



SELF-GUIDED FOOTHILL AND URBAN HIKES

Many trails around the Wasatch have historic beginnings. Some may have started as animal trails, logging trails, or mining trails that were widened by pioneers and visitors out of need or curiosity. Here are links to some of the historic trails in and around the Wasatch. Explore and enjoy Utah's remarkable natural and cultural heritage!

Historic Trails

[Big Cottonwood Historical Tour](#)
[Cottonwood Heights Walking Tours](#)
[Dimple Dell Park](#)
[Draper Historic Walking Tour](#)
[Draper City Parks and Trails](#)
[Faint Trails In The Wasatch-Wasatch Mountain Club](#)
[Holladay Historic Tour](#)
[Millcreek History Research Design](#)
[Midvale's 40+ Murals](#)
[Sandy City Historic Walking Tour](#)
[Sandy City Trails](#)
[Take A Tour | Preservation Utah](#)

Mountain Trails

[Self-Guided Wildflower Walk: Alta](#)
[Self-Guided Wildflower Walk: Snowbird](#)
[Self-Guided Wildflower Walk: Solitude](#)
[Self-Guided Wildflower Walk: Brighton](#)
[Wasatch Mountain Club Hiking, Backpacking & Camping](#)
[Wasatch Mountain Club Hike Ratings](#)

Trail Stewardship

[The Story of 5 Trees in the Wasatch](#)
[Snow Science-States of Matter](#)
[Silver Lake Plants & Animals](#)
[Invasive Plants of the Wasatch](#)
[Public Weed Mitigation Guide](#)
[Ecology in the Canyons: Birds](#)
[Ecology in the Canyons: Amphibians](#)
[Ecology on the Trail: Biodiversity](#)
[Ecology on the Trail: Adaptation](#)
[Ecology on the Trail: Niche](#)
[Ecology on the Trail: Habitat](#)
[Ecology on the Trail: Ecology](#)
[Winter Birding: Spruces Campground](#)
[Wild Animal Aware Utah](#)

Hiking Books

- **Urban Trails Salt Lake**, by Ashley Brown
- **Hiking The Wasatch**, by John Veranth
- **60 Hikes Within 60 Miles**, by Greg Witt
- **Wasatch Eleveners**, by Randy Winters
- **Hiking Guide to Geology of the Wasatch** by William T. Parry
- **Best Easy Day Hikes in SLC**, by Greg, Rob, and Dallin Witt

HIKING THE WASATCH GUIDELINES

BE PREPARED

- Have a plan. Tell someone about it.
- Be self-sufficient. Bring water, food, and layers.
- Know your ability level.
- Wear a helmet if on a bicycle.
- Have a Plan B.

MOUNTAIN HIKERS & RUNNERS

- Treat others with courtesy.
- Uphill hikers and runners have the right-of-way, so step off to the side for folks coming up.
- Solo hikers yield to groups.
- If you wear headphones, wear only one earbud so you can hear around you.
- Cyclists yield to everyone, but cyclists on a steep climb or difficult corner may need extra room and consideration.
- Communicate for everyone's safety.
- Respect all signage and private property.
- Avoid making impacts to the natural environment. Do not feed wild animals.
- Pack out all waste and trash.
- Inform yourself about trail regulations, closures, and conditions.
- Leave what you find. If something inspires you, take a picture or take a second to sketch it.
- Stick to the official trails and only camp in designated areas.

MOUNTAIN BIKERS

- Travel responsibly. Stay on the trail. Use safe speeds. Ride to the right, pass on the left.
- Respect other trail users. Be kind. Be sure hikers can hear you coming (bells, talking).
- Take a second to say hi, and help others enjoy their time on the trail.
- Educate yourself about trail regulations, conditions & closures.
- Avoid impacts to the natural environment.
- Pack out all waste or trash.
- Do your part to be a good trail steward.

MOUNTAIN DOGS

- Pick up after your dog and carry waste out with you.
- Always keep your dog under control and on a leash.
- Watch out for other trail users and step aside with Fido.
- Stay on the official trail and out of designated watershed areas.
- Remember, dogs are not allowed in watershed areas like City Creek or Big and Little Cottonwood Canyons.

Sources: [Central Wasatch Commission](#), [Trails Utah](#), [Cottonwood Canyons Foundation](#), [Wasatch Mountain Club](#), [Uinta-Wasatch-Cache National Forest](#), [Save Our Canyons](#), [Leave No Trace](#)

