

Aspen Grove trailhead elevation  $\approx 6,900'$   
 First Falls distance from A.G. trailhead  $\approx 1$  mile  
 Second Falls distance from A.G. trailhead  $\approx 1\frac{1}{4}$  miles  
 Hidden Lakes distance from A.G. trailhead  $\approx 4\frac{1}{2}$  miles  
 Hidden Lakes elevation  $\approx 9,880'$   
 Emerald Lake distance from A.G. trailhead  $\approx 5\frac{1}{4}$  miles  
 Timpanogos Shelter by Emerald Lake elevation  $\approx 10,400'$   
 Saddle distance from A.G. trailhead  $\approx 6\frac{1}{4}$  miles  
 Saddle elevation  $\approx 11,030'$   
 Summit distance from A.G. trailhead  $\approx 7$  miles  
 Summit elevation  $\approx 11,750'$

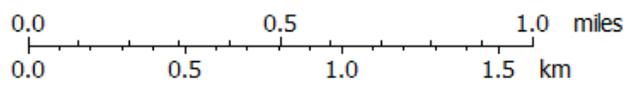
Timpooneke trailhead elevation  $\approx 7,360'$   
 Scout Falls distance from T. trailhead  $\approx 1\frac{1}{4}$  miles  
 Timpooneke Basin distance from T. trailhead  $\approx 4\frac{3}{4}$  miles  
 Timpooneke Basin elevation  $\approx 10,170'$   
 Saddle distance from T. trailhead  $\approx 6\frac{1}{4}$  miles  
 Saddle elevation  $\approx 11,030'$   
 Summit distance from T. trailhead  $\approx 7$  miles  
 Summit elevation  $\approx 11,750'$

Timp's published trail mileages range from  $5\frac{3}{4}$ – $9\frac{1}{2}$  miles  
 Timp's published elevation ranges from  $11,749'$ – $11,753'$

Map created with **TOPO!** ©2004 National Geographic



[user.xmission.com/~wake/timp.html](http://user.xmission.com/~wake/timp.html)



Look for the good.

TN MN 12½°

01/02/14

# Hiking Mount Timpanogos Safely

<http://user.xmission.com/~wake/timp.html>

## Top Ten Timp Tips:

- If there is snow on the west side of the mountain, it's too early for most people to hike the summit trails
- Timp is a long, steep, and in places a rugged hike, not an easy walk up
- You need to be in good shape, and you need good footwear, lots of water, sun protection, food, extra clothing for bad weather, a first aid kit for blisters and falls and sprains, reliable illumination in case you don't get down before dark, and a map
- Start early, before parking fills up, and bring your entrance fee
- Fourteen to fifteen miles on this mountain will take most people all day
- The weather on top is colder than in the valley, and afternoon thunderstorms are common along the trails
- Sliding down the glacier is a common cause of injuries, and it isn't fun to hike out when injured
- You do not have to reach the summit to enjoy the mountain
- Always practice "Leave No Trace" ethics while on the mountain—pack out your trash, stay on the trail instead of cutting across switchbacks, and don't start campfires in the wilderness area
- Here is the most important tip: \_\_\_\_\_ (you have to figure this one out for yourself by thinking about how to prepare for and adapt to current conditions)



Aspen Grove  
(Mount Timpanogos)  
trailhead



First Falls



Second Falls



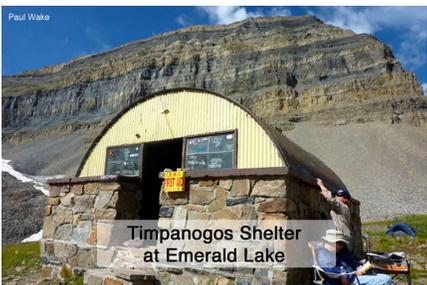
Up on the switchbacks above Second  
Falls, looking at the rock slide, and over  
at the upper Primrose Cirque switchbacks



Hidden Lakes,  
from off trail above



Emerald Lake



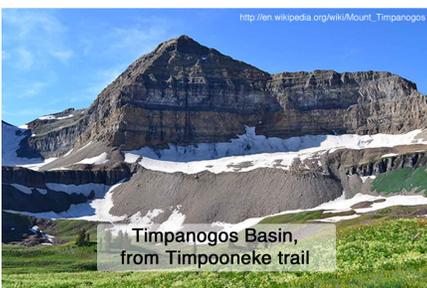
Timpanogos Shelter  
at Emerald Lake



View to the saddle,  
on the far ridgeline



Looking up the Timpooneke trail;  
trailhead is at the bottom center



Timpanogos Basin,  
from Timpooneke trail



Saddle



Summit Hut