

Visiting Timpanogos Cave National Monument

Whether for a cave tour, an evening program, a picnic, or just to hike or walk around, Timpanogos Cave National Monument is a wonderful place to visit. With spectacular canyon vistas, magnificent evergreens, a babbling mountain brook, and lots of things to see and do, the monument is the perfect place for a memorable summertime outing!

Cave Tours

Tours of the 3 adjoining caves are offered from mid-May through September, weather permitting.

Guided by National Park Rangers, these



Ranger and friends (NPS Photo)

1-hour tours are limited to 20 people. Plan on spending about 3 hours round-trip to hike up, tour the caves, and hike back to the Visitor Center. For your safety and the safety of others, pets and wheeled vehicles (baby strollers, etc.) are NOT allowed on the cave trail.

We strongly recommend bringing plenty of drinking water, as no water is available along the trail or at the caves. Come prepared with hiking shoes and a light jacket (cave temperatures average 45° F [7° C]). Cameras and flashlights are welcome.

Inside the Caves

The three highly decorated limestone caves are known for their abundance of helictites—spiral, worm-like formations that are rare in most other caves throughout the world. Along the 3/4 mile tour deep inside the mountain, you'll discover many other interesting, colorful features. Anthodite crystals, stalagmites, stalagmites, cave drapery, and flowstone are among other formations that adorn the rooms and winding passages.

The Cave Trail

To reach the Timpanogos Cave System, visitors must hike the 1.5 mile (2.4 km) hard-surfaced cave trail. The trail, which rises 1,065 feet (325 m), is considered a strenuous hike. Anyone with heart trouble or breathing problems should not attempt the hike. Those under 16 must be accompanied by an adult at all times.

Introduction to Caving Tour

The Introduction to Caving Tour takes visitors back to Hansen Cave Lake. This off-



The Great Heart of Timpanogos (NPS Photo)

trail tour is a strenuous hike that requires bending, crawling, and squeezing through tight passages. Group size is limited to 5. Participants must be at least 14 years old.

For more information please call (801) 756-5238.

Junior Ranger Program and Patio Talks

Children who visit the caves can earn a Junior Ranger certificate and badge at the Visitor Center.

Impromptu patio talks are often given on Saturdays and holidays at the Visitor Center. These ranger-presented programs cover a variety of interesting topics for kids of all ages!

Evening Programs

Join a park ranger every Friday, Saturday, and Monday night at 7:00 p.m. at the Visitor Center for some very special evening programs. These informative programs are educational and entertaining. Activities range from the study of local wildlife to campfire singing. (See Page 7 of this guide for details.)

Visitor Center Hours

The Visitor Center is open from 7:00 a.m.



to 5:30 p.m. daily during the cave tour season (May through Labor Day). Hours are from 8:00 a.m. to 5:00 p.m. after Labor Day until the visitor center closes for the winter.

Picnic Area and Nature Trail

The Swinging Bridge Picnic Area is 1/4 mile west of the Visitor Center. A self-guided 1/4 mile Canyon Nature Trail will lead you there. Cooking grills, drinking water, and fire rings are available at the picnic sites. Parking is also available.

A small, shaded, streamside picnic area is also located directly across the road from the Visitor Center.

Gift Shop and Snack Bar

Food, snacks, beverages, film, clothing,



Family fun at Swinging Bridge picnic area (NPS Photo)

and souvenirs, and a shaded eating-area and parking are located next to the visitor center. For more information call (801) 756-5702.

Planning a Visit?

For more information on any of the activities offered at Timpanogos Cave National Monument, please call the Visitor Center at (801) 756-5238.



Anthodite crystals (NPS Photo)

Cave Tour Pricing

Tickets are sold at the Visitor Center and may be purchased up to 30-days in advance with a credit card by calling (801) 756-5238.

Ages 16 & older **\$6.00**
 Ages 6 to 15 **\$5.00**
 Ages 3 to 5 **\$3.00**
 Ages 2 & under **FREE**
 Golden Age/Access Pass **\$3.00**
 Introduction to Caving Tour **\$15.00**

Lend a Helping Hand

Would you like to get to know your forest and park better? Consider becoming a Volunteer In Parks (VIP)! Your skills and enthusiasm are needed in a variety of areas from greeting visitors, maintaining facilities and trails, to monitoring resources. VIPs can work part time or full time, year round, or for a few weeks.

Timpanogos Cave National Monument has two special volunteer programs for youth and seniors. The Behind A Tour Specialist (BATS) program is for youth 16 years of age and older and the Volunteer Senior Ranger Program is for adults. Please stop at the Visitor Center for more information on these two special programs and other volunteer opportunities.

Contact the volunteer coordinator at Timpanogos Cave National Monu-

ment at (801) 756-5239 to find out about VIPs, BATS, and More.

To find out about volunteer opportunities on the Uinta National Forest, visit the Uinta's volunteering website at www.fs.fed.us/r4/uinta/volunteering. We'd love to have you join us.



A volunteer helping visitors (NPS Photo)

Teacher's Corner

Timpanogos Cave National Monument welcomes all school groups to experience Nature's classroom. Discover geology thousands of years old, ancient sea life, and a series of caves deep underground. Cave tour fees may be waived for schools or other

bona fide educational institutions. For more information and the application for educational waivers check out our website filled with helpful tips for planning your visit at www.nps.gov/tica or call the Timpanogos Cave Visitor Center at (801) 756-5238.

Monument Bookstore

You'll find many interesting materials to enhance your canyon experience at the Western National Parks Association Bookstore in the Visitor Center. We offer books, posters, postcards, maps, gift items, and a whole lot more. Be sure to come see us while you're here!

Please contact the Visitor Center for hours of operation at (801) 756-5238.



The Western National Parks Association is a nonprofit cooperating association of the National Park Service. Through book sales the association helps support the interpretive activities at Timpanogos Cave National Monument.

For more information please visit the Western National Parks Association web site at www.wnpa.org.



Naturalist's Calendar

AMERICAN FORK CANYON HAS BEAUTIFUL FLORA AND FAUNA THAT REFLECT THE SEASONAL CHANGES.

Every month of the year, plants and animals are busy doing something. Unlike people, who are here to relax, plants and animals can rarely afford leisure time. Look closely, and you will see a world of activity taking place inches from where you're standing.

May — Each day the green foliage of the canyon is creeping higher and higher up the mountainside, and in the patches of remaining snow the *mountain goats* are grazing with their newborn kids. In the lower canyon look for the snowy blossoms of the *chokecherry tree* and the white blossoms of the *western serviceberry tree*. Flitting from fir tree to fir tree the *Stellar's jay* is probably heard before it is seen! Its call is loud and raucous. Other birds to watch for include the *canyon wren*, the *western white-throated swift*, and the *cliff swallow*.

June — It's often mistaken for Indian paintbrush, but that is actually *firecracker penstemon* blooming along the gravelly roadside. It is also the time to look for *blazing star*, a spectacular yellow-flowered plant, *western larkspur*, *tufted evening primrose*, and *Richardson's geranium*. Birds have young in their nest, with most chicks leaving by the end of the month. *Townsend's chipmunks* are busy and their familiar "chip-chip" sound can be heard. It's also fawning time. *Mule deer* give birth in May and June, and the spotted fawns stay hidden in the tall grass for several weeks before venturing out with their mothers. Do not disturb!

July — The meadows are covered with blooming purple-blue *lupine* and white *Jacob's ladder*. Look for other native plants including the *sego lily* (Utah's state flower), *spreading dogbane*, and *scarlet gilia*. Many blooming plants are non-native, such as *toadflax*, *Queen Anne's lace*, *woolly mullein*, *chicory* and several varieties of *thistle*. Watch (and listen) for hummingbird activity. The *broad-tailed hummer* is the most common for this region. Also look for the *Townsend's solitaire* and the *American dipper*. *Elk* and *bighorn sheep* will be grazing in the high alpine meadows.

August — Snakes may be encountered when least expected; they are often seen in dry, warm, and sunny spots. *Gopher snakes* are harmless; however, steer clear of the *Great Basin rattlesnakes*! The groves of *quaking aspen trees* along the Alpine Loop are growing from soil accumulated by decaying trees from year's past. Birds preferring to live here are the *woodpecker* and *flycatcher*. *Goldenrod*, *shrubby cinquefoil*, and *asters* are blooming, and the *blue elderberry*, *thimbleberry*, and *black twinberry* are producing great fruit for the wildlife! Could a *bobcat* or *mountain lion* possibly be watching you from its perch on a cliff?

September — *Moose* may be spotted in their magnificence in meadows and streamside areas. Careful not to get too close; they are unpredictable! *Mule deer* are shedding their summer coats. Their winter fur is thicker and a dull gray-brown. As leaves begin to color, remember that the red is seen primarily in the *big-tooth maple* and *Gambel's oak* leaves, while the bright yellow is seen in the *aspen*, *cottonwood*, and *box-elder maple* leaves. *Red-tailed hawks* and *turkey vultures* may be spotted overhead, taking advantage of air currents.

October — While the deciduous trees shed their leaves, the lovely conifers remain evergreen: the *white fir*, the *Douglas-fir*, the *limber pine*, and the *blue spruce* (Utah's state tree). It is mating season for *deer*. Bucks may wrestle each other for territory, clashing antlers until one gives up and leaves the area. Bucks are very unpredictable at this time, so keep your distance. *Black bears* are putting on a pound of weight each week. By November, many will have curled up in the dens they picked out earlier in the spring. The *golden-mantled ground squirrel* will also soon be hibernating.

Ranger Programs

Timpanogos Cave National Monument and the Uinta National Forest offer a variety of Ranger guided activities for everyone from Memorial Day to Labor Day. The following programs may be offered throughout the summer. All programs are subject to change; please call the Visitor Center at (801) 756-5238 for current information.

Junior Rangers:

Saturday, 10:00-11:00 a.m. at the visitor center. Make new friends while learning about the special wonders of American



Fork Canyon. If you're between the ages of 4 and 12 ask how you can become a Timpanogos Cave Junior Ranger.

Evening Programs:

Fridays, Saturdays, & Mondays
7:30 - 8:30 p.m.

Programs presented either at Timpanogos Cave National Monument Visitor Center or at Swinging Bridge Picnic Area (located 1/4 mile west of the Visitor Center).

Nature's Music in the Canyon

Visitor Center

Enjoy an evening of sights and sounds while viewing a slide show of scenic American Fork Canyon and surrounding areas. Live acoustic guitar accompaniment provided.

Bats! Flying Creatures of the Night

Visitor Center

Afraid of bats? Or do you love those furry little flying creatures? Either way you'll have fun as you discover the truth behind bat myths and folklore.

Reflections: A History of Mining in American Fork Canyon

Visitor Center

Learn about the colorful history of mining in the canyon through slides and stories. Hear tales of fortunes gained and lost in days gone by.

National Parks: One of America's Best Ideas

Visitor Center

The National Park Service preserves some of the country's most impressive treasures. Learn the history of the National Park Service and what it means to Americans and the world.

Minerals! An Essential Part of Your Rock Diet

Visitor Center

Young and not so young mineral enthusiasts are invited to learn geology through the tests a geologist uses to identify minerals.

Birds of Prey

Visitor Center

Learn about the birds of prey that can be found throughout American Fork Canyon. Live birds may be in attendance.

Let's Make Tracks

Visitor Center

Join a National Park Service Ranger and discover how to "read" the clues that animals leave behind. Have fun making your own animal tracks as you learn how to look for these and other animal signs.

The Charm of Snakes

Visitor Center

Get up close and personal with live snakes as a National Park Service Ranger introduces you to snakes found right here in American Fork Canyon.

Singing in the Canyon: Songs of the Summer

Swinging Bridge Picnic Area

In the good ol' summertime families gather around the campfire and sing nostalgic ballads and rousing rounds. Rangers will nourish you with songs and s'mores.

Legends of the Giants

Visitor Center

Imagine Mount Timpanogos shrouded in mist, silently waiting to reveal its hidden mysteries. Join a National Park Service Ranger as you are led into the past through slides, legends, and local folklore.

One Whoppin' Big Fish Story

Visitor Center

Everything you wanted to know about fishing but were afraid to ask. Join a National Park Service Ranger for a discussion on types of game fish in Utah and where they are found, how to tie a basic outfit, and basic fishing practices.

Kids Korner



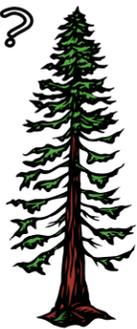
Dear Jr. Visitor,
It's fun to explore America's National Forests, Parks, and Monuments. While you're enjoying these beautiful places, we hope you will help us to keep them safe and beautiful too. Many animals and plants call these places home, so please remember to pick up any litter, take only pictures, and leave behind only footprints!



Did You Know?

An average forest of trees is about 70-100 years old – older than your grandparents. And trees in some forests can be 4,000-5,000 years old.

One large tree can provide a day's oxygen for four people!
Source: www.smokeybear.com



Smokey Bear has been teaching us how to prevent forest fires for sixty years! His friend, Woodsy Owl, has been helping us care for the land for over thirty years. What messages are they each famous for saying?

Smokey Bear: "Only YOU can prevent wildfires."
Woodsy Owl: "Give a hoot. Don't pollute!"

Help Cricket find his way through the cave.

Can you find these words?

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| S | B | C | A | V | E | D | E | R | L |
| Q | U | N | G | D | S | K | L | I | A |
| U | B | N | F | G | E | S | L | B | K |
| I | K | J | S | C | R | W | B | Q | E |
| R | R | Y | T | H | O | C | L | K | J |
| R | I | F | D | I | I | A | D | C | V |
| E | V | M | L | K | J | N | E | R | T |
| L | E | A | F | Y | G | Y | E | H | R |
| I | R | O | C | K | O | O | R | Q | E |
| C | H | I | P | M | U | N | K | F | E |

Q. What kind of luggage did the turkey vulture take on his airplane trip?
A. Carrion

Q. What did the judge say to the unruly skunk?
A. Odor in the court!

Funny Bone

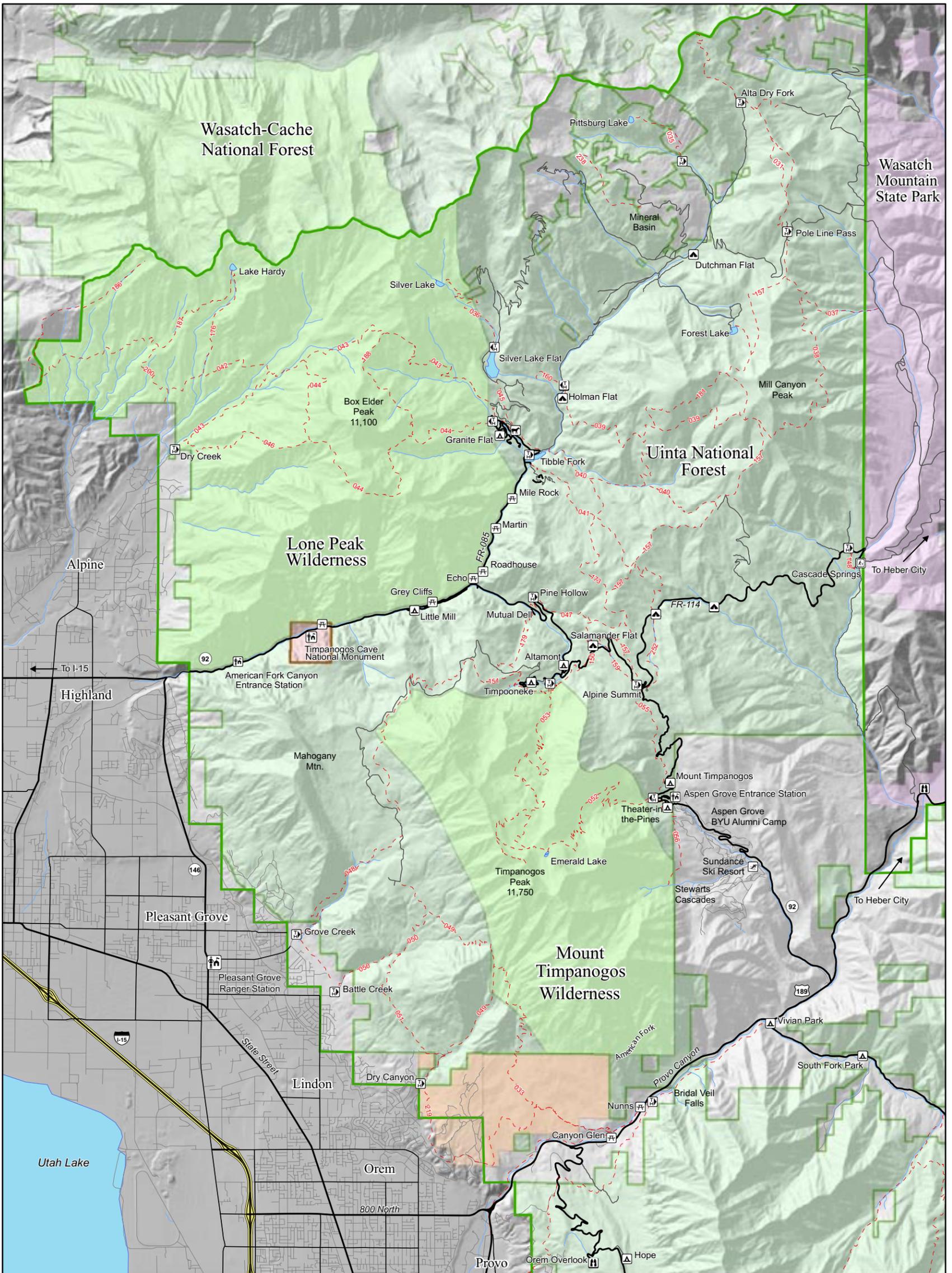
Eye Spy!
Can you spot these things in the canyon?

Making Tracks!
Match the animal to the tracks it leaves behind.

1. beaver
2. moose
3. bobcat
4. ground squirrel
5. bear

Answers: 1e, 2c, 3d, 4a, 5b

Hey kids! Be sure to ask at the visitor center about our Junior Ranger program and activities!



American Fork Canyon - Recreation Map

Ownership

- Uinta National Forest
- National Park Service
- Private
- Utah State Wildlife Management Area
- Wilderness
- Wasatch Mountain State Park
- System Trails

Recreation Sites

- Information
- Campground
- Dispersed Camping
- Picnic Area
- Trailhead
- Horse Transfer Station
- Scenic Overlook



Original data was compiled from multiple source data and may not meet the U.S. National Mapping Accuracy Standard of the Office of Management and Budget. For specific data source dates and/or additional digital information contact the Forest Supervisor, Uinta National Forest, Provo, Utah. This map has no warranties to its contents or accuracy.