



## ELITE HIKES



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### HIKE DESCRIPTIONS

by Coach Ron Gunn

## WEST RIM TRAIL HIKE ZION

The *West Rim Trail* is a stunningly beautiful hike high up along the length of Zion Canyon. The hike actually gets more beautiful the farther you go. Eventually you will drop down a breathtaking trail into Zion Canyon. I did this hike solo on a setup trip in 2009 and I will never forget looking *down* on Angel's Landing.

DISTANCE:	17.1 Point to Point miles from Lava Point to The Grotto
STARTING ELEVATION:	7,900'
ENDING ELEVATION:	4,474'
IN-HIKE ELEVATION:	1,486'
DIFFICULTY:	STRENUOUS
PERMITS:	No backcountry wilderness permits required for a day hike.
DROPOFF AT START:	Zion Adventure Company Shuttle \$45
FINISH SHUTTLE:	Park Shuttle at The Grotto (Reservations now required) \$1/day

Complete information will be posted soon on our website.

An excellent website to visit is: [Earthtrekkers.com](http://Earthtrekkers.com), How to Day Hike the West Rim Trail in Zion National Park.



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## THE NARROWS HIKE ZION TOP TO BOTTOM

The *River Narrows, top to bottom* hike is one of the classic hikes in the world. It is an incredible experience where you start up high above Zion Canyon at Chamberlain Ranch and you hike the Virgin River down into Zion Canyon and the Temple of Sinewava. Except for three miles of gravel road at the start, the hike is in the river the remainder of the way. I did it in 2010 with my friend and lawyer, John Magyar and it was the most exhilarating hike I have ever taken, including using my day pack as a float device. The challenge we will face on our September and October trips is that there is actually less daylight. With an 8:00AM dropoff that gives less daylight hours to finish this hike so we will be very careful selecting who goes on this hike. Another great Narrow's hike I recommend for everyone is the Bottom Up. No permits are required, go as far as you want and the scenery is phenomenal! A wonderful description of the hike and complete info can be found at [Earthtrekkers.com](http://Earthtrekkers.com). The Ultimate Guide to Hiking the Zion Narrows. (Be sure to select the Top Down day hike.)

DISTANCE:	16 miles
ELEVATION LOSS:	1,500'
DIFFICULTY:	STRENUOUS
LENGTH OF TIME:	10-13 HOURS
PERMITS:	Day Hike permit required.
DROPOFF AT START:	Zion Adventure Company Shuttle \$45 (approx)
FINISH SHUTTLE:	Park Shuttle at Temple of Sinewava (Reservations now required) \$1/day