

127 Hours of Utah Valley

With close proximity to the Salt Lake International Airport, only 45 miles south, Utah Valley is accessible for your next adventure. With awe-inspiring canyons, world-class rock climbing, beautiful scenic drives and notable attractions such as **Robert Redford's Sundance Resort** and **Timpanogos Cave National Monument**, Utah Valley is well-equipped to keep you entertained and moving. In honor of the film, *127 Hours*, this itinerary was specially created for active individuals and outdoor enthusiasts. The itinerary has a variety of activities for all levels of experience. Participants can extend or shorten activities as they feel is needed. The easiest way to navigate Utah Valley is by car but Amtrak and Greyhound are also available as well as the Utah Transit Authority. (For more information or to plan your trip please visit UtahValley.com or call 800-222-UTAH (8824))

Day 1

Start off your Utah Valley adventure in the Mt. Nebo Wilderness Area along the **Nebo Loop National Scenic Byway**. This scenic byway winds 37 miles up 11,928 foot Mt. Nebo, Utah Valley's highest mountain. Break out your mountain bike and enjoy the **Blackhawk Loop Trail** (Trail # 102, 5.2 miles one way) or lace up your hiking boots and take on the **Loafer Mountain Trail** (Trail #098, 5 miles one way). Picnic along the way at either **Payson Lakes** or **Devil's Kitchen Geologic Site**. No fees or permits are required.

To get there: Take I-15 South to Payson's Exit 250. Follow Main Street in Payson. Take a left on 100 North and right on 600 East.



Waterski, kayak or sail on **Utah Lake**, the largest freshwater lake in Utah, the second half of your day.



Try sailing with the Bonneville School of Sailing and Seamanship (801.404.0098) with either a competitive charter, Diamond of Doom or a relaxing charter, Sunset Cruise.

To get there: Take the Provo Center Street Exit and head west. The park is at 4400 W. Center or the end of the road.

End the day by enjoying some local grub, either pizza at **Brick Oven** (801.374.8800) or fine dining at **Communal** (801.373.8000) both located in Provo.

To get there: Take the University Parkway exit off of I-15 in Orem, head east until you reach University Avenue and take a right heading south. For Brick Oven, turn at the 800 North light, left until you reach

111 East. For Communal, stay on University Avenue until you reach 100 North. At the light take a left and you will see it on the corner.

Day 2

Rock and roll your second day in Utah Valley by taking on some rock climbing. You can begin by visiting one of the local climbing shops either Mountainworks (801.371.0223) or The Quarry (801.418.0266). They will give you the insider's scoop to the ins and outs of rock climbing Utah Valley. The Quarry is an indoor rock climbing center perfect for the whole group to practice and get experience.

Rock Canyon



For those still wanting to take on the outdoors, head up to Rock Canyon for quartzite surfaces. Start with The Red Slab by hiking a steep slope to the south of the Turnaround Parking Area. Some of the other climbs to ask about are Green Monster, Ed and Terry, Bad Bananas Wall, Superbowl Wall and Buckley's Mine, accessible throughout all seasons.

To get there: Rock Canyon is located in the foothills east of Provo. Take I-15 to the University Parkway South exit in Orem. Head east on this road until it winds into Provo. Turn left on 900 East, then right on North Temple Drive. This road heads toward the canyon and becomes 2300 North. Continue east and park in one of the two parking lots and continue the journey on foot from there.

American Fork Canyon

World-class rock climbing awaits you in American Fork Canyon. Try the winter-friendly climbs, Billboard, Hideaway, Watchtower, Juniper Wall and Escape Buttress. Or conquer one or both of the most popular sites in the canyon, The Membrane and Division Wall.

To get there: Take the Alpine/Highland exit off of I-15, just south of the point of the mountain. Head east on Highway 92 and continue through Highland until the road enters the canyon mouth 7 miles from the exit. A 3-day pass to the canyon is \$6.00.

To end your day, stop by **Thanksgiving Point** (801.768.2300). Here you can relax at the Harvest or Trellis restaurants for dinner or shop at the Emporium. For those not wanting to go rock-climbing, they can golf at the largest course in Utah designed by Johnny Miller, **Thanksgiving Point Golf Club** or see the 55 acres of themed gardens. If visiting in the spring, you must see the Tulip Festival at the **Thanksgiving Point Gardens**. If that doesn't please your group, try the **Museum of Ancient Life** the world's largest dinosaur exhibit or **Farm Country**, a hands-on approach to farms.



To get there: Take the Alpine/Highland exit from I-15 and head west. Turn onto Thanksgiving Way to access Thanksgiving Point.

Day 3

Start your day off by getting on the **Provo River Parkway Trail** at the mouth of the **Provo Canyon**. Take a



nice ride down the trail to the base of **Bridal Veil Falls**, a 607 foot double cataract waterfall. During the winter, expert ice climbers enjoy climbing the falls. But don't stop there!

Provo Canyon also offers rafting, kayaking and excusive floats on the Provo River with High Country Rafting (801.224.2500) located next to Vivian Park for the summer. You can also give fly-fishing a try on the **Provo River**. Rated by *Field & Stream's* top ten "blue

ribbon" trout streams in the west, the Provo River offers 3,000 fish-per-mile with extensive public access. Guided fly fishing excursions are provided locally offering full or half day trips for expert anglers and newbies alike. Make reservations with Wasatch Guide Service (801.830.3316), Utah Fly Fishing (888.776.8824), Four Seasons Fly Fishing (435.657.2010), Eddie Robinson's Fly Fishing (801.434.3166) or Rocky Mountain Outfitters Fly Fishing Guide (435.654.1655).

To get there: To get there from I-15, take the 800 North exit and head east to Provo Canyon.

Day 4

Take a hike! Begin in American Fork Canyon, the gateway to several trail heads. **Mt. Timpanogos** towers over American Fork Canyon with several routes to the top. The **Timpanookee Trail** is one of the most popular and is accessed 8 miles up the main paved road through American Fork Canyon. Trail maps put this route at just over 15 miles out and back and at least 8 hours on the trail. Along the way, get a view of the geological past of this impressive mountain as you climb the Giant Staircase and view the Wasatch Mountains' only true remaining glacier. Another day hike is the **Aspen Grove Trail**. This trail begins from the south side of 'Timp' and is best accessed through Provo Canyon and Sundance Resort. This approach passes waterfalls and an alpine lake on its way to the summit. It merges with the Timpanookee Trail to the very top!

For a structured hike, try the **Timpanogos Cave National Monument**. Featuring a 1.5 mile paved hiking trail to the cave entrance, the path offers spectacular geological views of the canyon as well as sweeping vistas of neighboring cities. This hour-long park ranger guided tour is open May to mid-October. Visit the



Visitors Center for more information on the formations within the cave. Be sure to see the “Great Heart of Timpanogos” while inside!



For shorter hikes, pull off of the beautiful **Alpine Loop Scenic Backway**. This scenic drive follows Hwy 92 from American Fork Canyon to Provo Canyon. You will wind through thick groves of aspens on this 20 mile backway. A variety of trailheads are marked along the road for your convenience.

Day 5

After a full few days of adventure, take your solace at **Robert Redford’s Sundance Resort**. Ski or snowboard during the winter months with a vertical drop of 2,150 feet and an array of green circles to double black diamonds. Mountain bike, go horseback riding, take the scenic lift ride or sit under the stars at the **Outdoor Theatre** during the summer. Enjoy a class on jewelry making, wheel-thrown pottery, watercolor painting and charcoal or pencil drawings at the **Art Shack**. Participate in guided hikes, snowshoe tours, cross country excursions and workshops or guest lectures with the Nature Center. Eat at one of the delicious restaurants, Foundry Grill or the Tree Room.

Or relax at the Spa. Inspired by the Sioux concept of Hocoka, a sacred environment for the restoration and healing of the body and spirit, the **Spa at Sundance** blends Native American traditions, natural products and human touch to offer balance to body, mind and spirit. If you just can’t get enough, spend your last night in one of their mountain suites and homes located across the canyon’s slopes.



To get there: From I-15, take the 800 North exit and head east to Provo Canyon. Follow 189 and just past the tunnel, take a left onto Hwy 92.

For information on lodging, dining, events and other attractions please visit UtahValley.com or call 800-222-UTAH (8824)