



Trail 55--Alpine Loop Road

**kid friendly*

Duration: As long as you make it

Distance: The Alpine Scenic Loop (SR 92) stretches from American Fork Canyon to Provo Canyon. It is 14 miles from the parking area in American Fork Canyon to Aspen Grove by Sundance Ski Resort in Provo Canyon. From the parking area in American Fork Canyon to the summit of the Alpine Loop is 4 miles.

Difficulty: Moderate

Trailhead: Pine Hollow Trailhead

Elevation: Pine Hollow Winter Gate: 6765'; Summit 8077'; Aspen Grove 6800'

Avalanche: Known avalanche path

Map: Timpanogos Cave 7.5' quadrangle; Aspen Grove 7.5' quadrangle

GPS Coordinates: Trailhead--12 T 0445498/4477689; Alpine Loop Summit--12 T 0448008/4475524

Dogs: Allowed on leash

Introduction: During the summer and fall months, the Alpine Loop, of the Uinta National Forest, is a twisting scenic drive that takes you up and over the mountain from American Fork Canyon down past Sundance ski resort and into Provo Canyon. Designated as a Scenic Byway, estimates show that a million people travel this route each year. During winter, the road is closed to cars and used for winter recreation. The destination is simply the road itself that winds through the rugged alpine canyon offering stupendous views of 11,000' Mount Timpanogos and other glacier-carved peaks. The route follows S.R. 92 up American Fork Canyon and then continues through Uinta National Forest into Provo Canyon.

How to get there: From I-15 take the American Fork Canyon exit number 278. Turn east and follow this road right into the canyon. Travel up American Fork Canyon. Just under 3 miles from the mouth of the canyon you will find Timpanogos Cave National Monument. 2.4 miles past Timpanogos Cave National Monument the road forks, keep to the right. The winter gate closure/trailhead is just under two miles from this fork. The Pine Hollow Parking Area sits to the right. Head up past the closed gate and follow the snow-covered road as far as you like.

Trailhead 2: Aspen Grove/Mount Timpanogos Trailhead

From Salt Lake City take I-15 South toward Provo. Exit freeway at exit 272/ 800th north. Travel east on 8th north until you come to the mouth of Provo Canyon. Take Hwy189 north toward Heber City for approximately 7 Miles. Turn left at the Sundance turnoff (ALPINE LOOP SCENIC/ UT-92). A two mile trek will take you to the main resort. Stay on the road for another two miles until the road is closed off by a winter gate. Parking is found at the Aspen Grove/ Timpanogos trailhead.

Trail description: Enjoy the scenery. Mount Timpanogos is one of a few mountains that break beyond 11,000 feet and it stands in one of the most beautiful canyons in Utah. The Alpine Loop road has a southern exposure with views of these gorgeous, awe-inspiring mountains. The southern exposure means you'll get more sun along the trail, and at times snow melt causes rivulets of water to run off the mountain sides above and trickle down the rocks.

The winter road covers approximately 14 miles. You can start from either end of the trail: Snowshoe from the closed gate in American Fork Canyon up S.R. 92, or begin at the other end--at Aspen Grove trailhead up above Sundance ski resort in Provo Canyon. Watch out for snowmobiles as they are allowed here and do frequent the area. Head off trail and through the aspen for ungroomed exploration, otherwise the road is easy to follow and you will mostly be concentrating on the surrounding scenery.