

### **Recommendations for Local things to do:**

Hikes: Hiking in the fall in Utah is one of life's must-dos. The Wasatch Mountains are world-renowned for their trails in the summer and snow sports in the winter. We recommend downloading a hiking app such as All-trails to help navigate and ensure you have all the correct location information before heading out on a hike. Please note the city of Salt Lake sits at about 4000 ft above sea level, and many of the hikes in the mountains will be above 6000 ft, and peaks may be at 10 or 11,000 ft. Watch for signs of altitude sickness if you are coming from lower elevations. Bring plenty of sunscreen and more water and snacks than you need. If you're an avid hiker and want more recommendations, reach out to Haley - [Haley.Bento@utah.edu](mailto:Haley.Bento@utah.edu) for local insight!

### **Easy:**

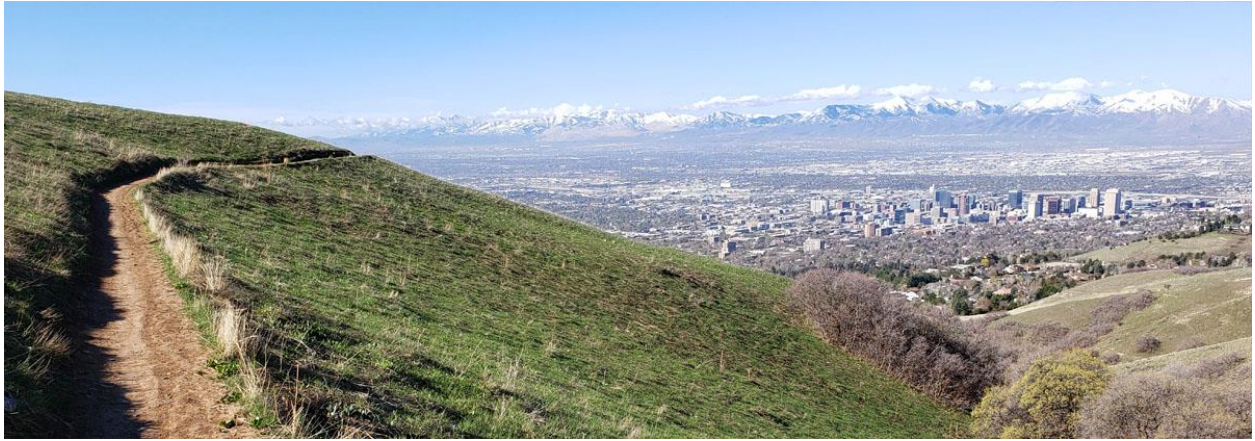
**Secret Lake** - ~40 minute drive from campus, but if you want to see the mountains on this trip, a drive up Little Cottonwood Canyon is well worth it! Stay for lunch or dinner, or head over to Snowbird's Oktoberfest celebration down the road on the weekends. Drive up the summer road (\$12 per car fee) to park at the upper campgrounds and make for an easy hike. This hike at Alta Ski Resort is an easy 1.8 miles RT and ~400 ft of elevation gain through beautiful high mountain meadows up to a serene lake. Make it more challenging (and skip the parking fee) by parking at the Albion Lodge lot at the bottom of the resort, which adds an additional 2 miles and 800 vertical feet of hiking. No dogs allowed.



Secret Lake sits at the bottom of Devils' Castle- an iconic rocky butte at the top of Alta Ski Resort

**Bonneville Shoreline Trail (The BST)**- This trail traverses the foothills on the east side of the Salt Lake Valley. This trail can be accessed at various points, including just above campus.

Walk there from the conference hotel for a flat, bi-directional trail that you can choose your own adventure on. Scenic views of campus and the valley below. You can take a side route up Red Butte Canyon for some shade and a longer walk.



The BST traverses the entire east bench of the Salt Lake Valley. The section pictured here overlooks the University of Utah Campus, Downtown Salt Lake, and the whole Salt Lake Valley.

**Millcreek Pipeline from Elbow Fork-** The Millcreek Pipeline is a relatively flat trail that traverses the Millcreek Canyon, a state recreation area. This access point to the pipeline trail requires no elevation gain. Worth the drive up the scenic canyon with the fall colors for this easy hike. Choose your own adventure with how far you want to go before turning back. A \$6 per car fee is charged when coming down the canyon. Dogs are allowed off-leash on odd calendar days.





Millcreek Canyon- a protected forest area, pops with fall colors. Take this option for a scenic, flat route through some fall foliage.

**Snowbird Observation Point:** ~40-minute drive from campus. Up the famous Little Cottonwood Canyon, Snowbird Ski Resort offers all-season fun. If you are less of a hiker but want to enjoy a bit of trail and an overlook down the canyon, driving up to Snowbird can offer groups a lot of options. Take this paved 1.0-mile RT flat trail from the Snowbird Center to the overlook.



Snowbird sits in the famous Little Cottonwood Canyon. Don't miss the fall colors, cooler temperatures, and spectacular granite peaks all around.

### **Moderate:**

**The living room Hike** - Steep hike on the hillside above campus. Walk to the trailhead from the conference hotel. Bring plenty of water and sunscreen. ~2.3 miles RT with 1000 ft of elevation gain. Sweeping views of the salt lake valley, out to the Great Salt Lake.





The "living room" is a collection of rock couches and chairs on a perch above the University of Utah campus. The steep but short hike offers rewarding valley views and incredible sunsets over the Great Salt Lake in the distance.

**Millcreek Canyon Rattlesnake Gulch to Pipeline Trail-** ~10 minute drive from campus. Pay \$6 recreation fee on the way out of the canyon. Work your way up ~800 vertical feet to the pipeline trail, which traverses the entire canyon. Take a left at the fork to head to Millcreek Overlook for views of the valley. 3.9 miles RT. Watch for rattlesnakes. Dogs are allowed off-leash on odd calendar days.



The Millcreek Pipeline trail traverses the north side of Millcreek canyon which lies about 10 minutes south of the University of Utah. The Trail can be accessed at various points off the main road. Lower portions have spectacular valley views.

**Lower Bells Canyon Reservoir-** ~20 minute drive from campus. Free parking. Moderate 2.5-mile RT and 600 ft of elevation gain at the base of Little Cottonwood Canyon up to the lower reservoir. Take a walk around the reservoir with stunning valley views before heading back down, or continue on to the lower Bells Canyon waterfall (strenuous and very steep) for an additional 2 miles and 1000 vertical feet of hiking to a lush waterfall against the granite of the Wasatch Mountains.





Bells Canyon is known for its water features (several reservoirs and waterfalls), depending on how high up you go. With the steep peaks in the background, the lower reservoir is a great location to view both the valley and mountain views.

### **Strenuous:**

**Hidden peak via. Cirque trail at Snowbird Ski Resort:** From the parking lots at Snowbird Ski Resort, you can hike several different trails up to the top of the mountain (11,000 ft). For the most adventurous, we recommend the Cirque Trail (trail maps available at the mountain base)-signage throughout. Estimated time to top (3.5 miles and 3000 ft elevation gain): between 1.5 and 3 hrs. Once at the top, save your knees the pain of the downhill and ride the Snowbird Tram down for FREE! Bonus: Snowbird Oktoberfest runs every weekend in September- if you're there on the weekend, cold beers, German music, and food will await you at the end of the hike. Note: Non-hikers can opt to buy a ticket to ride the tram up from the bottom. Snowbird's tram travels 3000 vertical feet in about 8 minutes, and the views from the top of Hidden Peak are nothing short of spectacular!



Walking down the cirque trail from the top of Hidden Peak. This ridgeline trail offers spectacular 360-degree views of Little Cottonwood Canyon.





The tram at Snowbird ascends 3000 vertical feet in 8 minutes. Spectacular views from the tram car, which has a glass bottom and 360-degree windows. Pay extra to ride on top of the tram on the observation deck.

#### Other Recommended Places to visit:

**Historic Park City:** A ~45-minute drive from the University of Utah, Park City's old mining town charm is hard to beat. Head up to Main Street in Park City for Shopping, dining, and scenic walks. No-Name bar, with its rooftop patio, is a recommended stop!

**Snowbird Oktoberfest:** Snowbird Ski Resort's Oktoberfest runs every weekend in September and into October. A large festival with cold beers, German food, Live German music and dancing, an outdoor stage for local bands, shopping, ziplines, alpine coasters, hiking, and more! Head to Snowbird's website to check out the details. Entry is free- the beers are not.

**Red Butte Gardens-** Within walking distance of the conference hotel, this arboretum and exquisitely manicured garden site is worth a visit! Pay a small entrance fee and wander around the lush gardens above campus.

**Utah Natural History Museum-** Within walking distance of the conference hotel- this fantastic museum hosts exhibits on the history of Utah and its natural wonders, such as the Great Salt

Lake, some of the rarest dinosaur fossils in the country, and secrets of these high-altitude desert landscapes.

## **Food & Drinks**

### **Coffee near campus:**

Tulie Bakery @ 1500 east

Sugarhouse Coffee

Alpha Coffee Salt Lake City (Or try the Big Cottonwood location if you're heading up to Big or Little Cottonwood canyons!)

Alchemy Coffee

Loki Coffee

From the conference hotel, the closest coffee shop will be Starbucks at the Marriott Hotel.

### **Drinks & Food:**

**Fisher Brewing** (this is where our hosted bar hours will be on Saturday night! Come join us for some drinks and socializing with great mountain views from the rooftop patio!

**TF Brewing-** Local hotspot for cold beers, fun patios, and games.

**Lake Effect** - Swanky upscale eatery with incredible bar menu

**Slackwater Pizza, Downtown-** Popular eatery with great drink menu, wood-fired pizzas, and salads. Pro-tip: Join the Waitlist online before even heading down there with your group. Wait times can be long.

**Brick's Pizza:** From Michigan? (I'm looking at you, Edward!) They've brought Detroit-style deep-dish square-pan pizza to Utah! It's darn good. Head across the street to Liberty Park to walk it off afterwards.

**Sugarhouse Station-** Train Station turned food hall- this fun spot has something to please everyone. In the heart of Sugarhouse- a fun city district about 10 minutes from campus.

**Ruth's Diner-** Up the smaller Emigration Canyon just behind campus, this is the oldest restaurant in the state! Ruth's cooks up all the classics. On a nice evening, their string-light lit patios beneath the trees and live music make this a relaxing, affordable stop.

**Facil Taqueria-** Started by a former nurse from the University of Utah Hospital, this is a favorite of many healthcare workers in the area. Unique upscale tacos and craft drinks. Can't go wrong.

**Whisky Street-** In the heart of downtown, this bar and eatery is known for its extensive bar list and classy interior.



**Red Iguana-** On the west side of the city, this Mexican restaurant is known for truly authentic dishes and incredible service. It can be very busy so show up early! We recommend Red Iguana 2 for a little shorter wait with the same menu. This can be a great stop on the way to or from the airport.

**Feldman's Deli-** Craving pastrami on rye? This classic Jewish deli serves up monstrous, delicious sandwiches.

**Hash Kitchen-** Just a few minutes down the road from campus, this fun brunch spot serves up unique dishes. Complete with build-your-own donuts, a Bloody Mary bar, and a few disco balls.