



Trail 61--Aspen Grove to Alpine Loop Summit

Duration: 3 hours

Distance: 3.25 miles one-way

Difficulty: Moderate

Trailhead: Mount Timpanogos trailhead

Elevation: Mount Timpanogos trailhead 6910'; Alpine Loop Summit: 8077'

Avalanche: Known Avalanche Path to High

Map: Aspen Grove 7.5' quadrangle

GPS Coordinates: Aspen Grove/Mount Timpanogos Trailhead--12 T 0448869/4472721; Alpine Loop Summit Parking Area--12 T 0448008/4475524

Dogs: Allowed

Introduction: The Alpine Loop Summit trail starts at the base of 11,000' Mt. Timpanogos. The trail begins with a consistent climb for the first 2.25 miles of the trail and then levels out for nice wandering through the aspens as you make your way across the last mile to the summit of the Alpine Loop--one of Utah's nationally recognized scenic drives during the summer and fall. The area is no less grand in the winter and holds wonderful views of the surrounding majestic peaks, but the Alpine Loop road is closed during the winter and groomed for snowmobile and winter recreation use. The Aspen Grove to Alpine Loop Summit trail is one of the few snowshoe trails in the Aspen Grove area because the avalanche danger around Mt. Timpanogos is so high. This trail takes you from the much-used Mount Timpanogos parking lot/trailhead to the summit view at the top of the loop. Perfect for a good workout amidst beautiful scenery.

How to get there: From I-15 take exit 272 and turn east. Follow 800 North into Provo Canyon, branching left at the 'Y'. Nine miles up Provo Canyon, turn left and head up to Sundance Ski Resort. You'll find the Timpanogos trailhead 2.6 miles past Sundance on the left side of the road, past all the Aspen Grove lodges. The Alpine Loop road is closed off just past the Timpanogos trailhead.

Trail description: The trail begins on the west side of the parking lot. Follow the signs toward Mount Timpanogos. One third of a mile up the trail you will find a foot bridge. Head right/north at the footbridge, exiting the mail trail and heading up the side of the mountain to the north. To continue straight would lead you to Mount Timpanogos and right into high avalanche terrain--make sure you turn off the trail and head north. The trail winds up the mountain in a north/westerly direction. At 1.45 miles turn to the left/southwest and continue to climb rather than following the more obvious trail that will take you out to the Alpine Loop road. This route will not connect with the road until you are at the summit. Continue to climb heading north and slightly west. Enjoy the groves of Aspen. As you reach the top of this mountain the trail flattens out and eventually terminates at the Alpine Summit summer parking area, trailhead, and summit pass. Return down the way you came, or if you want a longer return route you could follow the Alpine loop road down to the parking area.

Other: Avalanches are killer in the Timpanogos area. Make sure you enter on a day when avalanche conditions are stable. At the beginning of the trail you can see where a previous avalanche caused major damage. As you can see from the topo map, the first section of the trail runs at the base of steep mountains.