



Chapter 16: Provo

Introduction: Provo Canyon, because of low elevation, has a limited number of great snowshoe areas. But the Timpanogos area, which holds Mt. Timpanogos, the second highest peak in the Wasatch Range and the dividing peak between American Fork and Provo canyons, is well known on the nightly news for claiming lives with avalanches. Two viable areas lie between these two extremes. The first, sits off the south fork of the Provo river—Big Spring Hollow, and the second, Aspen Grove, can be found above Sundance Ski Resort.

Warm-Ups: For a sandwich, bowl of warm soup, a cup of cocoa, or a salad, try the Deli at Sundance ski resort. All menu items run under \$10. The Foundry Grill at Sundance sits right across from the Deli and gives you a nice place to sit down in that casual, wooded Sundance atmosphere. Menu items run from \$10-\$20, all foods are made fresh and their meats are cooked in an apple wood rotisserie oven. The turn off to Sundance ski resort is found 9 miles up Provo Canyon, where you'll follow the winding road another two miles to the resort. The Sundance Resort sits just below the Aspen Grove winter recreation area.

Public Transportation: The Utah Transit Authority (UTA) has buses that travel to Sundance each day. Call 801.377.7433 for more detailed information on times and routes.