Hiking in Utah Valley is one of the best ways to enjoy the outdoors and appreciate mountain beauty. With trails for all people, ranging from easy walks to challenging climbs up mountain tops.

Local Favorites
- Stewart Falls - this is an easy to moderate hike. 3.5 miles roundtrip, trailhead is at Aspen Grove of Sundance Mountain Resort off of Alpine Loop Road.
- Bridal Veil Falls - this is an easy 0.6 mile, trailhead is off of the Nebo Loop Road.
- Provo Canyon Trail - this moderate hike leads to unique rock formations, crosses bridges and passes a few caves. Trailhead is at Rock Canyon Parking in Provo.
- Timpanogos Trail - this is a challenging 15 mile hike that takes you to the top of one of the highest peaks in Utah on Mount Timpanogos. Trailheads are at Aspen Grove and Timpanogos Trail.

Sundance Mountain Resort
Visit Utah's oldest resort, Sundance Mountain Resort off of Alpine Loop road. Miles roundtrip, trailhead is at Aspen Grove or Sundance Stewart Falls - this is an easy to moderate hike. 3.5 miles roundtrip.

Rock Canyon Trail - this moderate hike leads to unique rock formations and is simply pleasurable. Sundance chefs use only the freshest ingredients available and local organic produce, if possible, when creating your entree.

Food Scene
Sweet toothens, foodies, and picky eaters are all at home in Utah Valley where exotic foods, local eats, and unique dining experiences abound. Satisfy your cravings and hunger pangs with Utah Valley's wide variety of food experiences.

Utah Valley's seasonal scenic drives, which include Hobble Creek, Spanish Fork, American Fork, Payson and Provo Canyons. Each route offers a variety of unlimited recreational opportunities.

Scenic Drives
2. Alpine Loop Scenic Byway - 20-mile through lush vegetation and thick groves of aspen trees. Recreation fee required.
3. Hobble Creek Canyon - Begins in Springville and then loops to Strawberry Reservoir and back to Hwy 91. Southeast of Spanish Fork, this route offers an excellent tour of the Southern Wasatch Range. Along the way are campgrounds, a golf course, picnic areas and the Great Western Trail. Parts of the route are untamed and should be traversed cautiously by a four-wheel-drive vehicle.
4. Nebo Loop National Scenic Byway - One of America’s National Scenic Byways, this route winds 32 miles up 11,928-foot Mt. Nebo, Utah Valley’s highest mountain. Imponderable overlooks offer spectacular vistas of communities below.
5. Provo Canyon Scenic Byway - 26-mile byway from Provo to Heber offering views of towering rock walls, Bridal Veil Falls and one of the world’s premier blue ribbon fly-fishing rivers.

Utah Valley's scenic drives provide a complete wellness menu to restore peaceful inner balance. Guest accommodations are a collection of mountain suites and homes nestled against Mt. Timpanogos. Dining at Sundance is simply pleasurable. Sundance chefs use only the freshest ingredients available and local organic produce, if possible, when creating your entree.

The Canyons and Provo River
Utah Valley offers things to do for every imagination. Each city holds something unique and exciting for all to explore. Whether you’re traveling from adventure and nature lovers to entertainment seekers, Utah Valley brings world-class arts and entertainment experiences for all to enjoy.

With so many fun things to do, extend your stay by a few extra days. For a complete listing of events and activities, visit UtahValley.com