



Journey to the Mount

Traditions on the Mount Timpanogos Trail

In July 1945, a father took his eight-year-old son on a hike. But as they were hiking up the mountainside, the boy realized that this hike was different than their previous outings. For the first time he was going to reach the lofty summit of Mt. Timpanogos and sign his name in the book at the glass summit hut!

He would never forget it.

So began the first of many hikes to the top of Mount Timpanogos for young Alfred Pace III. On succeeding adventures very often his four brothers and six sisters, mom, uncles, and cousins came along, too. Even the family dog made it to the top.

It was a Pace family tradition to climb together to the summit of Mt. Timpanogos.

Alfred recalls, "The first time I almost got killed. As dad and I reached the 'saddle' near the top, it was icy, and I slipped. Then dad, holding my hand slid too and we were near the cliff ledge! Luckily, dad's shoe caught onto a rock and stopped our slide."

Now retired, Alfred has reached the top of the mountain 23 times. During 22 of those of those adventures he achieved the feat as part of the famous and historic Timpanogos Hike.

Began in 1912, Brigham Young University coach E.L. Roberts organized the "Timpanogos Hike" as the culminating event of activities for his summer school students. For that first year, the 22 students spent the entire day making the journey from central Provo to Wildwood, in Provo Canyon, and then onto the steep grade of North Fork to Stewart's Flat (present-day Sundance). The

hike began on the following day and as Roberts later remembered, "took nearly 8 hours to reach the summit since there were no real trails up the mountain side, and much of the distance led through dense underbrush. The party finally finished

the hike and reached camp after dark, weary but delighted at what they had seen and experienced."

The following year, in 1913, Roberts added a pre-hike program for the eve of the hike. It became so popular that Theater-in-the-Pines was constructed just for the purpose of this grand event that often included bonfires, theater, fireworks, awards and singing.

The issuing of badges to all those who made it to the summit was begun in 1930 and Alfred was proud to have earned his first badge in 1945. He collected more as the years went on following the footsteps of his father, Alfred Pace II. His father participated in every summit hike between 1930 and 1970 and he is believed to be the only person who has a complete collection of these now rare badges.

The hiking and camping tradition established by Alfred II and Phyllis Pace for their family made a lasting

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Emergency: 911
Sheriff: (801) 375-3601

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WELCOME TO YOUR "NEW" CANYON!

The 2003-2004 seasons have meant the realization of several key improvements in American Fork Canyon. From modernized rest rooms and equestrian facilities at campsites, to new handrails and an entrance shelter at Timpanogos Cave, there's a great deal of progress being made. Appreciate the comfort of our new wheelchair accessible picnic tables. Enjoy a stimulating evening program with the family. It's all here for you! Did we mention the newspaper you're holding right now? It's a brand new addition for 2004. Many of these enhancements have been paid for with use fees collected at the entrance stations and cave as part of the fee demonstration program.

We hope you'll enjoy these wonderful new "creature comforts," and especially all the beauty American Fork Canyon has to offer. So, whether you're staying for 3 hours, 3 days, or 3 weeks, we trust you'll like all the improvements for 2004. We think it's progress you will truly enjoy!

Visitors in
1983: 670,000
2003: 1,297,000

Things to Do 3



Nature Calendar 6



Go Underground 5



UserFee

Wherever you see these symbols, you'll know your entrance fees are hard at work helping to fund those projects. Thank you for helping to make a difference in your parks and forests.

Make the Most of Your Canyon Visit

Short on time? Wondering how to make the most of your time in American Fork Canyon? Take a look at these suggestions to help plan your visit. Use the map on page 8 to help. The distance from the American Fork entrance station to the Aspen Grove entrance station is 26 miles; approximate driving time with no stops is 45 minutes. Please follow the posted speed limits, watch for wildlife on the roads, and be prepared to slow down in pedestrian areas.

A Few Hours

Take in an Evening Program. Join a Ranger at the Timpanogos Cave Visitor Center on Friday, Saturday, and Monday evenings from 7:30 to 8:30p.m. for presentations about the park and surrounding area. Topics change daily.

Pack a Lunch. Picnic areas with tables, grills, water, and restrooms are available at Swinging Bridge Picnic Site inside Timpanogos Cave National Monument, and along the North Fork, Route 114 to Tibble Fork Reservoir.



Forest Service Photo

A Half Day Drive the Loop. The 26-mile Alpine Loop offers ter-

rific views of Mount Timpanogos and other glacier carved peaks. The narrow, winding route connects American Fork Canyon to Provo Canyon. A drive during autumn colors is truly breathtaking. Motorhomes and trailers longer than 30 feet are not recommended.



Forest Service Photo

Visit Cascade Springs. This beautiful site is located 7.5 miles off the Alpine Loop and consists of redwood boardwalks over springs cascading down the mountain slope in a series of limestone terraces and pools.

Hike to the Cave. Stop at the Timpanogos Cave Visitor Center and purchase your tickets to an underground wonderland. The Timpanogos Cave System is a series of three caves connected by two man-made tunnels. Panoramic views of the valley dazzle you as you climb the 1,065 feet to the cave entrance.

Ride a Bike or a Horse. Enjoy the multitudes of multiple use trails available on the Uinta National Forest and enjoy a bike ride or horseback ride where no cars can go.

A Whole Day

Sleep Under the Stars. American Fork Canyon is home to four established campgrounds. Each site offers a table, grill, and access to water and restrooms during the summer.

Take a Hike. Over 200 miles of hiking trails in the canyon range from level and easy to steep and arduous. Stop at the Timpanogos Cave Visitor Center and ask a Ranger for recommended hikes and look at maps and guides.

Tell Tall Fish Tales. Hundreds of hatchery reared rainbow trout are stocked yearly in the American Fork River, Tibble Fork Reservoir, and Silver Lake Flat Reservoir. Also, Pittsburg and Silver Lakes offer an alpine setting with limited trout fishing.



Forest Service Photo

Volunteer. Numerous opportunities are available to volunteer your time for a day to help other visitors out, maintain trails and facilities, and protect our natural and cultural resources.

Journey (cont.)

impression on their son. The shared family experience drew them closer together.

What outdoor family traditions have you established? Do you annually go camping, hiking, fishing, or picnicking in a favorite spot. Many visitors annually hike to the Timpanogos Cave System as a family.

Mount Timpanogos and the Alpine Loop area hold many opportunities for family events and traditions. Consider creating memories here on the slopes of Mount Timpanogos that will last a lifetime.



Why Did It End?

From its early beginning, the annual hike grew to be one of the most prominent community mountain climbs in America. Over 700 hikers made it to the top along with young eight year old Alfred in 1945 and an estimated 3,500 people reached the summit in a single day in 1970, the final year that the official hike was held. The pressures of so many hikers on the fragile alpine ecosystem resulted in extensive environmental impacts, and many people feared the mountain would not recover.

Fortunately, Mount Timpanogos did recover, and in 1984, to ensure against such future environmental impacts, Congress created the Mount Timpanogos Wilderness Area. This designation provides special protections that prohibits campfires, groups larger than 15 people, bicycles, and short-cutting on the trails. Hopefully, this will allow future generations to create their own family traditions on the Mount.

Did You Know?

Mount Timpanogos has, for most of these last two centuries, been the most popular mountain climbing destination in Utah. The majestic mountain, second highest in the Wasatch Mountains, has spectacular scenery, an alpine lake just below the summit, a small glacier, waterfalls along the trail, high alpine meadows and wildflowers, even a herd of about 200 mountain goats that were introduced in 1981.

Keep The Wild in Wilderness

The National Wilderness Preservation System is celebrating its 40th birthday. With the signing of the Wilderness Act by President Lyndon B. Johnson on September 3, 1964, the National Wilderness Preservation System was established to "...secure for the American people of present and future generations the benefits of an enduring resource of wilderness." The system that started with 9 million acres has grown to more than 104 million acres.

What is Wilderness

Wilderness is a place where the imprint of humans is substantially unnoticed. It is where natural processes are the primary influences and human activity is limited to primitive recreation and minimum tools. This allows us to experience wild places without intention to disturb or destroy natural processes. Change will occur primarily through natural disturbance, and minimum human influence.

Wilderness in American Fork Canyon

The American Fork—Alpine Loop area offers you two wilderness areas – Lone Peak and Mount Timpanogos. From the American Fork entrance, the Lone Peak Wilderness is to the north or left of the road. Lone Peak was established in 1978 as the first wilderness area in Utah. It contains over 31,000 acres of very rugged terrain, narrow canyons, and high peaks. Your first good look of the 10,500-acre Mountain Timpanogos

Wilderness Area is looking south from the Pine Hollow Trailhead. The Mount Timpanogos Wilderness also offers abundant rugged terrain embellished with waterfalls and summer wildflowers.

Help Keep it Wild

As the Wilderness Act states, wilderness is a place "...where man himself is a visitor who does not remain." Because Lone Peak and Mount Timpanogos are close to large population centers, they experience high visitor use. That is why it is even more important that each visitor tread lightly to preserve the wild nature of wilderness for those who follow.



Hiking in the Timpanogos Wilderness (Photo by Jon Jasper)

Protect American Fork Canyon: Leave No Trace



The Leave No Trace concept is simple—it's a set of 7 principles that can be applied to any natural setting to minimize human impact on the environment.

Whether you're hiking, camping, or out for an afternoon drive on the Alpine Loop, following the Leave No Trace principles will help protect American Fork Canyon and preserve the experience for you and other visitors.

To learn more about Leave No Trace, visit their web site at www.lnt.org.

The Principles of LEAVE NO TRACE:

1. Plan Ahead and Prepare.
2. Travel and Camp on Durable Surfaces.
3. Dispose of Waste Properly.
4. Leave What You Find.
5. Minimize Campfire Impacts.
6. Respect Wildlife.
7. Be Considerate of Other Visitors.

Visitor Services - Summer 2004

					Disabled Access	Drinking Water	Restrooms	Interpretive Exhibit	Camp Fires	Self Guided Tour	Fishing	Picnic Area	Trail Head	OHV Trail	Equestrian Trail	Group Campsite	Dispersed Camping	Equestrian Facilities	Visitor Information	Hiking Trail	Interpretive Program	Telephone	Snack Bar	
CAMPGROUNDS																								
Altamont	Alpine Loop	May 19 - 2003	7,200 ft (2,195 m)	•	•	•	•	•	•				•					•						
Granite Flat	North Fork Road	May 19 - Sep 23	6,800 ft (2,073 m)	•	•	•	•	•	•			•						•			•			
Holman Flat	North Fork Road	May 19 - Sep 23	6,800 ft (2,073 m)			•		•					•	•	•			•			•			
Little Mill	Alpine Loop	May 4 - Oct 31	6,000 ft (1,829 m)	•		•	•	•		•														
Mount Timpanogos	Alpine Loop	May 19 - Sep 23	6,800 ft (2,073 m)	•		•	•	•					•								•			
North Mill	Alpine Loop	May 4 - Oct 31	6,000 ft (1,829 m)	•	•	•	•	•		•								•						
Salamander Flat	Alpine Loop	May 19 - Sep 23	7,400 ft (2,256 m)			•		•					•		•			•			•			
Theatre-in-the-Pines	Alpine Loop	May 19 - Sep 23	6,800 ft (2,073 m)	•	•	•	•	•					•					•			•			
Timpooneke	Alpine Loop	May 19 - Sep 23	7,400 ft (2,256 m)	•	•	•	•	•					•	•	•						•	•		

For campground fees, reservations, or other information please contact Reserve USA at (877) 444-6777.

					Disabled Access	Drinking Water	Restrooms	Interpretive Exhibit	Camp Fires	Self Guided Tour	Fishing	Picnic Area	Trail Head	OHV Trail	Equestrian Trail	Group Campsite	Dispersed Camping	Equestrian Facilities	Visitor Information	Hiking Trail	Interpretive Program	Telephone	Snack Bar	
VISITOR CENTER																								
Timpanogos Cave NM	Timpanogos Cave NM	May 15 - Oct 31	5,638 ft (1,951 m)	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•

					Disabled Access	Drinking Water	Restrooms	Interpretive Exhibit	Camp Fires	Self Guided Tour	Fishing	Picnic Area	Trail Head	OHV Trail	Equestrian Trail	Group Campsite	Dispersed Camping	Equestrian Facilities	Visitor Information	Hiking Trail	Interpretive Program	Telephone	Snack Bar	
PICNIC AREAS																								
Echo	North Fork Road	May 15 - Oct 31	6,000 ft (1,829 m)		•	•	•	•	•	•														
Grey Cliffs	Alpine Loop	May 15 - Oct 31	6,000 ft (1,829 m)		•	•	•	•	•	•														
Martin	North Fork Road	May 15 - Oct 31	6,200 ft (1,890 m)		•	•	•	•	•	•														
Mile Rock	North Fork Road	May 15 - Oct 31	6,400 ft (1,951 m)		•	•	•	•	•	•														
Road House	North Fork Road	May 15 - Oct 31	6,200 ft (1,890 m)		•	•	•	•	•	•														
Swinging Bridge	Timpanogos Cave NM	May 15 - Oct 31	5,600 ft (1,707 m)		•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•

The American Fork Canyon entrance fee allows picnicking at the above sites.

Know Your Fire Safety

Although fire is an important process in the ecosystem, it can be a destructive force. Each year the build up of fuels, extreme weather conditions, and human causes result in destructive wildfires. Preventing unwanted fires is everyone's responsibility.

The Uinta National Forest and Timpanogos Cave National Monument would like your help in preventing undesirable fires. Keep your fire small and manageable. Do not build bonfires that throw sparks and embers. Any fire that is a threat to people, property, or the environment will be suppressed. Unplanned fires may damage sensitive habitat and negatively impact visitor experiences. You can help us prevent unwanted fires by keeping American Fork Canyon, "fire safe."



Fire Safety in American Fork Canyon

Use an established fire ring and keep water and a shovel nearby to extinguish campfires.

Keep all burning materials well inside the fire ring. Keep all unused firewood well away from the fire.

Never leave a fire unattended and be sure that all fires are dead out before leaving.

Never throw a cigarette butt from any vehicle. Don't risk it, and besides - it's litter!

Use caution when operating portable cooking devices like camp stoves.

Be sure children know how dangerous fire can be. Tell them not to play with matches or lighters.

Contact a ranger if you see any suspicious or unsafe fire practices. It is up to each of us to keep American Fork Canyon fire safe. Report any smoke you might see.

Our responsibility to the Nation is to be more than careful stewards of the land, we must be constant catalysts for positive change."

- Gifford Pinchot

Please Tread Lightly

All Terrain Vehicle (ATV) use is one of the fastest growing recreational activities in the forest. The State of Utah estimates that the number of registered ATVs will increase from over 56,000 vehicles in 2003 to over 100,000 vehicles in the next three years. Because the majority of registered ATVs are along the Wasatch Front, an enormous amount of impact is put on our natural resources in American Fork Canyon and other nearby canyons where ATV users ride.

Responsible riders know that one way to protect their riding privilege is to stay on the designated trails. They know that these routes have been developed to protect the valuable natural resources as well as provide them with some great riding adventures.

If ATV riders stay on designated trails,

damage to streams, rivers, plants and trees is minimal.

Discover the rewards of responsible recreation

- ATV riding provides the opportunity to get away from it all and builds family traditions.
- Remember riding on public lands is a privilege.
- Respect the environment and other trail users. By using common sense and common courtesy, what is available today will be here to enjoy tomorrow.



ATVs exploring designated trails. (Forest ServicePhoto)