

Day Planner Suggestions

Day #1	Trail	Adventure	Description
early morning	#4	Morning Jog/Stroll S. Frontage Road	Jog (or walk); ~45 min; Main Park to South Park
morning	#18 east	High Adventure Davis Canyon	Hike: ~4 hrs dense forests; take a sack lunch to eat at Hell Hole Camp
afternoon	#9 east	Adventure Hike Shepard Canyon	Hike: ~2 hours; up a refreshing little canyon
late afternoon	#6	Walking/Riding Tour Legacy Trail	Walk or mountain bike; ~1 hr experience the newest trail
Day #2	Trail	Adventure	Description
morning	#11 west	Urban Nature Walk Farmington Creek	Walk/hike; ~3 hrs; walk through center of town then hike hillside to old silver mine
after lunch	#18 west	Urban Nature Walk Davis Creek	Walk; ~45 minutes; pass an old orchard
afternoon	#27	High Adventure Wetland Experience at Farmington Bay	Walk, mountain bike, or horseback; ~4 hours; see eagles and waterfowl
Day #3	Trail	Adventure	Description
early morning	#5 east	Morning Jog or Stroll Heritage Park	Jog (or walk); ~15 min; jogging path
morning	#19	Adventure Hike Freedom Hills	Walk (or mt bike); ~1 hr; view the Great Salt Lake
before lunch	#2	Educational Outing Historic Tour	Walk; ~4 hours; visit a museum; have lunch in Farmington downtown
afternoon	#20	High Adventure Lake View South	Hike; ~2 hrs; view the lake along a high hillside terrace
late afternoon	#21	High Adventure Lake View North	Hike; ~2 hrs; continue on the terrace from Adventure #20
Day #4	Trail	Adventure	Description
morning	#16 & #17	Adventure Hike Steed/Hornet Canyons	Hike; ~3 hour; visit Mezzanine Rock and watch the hawks soar
before lunch	#17 west	Urban Nature Walk Steed Creek	Walk; ~30 minutes; have picnic in Woodland Park
afternoon	#1	High Adventure Bonneville Shoreline	Equestrian/mt bike; ~3 hrs by mt bike up and back; access to all the canyons
Day #5	Trail	Adventure	Description
early morning	#5 west	Morning Jog/Stroll Shepard Preserve	Jog; ~30 minutes; a paved path leads to Ponds Park
morning	#11 east	High Adventure Upper Farmington Canyon	Hike/mt. bike; ~4 hrs; most popular waterfall; lunch at Sunset Campgnd
early afternoon	#10	Urban Nature Walk Haight Creek	Walk; ~1 hour; visit a delightful "pocket" wetland
afternoon	#8 & #13	Adventure Outing Wetland Experience at Buffalo Ranch	Horseback or mt bike; ~1.5 hrs; see championship stallions and sunset



Farmington Trails

*Come...
an adventure
awaits!*

*19 Farmington trails
for walkers, joggers, hikers,
mountain bikers and equestrians*

Funded by a private donation

Prepared by the Farmington Trails Committee Spring 2009



Improving the quality of trails and life



ADVENTURE MAP

See our website at www.Farmington.Utah.gov under "Departments/Parks, Recreation & Trails/Parks and Trails/Trails" for more details and a colorful embroidered patch you can earn. The Farmington City Offices, located at 130 N Main Street, has trail booklets, trail maps, and trail literature to help you enjoy your time as you explore friendly Farmington.

Additional Information

Safety
Always carry plenty of drinking water to avoid dehydration as you hike the trails. Hike with a friend who can help in case you are injured. Carry a whistle or cell phone, if possible, and watch out for snakes. Neither Farmington City, the Farmington Trails Committee, nor the US Forest Service can guarantee the safety of the trails. Please use caution, stay on the trails, and hike safely.

Four Outdoor Worlds
Explore the four outdoor worlds of Farmington. Due to the geography of Farmington, nestled between an inland sea and the tall Wasatch Mountains, you can explore the bird-rich wetlands, a refreshing urban nature walk, the stark beauty of the desert foothills, and the seclusion of shaded forests all in the same day. Five suggested days are outlined for your recreation enjoyment with a wide variety of fun adventures. There are wake-up morning jogs/strolls, urban nature walks in the middle of the City, adventure hikes for the intermediate hiker, high adventures for the explorer, mountain biking trails, an educational tour, and enjoyable pathways for equestrians. Find the trail by number and name in this brochure for more details. This may be your most healthy and invigorating vacation yet!

Welcome to Farmington!
This pamphlet will introduce you to 19 outdoor adventures using non-motorized trails in the Farmington area. The outings are described in detail to help you plan your time. Feel free to pick and choose the number of adventures in the order that best fits your schedule. Spend a day or even a week on the trails and experience the rich variety of the four outdoor worlds of Farmington.