at seeing such beauty.

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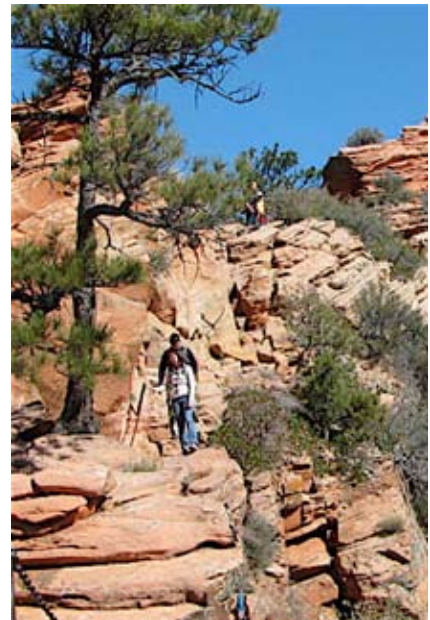
SOURCE: Zion National Park

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Photo gallery: Outdoors section in Sports

Destination	Angels Landing
Difficulty	Difficult
Round-trip miles	5
Hiking time	4 to 5 hours
Elevation gain	1,488 feet
Trailhead restrooms	Yes
Dogs allowed	No
Entrance fee	\$25



STEVE BAKER, DESERET NEWS

Directions: From Salt Lake City take Interstate 15 south and exit Highway 17 for Toquerville and La Verkin. In La Verkin, go left onto Highway 9. Follow Highway 9 into Springdale and the south entrance of Zion National Park.