



nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



Business Travel to Salt Lake City: Around the corner from the Salt Palace Convention Center

Salt Lake City, 1 Day

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Guide Description



AUTHOR NOTE: Located in the heart of downtown Salt Lake City, the Salt Palace Convention Center served as the media headquarters for Salt Lake City's 2002 Winter Olympic Games and is now the main conference center in Salt Lake.

Take a break from your meetings and wander off to explore Salt Lake's city center. Located just two blocks from the Salt Palace is Squatters, Salt Lake's favorite brewing company. Sample some local micro brews and then spend the afternoon touring Temple Square, the historic and spiritual center of the LDS (Mormon) church.

Recent liquor law changes have made it a bit easier to get out and explore Utah's varied nightlife. No sponsors or private club memberships needed anymore – you can simply enter the bar, show your ID, and order a drink. To unwind after an endless day of meetings, stop by Happy Hour at Donovan's Steakhouse Lounge for complimentary prime steak sandwiches and appetizer specials before heading to dinner at either Bambara or Lamb's Grill.

Cap off the evening by visiting Salt Lake locals favorite tavern, Junior's or relax out of the patio with a gourmet martini at The Red Door. For sport's enthusiasts, catch a Utah Jazz game at the Energy Solutions Center located just one block from the Salt Palace. During the summer months visit the Spring Mobile Ballpark (formerly Franklin Covey Field) to watch the Salt Lake City Bees, Utah's Triple-A Minor League Baseball team. The ballpark is located just an easy Trax, Salt Lake City's rail system, ride from downtown.

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - Salt Lake City



Squatters Pub Brewery

Downtown microbrewery featuring stellar craft brews



Temple Square

Church museums, sacred buildings, and beautiful gardens



Donovan's - Salt Lake City

Best steakhouse in Salt Lake City



Bambara Restaurant

Salt Lake City's new American bistro



Lamb's Grill Cafe

Salt Lake City's oldest restaurant



Junior's Tavern

Chill local's favorite pub popular with the artsy crowd



Red Door (The)

Speciality martinis, whiskeys, and fine wines



Salt Lake Bees Baseball

Home of Salt Lake City's minor league baseball team

Day 1 - Salt Lake City

QUICK NOTE

contact:
tel: +1 801 363 2739
<http://www.squatters.com/>

location:
147 West Broadway
Salt Lake City UT 84101

hours:
M-Th 11a-Mid, F 11a-1a, Sa
10:30a-1a, Su 10:30a-Mid

1 Squatters Pub Brewery

DESCRIPTION: Salt Lake's original brewpub has become a local favorite. Innovative cuisine, casual style and patio dining in the summer have made this one of downtown's hot spots. The enclosed garden patio is a summer lunchtime delight, while the cozy fireplace and timber poles inside give the restaurant a rustic look. Favorites include the beer-battered fish and chips and all of the specialty pizzas. The on-site brewery ensures your porter, lager, or stout will be delicious. © wcities.com



wcities

contact:
tel: +1 801 240 3323
<http://www.visittemplesquare.com/index.asp>

location:
50 West North Temple
Salt Lake City UT 84103

2 Temple Square

DESCRIPTION: Temple Square is the number-one tourist attraction in the state of Utah, attracting 3-5 million visitors each year. And for the 13 million Latter-day Saints around the world, this is the historic and spiritual center of the church.

The downtown destination is the home of the iconic Salt Lake Temple, the Mormon Tabernacle, the Assembly Hall, two large Visitors Centers, the Joseph Smith Memorial Building, and the 20,000 seat Conference Center. On one weekend each April and October, the Square buzzes with tens of thousands of Mormon visitors from around the world for the church's semi-annual General Conference.

During the holiday season, the well-manicured trees and buildings are lit beautifully and become a magnet for couples contemplating a wedding at the temple in the spring.

Throughout the year, free concerts are held at the Tabernacle and the adjacent Assembly Hall, every Sunday morning the Tabernacle Choir performs its weekly "Music and the Spoken Word" program free for the public, and a variety of free films and expositions are shown in the neighboring Joseph Smith Memorial Building.

Did we mention that all of this is available at no cost? Volunteering Mormon missionaries on the square will smilingly offer explanations and answer questions about the faith – and that's free too.

© NileGuide



wcities

contact:

tel: 8013594464
www.donovanssteakhouse.com/

location:

134 West Pierpont Avenue
Salt Lake City UT 84101

hours:

Mon-Sat 5PM-10PM

Donovan's - Salt Lake City

OUR LOCAL EXPERT SAYS:

Stop by Donovan's for Happy Hour from 4-6PM Monday through Friday for complimentary prime steak sandwiches and appetizer specials. Try The Perfect Pear with Grey Goose "La Poire" Vodka and Poire William Pear nectar - it is simply divine.

DESCRIPTION: Celebrate Restaurant Week all year long! Enjoy a Chop House Salad, one of three special entrees, and your choice of desserts for only \$40! Donovan's is proud to be the only steakhouse in Utah that guarantees USDA rated prime beef each time you visit. With the most succulent ribeyes, tender filets and delicious seafood options in town, Donovan's cannot be beat. Donovan's sets the standard of steakhouse excellence. An appealing atmosphere of rich mahogany, eye-catching paintings and bronze sculptures artfully bathed in soft flattering light. Upscale and worldclass yet cordially friendly with attentive, unobtrusive service that accentuates every detail. This is truly the place to be to relax and enjoy dining perfection.



Donovan's - Salt Lake City

contact:

tel: 8013635454x
http://www.bambara-slc.com

location:

202 S. Main St.
Salt Lake City UT 84101

hours:

Breakfast: Monday - Friday:
7:00am - 10:00am, Saturday:
8:00am - 11:00am, Sunday
8:00am - 12:00pm Lunch:
Monday - Friday: 11:00am
- 2:00pm Dinner: Monday -
Thursday: 5:30pm - 10:00pm,
Friday - Saturday: 5:30pm -
10:30pm, Sunday: 5:30pm -
9:00pm

3 Bambara Restaurant

DESCRIPTION: Located right in the ground level of the bright and bold Hotel Monaco, this new American bistro dishes up some of Salt Lake City's finest cuisine, using local, fresh and organic ingredients when possible. With French overtones, Bambara's kitchen fuses the best of western American, Asian and continental European traditions to invent a creative and refined menu of its own. Stop by before a downtown show, or make it an evening unto itself.

Located in a restored bank, the dining room decor highlights the building's history, with polished brass, bright wood, marble, and generous windows. The entire package makes for a fun, swanky evening -an occasion to dress up and treat yourself. © NileGuide



wcities

contact:

tel: +1 801 364 7166
fax: +1 801 355 1644
http://lambsgrill.com/

location:

169 South Main
Salt Lake City UT 84111

hours:

4 Lamb's Grill Cafe

DESCRIPTION: Unlike theme restaurants posing as authentic, this is the real deal. Founded by Greek immigrant George P. Lamb, the restaurant he started in northern Utah in 1919 moved to the city in 1939. Patrons enjoy excellent and truly classic American cuisine here. For breakfast, lunch, or dinner, this is the best place for both atmosphere and people-watching; it is a favorite spot of the city's politicians, businesspeople, and other celebrities. A full-service bar complements entrees and a la carte items, and service is beyond excellent. © wcities.com



wcities

Mon-Fri 7AM-9PM, Sat
8AM-9PM

contact:
tel: +1 801 322 0318
<http://www.juniorstavern.com/>

location:
30 East 300 South
Salt Lake City UT 84111

hours:
M-Sa Noon-1a, Su 2p-1a

5 Junior's Tavern

DESCRIPTION: Junior's Tavern, the little tavern, is probably the only place in Salt Lake where you can come in and listen to Duke Ellington records while enjoying your Guinness on tap. There is a long, comfortable bar and a handful of booths for you to sit down and take a load off, as well as a grand display of old-fashioned beer cans. Feel free to shoot some pool with the loyal patrons as you listen to a great selection of jazz on CDs and records.
© wcities.com



juniorstavern.

contact:
tel: +1 801 363 6030
<http://www.behindthereddoor.com/>

location:
57 West 200 South
Salt Lake City UT 84101

hours:
M-Tu 6p-1a, W-F 5p-1a, Sa
6p-1a

6 Red Door (The)

DESCRIPTION: For a swanky evening sipping martinis and chatting in overstuffed chairs, head to the Red Door. This small bar has a dark, sexy ambiance that goes well as an after-dinner treat, or a post-show drink. Though it gets very busy, it's rarely gets loud, so it a great venue for hanging with a small group of friends. Beware: though the atmosphere is cool, the service can be quite slow -so don't head here if you're in a rush to get in and out.
Located right downtown, so can easily be taken in combination with other activities -and is totally within walking distance of the hotel district.
© NileGuide



citysearch

contact:
tel: +1 801 325 7328

location:
77 West 1300 South
Salt Lake City UT 84115

7 Salt Lake Bees Baseball

OUR LOCAL EXPERT SAYS:
Check out Thirsty Thursdays for cheap beer!

DESCRIPTION: A perfect way to spend a spring or summer evening: head with family or friends to the Sprint Mobile Ballpark (formerly Franklin Covey Field) and catch a Salt Lake Bees Game. This minor league baseball team starts its playing season in April, and often has multiple home games a week. Check out "Thirsty Thursdays" where beer is half-price. If you're not into beer, a standard array of concessions are available, from pizza to hotdogs, icecream to cotton candy. The ballpark itself is remarkably clean and scenic. Neatly painted, colorful, and tidy, the stadium offers a pleasant place to sit and an amazing view of the Wasatch Mountain to the East. Evening games offer bonus feature of these peaks pinkening as the setting sun sets across the valley.
© NileGuide



Christine Balaz Photo

Salt Lake City Snapshot

Local Info

Salt Lake City, Utah's capital, sits snugly against the base of the soaring Wasatch Mountains. These dramatic Rocky Mountain peaks today define Salt Lake City equally as much as its founding by the Mormons in 1848. And though a lot of strange urban legends circulate, the Mormon church (Church of Jesus Christ of Latter-day Saints) certainly exerts a much more subdued and positive influence on the city than the fearful would believe.

By any standards, Salt Lake City is a fairly young city—at just more than 160 years old. But it is one of the nation's most historically unique modern cities, having grown up in a territory peppered with sometimes bloody battles between Mormons and "gentiles". Of course this history and cultural background still effect Utah, but so too do many other factors like its magnificent outdoor opportunities and remarkably stable economy. Salt Lake's modern visitors and residents come for all sorts of reasons and enjoy an equally diverse set of opportunities. Located right at the crossroads of I-80 and I-15, and within five minutes of a major international airport, it could hardly be more accessible.

Salt Lake's downtown sits at the northern end of Salt Lake Valley. With Utah's largest conference centers and guest capacities, the downtown area also has a host of restaurants, bars, and clubs. The majority of music venues can also be found here, as well as art galleries, cafes, and shops. Some of the highlights here include Market Street and its excellent restaurants like Takashi and Market Street Grill. Front and center are Abravanel Hall, home of the Utah Symphony, and the Energy Solutions Arena, where the Utah Jazz often play.

The University of Utah with its research facilities, galleries, and associated business occupies the city's eastern corner. The general public might head up to campus to hike the Bonneville Shoreline Trail or check out the Red Butte Gardens.

Heading southeast from downtown proper is the 9th and 9th region of town; a small collection of boutique shops, multiple restaurants, a cafe, bakery, and yoga studio. Move farther to the south and you'll run into Sugarhouse, the big brother of 9th and 9th. This dense center is home to a

book shop, a Patagonia Outlet, dollar-style Cinemax movie theater, Salt Lake's latest-open liquor store, restaurants and pubs, as well as several big, national retail stores.

As you head south still, the town becomes increasingly residential, though various malls, retail districts, restaurants, and bars pop up here and there. But even as you spread to the perimeters of town, you will continue to find culinary and commercial gems in each of its various neighborhoods. Toward the far southeastern corner of the valley (and the I-215 beltway) are the mouths to Big and Little Cottonwood canyons and their ski resorts, Brighton and Solitude (in Big), Alta and Snowbird (in Little). Look sharp for restaurants, apres ski spots, and hotels in this area.

Regardless of where you're staying and recreating in Salt Lake City, you'll have easy access to all parts of town via the I-80/I-215 beltway that encircles the majority of the urban compact, rendering almost every corner of town within 25 or 35 minutes of each other.

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History

Salt Lake City was founded on July 24, 1847 by a group of approximately 150 Mormon pioneers. Of course, people had been living in the region for centuries. In fact, as the United States was declaring its independence in 1776, Catholic fathers and the explorers Dominguez and Escalante were documenting Utah's geography and people. Ancient indigenous people, the ancestors of the Ute and Navajo tribes, are reported to have been in the area from approximately 1 A.D. to 1300 A.D. Spanish explorers and Mexican traders followed Escalante and Dominguez in the 18th century. Mountain men and trappers arrived to exploit Utah's abundant wildlife during the 1820s.

Mormon pioneers began arriving in 1847, and over the course of that year nearly 2,000 migrated to the Salt Lake Valley in search of religious freedom. The pioneers faced much adversity as they established their community. In 1848 a late frost, drought and a plague of crickets nearly

destroyed the settlers' harvest. Flocks of seagulls from the Great Salt Lake consumed the insects and enough crops were saved to ensure the pioneers would survive the harsh Utah winter.

The University of Utah was established in 1850. The famous California Gold Rush of 1849-50 also brought many settlers to the area who, after a harsh crossing through the unforgiving Rockies, were not willing to cross the desert to get all the way to California. In 1853, construction began on Temple Square with granite quarried from nearby canyons and hauled by ox and wagon to the building site. The structure took forty years to complete. By the time the first transcontinental railroad was completed in 1869 at Promontory Point (approximately 80 miles north of Salt Lake City), Utah, or as the Mormons called it, The State of Deseret, had a population of more than 60,000 Mormons. Thousands of soldiers, miners, ranchers and merchants followed. The completion of the transcontinental railroad also brought many of Utah's first tourists who were determined to see this new "City of Saints." In 1896, Utah became the 45th state admitted to the Union.

The modern character of Salt Lake City began to evolve in the early 1900s. The Utah State Capitol Building and many other extant buildings rose on the shores of the Great Salt Lake. Electric trolleys, operating from what is now Trolley Square, transported people living in the outlying regions of Sugarhouse, Liberty Park and The Avenues. The Eagle Gate that had served to mark the entrance to Brigham Young's estate was reconstructed to allow traffic flow into the city. Parks, sewer systems and street lighting were put in place. It was a prosperous time in Deseret, and its people made the most of it.

Copper, silver, gold, coal and lead mines were opened throughout the state, and silver became king. Many of the city's most graceful mansions were constructed by those early mining tycoons and remain as examples of this opulent time in the state's history. The population of Salt Lake

Salt Lake City Snapshot continued

City tripled in the first decades of the 20th century. Although the Great Depression slowed the area's growth, the numerous defense installations and manufacturing concerns that were developed to meet the demands of World War II revitalized the economy. Hill Air Force Base (approximately 30 miles north of Salt Lake City) is still an active and important part of northern Utah's economy. A number of corporate entities that got their start during World War II and in the post-war years, and such organizations as Hercules, Cordant Technologies (formerly Thiokol) and UNISYS have maintained an important presence in Utah. Utah's healthy economy has also attracted a wide variety of national and international companies including Delta Airlines, Intel, American Express and eBay.

As with the rest of the United States, the suburbs around Salt Lake City expanded and developed their own identities in the 1960s and '70s. Today, Sandy, West Valley City, Sugarhouse, Holladay, Murray, Riverton and Draper have become communities unto themselves. The nearby canyon communities and the ski resorts evolved into the world class ski areas good enough to host the 2002 Winter Olympic Games. Each ski area, like each section of Salt Lake City itself, has a distinct personality and cachet. For example, Park City is now renowned as the home of the Sundance Film Festival and Deer Valley Resort is one of the world's premier ski resorts. The Snowbird Ski and Summer Resort and Alta Ski Area in Little Cottonwood Canyon also rank among the world's top ski areas and, just over the mountain, Brighton Ski Resort and Solitude Mountain Resort remain local favorites with both skiers and snowboarders. Salt Lake City's UTA buses make runs to the Cottonwood Canyons on an almost constant basis during the ski season.

The mountain men and early pioneers would undoubtedly be amazed by what the mountains have become! Because Salt Lake City exists in the shadows of these nearby mountains, it has evolved into a city that is deeply connected to its geography and environment. The downtown skyline

continues to grow, but is always dwarfed by the mountains to the east and by the desert and the Great Salt Lake to the west. Its history has been one of contrasts, and its future is certain to highlight those contrasts even further.

©

Hotel Insights

Salt Lake City has plenty of lodging options for all kinds of budgets and levels of comfort from downtown luxury hotels to secluded camp spots in the mountains.

The downtown area has many budget to high-end options great for families or business travelers. Choose a romantic bed and breakfast in the Avenues historic for a special getaway with your spouse or choose a luxurious hotel or rustic ski lodge and ski right outside your door.

If you are looking for a room with a view of the mountains, a romantic inn, or simply a place to set up your tent, you will find it all in Salt Lake City.

□ City Center

Downtown Salt Lake City is packed with quality hotels great for business travelers and families. All downtown hotels have quick access to the airport and are within walking distance of many restaurants and city sights. Trax, Salt Lake City's light-rail system, is free anywhere in the city center.

For travelers interested in convenience, the Salt Lake City Marriott is the closest hotel to Temple Square and the Shiloh Inn is right across from the Salt Palace Convention Center.

For luxury seeking travelers, The Grand America is Salt Lake City's only 5-diamond hotel with spacious guest rooms and the finest in amenities. Together with the Little American Hotel next door, this is the largest hotel in Utah.

Choose the Hotel Monaco if you are looking for a boutique hotel with class and style or the Carlton Hotel if you would like European charm and convenience.

The Avenues/Capitol Hill

The Avenues/Capitol Hill area is located just north of the city center in the foothills. Victorian-era houses dot the area and make for some remarkable bed and breakfasts.

Book a night at the Ellerbeck Mansion and be within walking distance of Temple Square and downtown restaurants. Spend an evening in Sultan's Palace or one of the other themed suites at the Anniversary Inn or get cozy in a room at Haxton Manor with a fireplace and jetted tub.

Airport Area

Perhaps you have an extended layover from the Salt Lake International Airport or maybe you like the convenience of staying near the airport. There are several lodging options within miles of the airport and most provide free shuttle service to and from the hotel. Downtown Salt Lake City is only a 10-15 minute cab ride from the airport area.

The Salt Lake Airport Hilton and the Candlewood Suites Airport cater to business travelers and the Radisson Hotel Salt Lake City Airport offers comfortable rooms with all the amenities. The Baymont Inn and Suites is located between the airport and downtown and is a good option for budget travelers.

Wasatch Mountains

The ski resorts located in the Wasatch Mountains offer nearly unlimited resort style accommodations with ski-in/ski-out access to Utah's celebrated terrain.

Big Cottonwood Canyon is home to The Inn at Solitude, a charming, European styled getaway located in the heart of Solitude Ski Area's pedestrian village. Little Cottonwood Canyon is home to both Alta and Snowbird Ski Area's with many stellar lodging options such as Alta's Peruvian Lodge and Snowbird's Cliff Lodge.

If roughing it is a bit more your thing, the National Forest Service operates campgrounds in both Little Cottonwood and Big Cottonwood Canyons.

Cottonwood Heights

Looking for a room close to the ski resorts without the ski resort prices- a hotel in Cottonwood Heights may be just for you. The Candlewood Suites offers easy access to the ski resorts and the Homewood Suites has full kitchens.

© NileGuide

Salt Lake City Snapshot continued

Restaurants Insights

The Salt Lake City area is packed full of lively eateries with a wide assortment of cuisine. Every neighborhood has its own unique flavor and character.

□

Downtown & City Center

The downtown and city center area is the epicenter for fine cuisine in Utah. A nice selection of restaurants dots the area around Temple Square, Main Street, and the Capitol Theatre offering plenty of options for every type of traveler. Sightseers get drawn into the brewpubs. Squatters and the Red Rock Brewery serve up some excellent pub food that is accompanied nicely with their selection of award-winning microbrews whose names sometimes poke fun of Utah culture.

Market Street Grill is Salt Lake City's top seafood restaurant featuring the absolute freshest fish flown in daily and is a favorite among business travelers and local professionals. Choose the New Yorker or Bambara for a romantic evening and the absolute finest in cuisine.

Countless international dining choices are also available. The Blue Iguana is well known for its fiery Mexican fare and the Himalayan Kitchen, considered by some to be the best Indian food in town, proudly serves up some fabulous curries and tasty naan. The Atlantic Café offers a diverse array of Mediterranean foods and great sushi can be found at Chiban's in a unique 19th century historic church setting.

Foothills

The Foothills area houses the University of Utah, which makes the area immensely popular with the younger crowd and a great place to score some cheap eats. The Pie Pizzeria has cheap lunch deals and amazing specialty pies for dine in or delivery. Aristo's offers authentic Greek and an extensive tapas menu, which is great for those on a budget. Blue Plate Diner serves vegetarian and vegan friendly diner food and is popular with the local punk crowd.

Located up Emigration Canyon, Ruth's Diner is a favorite among locals and sightseers alike and serves up famous mile-high biscuits in a charming canyon setting.

Wasatch Mountains

Little and Big Cottonwood Canyon house Salt Lake's world famous ski resorts and with that comes plenty of dining options.

Prices tend to be steeper at the resort restaurants but gorgeous views, slopeside convenience, and exquisite cuisine makes dining in the mountains totally worth the cost.

Snowbird Ski Resort has many fine dining options such as The Aerie, Wildflower, and Lodge Bistro. Alta's Shallow Shaft is considered among the best restaurants in the southwest and The Alta Lodge has excellent cuisine with fantastic views.

For a mountain dining experience during the summer months, try out Log Haven, The Shallow Shaft, or Snowbird's Steak Pit.

The nearby neighborhood of Cottonwood Heights has many dining options located close to the canyons and more moderate prices. Located at the bottom of Little Cottonwood Canyon, The Porcupine Pub is a local's favorite stopping point after a day on the slopes in winter or a day on the trails in summer.

Outside the City □

There are plenty of great restaurants located outside the city limits. Sundance Resort's Tree Room holds the prestigious AAA Four-Diamond award and serves what they label as "seasonal mountain cuisine" in a romantic and intimate setting.

Nearby Park City claims some of the finest restaurants in all of Utah such as The Riverhorse and Robert Redford's Zoom.

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© NileGuide

Nightlife Insights

Contrary to what you may already believe, Salt Lake City does indeed have a varied nightlife. For many years Salt Lake City's nightlife was almost nonexistent, but a progressive loosening of Utah's notorious liquor laws since the 2002 Winter Olympics has fueled a boom in Salt Lake's nightlife offerings.

Previous to July 2009, bars were considered private clubs so you had to purchase a club membership to get a drink. Now you no longer need to buy a

membership for every club you would like to visit making bar hopping actually feasible in the state of Utah.

Some liquor laws are still a bit arcane such as the no sidecar rule or limits on the types and amount of liquor you can order at one time, but most bartenders will politely fill you in on the latest in Utah liquor laws.

The ski resorts are the most happening place so check out one of the bars après ski, plus new bars are popping up on Main Street adding a bit more life to Salt Lake City's downtown area.

Downtown and City Center

Most of the popular downtown bars are within a block or two of Main Street. The Bayou and the Beehive offer the largest selection of beers from around the world and the Red Rock Brewery and Squatters have an excellent selection of microbrews as well as some tasty pub food. For the more upscale visitor, check out The Red Door or the bar at Bambara.

For dancing hit up Club Sound or Area 51 or for a more relaxed environment and some conversation try Junior's Tavern or Cheers to You. Catch a live performance by nationally known musicians at The Depot or listen to regional and local acts in an intimate setting at the Urban Lounge.

During the summer months, the downtown Gallivan Center is alive with music, microbrews, and people from all walks of life. The Brigham Young Historic Park located across the street from Temple Square offers free concerts in the park several nights a week.

Sugar House

The Sugar House neighborhood is known as one of the most liberal areas in Salt Lake City. The area offers several fine restaurants and neighborhood bars. The Tap Room is a tiny beer only bar that is very popular with the locals. Fats Pub and Grill has quite a few pool tables, a full-service bar, and reasonably priced pub food and Fiddler's Elbow is the place to go to watch any sporting event on TV.

The Wasatch Mountains

The areas surrounding the ski resorts are among the most happening places in Salt Lake City. In Little Cottonwood Canyon, visit Alta's Peruvian Bar for free après ski appetizers, drinks, and lively conversation

Salt Lake City Snapshot continued

with Alta's loyal ski bum crowd. After a day at Snowbird stop by the Tram Club for the beer and a shot special and then head over to the Wildflower Lounge for some of their famed après ski wings.

If skiing Solitude or Brighton in Big Cottonwood Canyon, finish the day with a microbrew at Brighton's Molly Greens or enjoy sushi and drinks at Solitude's Thirsty Squirrel.

Located at the mouth of Big Cottonwood Canyon, the Porcupine boasts 20 plus microbrew drafts, awesome appetizer specials, and a full dinner menu. Just next door, The Canyon Inn is the place to be for live music and dancing late into the evening. Just a mile or so from the bottom of Big Cottonwood the Hog Wallow Pub also features live music and has a gorgeous patio.

Outside the City

Every visit to Salt Lake City must include a trip to Park City. Park City's historic Main Street is lined with dance clubs, live music venues, and old western styled bars. During the summer months, the Park City area sponsors a ton of outdoor music events such as the Deer Valley Music Festival, The Canyon's Resort Summer Concert Series, and free concerts on Main Street with Mountain Town Stages.

©

Things to Do Insights

The Salt Lake City area, with its unparalleled outdoor recreation, historic landmarks sacred to members of the Church of Jesus Christ of Latter Day Saints, and a burgeoning arts and cultural scene, offers an incredibly diverse assortment of things to see and do.

Downtown & City Center

Temple Square: Temple Square is located in the center of downtown Salt Lake City and is the world headquarters for the Church of Jesus Christ of Latter Day Saints (Mormons). Start your visit with a viewing of a film depicting the settling of the Mormon pioneers in the Salt Lake Valley at the Joseph Smith Memorial Building. Then explore the perfectly manicured Temple grounds making sure to stop for a tour of

the Beehive House, which was once home to Brigham Young followed by a visit to the Tabernacle, home of the famed Mormon Tabernacle Choir.

Culture and the Arts: The city center is the hub for Salt Lake City's art and cultural scene. Abravanel Hall is home to the Utah Symphony and the Capitol Theater houses the Utah Opera. View contemporary art at the Salt Lake Art Center and tour local art galleries during the Salt Lake Gallery Stroll.

The Gateway Mall offers plenty of activities for kids including the Discovery Gateway children's museum, Gateway Fountains, and the Clark Planetarium.

Liberty Park: Liberty Park is the Salt Lake City's most popular park. Pass the day lounging around the lush grounds or explore the extensive collection of birds at the Tracy Aviary. In the center of the park, the Chase Home Museum of Folk Art features Native American and ethnic textiles and crafts. Interested in off the beaten path sights? Check out the nearby Gilgal Sculpture Gardens for a taste of eccentric Utah art.

Foothills

Museums and Culture: The University of Utah area is filled with cultural sites such as the Utah Museum of Natural History, the Utah Museum of Fine Arts, and Kingsbury Hall, a musical and theatrical event venue. Nearby, This is the Place Heritage Park is a living history village complete with blacksmith, schoolhouse, and historic train.

Outdoors: Red Butte Gardens is a large botanical garden featuring plants and flowers from all over the world. Take one of the many hiking trails that lead through the garden and gain incredible panoramic views of the Salt Lake Valley. The Hogle Zoo, is also located near the University, and is the state's largest zoo.

Wasatch Mountains

Skiing and Snowboarding: Undeniably the best snow on earth, skiers flock to Utah seeking the Wasatch Mountain's ultimate champagne powder. Snowbird and Alta ski resorts are located up Little Cottonwood Canyon and Brighton and Solitude are found up Big Cottonwood Canyons. Snowbird proudly boasts the most challenging terrain whereas Alta prides itself on a unique skier's only experience. Brighton has

the lowest lift tickets of the four resorts and is the favorite among families and snowboarders. Solitude claims uncrowded slopes and the shortest lift lines.

The Cottonwood Canyon ski areas are closest to Salt Lake but six other resorts are found in the Greater Salt Lake area.

Neighboring Park City has three ski resorts: Park City Mountain Resort, The Canyons, and Deer Valley. The Ogden area has Snowbasin and Powder Mountain and Provo has Sundance Resort.

Hiking: In Spring, the snow melts and gives way to miles and miles of beautiful hiking trails. Hike to a picturesque high alpine lake, a jagged mountain peak, or a hidden valley totally covered with wildflowers. Good beginner hikes include Dog Lake, Donut Falls, Red Pine Lake, or Lake Blanche. For the more adventuresome hiker, summit Mount Olympus, the Pfeifferhorn, or Gobbler's Knob.

Other Recreation: Mountain bikers rave about the trails in Mill Creek Canyon. The Pipeline and Big Water Trail's in Mill Creek are great for beginners and the Wasatch Crest Trail is popular with seasoned bikers.

The sheer cliffs of granite make for some excellent rock climbs in Little Cottonwood Canyon. Little Cottonwood is also home to some of the best bouldering in the West.

Sport climbers will find plenty of routes on the quartzite walls of Big Cottonwood Canyon.

Outside the City

No trip to Salt Lake City is complete without a visit to the Great Salt Lake. The closest view points to Salt Lake City are at either the Great Salt Lake Marina or Antelope Island State Park.

The Timpanogos Cave National Monument is another spectacular site. Three spectacularly carved limestone caves are situated high up the slopes of American Fork Canyon. The park service offers daily tours of the caverns from early summer to late fall.

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© NileGuide

Travel Tips

Getting There

Salt Lake City Snapshot continued

Air

Salt Lake City International Airport(SLC)+1 800 595 2442<http://www.slcairport.com>

SLC is located 10 minutes from downtown and services the following airlines:

AeroMexico(+1 800 237 6639/<http://www.aeromexico.com>) American Airlines(+1 800 433 7300/<http://www.aa.com>) Continental(+1 800 525 0280/<http://www.continental.com>) Delta(+1 800 221 1212/<http://www.delta.com>) Frontier(+1 800 432 1359/<http://www.frontierairlines.com>) JetBlue(+1 800 538 2583/<http://www.jetblue.com>) Northwest(+1 800 225 2525/<http://www.nwa.com>) Salmon Air(+1 800 448 3413/<http://www.salmonair.com>) SkyWest(+1 800 453 9417/<http://www.skywest.com>) Southwest(+1 800 435 9792/<http://www.southwest.com>) United(+1 800 241 6522/<http://www.ual.com>) US Airways(+1 800 428 4322/<http://www.usairways.com>) Airport Map& Information:http://www.airguideonline.com/airports/airport_slc.htm Airport Services:http://www.airguideonline.com/airports/airport_slc2.htm Airport Transportation:http://www.airguideonline.com/airports/airport_slc3.htm

Airport Parking: Diamond Airport Park(+1 800 763 6895/<http://www.pnfnetwork.com>)

From the Airport

Bus: Utah Transit Authority(+1 801 743 3882/<http://www.rideuta.com>) has bus routes to and from the airport. Buses run M-Sa 6a-10:30p and Su 6a-5:30p.

Taxi: Taxis, all metered, can be easily located at the far end of the baggage claim in both terminals from the following companies:

City Cab(+1 801 363 5550) Ute Cab Company(+1 801 359 7788) Yellow Cab(+1 801 521 2100)

Car Rental: Advantage(+1 801 531 1199/<http://www.advantagerentacar.com>) Alamo(+1 801 575 2211/<http://www.alamo.com>) Avis(+1 801 575 2847/<http://www.avis.com>) Budget(+1 801 575

2821/<http://www.budget.com>) Dollar(+1 801 575 2580/<http://www.dollar.com>) Enterprise(+1 801 537 7433/<http://www.enterprise.com>) Hertz(+1 801 575 2683/<http://www.hertz.com>) National(+1 801 575 2277/<http://www.nationalcar.com>)

Limo and Van: All Resort Express(+1 801 457 9457/<http://www.alta-snowbird-transportation.com>) Big City Business& Ski Shuttle(+1 801 867 9207/<http://www.bigcitytransportation.com>) Bighorn Express(+1 888 655 7433/<http://www.bighornexpress.com>) Express Shuttle(+1 800 397 0773/<http://www.xpressshuttleutah.com>) Salt Lake Express Shuttle(+1 800 356 9796/<http://www.gotrailways.com>) Utah Transportation Management(+1 888 655 7433/<http://www.utahshuttle.com>) VIP Limousine(+1 801 288 9494/<http://www.2889494.com>)

Train

Amtrak(+1 800 872 7245/<http://www.amtrak.com>), located at 340 S 600 W, provides service to Salt Lake City via the California Zephyr. The Zephyr runs daily between Chicago and San Francisco.

Bus

Greyhound(+1 800 231 2222/<http://www.greyhound.com>) accesses Salt Lake City daily. The downtown bus station,(+1 801 355 9579), located at 160 W S Temple, is open daily 5a-midnight.

Car

Known as the "Crossroads of the West," Interstate 15 and US Highway 89 run through Salt Lake City traveling north or south and Interstate 80 approaches the city from the east and west.

Getting Around

Public Transit

Utah Transit Authority(+1 801 743 3882/<http://www.rideuta.com>) operates throughout all of Salt Lake City with buses and the TRAX light-rail. Most buses run on weekdays 6a-midnight, Sa 7a-midnight, and Su with limited routes. TRAX operates M-Th 5:30a-11p, F-Sa 5:30a-1a, and Su 9:30a-9:30p. If you enter and exit a bus within the "Free Fare Zone" in the downtown area, the ride is free.

Taxi

Some of the major taxi and shuttle companies servicing Salt Lake City include:

City Cab Company(+1 801 363 8400) Express Shuttle(+1 800 397 0773/<http://www.xpressshuttleutah.com>) Ute Cab Co(+1 801 359 7788/<http://www.utetaxi.com>) Yellow Cab Company(+1 801 521 2100/<http://www.yellowcabutah.com>)

Walking

Take in Salt Lake City via foot on the Downtown Walking Tour passing sites like Temple Square, Mormon historical buildings, parks and museums. There are also several hiking opportunities near the downtown area in places such as Silver Lake, Ensign Peak and White Pine Overlook. For those not interested in walking, view downtown Salt Lake City from a horse-drawn carriage by Carriage for Hire(+1 801 363 8687) or take a horseback ride along the Bonneville Shoreline Trail.

Traffic Information

To find out city traffic information go to<http://www.traffic.com>

If traveling overseas, take the safety precaution of registering your trip at <https://travelregistration.state.gov> and for helpful, practical advice about traveling technicalities and safety standards check out <http://travel.state.gov/>.

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Fun Facts

Salt Lake City State: Utah **Country:** United States

Salt Lake City by the Numbers:

Population: 181,743 Elevation: 4330 feet
Average Annual Rainfall: 15.7 inches
Average Annual Snowfall: 64 inches
Average January Temperature: 39 degrees F(High), 25 degrees F(Low) Average July Temperature: 89 degrees F(High), 67 degrees F(Low)

Quick Facts:

Major Industries: food processing, oil refining, iron smelting, electronics, mining
Ethnic Mix: 77% Caucasian, 17% Hispanic, 4% Asian, 1% African American
Electricity: 110 volts, 60Hz, standard two pin plugs

Salt Lake City Snapshot continued

Time Zone: GMT-7 Country Dialing Code: 1
Area Code: 801

Did You Know?

Salt Lake City, home to the 2002 Winter Olympics, was founded in 1847 by Brigham Young and became capital of the Mormon community.

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