



## Trail 52--Canyon Nature Trail through Swinging Bridge Picnic

Grounds –

*\*kid friendly*

**Duration:** Up to you

**Distance:** .5 miles out-and-back

**Difficulty:** Easy

**Trailhead:** Swinging Bridge Picnic Area

**Elevation:** 5650'

**Avalanche:** None

**Map:** Not needed

**GPS Coordinates:** None

**Dogs:** Allowed on leash

**Introduction:** The Canyon Nature Trail winds its way through a small picnic ground. A great place for young kids to try out snowshoes when there is snow at 5000', it also provides a nice canyon get-away next to the beautiful American Fork River.

**How to get there:** American Fork sits 25 miles south of Salt Lake City along I-15. From Salt Lake city take the Alpine/Highland exit and turn left onto S.R. 92. Follow this road directly into the canyon. Just under 3 miles from the mouth of the canyon, Swinging Bridge picnic area sits to the left, just before you get to Timpanogos Cave National Monument.

**Trail description:** The little trail travels through habitat defined by the American Fork River. Though we hope the defined summer trail lies well below the white stuff, the route travels east through the picnic area and up and over a little hill that winds to a bridge on the other side of the picnic ground. The river runs through the picnic ground and right next to the road. Regardless of whether or not you find the exact trail, the kids can frolic around the picnic ground and even enjoy jumping from picnic tables into the snow. The high bridge at the far east end takes you back to the road. There is parking at both ends of the trail.