

Getting There

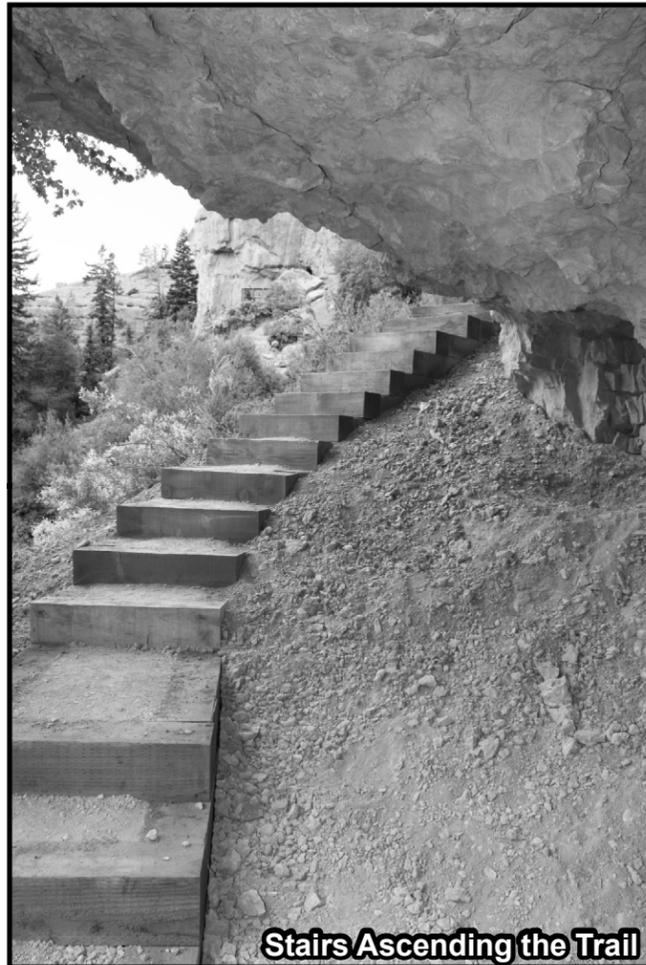
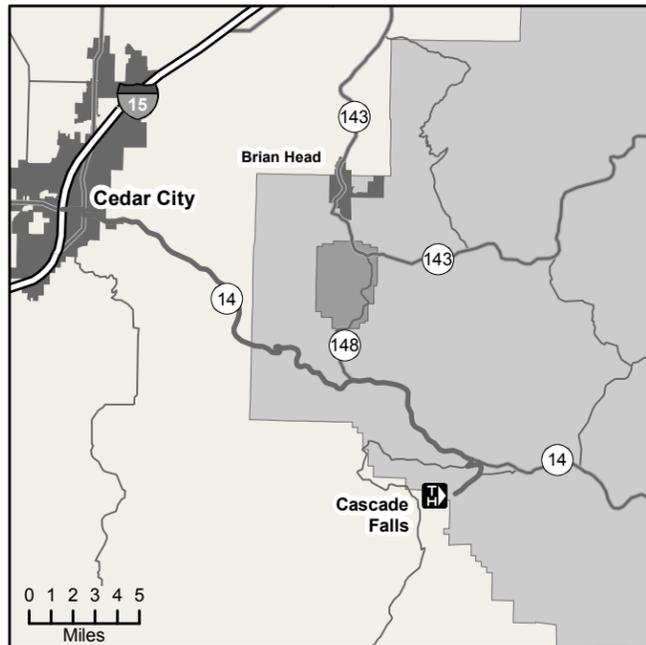
Access

Cascade Falls Trail is accessed from the Cascade Falls Trailhead/Parking Area.

Cascade Falls Trailhead N 37° 29.837' W 112° 45.096'

From Cedar City to Cascade Falls: Approximately 29.5 miles

From I-15 take Exit 59 for UT-56/200 North. Proceed east on 200 North for 1 mile to the intersection with Main Street. Turn right onto Main Street and head south for 0.2 miles to the intersection with Center Street/University Blvd/UT-14. Turn left onto Center Street/UT-14 and continue southeast on UT-14 for 25.3 miles to the junction with Navajo Lake Road/Forest Road #053. Turn right onto Navajo Lake Road/Forest Road #053 and continue 0.3 miles to the sign pointing to Cascade Falls. Turn left onto Forest Road #054 and continue 1.1 miles. Turn right to stay on Forest Road #054 and continue another 1.6 miles to the Cascade Falls parking area.



Cascade Falls Trail

Cascade Falls Trail is a short, 1.1 mile roundtrip, hiking trail that is named for the waterfall that pours out of the cliff at the end of the trail. The water that flows over the falls originates in Navajo Lake and drains through a series of sinks hole in the east end of the lake. The water travels well over a mile through underground lava tubes before reappearing at the falls. The water then continues on the form the north fork of the Virgin River. Please note that the lava tube is closed to exploration due to high water flows and low oxygen levels.

The trail is an "out and back" type trail that is approximately 0.6 miles each way. There are benches along the trail allowing the hiker to rest and enjoy the scenery, as well as a viewing platforms located halfway along the trail and at the terminus. The trail is mostly flat with a few moderate inclines. There are numerous stairs throughout the trail that require reasonable mobility. Cascade Falls is a relatively "kid friendly" trail although there are a few steep drop-offs that may require some hand holding. The trail is well maintained and experiences little elevation change making it great for novice hikers yet offers enough stunning views to make it enjoyable for even the most experienced hikers. Don't forget your camera!

Restroom facilities and a large parking area are provided at the trailhead. The trailhead also serves as an intermediate trailhead for the Virgin River Rim Trail. The trail to the north heads nine miles to Te-ah campground at Navajo Lake, and the trail to the south heads 11 miles to Strawberry Point. While the Virgin River Rim Trail is open to hiking, mountain biking, and horseback riding, the Cascade Falls Trail is open to foot traffic only.

The trail is accessible late spring through the fall when the snowpack has melted. There is very little shade offered along the trail and it is completely exposed to the sun during afternoon hours. There is also no water available along the trail. While the elevation helps to keep things moderately cool, prepare for warm temperatures during the summer.

The Cascade Falls Trail has been designated a National Recreation Trail for its outstanding scenic values. Extensive restoration that occurred in 2010 will help ensure that this popular route will remain accessible to Dixie National Forest visitors for years to come.

We hope that you enjoy your visit to the Dixie National Forest. Please remember to respect your National Forest Lands and Tread Lightly!

tread lightly!
LEAVING A GOOD IMPRESSION

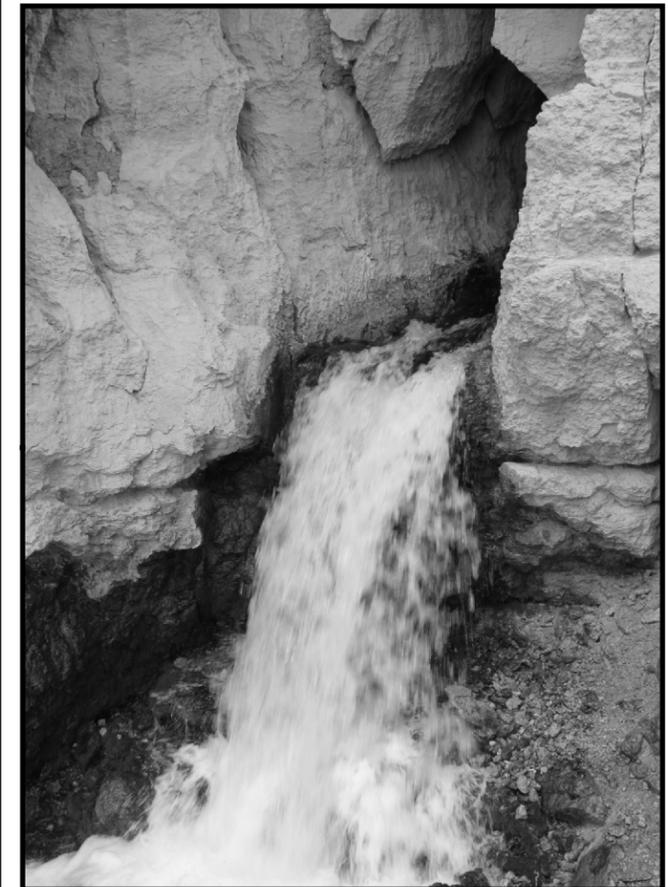


October 2010

Cascade Falls Trail

Cedar City
Ranger District

Dixie National Forest



Named for the Waterfall that Flows Out of the Side of the Cliff, this 1.1 Mile Roundtrip Hiking Trail is a Local Favorite. The Trail Also Provides Spectacular Views of Zion National Park and the Pink Cliffs.

Forest Service
U.S. DEPARTMENT OF AGRICULTURE

United States Department of Agriculture

Cascade Falls Trail

