

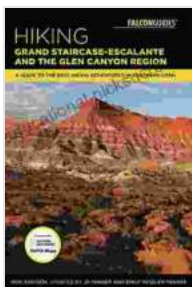
Guide to the Best Hiking Adventures in Southern Utah

Southern Utah is a hiker's paradise, with its stunning red rock landscapes, towering canyons, and endless trails. Whether you're looking for short day hikes or multi-day backpacking trips, there's something for everyone in this spectacular region.

In this guide, we'll share our top picks for the best hiking adventures in Southern Utah, including detailed descriptions, difficulty ratings, and helpful tips. So lace up your boots and get ready to explore the incredible beauty of the American Southwest!

- **Difficulty:** Strenuous
- **Distance:** 5 miles round trip
- **Elevation gain:** 1,500 feet

Angels Landing is one of the most iconic hikes in the United States, and it's not for the faint of heart. The trail climbs steeply up the side of a narrow ridge, with sheer drop-offs on both sides. The final section of the trail is known as "The Chain Section," where you'll need to use chains to help you climb up a steep rock face.



Hiking Grand Staircase-Escalante & the Glen Canyon Region: A Guide to the Best Hiking Adventures in

Southern Utah by Claire Ahn

★★★★☆ 4.5 out of 5

Language : English

File size : 57070 KB

Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 328 pages



The views from Angels Landing are simply breathtaking. You'll have panoramic views of Zion Canyon and the surrounding mountains. This is a hike that you'll never forget!

- **Difficulty:** Moderate
- **Distance:** 8 miles round trip
- **Elevation gain:** 2,100 feet

Observation Point offers an alternative view of Zion Canyon to Angels Landing, and it's a bit less strenuous. The trail follows a gradual incline through shady forests and meadows. The final climb to the viewpoint is steep, but there are cables to help you along the way.

Once you reach Observation Point, you'll be rewarded with stunning views of Zion Canyon, the Virgin River, and the towering cliffs of The Watchman. This is a great hike for those who want to experience the beauty of Zion Canyon without the crowds.

- **Difficulty:** Moderate
- **Distance:** 16 miles round trip
- **Elevation gain:** 1,800 feet

The Narrows is a unique hiking experience in Zion National Park. You'll hike through the Virgin River, which flows through a narrow slot canyon with towering walls on either side. The water is usually cold and clear, and you'll need to wear waterproof shoes or sandals.

The Narrows can be hiked in one day, but it's also possible to backpack overnight. There are several campsites along the river, and you'll need a permit to camp. This is a challenging hike, but it's also one of the most rewarding experiences in Zion National Park.

- **Difficulty:** Strenuous
- **Distance:** 120 miles
- **Elevation gain:** 18,000 feet

The Grand Staircase-Escalante National Monument Loop is a challenging but rewarding backpacking trip that takes you through some of the most remote and beautiful landscapes in Southern Utah. The trail follows a series of canyons and mesas, and you'll see a variety of geological formations, including hoodoos, slot canyons, and natural bridges.

The Loop is typically hiked in 6-8 days, and there are several campsites along the way. You'll need to carry all of your food and water, and it's important to be prepared for extreme weather conditions. This is a once-in-a-lifetime hiking adventure that you won't want to miss!

- **Difficulty:** Moderate
- **Distance:** 34 miles round trip
- **Elevation gain:** 4,500 feet

The Coyote Gulch Trail is a popular backpacking trip in Grand Staircase-Escalante National Monument. The trail follows the Coyote Creek through a series of canyons and slots. You'll see stunning red rock formations, waterfalls, and natural pools.

The Coyote Gulch Trail can be hiked in 3-4 days, and there are several campsites along the way. You'll need to carry all of your food and water, and it's important to be prepared for flash floods. This is a challenging but rewarding hike that will take you to some of the most beautiful places in Southern Utah.

- **Difficulty:** Moderate
- **Distance:** 100 miles
- **Elevation gain:** 12,000 feet

The White Rim Trail is a 4x4 road that follows the rim of the White Canyon in Canyonlands National Park. The trail is also open to mountain bikers and hikers, and it offers stunning views of the canyon and the surrounding mountains.

The White Rim Trail can be hiked in 5-7 days, and there are several campsites along the way. You'll need to carry all of your food and water, and it's important to be prepared for extreme weather conditions. This is a challenging but rewarding hike that will take you to some of the most beautiful places in Canyonlands National Park.

- **Plan your trip in advance.** Southern Utah is a popular hiking destination, so it's important to plan your trip in advance, especially if

you're planning on backpacking. Make sure to reserve campsites and permits in advance, and be aware of seasonal closures.

- **Bring plenty of water.** The desert climate in Southern Utah can be very dry, so it's important to bring plenty of water on your hikes. You should drink water regularly, even if you don't feel thirsty.
- **Wear appropriate clothing.** The weather in Southern Utah can change quickly, so it's important to wear appropriate clothing for all types of weather. You should wear layers so that you can adjust your clothing as needed.
- **Be prepared for extreme heat.** The summer temperatures in Southern Utah can be very high, so it's important to be prepared for extreme heat. Drink plenty of water, wear loose-fitting clothing, and avoid hiking during the hottest part of the day.
- **Be aware of flash floods.** Flash floods can occur in Southern Utah during the summer monsoon season. Be aware of the weather forecast and avoid hiking in areas that are prone to flooding.
- **Stay on the trails.** It's important to stay on the trails in Southern Utah to protect the fragile desert ecosystem.
- **Leave no trace.** Pack out everything you pack in, and don't leave any trash or waste behind.

Southern Utah is a hiker's paradise, with its stunning red rock landscapes, towering canyons, and endless trails. Whether you're looking for short day hikes or multi-day backpacking trips, there's something for everyone in this spectacular region.

We hope this guide has helped you plan your next hiking adventure in Southern Utah. Please remember to follow the tips above to help protect the fragile desert ecosystem.

Happy hiking!

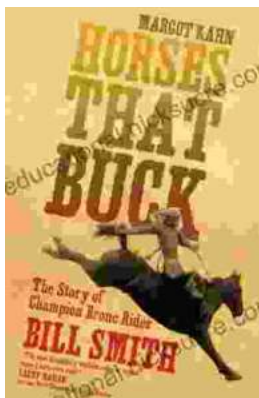


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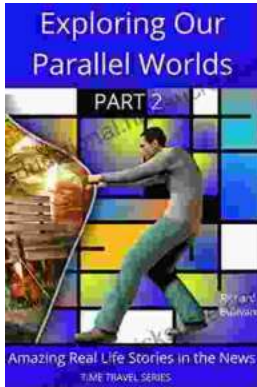
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