

Timpanogos Cave Trail

American Fork Canyon

APPROX. ROUND TRIP

3.0 miles

APPROX. GAIN

1,100 ft

DIFFICULTY

Strenuous

BEST FOR

Older kids, strong hikers and geology fans

TRAIL STORY

A climb through millions of years

The paved switchbacks climb past a long sequence of rock layers in American Fork Canyon. Those layers record changing seas, sediments and mountain-building long before water opened the caves above.

LOOK FOR - SIGHTINGS ARE NEVER GUARANTEED

- | | |
|---|---|
| ☐ A labeled rock layer | ☐ A sharp switchback |
| ☐ A bench with a canyon view | ☐ A lizard or ground squirrel |
| ☐ A shady Douglas-fir or maple | ☐ A painted rockfall safety zone |

THREE TRAIL MISSIONS

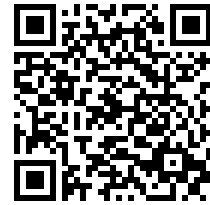
- 1 Count five switchbacks and pause for water.
- 2 Find three rock colors without touching the cliff.
- 3 Point toward Utah Valley from a safe stopping place.

MAP IT!

Draw the visitor center, steep switchbacks, two rest benches and the cave entrance at the top.

Add a legend: start, water, rest stop, viewpoint and turnaround.

LIVE TRAIL PAGE



Scan for current trail details and trailhead directions.

KIND HIKER CODE

- Stay on the signed trail.
- Give wildlife plenty of room.
- Leave plants, rocks and water alone.
- Pack out every snack scrap.

THIS TRAIL'S SMART RULE

Stay with an adult, never stop in marked rockfall zones and keep well back from steep drop-offs. No strollers, bikes or pets.

GROWN-UP CHECK

Weather, access, parking and closures can change.