



**nileGUIDE**

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



# Get Outdoors In Town!

## **Salt Lake City, 1 Day**

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# Guide Description



**AUTHOR NOTE:** If you're in Salt Lake City but would like a breath of fresh air without driving all the way up to the top of Little Cottonwood Canyon or Park City, don't worry. The city itself has plenty of easily accessible, low-cost opportunities to get outdoors that don't even require leaving the city.

These options range from an historic park to an aviary, hiking and biking trails to city parks.

Red Butte Garden image by Karmadude.

**contact:**  
tel: +1 801 972 7800

**location:**  
300 N E Capitol Boulevard  
Salt Lake City UT 84103

## 1 Memory Grove Park

**DESCRIPTION:** This beautiful park, dedicated to the veterans of Utah, is refreshingly quiet and serene. The towering trees throughout and the Harbor of Beauty pond create a feeling of peacefulness for those who just want a quiet, meditative walk in the park. On the east bank is the Freedom Trail. On the west, the paved path goes all the way up to City Creek Canyon. The park is dog-friendly as long as pets are leashed—however, owners may unleash dogs in the canyon. © wcities.com



atp\_tyreseus

**location:**  
2850 East Sunnyside Avenue  
Salt Lake City Utah 84108

## 2 Bonneville Shoreline Trail System

**OUR LOCAL EXPERT SAYS:**  
Plan to enjoy the trail system in a choose-your-own-adventure style! The many junctions and trails offer endless exploring.

**DESCRIPTION:** Want to go for a hike, jog, or bike ride, but don't have the time to drive south to the Wasatch canyons? This massive network of trails crisscrosses the grassy foothills stretching the entire slopes northeast of Salt Lake City. Though the trails are never signed, high visibility makes it extremely easy to choose your own adventure. Some paths are broad and flat; others narrow and steep. Take a hike to a summit, or a causal bike ride along the rolling lower trails. Dogs are allowed on some sections of the trail only. If you want to bring your pet, park just outside and to the east of Red Butte Garden (on Colorow Road). If you're not bringing the dog, park at the address listed for this entry, across the road from the Hogle Zoo. © NileGuide



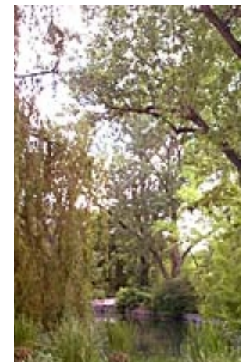
karmadude

**contact:**  
tel: +1 801 596 8500  
<http://www.tracyaviary.org/>

**location:**  
589 East 1300 South  
Salt Lake City UT 84105

## 3 Tracy Aviary

**DESCRIPTION:** Have you ever seen a human imprinted bird? Interested? Then this downtown aviary is the place to go. Housing more than 500 birds from 150 species, this is a great place to encounter birds up close and personal. Enjoy an amazing bird show during the warmer months, and gawk at the beautiful peacocks that roam the grounds. Located just south of downtown proper, this can be found inside of Liberty Park, with more than 100 acres of green space, a jogging path, and pond. © wcities.com



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**contact:**  
tel: +1 801 521 0962

**location:**  
1100 South 600 East  
Salt Lake City UT 84105

**hours:**  
Park daily 6am-11pm (dawn-dusk in winter). Museum Mon-Thurs noon-5pm and Fri-Sun 2-7pm Memorial Day to Labor Day; Sat-Sun noon-5pm Apr to Memorial Day and Labor Day to Oct. Tracy Aviary daily 9am-6pm

## 4 Liberty Park

**DESCRIPTION:** This delightful city park has trails for walking and jogging, tennis courts, a small lake with ducks and paddleboat rentals, picnic facilities, a playground, a children's garden, a children's amusement park, a museum, and an excellent aviary. Covering 100 acres, this is a favorite gathering spot for locals, as well as one of the best dog-walking areas in the city (dogs must be leashed and owners must clean up after them). In the park, the **Chase Home Museum of Utah Folk Arts** (tel. **801/533-5760**), in the historic Brigham Young/Chase home, contains exhibits of pioneer art, American Indian art, and folk art. Allow a half-hour. **Tracy Aviary** (tel. **801/596-8500**; [www.tracyaviary.org](http://www.tracyaviary.org)), in the southwest section of the park, has more than 400 birds, including a number of endangered species. There's a special exhibit of Australian parrots called lorries (\$1.50 extra per person), and free-flying bird shows are presented during the summer (call for schedule). Allow at least 1 hour. © Frommer's



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**contact:**  
tel: +1 801 582 1847  
<http://www.thisistheplace.org>

**location:**  
2601 E. Sunnyside Ave  
Salt Lake City UT 84108

**hours:**  
Park daily dawn-dusk; visitor center Mon-Sat 9am-6pm; Heritage Village summer daily Mon-Sat 9am-5pm, call for off season hours

## 5 This Is The Place Heritage Park

**OUR LOCAL EXPERT SAYS:**  
Visit This is the Place's haunted village in October. Stroll through the park's haunted buildings and ghostly streets and beware the headless horseman.

**DESCRIPTION:** Brigham Young and the Mormon pioneers got their first glimpse of the Salt Lake Valley at the site of this historic park. A tall granite and bronze sculpture was erected in 1947 to commemorate the centennial of their arrival. The park, which covers more than 1,600 acres, offers hiking along part of the trail used by the pioneers, with opportunities for cross-country skiing in winter. This is a good place for wildlife viewing and birding in winter and spring, with additional songbirds and raptors present in summer and fall. There's a picnic area, but no camping, and a visitor center contains exhibits depicting the Mormon pioneers' trek from Illinois to the Great Salt Lake Valley in 1847. Also in the park, **Heritage Village** is a pioneer village comprised of original buildings from across the state along with some reproductions. In summer and during special events it becomes a living-history museum of the period from 1847 to 1869, with costumed villagers and a variety of demonstrations and activities, including wagon rides. Allow 1 to 2 hours. For a week each December the village re-creates a pioneer Christmas celebration. © Frommer's



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**contact:**

tel: (801) 483-6705  
[http://www.slcgov.com/utilities/ud\\_citycreek\\_reservations.htm#anchor2](http://www.slcgov.com/utilities/ud_citycreek_reservations.htm#anchor2)

**location:**

250 West Bonneville Blvd  
Salt Lake City 84103

**6 City Creek Canyon**

**OUR LOCAL EXPERT SAYS:**

A water treatment plant stands about halfway up the paved road; dogs are not permitted above this point (for water quality reasons).

**DESCRIPTION:** City Creek Canyon stands north of Salt Lake City, cutting a drainage into the enormous foothills above. It is a popular place for picnickers, mountain bikers, road bikers, hikers, runners, and casual walkers.

Numerous established routes ascend the canyon, including a paved road located at the canyon bottom, a singletrack, dirt path roughly paralleling this road, and numerous other side trails that shoot off into the surrounding foothills.

Those accessing City Creek have a few options. Visitors may either park at Memory Grove Park or where Bonneville Boulevard intersects the canyon.

Beware: bikes and cars must share the canyon's only road. Cyclists may therefore only ride on ODD numbered days (with the exception of a few holidays; check online) and cars are allowed on the canyon road on EVEN numbered days. Dogs must be on leash at all times. © NileGuide



summitcheese

**contact:**

tel: +1 801 359 5118  
<http://www.downtownslc.org/farmers-market>

**location:**

300 South 300 West  
Salt Lake City UT 84101

**7 Farmers Market**

**OUR LOCAL EXPERT SAYS:**

Save your summer grocery shopping for this special weekend market! Taking place in spacious Pioneer Park, this market offers many take-home goods as well as delicious treats to be eaten on the spot. Check online for the schedule.

**DESCRIPTION:** This colorful Farmers Market offers a wide array of locally grown fruits and vegetables, cheese, meats, fresh baked goods, honey, candies, flowers, plants and handmade goods. While most vendors are private citizens, a few local businesses offer tastes of their baked goods in hopes of bringing in more business during the week. The town gathers in Pioneer Park each Saturday morning to hunt for great deals on tasty foods, to check out local crafts and to meet friends and family for a great day out. © wcities.com



Ed Yourdon

**contact:**

tel: +1 801 581 4747  
fax: +1 801 585 6491  
<http://www.redbuttegarden.org/>

**location:**

300 Wakara Way  
Salt Lake City UT 84108

**8 Red Butte Garden**

**OUR LOCAL EXPERT SAYS:**

Red Butte Garden's throws a phenomenal summer outdoor concert series. Pack you own picnic dinner and bottle of wine and enjoy live music in the garden's newly remodeled outdoor amphitheater.

**DESCRIPTION:** Sitting on the northeastern end of Salt Lake City, and nestled into the foothills, Red Butte Garden is tucked into the northeastern corner of the University of Utah. With more than two hundred species of plants, a newly designed, copper-wrapped main building, this provides a beautiful environment for a casual stroll or educational tour. Open all year. If you're here in the summer, be sure to check online for their summer concert lineup. Taking place during the extremely pleasant Salt Lake evenings, internationally famous artists (such as John Hiatt, the Indigo Girls, and Herbie Hancock) perform to packed audiences in their outdoor theater. Bring a picnic blanket, some cheese, crackers, and wine! If you have a little extra time and energy, you can depart from the gardens to join up with the miles of crisscrossing trails of the Bonneville Shoreline system. © NileGuide



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**contact:**

tel: 801-596-5000  
fax: +1 801 535 6621  
<http://www.slcgov.com/arts/twilight/>

**location:**

400 South 300 West  
Salt Lake City UT 84111

**9 Twilight Concert Series**

**OUR LOCAL EXPERT SAYS:**

Arrive punctually; concerts start and end on time.

**DESCRIPTION:** Formerly hosted at the Gallivan Center these totally free, evening concerts take place every summer during the second half of the season. Called the Twilight Series, these concerts grew so popular that they outgrew this venue and needed to be moved.

Headlining artists have included extremely popular, internationally-known artists such as Michael Franti, Yonder Mountain String Band, Clap Your Hands Say Yeah, and other similar-caliber artists.

These concerts now take place in Pioneer Park, in northwest downtown and take place on Thursday evenings. Beer is sold at the concerts, so be sure to designate a driver. Or even better, just ride your bike to the event, saving yourself both the hassle of parking your car and worrying about driving under the influence.

Gates open at 5pm; the show begins at 7pm. Due to city ordinances, concerts are punctual and usually end just after 9pm -so be on time!

A word of warning: guards do check bags and purses at the entry gates, so don't try to sneak anything illicit in!

© NileGuide



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**contact:**

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

**location:**

50 West North Temple  
Salt Lake City UT 84103

**10 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



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**contact:**

tel: +1 801 972 7800  
<http://www.gilgalgarden.org/>

**location:**

749 East 500 South  
Salt Lake City UT 84102

**11 Gilgal Gardens**

**DESCRIPTION:** This local garden is famous for its mix of cultural heritage captured in several statues, along with quotes from Rousseau, Emerson and the Bible. Gilgal Gardens is part of (and pokes fun at) Utah cultural history, although the locals scratch their heads in wonder at some of the chosen subject matter. The garden will provide visitors with a nice stroll and will certainly arouse curiosity in all who take the time to look around. The park is open daily from 9am until dusk, or by appointment. No entrance fee is required. © wcities.com



gilgalgarden.

**contact:**

tel: +1 801 582 1631  
<http://www.hoglezoo.org>

**location:**

2600 East Sunnyside Avenue  
840 South  
Salt Lake City UT 84108

**12 Hogle Zoo**

**DESCRIPTION:** Every major city has a zoo, and this is Salt Lake City's. Situated on the northeastern end of town, at the mouth of Emigration Canyon, this houses a huge spectrum of animals, fish, insects, and arachnids. Here you'll find everything from camels to elephants, snakes to bears. Open all year, this is best visited during the warmer months when it's pleasant enough for all of the animals to be outside! No charge for children two and under.

Open since 1931 and operating in the same location, this zoo has served as a community education center, supporting school outings, and offering education programs and zoo classes. This



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isn't just restricted to toddlers; different classes are designed to inform those from a young age through adulthood. Check online for the program listing.

Just across from the Hogle Zoo (to the north) is one of the many trail heads for the Bonneville Shoreline system. © NileGuide

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# 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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