

THE INDEPENDENT

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ZION GUIDE

May '22



**EXPERIENCE THE MAGIC OF BEST FRIENDS
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MORE GREAT HAPPENINGS IN THIS ISSUE:



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EDITORIAL

LETTER FROM THE EDITOR

By James McFadden



Making The Best Of An Unfortunate Situation

As we navigate this new normal we all knew was sure to come, I can't help but wonder, just how normal will things ever be again? While it might not hurt our elected officials in their fancy homes with their wealthy lifestyles; making ends meet has become quite the challenge for many. And,

if that wasn't bad enough, they dutifully add insult to injury when those selfsame officials seem to find a great deal of humor in it all as they mock us from their lofty towers, pointing their fingers at us as we struggle to make it through each day.

It is in these trying times, some things become much more important if we are to find peace and bring joy to those with whom we love and respect. While making friends and standing up for one another is something we

should all stive to do each day, now more than ever, it's imperative we make a more conscious effort to do so.

It really doesn't take much to be mindful of each other. All it takes is a desire to do so.

With the noses of the world stuck, no, glued to their smart phones, some even while driving, it's not too difficult to make a few important decisions that will alter our trajectory. Decisions that include how we treat each other from day to day.

I have always taught my children, "A person's true character can be best measured if you observe them when they are driving their car." It seems so simple, but for me, I learned that if I can improve my temperament and behavior while I'm driving in my car, the rest comes very easy.

I mean, just imagine us all behaving the way we often do when we're all in a hurry to get somewhere and we feel like people aren't paying attention or driving very well, only we're pushing our carts through the grocery store. Why is it we can be courteous and thoughtful in the grocery store but absolutely horrible human beings to each other while we're driving? It just doesn't make sense!

Let's do everyone a huge favor and take the time to slow things down a little bit and return to that side of us who is genuinely kind and caring; while we're driving our cars...

It's just a thought. Be safe out there and remember. We're all gliding through life on the same blue marble so let's take better care of each other! Have a wonderful month my friends!



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SO. EXPOSURE

EXPERIENCE THE MAGIC OF BEST FRIENDS

There is a destination in Southern Utah where 30,000 animal lovers make a pilgrimage from all around the world every year. A place where dinosaur tracks and petroglyphs mark its red rock cliffs, where the Lone Ranger and John Wayne once roamed. A place that some people find so special that they make the journey to this destination in the high desert year after year, returning with friends, partners and kids so that they can share an experience often described as "magical."

This place is the home and headquarters of Best Friends Animal Society, which operates the largest animal sanctuary in the United States. Best Friends Animal Sanctuary, located just outside Kanab, Utah, and in close proximity to Zion and Bryce National Parks, cares for about 1,600 animals on any given day and offers free visitor and volunteer experiences at every level.

It's the dogs, cats, horses, bunnies, pigs, goats, and more that attract visitors for the first time. But it's the sense of community, the stunning ambiance, and the peaceful energy of the Sanctuary that keep people coming back.

What began as a dream by its co-founders in 1984 to save homeless pets, Best Friends' Sanctuary has grown from endless acres of rustic land formerly used as dinosaur stomping grounds and a backdrop for Western movies into a national organization that's working to end of the killing of dogs

and cats in America's shelters.

Since Best Friends started, shelter deaths have decreased from 17 million a year to about 347,000. This has been accomplished by partnering with more than 3,300 shelters and operating lifesaving centers and program cities across the country, as well as the contribution of passionate individuals who foster, adopt, donate, volunteer, and advocate to bring about the day when there are no more homeless pets.

At the Sanctuary, visitors can see and experience Best Friends' lifesaving work in action, while volunteers have the potential for such activities as socializing puppies or bunnies, feeding popcorn to pigs, taking a cat on a stroller ride, taking a dog for a walk, playing with kittens or taking select pets on a sleepover.

Lodging can be found on-site in one of the Sanctuary's several cabins and cottages that offer views of horse pastures and starry skies, or at the organization's hotel the Best Friends Roadhouse & Mercantile, in downtown Kanab, winner of the 2022 Best Motel



Award from Best of State Utah.

Designed as the most pet-centric hotel in the country, the Roadhouse extends the Sanctuary experience by offering guests sleepovers of Sanctuary dogs, cats, and bun-

nies or offers a warm welcome to your own pets. What's more, every stay benefits the lifesaving work of Best Friends Animal Society.

At the Roadhouse, pets can enjoy all the available activities, such as time in the play yards, a summer splash zone, the mercantile store, Saturday morning yoga and hanging out during live music and movie events happening throughout the year. There's a fire pit going every night at the Roadhouse, so pick up a s'mores kit at the mercantile and experience some old-school joy with your travel mates. Each room comes with built-in trundle pet beds, lots of pet treats, plus a delicious daily vegan continental breakfast is available for humans!

Just down the road, you'll find free family fun at the Best Friends Visitor Center, with crafts, cookies, story time, and more happening throughout the week.

However long you plan to visit Kanab – a few hours, days, or even weeks – you won't want to miss the magic of the Best Friends experience. Visit www.bestfriends.org to learn more about the sanctuary and www.bestfriendsroadhouse.org to book a stay at the Best Friends Roadhouse & Mercantile.



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EVENTS

TICKETS NOW ON SALE FOR DON CESAR CITY

World Famous Mime, Cesar Aedo, will be Performing his comedy, Don Cesar City at The Electric Theater on May 27th & 28th and tickets are now available online at www.DonCesarCity.com.

Don Cesar City brings life & laughter to southern Utah and is an urban comedy show for all ages. Cesar's use of body theater transcends language barriers as the character, Don Cesar, creates a world of fantasy and humor by interacting with imagination and maybe even some participation from those within the audience who love performance art.



Cesar Aedo is from Huancayo, Peru and was born April 1st, 1958.

As a young boy of nine years, growing up in the mountains of Peru, he, like all the other children, attended catechism every Saturday for religious lessons. After their studies, they would be treated to a special film each week. Not the films you and I might think of, no, they got to enjoy the "art of silence" through the likes of Charlie Chaplin, Buster Keaton, and Laurel & Hardy. Every Saturday for a year, Cesar gazed up at the screen as he came to love those early performers and he wanted to be just like them. While others enjoyed the humor of it all, Cesar saw the art and

beauty. He was so mesmerized; he knew exactly what he wanted to do when he grew up and the art became his love, his life, and his purpose.

While attending University in Lima, Peru, Cesar decided he wanted to study under Marcel Marceau, and he had a plan. With just \$90 in his pocket and a one-way ticket to Joaquin, Ecuador, he set out on what would become a seven-month journey as he made his way to Europe.



From Joaquin he traveled to Cali, and then Bogotá, Columbia where he performed on the streets to earn his way, sometimes even finding himself on the wrong side of the law! From there he headed to Canal Zone in Panama where he continued to perform on the streets. No training, just a love for his craft. And so, the story begins.

Cesar made it to Paris and studied under Marcel for four years. He then studied under Jacques Lecoq. Two of the most famous mime and body motion artists in the world.

His first opportunity to perform in the United States came in 1984 when he was invited to perform at BYU. This is where his journey truly took flight.

For the next 16 years he traveled the world performing; then he got his big break. For several years he worked on this idea of starting his own company of performers and he pitched his ideas to anyone who would listen. Years went by and then one day he got the call.

In 1997 he was hired by SeaWorld in Orlando, Florida, to bring his vision to life, and for six years he and his company of 25 performers staged "Flight of the Condor" and then "Odyssey" for another five. If you ever visited SeaWorld in Florida, you might have seen one of those shows. They have been enjoyed by almost 15 million people. Think Cirque du Soleil of the ocean.

Today, Cesar, in every aspect, is a world class professional mime who has performed on every continent and in over 50 countries.

Much has happened since then that I don't have room to cover now, however, this is the bottom line. He lives here, in St. George, and you have a very special opportunity to see him bring his art of silence to life at the Electric Theater. May 27th & 28th.

Purchase your tickets today at www.DonCesarCity.com

FESTIVAL OF THE AMERICAS COMES TO THE KAYENTA ART VILLAGE

Celebrating the early cultures of the Americas through music, dance, fine art and unique costumes.

The Kayenta Arts Foundation (KAF) is honored to present the premiere Festival of the Americas May 13-15, 2022. Festival of the Americas is a FREE, three-day, family-friendly, multicultural outdoor festival, produced by the Kayenta Arts Foundation.

The Festival showcases and celebrates the cultures of the first peoples of the Americas. Attendees will enjoy live music and traditional performances, such as dancing, drumming, flute. Native artisan booths will be full of paintings, pottery, fine art and more! Much of this year's festival will focus on Native American art and culture and takes place in the outdoor setting of the Kayenta Art Village and Center for the Arts at Kayenta. The area was once the ancestral home of the Paiute Indians and showcases the stunning natural beauty of Kayenta.

The three-day festival will feature an array of cultural arts forms and customs. Included in the weekend activities are traditional performances, painting, pottery, weaving, silversmithing, traditional dance, drumming, flute, native food, weaving, and craft demonstrations.

The Festival hours are Friday and Saturday, 9 AM - 6 PM and Sunday 9 AM - 4 PM. Two special ticketed events will be held in the Center for the Arts at Kayenta building, The Opening Ceremony and Adrian Hall Trio concert.

The Opening Ceremony will be Friday, May 13, at 7:30 PM. This evening celebration will include history and background information about local tribes, the Pow Wow and its restoration, the announcement of the Tribal Festival Queen and Princess and tribal youth dances, and flute and hand drums performances. Tickets are \$10 and available online.



Saturday evening, May 14th, will feature a special ticketed performance by the Adrian Wall Trio, Music from Native America, at 7:30 PM. Tickets are \$30 for adults and \$10 for students and children and available online.

Rob Goodman, President of the KAF Board of Directors explained, "The Festival of the Americas promotes collaboration between diverse cultural groups in the region. We plan on more than 40 artisans to present their work and engage with visitors about the connection of their own work to their cultural heritage. In addition, the festival will create a celebratory community hub for the understanding and appreciation of the history and cultural fabric of our shared ancient American story and the land we now live on."

The earliest habitation of Native Americans in Utah dates back 10,000 to 12,000 years. Against the Ivins City backdrop of ancient red rock landscape, these exquisite and advanced cultures have been preserved through music, drums, dance, fine art, and sacred customs. Surrounded by the warmth of the Kayenta community, attendees will go deeper in their respective understanding of Native Americans cultures and customs.

Goodman further stated, "KAF is committed to offering visitors and residents of all ages an outdoor arts festival program that provides a safe, healthy experience for people of all ages. This event will draw together distinct tribal communities for the greater good of preserving and sharing these ancient cultures with local residents and visitors to the region."

Come, be a part of the art at the Center for the Arts at Kayenta!

www.KayentaArts.com

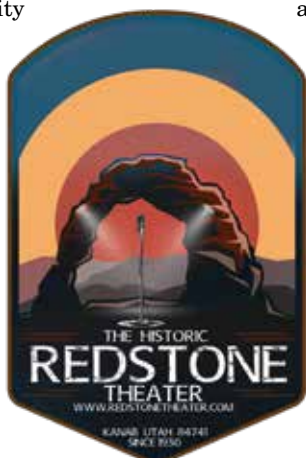


GREAT THINGS ARE HAPPENING AT THE HISTORIC REDSTONE THEATER

The Historic RedStone Theater in Kanab, UT, will be the host for some incredible talent and community functions with Hypno Hick and Kabezy Singh Comedy Jam as some of the things you can come out and enjoy!

The Redstone Theater has a rich history of providing family entertainment for over 88 years and the Redstone Theater is now run by the Dillman family. The Dillman family has deep roots in Kanab, UT, and have been part of the community for over 45 years.

The Theater is open for business, and they are hosting Events, Standup Comedy, Live Music, Concerts, Film Festivals, Conferences, Classic films, special events and much more. The theater also features four spacious fully remodeled vacation rental suites sitting on top



of the Theater "The Kanab Lodge", which are available to rent through AIRBNB and VRBO. Redstone is a calendar-based Theater so make sure to go to their website for event info and times. Be sure to follow them on Facebook and Instagram! Looking to sponsor a great event or theater? Be sure to reach out and they'd be happy to show you what's possible.

Coming June 4th: Hypno Hick

Shaun Dee the Hypno Hick has been providing Comedy Stage Hypnosis for Fairs, Schools, Corporate events/parties and Fundraisers since October of 2003. For the last 18 years he has hypnotized thousands of volunteers on stage as well as one on one clients in his hypnosis clinic called the Alpine Hypnosis Center in Payson, Utah. If you haven't seen one of the Hypno Hicks comedy shows, Don't Miss Out. His shows are family friendly are super hilarious, you will laugh till your boots fall off.

Coming June 25th: Kabir "Kabezy" Singh Comedy Jam
Kabir "Kabezy" Singh comes to us fresh off his standing ovation and four "yeses" on NBC's America's Got Talent in June of 2021, and he has been a touring headliner for almost a decade



now. Kabir has been featured on Amazon Prime and The Family Guy on Fox. His YouTube Dry Bar Special, Stay Single, has been one of the best-reviewed comedy specials of all of time.

Want to host your own party of event? The theater is available to rent so you can take advantage of this amazing venue for your next party, family function, or maybe you're a performer!

In addition to putting on great shows, Redstone is looking forward to working with the community, local businesses, and non-profits, talk with someone today, they have lots of fundraising ideas and opportunities.

For more info, and tickets to see upcoming events, visit www.redstonetheater.com



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EVENTS

BLACK CLOUD PRESENT THE 6TH ANNUAL COLORADO CITY MUSIC FESTIVAL

“When was the last time you were the person in the rearview mirror, windows down singing and, playing the air guitar or drumming like no one else was looking? Music has that effect on people.

Black Cloud is proud to present The 6th annual Colorado City Music Festival, on May 14th in Hildale, Utah at the Beautiful Maxwell Canyon Park, Where it's a safe place to be that person again!

Headlining is **THE RHYOLITE**



- Live Bands starting at 11 AM
- Many Delicious Food Choices
- Bounce Houses and Face Painting
- Local Artists and Other Vendor Booths
- Huge Beer and Wine Garden

The Colorado City Music Festival is an all-inclusive and family-friendly music fes-



SOUND!

And it can't be a festival without food, drinks, and stuff for the whole family to do right? So, you'll find a variety of food, merchandise vendors, a beer and wine garden, activities for the kids, and 12 more live music performances! It's a full day with Thrill Billy Deluxe, Lennon Roach, Tom Bennett, Blake Mason Band, Addison Lea Thompson, Tony Holiday, The Appletons, Page Overton, Henry IX, Stone Company, Thee Rozee, Whiskey Breath, and Josh Larsen. Gates open at 10 AM.

Purchase your ticket to the 6th Annual Colorado City Music Festival at ColoradoCityMusicFestival.com.

tival in the Beautiful Maxwell Canyon, in Hildale UT. We have all music genres from folk to hard rock to country, and it's all live. We have something for everyone, and we hope to see you there!

So, bring your blankets, chairs, and shade umbrellas out to the park for a day of music, food, and fun for the whole, family!

Please note: Internet and cell service is extremely poor at the park. Most of our vendors will only be accepting cash transactions. Be sure to hit the ATM before coming to the event!

Again, you can purchase your ticket to the 6th Annual Colorado City Music Festival at ColoradoCityMusicFestival.com

SCHELL RAISING COMES TO FAR EASTERN NEVADA'S STEPTOE VALLEY

- June 2nd – 5th, 2022 - WHITE PINE COUNTY, Nevada -- Get out your earplugs, music lovers.

Alt-country legends Old 97's, “Sedona” songsmiths Houndmouth and more than two dozen other bands are coming to Far Eastern Nevada next year for a music festival fundraiser to benefit the nonprofit Nevada Northern Railway (NNRy).

Schellraiser 2022 is set for Thursday, June 2, through Sunday, June 5, at the McGill Pool Park, about 3.5 hours north of St. George and just over three hours from Cedar City. Early-bird four-day festival passes, and individual day tickets are now on sale at www.schellraiser.com/tickets.



BRONCHO and The Dirty River Boys round out the four-day event's headliners, while Nikki Lane, Shannon Shaw, Starcrawler, The Last Bandoleros, The Cactus Blossoms, and Blue Water Highway are among the festival's supporting acts.

The expanded lineup also features Whitney Rose, The Paranoyds, Ratboys, Jaime Wyatt, Vandoliers, Black Belt Eagle Scout, Chuck Mead, Moving Panoramas, Federale, Motel Radio and Panda Riot, among others.

“This is my dream lineup,” event organizer, NNRy supporter and McGill resident Rudy Herndon said. “My longtime heroes



the Old 97's were the very first band to commit to this event, and thanks largely to their involvement, everything else fell into place surprisingly well, in spite of the ongoing Covid-19 pandemic.”

Schellraiser was founded in late 2019 as part of privately funded efforts to help revitalize McGill's small but historically significant downtown core. Work is slowly but steadily underway to restore the town's long-abandoned movie theater and Odd Fellows meeting hall, where a new coffeehouse/restaurant and community event center are taking shape.

The festival is also developing the Schellraiser campground in the spectacular Steptoe Valley, just minutes away from the High Shells and Bristlecone wilderness areas near McGill.

Lodging options will range from two shipping container homes with rooftop decks, to fully furnished yurts, bell tents and unfurnished box tents; restrooms and shower trailers will also be available for campground guests. Campground reservations will be available starting in mid-February through the event's website at schellraiser.com.

For its inaugural festival, the event organizer reached out to the railway to help support its McGill train depot and McGill railroad track restoration projects.

To kick off Schellraiser's fundraising campaign, the festival donated \$25,000 last year to help the railway and its volunteers restore Locomotive 81. It has since chipped



in another \$5,000 for other railway projects.

“The Nevada Northern Railway is one of the main things that drew me to this area in the first place,” Herndon said. “And I wanted to do my part to help this one-of-a-kind national historic landmark bring about its vision for the future,” Herndon said that festival-goers can help the event maximize its impact by buying tickets and festival passes: All proceeds -- after event expenses -- will be donated to the railway. Visit www.schellraiser.com for more information.



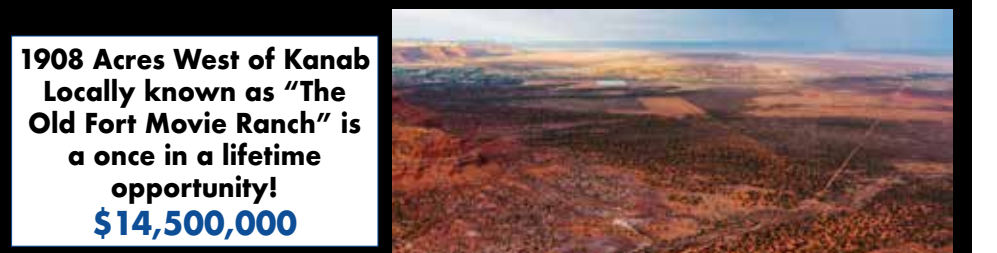
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EVENTS

RED LIGHT MADNESS

By James McFadden

If you read my Letter from the Editor at the front of this month's paper, you might have an idea of where I'm heading with my thoughts here.

In life, we all make honest mistakes,



like the young man I met a couple of months ago after he unintentionally ran a red light causing a pretty bad accident – and in his case, it truly was an accident. As fate would have it, no one was seriously injured. However, calling most accidents 'honest mistakes' cannot be said for the majority of collisions we are seeing at intersections throughout southern Utah. Running red lights has become commonplace and quite honestly, it has in many cases reached epidemic proportions.

In southern Utah, drivers really do seem to believe, yellow means hurry up and GO FASTER, shame on you.

Where the crash pictured in this article

was, as I came to believe, an honest mistake. Most collisions, do not even come close to qualifying as accidents. Most of them are the direct result of an intentional decision to ignore the personal safety of other's as well as the law, and it's pathetic.

I can't imagine what it's going to take to change this conduct, but one thing is certain. If we don't get this behavior under control, people are going to continue to senselessly lose their lives to ignorance and arrogance.

So the next time you find yourself falling into this trap as others are disregarding the safety of others ahead of you, I would implore you to slow down and do the right



thing. If you do, the life you save might be mine or someone I love.

I would also encourage you to go on-line to our website and share this article on Facebook and encourage your friends to do so as well. I'm not asking you to do this so we will get more website traffic, I'm asking you to do this because this is a very serious and a very real problem in our area. There really is no justifiable reason for anyone to lose their life in traffic here. This isn't Los Angeles or Vegas, It's southern Utah for god's sake... So please, make better choices out there.

Be safe, be happy and be smart.



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OPINION

UKRAINE ISN'T THE ONLY PLACE WHERE FREEDOM IS ON THE LINE

By Ed Kociela

With good reason, the world is keeping a close eye on what is going down in the Ukraine.

We worry about human rights, civility, and freedom as Vladimir Putin continues his unhinged assault on the innocent people of the Ukraine who are bravely resisting the despot's charge.

We could use some of that heroism in the United States right about now where truth is of diminishing value and lies have become the currency of the realm. Especially among the preposterous members of Team Trump, who would have disappeared by now if not for the archaic Electoral College that seated the loser of the popular vote — by about 3 million votes — as the 45th president. These are the folks with the greatest amount of heartburn today as another who wore the Team Trump jersey, Kevin McCarthy, is thrust into the spotlight for having lied about his conversations about the former president and his responsibility for the Jan. 6, 2021 domestic terrorist attack on the U.S. Capitol.

It began when the audio of a conversation between McCarthy and Liz Cheney, cast off from GOP leadership when

she publicly opposed Trump, surfaced in a story published by The New York Times. The piece states that McCarthy told Cheney he planned to call Trump and discuss his possible removal from office via the 25th Amendment.

"The only discussion I would have with him is that I think this will pass and it would be my recommendation you should resign," McCarthy says in the recording.

In a subsequent audio McCarthy told fellow Republicans that Trump had admitted that he bears some responsibility for the terror attack on the Capitol.

Now, of course, he is denying it, so go check the tape. It's there in plain and simple English, so plain and so simple that even Trump would understand the words.

McCarthy is in full meltdown denial, of course, looking for loopholes and issuing flat-out denials. He wants, you see, to be the next Speaker of The House. Of course, a few things must first take place. First, the Republicans must wrestle control of the House. At the moment, Democrats hold a 10-seat advantage. The mid-term elections could change that. In fact, historically, the minority party usually picks up some seats in off-year elections. Whether they do this year depends on a tricky political road that oddsmakers are uncomfortable with, making it virtually a pick 'em in both the House and Senate. Variables, from the inflationary economy to the war in the Ukraine to the Trump-Jan. 6 saga will loom large in the decision. My guess is the GOP could take advantage in the Senate and that the House will probably see at least a couple new Republican faces. Enough to sway the vote? That's too tough to call, especially at this point, but my gut says probably not. However, should the GOP take the House,

McCarthy will be the frontrunner for the Speaker job, which means he will lie, steal, and cozy up to Trump as much as possible to grab whatever advantage — or, perceived advantage — he can scrape together. Among fellow Republicans, it doesn't seem to matter that he is lying to cover his tracks regarding his admonishment of Trump. It worked for Sens. Mitch McConnell and Lindsey Graham, who both came down hard on Trump in the wake of Jan. 6, only to still remain supportive lackeys of the former president. McCarthy has gone to great lengths to kiss the ring and reestablish himself in Trump's good graces.

Besides, the fact that yet another politician has been caught lying doesn't

elevating themselves to work for the good of the nation. It is no longer even just a game of politics, it is foursquare, undiluted devotion to partisanship and the desire to annihilate the opposition. While Democrats have their own ideology and agenda, which they cling to closely, they are guided by a much better moral compass that considers all, not just the few at the top of the food and money chains.

This wasn't the case, once upon a time when Republican stalwarts like Bob Dole, Barry Goldwater, John McCain, Everett Dirksen, and even Orrin Hatch, who often crossed the aisle to work with Ted Kennedy and the Democrats, were in office. The good of the nation always took precedence with those guys. But, find me a Dole or Dirksen, or even Hatch these days who is willing to do so.

Alas, those were different days, different people with a different kind of character that understood that honesty was the basis for credibility and the foundation of integrity. McCarthy, McConnell, Graham and their Trump-coerced cohorts have neither credibility nor integrity.

And, that is why the United States finds itself, in so many ways, running parallel with Russia, where truth is a rarity, and Putin, who is forever a stranger to truth.

The Jan. 6 investigation is critical because from that, grand jury hearings can be established to force guys like McCarthy and Mark Meadows, who served as Trump's chief of staff, to testify under oath. To be honest, I don't really care if they all go to jail. The revelation of their deceit and treachery being exposed would be good enough for me. Pardon them all, I don't care. Just get to the truth of this thing and allow the nation to move on from the shadow of evil and deceit that has shrouded it during the Trump years.

And, although it may seem extremely burdensome, the pursuit of truth and rejection of those who would avoid it is the only honorable course.



rankle me as much as the idea that so many people believe their lies. Politicians lie. Period. Most seem unable to speak the truth, particularly this bunch clinging so tightly to Trump's shirttails. As much as I loathe liars, what is most disappointing is the reality that so many voters could be so dense. It is beyond me to understand how or why.

People, educate yourselves. Look at facts, not the twisted spin of warped politicians working for their own best interests and job preservation. Guys like McCarthy, McConnell, Graham, and Trump are serial liars, incapable of truth or

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OPINION

UTAH'S DEBATE OVER TRANSGENDER ATHLETES

By Howard Sierer

Woke progressives in Utah and around the country have started another culture war battle, this time arguing that transgenders born as males should be allowed to compete against – and dominate – biological female athletes. Once again, woke progressives adopt a newly-discovered and radical position and then blame social conservatives for starting the battle.

In this year's legislative session, Utah state Rep. Kera Birkeland proposed HB11 to allow high school transgender athletes to train with female teams but prohibit them from participating in interscholastic competitions. Birkeland, a girls' JV basketball coach at Morgan High School, points out that biological factors give trans-athletes an unfair advantage over their biological female peers.

Birkeland says her bill is intended to enforce federal Title IX provisions and to protect girls' ability to thrive in student athletics. Utah Senate President Stuart Adams agrees, saying in a statement, "Doing nothing is taking a step backward for women. Finding a solution to this complicated issue is necessary to maintain fair competition now and in the future."



Gov. Cox vetoed the bill, referencing its potential effects on transgender youth. "I struggle to understand so much of it and the science is conflicting. When in doubt, however, I always try to err on the side of kindness, mercy, and compassion."

I applaud the legislature for overriding the governor's veto. Contrary to the governor's statement, the science is not conflicting and competitive outcomes are clear. And for whom is the governor's "kindness, mercy and compassion" being extended? Certainly not to the biological females whose thousands of hours of training are overshadowed by transgender domination of their sports.

Gov. Cox, take a look at the science and the outcomes.

Post-pubescent biological males have undergone physical changes that cannot be undone with testosterone suppressants or even surgery. The International Women's Forum reports that there are more than 3,000 genes that contribute to muscle differences between human males and females.

Professor and former athlete Doriane Coleman explains: "Compared to females, males have greater lean body mass (more skeletal muscle and less fat), larger hearts

(both in absolute terms and scaled to lean body mass), higher cardiac outputs, larger hemoglobin mass, larger VO2 max (i.e. a person's ability to take in oxygen), greater glycogen utilization and higher anaerobic capacity."

Competitive results illustrate Professor Coleman's science. Olympic champion Nancy Hogshead-Makar shows how even with testosterone mitigation therapy, post-pubescent males have overwhelming physical advantages over biological females. She explains that "the average differential in the men's and women's 'A' standard times for NCAA championship qualification is 11.41%; meaning the women's times are 11%+ slower than the men's qualification times."

Hogshead-Makar notes that recently-crowned NCAA 500-yard freestyle swimming champion, transgender Lia (née William) Thomas, had been taking testosterone mitigation drugs for 2½ years, yet Thomas "is not 11% slower, she is only 2.6% slower than she was pre-transition in the 200-yard freestyle, and just 5.76% slower in the 500-yard freestyle. That is NOT mitigation. It is NOT fair."

Thomas isn't alone: transgenders born males are dominating competitions against biological women in various sports around the world.

Denying these facts is arguing against both the science and the data, something progressives routinely and often falsely accuse conservatives of doing. But science-be-damned when it runs counter to their latest progressive social fad.

The reliably-liberal Washington Post embarrassed itself by calling the transgender ban "a terrible way to deal with differences." I ask whether the Post thinks separate men's and women's athletics in general are "a terrible way to deal with differences."

If not, why not?

Are Utah high school athletic divisions based on school size a "terrible way to deal with differences" or a common-sense way to provide equitable, balanced competition? Should a 182-pound high school wrestler with an eating disorder who "sincerely" sees himself as belonging in the 170-pound weight class be allowed to compete at that weight?

Southern Utah University's Haley Tanne competes against transgender athletes: "Whatever the biological male athlete's mental and emotional self-image, physically he's a guy—a guy my teammates and I are running against, and losing to, in women's athletics. This is hard because, not only are women being pushed out of their own sport, but past generations of women worked so hard to get us where we are... My teammates and I are watching our records, our scholarships and our competitive opportunities slip away."

Count me as one of the 67% of Americans who oppose transgenders competing in women's sports. I'm pleased to support the civil rights of female athletes at all levels of competition and to be a Utah citizen whose state is likewise committed to women's sports.

THOUGHTS ON OUR WORLD

By Lisa Rutherford

We just passed the 2022 Earth Day celebration, and calling it a celebration is a stretch. People have divided into camps. First there's the camp of those who are doing as much as they can to protect this planet—its air, water, plants and animals—in spite of that creating some—or a lot—of inconvenience for themselves. They may or may not have children. Those who have children, myself included, have even more reason to work to protect this Earth and inconvenience ourselves given that we want our children to have a world in which to live that is as safe as possible. There are many who do far more than I do.

Those who do not have children seem to have a higher level of love for humanity

don't care at all about this planet or its inhabitants or perhaps even about their own loved ones in the long run. Their stance seems to be more about immediate gratification: bigger homes, bigger vehicles, more travel, more goods, more energy use in general. Those are the folks who probably run the water down the sink without any consideration for conserving it or where their future water might come from. They are the ones who rather than take off more clothes in the summer would rather turn down the AC, or in the winter turn up the heat rather than put on a sweater, socks, or use a blanket. They're probably also the ones who insist on having grass no matter how much water it uses or will leave lights on in



and the planet in general since they seem to be willing to inconvenience themselves for those with whom they have little if any connection. They appear focused on the greater good by doing something that although inconvenient makes them feel good about themselves and the legacy they hope to leave for others to enjoy. Or, perhaps their efforts are linked to their politics and the groups with which they identify, so they feel they must live up to those standards.

Then there are those who seem to think any effort won't matter anyway. In a way, it's beginning to look like that may be the case given that we have been warned about climate change for about fifty years and only now is it frequently written and talked about. Rather than starting fifty years ago to mend our ways, we now face dire consequences. In spite of that, we must work to have clean water and air and remain hopeful that efforts to control emissions and resulting increasing temperatures will actually achieve something positive for all of us part—particularly for those already dealing with savage fires, storms, and rising sea levels.

Then there are those who seemingly

a room they're not occupying. They probably are also the ones who must have the latest, greatest technology even though their old ones probably work just fine.

It was mentioned to me by a friend that making changes in one's life for the benefit of our only home in this vast universe is like being in weight watchers, where everyone inspires others who want to lose weight. I hope it's true that those working to save this planet will influence some others. Making such changes in your life is more like believing in God. For many, perhaps most, there is no "real" proof that there is a God, and yet many have faith that there is without really knowing if living their lives to support that belief will achieve their heavenly goals. Living our lives in ways that protect this planet may not reveal the rewards of that effort to us either, but we must have faith that it will.

This Earth has provided us with much and asked little from us. Can't we do our best to try and protect it even though at times it seems beyond our control. Who knows what the ultimate outcome of our efforts might be? Have faith. I'm trying and I'm old!

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OUTDOORS

PA'RUS TRAIL IN ZION NATIONAL PARK

Trail: Pa'rus Trail

Location: Zion National Park

Difficulty: A very easy paved trail. This is the only trail in Zion National Park to allow leashed dogs and bicycles.

Average Hiking Time: Less than two hours at a leisurely pace.

Elevation: 3,852 feet trailhead elevation with about a 100 feet elevation change.

Family Friendly: Yes, family and leashed dog friendly. Just watch out for speeding bicyclists.

Getting There: From St. George drive to Hurricane via Interstate 15 and State Route 9. In Hurricane stay on State Route 9 and follow the signs to Zion National Park. It is about 45 minutes driving time from St. George to Zion.

Beyond the southern park entrance station, continue less than 100 yards and turn right (southeast), cross a bridge over the Virgin River, and enter the Visitor



Center parking lot. Park, walk back to the Visitor Center, and recross the bridge. On the northwest side of the bridge heading north, and alongside the Virgin River, is the signed trailhead for Pa'rus Trail.

Sometimes you want a challenging hike, one that pushes you. Other times, when you need to get outside but are feeling a bit lazy, an easy hike, almost a stroll, is appropriate. Especially one on which you can take Fido, a hike and walking the dog.

Fortunately, we live close to spectacular Zion National Park. Included in its boundaries are some demanding hikes—Angel's Landing, The Narrows, The Subway, Hidden Canyon, and so on. We have done them all. It also has some easy hikes such as Pa'rus Trail—our destination.

Just because it is easy doesn't mean Pa'rus Trail should be ignored. It is a stroll in the middle of the Zion Canyon alongside the Virgin River with amazing views. When you need that easy hike filled with stunning views where you don't sweat or risk a heart attack, consider Pa'rus Trail. (The trail is named after the Paiute word for "bubbling

water.") It is the only trail to allow dogs on a leash and bicycles in Zion National Park. Beware of speeding bicyclists.

In 1919 Congress established Zion as the Utah's first national park. Diversity dominates the 229 square mile park. Diversity in habitats with elevations ranging from 3,600 to 8,700 feet and including arid desert, woodland, coniferous forest, and riparian environments. Diversity in life forms with 69 species of mammals, 208 birds, 29 reptiles, six amphibians, and nine fish. And diversity in geology with mountains, buttes, mesas, arches, and, of course, canyons.

The trailhead elevation is 3,852 feet and the 3.5 miles round trip hike has an elevation gain of about 100 feet. The sky was mostly blue with some wispy clouds as we began our hike at 9:30 am with the temperature in the mid-50s.

The wide paved trail heads north along the Virgin River in the flat and open lower section of Zion Canyon. The first section runs along the edge of South Campground and next to the Virgin River. After passing

through the campground, the trail is in an isolated wooded riparian environment. Several places along the trail give approved access to the river below, great for some exceptional river photos. But please obey the "Do not hike here" signs.

Further along the scenery is more dramatic with magnificent views of the cliffs and mountains of Zion Canyon. From this point on, the towering reds, oranges, and browns of the canyon walls are stunning.

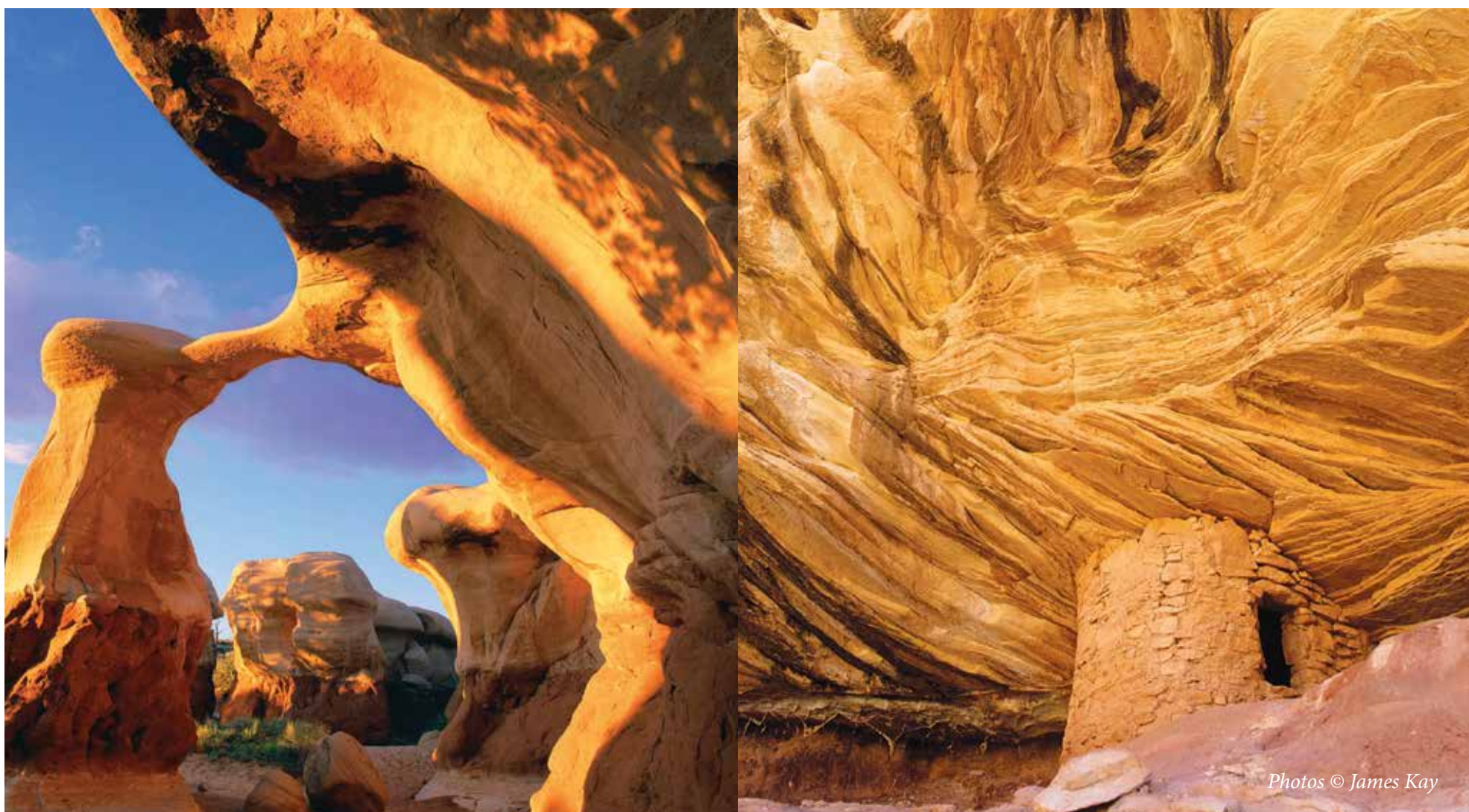
Along the way, we stopped and read the several trail exhibits, often placed near rest area benches. Among other topics, they provided quick lessons about the plants and animals in riparian zone near the river, the power of erosion, and the diversion dam along the river.

About one mile from the trailhead is a dirt trail on the left (heading west) leading to the Zion Human History Museum.

Via bridges, we crossed the Virgin River three times and it's Pine Creek tributary once.

Near the northern end, 1.7 miles from the trailhead, the trail goes under State Route 9 and ends at the Canyon Junction shuttle stop. We hung around for a while taking photos and then retraced our steps back to the trailhead.

This is a 3.5 mile round trip hike, (well, maybe a stroll) that took us less than two hours at a leisurely pace with many photo stops. If you need an easy hike featuring the riparian environment alongside the Virgin River and stunning views of lower Zion Canyon, this may be for you.



Photos © James Kay

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MOVIES

**CINEMA CON
2022
HIGHLIGHTS
CINEMATIC
BLISS IN SIN
CITY**

By Adam Mast

It's been a rough couple of years for the world in general and in the last 24 months, the film industry, in particular, took a pretty massive hit. Things are starting to look up, however. CinemaCon, a convention thrown for theatrical exhibitors from all over the world, was finally back in action after sitting 2020 out and scaling back considerably in 2021. The 2022 convention looked more like its usual self and honestly, it was a great sight to see; People smiling, people hugging, and people sharing in the communal experience that is watching a movie in a big dark room with a massive screen and spectacular sound.

Throughout this epic 4-day get-together, CinemaCon set out to showcase all the latest in movie theater hardware and snack bar goodness. What's more, the studios and the National Association of Theater Owners were on hand to talk all about the current state of the industry. The general consensus is, that movies are back and that, as CEO John Fithian put it; "The simultaneous release is dead." Translation; The days of a film streaming the same day it drops in theaters are over. Of course, whether or not smaller films will get as much play and attendance as big event films at your local multiplex, remains to be seen, but it's still nice to see people going to movie theaters again.

And while there was plenty of chatter about the end of day-and-date releases, the extension of theatrical-to-home windows, and the almighty war between the theatrical experience and the home viewing experience, it was the studio presentations that had this particular moviegoer salivating. Not only were all the major studios (Sony Pictures, Neon, Warner Brothers, Walt Disney Pictures, Universal Pictures, Paramount Pictures, and Lionsgate) on hand to march out talent and deliver sizzle reels and movie screenings, but all of this cinematic goodness was presented with the most incredible (and impeccable) showmanship possible thanks to rock star Mitch Neuhauser and his incredible CinemaCon team.

What presentations came out on top? Here are a few studio highlights;

PARAMOUNT PICTURES

Paramount decided to unload its big gun! Not content simply showing off the prerequisite sizzle reels, this iconic studio decided to go the extra mile and give attendees a screening of "Top Gun: Maverick" in



its entirety over a month ahead of its late May release date. We're prohibited from sharing our full thoughts on the film until May 12th but I can tell you that this movie delivers in a big way! Better than the first! Before the screening, Tom Cruise delivered a pre-recorded message from atop an airborne biplane with director Christopher McQuarrie flying in a separate plane by his side! Epic! Cruise not only introduced the "Maverick" screening while thousands of feet in the air, but he also revealed that we'd be the first audience to get a look at the first high-octane trailer for "Mission: Impossible—Dead Reckoning Part One." That would have been more than enough to satisfy attendees but Paramount didn't stop there. Additionally, they gave us an advance peek at Damien Chazelle's upcoming old-school Hollywood epic, "Babylon" and also revealed the subtitle of the next chapter in the "A Quiet Place" franchise, "Day One." Suffice it to say, Paramount Pictures wasn't messing around at CinemaCon this year! They delivered the goods!



WARNER BROTHERS

As expected, Warner Brothers put a major focus on their DC properties. While new footage from "Shazam! Fury of the Gods" dazzled and tickled the funny bone and while new glimpses at the likes of "Aquaman and the Lost Kingdom" and "Black Adam" (with star Dwayne "The Rock" Johnson in the house commanding the crowd) were met with enthusiasm, it was a brand new look at "The Flash" that managed to trump my slight case of superhero fatigue. Despite Ezra Miller's off-screen troubles, he looks terrific in DC's big foray into multi-verse terrain. Of course,

the highlight of this particular footage was our first look at a charismatic Michael Keaton back in the iconic Batman suit for the first time since the early 90s! "Let's get nuts!" indeed! Elsewhere in the Warner Brothers presentation, a positively electric Baz Luhrmann was on hand to deliver brand new footage from his upcoming film, "Elvis." Even if the footage hadn't been good, Luhrmann would have emerged as the strongest cinema spokesman of the week with his highly energetic, articulate, and passionate look into the craft of filmmaking. As it stands, though, the footage from "Elvis" was, in fact, spectacular! As an added bonus, "Elvis" star Austin Butler was on hand to share stories about the making of the film. WB also gave us our first look at Gary Dauberman's new big-screen adaptation of Stephen King's beloved vampire novel, "Salem's Lot," and it looks outstanding, trading in cheap scares for a creepy tone. This movie wasn't really on my radar but it is now!

UNIVERSAL PICTURES

Universal Pictures opened its epic presentation up with an effective reel that served as a stunning look back at decades of cinematic greatness. Most of the major studios put together retrospective sizzle reels but Universal's towered above them all. Further still, in terms of talent and footage, Universal spared absolutely no expense. Highlights included the first screened footage from "Halloween Ends" introduced by the original scream queen herself, the iconic Jamie Lee Curtis. Riding high on the success of the brilliant "Everything Everywhere All At Once," Curtis talked about her love of John Carpenter and Debra Hill and thanked them for giving her the role of a lifetime. As for the "Halloween Ends" footage...It was nostalgic and terrifying in equal measure. The footage included shots from Carpenter's original "Halloween" but the centerpiece of this particular sizzle reel finds Laurie Strode taking on Michael Myers in the ultimate knife-wielding showdown. Great stuff! And the horror didn't end there. Universal also shared a look at a new James Wan-produced sci-fi horror flick called "M3gan." This story of a lifelike doll that goes on a murdering rampage looks like a creative fusion of "Child's Play," "A.I.," and "Deadly Friend." Universal Pictures would close out their presentation by bringing Bryce Dallas Howard and Jeff Goldblum to the stage. They were there, of course, to give us an exclusive look at the brand new trailer for a little film called "Jurassic World: Dominion." It didn't disappoint! And neither did Goldblum. The eccentric actor engaged the crowd with his own unique brand of offbeat Goldblum charm.

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RIRIE WOODBURY DANCE COMPANY May 5-7, 7:30 PM. Ririe-Woodbury Dance Company is Utah's most established institution for contemporary dance. The Company actively embraces and commissions the work of contemporary choreographers, tours worldwide, and develops dynamic education and community outreach programming. Through performance and educational undertakings, the Company pursues its mission to make dance a viable part of everyone's life—whether it be as creators, performers, dance educators, critics, or as participating audience members. Kayenta Center for The Arts, 881 Coyote Gulch Ct., Ivins.

SNOW CANYON HIGH: MUSICAL REVIEW May 5-7, 7 PM. Snow Canyon High School, 1385 Lava Flow Dr., St. George.

BEAVER DAM JAM STREET FEST & SWAP MEET May 6-8. Three days of live music. Lawnmower races. Multiple stages featuring many styles of live music. All free! Plus free parking and camping space available. Come sell your wears. Vending opportunities available, please call 928-347-5589. 401 Co Hwy 91, Littlefield.

AMAZING EARTHFEST May 8-14. We organize a thought-provoking, informative, mission-driven, educational festival for all ages connecting people to nature and the gorgeous landscapes of southern Utah and northern Arizona. Enjoy arts, culture, documentary film, live entertainment, presentations, and guided outdoor adventures amidst some of the world's most beautiful scenery. With the pandemic, Amazing Earthfest will be entirely online! Our educational festival brings enjoyment and learning opportunities to residents and visitors while enhancing community and economic resilience in Kane County, Utah. Visit <https://www.amazingearthfest.org/> for information and events.

DEDC SPRING CONCERT May 13-14. Desert Edge Dance Company, 969 N. 3050 E. A1, St. George.

FESTIVAL OF THE AMERICAS May 13-15, 9 AM. Festivals Of The Americas Family - Friendly festival celebrating the early cultures of the Americas Attendees will experience traditional food, live music, storytelling, artisans, traditional dancing, singing, and demonstrations. Friday and Saturday: 9 AM. - 6 PM. Sunday: 9 AM. - 4 PM. Friday Opening Ceremony: 7:30 PM. Saturday evening performance: 7:30 PM. Kayenta Center for The Arts, 881 Coyote Gulch Ct., Ivins.

LUMEN ATRA AT CASABLANCA May 6-8, 7 PM. Showtimes may vary. Playing a diverse variety of dance music— from Top 40 hits of today, 60s, 70s, 80s, 90s, 00s and more! Free. 21 or older. 950 W. Mesquite Blvd., Mesquite.

GREGG PETERSON BAND AT CASABLANCA May 11-15, 7 PM. Showtimes may vary. Classic Rock, Variety, and dance band. Free. 21 or older. 950 W. Mesquite Blvd., Mesquite.

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CALENDAR

ANITA LEHMANN PROFESSIONAL ARTIST WORKSHOP 10 AM. May 16-20, 10 AM. \$500 Registration. The workshop is limited so don't wait to book tickets. BID Anita H. Lehmann is a teacher, an artist, and an award-winning architectural illustrator. She is a registered architect in the state of Washington with a Master of Architecture from the University of Washington. She teaches group art classes in the United States and Europe, focusing on free-hand drawing, painting, and design. Kayenta Center for The Arts, 881 Coyote Gulch Ct., Ivins.

UTAH SUMMER GAMES June 2-8, 8 AM. Larry H Miller: Utah Summer Games Larry H Miller: Utah Summer Games held in Cedar City, UT. An Olympic-style festival for athletes of all ages and abilities. Teams and individuals can join in friendly competition in events such as Soccer, Basketball, Karate, Mountain Biking, Shooting, Golf, Cycling, Swimming, and so much more. Don't miss the Opening Ceremonies festivities or the Athlete Black Party. If you are not competing, pick a sport and a team, make a banner or bring some pompoms and cheer the athletes on. For up-to-date information and a list of events visit www.utahsummergames.org or call (435) 865-8421. Click for the 2022 Schedule, Summer Games, Cedar City.

COMPETITION TEAM AUDITIONS MAY 20-21. Westside Studio of Performing Arts, 170 N. 400 E., St. George.

SCHELLRAISER MUSIC FESTIVAL 2022 June 2-5. 9 AM. Thirty-one bands. Four days, One great cause! Schellraiser 2022 Brings musical acts from as far away as Nashville Dallas Minneapolis Los Angeles New Orleans and beyond to eastern Nevada's spectacular Steptoe Valley to raise decibel levels and money for the nonprofit Nevada Northern Railway McGill depot and McGill railroad track restoration projects. Featuring Old 97's, Houndmouth, Nikki Lane, Shannon Shaw, BRONCHO, The Dirty River Boys, The Cactus Blossoms, Starcrawler, The Last Bandoleros, Vandaliers, Ratboys, and more! Visit schellraiser.com for info and to buy tickets. McGill Pool Park, U.S. 93, McGill, Nevada.

THE RIDE AT CASABLANCA May 18-21, 7 PM. Showtimes may vary. Singing a great variety of classic rock. 950 W. Mesquite Blvd., Mesquite.

AMERICAN THUNDER AT CASABLANCA May 25-29, 7 PM. Showtimes may vary. All styles of music and genres including classic and contemporary rock, contemporary and traditional country, dance/R&B hits and oldies favorites plus many more. Free. 21 or older. CasaBlanca Resort, 950 W. Mesquite Blvd., Mesquite.

"YOU'RE THE STAR!" KARAOKE AT BEAVER DAM STATION 5 PM. Every Wednesday and Saturday with Gayle Louise (725) 225-1613. 560-522 W. Mesquite Blvd., Mesquite.

THE RIDE AT CASABLANCA May 18-21, 7 PM. Showtimes may vary. Singing a great variety of classic rock. 950 W. Mesquite Blvd., Mesquite.

"YOU'RE THE STAR!" KARAOKE AT MAD MIKES PUB 6 PM. Every Tuesday and Saturday. Food & Beverages 6-10 PM, with Gayle Louise (725) 225-1613. 560-522 W. Mesquite Blvd., Mesquite.

Events by Date
TUESDAYS

STORY TIME AT WASHINGTON BRANCH 11 AM. Washington County Library System, 220 N. 300 E., Washington.

TRIBUTE TO THE KING AT CASABLANCA 6-10 PM. Starring John Brooks. Must be 21 or older. Free. "Voted Best of Las Vegas 2013 "Best Elvis Tribute Show" and "Best Lounge Performer." CasaBlanca Skydome Lounge, 950 W. Mesquite Blvd., Mesquite.

WEDNESDAYS

WONDER WEDNESDAY-LIBRARY 4 PM. Free for all students K-5. Children, accompanied by an adult, can join for adventure and fun make-and-take activities. This week children are invited to come and explore color with art projects and fun experiments! Wonder Wednesdays take place at five locations throughout the month. 1st Wed.-635 N Main St, 2nd Wed.-Cedar City Library, 303 N. 100 E., 3rd Wed.-artsFUSION at Southern Utah Museum of Art, 13 S. 300 W., 4th Wed.-SUU S.T.E.M. Center, Geoscience Bldg. 351 W. University Blvd., Room #323, 5th Wed.-Frehner Museum of Natural History 351 W. University Blvd., Southern Utah Museum of Art, 13 S. 300 W., Cedar City.

STORY TIME WITH MRS. MANN 10 AM. Washington County Library, 88 W. 100 S., St. George.

STORY TIME AT HURRICANE LIBRARY 11 AM. Washington County Library System, 36 S. 300 W., Hurricane.

GAMER CLUB 3 PM. Teens and 'tweens who love anime, gaming, or both meet for book discussions, games, and great times. Santa Clara Library, 1099 Lava Flow Dr., St. George.

BINGO WEDNESDAY AT THE GRILLE 6-8 PM. Free. There will be prizes given to all the winners. Sand Hollow Resort, 5662 W. Clubhouse Dr., Hurricane.

SINGER'S CLUB LIVE 6 PM. Open mic, sing, guitar, or grand piano. Facebook "Singer's Club" like our Facebook and watch the livestream every Wednesday night. Contact us if you want to perform. Gentry Music & Arts, 771 S. Bluff St., St. George.

THURSDAYS

TOPS (TAKE OFF POUNDS SENSIBLY) 4 PM. Support group helping you focus on making small, steady lifestyle changes with "Real People-Real Weightloss. Call (435) 669-7172 or visit www.tops.org Pioneer Museum, 145 N. 100 E., St. George.

DESERT COMMUNITY STRINGS AND NEW HORIZONS STRINGS 5:30-7:30 PM. Open to all ages and abilities. If you used to play a stringed instrument and would like to get back to the joy of music, this group is definitely for you. desertstrings.org Basement of St. George Medical Building, 736 S. 900 E., St. George.

JOYFUL YOGA 6:30 PM. An all Levels, all Ages class for anyone and everyone! Get your Joy on with Kundalini Yoga and Meditation as taught by Yogi Bhajan. Mantra, Mudra, Breathing, Movement all with a specific intention to elevate and synchronize your energy, physical and mental bodies to Meditate. Yogi tea and fresh fruit served after each class. By donation. \$5 to \$11. Sage Hills Healing Center, 6232 W. Sage Hills Dr., Cedar City.

KARAOKE NIGHT AT SAND HOLLOW RESORT 7:30 PM. Every Thursday night. Located in the Grille. Prizes available. Sand Hollow Resort, 5662 W. Clubhouse Dr., Hurricane.

KARAOKE WITH DJ LANCE AT MIKES TAVERN 9 PM. 90 W. Hoover Ave., Cedar City.

FRIDAYS

DJ EZ LIVE AT MIKES TAVERN 9 PM., 90 W. Hoover Ave., Cedar City.

SATURDAYS

CEDAR CITY FARMERS MARKET 9 AM.-1 PM. Come for the farmers, food, and artisans as well as drawings, bingo, and more! For information visit them on Facebook, Cedar Saturday Market, or call Nancy (435) 463-3735. IFA, 905 S. Main St., Cedar City.

TUACAHN SATURDAY MARKET 9 AM. A fun craft festival set in a beautiful and scenic canyon. Every Saturday morning we have live entertainment, crafters, vendors, food and fun. In the event of rain, we cozy up under the cover of the Tuacahn Amphitheater plaza. Tuacahn Amphitheatre, 1100 Tuacahn, Ivins.

FESTIVAL CITY FARMERS MARKET 10 AM. Every Saturday behind I/G Winery. Free admission. The Festival City Farmers Market offers the bounty of local farmers and backyard gardeners who grow organically year-round. Come and support local farmers by buying fresh and local year-round. Shop locally produced and grown fruit, vegetables, cheese, jam, bread, eggs, honey, farm products, and more. 45 W. University Blvd/Center St., Cedar City.

MONTHLY LAWNMOWER RACES 10 AM. The first Saturday of each onth starting at 10 AM Arizona time, and joining in for karaoke four nights a week, Wednesday through Saturday, beginning at 5 PM at the Beaver Dam Bar. 411 N. Old Highway 91, Littlefield.

TUACAHN SATURDAY MARKET 10 AM. Every Saturday local artists, crafters, and vendors to come and show off their work. 1100 Tuacahn Dr., Ivins.

TAI CHI DRAGON QIGONG AT SANTA CLARA LIBRARY 10:30-11:30 AM. Full-body energetic healing. Admission is free. No experience needed. Tai Chi Dragon Qigong is good for all ages and all levels of health and mobility. Santa Clara Library, 1099 N. Lava Flow Dr., Santa Clara.

TINKER LAB 11 AM. Tinkerlab is the museum's newest weekly class offered to museum guests. In this class kids will get the chance to experiment, and learn new skills. Tinkerlab activities will normally be crafted for groups ages 5+, but all are welcome to come "tinker" with us! Tinkerlab will be held on each Saturday of the month. Participation is included with your admission price. St. George Children's Museum, 86 S. Main St., St. George.

SATURDAY MOVIE MATINEE AT ST. GEORGE LIBRARY 2 PM. Washington County Library System, 88 W. 100 S., St. George.

KANAB LINE DANCE 7 PM. Weekly Line Dance Class. Kanab Center Gym. Located at 180 E. 100 N. along the back, east side of the building. Please park in the rear parking lot by the gym. New location TBD after Feb 5th. Drop-in: \$10, 4 class pass: \$30. Wear boots or comfortable shoes. Theme nights will be announced on FB & theme dressing is optional. More Info: Search Kanab Line Dance on Facebook or Call 808-634-8731. Kanab Center Gym, 180 E. 100 N., Kanab.

Events by Date

Fri, May 6

RUSH TRIBUTE AT SAND HOLLOW RESORT 7 PM. Create memories in the outdoor Sand Hollow Resort Rock Bowl with a live music tribute band! Tribute concerts don't get better than live music in a breathtaking outdoor theater. Doors open at 6 PM. Bring your own chair for lawn seating. All seating is first come first serve. No coolers allowed. No blanket seating. No outside food or drink. Food and beverages are available for purchase. Sand Hollow Resort, 5662 W. Clubhouse Dr., Hurricane.

KARAOKE WITH DJ JANELLE AT MIKE'S TAVERN 9 PM. First Friday of every month. 90 W. Hoover Ave., Cedar City.

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St. George Town Square
Second and Fourth Fridays
May through August!

MAY 27
Karate Kid Part II (1986)
PG 113 min.
Est. start time: 8:46 p.m.

JUNE 10
Secret Garden (2020)
PG 95 min.
Est. start time: 8:54 p.m.

SGCITY.ORG/MOVIEINTHEPARK

Sponsored by the City of St. George with funding from the Utah Division of Arts and Museums, the State of Utah and the National Endowment for the Arts.



Presented by the Arts & Special Events Division of Leisure Services
For arts information: sgcity.org/arts
435-627-4510

CALENDAR

Sat, May 7

FREE COMIC BOOK DAY Free Comic Book Day, Washington County Library System, 88 W. 100 S., St. George, and 36 S. 300 W., Hurricane.

KANAB'S FIRST ANNUAL HEALTH & WELLNESS FAIR 8:30 AM. Free admission. Come visit the local BOOST to see what our community has to offer. Free kids helmets (While supplies last, Raffle prizes from local businesses, including ski and bike passes to Brian Head, water and healthy snacks. Live music featuring Mountain top sound. Fun activities and classes. Kanab Center, 20 N. 100 E., Kanab.

FREE COMIC BOOK DAY 2022! 11 AM. Help Comics Plus celebrate our 20th year of Free Comic Book Day. Dress up the kids, dress up the dogs, bring the whole family by. It's fun for children of all ages (7-70) and it's free. Come meet local comic artist - Tessa Seely. A great day of festivities: FREE Comics Books, Costume Super Hero Characters, HUGE Store Sale, Remember your childhood... and pass it on. Comics Plus, 348 W. Saint George Blvd., St. George.

OPEN HOUSE-WOMEN'S HISTORY AND CULTURE CENTER 11 AM. Share Mother's Day and Loved Ones at a "Have a Heart" hunt with Music by the Mesquite Café Blues Band., 225 N. Willow St., Room 23, Mesquite.

SO UT COMEDY THEATER 7 PM. The 1st Saturday of each month will be the funniest improv comedy show in Southern Utah. Suggestions from the audience create hilarity on the spot. PG & R-rated shows. 7 PM-PG Show. 9 PM-R Show. \$15 advance/\$20 door. \$10 Students with ID. Group Tickets-6 for \$60. Doors open 1/2 hour prior to showtimes. Masks are mandatory. Dixie Center. (435) 922-HAHA haha@soucomedy.com. Dixie Center, 1835 Convention Center Dr., St. George.

Sun, May 8

KAILI SUDWEEKS AT GEORGE'S CORNER 6 PM. Folk music. 2 W. St. George Blvd., St. George.

DJ JANELLE AT MIKE'S TAVERN 9 PM. 90 W. Hoover Ave., Cedar City.

Mon, May 9

VIRGIN VALLEY AMATURE RADIO CLUB 6 PM. The Virgin Valley Amateur Radio Club holds meetings on the second Monday of each month. For more information please go to our website at: www.vvarc.net. Airport Fire Station #3, Mesquite.

CONCERT IN THE PARK FEATURES MIKALINE 7:30 PM. Free. Mikaline is a country singer-songwriter from St. Georg. Park seating is available, bring blankets, lawn chairs, food, and the family. Vernon Worthen Park, St. George.

CHOIR CONCERT 7:30 PM. Cedar High School, 166 W. 1925 N., Cedar City.

Tues, May 10

PAGE TURNERS BOOK CLUB 2:30 PM. Washington County Library System, 88 W. 100 S., St. George.

DIXIE HIGH: BAND CONCERT 6:30 PM. Dixie High School, 350 E. 700 S., St. George.

CANYON VIEW HIGH: CHOIR CONCERT 7 PM. Canyon View High School, 166 W. 1925 N., Cedar City.

Wed, May 11

APOLLO'S ARMY AT MIKE'S TAVERN 9 PM. Apollo's Army is a band that specializes in all forms of rock music. Having a background in all genres and decades of music, Apollo's Army offers a diverse sound with something for everybody to bang their head or tap their foot to. 90 W. Hoover Ave., Cedar City.

DIXIE HIGH: ORCHESTRA CONCERT Dixie High School, 350 E. 700 S., St. George.

CANYON VIEW HIGH: CVHS THEATRE TONY AWARDS 6 PM. Canyon View High School, Cedar City.

SNOW CANYON HIGH: POPS CHOIR CONCERT 7 PM. Snow Canyon High School, 1385 Lava Flow Dr., St. George.

Thurs, May 12

CANYON VIEW HIGH: INTERACT TALENT SHOW 7 PM. Canyon View High School, 166 W. 1925 N., Cedar City.

JERRY ALLEN AT GEORGE'S CORNER 7 PM. Jerry Allen is based out of St. George and cites Matchbox 20 and The GooGoo Dolls as influences. 2 W. St. George Blvd., St. George.

Fri, May 13

BEACH PARTY FOR UTAH UTV RALLY 8 PM. What's better than summertime concert on the beach? Sand Hollow Resort, 5662 W. Clubhouse Dr., Hurricane.

DJ BLAZE Mike's Tavern, 90 W. Hoover Ave., Cedar City.

Sat, May 14

FREE LANDSCAPE WORKSHOP: NATIVE PLANTS 10 AM. Discover 60 native plants to incorporate into your landscape to create a setting that's beautiful and water smart. This workshop is offered in-person and virtually. To participate virtually, please click: <https://bit.ly/3oCH7c> Washington County Water Conservancy District, 533 E. Waterworks Dr., St. George.

SECOND SATURDAYS AT SUMA 2 PM. Formerly known as Family Day, this series of events is for families and friends in the community of all ages. Southern Utah Museum of Art, 13 S. 300 W., Cedar City.

2ND SATURDAYS AT BLUES KATZ FEATURING LIVE ENTERTAINMENT 8 PM. An event that you will be able to count on every Second Saturday of every month at Blues Katz Rock n' Roll Bar. 307 N. Bluff, St. George.

Sun, May 15

CASEY STICKLEY OF SECOND ECHO AT GEORGE'S CORNER 6 PM. Free. Heavily influenced by bands such as Pearl Jam, Soundgarden, and Alice in Chains. 2 W. St. George Blvd., St. George.

Tues, May 17

CANYON VIEW HIGH: BAND/ORCHESTRA SPRING CONCERT 7 PM. Canyon View High School, 166 W. 1925 N., Cedar City.

LOSS-LOVED ONES SUICIDE SURVIVORS LOSS 7 PM. The support group meets continuously throughout the year on the 3rd Tuesday of every month. We are an open, free, peer-led Support Group for adults 18 years and older. No Registration. We encourage people from neighboring towns and all of Washington County to attend. St. George, 162 N. 400 E., Suite B200, St. George.

MERCURY: PLANET OF FIRE AND ICE 6:30 PM. Voyager Lecture Series, Presented by Ron Smith Lectureat 7:30 PM. Optional social hour with like-minded friends, light snacks and beverage at 6:30 PM. Mercury: Facts you probably don't know about Mercury: The second closest planet to earth, Vast quantities of water ice, Requires just several months to reach, not several years. It is both the 2nd hottest and 2nd coldest Planet in our solar system. Despite being close to the sun, this scorched world has vast regions with mild, earth-like temperatures. Kayenta Center for The Arts, 881 Coyote Gulch Ct., Ivins.

Wed, May 18

SOUTHERN UTAH LADIES SOCIETY MONTHLY GENERAL MEETING 6 PM. Southern Utah Ladies Society is a non-profit group of volunteers dedicated to making a difference in our community. We host fundraising events to raise money for under-served organizations providing much-needed services. We also plan monthly service projects where we volunteer as a group. St. George Area Chamber of Commerce, 136 N. 100 E., St. George.

Thurs, May 19

BLOOD DRIVE - GIVE BLOOD 10 AM. Schedule your appointment to GIVE BLOOD at www.donors.vitalant.org. Dance Room, 100 W. Mesquite Blvd., Mesquite.

TEEN BOOK CLUB 3:30 PM. Teen Book Club Washington County Library System, 36 S. 300 W., Hurricane.

PAWS FOR TALES-READ TO A DOG 4 PM. Children can read to registered therapy dogs. Washington County Library System, 88 W. 100 S., St. George.

BOOK ENDS BOOK CLUB 4:30 PM. Meet's on the third Thursday of every month. Washington County Library System, 220 N. 300 E., Washington.

JERRY SEARE AT GEORGE'S CORNER 6 PM. Contemporary. 2 W. St. George Blvd., St. George.

Fri, May 20

COMPETITION TEAM AUDITIONS 13 YEARS OLD & UP 3 PM. Westside Studio of Performing Arts, 170 N. 400 E., St. George.

COMPETITION TEAM AUDITIONS 8 YEARS OLD - 13 YEARS OLD 5 PM. Westside Studio of Performing Arts, 170 N. 400 E., St. George.

Sat, May 21

COMPETITION TEAM 13 YEARS OLD & UP INT/ADV 8 AM. Westside Studio of Performing Arts, 170 N. 400 E., St. George.

FREE LANDSCAPE WORKSHOP: PUTTING DESERT INTO DESSERT 10 AM. Learn about tasty indigenous plants that are unique alternatives to commonly harvested garden foods. Washington County Water Conservancy District, 533 E. Waterworks Dr., St. George.

SPRING TEA & ME - WOMEN'S HISTORY AND CULTURE CENTER 11:30 AM., 225 N. Willow St., Room 23, Mesquite.

9TH ANNUAL 1940'S HANGAR DANCE 6 PM. Take a step back in time with our 1940's Hangar Dance. Come in your vintage dress (not required, but highly encouraged), and be transported back in time as you dance the night away to 1940's Glenn Miller, Benny Goodman, Tommy Dorsey and more with live music provided by the Rebel Jazz Band. Western Sky Aviation Warbird Museum, 4196 S. Airport Parkway, St. George.

SMSUU CONCERT 7:30 PM. SMSUU Concert with Dr. Kai Wai YU and Urs Rutishauser. An extravaganza of famous Concertos by Johann Sebastian Bach! Chamber players and soloists from our area and Las Vegas will combine their skills to present three of the most exciting Brandenburg Concertos plus the Double Violin work. An ensemble of this size will rarely appear at Kayenta - don't miss this unique opportunity. Kayenta Center for The Arts, 881 Coyote Gulch Ct., Ivins.

Sun, May 22

LISA MAC AT GEORGE'S CORNER 6 PM. Free. Lisa Mac has become known for her powerful, soulful voice and poignant blues-rock songwriting. 2 W. St. George Blvd., St. George.

Wed, May 25

BOOK DISCUSSION GROUP 7 PM. Washington County Library System, 126 Lion Blvd., Springdale.

Thurs, May 26

JACK DUNN AT GEORGE'S CORNER 6 PM. Free. Contemporary rock. 2 W. St. George Blvd., St. George.

Fri, May 27

50+ FESTIVAL 10 AM. Virgin River Casino: FREE ADMISSION - Event Hours: 10 AM to 2 PM. Virgin River Hotel & Casino, 100 Pioneer Blvd., Mesquite.

READER'S CIRCLE BOOK CLUB 3 PM. Washington County Library System, 36 S. 300 W., Hurricane.

BURIED GIANT 9 PM. Blues Katz Rock n Roll Grill, 307 N. Bluff, St. George.

Sat, May 28

MAIN STREET YARD SALE Panguitch City, Panguitch.

EXTREME MIDGET WRESTLING 8 PM. This is a body slamming activity... MIDGET STYLE!!! The World's smallest wrestlers are competing for the title! Midgets vs. Dwarfs in an all-out Pro Wrestling War. Extreme Dwarfators Wrestling will shock and delight you! We are the baddest little show on earth! Don't miss this epic event! Kanab Center, 20 N. 100 E., Kanab.

Sun, May 29

COLE SHERRATT AT GEORGE'S CORNER 6 PM. Contemporary Rock. 2 W. St. George Blvd., St. George.

Mon, May 30

JAZZ & PERCUSSION CONCERT 7 PM. Cedar High School, 166 W. 1925 N., Cedar City.

Wed, June 1

FOREIGN FILM CLUB 6 PM. First Wednesday of every month. Washington County Library System, 88 W. 100 S., St. George.

ALICIA STOCKMAN 7 PM. Hive 435 Taphouse, 61 W. St. George Blvd., St. George.

Thurs, June 2

CHAPTER 1 BOOK CLUB 5:30 PM. Chapter 2 Book Club Washington County Library System, 88 W. 100 S., St. George.

Z-ARTS PRESENTS THE MATT FLINER TRIO 7 PM. "Deeply Rooted New Acoustic Music" Rockville Community Center, 43 E. Main St., Rockville.

CEDAR SKIES AT GEORGE'S CORNER 6 PM. Americana. George's Corner Restaurant and Pub, 2 W. St. George Blvd., St. George.

FROM THE CANYON TO THE STARS... 8:30 PM.

Join us for this melding of music and nature as the Utah Symphony showcases its extraordinary artistry in Messiaen's masterpiece From the Canyon to the Stars..., performed against the stunning backdrop of Zion Canyon's red-rock cliffs with Music Director Thierry Fischer conducting. From the Canyons to the Stars... became a deeply spiritual experience for Messiaen and he avowed that it was written to "glorify God in the beauties of His creations." The work is in three parts, each concluding with his depiction of one of Southern Utah's majestic landscapes. In the natural amphitheater of Cedar Breaks, he was overwhelmed with its "wild and colorful beauty" and a feeling of "immense solitude." In Bryce Canyon, which he felt convinced was the most beautiful place on the planet, he heard bright E-major chords in his mind as he gazed upon the red rocks. Zion Park inspired the "ultimate joy" and he translated this into a triumphant finale. Make your plans now to experience this immense artistic undertaking, immersed in the natural beauty that inspired it. O.C. Tanner Amphitheater, 144 Lion Blvd., Springdale.

Fri, June 3

HYPNO HICK 7 PM. Comedy Hypnotism by Shaun Dee the Hypno Hick. You can enjoy the show or be part of the show, the choice is yours! This event is a family-friendly show in a professional, safe environment. Dixie Center Ballroom, 1835 S. Convention Center Dr, St. George.

Sat, June 4

FREE LANDSCAPE WORKSHOP: RAINWATER HARVESTING 10 AM. Learn water-wise landscape practices and tips for harvesting rainwater. This workshop will be offered in-person and virtually. To participate virtually, please click: <https://bit.ly/3wVbb2a> Washington County Water Conservancy District, 533 E. Waterworks Dr, St. George.

Sun, June 5

DJ JANELLE AT MIKE'S TAVERN 9 PM. 90 W. Hoover Ave., Cedar City.

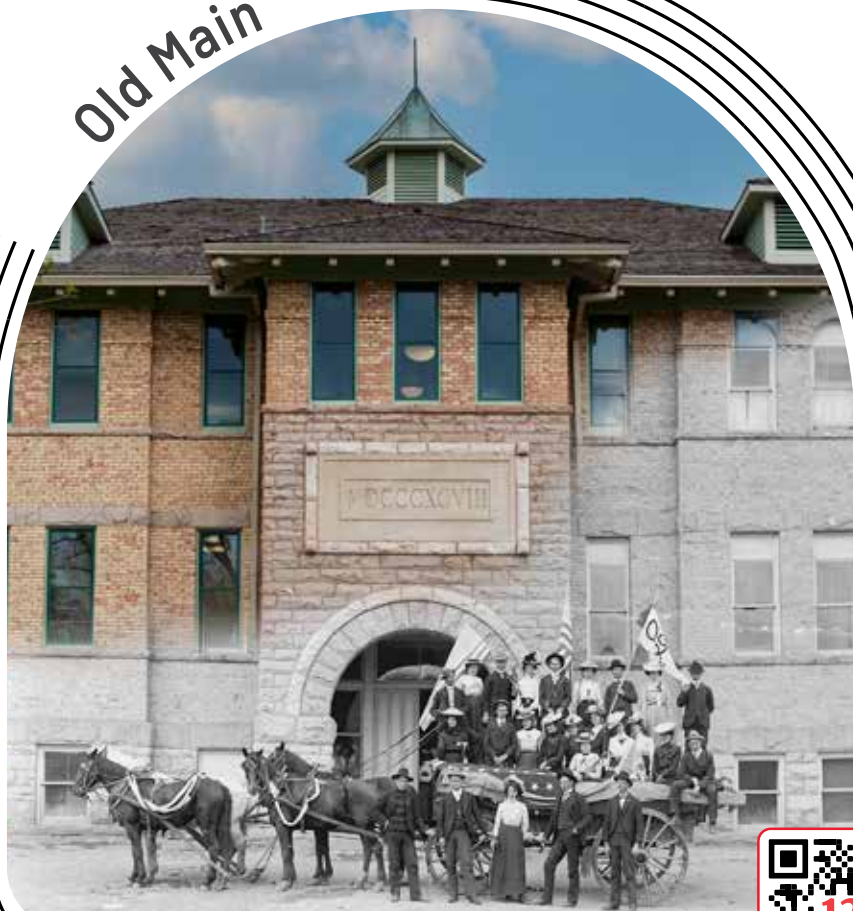
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Springdale Utah Town Map

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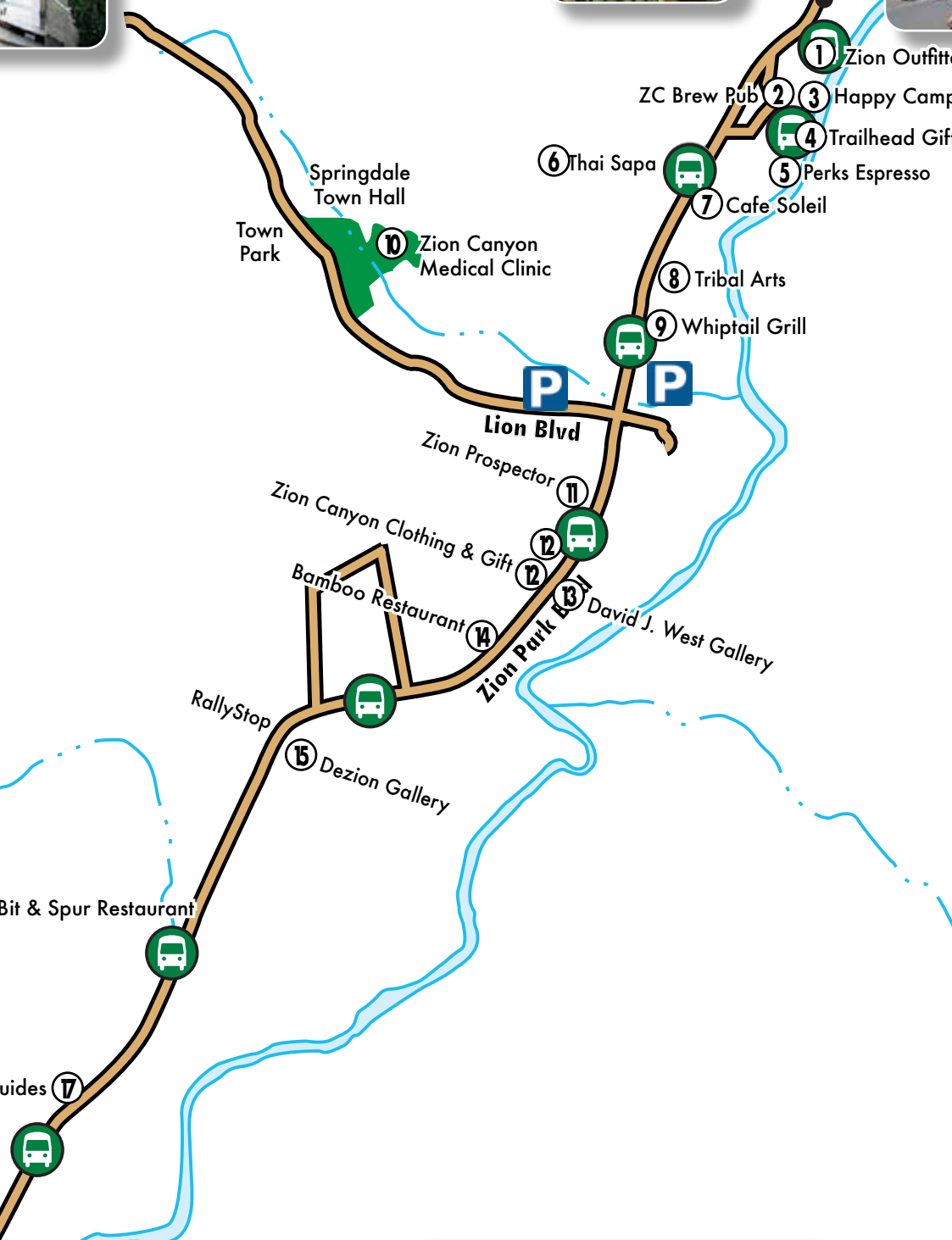
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Zion Rock & Mntn G



Get much more Zion area info at **ZionGuide.com**



P Paid parking lots can be found on Lion Blvd, behind Whiptail Grill Restaurant at 445 Zion Park Blvd, and a number of other locations throughout Springdale.

Other spots of note in Springdale include the library (located on Lion Boulevard, next to Town Hall), tennis/pickleball courts (also on Lion Blvd), and the Virgin River, which has numerous locations of access, but Riverside Park is one of the best.

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Customer parking available, in the Zion Canyon Village at the south entrance to Zion National Park.

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GUIDE TO UTAH'S LIQUOR LAWS

If you order an alcoholic drink at the restaurant bar, don't be surprised when the bartender asks you to order some food with your drink. In Utah, restaurants may only serve alcoholic beverages with food. Customers don't have to order food each time they buy another drink. The beer sold in grocery stores and gas stations, and tap beer is a bit weaker in Utah, limited to 3.2% alcohol content by weight (4.0% by volume), about 0.5% less than a typical American domestic beer. You can buy full-strength beer, along with liquor and wine, in a state-operated liquor store. Please remember to tip your servers and drink responsibly! The Utah State Liquor Store in Springdale is located inside the Switchback.

SPRINGDALE'S FEATURED RESTAURANTS FROM ZION GUIDE

Restaurant (Listed by address from ZNP Entrance)	Address	Phone	Drinks/Vegan (W)ine, (B)eer, (M)ixed Drinks (E)spresso, (V)egan items on menu	Hours	WI-FI
Red Rock Grill	1 Zion Lodge	435-772-7760	W, B, M, E, V	6:30-10:30am, 11:30am-3pm, 5-10pm daily	Yes
Zion Canyon Brew Pub	95 Zion Park Blvd	435-772-0336	W, B, V	Noon-10pm daily	Yes
Happy Camper Market	95 Zion Park Blvd	435-772-7805	B, V	8am-8pm daily	Yes
Thai Sapa	145 Zion Park Blvd	435-772-0510	W, B, E, V	11:30am-9:30pm daily	No
Perks Coffee Shop	147 Zion Park Blvd	435-668-0446	E	7am-4pm daily	No
Café Soleil	205 Zion Park Blvd	435-772-0505	W, B, M, E, V	7am-9pm daily	No
Spotted Dog Cafe	428 Zion Park Blvd	435-772-0700	W, B, M, E, V	7-11am, 5pm-9pm daily	Yes
Whiptail Grill	445 Zion Park Blvd	435-772-0283	W, B, V	Noon-9:30pm daily	Yes
Zion Pizza & Noodle	868 Zion Park Blvd	435-772-3815	W, B, V	4pm-10pm daily	No
Oscar's Cafe	948 Zion Park Blvd	435-772-3232	W, B, E, V	7am-9pm daily	No
Switchback Grille Restaurant	1149 Zion Park Blvd	435-772-3700	W, B, M, E, V	5-8pm daily	No
Jack's Sports Grill Restaurant	1149 Zion Park Blvd	435-772-3700	W, B, M, V	Noon-9pm daily	No
Bit & Spur Restaurant & Saloon	1212 Zion Park Blvd	435-772-3498	W, B, M, E, V	5pm-11pm daily	Yes
Park House Café	1880 Zion Park Blvd	435-772-0100	W, B, V	8am-2pm daily	Yes

See detailed restaurant listings for Springdale and the greater Zion National Park area at ZionGuide.com.

Welcome To Zion from Zion Guide!

Safety Tips For Zion

Emergencies

For 24-hour emergency response, call 911 or (435) 772-3322. The Zion Canyon Medical Clinic is located in Springdale near the south entrance to the park. For hours, please call (435) 772-3226. Other medical clinics are located in Hurricane. The nearest hospitals are in St. George, Cedar City, and Kanab.

Hydrate and use refillable water bottles

It is easy to get dehydrated while hiking and walking in the desert, so pack along extra water, and be sure to take rest and water breaks on long hikes. There are a number of places to refill your water bottles in Zion National Park including the visitors' center and Zion Lodge as well as a new hydration station at the Springdale bus stop in front of The Bumbleberry Inn and Zion Canyon Brew Pub.

Be cautious near steep cliffs

Falls from cliffs on trails can result in death. Loose sand or pebbles on stone are very slippery. Be careful of edges when using cameras or binoculars. Never throw or roll rocks because there may be hikers below you. Stay on the trail. Stay back from cliff edges. Observe posted warnings. Please watch children.

Watch for flash floods

All narrow canyons are potentially hazardous. Flash floods, often caused by storms miles away, are a real danger and can be life threatening. You are assuming a risk when entering a narrow canyon. Your safety is your responsibility.



Tips To Minimize Your Impact

Pack it in, pack it out & use recycling bins

Each month, Zion National Park pays many thousands of dollars to haul away waste collected from garbage cans and recycling bins. Your experience and that of everyone who visits Zion Canyon can be improved by never littering and making sure you pick up any trash you see along the way. Recycling bins are placed strategically throughout Zion Park, and it is highly encouraged for everyone to use them.



Please stay on the marked trails

Hiking off trails can lead to loss of vegetation, soil compaction, erosion, and unsightly scars on the landscape. Remember, if you bring it in, please pack it out.

Go before you go

It is always a good idea to use the restroom before you begin a hike since facilities are limited to select locations. If you do need to take care of your business, please pack it back out.

Be respectful to the wildlife

Feeding, harming, or capturing wild animals is illegal and can cause injury or death to the animal. Animals can become aggressive beggars when fed.

Please leave it how you found it

It is illegal to remove anything from Zion National Park, including flowers, rocks, or anything else that you might find. Do not write or carve on natural surfaces.

Tips To Maximize Enjoyment

Go on a less crowded hike

The most visited Zion hikes have a lot of competition. If you'd rather not feel like you're in the line at a theme park, consider seeking out a less traveled path. Check out our feature, Less-Traveled Zion Hikes, in this issue.

To avoid the crowds, go early or late in the day

Consider getting up extra early or trekking out midday after the initial rush has flooded in.

Consider coming back again in the low season

Starting in the late fall, the number of visitors to Zion Canyon starts to dwindle, and by December it's significantly less than in the heat of the summer. It is simply a different experience to see Zion in the winter with the snow-capped monoliths. Most hikes are still accessible and are less crowded. You can also drive to the Temple of Sinawava parking lot. The shuttles stop running from November until March.

Check out Kolob Canyons and Kolob Terrace Road

With gorgeous open spaces and plenty of dirt roads to explore, Kolob Terrace Road is one of Zion's best kept secrets. You'll notice the air getting cooler as you gain elevation, and you'll find plenty of beautiful views worth stopping at for a quick photo op. The Kolob Terrace Road turnoff is in Virgin, so watch for signs. Portions of the Kolob Canyon District of Zion National Park are reached via Exit 40 on Interstate 15.



at cable mountain lodge

— Zion Nat'l Park Entrance —

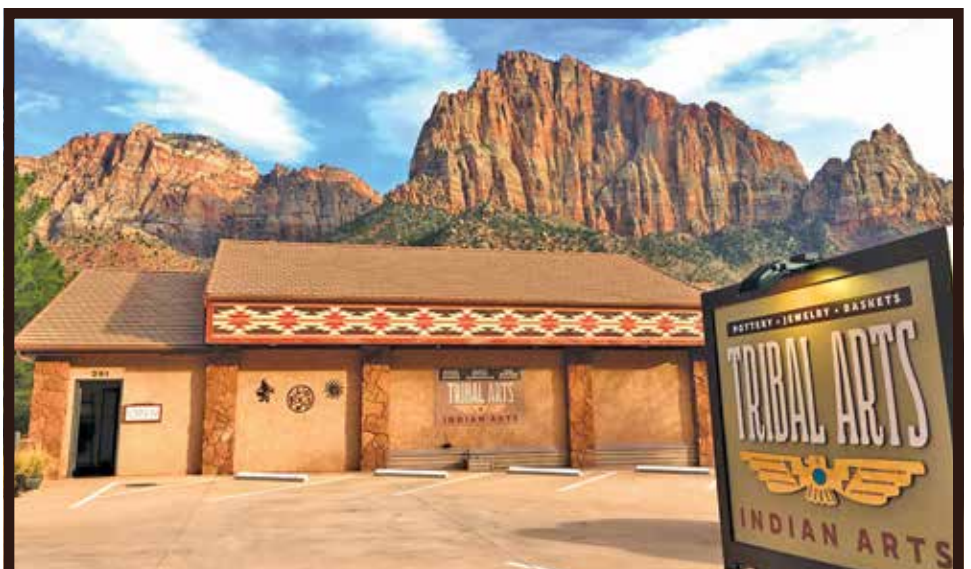
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Top Things To Do In Zion

Get some great hiking in

Zion National Park is known for its scenic landscape and unrivaled hikes. No matter your fitness level, there are hikes here for you. Please go to ZionGuide.com to see the details on many area hikes.

Spend a day in Springdale

Springdale is unique to our national park system in that it is almost completely surrounded by Zion National Park. So when you're in Springdale, you're right in the middle of Zion Canyon.

Catch an event

Not only does Zion Brew Pub have live music every Saturday, the property also hosts a handful of events throughout the year, as do the Bit and Spur restaurant, Tanner Amphitheater, Bumbleberry Inn, Wildcat Willies, and several other locations.

Try a guided tour

Jeep, helicopter, ATV, canyoneering, horseback riding, or mountain biking, guided tours are all available. Many of these tours take you outside Zion National Park boundaries and give you a unique perspective on Zion's canyons and plateaus from surrounding areas of southern Utah. Check out ZionGuide.com for listings and ads.

Visit the east side of Zion and spend a day in Kanab

The east side of Zion is generally less crowded, making hikes more accessible and private. These are some of the most enjoyable hikes in the canyon. You can spot wildlife you won't see elsewhere in the canyon. The city of Kanab, situated east of the canyon, is full of unique attractions, like the Little Hollywood Movie Museum and the Best Friends Animal Sanctuary.

Take lots of pictures, leave only footprints

Be sure you've got extra charged batteries, smartphone cables, and memory cards so you can capture all the magic of Zion National Park. Additionally, there are numerous photo tour and guiding companies to assist you. Thank you for visiting the Zion National Park area.



ELEVATE YOUR ZION NATIONAL PARK EXPERIENCE

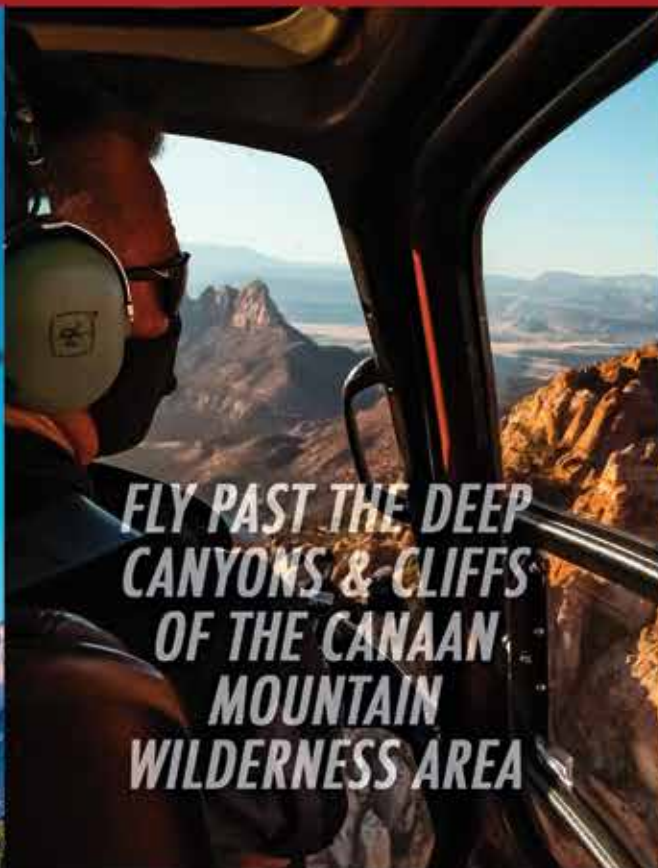


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Zion National Park Shuttle Info

SPRING OPERATIONS UPDATES FOR ZION NATIONAL PARK

Important Shuttle Bus Information

The Zion Canyon Line, or park shuttle, runs from the visitor center up the Zion Canyon Scenic Drive to destinations like the Zion Lodge and trailheads, including Emerald Pools, West Rim Trail, and Temple of Sinawava where hikers depart for the Narrows. There are two shuttle routes, and both are free. See our Park Information Guide for a map of the park shuttle.

The Springdale Shuttle, or town shuttle, is located in the Town of Springdale. It stops at 9 locations in town and picks up and drops off visitors at the park's pedestrian/bike entrance.

Background

The shuttle system was established in 2000 to eliminate traffic and parking problems, protect vegetation, and restore tranquility to Zion Canyon. In 2017, park shuttles estimated more than 6.3 million riders. In 1997, visitation was 2.4 million and increasing.

When The Shuttle Is In Operation

The park is a big place, and you can drive yourself on all open park roads except the Zion Canyon Scenic Drive during the shuttle season when Scenic Drive is closed to private vehicles. Shuttle season is almost all year. Typically, shuttles run March through November, weekends in February and March, and the last week in December. See the current and upcoming schedule below. Explore the map of the park to see other roads you can drive. If you would like to visit the Zion Canyon Scenic Drive before or after the shuttles run each day, you may use a bicycle.

Shuttle Schedule

Weekend-only shuttle service will resume on the Zion Canyon Scenic Drive from February 19 through March 18, 2022. Monday through Friday, private vehicles are allowed on the Zion Canyon Scenic Drive until all parking lots are full.

During shuttle operations, the last shuttle will arrive back at the Visitor Center around 45 minutes after it leaves the Temple of Sinawava. Do not wait until the last shuttle to leave Zion Canyon for the day. Due to limited capacity, the shuttle may be full by the time it reaches your stop, and you will be out of luck.

Shuttle Service will start in Springdale on March 19, 2022.

How To Use The Shuttle System

The Zion Canyon Shuttle connects the Zion Canyon Visitor Center to stops at various locations on the Zion Canyon Scenic Drive. Shuttles leave every few minutes and are all the same, going to all shuttle stops on the route in both directions. You may get on and off at any shuttle stop in either direction. The shuttle is free, but masks are required. Most visitors should start

at the Zion Canyon Visitor Center. If you are staying at the Zion Lodge, please begin by using the shuttle there. More details about the park shuttle, including open and closed shuttle stops, are featured on our Park Information Guide.

The Springdale shuttle operates similarly on the town route but is slightly less frequent. Shuttle Stop Map in the town of Springdale.

Parking is limited inside Zion, and all parking lots fill early in the day. Paid Parking is available in the town of Springdale.

Our website contains additional Traffic and Travel Tips, and you can tune your radio to 1610 AM for additional information when you arrive.



Please, no eating or smoking on the bus, beverages other than water are not allowed, and pets are not permitted on the shuttle buses.

Masks continue to be required when on the shuttle.

Zion Shuttle Schedule

First bus into the canyon from the Zion Canyon Visitor Center
Last shuttle leaves the Visitor Center
Last bus out of the canyon from the Temple of Sinawava

Starting Mar. 19

7:00 a.m.
5:00 p.m.
7:15 p.m.

Springdale Shuttle Schedule

First shuttle leaves the Majestic View Lodge (Stop 9)
Last shuttle leaves Zion Canyon Village (Stop 1)

Starting Mar. 19

8:00 a.m.
8:00 p.m.

Find more info on the shuttle system at nps.gov.

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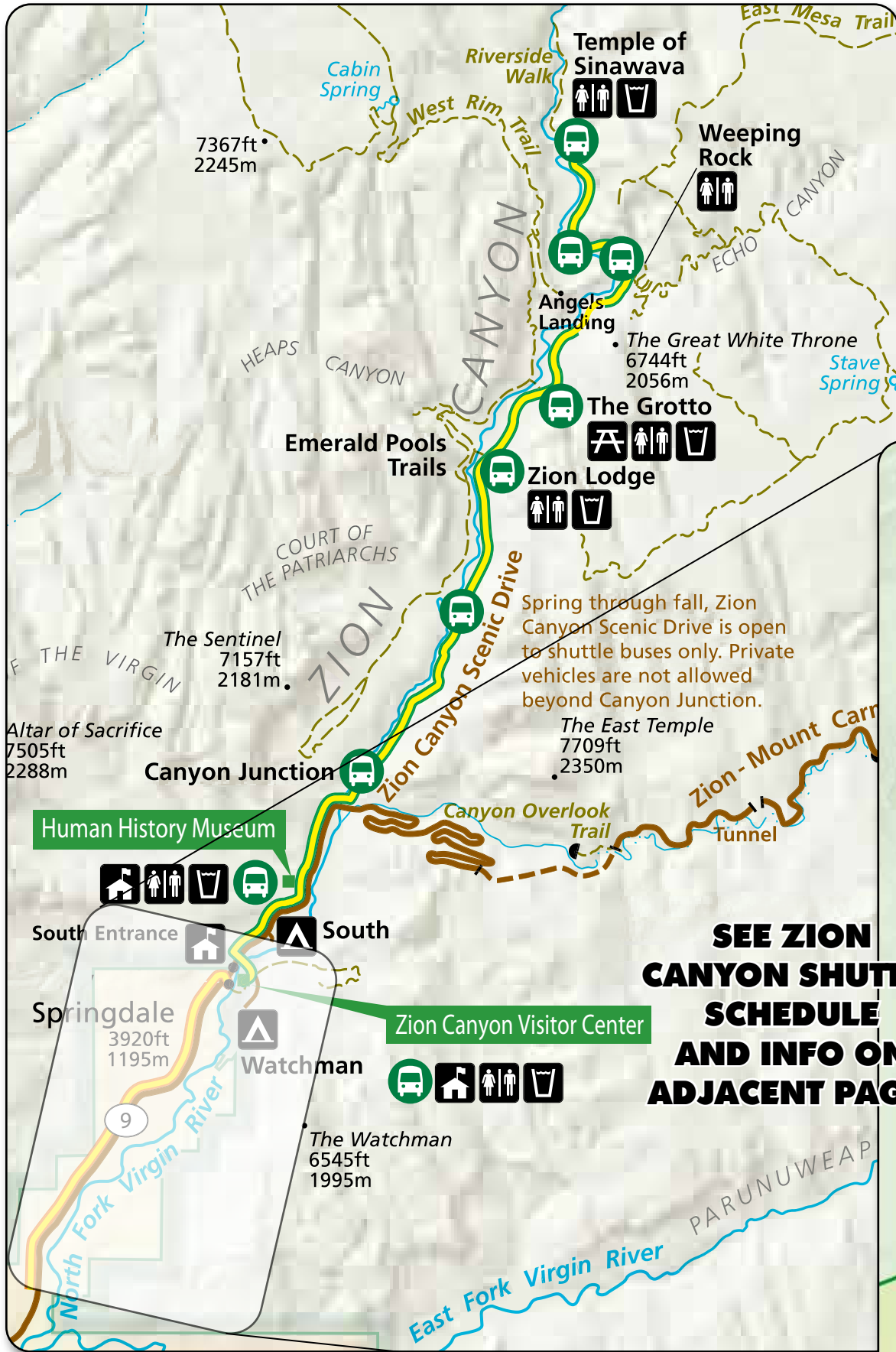
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Springdale Shuttle Map



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Zion National Park Latest Info

PERMIT PROCESS FOR HIKING ANGELS LANDING IN ZION

Apply to hike Angels Landing in September to November

SPRINGDALE, Utah – Planning a visit to Zion National Park this summer? Are you hoping to hike Angels Landing? Starting this year, you must apply for a permit to hike at Angels Landing and you can now apply at www.go.nps.gov/AngelsLanding.

“We expect many visitors will want to apply for a permit, so we took care to make our process accessible, flexible, and fair.” Superintendent Jeff Bradybaugh said. “Lotteries were the right fit for Angels Landing because they give certainty about application periods and flexibility so that people can fill out the application when it’s convenient for them.”

Need to know

- All advanced ‘Spring Seasonal Permits’ for April 1st until May 31st have been awarded except for Day-Before permits.
- Starting April 1st, 2022, you can apply for ‘Day-Before’ lotteries. (Apply one day in advance of your desired hiking date) through December 31st, 2022.
- ‘Fall Seasonal Applications’ will be available July 1st through July 20th for September 1st through November 30th permits.
- For Day-before Lottery applications, visit www.go.nps.gov/AngelsLanding.

You can also apply by calling recreation.gov at (877) 444-6777 from 10 AM - 12 PM EST, every day except for Thanksgiving Day, Christmas Day, and New Year’s Day.

On July 25th, recreation.gov will email the results for the Fall Seasonal applications to every applicant. This means hikers with permits can start planning hikes to Angels Landing ahead of time. For example, hikers with permits to hike in June will have up to four months to plan trips.

The lottery schedule is posted at www.go.nps.gov/AngelsLanding, and we will share news releases and social media updates when we open those permit lotteries.



About Zion’s Angels Landing Pilot Permit Program

On and after April 1, everyone hiking past Scout Lookout to Angels Landing needs to have a permit. This means you need a permit to hike on the half-mile section of the trail with chains. Hikers do not need a permit to go to Scout Lookout.

This is a pilot program, and the National Park Service will monitor and adjust it as needed. The pilot permit program reflects comments from nearly 1,000 members of the public, park neighbors, and other stakeholders. It also reflects lessons learned by metering the number of hikers on the trail to Angel Landing in 2019 and 2021 and from

distributing tickets to use the park shuttle system in response to COVID-19 in 2020.

Angels Landing is one of many places people enjoy hiking in Zion National Park. The park recorded about 2.8 million total visits in 2011 and nearly 4.5 million visits in 2019. As the number of people who visit Zion continues to rise, the NPS is preparing a plan designed to provide high-quality visitor experiences and sustainably manage park resources. The Angels Landing Pilot Permit Program will inform that planning process. We plan to share an update on the plan and ask for your feedback about it in 2022.

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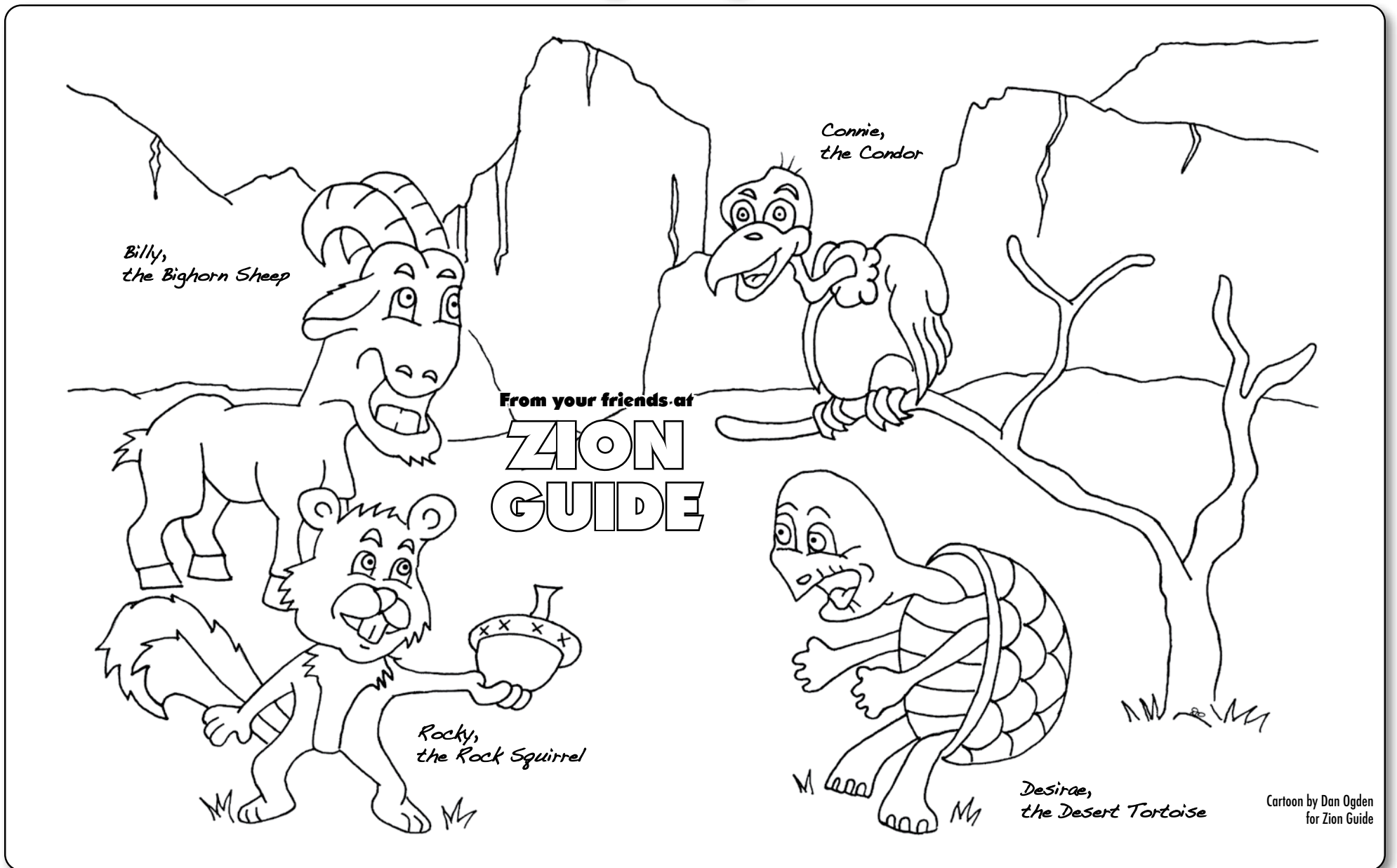
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Kitten Bingo: May 19, 7-8 p.m.

Enjoy bingo night with the family and roomful of adoptable kittens at Best Friends Roadhouse and Mercantile



Gentle Yoga: Saturdays, 9 a.m.

Join us for a 45-minute gentle yoga class for all levels and ages at Best Friends Roadhouse and Mercantile



Critters, Crafts, & Cookies: Fridays, 1-3 p.m.

Join us for cookies and crafting with adorable, adoptable critters at Best Friends Visitor Center



LIVE Music from Chris Paul Band: May 14, 6-8 p.m.
LIVE Music from Stone Company: May 21, 6-8 p.m.

Join us select Saturdays, 6-8 p.m. for events at the Best Friends Roadhouse stage.



Outdoor Movie! Champions: May 28 at 8:30 p.m.

Join us at the Best Friends Roadhouse stage to watch a movie for the whole family outside.

Southern Utah State & National Parks

ANASAZI STATE PARK MUSEUM - This ancient Indian village in the heart of Utah's canyon country was one of the largest Anasazi communities west of the Colorado River. The site is believed to have been occupied from A.D. 1050 to 1200. The village remains largely unexcavated, but many artifacts have been uncovered and are on display in the newly remodeled museum. Anasazi State Park is in the picturesque town of Boulder on State Route 12. Group and individual picnic areas are available. There is no camping. (435) 335-7308.

BAKER - Baker Reservoir is a small lake on the Santa Clara River four miles north of Veyo on Utah State Route 18. It is a 63-acre lake with an average depth of about 20 feet. Many people come to the reservoir to camp at one of its 10 campsites and to fish. The reservoir is stocked with rainbow trout and contains brown trout, green sunfish, crayfish, redbreast shiner, and mountain sucker. It has picnic areas and vault toilets. There is a fee for visiting the reservoir and no boat ramp.

BRYCE CANYON - Bryce Canyon National Park is a scientist's laboratory and a child's playground. Because Bryce transcends 2,000 feet of elevation, the park exists in three distinct climatic zones: spruce/fir forest, ponderosa pine forest and pinion pine/juniper forest. This diversity of habitat provides for high biodiversity. Here at Bryce, you can enjoy over 100 species of birds, dozens of mammals, and more than a thousand plant species. (435) 834-5322.

CEDAR BREAKS - Sitting at over 10,000 feet and looking down into a half-mile deep geologic amphitheater. Come wander among timeless bristlecone pines, stand in lush meadows of wildflowers, ponder crystal-clear night skies and experience the richness of our subalpine forest. Just four miles off Utah Highway 148, you'll find the Cedar Breaks National Monument parking lot.



CORAL PINK SAND DUNES - At an elevation of 6,000 feet and 12 paved miles off U.S. Highway 89 near Kanab, this park provides a fantastic setting for camping, hiking, OHV riding or just playing in the sand. A 265-acre conservation area prohibits motorized vehicles in order to protect the Coral Pink beetle (found nowhere else in the world) and its habitat. The mule deer, jackrabbit, kit fox, coyote, and many small rodents also make the park their home. (435) 648-2800.

DEAD HORSE POINT - Dead Horse Point State Park is perhaps Utah's most spectacular state park. Dead Horse Point is a promontory of stone surrounded by steep cliffs near Moab. The overlook at Dead Horse Point is 6,000 feet above sea level. Two-thousand feet below, the Colorado River winds its way from the continental divide in Colorado

to the Gulf of California, a distance of 1,400 miles. (435) 259-2614.

DINOSAUR TRACKS - The St. George Dinosaur Discovery Site at Johnson Farm is home to exceptionally well-preserved dinosaur tracks, some displaying skin impressions. These tracks, along with hundreds of fossil fish, plants, rare dinosaur remains, invertebrates' traces, and important sedimentary structures, show evidence that this site was produced along the western edge of a large, Early Jurassic (age between 195-198 million years ago) freshwater lake. (435) 574-3466.

ENTERPRISE - There are two reservoirs in the Bull Valley Mountains 10 miles southwest of the town of Enterprise. The main one is Upper Enterprise Reservoir, about 250 acres with an average depth of about 50 feet, while Lower Enterprise Reservoir is 79 acres. Many come to the reservoir to camp, fish hike, and boat. The Honeycomb Campground



is situated between both lakes and has 21 campsites and flush toilets. There is a boat ramp on Upper Enterprise Reservoir and several fishing areas around both reservoirs. Fishermen will find rainbow trout and smallmouth bass here. Fees are charged.

FOUR CORNERS - The Four Corners is the only place in the U.S. where four states come together at one place: Arizona, New Mexico, Utah and Colorado. Here, a person can put each of their hands and feet in four states at the same time. The unique landmark is on Navajo Nation land and is open for visits from the public. West of U.S. Highway 160, 40 miles southwest of Cortez, Colo. (928) 871-6436.

GRAND CANYON - A World Heritage Site encompassing 1,218,375 acres on the Colorado Plateau in northwestern Arizona. The land is semi-arid and consists of raised plateaus and structural basins typical of the southwestern United States. (928) 638-7888.

GRAND STAIRCASE-ESCALANTE NATIONAL MONUMENT - Nearly 1.9 million acres of America's public lands and located between Bryce Canyon and Glen Canyon Recreational Areas. From its namesake Grand Staircase of cliffs and terraces across the rugged Kaiparowits Plateau to the beauty of the Escalante River Canyons, the Monument's size, resources, and isolated location provide amazing opportunities.

GUNLOCK - In scenic red rock country, 15 miles northwest of St. George, lies the 240-acre Gunlock State Park and Reservoir where year-round boating, water sports, and quality fishing for bass and catfish attract visitors. Facilities include boat launching ramp and pit privies. (435) 628-2255.

LAKE MEAD - Lake Mead National Recreation Area offers a wealth of things to do and places to go year-round. Its huge lakes cater to boaters, swimmers, sunbathers and fishermen, while its desert rewards hikers, wildlife photographers, and roadside sightseers. It is also home to thousands of desert plants and animals adapted to survive in an extreme place where rain is scarce and temperatures soar. (702) 293-8990.

LAKE POWELL - In Glen Canyon National Recreation Area is one of the world's great places for houseboating! The 186-mile-long lake offers sandy beaches, cool blue water, and exceptional red-rock scenery. It is excellent for boating, skiing, kayaking, and fishing. Boat or hike to Rainbow Bridge, or explore any of its many canyons or sand dunes. (928) 608-6200.

PINE VALLEY - Pine Valley Reservoir is a beautiful place for fishermen to fish brook trout and rainbow trout. The reservoir is near the Pine Valley Recreation Complex, which has over 150 campsites with picnic and restroom facilities. This area is greener than most other parts of southwestern Utah with pine and pinion trees, and many come to enjoy camping and hiking. It is west of the town of Central. (435) 652-3100.

QUAIL LAKE - Quail Creek State Park provides excellent year-round camping, picnicking, boating, and trout and bass fishing in sunny southwest Utah. The park is three miles east of the Interstate 15 Hurricane exit on Utah State Route 9. Facilities include 23 campsites, modern restrooms, a fish cleaning station, and two covered group-use pavilions. (435) 879-2378.

SAND HOLLOW - Looking to fish? Swim? Ride your ATV in the sand? Do all that and more at Sand Hollow State Park, located between St. George and Hurricane. Bring your boat, a picnic, and some fishing gear for a fun day on the reservoir, or watch the kids swim while you relax on the beach. Load up your RV or tent and settle in for a nice campout, or ride your ATV in the dunes of Sand Mountain. (435) 680-0715.



SNOW CANYON - Named after early Utah leaders Lorenzo and Erastus Snow, Snow Canyon State Park begins just outside of Ivins and stretches northward. Spectacular scenery includes towering red and white sandstone cliffs, black lava formations, and even a waterfall that appears during heavy rain. Snow Canyon offers 16 miles of hiking trails, beautiful sand dunes, technical rock climbing sites, horseback riding, year-round camping, nature studies, and wildlife viewing. This park is a favorite for locals and visitors alike. (435) 628-2255.

ZION - With breathtaking views, numerous hiking attractions of all difficulty levels and some of the most spectacular scenery on earth, Zion National Park and its surrounding areas attract thousands of visitors every year. This natural wonder is not only a mecca of recreational activity, but Zion and nearby Springdale host numerous cultural activities, as well. There's something for everyone in Zion - whether you're looking for a challenging hike or a fun excursion for the family. (435) 772-3256.

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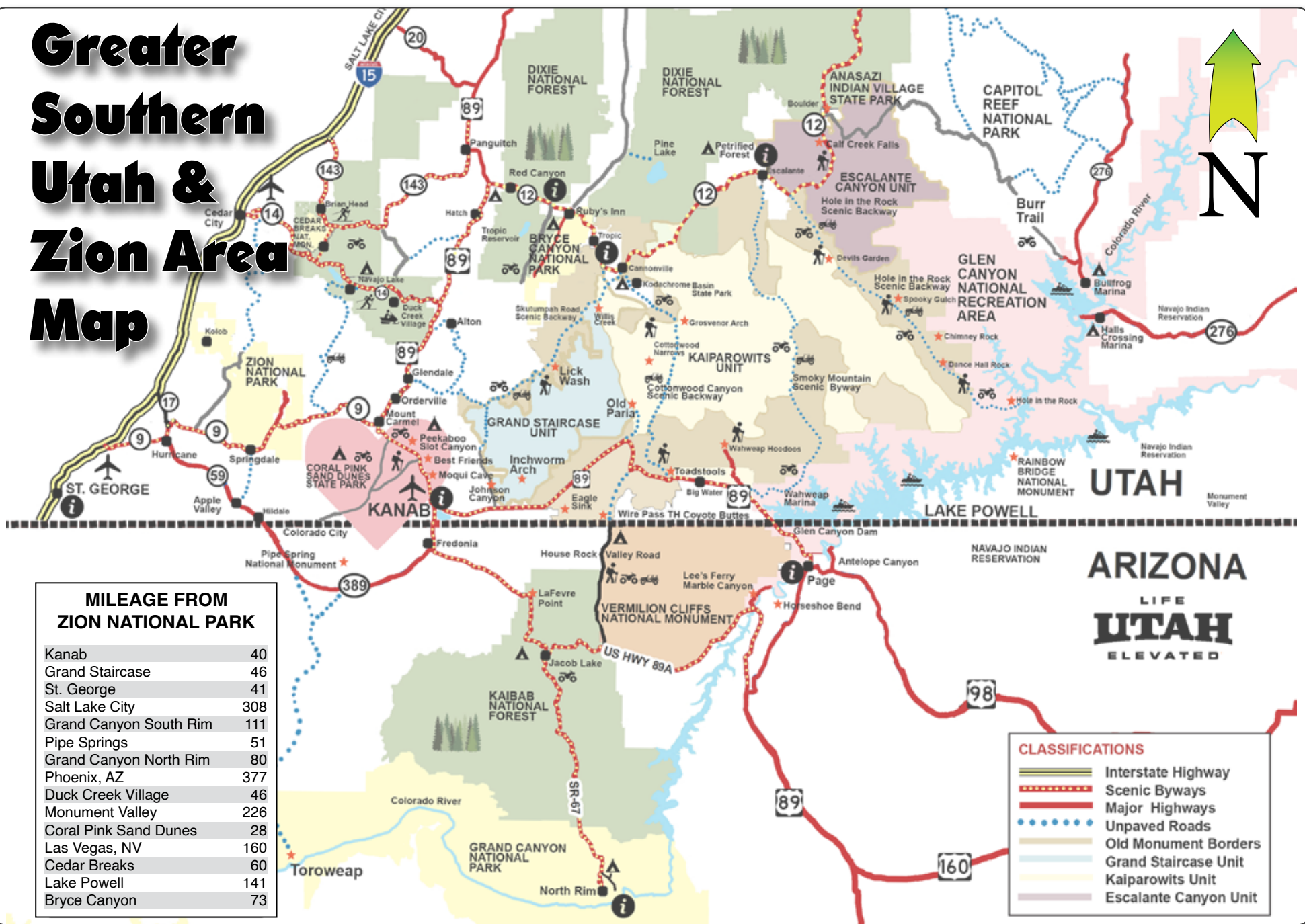
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Greater Southern Utah & Zion Area Map



Zion National Park Visitor Center



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- Pipe Spring National Monument
- Kolob Canyons Visitor Center
- @zionforeverproject

Trail Closures (as of March 1 '20)

The Weeping Rock Trail, Hidden Canyon Trail, and Observation Point Trail (East Rim from Weeping Rock) are closed due to rockfall damage. These closures are indefinite at this time. Lower Emerald Pools Trail is closed for trail repairs until Spring 2020.

Hiking is popular in Zion National Park, and popular hikes are seeing record visitation at peak days and times. For a less congested trek, consider these less-traveled hikes.

Northgate Peaks

By Don Gilman

The Northgate Peaks trail in the Kolob Terrace section of Zion National Park is an amazing trail with spectacular views. The trail itself is nearly flat, making it a perfect hike for families.

To reach the Northgate Peaks trailhead, take State Route 9 to the town of Virgin. Turn left onto Kolob Terrace Road. Drive for 15.7 miles through increasingly spectacular country until the short spur road (on the right) for the Wildcat Trailhead is reached. Drive a few hundred feet to the large parking area.

The trail heads east across grassy plains and stands of Ponderosa Pine with dynamite views of the towering Pine Valley Peak to the west. Soon the trail will be fully in the forest with limited views. After 0.9 miles, the junction with the Hop Valley trail is reached. Continue east, and 0.1 miles further, the junction with the Northgate Peaks Trail is reached. Head south on this trail for another 1.1 miles until the end of the official trail is reached at a rocky basalt bluff with epic views of the Northgate Peaks to the east and west and of North Guardian Angel

to the south.

For families with young children, this makes an excellent turnaround spot.

Gifford Canyon

By Bo Beck

Gifford Canyon offers a nice stroll through a sandy wash and is very charming when water is running. This hike is nearly 3 miles long and will take about 2 hours to finish.

beaten path on the backside of the rock.

On top of this wall is a narrow dirt path that is crowded by rock and vegetation. It winds around the mountain to a dead end with a beautiful view of the mountain where the Canyon Overlook Trail is located, opposite is Gifford Canyon.

The path will lead past stone bridge and to another minor slickrock climb. At



Many Pools

To start this hike, park in the lot located immediately east of the Zion/Mt. Carmel Tunnel. The trail begins at the backside of the restrooms at the back of the parking lot. There will be a steep, sandy path to climb down before you enter Pine Creek slot. Follow the path upstream for almost 75 feet, and look for a 15-foot wall of slickrock. You can scramble up the rock or look for the

end of the canyon, there is a circle of cliffs preventing further exploration without climbing up the sandstone.

Chinle Trail

By Greta Hyland

Chinle Trail is an off-the-beaten-path trail located in the lower elevation west desert wilderness area, offering wide vistas, desert landscapes, and a reprieve from the more touristy trails in the park. Though it's a long trail, it's a mellow hike that can be cut off whenever you feel like turning around. It's a great hike with kids because it's not treacherous, slippery, or steep. Avoid it after snow or rain as it will be muddy.

The Chinle Trailhead starts outside of Zion, south of Springdale. If you are coming from St. George, the turn is about a block before you hit the apple orchard and stand as you leave Rockville off of State Route 9. There is a parking area off the right of Anasazi Way near the Anasazi Plateau housing development. If you hit houses, you missed it. And yes, the trail starts below the housing development and takes you right through it. Don't worry though, it doesn't last long.

Shortly after you get through the

housing development, you will hit a sign letting you know you are entering the Zion Wilderness. At this point, you can breathe a sigh of relief, because you have gotten away from civilization to enjoy nature, and chances are that you won't see another soul until you return to your car.

Many Pools

By Candice Reed

The route is moderate with a gentle uphill climb to an alcove, but plan for a strenuous hike if you continue to the East Rim.

The route begins right off the highway. Drive to the pullout near the second drainage on the north side of the State Route 9, about 0.8 miles after the smaller tunnel. Walk carefully along the road about 150 yards and drop down into a sandy bowl on the north side of SR-9. There is a trail for a short distance, and then the sand turns into large flat stones that you can pick and choose to walk on, depending on your sense of balance. A short distance off the road, filled pools carved into the rocks appear. Ponderosa Pines and Juniper trees twisted by the wind are a good backdrop to the reds and whites ribboned through the rocks.

Hidden Canyon

By Bo Beck and Tanya Milligan

Hidden Canyon features steep ascents, narrow foot paths, and switchbacks on a narrow cliffside with exposure at high elevations. Some parts have chains to use for assistance. Be cautious near slippery sandstone areas with steep dropoffs. Expect full sun in most places after the early morning. Once you are into the canyon, it is shady and surprisingly cool.

This impressive 2.2-mile roundtrip hike begins at the same busy trailhead as Weeping Rock, Observation Point, and the East Rim. Begin at the Weeping Rock Trailhead, which quickly splits to the left. The trail you want to follow bears right toward the East Rim, Observation Point, and Hidden Canyon. Watch for a sign that indicates the direction to Hidden Canyon.

A well-traveled path takes trekkers between sheer sandstone walls rising up hundreds of feet, made up by some of Zion's most famous landmarks: Cable Mountain and the Great White Throne. Once beyond the end of the actual trail and into the slot canyon, look for small sandstone caves and a 20-foot long arch. Be careful to only explore as far as you know is safe for you! Few should ever venture past the freestanding arch.

Sandstone pools at the end of this hike are a favorite spot of the delightful and boisterous canyon tree frogs. Look for the tiny gray creatures near the water, and listen for their loud trilling. Past the pools is the end of the Hidden Canyon Trail.

Overlook Trail

By Charlotte Emett

The Overlook Trail is a short, beautiful hike located on the east side of Zion National Park, just outside the Mt. Carmel tunnel. The hike is about one mile roundtrip, and it usually takes people about an hour. It is definitely one of the easier hikes in Zion, but it's still considered a moderate-level hike due to a few exposed areas and sandstone pathways, which can be slippery.

The Overlook trailhead lies right outside of the Mt. Carmel tunnel by the ranger booth. Exit the tunnel too quickly and you'll miss it.

It begins with a staircase carved out of the sandstone leading up and away from the road. Soon, you'll be walking along the side of the mountain and looking down into a thin crevice known as Pine Creek Canyon. At about halfway, you'll walk across a bridge that wraps around a corner and leads to an area of recessed rock wet with the moisture that caused it to erode and be filled with ferns growing out of the sandstone.

Please check with nps.gov for current conditions, restrictions, and access. Be careful and have fun!



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Trail Closures (as of March 1 '20)

The Weeping Rock Trail, Hidden Canyon Trail, and Observation Point Trail (East Rim from Weeping Rock) are closed due to rockfall damage. These closures are indefinite at this time.

Warning: These hikes are very popular and often overcrowded. While they are well worth doing, expect them to be a little congested.

If you are feeling up to some of the more **difficult** hikes, try some of these popular hikes.

Angels Landing via West Rim Trail

Possibly the most popular hike in Zion, Angels Landing takes around four hours to complete and covers just under 5 1/2 miles. As you work your way up the 1,488-foot change in elevation, you'll want to look out for long drop-offs. This hike is not for young children or people with a fear of heights. Be sure to enjoy, but be careful along the last section of the hike, which is a steep, narrow ridge to the summit. The hike starts at The Grotto.

Observation Point via East Rim Trail

This hike climbs through Echo Canyon to a viewpoint of Zion Canyon and offers access to Cable Mountain, Deertrap, and East Mesa trails. Plan for at least half of a day as this hike takes around five hours to complete and stretches over 8 miles. The 2,148-foot change in elevation from start to finish has long drop-offs, so be careful. Like Hidden Canyon Trail, this hike starts at Weeping Rock.

The Narrows via Riverside Walk

A full-day hike at 8 hours, the Narrows can pose extra dangers depending on the weather. High water levels can prevent access to the Narrows, so be sure to check with the visitor center before beginning this 9 1/2-mile hike. You'll start this hike at Temple of Sinawava.

Kolob Arch via La Verkin Creek Trail

Getting to Kolob Arch via the La Verkin Creek Trail follows Timber and La Verkin creeks and connects to the trail to Kolob Arch, one of the world's largest freestanding arches. A full-day hike, it will take around 8 hours to finish the 14-fourteen mile trip. This hike starts at Kolob Canyons Road.

If you are looking for something more **moderate**, try some of these mid-range hikes.

Watchman Trial

Starting at the Zion Canyon Visitor Center, this hike takes about two hours and covers just under 3 miles. The 368-



"Observation Point Revisited" photo by David J West.

foot elevation has some minor drop-offs and ends at a view point for Tower of the Virgin, lower Zion Canyon, and Springdale.

Middle Emerald Pools Trail

A two-hour hike, Middle Emerald Pools has long drop-offs. The unpaved trail to the Middle Emerald Pools has loose sand and slippery rocks. You'll cover two miles in 2 hours over the course of a 150-foot elevation gain. The hike starts at Zion Lodge.

Upper Emerald Pool Trail

Starting at Zion Lodge, this is a shorter trail covering one mile in about an hour. You will rise 200-feet in elevation, and there are minor drop-offs.

Kayenta Trail

This two-hour hike starts at the Grotto and goes for two miles. You'll gain 150 feet in elevation, and the trail does have long drop-offs. This unpaved climb connects the Grotto to the Emerald Pools trails.

Canyon Overlook Trail

Starting at Zion-Mt. Carmel Highway, this one-hour hike provides a 163-foot gain in elevation over the course of a mile. This rocky and uneven trail ends at a viewpoint for Pine Creek Canyon and lower Zion Canyon. While this trail is mostly fenced, there are long drop-offs.

Taylor Creek Trail

You'll begin this five-mile hike at Kolob Canyons Road. It should take around 4 hours to complete and provides a 450-foot gain in elevation. Larger groups may need to split up, as this hike limits 12 people to a group. It follows the Middle Fork of Taylor Creek past two homestead cabins to Double Arch Alcove.

Timber Creek Overlook Trail

A quick hike, the Timber Creek Overlook Trail covers just one mile and 100 feet in elevation gain. It can be done in about 30 minutes. The trail follows a ridge to a small peak with views of

Timber Creek, Kolob Terrace, and Pine Valley Mountains.

Those looking for something **less strenuous** should check out these easy hikes.

Pa'rus Trail

Starting at the Zion Canyon Visitor Center, this two-hour hike covers 3 1/2 miles and rises 50 feet in elevation. A paved trail that follows the Virgin River from the South Campground to Canyon Junction, Pa'rus Trail is wheelchair accessible and is open to both bicycles and dogs.

Archeology Trail

Also starting at the Zion Canyon Visitor Center, this short half-hour hike covers just under half a mile and rises 80 feet in elevation, making it a short but steep trail. This trail offers trailside exhibits and views of several prehistoric buildings.

Lower Emerald Pool Trail

This paved trail leads to the Lower Emerald Pool and waterfalls. It also connects to the Middle Emerald Pools Trail. It should take about an hour and covers just over one mile with 69 feet in elevation gain.

Grotto Trail

Starting at Zion Lodge or the Grotto, this trail connects the two locations and can be combined with the Middle Emerald Pools and Kayenta trails to create a 2 1/2-mile loop. The non-loop version should take about 30 minutes and rises 35 feet over one mile.

Riverside Walk

Starting at Temple of Sinawava, this 1 1/2-hour hike cover just over two miles and rises 57 feet in elevation. While it is wheelchair accessible, there are minor drop-offs. The trail, which is paved, offers trailside exhibits as it follows the Virgin Rivet along the bottom of a narrow canyon.

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7 Adria's Restaurant	86 S 200 W, Kanab	(435) 644-7800	W, B, M	8:30am-2pm Tues-Sun	No
15 Asava Juice & Smoothies	176 S 100 E, Kanab	(435) 644-2637	V	9am-6pm Mon-Sun	Yes
13 Jakey Leigh's	4 E Center St, Kanab	(435) 644-8191	E, V	7am-2pm Mon-Fri, Sat & Sun 8am-Noon	Yes
6 Sego Restaurant	190 N 300 W, Kanab	(435) 644-5680	W, B, M E, V	6-10pm Tues-Sat	Yes
22 Sunny Creek Coffee	681 E Chinle, Kanab	(435) 212-3839	E, V	7am-2:30pm Mon, Wed-Sat	Yes
17 Willow Canyon Outdoor	263 S 100 E, Kanab	(435) 644-8884	E	7:30am-7pm daily	Yes

EAST ZION & KANAB'S FEATURED SERVICES, SHOPS & GALLERIES FROM ZION GUIDE

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19 Adobe Realty	323 S 100 E, Kanab	(435) 644-2232
3 Best Friends Animal Sanctuary	5001 Angel Canyon Rd, Kanab	(435) 644-2001
24 Blacksmith Adventures	2450 S Hwy 89, Kanab	(575) 313-4650
5 Canyons Collection	190 N 300 W, Kanab	(435) 644-8660
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9 Kanab Realty	93 W Center, Kanab	(435) 229-6911
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4 Moqui Cave	4581 US-89	(435) 644-8525
10 Small Town Sage	23 W Center St, Kanab	(435) 644-7627
11 Terry's Photo Shop	19 W Center St, Kanab	(435) 689-0443
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