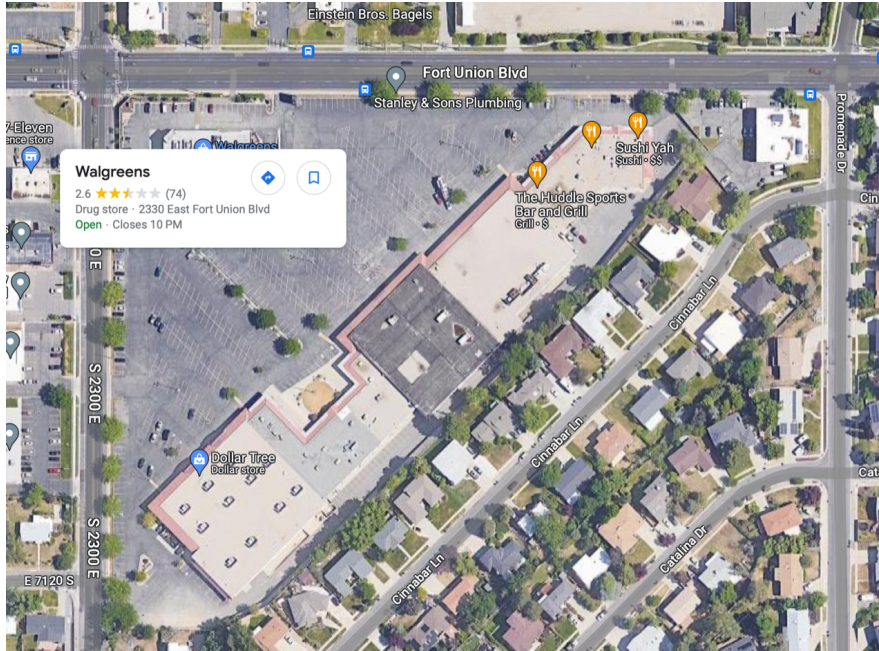


BMCU Alpine Loop Directions

1. Meet in the Walgreens parking lot at 8:30 for a 9:00 am departure

2330 East Fort Union Blvd, Cottonwood Heights, UT 84121



2. Proceed up Big Cottonwood Canyon

There's a good, safe spot to regroup about 7 miles up the canyon on the right hand side. If this spot is already taken, we'll stop on the side of the road just before we turn off for Guardsman

3. Turn LEFT right after the big fire station to go over Guardsman Pass

Good signage, and the Fire Station (on the right side of the road) is hard to miss as a landmark. If you get to the Brighton circle you've gone too far. This left turn is VERY sharp and takes us over the Guardsman pass.

4. At the intersection, stay to the RIGHT and head down Pine Canyon into Midway

There is room at the intersection where we will regroup, as parking is now forbidden at the big meadow so there should be space

5. Head through Midway towards Soldier Hollow and the Cascade Springs road

This part of the route is simpler than last year. We'll turn onto 100W in Midway, which turns into Center street. We'll take that right through Midway, south towards the Cascade Springs road.

6. Pause at the parking lot before the Cascade Springs road

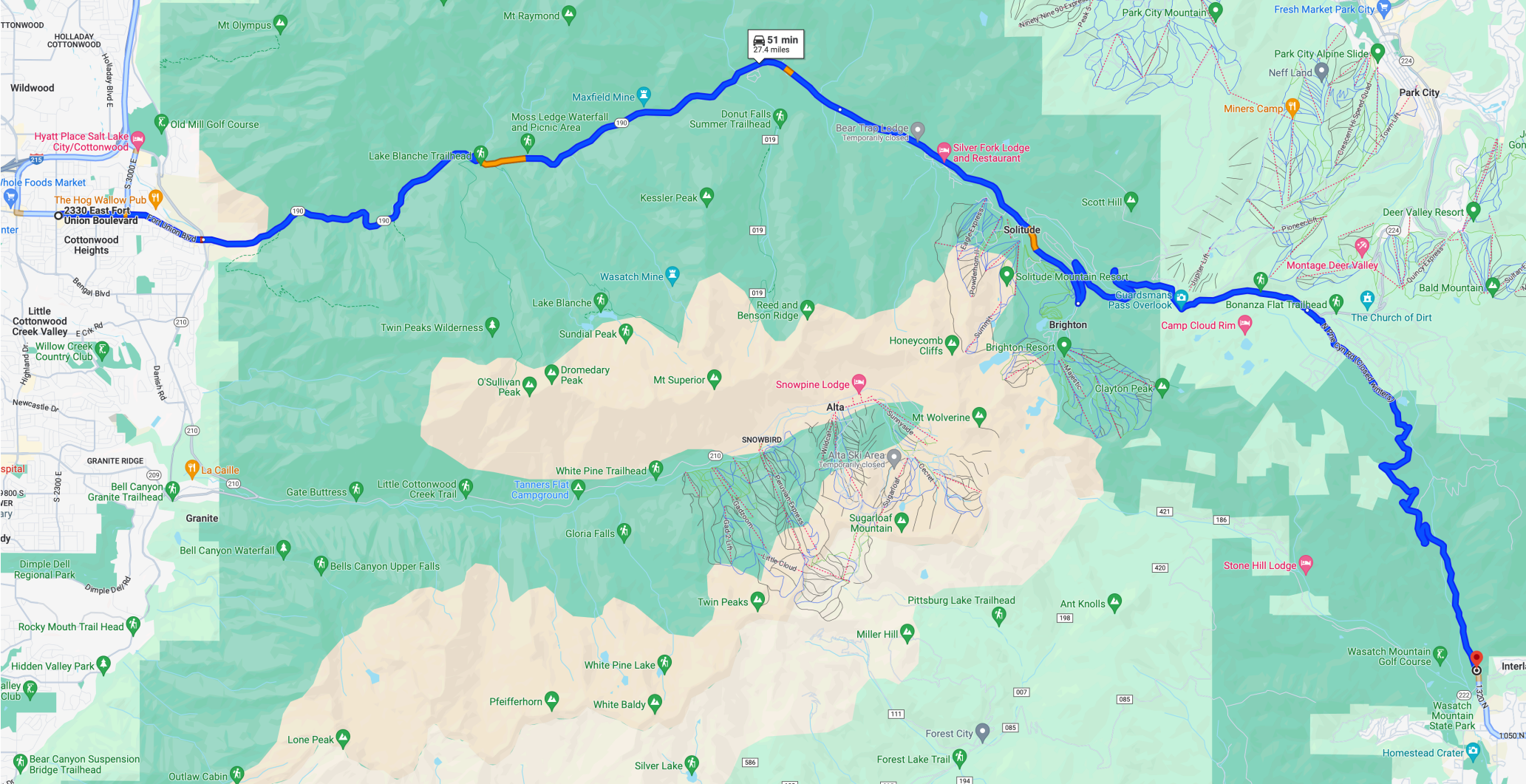
Basic bathroom facilities and a chance to stretch before the next leg of the journey. This is our last chance to safely regroup, so we'll make sure everyone knows the route out from here.

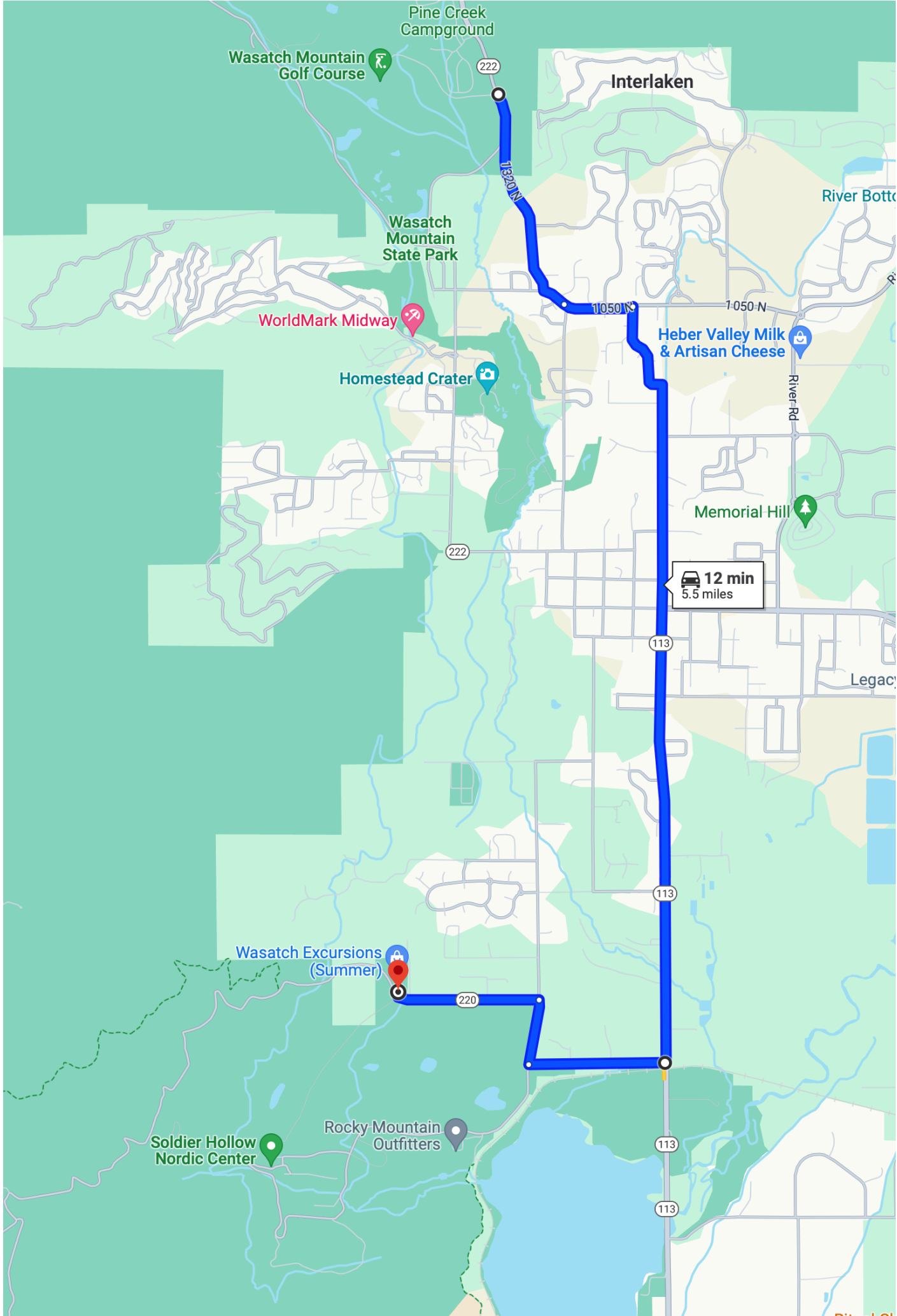
7. Up the Cascade Springs road to the Alpine loop road

8. Turn LEFT and down the Alpine Loop to Provo Canyon

9. Turn RIGHT down Provo Canyon

10. Turn LEFT at the Vivian Park/South Fork exit and head to Big Springs Park







Slow

Soldier Hollow Nordic Center

Cascade Springs

Deer Creek Overlook

North Fork Ridge

The Lakehouse at Deer Creek

Rainbow Bay Aqua Park

Deer Creek State Park

Lower Provo River Park

Provo River Resort

Sundance Resort

Provo Canyon Adventures
Temporarily closed

Vivian Park
PROVO CANYON

South Fork Park

Upper Falls Park

Nunn's Park
Bridal Veil Falls

Big Springs Park

Canyon
len Park



2330 East Fort Union Blvd, Cottonwood Heights, UT 84121 to Big Springs Park, Spring Hollow Road, Provo, UT 84604

Drive 58.1 miles, 2 hr 5 min

2330 East Fort Union Blvd

Cottonwood Heights, UT 84121

Continue to East Fort Union Blvd/Fort Union Blvd

27 sec (282 ft)

↑ 1. Head east toward East Fort Union Blvd/Fort Union Blvd

207 ft

↶ 2. Turn left toward East Fort Union Blvd/Fort Union Blvd

75 ft

Take UT-190 E and S Guardsman Pass Rd to Pine Canyon Dr/N Pne Cyn Rd in Wasatch County

52 min (27.3 mi)

↷ 3. Turn right onto East Fort Union Blvd/Fort Union Blvd

[Continue to follow Fort Union Blvd](#)

1.9 mi

↑ 4. Continue onto UT-190 E/Big Cottonwood Cyn Rd

[Continue to follow UT-190 E](#)

9.7 mi

↑ 5. Continue onto S Big Cottonwood Canyon Rd

4.1 mi

↶ 6. Sharp left onto S Guardsman Pass Rd

⚠ Parts of this road may be closed at certain times or days

4.8 mi

↷ 7. Turn right onto Pine Canyon Dr

⚠ May be closed at certain times or days

46 ft

↶ 8. Turn left onto Pine Canyon Dr/N Pne Cyn Rd

⚠ Parts of this road may be closed at certain times or days

6.9 mi

52 min (27.4 mi)

Wasatch County

Utah

- ↑ 9. Head southeast on State Rte 222/Pine Canyon Rd toward W Canyon View Ln

i Continue to follow Pine Canyon Rd

0.9 mi
- ↶ 10. Slight left onto 1050 N

0.3 mi
- ↷ 11. Turn right onto 100 W/N Center St

i Continue to follow N Center St

3.0 mi
- ↷ 12. Turn right onto Tate Ln

0.5 mi
- ↷ 13. Turn right onto Stringtown Rd

0.3 mi
- ↶ 14. Turn left onto State Rte 220

0.5 mi
- ↷ 15. Turn right

i Destination will be on the left

108 ft

12 min (5.5 mi)

Wasatch County

Utah

- ↑ 16. Head south toward W Cascade Spg Dr/Cascade Spgs Dr

108 ft
- ↷ 17. Turn right onto W Cascade Spg Dr/Cascade Spgs Dr

i Continue to follow W Cascade Spg Dr

5.5 mi

- ↶ 18. Turn left onto Cascade Spgs Dr/FR 114
 - [i Continue to follow FR 114](#)
-
- 6.5 mi

28 min (12.0 mi)

S Fork of Little Deer Creek Trail

Provo, UT 84604

- ↑ 19. Head south on UT-92 E
 - ⚠ Parts of this road may be closed at certain times or days**

- ↷ 20. Turn right onto US-189 S (signs for Provo)

1.1 mi
- ↶ 21. Turn left onto S Fork Rd

3.4 mi
- ↷ 22. Turn right onto Spring Hollow Rd
 - [i Destination will be on the right](#)

- 0.2 mi

33 min (13.2 mi)

Big Springs Park

Spring Hollow Road, Provo, UT 84604