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## **PRESS RELEASE**

### **Moab is the Hot Spot for a Cool Summer Vacation**

When Mother Nature turns up the thermostat during the summer months, you can beat the heat and the crowds, and enjoy many “cool” adventures in Moab.

Start your day early with one or two of the short hikes in Arches National Park, such as the Double Arch Trail (.5 miles round trip) or the Windows Trail (1 mile round trip), then enjoy the comfort of your car as you continue through the park to Devil’s Garden for lunch in the shady picnic area. Water is available at the Devils Garden Trailhead so make sure to refill your water bottles.

When it comes to temperature, there is nothing “fiery” about the “Fiery Furnace”. Take the afternoon Ranger guided hike through this shady labyrinth of narrow sandstone canyons and fins. The route requires minor scrambling and squeezing through tight spaces and is one of the most incredible and spectacular places in the park. Make your reservations for this hike upon your morning arrival.

Delicate Arch is a great late evening hike, when photographic opportunities are at a peak, especially during the full moon. Take a snack and a flashlight (for the hike back) and watch a spectacular sunset from this amazingly scenic location.

The Island in the Sky District of Canyonlands National Park also offers numerous short hikes that can be done during the cooler morning and evening hours. Mesa Arch trail is a half-mile round-trip, go early and capture amazing sunrise photos of this beautiful arch on the cliff edge. Take the scenic drive through the park, with its numerous view points, to see spectacular vistas that allow you to see nearly 100 miles in any direction, resulting in panoramic views that encompass thousands of square miles of canyon country.

Although the world famous Colorado River often conjures images of wild, churning rapids and heart-stopping near capsizes, the rivers of the Moab area have a softer side as well. For miles at a time they are simply wide, quiet streams that, on clear days, reflect a mosaic of rock cliffs and sky. Calm water float trips in canoes, kayaks and rafts are available.

Half-day and full day raft trips with experienced guides cost surprisingly little and are great for the entire family from toddlers to grandparents where you can experience Canyonlands National Park from the bottom, gazing up the tall canyon walls. Motorized jet boat tours provide a way to experience the river without getting wet, which is perfect for photographers.

The "Daily," located northeast of Moab along Utah highway 128, is a whitewater trip ideal for a short adventure or an overnight camping trip. Six named rapids are located between Hittle Bottom and Takeout Beach. The rapids may range in difficulty up to Class III and can be challenging at high water levels.

For those seeking more thrills, Westwater Canyon is a great choice for a short, but challenging whitewater adventure, with 11 rapids that may range in difficulty up to Class IV. Scenic highlights are the Precambrian "black rock", which forms the walls of a 200 foot deep inner canyon, with sheer walls of rust-colored Wingate sandstone tower above. Historic features within the canyon include the miners cabin and the outlaw cave.

Cataract Canyon, located in the heart of Canyonlands National Park, is the best known wild whitewater trip. With 26 rapids ranging in difficulty up to Class V, “Cat” trips offers an abundance of heart-pounding thrills, as well as calm scenic stretches and can be done in one day or over several days. Shorter trips utilize a jet boat for the upper portion of the trip. Visitors to Cataract Canyon may hike to view the rock art and cliff dwellings; left by Indians who once lived in the canyon or just enjoy the massive red rock walls and pinnacles that tower above the river. Cataract Canyon is one of the most isolated and starkly beautiful areas of the 48 contiguous states.

From calm water kayaking and canoeing to white water rafting, the Colorado River will satisfy your craving for quiet serenity and heart-bounding adventure.

Go from the rivers to the mountains, as the cool green peaks of Manti-La Sal National Forest beckon, providing a pleasant change to the heat of the surrounding semi-desert lands. With peaks reaching near 13,000-feet, visitors find some of the Forest's most incredible hiking and biking trails.

The La Sal Mountain Loop Road is a 60-mile long route, which follows Scenic Byway 128, through Castle Valley and is great for a summer afternoon drive. Driving up Castle Valley, the indescribable rock formations of the Priest and Nuns and Castle Rock are visible. A right turn onto the La Sal Mountain Loop, and the route begins an immediate ascent toward the National Forest. Along the route are numerous overlooks with breath-taking vistas featuring the three unique land ecosystems of alpine, desert and red-rock canyons. Shortly after passing the turnoff to Warner Lake Campground and picnic area, the road descends into Mill Creek Canyon, before climbing again for the final descent past the Ken's Lake Recreation area and into Moab. This loop is also a great way for mountain bikers to access hundreds of miles of cool summer trails from Geyser Pass Road ranging from 8 to 50 miles in length. The popular Moonlight Meadows Trail is a wonderful opportunity for cyclists and hikers to get out of the heat and revel in the beauty of the alpine experience.

Beautiful mountain lakes are scattered across the mountain range, offering excellent trout fishing and great camping locations for car, tent, RV and motor home campers. The wind whispering in the aspens and peaceful bubbling brooks, create an unbelievably relaxing atmosphere and an unforgettable experience. Whether it is for a few hours or a few days, by car, foot or bike, the beauty and solitude of the La Sal Mountains should top your summer adventure list.

Remembering to use plenty of sun block, dress appropriately and drink plenty of water (a gallon a day per person is recommended) will make a visit to Moab a "cool" summer vacation.

For more information contact the Moab Area Travel Council at 800-635-6622, visit the Moab Visitor Center at the corner of Main and Center streets or their website: [www.discovermoab.com](http://www.discovermoab.com).