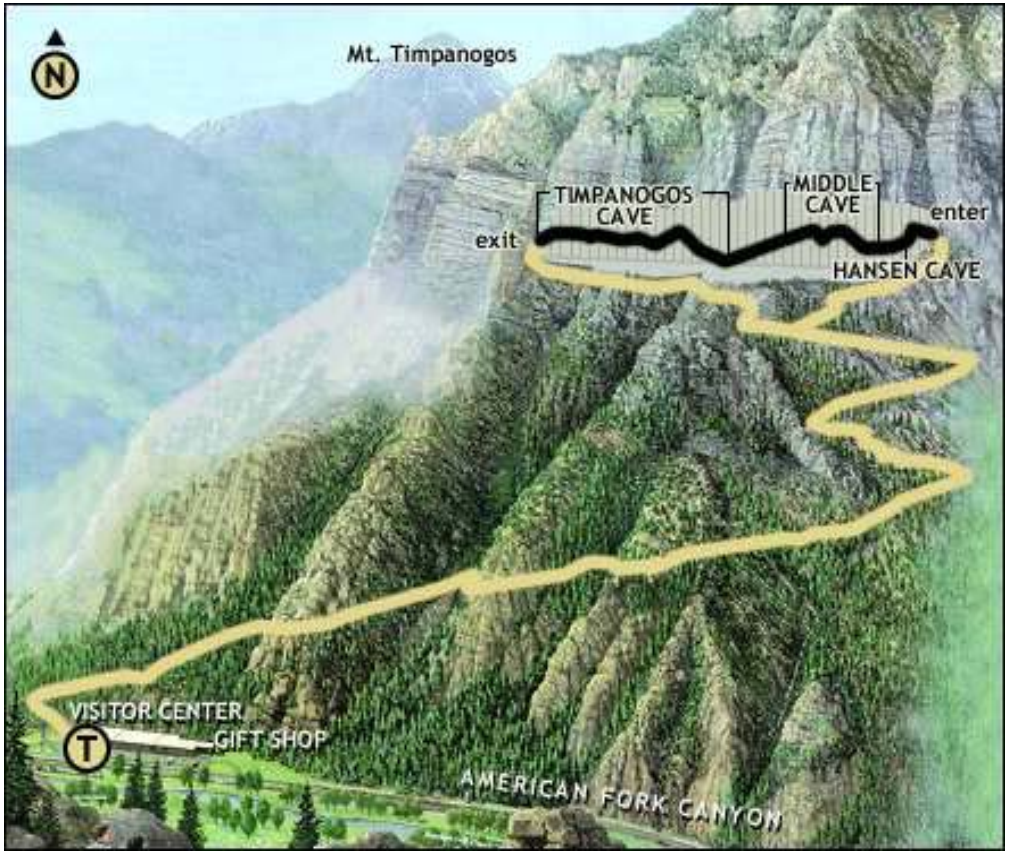
Everything you need to know for a perfect visit.

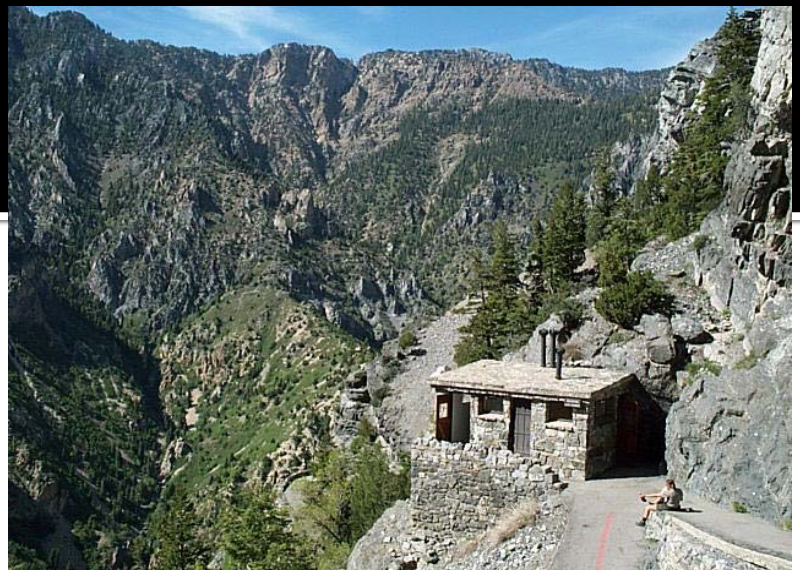
Timpanogos Cave

What to bring on your hike:

- **Water** (at least one full bottle).
- **Good shoes** (tennis shoes or hiking boots).
- **A light jacket or sweater** for the inside of the cave. Cave temperature is in the low 40's, the same as a refrigerator.
- **Sunscreen and/or a hat**



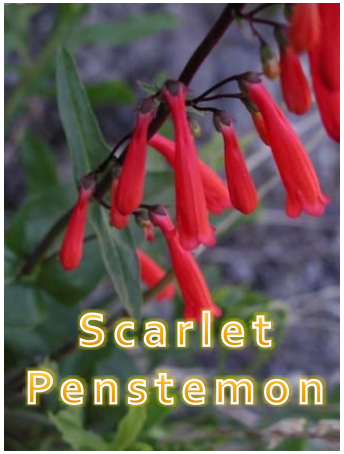
Trail Safety

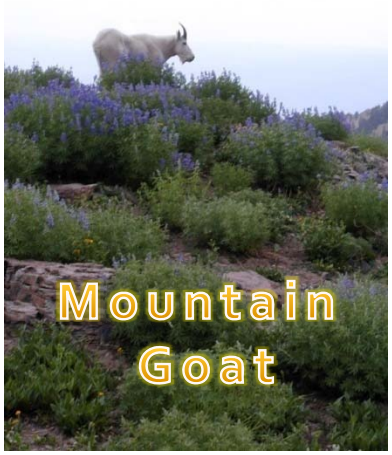


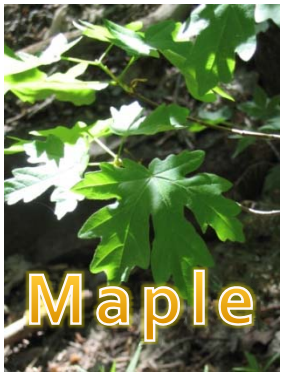
- **Never run on the trail.**
  - You could trip and fall or start a rock fall.
  - You could run into someone else and cause them to get hurt.
- **Stay with your group.**
  - No one under 16 is allowed to hike alone.
- **Stay on the trail.**
  - The trail is very steep and many rattlesnakes are impossible to see until you are right on top of them.
  - Be sure to not to stop in the red stripe zones, wait to rest in safer areas.
- **Be alert.**
  - Watch and listen for falling rocks.
  - If you do hear rocks fall get out of their path quickly or duck and cover your head.
- **Help us protect everything on the trail.**
  - Don't pick up rocks, flowers or try to touch any animals or insects on the trail.
  - Please don't feed any wildlife. It often leads to their death in the long run.

Trail Treasures

- As you hike you should keep your eyes wide open. You will find a surprising variety of:
- Trees
- Flowers
- Wildlife
- Rocks



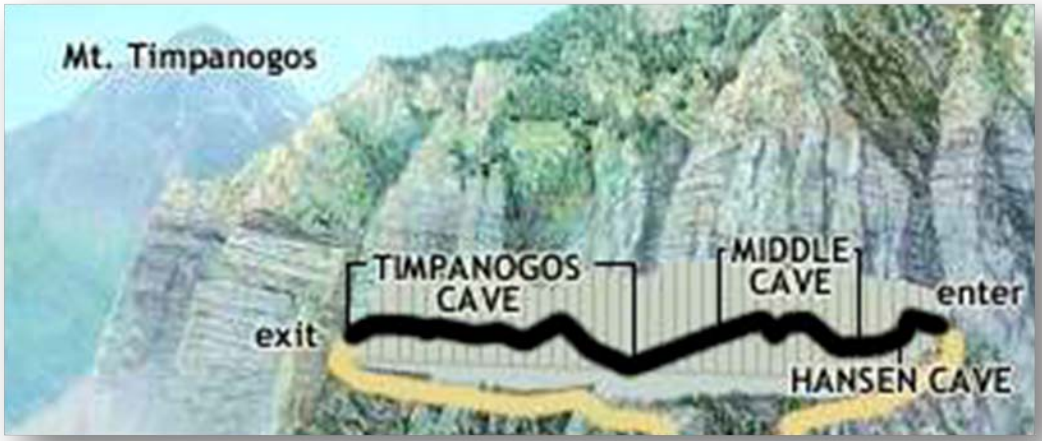




REMEMBER: *Everything at a National Monument is protected. Please don't pick flowers, break off tree leaves or branches, collect rocks or touch the wildlife.*

The Caves

- On your tour you will actually see **three** different caves.
- Hansen Cave
- Middle Cave
- Timpanogos Cave



- There are amazing things to learn in each one.

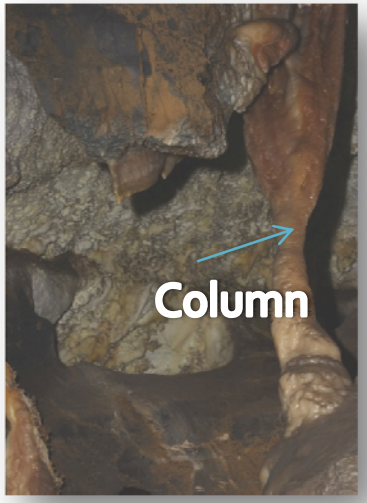
Cave Safety:
Protect Yourself and the Cave

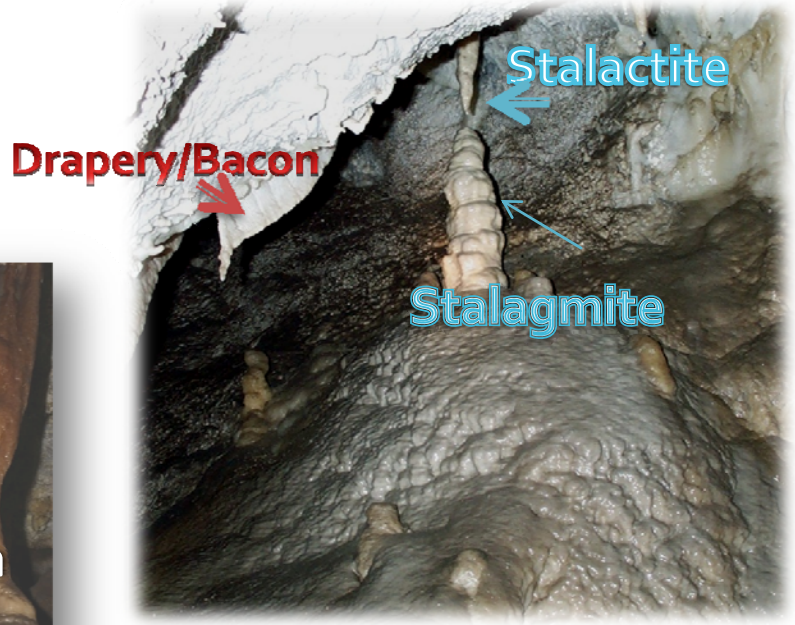
- Please stay with the group and walk carefully.
  - The cave is wet in many places and you may slip.
- Please don't touch any of the cave walls or formations.
  - You can easily break a delicate cave formation.
  - The oils in your skin can darken the color of the formation and prevent it from growing.
- Please don't eat in the cave.
  - Mold from crumbs grows quickly and is very hard to clean.
  - Food may attract wildlife into the cave. Those critters can get lost and die in the cave.

REMEMBER: In order to preserve the cave for future generations, nothing should be taken from or picked up in the cave.

Cave Treasures

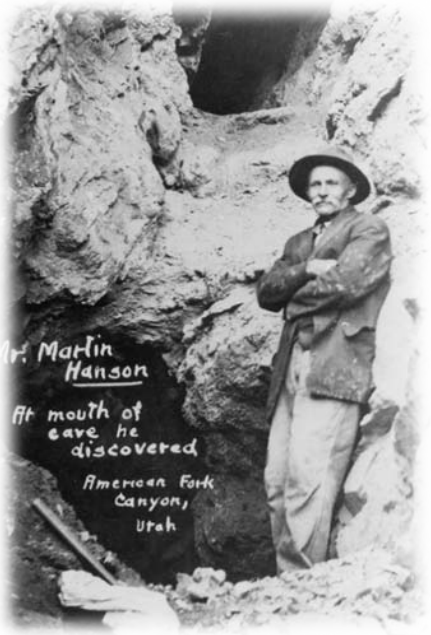
- There are many different formations in Timpanogos Cave. Here are five you should know:
- Stalactite
- Stalagmite
- Column
- Drapery/Bacon
- Helictite





Cave Questions

- Rangers love to answer your questions and help you understand the cave better. As you go through you might ask them:
- *Why are some formations smooth and some rough?*
- *Why are there so many colors in different cave formations?*
- *What did it look like when the very first explorers found this cave?*
- *Do any animals or insects live inside the cave?*



Coming Down

- After you are done with your tour don't forget to be just as safe going down the trail as you were coming up.
- **Never run on the trail.**
- **Stay with your group.**
- **Stay on the trail.**
- **Be alert for falling rocks.**
- **Help us protect everything on the trail.**

A Final Word

- President Warren G. Harding made Timpanogos Cave a National Monument in 1922 because he believed it was of "**unusual scientific interest and importance**."
- As you enjoy the cave and the surrounding nature please remember that generations after you will **thank you** for helping to protect and preserve this amazing place.