



THE
Heber
Valley UTAH

gohebervalley.com





The Heber Valley

Utah's magnificent desert landscapes and snow-capped mountains make it the perfect place to be. And if you're looking for a fun adventure on foot, bike, boat, skis, snowmobile, train, or zipline, then the Heber Valley is the place to go. There's no need to choose when you can zip across a lake on one end of the Valley and bike over rugged mountain slopes on the other. Go from adventure to adventure, and then head back for some small-town charm. Cap the day with an award-winning meal and talk about getting back out there tomorrow.

The edge of convenience and adventure

- close Salt Lake, Park City, and Provo
- Less than 1 hour drive to the airport or the middle of the wilderness

An Olympic reputation

- Ski Nordic courses from the 2002 and upcoming 2034 Olympic Winter games

Five golf courses and three state parks

- Find adventure on land or water, snow or shine





The Way of the West

We're so glad you're here! And while you explore, keep in mind how you are part of keeping this a great place to be.

Practice the Local Culture

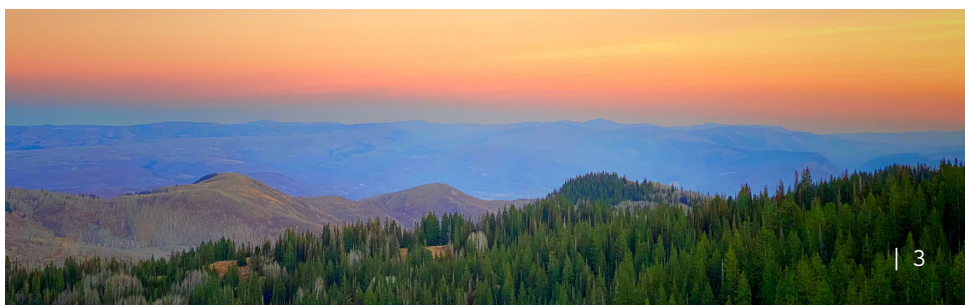
Contribute to our cultural identity. Support local businesses, participate in cultural events and festivals, and explore heritage sites.

Protect and Preserve (p.84)

Know how to lessen your impact on natural habitats, help protect our area wildlife, and practice fire safety.

Plan and Prepare (p.84)

Learn about the 10 Essentials, trail etiquette, water and avalanche safety, and how to recreate responsibly.



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Indigenous History and the Legend of Timpanogos

The state of Utah's name derives from the Ute—indigenous people that originally lived in much of the Mountain West. Clans of the Timpanogos Ute tribe made their home in the present-day Heber Valley. Though the tribe eventually relocated eastward to the Uintah Valley Reservation, the tribe's legacy remains, perhaps most

strongly in the legend of Timpanogos. The remarkable 11,570-foot (3,527-m) mountain peak, Mount Timpanogos, was so named after the tribe that dominated the Heber Valley's western horizon many decades ago. Although legend asserts the name combines those of the ill-fated lovers: Timpanac and Ucanogos.



One version of the legend goes like this:

A Uintah tribe lived by a beautiful silver lake abundant in fish. The tribe would catch, dry, and store the fish in preparation for hard times. Far to the north, another tribe called the Nez Perce were suffering and dying from famine. To save his people, Timpanac, the son of the Nez Perce leader, prayed to The Great Spirit who told Timpanac to go south where he'd find a tribe to sell him food.

After many days, Timpanac came to the Uintah's lake. The leader treated Timpanac kindly and exchanged dried fish for rich furs. In the leader's teepee, Timpanac saw and fell in love with Ucanogos, a beautiful Indian princess. Before Timpanac returned home, he gave Ucanogos a beaded headband. In return, she gave him a pair of gloves.



When Ucanogos was old enough to marry she asked her father to hold a contest to determine which warrior should marry her. The assembled warriors had to summit a great mountain where Ucanogos waited. The first to reach her would claim her as his bride. Ucanogos sent a runner to tell Timpanac to come. When Timpanac reached the steepest place on the mountain, the other warriors pushed him over a ledge where he fell to his death. Watching from above, Ucanogos wept great tears that would never stop falling. A wall of tears still falls down the canyon – now named Bridal Veil Falls.

Ucanogos then threw herself from the mountain, praying to The Great Spirit to unite her soul with Timpanac's. The Great Spirit, so saddened by these events, joined their hearts to hang forever as one in Timpanogos Cave, and he set the Indian princess on the mountaintop for eternity. Those who travel through Provo Canyon can clearly see her features.



The Heber Valley holds so much to see and do, and plenty of space to do it. We've identified three unique regions in this stunning destination: the Valley, the Edge, and the Backcountry. There's something for everyone in each, but if you're looking for a particular experience, you might find just what you're looking for in the Valley, Edge, or Backcountry.

The Edge Premier Luxury

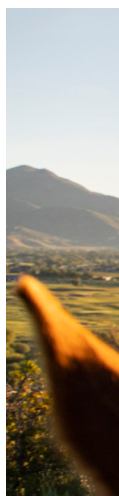
At the Heber Valley's Edge, find the world-class quality amenities you've come to expect from Utah's ski slopes alongside space to stretch out and more to explore. Don't settle for just one premium experience. The Edge offers easy access to Sundance Mountain Resort, Deer Valley Resort, and all of Park City. Test your mettle at Olympic venues, pamper yourself at luxury spas, and savor the freshest farm-to-table cuisine. That's just how we do life on the Edge.

The Heber Valley Adventure for the Whole Family

Sure, we call the whole place "The Valley," but the Valley includes the historic farming lands around the Provo River. Heber City, the Valley's heart, feels distinctly of small-town Utah with its grid system of streets and historic buildings reminding us of earlier times—whether it's the 1950s with a classic ice cream shop like Dairy Keen or the 1850s with a Main Street pub and saloon. And this is your perfect jumping-off point to adventure with activities for the whole family offered in every direction.

The Backcountry Off the Beaten Path

Remember the lazy days of summer, the quiet after the first winter snow, the clean crisp air of a spring sunrise, and the cozy campsite along the shoreline? The Backcountry leaves you longing to go back. Back to those feelings of solitude, serenity, and happiness that only nature brings.





The Valley's Edge

The Edge of Luxury

Anchored by the charming Swiss-themed town of Midway and the new Deer Valley East Village, the Edge skirts the slopes of the Wasatch mountain range all the way from Sundance Mountain Resort in the south and west to Deer Valley East Village to the north. This stretch of mountain ridges boasts what many know as “The Greatest Snow On Earth®,” but the most exciting part of the Edge is how accessible it is to the best outdoor activities without the hassle and crowds of other destinations.

Life is just better on the Edge.





Luxury without the hassle

- Four luxury resorts offer indulgent getaways for your adventure and escape all year-round.
- Some of the best dining in the state can be found in the heart of Midway.
- Deer Valley East Village provides easy access to the newest ski acreage at one of the world's best ski resorts.
- The Edge hosts five top-tier golf courses that satisfy the enthusiast's quest for new challenges—all with a stunning backdrop of the Valley spreading below.

Olympic legacy past and future

The Nordic Center headquartered cross-country skiing events for the 2002 Olympic Winter Games and will do so again in 2034.

- Enjoy Olympic level-quality for winter sports
- Discover unique summer events (watch the best sheep dogs do their thing).

More surprises await

- The Swiss roots of Midway's settlers shine in the chalet-style architecture seen along Midway Main Street.
- The 10,000-year-old Utah Crater holds a subterranean hot spring over 60 feet (18 m) deep with water temperatures averaging 95 °F (35 °C) year-round.
- In winter, the expertly sculpted Utah Ice Castles inspire wonder against the snowy backdrop of the mountain slopes.





Midway

Is that a yodeler you hear? It may be a yodel from the Midway Town Hall clock as it strikes the hour. At the Valley's Edge, Swiss settlers founded two agrarian hamlets that later joined together at their middle—giving us the name Midway. The alpine heritage of these settlers remains present in the Swiss architecture found along Midway Main Street and in annual celebrations like Swiss Days (p. 60). Wander the quaint streets of town and stumble across a rare find at a boutique or savor first-class dining at one of many impeccable eating establishments. In the winter, the town square comes alive with ice skating (p. 80), and the Ice Castles draw awestruck crowds to their brilliantly lit icicle turrets and frosted archways (p. 79).





Close-by attractions:

- Utah Crater (p. 26)
- Soldier Hollow Nordic Center (p. 16)
- Wasatch Mountain State Park (p. 22)
- Heber Valley Artisan Cheese (p. 25)
- Golf (p. 73)
- Utah Ice Castles (p. 79)



Memorial Hill

What's that big hill just off River Road? It's Memorial Hill, a local monument to honor veterans. You can drive to the top for an excellent view of the Valley.



DEER VALLEY

Literally just over the northern ridge from Heber Valley, the premier trails of Deer Valley East Village welcome intrepid skiers (that's right, just skis) to revel in the perfect corduroy groomers and champagne powder. Whatever you need to have the best time—Deer Valley Resort has it. Luxury accommodations, top-tier dining, anything-you-need rentals, and an award-winning ski school.

- Lifts open 9:00 am to 4:15 pm, daily
- Number of runs: 103
- Number of lifts: 24
- Skiable acres: 2,342
- Average snowfall: 300 in. (762 cm)
- Summit elevation: 9,570 ft (2,917 m)

Summer activities:

70+ miles (112 km) of hiking, biking, and horseback riding trails, chairlift rides

Winter Activities:

downhill skiing, snowboarding, snowshoeing, Nordic skiing

DEER VALLEY EAST VILLAGE

435-649-1000

DEERVALLEY.COM





SUNDANCE MOUNTAIN RESORT

The rustic charm and unassuming scale of Sundance Mountain Resort is like stepping into an uncommon time and space. And you can step, ski, bike, or board your way through the simple pleasures of 5,000 acres of protected wilderness that also happen to host some pretty good skiing, too. Founded in 1969 by Robert Redford, Sundance Mountain Resort focuses on cultivating a community sharing the love of the outdoors, art, good food, and crafting memorable moments. The lodging is quaint and impeccably appointed. The dining focuses on local and receives international recognition. There's also an art studio offering painting, pottery, jewelry-making, and soap-making classes, and a lavish spa to help you unwind after a long day on the slopes.

- Lifts open 9:00 am to 4:30 pm, daily + night skiing
- Number of runs: 45
- Skiable acres: 2,450+
- Average snowfall: 300 in. (762 cm)
- Summit elevation: 8,250 ft (2,515 m)

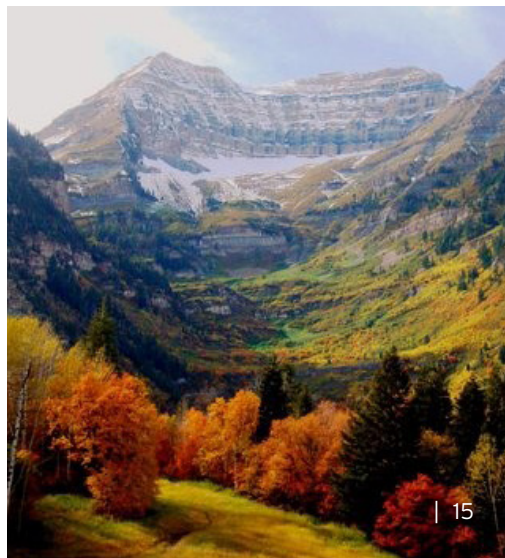
Summer activities:

ziplining, mountain biking, scenic lift rides, hiking, horseback riding, fly fishing, outdoor concerts

Winter Activities:

downhill skiing, snowboarding, ziplining, snowshoeing, Nordic skiing

8841 NORTH ALPINE LOOP ROAD, SUNDANCE, UTAH
801-225-4107
SUNDANCERESORT.COM

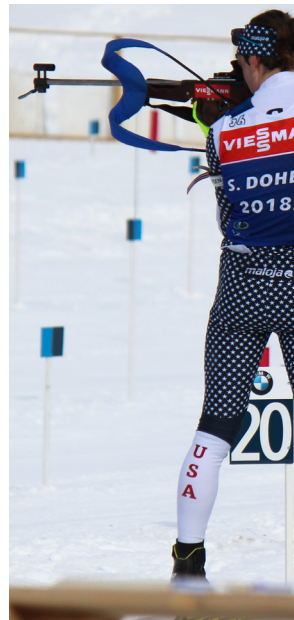


From Skiing to Sheepd



SOLDIER HOLLOW NORDIC CENTER

The Winter Olympic and Paralympic Games have only been hosted by the United States four times, and one of those included destinations right here in the Valley's Edge. For the 2002 Olympic Winter Games, the Olympic committee constructed the Soldier Hollow Nordic Center just south of Midway to host biathlon, cross-country, and Nordic combined competitions—a total of 18 events overall. The Nordic Center saw over 150,000 spectators line its trails to see the action live.



Gold og Classic

Soldier Hollow Nordic Center's Olympic Legacy Shines Bright



The legacy of the 2002 Olympic Games remains strong. With the 2034 Winter Games returning to Utah, Soldier Hollow will again serve as a snowy stage for Nordic Olympic victory.

Today, pros and amateurs of all types can test their winter endurance at these same Olympic sports, plus other fun activities like snow tubing, snowshoeing, and sleigh riding. In the summer, bikers and hikers take to the newly green slopes. Adjacent to the Nordic Center is the Soldier Hollow Golf Course. Opened in 2004, it features two renowned golf courses. The Silver and Gold courses present fun yet challenging elevation gains and never-ending breathtaking views. The Nordic Center also hosts year-round events, the most famed being the Soldier Hollow Sheepdog Classic (see more on p. 60) over Memorial Day Weekend each year.



2002 SOLDIER HOLLOW LANE, MIDWAY, UTAH
435-654-2002
SOLDIERHOLLOW.COM

JORDANELLE STATE PARK

Located on the northern rim of the Heber Valley, Jordanelle State Park offers abundant aquatic fun and scenic trails all around the cool waters of Jordanelle Reservoir. Whether you plan on spending a day, weekend, or more, Jordanelle provides some of the best picnicking, camping, boating, fishing, and hiking that you will find.

The park has three main use areas:

Hailstone: beach day use, overnight camping, main boat ramp, C-store, marina, and event center

Ross Creek: hiking trails, and non-motorized boat ramp

Rock Cliff: single-lane boat ramp, Nature Center, hiking trails, and tent camping



Campsites

Reservations for camping, day-use cabanas, cabins, and pavilions may be made at least 48 hours and up to 4 months in advance for individual sites and 11 months for group sites by calling 800-322-3770 or going to stateparks.utah.gov. Other sites are available on a first come, first served basis.

Keetley, Hailstone, and McHenry Campgrounds (closed winter)

- 185 sites, 5 cabins
- Amenities: varies between RV and hike-in camping. RV sites have power, water, fire pits, grills, picnic tables, hot showers, flush toilets, dump station, and laundry facility

Rock Cliff Campground (closed winter)

- 51 sites
- Amenities: fire pit, picnic table, grill, and modern restrooms with showers



Trails

Perimeter Trail

- 15.5 miles (24 km) one-way along the north and eastern edges of the reservoir
- Access from Old Keetley Rd, Ross Creek Trailhead, or Rock Cliff Nature Center

Three Rock Trail

- 1-mile (1.6-km) trail providing sweeping vistas of the valley and excellent wildlife viewing
- Access from Rock Cliff Nature Center

Wada Wada Way & Keetley Loop

- 3.5-mile (5.6-km) loop trails
- Access from Ross Creek Trailhead

Rocky Top Bike Trail

- 8 miles (12 km) and 900 feet (274 m) of elevation gain to a sweeping viewpoint
- Access from Rock Cliff Nature Center

Fish in the Reservoir:

Brown trout, rainbow trout, cutthroat, smallmouth bass, largemouth bass, perch, kokanee, wipers, and tiger muskie

Equipment Rentals at the Park Office:

- Recreational and fishing boats
- Personal watercraft
- Kayaks and stand up paddle boards
- Snowshoes

515 UT-319, HEBER CITY, UTAH

435-649-9540

STATEPARKS.UTAH.GOV/PARKS/JORDANELLE



DEER CREEK STATE PARK

Whether soaking up the sun on the shore or basking in the breeze boatside, Deer Creek Reservoir offers premier access to 18 miles (28 km) of shoreline and nearly 3,000 acres of water for boating, swimming, or kiteboarding.

The park has three main day-use areas:

Deer Creek Island Resort: beach day use, aqua park, overnight camping, boat ramp, C-store, marina, watercraft rentals, and dining at The Lakehouse at Deer Creek

Rainbow Bay: beach day use with vault toilets, picnic shelters, and zipline (see p. 72)

Deer Creek Cove: beach day use, boat ramp, and tent & RV camping



Campsites

Call 800-322-3770 for reservations

Chokeberry Campground (closed winter)

- 40 sites for RVs with full hookups and tents
- Amenities: picnic table, grill, paved parking pad, water, electricity, modern restrooms with showers, and sewage disposal station

Fox Den Campground

- 28 sites for RVs with full hookups
- Amenities: picnic table, grill, paved parking pad, water, and electricity

Great Horned Owl Campground (closed winter)

- 23 primitive sites
- Amenities: picnic table, grill, fire pit, modern restrooms with showers, and sewage disposal station

Wallsburg Group Area (closed winter)

- Amenities: three large pavilions, fire pits, and grills

UT-314, WALLSBURG, UTAH

435-654-0171

STATEPARKS.UTAH.GOV/PARKS/DEER-CREEK



Trails

Deer Creek Trail

- 8 miles (12 km) of non-motorized trail (hikers, bikers, horseback riders) along the western shoreline of Deer Creek Reservoir. The trail also provides shore access for walk-in anglers
- Access the southern trailhead at the Deer Creek Dam Trailhead west of US-189. Access the northern trailhead from Stringtown Road near Soldier Hollow (take the first right after passing Tate Barn)

Fish in the Reservoir:

Brown trout, rainbow trout, cutthroat, smallmouth bass, largemouth bass, walleye, and perch

Equipment Rentals:

- Recreational and fishing boats
- Personal watercraft
- Canoes, kayaks, and stand up paddle boards
- Kiteboards

WASATCH MOUNTAIN STATE PARK

You could spend days exploring everything to do stretched across 23,000 acres of the mountain ridges and valleys of Wasatch Mountain State Park. So plan to stay a while. You'll find informative interpretive displays at the Visitor Center plus more info about renting any gear (for golf, fishing, or winter exploration) that you may need. In the summer and fall, trails await visitors on foot, bike, horseback, or OHV. In the winter, snowshoeing, Nordic skiing, and snowmobiling will take you through the valleys and along mountain ridges.



Trails

Visitor Center Trails

- Features nearly 7 miles (11 km) of hiking trails from beginner to advanced
- Access on the Huber Grove Trail just east of the Visitor Center
- High point: The Crow's Nest, 2 miles (3 km) and 1,000 feet (305 m) of elevation gain

Pine Creek Nature Trail

- A 2-mile (3-km) trail with 200 feet (61 m) of elevation gain along a forested creek to a boulder field that used to be the outlet of an ancient glacier
- Access from the Pine Creek Campground

WOW (Wasatch Over Wasatch) Trail

- A 12-mile (19-km) bike trail with 2,900 feet (884 m) of elevation loss starting at the top of Pine Canyon Road at Guardsman Pass and descending all the way to the state park Visitor Center
- Access the top from Pine Canyon Road (trailhead is 1 mile (1.6 km) south of the junction with SR-224) and the bottom at the Visitor Center

Dutch Hollow Trails

- Features nearly 20 miles (32 km) of trails for hiking, biking, and horseback riding, including an overlook of the Heber Valley
- The 3-mile (5-km) Sage Loop is an easy hike with vistas and a chance to see wildlife
- Access from Dutch Canyon Road

Snake Creek Canyon

- Countless trails for hiking, biking, and horseback riding working through the valleys and ridges of the Wasatch range, offering spectacular views
- Be prepared! Unmarked trails will require route finding, not advised for the inexperienced
- Trailhead access along Snake Creek Road may be limited. Check in at the Wasatch Mountain State Park Visitor Center for details

Mill Canyon OHV Trails

- 43 miles (69 km) of forest roads along the valley ridgeline and several canyons of the Wasatch Mountains
- Access from Soldier Hollow and Snake Creek Road



Campsites

Individual campsites may be reserved up to 16 weeks in advance and up to two days before desired arrival date. Group-use reservations may be made one year in advance. Call toll-free 800-322-3770.

Pine Creek Campground (closed winter)

- 121 sites, 2 cabins
- Amenities: picnic table, grill, paved parking pad, water, electricity, modern restrooms with showers, and sewage disposal station

Little Deer Creek Campground (closed winter)

- 16 small tent/trailer sites
- 1 group site (25 people)
- Amenities: tent pad, picnic table, fire pit or grill, drinking water, and modern restrooms

Soldier Hollow Loops

- 17 RV sites
- 1 cottage
- Amenities: tent pad, picnic table, fire pit or grill, restrooms

1281 WARM SPRINGS ROAD, MIDWAY, UTAH

435-654-1791

STATEPARKS.UTAH.GOV/PARKS/WASATCH-MOUNTAIN

Snowmobiling Trails

Snowmobiling in Pine Creek, Snake Creek, and American Fork Canyons:

- Midway Reservoir: 4.8 miles (7.7 km)
- Snake Creek: 3.8 miles (6 km)
- Cummings Parkway: 8.2 miles (13 km)
- Mill Flat-Tibble Fork: 15.7 miles (25 km)
- Cascade Springs: 5.2 miles (8.4 km)
- Mutual Dell: 10.6 miles (17 km)
- Little Deer Creek: 1.2 miles (2 km)
- Mill Canyon: 2.3 miles (3.7 km)
- Sundance: 3.5 miles (5.6 km)
- Silver Lake: 2.6 miles (4.2 km)

Other Things to Do

- 4 18-hole courses (see p. 73)
- Disc golf course
- Pump track for non-motorized bikes
- 3D archery range
- Fishing pond
- Nordic skiing (7.2 miles (11.6 km) of groomed trails) and gear rentals





Heber Valley Artisan Cheese

This small dairy farm and creamery—the last of its kind in the valley—has been going for nearly 100 years.

Farm Tours

Take a farm tour to meet the cows, see the robotic milking system, and survey the lush pastures of the dairy.

Hands-on Events

Make your own mozzarella or burrata, and check out seasonal events like a hay maze and pumpkin patch in the fall.

Farm Store

Stock up on flavored cheeses and cheese curds, homemade jams, and other local delicious goodies onsite.

920 RIVER ROAD, MIDWAY, UTAH

435-654-0291

HEBERVALLEYARTISANCHEESE.COM

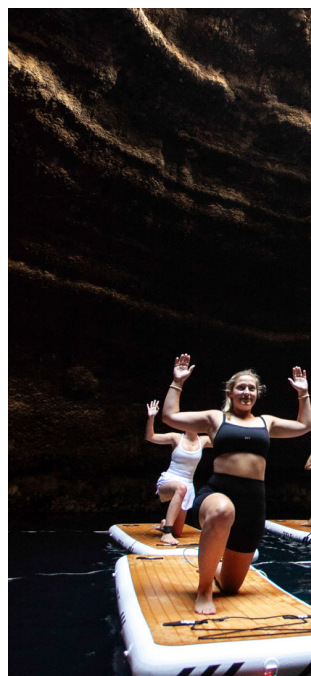
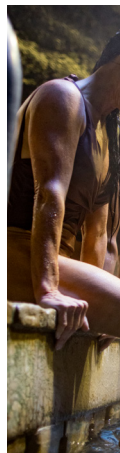


Wonder & Zen

10,000 years
in the making

THE UTAH CRATER

Hearing the word “crater” usually conjures images of barren, subzero moonscapes or molten, volcanic lava rock wastelands. But hidden beneath a 55-foot (17-m) limestone beehive-shaped crater-dome in Midway, you’ll find something stranger and far more delightful. This unique crater shape cradles a deep pool fed by a geothermal spring heated by the earth’s core. At a constant 95 degrees, the water invites soothing soaks and lulls visitors into a meditative space. A natural oculus above allows sunlight to cascade down the corbeled and terraced interior of the beehive dome before it illuminates the water below with an effervescent aqua sheen.



700 HOMESTEAD DRIVE, MIDWAY, UTAH
435-657-3840
UTAHCRATER.COM

- Open year-round
- Visitors can swim, snorkel, scuba dive, or even paddle board atop the water
- The subterranean diving scene in *127 Hours* was filmed at the Crater



Visitors can be content just watching the shimmering play of light on the surface, but the pool's warm water also beckons. At a depth of 65 feet (20 m), the geothermal pool offers the only spot in the continental U.S. to warm-water dive (those who just want a peak can snorkel at the surface). No matter the activity, the mineral-rich water provides important elements and nutrients like calcium that are absorbed by the skin and then directly into the bloodstream. Visitors can enhance the therapeutic experience with a paddle board yoga session atop the water.

The Crater's beginning takes us back 10,000 years (for reference, about five million humans existed on six continents, and the oldest city, Jericho, had recently constructed its giant walls at that time). Snow from the surrounding mountains melted and filtered into the ground, traveling two miles (three km) toward the earth's core before heat forced it back upward. This water, now carrying a multitude of minerals from the earth, re-emerged at the site of the Crater, which slowly built up as layer after layer of minerals created the ever-growing dome.

Farmers in the area tried using the water to irrigate their land, but the heavy mineral content wasn't good for most crops. Decades later the entrance was carved through the base of the beehive to provide easy access to the pool that visitors enjoy today. The low ceiling and rough-hewn walls of the corridor conjure images of early miners searching for precious metals in the mountains of the West. The passage leads to a dock with fixed benches for soaking, or swimmers can float into the middle of the pool.

The Heber Valley

Heartland Surrounded by Heart-pounding Adventure

Whichever direction you arrive from, you'll know when you've reached the Valley. From the north, it expands below you as you descend from Jordanelle Reservoir. From the south you emerge from Provo Canyon into the beautiful expanse on the other side of Deer Creek Reservoir. And wherever you are in the Valley, the immense east face of Mt. Timpanogos makes an incredible backdrop to lush fields and grassland that originally attracted the dairy farms and communities that settled here. Driving around the Valley, you'll still see signs of its farming history and taste the artisan cheese still made with local dairy products.





The Valley holds many other tell-tale signs of the Western way of life, including the Heber Valley Railroad and the rodeos held at the Wasatch Events Center. You'll see it in the historic buildings lining Heber City's Main Street. But you'll also find modern conveniences and lively communities that firmly ground this history-rich area in the present day.

In all directions there's fun to be had. Not only does the Heber Valley Railroad offer an old-fashioned way to get a better view of the countryside, but their themed rides provide an exciting experience for people of all ages looking to dress up, sing along, and have a fun time with others. Plus, there are all the other exciting things to do and places to explore up the western slopes of the Edge or the eastern wilderness of the Backcountry, all within easy reach of the Valley.





Heber City

In the 1850s, several different pioneer groups settled in what they called the Provo River Valley, a beautiful grassy expanse surrounded by towering mountains with a wide river cutting across the valley floor. In the valley center, early English settlers founded London, a new township named after their home in England. It would become an official city in 1889 and be renamed Heber City after a prominent, well-loved leader in the LDS church. This traditional farming community boasted over 100 dairy farms at its peak.

Today, you'll still come across pieces of this historic beginning and agricultural roots, but Heber City is a growing and increasingly modern town that acts as a major adventure gateway to the high altitude recreation of the Wasatch and Uinta Mountains and surrounding valleys.





The city also hosts world-class rodeos and horse sales every year, a continued celebration of Western heritage.

Close-by attractions:

- Heber Valley Railroad (p. 34)
- Wasatch County Events Complex (p. 33)
- Provo River (p. 32)
- Aquatic Center
- Wasatch County Rec Center
- Holiday Lanes Bowling
- Avon Movie Theater



The city's primary square grid of streets follows the pattern of many Western towns founded by LDS settlers. Be sure to check out the Historic Wasatch Stake Tabernacle at the corners of Main Street and 100 North in Heber City.



The Provo River

FISHING

Meandering through the middle of the Heber Valley, and famous for its Blue-Ribbon fly fishing, the Provo River is frequented by anglers year-round, following the regular insect hatches that feed the resident trout. Walking trails follow the water and easy access parking lots are found along the river.



Middle Provo River

- 12 miles (19 km) of waterway in the heart of the Heber Valley, the Middle Provo is the quintessential section of river feeding the lush fields and farms of the Valley
- Access the river from Old Highway 40, River Road, Midway Lane, or Center Street

Catch: wild brown trout

Lower Provo River

- Flowing from Deer Creek Reservoir and eventually finding its way to Utah Lake, the Lower Provo winds through the scenic Provo Canyon
- Access the river from Deer Creek Parkway, US-189, or the Provo River Parkway

Catch: rainbow and brown trout

Not sure where to start? Hire a guide to show you the best local spots. Find outfitters and guides on p. 64.

A fishing license is required. Be sure to get your fishing license at wildlife.utah.gov.





RIVER RAFTING

The Provo River includes a 4.5-mile (7.2-km) section of class I-III whitewater rafting. Though you may not experience the heart-pounding force of the biggest rapids found on the Colorado River, rafting through Provo Canyon provides a scenic float that packs plenty of excitement. And, it's great for kids too.

Most rafting trips last 2 hours, start just below Deer Creek Reservoir, and end near Vivian Park, just below Sundance.

Rafting and tubing season: May-September

Wasatch County Events Complex and Rec Center

Supporting both indoor and outdoor year-round events, the 58,000-square-foot events complex hosts world-class rodeos, large expos and conventions, sporting tournaments, musical demonstrations, livestock sales, and even a family-friendly traveling circus. It's an easy and exciting way to get a little taste of community life in the Mountain West.

And if the weather turns bad, the Rec Center's got you covered. With 135,000 square feet (12,542 sq. m) of track, courts, and fields, you'll find plenty to keep your family entertained.



415 SOUTHFIELD ROAD, HEBER CITY, UTAH

435-657-3335

WASATCHCOUNTYEVENTS.COM



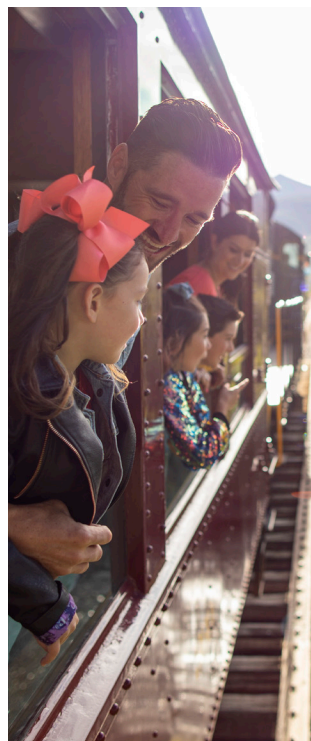
Hop Aboard

THE HEBER VALLEY RAILROAD

Pulling up to the Heber Valley Railroad train depot, the excitement in the air is electric. Train rides themselves remain a novel method of transportation in the United States. Trains played an integral role in replacing the long, arduous, and often deadly wagon trails that saw early pioneers cross the mountains and deserts west of the Continental Divide. With the famous laying of the golden spike to connect the east and west branches of the Intercontinental Railroad just a hundred miles (160 km) north of the Valley, getting from one side of the country to the other became a lot easier.

Today in the west, we look to trains not for their speed nor their convenience, but rather for the opportunity they provide to slow down, take in the scenery, and truly marvel at the landscape that was once so treacherous to cross.

Plus, riding a train is just good, plain fun. The locomotives all date from the early 1900s. Passenger cars vary from vintage luxury to open-air spaces ideal for surveying the scenery.





450 WEST 600 SOUTH, HEBER CITY, UTAH
435-654-5601
HEBERTRAIN.ORG



POPULAR TRAINS

Monday Night Train: Unwind on a relaxed evening train ride filled with scenic views and tranquil vibes, perfect for kicking off your week.

Easter Bunny Train: Celebrate spring aboard a festive train with an appearance from the Easter Bunny, treats, and cheerful fun for the whole family.

Chocolate Lovers Train: Indulge your sweet tooth on a decadent journey featuring rich chocolates, scenic views, and a touch of romance.

Wizards Train: Step into a magical realm with themed fun, spellbinding activities, and a fantastical ride for wizards and muggles alike.

Princess and Pirate Train: Embark on a whimsical adventure filled with swashbuckling pirates and enchanting princesses, perfect for kids and families.

Halloween Train: Enjoy a spooktacular experience aboard a festively decorated train, complete with costumes, treats, and Halloween magic.

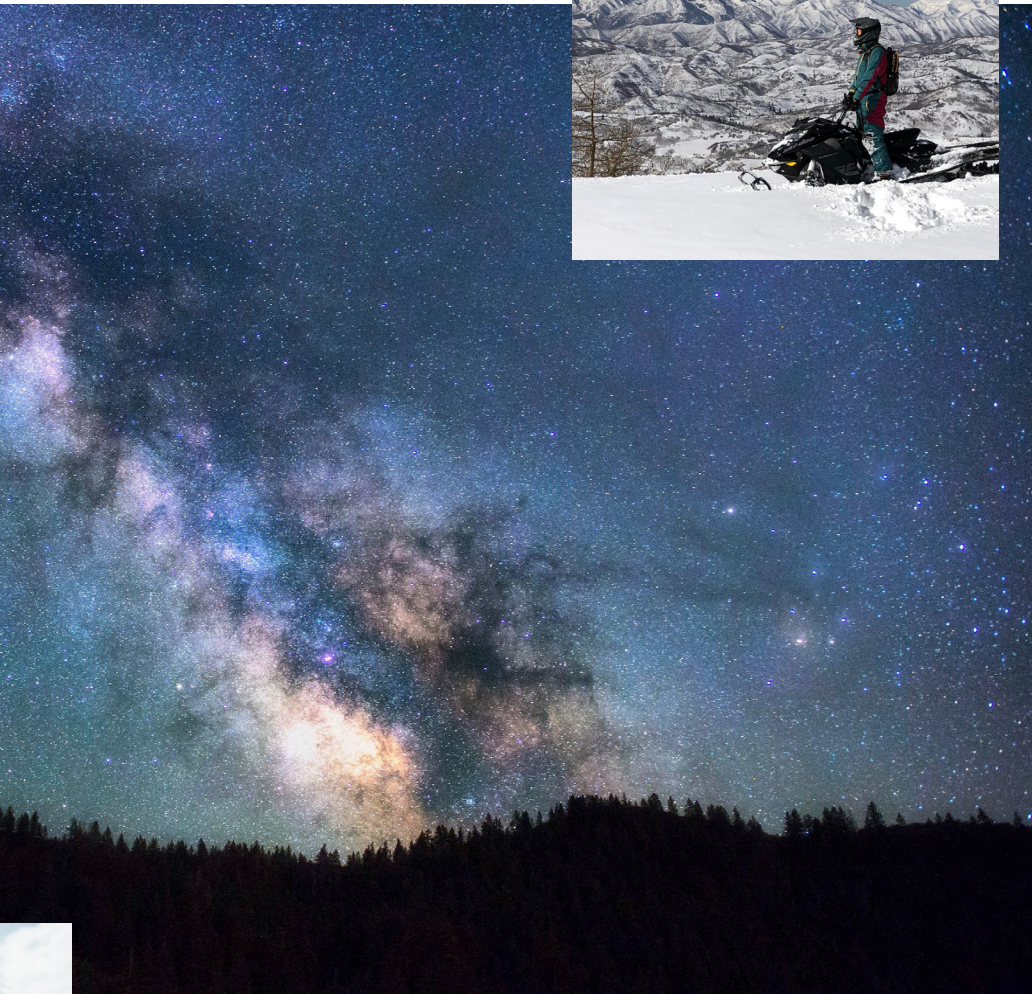
North Pole Express Train: Relive holiday magic on a cozy train ride to the North Pole, featuring hot cocoa, carols, and a special visit from Santa Claus.

The Back Country

Bringing Adventure Back

Located less than a half-hour drive from the Valley, you'll find something better than the middle of nowhere: serene alpine lakes, high, mountainous meadows, and glistening groves of aspens and pines. Located at the junction of two mighty Rocky Mountain ranges—the Wasatch and Uintas—the Heber Valley couldn't be closer to the kind of rugged adventure that defines the quintessential experience of the Mountain West.





For boating and fishing enthusiasts looking for a less crowded experience, Strawberry Reservoir offers inlets and islands with an aquatic territory that is ready to be explored. Nearby, Daniels Summit provides lodging and outfitters for those looking for a solitary getaway with the comforts of modern living. And if you prefer sleeping under the stars, the Uinta-Wasatch-Cache National Forest has ample backpacking trails and dispersed

camping that go deep into the High Uinta Wilderness, home to some of the tallest peaks in the lower 48 states.

The Backcountry is really about a state of mind. Whether you seek high-octane excursions or the tranquility of a solitary trek, it's about getting back to basics, getting away from the crowd, and being open to what the wilderness offers.

STRAWBERRY RESERVOIR

Another premier fishing destination in the Valley, Strawberry Reservoir offers year-round fishing and recreation, whether on water or ice. At 7,200 feet (2,195 m) above sea level, the reservoir is cooler than other spots in the Valley, making it ideal for winter ice fishing and summer sports like wakeboarding. Plenty of camping and scenic trails line the many inlets and coves, and the multiple points of water access make getting in and out a breeze.

The reservoir has four marinas with boat ramps:

Strawberry Bay Marina: lodge, C-store, restrooms, and picnic areas. Strawberry Bay Marina also runs guided fishing, hunting, and snowmobile trips. Find outfitters and guides on p. 64.

Renegade Point Marina: restrooms

Soldier Creek Marina: restrooms and C-store

Aspen Grove: restrooms

Day use areas: Visitor Information Center, Haws Point, Mud Creek, Chicken Creek East and West, and Soldier Creek Dam Trails

Strawberry Shoreline

- 1.7 miles (2.7 km) one-way of fairly flat, non-motorized trail (hikers, bikers, horseback riders) along a western section of shoreline. Look for shorebirds and waterfowl
- Access the western terminus from the Mud Bay day use area and the eastern terminus from Strawberry Bay Marina

Strawberry Narrows

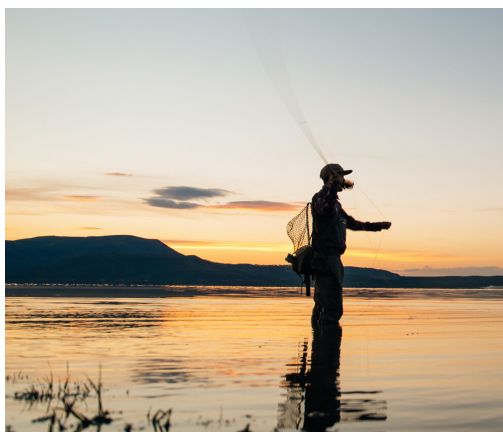
- 12 miles (19 km) one-way of fairly flat, non-motorized trail (hikers, bikers, horseback riders) along the southern inlet that connects the main western body of the reservoir to the small east body. Look for wildflowers in spring
- Access the western terminus from the Renegade boat ramp and the eastern terminus from the Aspen Grove boat ramp

Strawberry Ridge

- 14-mile (23-km) loop overlooking spectacular views of the rugged Wasatch Mountains to the west and Strawberry Reservoir to the east. The route starts up Clyde Creek Road and follows Mud Creek downhill to West Strawberry Road
- Park at the corrals on Clyde Creek Road (FR-134), just south of the Strawberry Visitor Center
- The entire route is open to vehicular travel and OHVs

Willow Creek

- A 3-mile (5-km) one-way trail that's easy for the whole family whether on foot, bike, or horseback
- The route snakes through a narrow aspen-covered valley with several shallow stream crossings. Don't miss the beaver dams along the creek
- Bikers should follow the trail along Willow Creek to the intersection with FR-092. Take the left fork over a short but challenging hill climb into Bjorkman Hollow. A quick downhill ride rejoins the Strawberry River Road, where a left turn makes for an easy return to the trailhead
- Access off US Highway 40, 19 miles (30 km) southeast of Heber City and north on FR-49. In one mile (1.6 km), turn right onto Willow Creek Road and travel a mile (1.6 km) to the trailhead





Strawberry River

- An 18-mile (29-km) bike route through wildflowers to a reservoir. Follow FR-49 about 5 miles (8 km) to a corral, then bear right on FR-093 for 4 miles (6.4 km)
- The whole ride is intermediate because of the length and vigorous climb, but shorter rides are a great experience for beginners and families
- Watch for vehicle traffic and OHVs
- Turn north from US Highway 40 onto FR-49 and park just off the highway

Co-op Creek

- A 9-mile (14.5-km) round-trip hiking trail following the creek through conifer forests. Watch for elk, moose, and deer
- For bikers, make an 11-mile (18-km) loop by continuing beyond the trail's end. At the junction of the trail with Co-op Creek Road, turn right onto FR-82. Follow this well-traveled road for a little over one mile (1.6 km) to the junction with FR-149. Turn left for a delightful ride past Red Ledge, approximately 3.5 miles (5.6 km) to Sleepy Hollow Trail. Watch closely for this turnoff on the right. Follow Sleepy Hollow Trail on a winding descent back to the trailhead. Forest roads are open to motorized

vehicles, but Co-op Creek and Sleepy Hollow Trail are non-motorized only

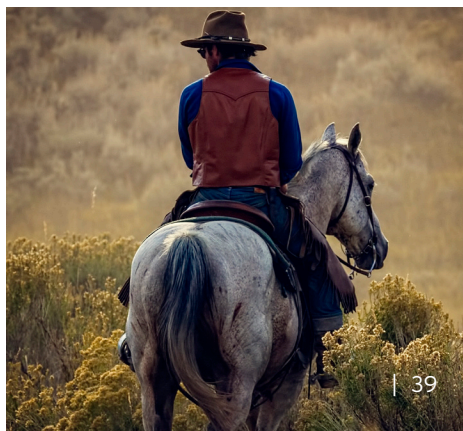
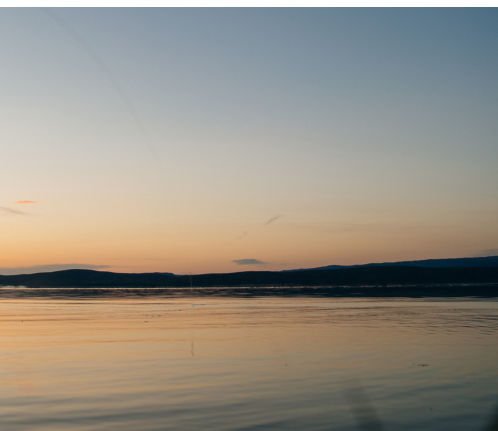
- Follow US Highway 40 about 24 miles (38.6 km) southeast of Heber City. Turn left on FR-82 and travel 3 miles (5 km) to the trailhead

Sleepy Hollow

- A 6-mile (10-km) round-trip hike to vistas of Strawberry Reservoir. Where the trail joins Chicken Creek Road, take the left fork and climb another mile to the Red Ledge—cliffs of red conglomerate formations well worth the extra distance
- Some steep ascents and round trip distance make this a moderate hike
- Follow US Highway 40 about 24 miles (38.6 km) southeast of Heber City. Turn left on FR-82 and travel 3 miles (5 km) to a deadend turnoff on the right

Willow Hollow

- Excellent horseback ride along Willow Creek and Buffalo Canyon
- Route finding may be required
- From the Renegade Point boat ramp at Strawberry Reservoir, follow FR-79 7 miles (11 km) to the guard station and trailhead



Nordic Skiing & Snowshoeing Trails

Doe Knoll

- 4 miles (6.4 km) of easy to moderate slopes and flat areas
- Blue diamond markers
- Trailhead is 0.5 miles (0.8 km) south of the Strawberry Visitor Center on West Strawberry Road
- Snowmobiles may be present on portions of the route during the winter months

Clyde/Mud Creek

- 14 miles (23 km) of moderate and steep slopes with 1,000 feet (305 km) of elevation gain
- Unmarked trail; follow forest roads
- Trailhead is one mile (1.6 km) south of the Strawberry Visitor Center on West Strawberry Road
- Moderate use by snowmobiles during the winter months



Snowmobiling Trails

Co-op Creek Trail

- Offers great views of the Valley below and access to wide play areas
- Follow US Highway 40 about 24 miles (38.6 km) southeast of Heber City. Turn left on FR-82 and travel 3 miles (5 km) to the trailhead

Strawberry River Trail

- Offers lots of play area and a narrow trail to summit views
- Turn north from US Highway 40 onto FR-49 and park just off the highway

Strawberry Trail

- Skirt the western edge of the reservoir to Renegade Point and then ascend into the forest
- Begin at the road closure of Strawberry Road





Campsites

Strawberry Bay Campground (closed winter)

- 274 sites for RVs and tents
- Amenities: picnic table, grill, paved parking pad, modern restrooms with showers, some with water and electricity, and dump station

Renegade Point Campground (closed winter)

- 61 sites for RVs and tents
- Amenities: picnic table, grill, modern restrooms with showers, drinking water stations, and dump station

Aspen Grove Campground (closed winter)

- 53 sites for RVs and tents
- Amenities: picnic table, grill, modern restrooms with showers, drinking water stations, and dump station

Soldier Creek Campground (closed winter)

- 163 sites for RVs and tents
- Amenities: picnic table, grill, modern restrooms with showers, drinking water stations, and dump station

Reserve in advance on [recreation.gov](https://www.recreation.gov).

Fish in the Reservoir:

Rainbow trout, cutthroat trout, kokanee salmon

Equipment Rentals:

- Recreational and fishing boats
- Canoes, kayaks, and stand up paddle boards
- Snowmobiles

MANAGED BY THE UINTA-WASATCH-CACHE NATIONAL FOREST

435-654-0470 OR 435-783-4338

FS.USDA.GOV/UWCF

THE STRAWBERRY VISITOR CENTER

LOCATED JUST OFF US HIGHWAY 40

435-548-2321





Dark Skies Viewing

We know that the major attractions in the Heber Valley happen during the day, but visitors get a very big bonus in the form of black night skies so clear you can pick out far away constellations and clearly trace the arc of the Milky Way from almost anywhere in the Valley.

With official International Dark Sky Certified Park destinations, local towns making adjustments to street lighting and building codes to restrict light pollution in the county, and easy access to more remote wilderness, you can't beat the Valley's call to simply look up.

International Dark Sky Certified Parks

Jordanelle State Park (p. 18)

The Rock Creek Nature Area boasts the darkest skies at Jordanelle State Park and has allowed the park to host dark sky events for over a decade. Surrounded by hills and mountains, the landscape mitigates the impact of artificial light generated by nearby communities.

Wasatch Mountain State Park
(certification in process) (p. 22)

The slopes of the Wasatch Mountains promise commanding views both out over the valley and up into the night sky, less than a 5-minute drive from the heart of Midway.

Other great locations to see the stars:

Deer Creek State Park (p. 20)

Located close to both Heber City and Midway but far enough from main developments, this reservoir offers incredibly easy access and a stunning night sky view.

Strawberry Reservoir (p. 38)

20 minutes east of the Valley on Highway 40, Strawberry Reservoir has a higher elevation and greater distance from urban areas to increase visibility of the stellar spectacle expanding over the reservoir's waters.





Uinta-Wasatch-Cache National Forest

Spanning 2.1 million acres (849,000 hectares) from desert to high mountain peaks, this massive national forest hosts innumerable chances to camp, hike, backpack, or ride through forest, meadows, and peaks. The forest boundary begins just minutes from the Valley, so access couldn't be easier.

Some prime recreational areas:

Daniels Summit

A quick drive from the Valley along US Highway 40 with easy access to non-motorized and OHV trails in the summer plus Nordic skiing and snowmobiling in the winter.

Mill Hollow-Soapstone Basin Area

Enjoy forested slopes, open meadows, and stunning ridgeline views as you explore the summits and valleys of the forest off SR-35.

Mirror Lake Scenic Byway

A stunning drive along SR-150, this byway provides access to the High Uintas Wilderness, plus must-see stops like Upper Provo River Falls as it tumbles over travertine ledges.

High Uintas Wilderness

Within the National Forest, the High Uintas Wilderness spans nearly 500,000 acres (202,000 hectares), rises to 13,528 feet (4,123 m) at the highest point (Kings Peak), and includes over 500 miles (800 km) of trails—all within the largest alpine area of the Mountain West. Plan an easy hike or multi-day backpack to experience the rugged peaks, expansive meadows, and quiet forests of this exceptional wilderness.

Mt. Timpanogos Wilderness

The mountain that looms over the Valley to the west is more than a pretty backdrop; it's a protected ecosystem and a challenging climb for those looking for a tougher adventure and uncompromising views in all directions.

Look out for wildlife

- Elk
- Mule deer
- Pikas
- Chukars
- Kit fox
- Bighorn sheep
- Yellow-bellied marmot
- Mountain goats
- Ferruginous hawks
- Rattlesnakes
- Merriam's turkeys
- Moose

There's so much to do, you could spend months or even years exploring every corner of the forest, but some of our favorite activities and destinations are on the following pages.



DANIELS SUMMIT- STRAWBERRY VALLEY AREA

Main access: US Highway 40

Trails

Clegg Canyon

- 6 miles (9 km) round-trip of moderate hiking, biking, or horseback riding through oak, conifer, and aspen
- Follow US Highway 40 for 10 miles (16 km) to the trail turnout on the east side

Center Canyon

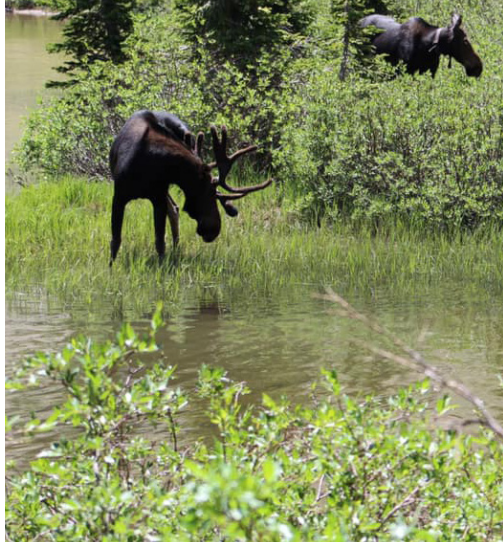
- 4 miles (6 km) round-trip of easy to moderate hiking, biking, or horseback riding through aspen forests and meadows of columbine.
- Follow US Highway 40 about 8 miles (12 km) south of Heber City to a well marked parking area

Thornton Hollow

- A moderate 3-mile (5-km) round-trip trail along a stream to ridgeline views
- The trailhead begins 12 miles (19 km) from Heber City on the west side of US Highway 40

Foreman Hollow

- An easy 4-mile (6-km) loop through conifer and aspen forest to a high plateau above Daniels Canyon
- The trailhead begins between the A and B loops of Lodgepole Campground, 16 miles (26 km) south of Heber City on US Highway 40



Nordic Skiing & Snowshoeing Trails

Foreman Trail

- 5 miles (8 km) of moderate to difficult terrain including moderate and steep slopes
- Blue diamond markers
- Trailhead at the north parking area of Daniels Summit Store

Little Hobble Creek Trail to Strawberry Peak & Twin Peaks

- 4 miles (6 km) round-trip of moderate terrain plus a 5-mile (8-km) loop to Strawberry Ridge or 4 miles (6 km) one-way to Twin Peaks over difficult, steep terrain
- Blue diamond markers on Little Hobble Creek Trail; unmarked beyond
- Trailhead at the north parking area of Daniels Summit Store
- Strawberry Ridge is shared with snowmobiles

Telephone Hollow Trail

- 2.5 miles (4 km) round-trip of easy to moderate slopes
- Blue diamond markers
- Trailhead is across from Daniels Summit Store at Daniels Summit Estates
- Strawberry Ridge is shared with snowmobiles

Summit Trail

- 1 mile (1.6 km) of flat, easy terrain
- Blue diamond markers
- Trailhead at the north parking area of Daniels Summit Store





MILL HOLLOW-SOAPSTONE MOUNTAIN AREA

Main access: SR-35

Trails

Nobletts Creek

- An easy 3-mile (5-km) round-trip hike along Nobletts Creek
- The trailhead begins 2.5 miles (4 km) past the forest boundary on SR-35
- Take the right fork in the trail

Mill Hollow Trail

- An easy 3-mile (5-km) loop overlooking Mill Hollow Reservoir
- The trailhead begins near campsite 17 in the Mill Hollow campground (reach it via SR-35 to FR-54)

Heber Mountain

- A 17-mile (27-km) bike ride through spruce forests and high mountain meadows to the Heber Mountain summit of 10,210 ft
- The route follows FR-54 to FR-96 and FR-55
- Open to motor vehicles
- The trailhead begins at the day-use area of Mill Hollow Reservoir (SR-35 to FR-54)

Duchesne River

- A 17-mile (27-km) bike ride following Duchesne Ridge to Wolf Creek Summit
- Little elevation changes makes this great for beginners
- Open to motor vehicles
- The trailhead begins on FR-91, 3 miles (5 km) past Mill Hollow Reservoir (SR-35 to FR-54)

Soapstone Basin

- A 16-mile (26-km) bike or OHV loop following Duchesne Ridge to Wolf Creek Summit
- Follow FR-89 to FR-174 to FR-304 to Soapstone Rd
- Open to motor vehicles
- The trailhead begins at Soapstone Pass on FR-89 (reach it via SR-35 to FR-37)

Currant Creek Nature Trail

- An easy 2-mile (3-km) round-trip trail with interpretive signage and scenic views
- The trailhead begins near Loop D of the Currant Creek Campground (access via US Highway 40 to FR-82)

Nobletts/Log Hollow

- A steep 7-mile (11-km) loop (plus 1 mile (1.6 km) of highway walking if you don't caravan) round-trip through conifer forest and grassy meadows to ridgeline views
- The trailhead begins 2.5 miles (4 km) past the forest boundary on SR-35
- Take the left fork in the trail

Little South Fork

- An 11-mile (18-km) one-way trek great for backpacking or day hikers who caravan between the start and end trailheads (plus 1 mile (1.6 km) of highway walking if you don't caravan)
- Round-trip through conifer forest and grassy meadows to ridgeline views
- The lower trailhead begins on a dirt road turnoff of SR-35 just past the cattle guard. This road crosses private property; respect fence lines along the roadside and close all gates behind you
- The upper trailhead begins on FR-96 just after the turnoff from FR-54



Nordic Skiing & Snowshoeing Trails

Little South Fork Area

- 10 miles (16 km) of moderate to difficult rolling and steep terrain
- No trail markers
- Follow SR-35 from Francis for 8 miles (13 km) to the trailhead

Snowmobiling Trails

Soapstone Trail

- Ride to open areas and connect to the Strawberry snowmobile complex
- Begin at the Soapstone Gate, milepost 14.5 on SR-150

Wolf Creek Trail

- 10.2-mile (16.4-km) trail that connects to the Mirror Lake and Mill Hollow snowmobile complexes
- Begin at the Hanna Trailhead

Noblelets Trail

- 3-mile (5-km) trail that connects to the Mirror Lake and Mill Hollow snowmobile complexes
- Begin at the Noblelets Trailhead



MIRROR LAKE AREA & HIGH UINTAS WILDERNESS

Main access: SR-150

Trails

Bald Mountain

- 4 miles (6.4 km) round-trip and 1,250 feet (381 m) of gain to summit views of the High Uintas Wilderness
- Bring sun protection
- Follow SR-150 to the trailhead, about 30 miles (48 km) east of Kamas

OHV Trails:

Lofty Lake Loop

- Trail between Pass Lake Trailhead and Main Fork Weber River Trail

Bald Mountain

- Trail between Bald Mountain Trailhead and summit of Bald Mountain

Mirror Lake Shoreline

- Loop trail from Mirror Lake angler parking area



Nordic Skiing & Snowshoeing Trails

Beaver Creek Trail

- 5 miles (8 km) one-way of flat terrain great for beginners
- Groomed trail
- Trailhead is 8 miles (13 km) east of Kamas on SR-150 (south side of highway)
- Non-motorized use only

Snowmobiling Trails

Mirror Lake Highway

- 35 miles (56 km) to Bald Mountain overlook
- Begin at the road closure of SR-150

Whitney Trail

- 7.4 miles (12 km) from the junction with the Mirror Lake Trail
- Begin at the spur from the Mirror Lake Trail
- A warming hut is located at the Whitney Guard Station





MT. TIMPANOGOS WILDERNESS

Main access: SR-92

Trails

Mt. Timpanogos

- 18 miles (29 km) round-trip and nearly 6,000 feet (1,829 m) of elevation gain to uncompromising views from the summit
- Hike or camp at Emerald Lake in the cirque below the summit (7 miles (11 km) one-way from the trailhead)
- Access via two different trailheads, both on SR-92: Theater of the Pines and American Fork Canyon

Timpanogos Cave National Monument

- Take a guided tour through the magnificent chambers and cave passages
- Plan to take 4 hours for the tour, and reserve your spot in advance
- Access the Visitor Center on SR-92

The Great Western Trail

- The Great Western Trail is a continuous cross-country trail stretching from Canada to Mexico, through Idaho, Utah, and Arizona
- The trail is a combination of singletrack trails and dirt roads, traveling through some of the most spectacular scenery in Utah
- Through the Heber Valley, the trail follows the county line atop the ridges and peaks of the Wasatch Mountains, skirting Mount Timpanogos, then drops into the forested South Fork of Provo Canyon. From here, it's another climb to Strawberry Ridge
- This portion of trail is 65 miles (105 km) long and can be accessed at several points, so distances can be varied. Two recommended points of access are from Wasatch Mountain State Park and Strawberry Valley

Campsites

Mill Hollow Campground (closed winter)

- 26 sites for RVs and tents
- Amenities: fire ring, drinking water stations, and vault toilets
- First come, first served

Currant Creek Campground (closed winter)

- 99 sites for RVs and tents
- Amenities: fire ring, drinking water stations, flush toilets, dump station, boat ramp, fish cleaning station, horse facilities, and playground
- Reserve on [recreation.gov](https://www.recreation.gov)

Wolf Creek Campground (closed winter)

- 3 group and 3 individual sites for RVs and tents
- Amenities: fire ring, drinking water stations, and vault toilets
- First come, first served

Lodgepole Campground (closed winter)

- 49 sites for RVs and tents
- Amenities: fire ring, grill, picnic table, drinking water stations, flush toilets, and dump station
- Reserve on [recreation.gov](https://www.recreation.gov)

HEBER RANGER DISTRICT: 435-654-0470

KAMAS RANGER DISTRICT: 435-783-4338



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TO GUARDSMAN PASS

WARM SPRINGS RD
SNAKE CREEK RD

STATE PARK VISITOR CENTER

CARL LN

PINE CANYON RD

CANYON VIEW RD

INTERLAKEN RD

1050 N

RIVER RD

MIDWAY

KOHLER CREAMERY

HOMESTEAD CRATER

HOMESTEAD DR

PINE CANYON RD

CENTER ST

RIVER RD

MEMORIAL HILL

222

200 N

200 W



250 W

MAIN ST

300 S

113

113

STRINGTOWN RD

CENTER ST

TO CASCADE SPRINGS

220

TATE BARN

TATE LN

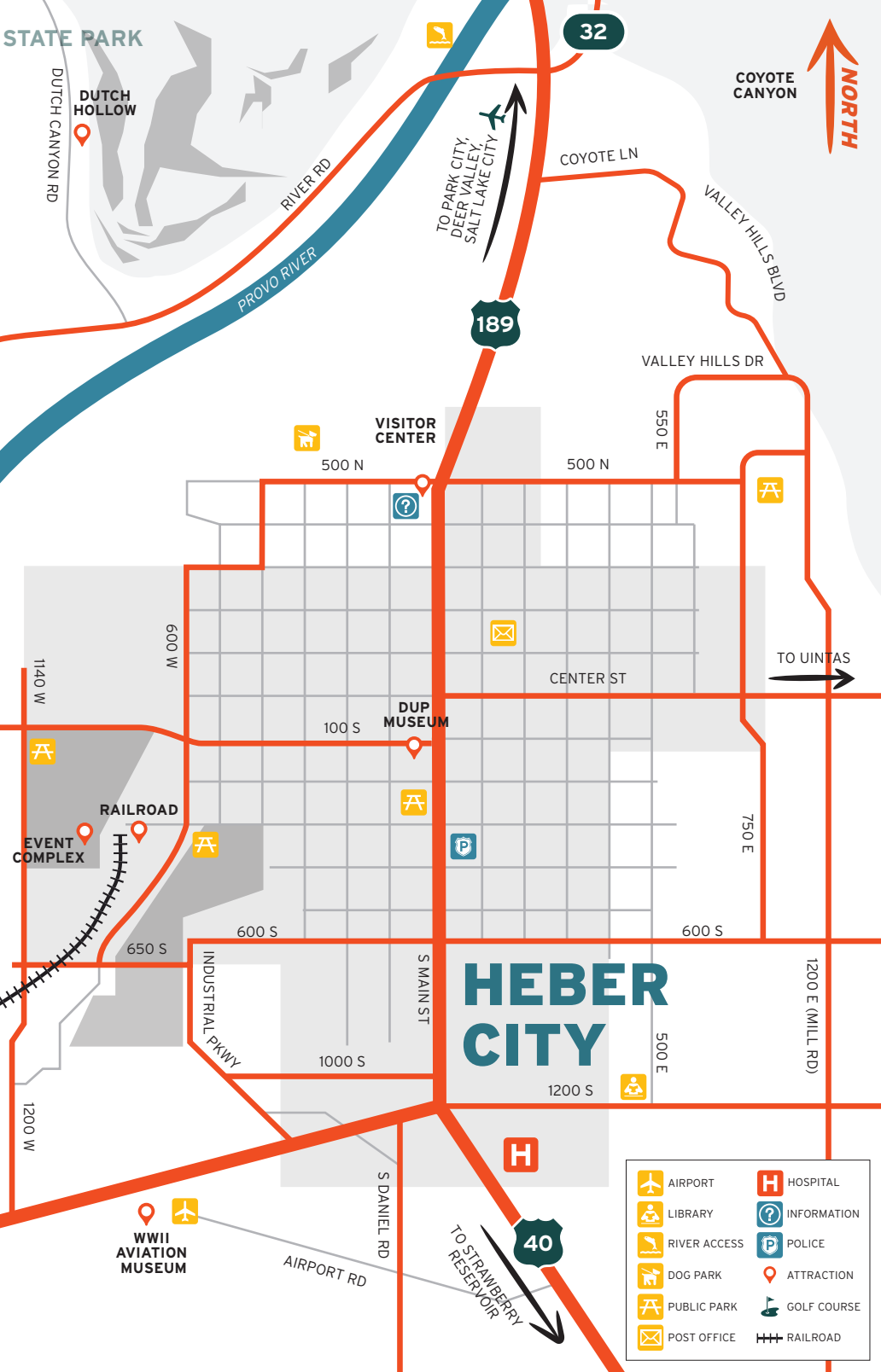
SOLDIER HOLLOW NORDIC CENTER

DEER CREEK STATE PARK

189

TO SUNDANCE, PROVO

STATE PARK



COYOTE CANYON



32



COYOTE LN

VALLEY HILLS BLVD

PROVO RIVER

RIVER RD

189

VALLEY HILLS DR

VISITOR CENTER



500 N

500 N

550 E



600 W

1140 W

CENTER ST



DUP MUSEUM

100 S



RAILROAD

EVENT COMPLEX



750 E

650 S

600 S

600 S

INDUSTRIAL PKWY

S MAIN ST

HEBER CITY

1200 S

500 E

1200 E (MILL RD)



WWI AVIATION MUSEUM



AIRPORT RD



40

	AIRPORT		HOSPITAL
	LIBRARY		INFORMATION
	RIVER ACCESS		POLICE
	DOG PARK		ATTRACTION
	PUBLIC PARK		GOLF COURSE
	POST OFFICE		RAILROAD

Lodging

Though it's a shame to waste any time that could be spent reaching a summit, exploring a canyon, or sailing the waves, let's face it, you gotta rest sometime. And when that time comes, the Valley has a range of lodging options as varied as it does things to see and do. Where you stay will depend on your mood, your desires, and your budget.



HEBER CITY - BE AT THE CROSSROADS \$-\$

A stay in Heber City is an invitation to get out there and do everything. It's conveniently located close to major activities and attractions across the Valley, so you may not spend a lot of time in your hotel room. But when you do come back from a long day of adventure, you'll find the comforts of clean, simple lodging waiting for you. Take your pick of major hotel brands like Holiday Inn or Best Western, homey B&Bs, or locally-owned throwbacks like the Swiss Alps Inn.

OFF THE BEATEN PATH - \$\$-\$\$\$

Don't think you're confined to the main cities for your stay. Look a little further afield to spots like Daniels Summit Lodge for a more rustic experience with more nature and less humans.

Get more lodging details online by scanning this code.





DEER VALLEY EAST VILLAGE - THE PINNACLE OF EXCELLENCE \$\$\$\$

Deer Valley East Village is the newest and most exciting portal into the premier slopes of Deer Valley Resort. Be close to over 3,700 acres of new skiable terrain. And to make your stay the perfect dream, Grant Hyatt Deer Valley provides all the luxury amenities you expect from one of the best ski resorts in the world. Each room and suite embraces mountain modern elegance and features stunning views of the slopes or picturesque Jordanelle Reservoir. With signature dining and ample event and meeting space to boot, everything you need for an elevated experience awaits.

BLACK ROCK MOUNTAIN RESORT - KEEP THINGS ROOMY \$\$\$

Luxury condos and 2-3 bedroom suites mean you can bring the whole family for an extended trip. And with award-winning dining on-site and views over Jordanelle Reservoir, you can keep things cozy.



MIDWAY - SOMETHING A LITTLE EXTRA \$\$\$

Whether you're looking for the amenities of a major resort or the quiet getaway of the finest B&B, Midway has you covered. Between the rustic luxury of the Homestead and the Swiss influence of the Zermatt Utah Resort & Spa, your escape is within easy reach, and it comes with the easy living that the resort life is all about—opulent spas, premier dining, lushly appointed rooms...be ready to indulge. Smaller, charming, yet no less lavish offerings like the Blue Boar Inn provide another take on luxury mountain sojourning. With the quiet, small-town feel of Midway as your base, you can have your pick.



Dining

What's the best-kept secret in the Heber Valley? It might be how good the dining scene is. No, really. It's better than good. Like, worth-traveling-just-for-the-food good. And to make it even better, the low-key nature of the Valley means you're less likely to face eons-long wait times like you might in other trendy locations.



Get more dining details online by scanning this code.





Whatever you're craving—a quick meal, an exclusive dining experience, something sweet, or something classic—you'll find it in the Valley, and not just in town. Sure, Midway and Heber City Main Streets may be the go-to spots (and why wouldn't they be, with world-class dining like the Midway Mercantile and The Hub Restaurant anchoring a diverse food scene in both cities). But travel a little ways out (north to the Back 40 Ranch House Grill or south to The Lakehouse at Deer Creek) and you'll be blessed with both peerless cuisine and a glorious view of a valley meadow or water-reflected sunset.



Shopping & Spa

The allure of the outdoors definitely stays top-of-mind when thinking about things to do in the Valley, but who says you can't play all day and come back to town for some therapy—whether spa or retail related? Several resorts and local establishments offer relaxing spa experiences and beauty treatments (don't forget about paddle board yoga in the Crater! (p. 26)), and the Main Streets of both Midway and Heber City offer everything from essential outdoor supplies to luxury goods.

Where to Shop:

Heber City

6 blocks of Main Street (US Highway 40) between 200 North and 400 South plus some stretches of 100 South (SR-113) on the way to Midway.

Midway

6 blocks of Main Street between 200 West and River Road plus a few retailers a block or so north or south of Main Street.

Don't forget: Heber Valley Artisan Cheese off River Road (p. 25)



Get more shopping details online by scanning this code.



Get more spa details online by scanning this code.



Art, Music, Culture



MUSIC

HEBER VALLEY CHOIR & ORCHESTRA

Elevating the musical experience of the Valley through choir, orchestra, and jazz ensemble performances throughout the year.

HVMUSIC.ORG

MUSEUMS

COMMEMORATIVE AIR FORCE UTAH WING MUSEUM

Marvel at a collection of vintage and restored aircraft from the past century.

CAFUTAHWING.ORG

THE DAUGHTERS OF UTAH PIONEERS MUSEUM

Preserves artifacts, stories, and the legacy of Utah's founding settlers in Heber City.

DUPINTERNATIONAL.ORG

THEATER

HIGH VALLEY ARTS, THE IDEAL PLAYHOUSE, AND TIMPANOGOS VALLEY THEATRE

Two different performing arts groups offer high comedy, drama, and even dinner theater in Midway and Heber City.

HIGHVALLEYARTS.ORG

TIMPVALLEYTHEATRE.COM

HEBERVALLEYENTERTAINMENT.COM

VISUAL ARTS

MIDWAY ART ASSOCIATION

Check out the Art Association Gallery in downtown Midway, and don't miss the annual Plein Air Paradise outdoor painting event every year (more on p. 61)

MIDWAYARTASSOCIATION.ORG



Get more arts and culture details online by scanning this code.



Events

FOR MORE INFORMATION VISIT
GOHEBERVALLEY.COM/EVENTS



Get more event details online by scanning this code.

JANUARY

- Moonlight Snowshoe Hike
- Winter Festival
- Utah Ice Castles

FEBRUARY

- Jordan World Circus
- Utah Ice Castles
- Skijoring Utah

MARCH

- St. Paddy's Train at the Heber Valley Railroad

APRIL

- Easter Train at Heber Valley Railroad
- Baby Animal Days at Heber Valley Cheese

MAY

- Wild West Days at Heber Valley Railroad
- Soldier Hollow Mountain Bike Race
- Soldier Hollow Classic Sheepdog Championship

JUNE

- Heber Valley Market & Outdoor Concert in the Park
- R.W. Erickson Antique Power Show
- Chevy's 50s Car Show
- Warbird Event at the Commemorative Air Force Museum

JULY

- Heber Valley Red, White, and Blue Festival
- Plein Air Art Competition
- Birds of Prey at Wasatch Mountain State Park



- Demolition Derby at the Wasatch Events Center
- Heber Valley Market & Outdoor Concert in the Park
- Outdoor Play with High Valley Arts
- Small Town Fourth Celebration
- Charleston Pioneer Day Celebration

AUGUST

- Wasatch County Fair Days
- Mountain Valley Stampede Rodeo
- Classic Car & Aircraft Show
- Heber Valley Market & Outdoor Concert in the Park
- Swiss Days Festival

SEPTEMBER

- Apple Harvest at Wasatch Mountain State Park
- Wildlife and Kokanee Festival at Strawberry Reservoir
- Tractor Days at Heber Valley Cheese
- Midway Volksmarch

OCTOBER

- Pumpkin & Halloween Train at the Heber Valley Railroad
- Hay Maze at Heber Valley Cheese
- Heber Valley Draft Horse Show

NOVEMBER

- PRCA Wilderness Circuit Rodeo
- Turkey Trot 5K
- Midway Tree Lighting Celebration

DECEMBER

- North Pole Express at Heber Valley Railroad
- Cottages for the Children Gingerbread Displays & Festival of Trees
- Heber City Old Fashioned Christmas Party & Tree Lighting
- High Valley Arts Christmas Play
- Festival of the Crèches
- Wagon Rides and Holiday Lights
- Nutcracker Performances
- Breakfast with Santa



Plein Air Paradise Outdoor Painting Event (Early Summer)

For a week in early summer each year, professional and amateur painters fill the Valley and try their hand at capturing its unique beauty on canvas. The Plein Air Paradise event (“en plein air” is French for “outdoors”) attracts over a hundred artists and thousands of spectators for a week of painting the bountiful valleys, sweeping vistas, and historic relics that celebrate the essence of the Heber Valley. Be on the lookout for painters and their easels in the streets, pastures, and hillsides all over the valley from sunrise to sunset working tirelessly to replicate their point of view on this special place.



Swiss Days Festival (Labor Day Weekend)

One of the most well-attended festivals in the entire state, Swiss Days is a chance for the residents of Midway to celebrate their Alpine (with a capital “A”) heritage. The two-day event features live entertainment all day, food booths, a huge craft market (with nearly 200 vendors), and a parade. Check it out each year on the weekend before Labor Day.





Soldier Hollow Classic Sheepdog Championship (Memorial Day Weekend)

Don't miss the Classic Sheepdog Championship held Memorial Day weekend at Soldier Hollow. What is a sheepdog classic, you ask? Well, the best way to find out is to see it for yourself. This authentic and uniquely competitive event gives spectators a glimpse into the art and skill of shepherding, for both the human handlers and the dogs doing the actual work of wrangling herds of sheep out of danger and where they need to go. Competitors join by invite only, so it's an event that features only the best.

Utah's Team Building Capital



Whether you're looking to strengthen bonds, spark creativity, or simply enjoy unforgettable moments together, Heber Valley is the ultimate backdrop. With stunning landscapes, seasonal activities, and diverse venues, your team can thrive in an environment designed for connection and inspiration.

ACTIVITIES BY SEASON

WINTER/SPRING:

Soldier Hollow Nordic Center:

Experience thrilling tubing or team relay events on the Olympic cross-country ski trails.

Utah Ice Castles:

Strengthen team ties while marveling at breathtaking ice sculptures and tunnels.

Snowmobiling Adventures:

Explore snowy trails through the Uinta Mountains.

Homestead Crater:

Enjoy a team soak or paddleboard yoga in a geothermal spring.

SUMMER/FALL:

Water sports at Jordanelle and Deer Creek Reservoirs:

Kayaking, paddleboarding, and group fishing trips.

Ziplining at Sundance or Deer Creek: Soar together over stunning views.

ATV or UTV Tours: Adventure through Daniels Summit or Strawberry Reservoir trails.

Provo River Rafting:

Build camaraderie navigating gentle rapids.

VENUE HIGHLIGHTS

MIDWAY AND HEBER CITY:

Zermatt Resort: Flexible meeting spaces, Swiss-inspired dining, and recreation.

Homestead Resort: Unique settings like the Homestead Crater for meetings and relaxation.

Heber Valley Railroad: Transform your event with a scenic group train ride.

THE BACKCOUNTRY

Daniels Summit Lodge: Combine meetings with snowmobiling or hiking excursions.

Strawberry Reservoir: Team-building in nature with fishing, boating, or picnicking.



Why Choose Heber Valley for Team Building?

Ease of travel: proximity to Salt Lake City and Park City.

Diverse activities for every season, team size, and energy level.

Breathtaking scenery that inspires creativity and connection.

A range of accommodations from cozy lodges to luxury resorts.

Gear & Guides

ADVENTOURAGE

adventourage.com
435-709-9540

Snowmobiling, Backcountry
Skiing, E-Bike and ATV
Experiences

ADVENTURE HAUS

adventurehaus.com
435-709-9540

Ski and Snowboard Rentals

BACKCOUNTRY ADVENTURES FLY FISHING

backcountrychronicles.com
435-315-2250

Guided Fly Fishing

DANIELS SUMMIT

danielssummit.com
800-519-9969

Snowmobile
and OHV Rentals

DEER CREEK ISLAND RESORT

deercreekislandresort.com
435-657-5494

Boat, Kayak, Paddle Board,
and Jet Ski Rentals

FISH HEADS FLY SHOP

fishheadsflyshop.com
435-657-2010

Guided Fly Fishing and
Full Service Shop

GRAVITY COALITION

gravitycoalition.com
435-671-3393

Electric, Mountain, and
Street Bikes, Snow Sports
Equipment, Paddling, Wake
and Kiteboarding

HIGH COUNTRY ADVENTURE

highcountryadventure.com
801-224-2500

Rafting and Kayaking Tours
and Rentals

JORDANELLE RENTALS

jordanellerentals.com
435-615-7397

Boat, Kayak, Paddle Board,
and Jet Ski Rentals

KB HORSES

kbhorses.com
435-657-0515

Horseback Riding
and Sleigh Rides

LOFTY PEAKS

loftypeaks.com
435-654-5810

OHV, Snowmobile,
Boat, Jet Ski Rentals,
and Guided Tours





Get more outfitters details online by scanning this code.

MIDWAY ADVENTURE COMPANY

midwayadventure.com
435-654-2008

OHV/RZR, Bicycle, Ski and Snowboard Rentals, Retail, and Rafting Tours

OPEN ROAD BIKE SHOP

openroadbikes.com
435-315-3044

Electric and Mountain Bikes

PC YOGA ADVENTURES

parkcityyogaadventures.com
435-640-3022

Paddleboard Yoga, Snowshoe Hiking and Yoga, Forest Meditation, Mountaintop Yoga

ROCKY MOUNTAIN OUTFITTERS

rockymountainoutfitters.com
435-654-1655

Horseback Riding, Fly Fishing, River Rafting Tours, and Sleigh Rides

SKIS ON THE RUN

skisontherun.com
888-488-0744

Ski and Snowboarding Delivery Services

SOLDIER HOLLOW NORDIC CENTER

utaholympiclegacy.com
435-654-2002

Cross-Country Ski and Snowshoe Rentals, Lessons, and Trails

STRAWBERRY BAY MARINA

strawberrybay.com
435-548-2261

Boat Rentals, Guided Fishing Trips, and Snowmobiling

SWITCHBACK SPORTS

switchbacksports.com

Ski and Snowboard Rentals, Mountain Bike, E-Bike, and E-Mountain Bike Rentals

TREK

trekbikes.com
435-654-2282

Electric, Mountain, and Street Bike Rentals and Sales

UINTA RECREATION

uintarecreation.com
801-613-0288

OHV, Snowmobile, Kayak, Paddle Board, RV, Boat, and Jet Ski Rentals, and Guided Tours

WASATCH MOUNTAIN STATE PARK

stateparks.utah.gov
435-654-1791

Cross-Country Skiing, Snowshoe, and Fishing Rentals, and Trails

WASATCH EXCURSIONS

wasatchexcursions.com
435-729-9595

OHV, Snowmobile, Jet Ski Rentals, and Guided Tours

WILDERNESS ACCESS OUTFITTERS

waoutah.com
435-602-4022

Fly Fishing Tours, Paddle Board, Kayak, and Outdoor Equipment Rentals

ZIPLINE UTAH

ziplineutah.com
866-923-1063

Zipline and Ropes Course

Summer / Fall

As the cold ground thaws and the days grow longer, dormant trails and recreation spots magically reappear all across the Valley. Mountain passes once covered in snow return to scenic drives, and the frigid waters of Deer Creek, Jordanelle, and Strawberry reservoirs become enticing spots to cool off from the heat. The high alpine valleys of the Uintas see solitary trekkers wandering through forests, and fishermen set out in search of the latest catch. Winter may carry a particular magic, but summer's wide-openness expands possibilities by the mile. And you can cover a lot of miles—whether by foot, bike, horse, OHV, or boat—in the Valley and beyond. So bring your adventurous spirit to reap the most joy that summer can bring in the Valley.



	MAY	JUN	JUL	AUG	SEP	OCT
Average high in °F	66	77	87	84	74	61
Average low in °F	37	42	49	47	40	31
Average rainfall in inches	1.8	1.1	0.9	1.1	1.6	2.1
Average snowfall in inches	1	0	0	0	0	1





TRAILS: HIKING, BIKING, AND HORSEBACK RIDING

Most trails in the Valley are open to hiking, biking, and horseback riding, so be prepared to encounter different kinds of adventures. Learn more about trail protocol and safety on p. 64.

Find info about specific trails at:

- Jordanelle State Park (p. 18)
- Deer Creek State Park (p. 20)
- Wasatch Mountain State Park (p. 22)
- Strawberry Reservoir (p. 38)
- Uinta-Wasatch-Cache National Forest (p. 44)

Hiking

The mountains and hillsides surrounding the Valley contain a multitude of great hiking trails through forests and meadows. Many trails make for the perfect day hike while others beckon for an overnight backpack adventure. Terrain varies from a steep climb up Mount Timpanogos to an easy stroll along the shores of Strawberry Reservoir. Make sure to pack plenty of water, snacks, sunscreen, and seasonal clothing layers as temperatures can vary.



Get more hiking details online by scanning this code.

Biking

Wasatch County boasts over 1,000 miles (1600 km) of bike trails through all types of terrain. Both single-track and dirt road trails climb through forests and across mountain meadows. Rides range in difficulty from mild to highly adventurous.

Tip: think you're not prepared for a rugged, uphill mountain biking experience? Try an e-bike to give you an extra boost and get you onto the trails for a ride to remember.

Need bike rentals? See all gear and guides on p. 64.

HORSEBACK RIDING

The mountains surrounding Heber Valley offer some of the best terrain for hiking, biking, and horseback riding, with spectacular scenery and a multitude of wildlife. Whether you're a long-time rider or looking to mount a steed for the first time, you can find a trail that suits you.

Looking for a guided experience? See all gear and guides on p. 64.





OHV

In this neck of the woods, the cities and resorts of the Valley are a geographical exception. Surrounding these spaces of human development are miles and miles of public land—forests, meadows, mountaintops, lakes—open for recreation. That means literally hundreds of miles of road and trail await exploration on your OHV of choice.

Bring your own ride, get a rental, or trust a guide to take you to the best spots and show you the ropes. See all gear and guides on p. 64.

Where to Ride:

- Wasatch Mountain State Park (p. 22)
- Strawberry Reservoir (p. 38)
- Uinta-Wasatch-Cache National Forest (p. 44)

All OHVs must display a current OHV registration sticker when operated or transported on public lands or roads.



Get more riding details - Scan for online OHV trail maps with this code.



CAMPING & FISHING

Camping

Camping means many things—depending on who you ask. Luckily, the Heber Valley has outdoor overnight spots to fit almost any definition. From easy drive-ins with electric and water hookups for the luxury RVs to secluded tent sites with access to a flush toilet all the way to backcountry find-an-open-patch-of-dirt-and-pitch-your-tent levels of rustic—the state parks, national forests, and RV resorts of the Heber Valley provide hundreds if not thousands of options to sleep a little closer to the wildlife and gaze at the stars.

Best Spots:

Jordanella State Park (p. 18) 230+ sites with full hookups, flush toilets, and showers

Deer Creek State Park (p. 20) 60+ sites with full hookups, flush toilets, and showers

Wasatch Mountain State Park (p. 22) 130+ sites, many with full hookups, flush toilets, and showers

Strawberry Reservoir (p. 38) 550+ sites with drinking water, flush toilets, and showers

Uinta-Wasatch-Cache National Forest (p. 44) 180+ sites, many with drinking water and flush toilets, plus numerous backcountry camping options

Mountain Valley RV Resort is a luxury RV resort with over 200 spots, clubhouse, dog park, and pickleball and volleyball courts

River's Edge Resort includes 80 RV sites with full hookups, cabins, and a country store all at the edge of the Provo River

Lots of these spots are popular, so reserve early when you can!

Because of temperatures and snow, most of these campsites close during the winter, usually in mid-October to reopen in May or June. But that's ok! We've got plenty of other lodging options (p. 52).



Fishing

Brown and rainbow trout, cutthroat, small- and largemouth bass, walleye, perch, kokanee, wipers, tiger muskie—with three major reservoirs and a Blue-Ribbon waterway, the Valley holds boatloads of opportunity—literally. If you're new to the sport or looking for local tips, be sure to go with a guide to ensure you get the best experience (see all guides on p. 64).

Best Spots:

Provo River (p. 26) fly fishing

Jordanella Reservoir (p. 18) deep water boat fishing, ice fishing

Deer Creek Reservoir (p. 20) deep water boat fishing, ice fishing

Strawberry Reservoir (p. 38) deep water boat fishing, ice fishing

Wasatch Mountain State Park Pond (p. 22) ideal for kids



Get more camping details online by scanning this code.

BOATING, SWIMMING, STAND UP PADDLE BOARDING, RAFTING

The Mountain West may be a dry place comparatively, but that doesn't mean watery recreation doesn't abound. Between three enormous reservoirs, the beautiful Provo River, and numerous smaller lakes and streams, you better plan to bring your swimsuit and sense of aquatic adventure.

Want to be *on* the water? Our three reservoirs provide boat access and boat rentals for fishing, high-speed fun, or just lazing about. Traverse the waters by motor, paddle, or float—take your pick.

Want to be *in* the water? Jordanelle and Deer Creek Reservoirs are ideal swimming spots—both with sunny, sandy beaches.

And if you want to be *below* the water, well, the Utah Crater has a special treat for you by way of a 65-foot (20-m) subterranean mineral spring.



Best Spots:

Jordanelle Reservoir (p. 18) boating, swimming, paddle boarding

Deer Creek Reservoir (p. 20) boating, swimming, paddle boarding, kiteboarding

Strawberry Reservoir (p. 38) boating, windsurfing

Utah Crater (p. 26) scuba diving, soaking, snorkeling

Provo River (p. 32) rafting, kayaking



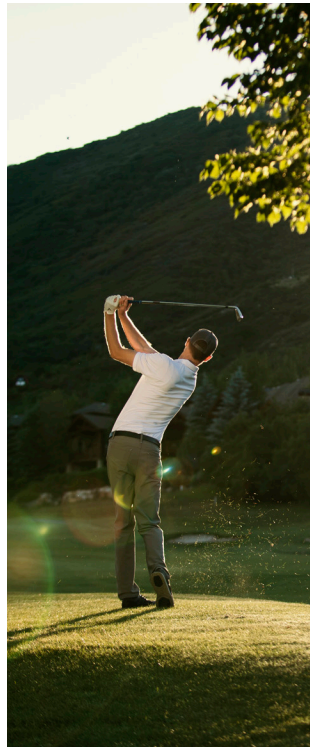


ZIP LINING

Zip line on the longest over-water route in the world and reach speeds of up to 65 mph. Zipline Utah takes families through five lines to get back to the start. The Screaming Falcon Adventure course is the longest continuous zip line course in the world – two miles (3 km) long. You'll experience aerial bridges and up to 500 stairs on your adventure, and a challenging ropes course to test your strength and abilities.

Where to zip line:

Deer Creek State Park, Rainbow Bay Area (p. 20) via Zipline Utah



GOLF

You know about “The Greatest Snow on Earth®,” but the greatest golf? Yeah, you’ll find that here, too, three times over. With the stunning backdrop of the mountains behind and the expanse of the Valley below, it doesn’t get more scenic than this.



Take your pick (or try all) of five premier courses and over 90 holes:

WASATCH MOUNTAIN GOLF COURSE

Wasatch Mountain State Park’s 36-hole championship complex is home to two of the most popular Utah mountain courses. These Mountain and Lake courses were carved from the mountain canyons and native forest.

- Lake Course: Holes 18 / Par 72
- Mountain Course: Holes 18 / Par 71

975 GOLF COURSE DRIVE, MIDWAY, UTAH

435-654-0532

WASATCHGOLFCOURSE.COM

SOLDIER HOLLOW GOLF COURSE

Soldier Hollow has one of the longest courses in the state and the distinction of being the only 36-hole facility golf course built at an Olympic venue.

- Silver Course: Holes 18 / Par 72
- Gold Course: Holes 18 / Par 72

1370 WEST SOLDIER HOLLOW LANE, MIDWAY, UTAH

435-654-7442

SOLDIERHOLLOWGOLF.COM

HOMESTEAD GOLF CLUB

The beautifully maintained greens, babbling brooks, and water features at Homestead Golf Club, located at the historic Homestead Resort, are sure to make a lasting impression.

- Holes 18 / Par 71

700 HOMESTEAD DRIVE, MIDWAY, UTAH

435-654-5588

PLAYHOMESTEADGC.COM





SCENIC DRIVES

PROVO CANYON

Open year-round

Length: 24 miles (38.6 km) one-way

Main route: US Highway 189 between Heber City and Provo

The Provo Canyon Scenic Byway winds southwest from Heber City past Deer Creek Reservoir into Provo Canyon. Steep limestone cliffs bank the deep, narrow canyon of the Provo River, where waterfalls descend over layers of strata before reaching the stream. The occasional mountain goat can be spotted on these high cliffs with the help of binoculars. Be sure to stop and visit Bridal Veil Falls, the scenic waterfall on the south side of the highway. Enjoy trails, paved paths, parks, picnic areas.

Connect to the Alpine Loop Scenic Backway by turning onto SR-92 at the Sundance exit.

ALPINE LOOP

Open Memorial Day to mid-October

Length: 24 miles (38.6 km) one-way

Main route: SR-92 between junctions SR-146 and US-189

This scenic backway skirts the Mount Timpanogos Wilderness Area through American Fork Canyon, climbs over a mountain pass, travels past Sundance Mountain Resort, and descends into picturesque Provo Canyon.

Come during autumn when the reds and golds of the maple, oak, and aspen leaves contrast sharply with an evergreen backdrop. Timpanogos Cave National Monument is a worthwhile stop along the route and Cascade Springs makes a great side trip.

CASCADE SPRINGS

Open seasonally depending on snow level

Length: 7 miles (11 km) one-way

Main route: Cascade Springs Drive to FR-114 starting at Soldier Hollow and ending at either Cascade Springs or continuing on to the junction of SR-92

This drive through a mostly deciduous forest is delightful during fall and takes you to a beautiful spring cascading down a series of travertine terraces and pools. Crystal clear waters make it easy to spot trout that inhabit these pools. A short half-mile (0.8 km) nature trail wraps around the natural springs, along streams and waterfalls, with boardwalks and paved pathways. Signs along the trail explain the geology of this small natural wonder. A parking area and restrooms are available at the trailhead.

Continue on FR-114 to access the Alpine Loop Scenic Backway, which can loop back to Heber City via Provo Canyon.



GUARDSMAN PASS

Open Memorial Day to mid-October

Length: 9 miles (14.5 km) one-way to the overlook or 47 miles (76 km) to I-215

Main route: Pine Canyon Road (SR-222) from Wasatch Mountain State Park to the Guardsman Pass Overlook

This picturesque drive follows a winding, paved road from the Valley's Edge to the high ridgelines of the Wasatch Mountains. Red mountain maples and golden aspen amid dark evergreens highlight this road through Pine Creek Canyon in autumn. Views from the ridge overlook Heber Valley and Snyderville Basin near Park City. At Bonanza Flat, the road branches right toward Park City or left toward Big Cottonwood Canyon and to Brighton and Solitude Mountain Resorts, eventually leading to the Salt Lake Valley. Multiple hikes and lakes are found throughout the pass.

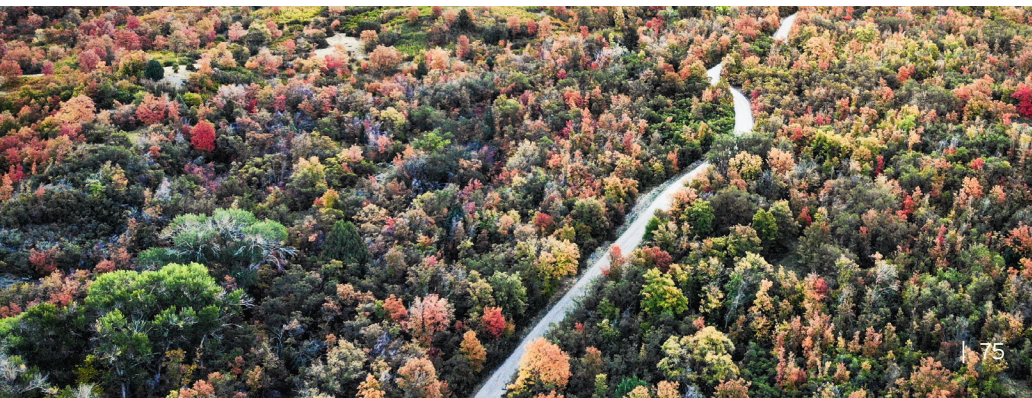
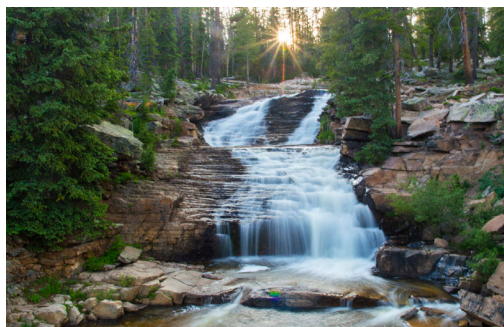
MIRROR LAKE

Open seasonally

Length: 24 miles (38.6 km) to Upper Provo River Falls or 56 miles (90 km) to the Utah/Wyoming state line

Main route: SR-150 from Kamas to the Utah/Wyoming state line

The Mirror Lake Scenic Byway is a spectacular drive, ascending to over 10,000 feet (3,048 m) through the heart of the rugged Uinta Mountains and following the picturesque Provo River as it drops over boulders and falls from its headwaters in the Uintas. Countless lakes dot the landscape, nestled in trees against craggy mountain cliffs. The views from Bald Mountain Pass are breathtaking, across endless miles of forest and ridgelines. Numerous pullouts access the river and many lakes, and are perfect for picnicking, and various trailheads offer a chance for a short hike in the woods.



Winter / Spring

Winter under the wide open sky transforms the Heber Valley: OHV runs turn into snowmobiling routes, golf greens into snow tubing chutes, and foot trails into snowshoeing paths. You can expect brisk sunny days and cold, clear nights, with the occasional snow storm mixed in to keep things interesting. If you're coming for the skiing, you're in good company, and the premier destinations of Sundance, Deer Valley, and Park City are all within a quick and easy drive. The ski season tends to get started around Thanksgiving and tapers off in mid-April. But there's even more to do in the Valley than just skiing the pristine slopes, and at the end of a well-spent day, the warm lights and good food awaiting in town will give you back your strength for another day of wintry bliss.



	NOV	DEC	JAN	FEB	MAR	APR
Average high in °F	45	34	35	39	47	56
Average low in °F	22	14	13	16	24	30
Average rainfall in inches	2.3	2.5	2.5	2.5	1.8	1.5
Average snowfall in inches	16	27	23	23	9	2





DOWNHILL SKIING

The downhill skiing in Utah is so good we put it on our license plate. And the Heber Valley is right in the middle of the best of it. There's no need to choose one ski destination when you're surrounded by three of the top-tier resorts.

Get Going

The new Deer Valley East Village off exit 8 of US Highway 40 is the new access portal for Deer Valley Resort. Skip the longer drive and the traffic and head here for easy access and ample parking.

Deer Valley East Village (p. 14) - 10 miles (16 km)

Sundance Mountain Resort
(p. 15) - 18 miles (29 km)

Park City Mountain Resort - 17 miles (27 km)

Nordic skiing more your speed? See p. 83.





Open January through February, weather permitting, in Midway

UTAH ICE CASTLES

The Utah Ice Castles are one of only a few such frozen spaces in the entire country. Built entirely by hand using hundreds of thousands of icicles hand-placed by professional ice artists, the castles include spectacular LED-lit sculptures, frigid thrones, ice-carved tunnels, slides, and frozen fountains. The castles are approximately one acre in size and take thousands of hours to build by hand. The process consists of growing 5,000 to 12,000 icicles that are individually sculpted and then drenched with water to bind everything together. The alchemy of icicle placement, temperature, water volume, and wind result in an astonishing and ever-changing variety of ice formations.





ICE SKATING

In the heart of alpine village Midway you'll find Utah's largest, most scenic, outdoor ice skating rink. Surrounded by Swiss architecture and with the Wasatch mountain ridgeline outlined by the setting sun, the simple, nostalgic pleasures of the rink are a great way to cap a fun-filled day.

Where to skate:

Midway Ice Rink at the Midway Town Square (p. 12)

Open late November through mid-March, weather permitting. Skate rentals available on-site.



SNOWMOBILING

Spectacular mountains and scenic open space make the Heber Valley a snowmobile paradise. Miles of groomed trails wind through mountains and forests, opening onto sunny meadows and vast plateaus.

Whether you want groomed trails or untracked isolation, routes for beginners or something of a challenge, snowmobiling opportunities abound. Several area outfitters offer snowmobile rentals and guided trips (see p. 64)

Good starting points:

DANIELS SUMMIT LODGE offers more than 200 miles (321 km) of groomed trails in the national forest and out-the-door access to the whole network. Options range from easy, family-friendly rides to challenging, steep climbs to 10,000 feet (3,048 m) of elevation. From the summit, riders enjoy views of the valley from a windy mountaintop before descending through the trees back to the trailhead.

WASATCH MOUNTAIN STATE PARK (p. 22) is an outdoor adventure playground for off-road winter riders. The area's alpine terrain, wide-open views, and plentiful snowfall make it a spectacular winter sports attraction. You'll find plenty of groomed and ungroomed snowmobile trails spread throughout the canyons.



Other groomed trailheads:

- Lake Creek, east of Heber City on Lake Creek Road
- Wolf Creek, northeast of Heber City on Highway 35
- Strawberry Valley, southeast of Heber City on Highway 40
- Mirror Lake Highway, northeast of Heber Valley

The Utah Division of Parks and Recreation maintains hundreds of miles of groomed trails surrounding the Heber Valley area and administers snowmobile laws and rules; contact Parks and Recreation at 801-538-7220 for more information.

Snowmobiles operated in Utah must be registered. For registration information, contact the Utah DMV.

Some useful websites for trails and Utah snowmobiling:
stateparks.utah.gov/trails or snowut.com





SNOW TUBING

Need a break from skiing? Enjoy the thrills of gliding down the snow-packed tubing lanes.. With the longest tubing lanes in Utah—1,200 feet (366 m) of snowy sliding lanes—and a new lift, tubing is the perfect low-key way to enjoy the snow, no matter what your age.

Where to tube:

Soldier Hollow Nordic Center (p. 16)



Tubing is available for reservation in two-hour time slots. The tubing hill opens mid-December and runs through mid-March, weather permitting. Soldier Hollow offers extra support for those who may need special assistance.

The venue has a transition area from wheelchair to tubing lanes and also welcomes visually impaired participants.



SNOWSHOEING AND NORDIC SKIING

For those who prefer their winter recreation not sailing 30+ miles an hour (48 km an hour) down a slope or on a snowmobile, Nordic skiing and snowshoeing offer a slower way to experience the winter wonderland of the Utah mountains. If you're trying snowshoeing or cross-country skiing for the first time, or you're more comfortable in controlled environments, stick to established trails found at Wasatch Mountain State Park or Soldier Hollow. The more adventurous can find any number of trails (or cross-country opportunities) in the surrounding mountains and valleys.

Best Spots:

Wasatch Mountain State Park (p. 22)
great for beginners

Soldier Hollow Nordic Center (p. 16)
an Olympic venue for the sport

Uinta-Wasatch-Cache National Forest (p. 44)
anything from easy to expert

Find groomed trails and guides at both Wasatch Mountain State Park and Soldier Hollow Nordic Center.



HORSE DRAWN SLEIGH RIDES

To truly experience the magic of Utah's winter wonderland, take a sleigh ride and listen to the jingle of sleigh bells while snuggling up with family and friends. The Valley has several outfitters (p.64) offering a range of riding experiences.

Where to go:

KB Horses at Red Ledges

Rocky Mountain Outfitters



Safety, Conservation & Wildlife

When enjoying the wild places of the Heber Valley and surroundings, it's imperative to practice "Leave No Trace" principles to preserve these remarkable places. It's also important to always carry the "10 Essentials" when traveling in the backcountry.

Weather in higher elevations can change suddenly and dramatically. Always be prepared with warm clothes, rain gear, plenty of water, high energy food, matches, and a first aid kit. Insect repellent is also good to have along, especially in early summer.

LEAVE NO TRACE PRINCIPLES

- Plan ahead and prepare
- Travel and camp on durable surfaces
- Dispose of waste properly
- Leave what you find
- Minimize campfire impacts
- Respect wildlife
- Stay on the trail! (Life thrives in the dirt and sand surrounding trails, so it is important not to go off trail.)
- Be considerate of other visitors

10 ESSENTIALS

1. Navigation (compass and map)
2. Sun protection
3. Insulation
4. Illumination (headlamp or flashlight)
5. First aid supplies
6. Fire (matches or lighter)
7. Repair kit and tools
8. Food
9. Hydration
10. Emergency shelter





ENJOY WILDLIFE, RESPECTFULLY!

A wide variety and number of animals live in the Heber Valley and surrounding mountains, like bear, elk, moose, deer, mountain goats, mountain lions, bobcats, coyotes, fox, porcupines, raccoons, beaver, badgers, rabbits, weasels, pika, eagles, owls, hawks, ducks, geese, trout, bass, walleye, chub, perch, bluegill, sunfish, carp, kokanee salmon, and muskie—just to name a few!

WILDLIFE VIEWING ETHICS

Give the wildlife their space. Use those binoculars!

Avoid disturbing nesting and denning areas, rookeries, and calving grounds. If the parent is forced to flee, the young become vulnerable to predators and the elements.

If you find what you believe to be an orphaned or sick animal, leave it alone. Often the parents are hidden close by and waiting quietly for you to leave.

Restrain your pet at all times. Don't let your dog chase wildlife. And always clean up after your pet.

Do not feed wildlife. Animals that become habituated to handouts can eventually become nuisances, losing their instinctive fears. Often the only way to take care of the "nuisance" animal is extermination.

Learn to recognize signs of alarm and leave if an animal shows them. Watch for raised ears, skittish movements, or alarm calls.

While driving, be especially alert during dawn and dusk.

BIKE ETIQUETTE

Some routes are shared with motorized travel; remember to wear a helmet, ride at reasonable speeds, and be in control at all times. Exercise caution and courtesy when riding. Be prepared with plenty of water, high energy food, and a well-equipped tool kit. Slow down and use caution when approaching or over-taking others.

BE BEAR SAFE

Seeing a black bear is a memorable experience. If you want the experience to be positive rather than negative, follow these tips:

Keep a clean campsite. Store food and garbage in closed containers and vehicles, out of sight.

Never put food scraps in the campfire—it attracts bears and skunks.

Don't keep food, shampoo, or anything that smells in tents or sleeping areas.

Store stoves and Dutch ovens in a vehicle or secure place when not using.

When camping in the backcountry, hang food and garbage from a tree limb at least 10 feet (3 m) from the ground and 5 feet (1.5 m) from the tree trunk. The tree should be at least 100 yards (91 m) from your sleeping area.

Some bears also target motor oil, insect repellent, liquor, and other things that look like food.



TRAIL COURTESY

Trail courtesy always dictates that bikers yield to hikers and bikers and hikers yield to horses or pack animals. Also, uphill traffic has the right of way, so if you are hiking downhill and encounter an uphill hiker, yield to the uphill hiker. Or if biking downhill, yield to the uphill biker. Be considerate of other visitors. When encountering pack stock, step to the downhill side of the trail to let them pass. Motorized and mechanized equipment are prohibited in wilderness areas. This includes bicycles, hang gliders, wagons, and aircraft (including drones). And be aware of the conditions of the trails. If the trail is wet or muddy and it sticks to your shoes or tires, then turn back to avoid ruining the trail for future users.

OHV TRAIL ETHICS: TREAD

Before you take off, think about your responsibility to "Tread Lightly."

Travel only where motorized vehicles are permitted.

Respect the rights of others to enjoy their activities undisturbed.

Educate yourself by getting maps and information; ask owners permission to cross private property.

Avoid streams, lakeshores, meadows, muddy roads, steep hillsides, wildlife, and livestock.

Drive responsibly to protect the environment and preserve opportunities to enjoy your vehicle on wild lands.

WILDFIRES AND FIRE SAFETY

Wildfires are a serious issue in the West. Many have human origins. Be aware of the fire risk when you visit and check with the designated agency about if and where campfires are allowed. This can change daily. If you don't know if you can build a campfire, don't! It's not worth the risk or the large fine.

When building a fire:

- Use established rings, fire pans, or mound fires
- Keep fires small
- Do not burn garbage or anything that is not wood
- Do not leave your fire unattended
- Never put hot coals in dumpsters
- Completely extinguish your fire
- Disperse cool coals
- Leave your fire pit and campsite cleaner than you found it

AVALANCHE SAFETY

It snows a lot during the winter, and each new snowfall and thaw brings the risk of an avalanche on mountain slopes.

In nearly all accidents, the avalanche is triggered by the victim or someone in the victim's party. When traveling on slopes, it is vital that all be proficient in avalanche safety skills and have up-to-date weather information.

Snowfall of one inch (2.5 cm) per hour or winds of 15 mph or higher greatly increases avalanche danger.

Carry rescue gear such as a beacon, shovel, and probe. In avalanche terrain, spread out and always leave someone in a safe spot to initiate a rescue.

Tell someone where you're going and when you'll return.

Get more avalanche resources and check the daily forecast:

utahavalanchecenter.org



DRONE USAGE

Various public and private land management areas have different rules about when and how to fly drones. In some cases, you can fly drones but need a permission form. In other cases, they are prohibited completely. Do some research or ask a Ranger before flying.

INVASIVE SPECIES PREVENTION

Don't Give Noxious Weeds A Free Ride

You can spread noxious weeds from your clothes, equipment, and animals. These weeds rapidly replace native plant species and destroy ecosystems.

Learn to recognize noxious weed species and report their location to the local Forest Service office.

Make sure your vehicle, OHV, mountain bike, and animals are cleaned before you come into the forest.

When using pack animals, carry only feed that is certified weed-free. Within 96 hours before entering backcountry areas, feed animals only weed-free food.

If you find a hitchhiker noxious weed, remove it and store it in a plastic bag until you can burn it in a campfire. Don't leave it on the ground where it can hitchhike again or take root.

BEWARE THE STDs OF THE SEA ON YOUR BOAT

Invasive mussels form dense, destructive colonies that encrust almost any underwater surface.

They can be transferred to uncontaminated waters without boat owners even knowing.

Before launching your boat in any lake or reservoir in the Heber Valley, you must fill out a decontamination certification form.

Get more info at stdofthesea.utah.gov or call 801-648-6315.

BACKCOUNTRY TRAVEL AND DISPERSED CAMPING ETHICS

When in the backcountry, travel and camp on durable surfaces. Where possible, stay on rock, gravel, dry grasses, or snow. In general, keep your campsite at least 200 feet (61 m) away from water, trails, and other campsites.

Follow "Leave No Trace" principles. Dispose of waste properly. If you pack it in, be sure to pack it out. Deposit human waste in catholes dug 6 to 8 inches (15- 20 cm) deep and at least 200 feet (61 m) from water and trails. Or better yet, use a WAG bag or human disposal waste bag.

Wash your dishes at least 200 feet (61 m) from water (soap degrades water quality) and scatter strained dishwasher.

Leave what you find: This includes plants and other natural objects, as well as cultural or historical artifacts.

Practice a culture of leaving it better than you found it. This keeps our natural spaces clean and pristine for all to enjoy.





gohebervalley.com



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