



Trail 60--Big Spring Hollow Loop

Duration: 2 hours

Distance: 3.9 mile loop

Difficulty: Easy

Trailhead: Big Spring Park top parking lot

Elevation: Big Spring Hollow trailhead 5766'; Spring (top of the loop) 6590'

Avalanche: Low

Map: Bridal Veil Falls 7.5' quadrangle

GPS Coordinates: Big Spring--12T 454029/4462516

Dogs: Allowed

Introduction: Big Spring Hollow Loop trail begins at the top of Big Spring Hollow Park. Big Spring Hollow Park is managed by Provo Parks and Recreation. In the summer it is a beautiful day park with spreads of green lawn and picnic pavilions. The elevation is fairly low, so mid winter when the snow pack is good will serve you best. Usually there are a couple trail variations that head out from the parking lot, but they all basically head up the hollow. The route given in this guide takes you near the stream that flows from the spring and gives open views of dramatic peaks to the south while taking you through more quaint forest settings. The trail loops back from the spring for a comfortable day jaunt. The trail also connects to Cascade Saddle and Cascade Peak if you wish to go farther into the backcountry.

How to get there: Drive up Provo Canyon 6 miles and turn south into Vivian Park. Drive 3.2 miles up this road where a small sign on the left side of the road denotes National Forest Access. The sign is not easy to see, so use the odometer. A big rock sign on the right side of the road says Big Springs Park. Turn right here and drive through the park to the upper parking lot.

Trail description: The trail leaves through the fence on the west side of the parking lot. Directly after leaving the parking lot a small bridge crosses the stream. This will be the first of many bridge crossings. The trail winds south paralleling the stream for the first .10 of a mile. At .35 you cross the stream again and continue south.

The trail continues to curve west and southwest while crossing bridges. At .5 miles you come to the most visual part of the trail – the clearing that opens to the dramatic southern peaks, including Cascade Mountain. Snowshoe south through the clearing.

At .8 miles you can turn right to cross the stream over a bridge, or continue to head south – continue south to make the loop.

At .9 of a mile cross the stream and head southwest over a larger bridge. This is the junction for Big Springs. You will loop back around to this point on the return trip. The sign says .5 miles to the spring, but the mileage on the signs is lower than my GPS tracked. Head left at this junction and cross the stream again.

At 1.4 miles you'll hit a 'T'. Go right/south. At 1.67 miles the trail loops across the spring, 3 streams, and then heads west to begin your return loop across more bridges. This area hosts beautiful groves of aspen. Curve west here, descend down a small hill and then curve back heading north. At 1.9 miles you will find an intersection that will allow you to continue straight to Cascade Saddle. Turn right instead and continue downhill for the loop. This junction is not signed, so make sure you turn and head down the mountain to the northwest.

You will cross more bridges as you head north and travel through a campground where two legs of the river provide a small but beautiful waterfall. At 2.6 miles the trail loops back to the junction point mentioned at .9 miles. Follow your trail back to the parking area.