



Trails

The following trails are rated *Easier, More Difficult, and Most Difficult* in accordance with Forest Service trail specifications. Trails marked with * pass through wilderness.

1. Neffs Canyon*: Most Difficult, 3.5 miles. Access to Mt. Olympus Wilderness. Trail begins at the end of White Way Road in Olympus Cove.

2. Grandeur Peak: More Difficult, 2.75 miles. Access to Grandeur Peak overlooking the Salt Lake Valley. The trailhead is located 3 miles up canyon at the end of the Church Fork picnic area

3. Desolation Trail*: More Difficult, 17.8 miles. Panoramic views of Mill Creek and Big Cottonwood Canyons. The western two thirds is in the Mount Olympus Wilderness. Mountain bikes are popular in the eastern third of the trail. The trailhead is located at the South Box Elder Picnic area, 3.2 miles up the canyon. This trail connects with many trails in MCC and BCC.

4. Porter Fork*: More Difficult, 3 miles. Within the Mount Olympus Wilderness and site of the largest avalanche in Wasatch history, (1979). Vehicle access on the Porter Fork road, 4.2 miles up the canyon, is permitted only to Porter Fork residents, but the road is a public right-of-way for foot traffic. Continue 1.5 up the road where the trail begins.

5. Pipeline: Easier, 5.5 miles. This trail follows an old flume line and is a popular mountain bike route. You can access the trail at Rattlesnake Gulch, 1.5 miles up canyon; Burch Hollow, 4.2 miles; or 6.1 miles up canyon at Elbow Fork.

6. Burch Hollow: Most Difficult, 2.8 miles. Trail begins 4.2 miles up canyon.

7. Bowman Fork*: More Difficult, 4 miles. Access to Mount Olympus Wilderness. Trail begins 4.5 miles up the canyon at the south end of the Terraces Picnic area.

8. Terraces - Elbow Fork*: Easier, 2 miles. The trailhead is located at the south end of the Terraces picnic area, 4.5 miles, and at Elbow Fork, 6.1 miles up the canyon. Located within the Mt. Olympus Wilderness.

9. Mount Aire: Most Difficult, 1.8 miles. The trailhead is located 6.1 miles up Mill Creek Canyon at Elbow Fork.

10. Lamb's Canyon: Most Difficult, 2.6 miles. The trailhead is located at Elbow Fork, 6.1 miles up canyon, and 1.5 miles up Lambs Canyon off I-80 East.

11. Alexander Basin*: Most Difficult, 2.6 miles. Access to Mt. Olympus Wilderness. Trail begins 7.8 miles up Mill Creek Canyon.

12. Big Water: Easier, 3 miles. Popular trail with Mountain bikes and horseback riders. Trail. Begins 9.1 miles up the canyon. Due to crowded conditions, this trail is closed to mountain bikes on ODD numbered calendar days.

13. Great Western Trail: More Difficult, 12.8 miles. The trail begins 9.1 miles up the canyon and continues along to Desolation Lake and Guardsman Pass Road. This trail is closed to bicycles from the trailhead to the ridge overlooking Park West on ODD numbered calendar days.

14. Little Water: Easier, 1.8 miles. Begins 9.1 miles up the canyon road at the parking lot. Due to crowded conditions, this trail is closed to mountain bikes on ODD numbered calendar days.

15. Mill D North Fork: 1.5 miles, More Difficult, 1 hour 30 minutes (one way). This trail connects with the Desolation Trail between Dog Lake and Desolation Lake. The trailhead is located in Big Cottonwood Canyon.



Mountain Bike Trail Etiquette

Please observe the following mountain biking guidelines when riding on Salt Lake Ranger District trails.

1. Yield the right of way to other non-motorized recreationists. Move off trail and stop to allow horses to pass and move over and stop or slow down to allow hikers adequate room to share the trail.
2. Maintain control of your speed at all times. Slow down and use caution when approaching another person or a bend in the trail.
3. Stay on designated trails and do not cut switchbacks. Avoid wheel lock-up and ride directly across the waterbars on the trail.
4. Do not litter! Pack out what you pack in.
5. Respect private property.
6. Always wear a helmet.
7. If you abuse it — you will lose it. Be responsible trail users!



Mill Creek Canyon

Mill Creek Canyon is within a 30-minute drive for more than a half-million people who use the canyon for hiking, biking, picnicking and fishing. Such use has led to deteriorated facilities, degraded water quality, and degraded wildlife habitat. The Mill Creek Canyon Protection and Management Program was established in 1991 to fund improvements in the canyon's ecosystem and its recreational facilities. Please respect private property, stay on designated trails and observe posted signs throughout the canyon.

Protective Regulations: Regulations are designed to protect the fragile canyon corridor and are strictly enforced. Other National Forest and County restrictions may apply.

- No Fires within 1/2 mile of any road.
- No Camping within 1/2 mile of any road.

Wilderness: The Wilderness Act of 1964 defines wilderness as an area "where the earth and its community of life are untrammelled by man." The Mount Olympus Wilderness is identified by the shaded area on the map. The following are prohibited within the Mount Olympus Wilderness to help protect its primitive characteristics:

- Overnight camping groups exceeding 10 persons.
- Bicycles or other mechanized vehicles.
- Camping within 200 ft. of trails, streams or lakes.
- Camping within 100 ft. of another campsite.
- Camping for more than 3 days at one site.

Watershed: Over 60 percent of the drinking water used by residents of the Salt Lake Valley comes from neighboring canyons. It is important to keep canyon watersheds clean. Some Mill Creek Canyon trails provide access to Big Cottonwood Canyon. The following watershed regulations are strictly enforced in Big Cottonwood canyon:

- Dogs and horses are not allowed.
- Swimming is prohibited.
- No camping within 200 feet of any open water.

For More Information, contact the Public Lands Information Center, inside REI at 3285 E 3300 S, Salt Lake City UT 84109; 801-466-6411 www.fs.fed.us/wcnf/slr/d

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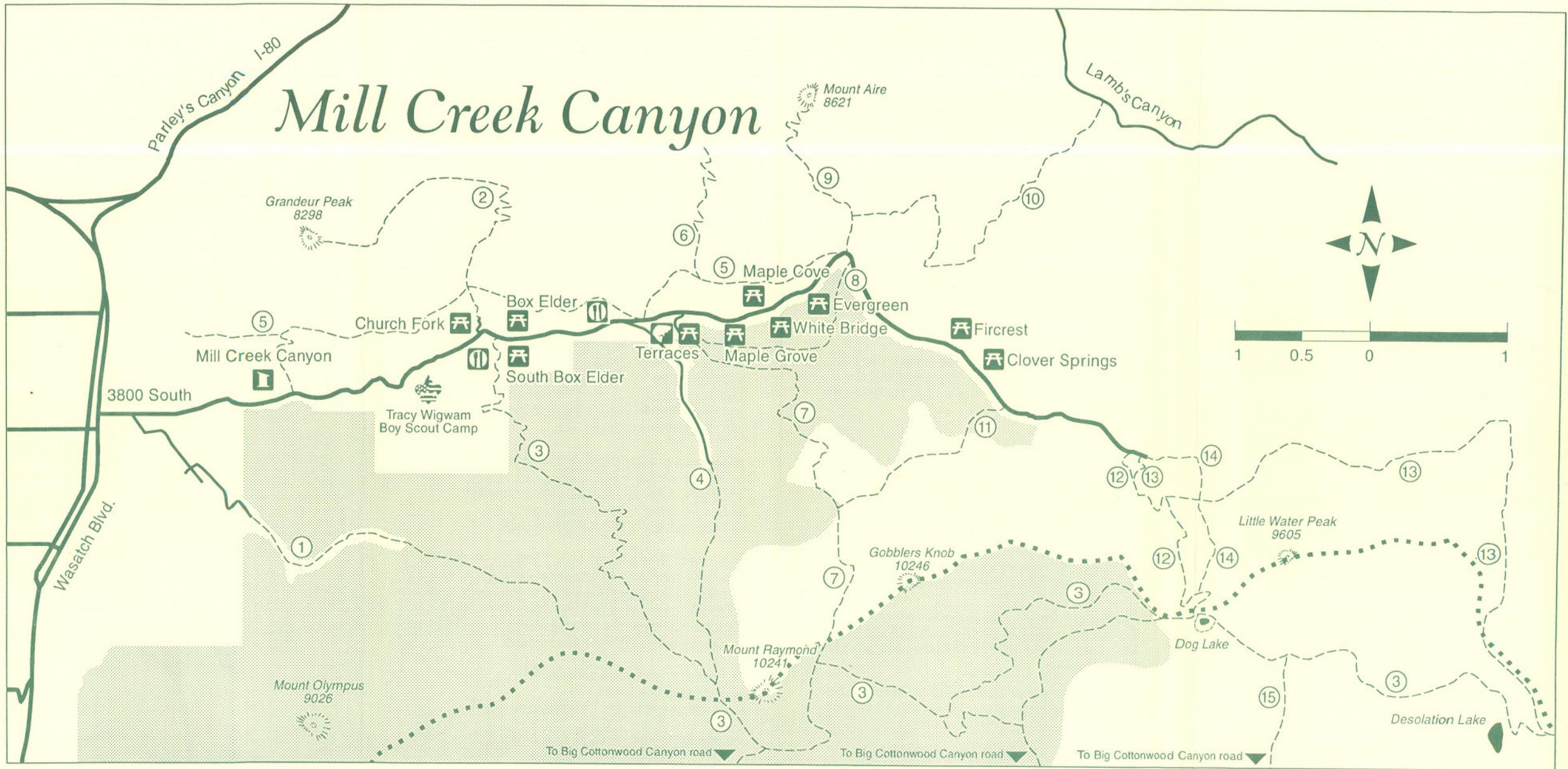
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Mill Creek Canyon



United States Department of Agriculture	Forest Service	Wasatch-Cache National Forest	Salt Lake Ranger District
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LEGEND

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| | Mill Creek Entrance Station | | Picnic Area | | Fishing Dock | | Big Cottonwood/
Mill Creek Canyon
ridge (dividing) line |
| | Mount Olympus Wilderness | | Trail | | Restaurant | | |

TRAILS

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|-----------------|--------------------------|--------------------|----------------------|
| 1 Neffs Canyon | 5 Pipeline | 9 Mount Aire | 13 Great Western |
| 2 Grandeur Peak | 6 Burch Hollow | 10 Lamb's Canyon | 14 Little Water |
| 3 Desolation | 7 Bowman Fork | 11 Alexander Basin | 15 Mill D North Fork |
| 4 Porter Fork | 8 Terraces to Elbow Fork | 12 Big Water | |