

# ANGEL'S LANDING

## Mount Zion National Park

Angels Landing is one of the world's most renowned hikes. the views of Zion Canyon's 270 million-year-old rock layers are breathtaking. anyone in an average physical condition can make the hike, but it can be mentally challenging with its steep switchbacks and some of the steep cliffs. Angel's Landing itself is a beautiful place to be. people who have a severe fear of heights should not attempt the final stretch, but can enjoy the trail all the way to Scout Lookout, before the "chains."

### getting there

go to Zion National Park. you'll have to pay a day fee or an annual pass fee to enter park. park at visitor center or museum and take the bus to the Grotto Trailhead.

have your route planned ahead of time. if using GPS, have a printed map as a backup.

### hike details

- start location: The Grotto Trailhead - Zion Canyon.
- difficulty: strenuous; steep with exposure to long drop-offs.
- distance: 5 miles (round trip), 4-5 hours.
- elevation change: 1,488 feet
- other considerations: drinking water and restrooms are available at the Grotto. carry water and snacks. use a small backpack so your hands are free to grab stuff :)
- route description: the trailhead is at the bridge across the road of the Grotto Picnic Area, in Zion Canyon. the first part of the hike follows the West Rim Trail, which is clearly identified by a sign. the trail is broad and well maintained. the first section is fairly level as it follows the river and then crosses the canyon bottom. switchbacks allow the trail to climb the canyon wall, up to Refrigerator Canyon, which is pleasantly cool, scenic, and walking is easy. the trail then climbs another series of switchbacks, called Walter's Wiggles. these 21 switchbacks are very tight and you gain elevation rapidly, but this section is short and not oppressive. the Wiggles put you on top of the ridge, at Scout Lookout, where views are amazing. restrooms are available here, but no drinking water. from Scout Lookout, gaze at the ridge to the south and you'll get a good idea of the difficulty of the rest of the hike. (optional) for the final 1/2 mile, the trail follows the ridge across a saddle and up the hogs back. this is where things get interesting, steep, where you are grateful for the chains.



## to bring for hike? \_\_\_\_\_

- backpack.** big enough to carry water and snacks and clothing.
- water for a day.** recommended 1 gallon, minimum 100oz.
- food / snacks.** if applicable, meaning if not fasting :)
- clothing stuff.** depending on weather: hat / beanie. shell. rain jacket. insulation layer. sun clothing.
- sun and skin protection.** sunscreen, insect repellent (if you dare :)
- tools.** knife. utensils.

notes:

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## CAMPING DETAILS

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we either camp on Zion National Park in designated camping areas, or at Zion Ponderosa Ranch Resort. details will typically be in the FB event and newsletter post.

### fall weather

weather in October will be 80's during the day, 50's at night. always bring layers and prepare for rain.

### to bring for camping

- firewood for the camp fire. at least 1 bundle per person.
- backpack. for hiking and leaving camp.
- canteens for water and/or coffee. we love these from Eco Vessel.
- water for the weekend. recommended 1 gallon per day.
- trash bag for your own trash. see leave no trace principles below.
- food / snacks. if applicable, meaning if not fasting :)
- clothing stuff. depending on weather: hat / beanie. shell. rain jacket. insulation layer. sun clothing. several days worth of tshirts, shorts, and/or pants. and a mesh bag for dirty clothes. a bath towel. washcloth.
- sun and skin protection. sunscreen, insect repellent (if you dare :)
- tools. knife. utensils. cooking utensils.
- for cleaning, biodegradable soap. I like Dr. Bronner's Fair Trade Soap. microfiber washcloth.
- cookware and eating stuff. skillet? saucepan for hot water?
- utensils such as cooking utensils, I like to bring kitchen shears, a plate, a bowl, a mug, a spork, a knife, and cutting board.
- applicable supplements. don't know what to take? watch this!
- food? I pack quart jars of #bobarsalad, fresh fruit, and I bring frozen packages of sausages, ground beef, and ground pork. oh, and a ton of pre-cooked bacon.
- coffee! grab some instant like this, or bring whatever you need to make your own. remember the heavy cream and/or coconut milk!
- toiletries such as deodorant, toothbrush, a roll of toilet paper, handy wipes, roll of paper towels.
- alcohol? bring whatever you like to drink.
- camping stove if applicable. you can try this one plus this fuel. and remember a lighter!
- camping knife. ask me for recommendations.
- lantern. something like this that has a red light option.
- rope. because you never know. we like this here.
- fire starter. something like this.

### for your sleeping situation?

- tent. ideally something easy to setup. if you don't have one, go to REI.
- sleeping bag. crucial. there are varying degrees of "degrees." something ideal might be a 15 degree bag, meaning it's good for all the way down to 15 degrees.
- pillow.
- air pad to sleep on. crucial. makes all the difference in the world. try something like this.
- tarp. you never know. can use for all kinds of stuff. try this one.

## SAFETY

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- let people know where you're going, how long you'll be gone, and when you'll be back. consider giving them another team member's contact information.
- please inform us of any issues we need to be aware of - bee sting allergies, etc.
- we will be using walkie talkies with a maximum of 4 groups. some of us will want to go to the top quick, others will have to take their time. **please partner up with at least one other person at your fitness level.**

## LEAVE NO TRACE PRINCIPLES

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### camp and hike on durable surfaces.

- durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- protect riparian areas by camping at least 200 feet from lakes and streams.
- good campsites are found, not made. altering a site is not necessary.
- in popular areas:
  - concentrate use on existing trails and campsites.
  - walk single file in the middle of the trail, even when wet or muddy.
  - keep campsites small. Focus activity in areas where vegetation is absent.
- in pristine areas:
  - disperse use to prevent the creation of campsites and trails.
  - avoid places where impacts are just beginning.

### dispose of waste properly

- pack it in, pack it out. inspect your campsite and rest areas for trash or spilled foods. pack out all trash, leftover food and litter.
- deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. cover and disguise the cathole when finished.
- pack out toilet paper and hygiene products.
- to wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. scatter strained dishwater.

### minimize campfire impacts

- campfires can cause lasting impacts to the backcountry. use a lightweight stove for cooking and enjoy a candle lantern for light.
- where fires are permitted, use established fire rings, fire pans, or mound fires.
- keep fires small. only use sticks from the ground that can be broken by hand.
- burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

## **leave what you find**

- preserve the past: examine, but do not touch cultural or historic structures and artifacts.
- leave rocks, plants and other natural objects as you find them.
- avoid introducing or transporting non-native species.
- do not build structures, furniture, or dig trenches.

## **respect wildlife**

- observe wildlife from a distance. do not follow or approach them.
- never feed animals. feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- protect wildlife and your food by storing rations and trash securely.
- control pets at all times, or leave them at home.
- avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

## **be considerate of others**

“treat others the way you would like to be treated” is a rule that applies in the outdoors, too.

- respect other visitors and protect the quality of their experience.
- be courteous. yield to other users on the trail.
- step to the downhill side of the trail when encountering pack stock.
- take breaks and camp away from trails and other visitors.
- let nature's sounds prevail. avoid loud voices and noises.
- manage your pet.