

West is Best





Traverse the western side of the Rockies for hidden gems, gorgeous views and fresh mountain air.



Start in Park City, a vibrant mountain community dedicated to sustainability and close to Salt Lake City International Airport for easy access. From here, you'll cross Utah, Idaho and Wyoming on your way to Yellowstone and Grand Teton, escaping the crowds to see a side of the West that's often overlooked.

Discover pioneer history as you head north to Logan and a shockingly turquoise lake on the border between Utah and Idaho, perfect for outdoor recreation. Fort Hall offers a glimpse into the culture of the Shoshone-Bannock Tribes. If Idaho makes you think potatoes, stop in Blackfoot to learn everything there is to know about this humble tuber. Then, dive into communities like Idaho Falls, St. Anthony and Ririe where you'll discover that this state is so much more than just fields of spuds.

As you approach the Tetons from the west, you might be surprised by the mirror image view of the iconic range you've seen photographs of. This side of the Tetons is home to uncrowded trails, hot springs soaks and more. Head into Wyoming's incredible Jackson Hole where you'll find unparalleled summer recreation at two ski resorts. You're almost to Yellowstone, America's first national park, but before you get there don't miss Grand Teton National Park. We've got you covered with a photography guide and where to stay.

Exit Yellowstone via the West Entrance, taking a quick jaunt through Montana before you're back in Idaho. A national park site celebrating the region's volcanic past is the perfect place to stretch your legs on your way back to Utah.

There's no denying it, west is best.

PHOTOS: Sunrise at Grand Teton National Park (Grant Ordelheide), Fall Creek Falls (Courtesy of Yellowstone Teton Territory), Bison in Yellowstone's Lamar Valley (Grant Ordelheide)





Mountain bikers (Courtesy of Park City Chamber & Visitors Bureau)

Mountain Mindset

Discover amazing trails and local food in this mountain hotspot dedicated to sustainability and inclusivity.

By Mikaela Ruland

Tucked into the folds of the Wasatch Mountains, Park City, Utah is home to world class skiing, miles of summer trails and the Sundance Film Festival that draws in the stars. There's no doubt it's an alluring destination, but when you visit for the first time, you'll soon realize that it won't be your last.

"Park City quickly becomes a place you love," says vice president of communications, Dan Howard. "It's a place you want to be a part of, to feel like a local."

Park City calls their locals—and visitors who share the same set of ideals—the Mountainkind. It's a way to describe those who share the same values: a passion for preserving the area's beautiful landscapes, a love of the mountains, and a commitment to diversity and inclusivity. For a small city, it's a big goal, but one you're sure to appreciate if you're on your way to surround yourself in nature at parks like Yellowstone or Arches. With an ambitious commitment to achieve net-

zero carbon and run on 100% renewable energy by 2030, Park City's dedication to nature is just one part of that ethos.

Perhaps the quickest way to let Park City steal your heart is to hit the trail. Strewn with wildflowers in the summer and golden aspen leaves in the fall, you'll find 400-plus miles of trails to explore on foot or by mountain bike. The 4.7-mile Silver Lake Trail is a hiker-only destination ending in gorgeous valley views and the nearby, moderate Flagstaff Loop offers the same vistas atop a mountain bike. Part of feeling like a local is wanting to see these spots remain pristine for years to come. It starts with basic trail etiquette, like staying on the designated path and picking up your trash, but it goes deeper. Before you set off on a hike or a bike ride, check the webcams at ParkCityTrails.org. If the parking area is full, pick another trail to help disperse impact. No matter which route you choose here, it's bound to be gorgeous.

Get a feel for this community's dedication to winter sports by heading to the 400-

acre Utah Olympic Park in Park City. Home to a number of events during the 2002 Winter Olympics, the center has two free museums, adventure courses and the bobsled ride, which sends you 65 MPH (on wheels in the summer) down the Olympic luge, bobsled and skeleton course. In the summer, watch for winter freestyle athletes launching off ski jumps and landing in the center's pools.

After a day spent exploring Park City's trails, resorts or parks, head into the historic town for a bite to eat. In fact, you don't even have to get in your car to get from trail to town. The Park City bus and Transit to Trails system is completely free and lets you get around town sustainably.

Choosing to eat local is easy in Park City. Start with Bill White's restaurants. What began with Grappa, an Italian restaurant still located on Main Street in 1993, has morphed into a community and sustainability focused restaurant group that calls Park City home. When you eat at Chimayo, a Southwestern restaurant blending cuisines from southern Mexico to southern Utah, or Ghidotti's and Grappa, White's Italian concepts, many of the ingredients in your meal are coming from right here in the Wasatch Mountains.

Learn more at VisitParkCity.com/mountainkind.

**It takes a weekend to recharge.
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Go Local in Logan

Catch a glimpse into pioneer living, enjoy live theater performances and stroll a charming downtown.

By Mikaela Ruland

Start by going back in time at the 160-acre American West Heritage Center in Wellsville. You'll find interpreters in period clothing to help you learn about life in the Mountain Man Camp, mock settlements and a working farm straight from 1917.

Then, stroll the newly renovated center of historic downtown Logan at Main and Center streets. "It looks like something out of a Hallmark movie," says Cache Valley Visitors Bureau director Julie Hollist Terrill of the quaint street dotted with colorful hanging baskets and outdoor dining.

Stop by the Bluebird Candy Factory where you'll see handmade chocolate

and candy being created at this Logan landmark. Sweets have been hand dipped here since 1914.

The area is well known for its locally made food products. All of Pepperidge Farm's iconic Goldfish crackers for the western United States are made here as well as the swiss cheese from Gossner Foods that adorns Wendy's and Arby's sandwiches nationwide. Stop by the shop to pick up fresh cheese curd. Go on the self-guided Foodie Trek and Signature Products Tour to sample all of the region's favorite products including honey, ice cream, coffee and more.

Head up Logan Canyon for a breathtaking scenic drive, ending 43

miles later at picturesque Bear Lake. Stop along the way at one of the 26 trailheads such as Wind Caves, which will bring you on a steep but worthy 4-mile, roundtrip journey to an interesting cavern.

To top it off, every summer Cache Valley becomes Utah's "Heart of the Arts," featuring three historic theaters downtown bursting with musical theatre productions set to a full orchestra and other touring productions. But that's not all. There are free concerts in the restored Tabernacle building every weekday from mid-May to August.

Learn more at ExploreLogan.com.



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Raspberries in Paradise

Bear Lake's blue waters aren't the only draw of this incredible spot.

By Lindsey Falkenburg

Often described as the “Caribbean of the Rockies,” Bear Lake is known for its brilliant blue color which comes from calcium carbonate suspended in the water. However, Bear Lake’s aquamarine waters, which straddle the Idaho-Utah border, aren’t the area’s only attraction. With a number of small towns dotting the lakeshore, including Garden City and Laketown, there’s so much to do and see in the area. Here are six activities you shouldn’t miss.

■ Enjoy the Lake Your Way

For many people this means taking a dip at one of the amazing swimming beaches, located along the lake’s 48 miles of shoreline. If swimming isn’t your speed there are plenty of outfitters in Garden City, Utah where you can rent kayaks, paddleboards, Sea-Doos, ski boats and more. Or, set up camp along the east side of the lake, which tends to be quieter year round.

■ Explore Trails

Bear Lake is surrounded by more than 300 miles of trails. With routes geared towards hiking, biking, horses, ATVs/UTVs, snowmobiles and snowshoeing, no matter the season or your adventure preference, there’s something for you. Take a hike around Bloomington Lake or enjoy the Limber Pine Trail for a great place to start.

■ Discover Pioneer History

Visit the National Oregon/California Trail Center in Montpelier, Idaho and learn from live reenactments (with audience participation encouraged) what the Oregon Trail would’ve been like for those traveling on it back in the 1800s. While you’re in Montpelier you can also explore the Butch Cassidy Museum, located in a historic bank that was the site of one of the famous criminal’s heists in 1896.



Kayaking in Bear Lake (Courtesy of Bear Lake Valley Convention & Visitors Bureau)

■ Savor Raspberries

The Bear Lake area is also famous for its raspberries. Practically every restaurant in town serves its take on the best raspberry milkshake you’ve ever had. If you’re passing through in late July or early August you might get lucky and hit the Bear Lake Raspberry Days. Lasting three weeks, this festival includes everything from pie eating contests to parades and bingo.

■ Eat Good Food in Garden City, Utah

For breakfast check out Rucá’s where they serve Æbelskivers, a fluffy danish pancake you hardly ever see in restaurants. Larger groups and especially families will enjoy the kid friendly atmosphere at Cody’s Gastro Garage, an auto-themed restaurant where you can eat under an elevated classic car or next to a motorcycle,

located at the new Water’s Edge Resort. And if you’re looking for something quick, swing through LaBeau’s Drive In for a burger, fries and—you guessed it—a raspberry shake.

■ Catch a Fireworks Show

Bear Lake will take any opportunity it can to enjoy a fireworks display. If you’re traveling through during the summer you very well might catch one at any number of county fairs, Independence Day and Pioneer Day celebrations, or Labor Day and Memorial Day festivities. There are also always live concerts happening around Garden City, Laketown, Paris and Montpelier at different venues, and dancing available, as well as theatrical performances at Pickleville Playhouse in Garden City.

Learn more at BearLake.org.

The Stories You'll Tell



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Find lodging deals at [BearLake.org](https://www.BearLake.org)

Relax & Rejuvenate

Soak in hot springs, tube the Portneuf River or immerse yourself in the natural beauty of this wellness focused Idaho town.

By Mikaela Ruland

Combine your national park vacation with a getaway that will nourish both your body and your mind in the peaceful town of Lava Hot Springs. Surrounded by beautiful mountains, this locale has long been revered for the purported healing benefits of its natural hot springs. The town has leaned into wellness in recent years and offers not only a way to get out and enjoy the region's incredible natural beauty and hot springs soaks, but a full menu of opportunities to really lean into a restorative vacation, from farm-to-table dining to yoga and massage.

In the heart of town you can soak in five sulfur-free, outdoor pools at Lava Hot Springs State Foundation. There's three other hot springs facilities that have public soaking including the Olympic Swimming Complex with water slides. For a really unique and relaxing experience, book a room at one of the many hotels in town that have their own private hot springs.

Psychologists have long touted the benefits of activities that put you in a "flow state"—something that totally absorbs your body and mind and allows you to relax and avoid distraction. You may just find yourself there as you literally flow down the beautiful Portneuf River on an inner tube. Rent a tube and life jacket at one of several stands near the hot springs complex and hop in the river right in town.

To immerse yourself in nature and stunning wildflowers, like Indian Paintbrush and Mountain Bluebell, head to the Idaho Centennial Trail above town. Or, if you'd prefer a less aerobic way to take in the scenery, hop on Blaser Road for a peaceful scenic drive with plenty of opportunities to get out and listen to birdsong and appreciate the flora.

Opened in 2024, Eruption Brewery & Bistro is Lava Hot Springs' newest eatery and while the focus may be beer, don't miss the great farm-to-table restaurant in a pretty log-and-stone setting. For great, family friendly dining stop by Ye Old Chuckwagon Restaurant for scones and cinnamon buns at breakfast, good-size burgers for lunch and dinner, and an informal, relaxed atmosphere.

If you're really looking for a weekend of mind and body cultivation, visit at the end of May for Spring Into Wellness. You'll find yoga classes, sound baths and nature walks in addition to a variety of speakers on everything from the healing properties of the town's waters to Indigenous medicine and herbology.

Lava Hot Springs isn't just a summer destination. Visit anytime of a year to escape the stresses of everyday life by soaking in the hot pools, getting massages and simply unwinding in a town where you can walk everywhere. In fall, winter and spring, you'll find fewer people in the hot springs and affordable lodging, helping you to stretch your budget for a longer getaway.

Learn more at LavaHotSprings.org.



1 OUR WATER IS MAGIC

Our namesake springs are pleasantly hot, odor-free, and full of soothing minerals for swimming and soaking. You won't want to miss the hot pools and Olympic complex at Lava Hot Springs, but did you know that many of our hotels offer their own hot springs pools? Discover your favorite way to take in our famous waters.

2 YOUR LAID-BACK WELLNESS DESTINATION

Our waters aren't the only way to say goodbye to stress. Here, you'll find massage therapists, estheticians, reflexologists, and other experts dedicated to restoring your mind and recharging your spirit.

3 SET YOUR HEART RACING

Ready to offset all that relaxation? Strap yourself into the Lava Hot Springs Zip Line Adventure, tube the wild rapids of the Portneuf River, or head out for a hiking or biking session.

4 DISCOVER DOWNTOWN

Packed with turn-of-the-century charm and locally-owned shops, Downtown Lava is walkable (no car needed!), friendly, and features a vibrant nightlife and amazing dining options.

5 GET OUTSIDE

You can golf nearly year-round at Lava — really! — or make like a local and tube the Portneuf River through town. With so many ways to make memories, you and your family will discover reason after reason to return season after season.



HOW WILL YOU LOVE LAVA?

Gather more great ideas at
LavaHotSprings.org



Rest Easy

When hotels near Grand Teton and Yellowstone are full, Shoshone-Bannock Casino Hotel has availability. It's just far enough from the parks to avoid the crowds. Here are six spots to check out.

By Tori Peglar



Executive King Room (Courtesy of Shoshone-Bannock Tribes, Office of Public Affairs)

1 Shoshone-Bannock Casino Hotel

Built in 2012, the hotel's 156 rooms and 11 suites have 42-inch, flat screen, high definition TVs, complimentary Wi-Fi and give you access to a 24-hour fitness center, heated pool and hot tub. Rooms are decorated with Shoshone-Bannock artwork.

2 Buffalo Meadows RV Park

Find 27 pull-through spots with restrooms, showers and laundry facilities on site. You'll have access to the hotel pool, fitness center and game room. Make reservations by calling 208-237-8774, ext. 3030.

3 Donzia Gift Shop

You can buy authentic artwork, jewelry and crafts made by Shoshone-Bannock artists here, including items with intricate beading. The Shoshone-Bannock Tribes are known for their traditional beadwork techniques, on display here.

4 Camas Sports Grill

Twenty-six TVs enable you to catch your favorite sports team as you dine inside the hotel. Try a Native American dish like the fry bread breakfast or the Idaho nachos and bison sliders.

5 Cedar Spa

Offering a full service salon spa, you can get a facial, massage, pedicure, manicure and more here. The spa offers specialized services like an aromatherapy inhalation room with essential oil scents like cedar wood that are specific to the Tribes.

6 The Hotel Casino

Southeast Idaho's only gaming facility, the casino offers 900 of the most popular video gaming machines along with video poker and virtual blackjack. For nearly three decades, it has offered gaming, starting in the early days with bingo.

Learn more at ShobanGaming.com.

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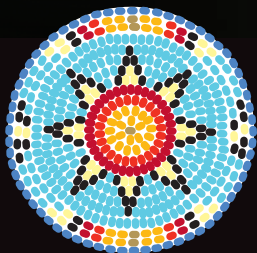


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Marvelous Museums

Check out these two great Idaho attractions.

By Tori Peglar and Lindsey Falkenburg

IDAHO POTATO MUSEUM

It saved Europeans from frequent famines and it was the first vegetable grown in space. There's no better place to learn more about the magnificent, dirt-encrusted potato than at the Idaho Potato Museum in Blackfoot.

"We have a big display on how it changed the world," says Tish Dahmen, executive director of the Idaho Potato Museum. She notes that the Spanish brought it back to Europe after conquering the Incas in Peru in the late

1500s. At first, Europeans eyed it suspiciously.

Check out the Mr. Potato Head exhibit, the world's largest Pringle and a spud signed by a vice president. For some food for thought, grab a bite to eat at the museum's quaint Potato Station Cafe where you can order baked potatoes (call ahead two hours for these), fries, potato salad and more.

Learn more at IdahoPotatoMuseum.com.

MUSEUM OF IDAHO

Have you ever wanted to wander through an 1800s Western town, hunt a woolly mammoth or come face to face with a mummy? Do all of this and more at the Museum of Idaho, the state's largest history and science museum located in historic, downtown Idaho Falls.

Start by checking out the flagship exhibit, Way Out West, which tells the region's story from prehistoric geology to the future. Then dive into the special exhibits. In 2025, an exhibit on artificial intelligence will explore the mythic origins of

AI and let you turn yourself into an animated character. Then the museum will welcome Mummies of the World, the largest traveling mummy collection ever, starting in May. Right off the highway, the Museum of Idaho makes for the ideal place to stop and stretch your legs. If you're traveling with kids, the Discovery Room is the perfect place for them to crawl, climb and learn. Don't forget to swing by the gift shop on the way out for local goodies like potato soap and huckleberry jam.

Learn more at MuseumOfIdaho.org.



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Kayaking on the Snake River (Brian Brown, Courtesy Greater Idaho Falls Chamber of Commerce)

On the Fly

Discover six reasons why Idaho Falls is the perfect basecamp. Just two hours from Yellowstone, find direct flights from across the country.

By Mikaela Ruland

1 Get to Yellowstone Faster

Fly into Idaho Falls Regional Airport on one of 16 direct routes from big cities across the U.S. like Dallas and Portland for easy access to the parks. Less than two hours from both Yellowstone and Grand Teton, the airport is served by major airlines including United and American. The city is a great home base with tons of lodging options.

2 See a Penguin

Head to the Idaho Falls Zoo, dubbed “the best little zoo in the West.” Small enough to see it all in a couple hours, this zoo has played a large role through its breeding program in helping ensure the survival of endangered species like red pandas and African penguins. It’s closed in the winter.

3 Stroll the Greenbelt

Enjoy a walk along the Snake River where human-made waterfalls literally light up the town each night (they’re the source for the hydroelectric plant). Paved on both sides for five miles going through downtown, the Greenbelt is dotted with creative benches including one that looks like a grizzly bear. In addition to the falls, there’s often live music, a Saturday farmers market and a number of great restaurants. Don’t miss Snow Eagle Brewery & Grill’s American pub fare and Japanese dishes, or the potato pancakes at Smitty’s Pancake & Steakhouse, a local legend served with applesauce, bacon or sour cream.

4 Sip at a Speakeasy

Head underground to XVIII, a speakeasy with amazing cocktails. Utilizing local ingredients, the bar has an upscale, yet rustic feel. You’ll find an equally appealing zero-proof menu with ingredients like elderflower tonic and bitters shining without the buzz. XVIII doesn’t serve food, but head across the street to the Snake Bite Restaurant, owned by the same group, for gourmet burgers and dishes with a Western flair.

5 Enjoy Live Music

The Mountain America Center, which opened in 2022, is a great spot to take in big name artists, alongside other fun events like monster truck shows and motorcycle ice racing. The Mountain America Center is also home to Idaho Falls’ semi-pro hockey team, the Spud Kings. For a more intimate setting, head to The Celt Pub which serves Irish fare and hosts live music many nights and weekends.

6 Stay Downtown

For unique lodging, book a room at Destinations Inn. Located right in the heart of downtown, this 14-room hotel has themed accommodations that will take you around the world. From Paris to Alaska to Thailand, the rooms each have special details that will make you feel like you’ve been transported. Tour all the rooms on Wednesdays and Saturdays at 1 p.m. Eat at Smokin Fins, just down the street, which is another voyage around the globe with sushi, carne asada tacos and Southern gumbo all sharing a menu.

Learn more at VisitIdahoFalls.com.

Visit

IDAHO FALLS



While its close proximity to Yellowstone and Grand Teton national parks is a plus, Idaho Falls is an amazing destination all on its own!

Enjoy the falls along the Greenbelt, visit the zoo or aquarium, or maybe take in a hockey or baseball game! Idaho Falls also has a robust arts, culture, and dining scene too! **VisitIdahoFalls.com** for more inspiration!





The Other Side of the Tetons

By Mikaela Ruland

Whether you like motorized recreation or exploring via your own two feet, there's an adventure for everyone on the Tetons' western and—if you ask a local—better side.

If the feel of a motor purring underneath you is your idea of a perfect day, head to **Island Park**. In the winter, it's a snowmobilers' paradise, but come summer, it shouldn't be missed by ATV enthusiasts and novices alike. At the **Henry's Fork of the Snake River** you can explore hundreds of miles of Forest Service roads, including the 10-mile Big Springs Loop leading to Big Springs, the headwaters of the Snake River. Rent a vehicle at **High Mountain Adventures** in Island Park. Since this area sees a lot of winter snow, motorized trails open a bit later in the season. June through October are the best times to visit for ATVing.

Drive south to **St. Anthony** where you'll find more than 10,000 acres of stunning sand. Rent a side by side from **PMS Dune & Snow Rentals** for a thrilling afternoon or keep your eyes peeled for

elk as you explore on foot. Eastern Idaho is full of amazing off-road opportunities. Download Yellowstone Teton Territory's Off-Road Guide for trail information.

If non-motorized recreation is more your speed, one of the best summer activities on this side of the Tetons is paddleboarding. For a more advanced float, try the **Snake River outside of Swan Valley** and float down the river to Fall Creek Falls. Or, head to **Henry's Fork** outside of St. Anthony where you'll likely spot moose. Beginners will enjoy **Palisades Reservoir** south of **Swan Valley**. Bring your own paddleboard, or rent in Island Park. At the end of a long day on the river, **Victor Emporium** is the place to be. You'll find souvenirs, fly fishing supplies and an old fashioned soda fountain that makes can't-miss milkshakes featuring Idaho's state fruit—the huckleberry.

When you're ready to relax, go to **Ririe**. This family oriented town is a fantastic visit in summer or winter. **Heise Hot Springs** is the perfect place to basecamp. Stay at the springs' campground and enjoy both soaking pools and a pool with slides. Make sure to get a slice at **Heise Pizza** and play a round of putt-putt, as well. There's even ziplining on site.

Another Ririe favorite is **7N Ranch Resort**. Stay in cabins or the campground and take advantage of the mountain bike course in the summer to get you warmed up for area trails, or the tubing hill in the winter.

Learn more about Yellowstone Teton Territory at YellowstoneTeton.org.

PHOTOS: Fall Creek Falls, ATVing on sand dunes (Josh Myers/Courtesy of Yellowstone Teton Territory), Victor Emporium (Nick Cote)



discover Eastern Idaho

On the border of adventure and chill.



From West Yellowstone to Jackson Hole; it's all that lies in between that makes the trip to Eastern Idaho worth your while! Visit YellowstoneTeton.org for maps, itineraries, and more!



85 Years of the King

Don't miss this ski area in the summer, when family fun comes alive.

By Lindsey Falkenburg

Snow King Resort opened its slopes in Jackson Hole in 1939, making it one of the oldest ski resorts in the country. Since then, it's perfected the art of year round fun for people of all ages and interests. To celebrate its 85th anniversary Snow King is pulling out all the stops in 2025. Perhaps the best way to participate is to take the gondola to the summit where you can catch one of the many amazing bands that will be playing at the incredible mountain top venue this summer. And while you're there quench your thirst with the Haze King, a hoppy IPA made in collaboration with local

Roadhouse Brewery to commemorate the special occasion.

But catching a concert isn't the only thing to do on the summit this summer. After four years of construction Snow King is debuting a new summit restaurant featuring regional ingredients. With a grand opening in the spring, this restaurant boasts the best views in Jackson Hole and a convertible dining room that will be open air when the weather is good and enclosed and cozy when it gets chilly outside.

While there are plenty of new attractions, Snow King continues to offer many tried and true favorites like the Alpine Slide, the Cowboy Coaster, North America's steepest zipline, a Treetop Adventures ropes course, the Amaze'n Maze, a miniature golf course, and plenty of hiking and biking trails. And don't miss the state-of-the-art observatory and planetarium where you can glimpse stars and planets through a one-meter telescope and enjoy rotating programming all day.

Learn more at SnowKingMountain.com.

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Raft the Snake

By Lindsey Falkenburg

Jackson Hole Whitewater has been guiding trips down the Snake River, just south of Grand Teton National Park, for more than 60 years. Choose their whitewater rafting trip which runs an eight-mile stretch of river, notably through Snake River Canyon where you'll find yourself gaping at the high expanse of canyon walls and searching for mountain goats traversing the rock far above. This section of the Snake offers some safe, family friendly Class II and III rapids. Or book their scenic float which starts at Snake River Ranch. From this private put-in, boaters will enjoy a truly serene float down a very wild stretch of the Snake. It's common to see black bears, eagles, moose, otters and Snake River Ranch's local herd of 200-plus elk, all with the Tetons as a stunning backdrop. Regardless of which trip you choose, you'll spend about an hour and a half on the water and have the pleasure of floating with one of the company's expert guides.

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Picture Perfect Peaks

The iconic Teton mountain range is perhaps one of the National Park System's most photographed landscapes. From sunrise to sunset to the alluring Milky Way, here's how to get your own amazing shot.

By Mikaela Ruland

Even the most casual photographers can't help but be inspired by this incredible national park. No matter where you turn, you'll be met with stunning views of the Teton Range. While even cellphone photos will be beautiful, it's well worth it to pack your big camera and dedicate some time to getting a great shot. As the light changes throughout the day, and the stars come out after dark, there's endless opportunities to get fantastic photos. Here's three of our favorite locations, along with tips from our friends at Tamron.



Sunrise at Schwabacher Landing

Photo by Sean McElhare
F/8; ISO 400; 1/80 second

From the Schwabacher Landing parking lot, it's a short walk to a stunning viewpoint where the park's namesake peak, the Grand Teton, is reflected in a beaver-dammed channel of the Snake River on still mornings. Access the viewpoint off of Highway 191, approximately halfway between Jackson and Moran. Arrive at least 30 minutes prior to sunrise to give yourself time to set up on the banks of the river, or closer to the parking lot where the wooden fence adds an element of interest. Keep your eyes out for the beavers at work around their dam. They're most active around dawn and dusk, so your sunrise mission might just turn into a wildlife photography session.

► **Tamron Tips:** Clean the front element of your lens when shooting into the rising sun. If there's dirt or dust on your front element, you might end up with lens flare in your image. Sunrise is usually a high contrast situation, so be sure to expose for the highlights to maintain detail. To create a starburst effect with the rising sun, stop down your aperture to F/16 or F/22 and wait until the sun just crests the horizon. A wide-angle zoom lens like the Tamron 17-28mm F/2.8 Di III RXD or the new 28-300mm F/4-7.1 Di III VC VXD all-in-one zoom is a great choice for both sunrise and sunset.



Photo by André Costantini
F/4.8; ISO 400; 1/400 second

Sunset at Oxbow Bend

An excellent spot for either sunrise or sunset, Oxbow Bend features an iconic view of Mount Moran above a bend in the Snake River. If you visit on a still afternoon, you may catch glassy conditions on the river's surface, creating the perfect conditions for a reflection. The popular photo spot is located at an overlook on Highway 191 between Jackson Lake Junction and Moran Junction. It's a good idea to arrive early to ensure you get a good spot to set up. Allow yourself plenty of time to photograph the ever-changing conditions. Even after the sun dips below the mountains, the colors will continue to evolve, especially if

there's clouds. Our suggestion? Be sure to stick around through "blue hour". This time of day is the hour just before sunrise or just after sunset when a beautiful blue tint envelopes the landscape. It's a great time to take photos.

► **Tamron Tips:** When shooting sunset, set your aperture to F/16 or F/22 to maximize your depth of field. If you're using a tripod, use the lowest ISO to maximize quality. If your lens has VC image stabilization, be sure to turn it off when using a tripod. If you're hand-holding, set your ISO to the lowest value that allows a fast enough shutter speed to get a clear image.

Night Skies at Mormon Row

While it's tricky to catch the Milky Way rising over the Tetons due to timing, you can photograph another park icon with the Milky Way pretty much anytime the galactic core is visible: Mormon Row. A small community founded by Mormon settlers in the late 1890s, the still-standing historic barns have become a much loved viewpoint in the park. It's easy to get to the barns, even in the middle of the night. Drive north on Highway 191 from Jackson (past Moose Junction) and take a right on Antelope Flats Road. You'll reach the community in 1.5 miles. Depending on what time of year you visit, the Milky Way will be in a different position in relation to the barns. Be sure to bring a headlamp (preferably with a red light to avoid ruining your night vision) to safely walk around the barns and get yourself in the right spot to capture both the structure and the Milky Way. Remember, light painting is not allowed in Grand Teton, so use a longer exposure to ensure the barn is visible. Don't forget you're in grizzly country. Carry bear spray and avoid traveling alone.

► **Tamron Tips:** A fast aperture, ultra wide-angle lens like a Tamron 17-28mm F/2.8 for full-frame or 11-20mm F/2.8 for crop-sensor is best for night photography. Settings will vary based on conditions, but you'll likely want to shoot at F/2.8 at an ISO between 1600 and 6400 and a shutter speed between 10 and 30 seconds. Be sure to have a stable tripod and shutter release or remote timer so you don't shake your camera while taking a long exposure, and turn off your lens' image stabilization. You'll likely need to manually focus as your auto-focus won't be effective in the dark. Use the magnifier on your camera's LCD screen to enlarge a bright star or planet, then move your focus ring back and forth until the point of light is sharp. Zoom in on your first few images to make sure the stars aren't fuzzy. You can use a piece of tape to secure the focus ring, so you don't accidentally bump it out of focus.



Photo by André Costantini
F/2.8; ISO 3200; 30 seconds

These tips were sponsored by Tamron. Learn more and find your perfect camera lens at tamron-americas.com.



Sweet Dreams

Grand Teton National Park is home to world class views, but when your eyes finally close you'll want a soft place to lay your head. These four lodging options in and next to the park are the perfect spot to dream about your magnificent day.

By Tori Peglar



Jenny Lake Lodge (Photo by Nikita Mamochine)

■ Jackson Lake Lodge

A 385-room lodge with hotel rooms and cottages, a heated swimming pool and several restaurants in the middle of the park, Jackson Lake Lodge gives you a classic Grand Teton experience. Be sure to make reservations to eat dinner in The Mural Dining Room, where you can watch the sunset over the Tetons from floor-to-ceiling panoramic windows.

■ Colter Bay Village

Sleep in historic, refurbished homesteader cabins relocated from various places in Wyoming, or stay in tent cabins on the shores of Jackson Lake. You can also pull your RV into one of 112 campsites or pitch your tent.* Staying here gives you easy access to a general store, kayaking, horseback riding and more.

■ Jenny Lake Lodge

Luxury awaits at this lodge on the shores of picturesque Jenny Lake in the form of three types of cabins with incredible access to hiking trails. The five-course restaurant with a sophisticated menu that changes nightly is housed in a 1930s log cabin at the base of the Tetons. Reservations are recommended for lunch and required for dinner.

■ Headwaters Lodge & Cabins at Flagg Ranch

Stay in a cabin or at the campground at this gorgeous property situated between Grand Teton and Yellowstone, just steps away from the Snake River. With plentiful activities like horseback riding, hiking, fishing and engaging interpretive programs, along with dining and shopping options, the lodge is a wonderful place to truly disconnect from the world and reconnect with your family or friends. Stay in a Standard or Deluxe cabin, or splurge on a Premium cabin which features a front porch with rocking chairs to take in the views. Leave your car behind and walk to nearby hiking trails and the beautiful Snake River from your cabin. Or, fall asleep to the sounds of the river at the campground which has tent and RV sites, along with Camper Cabins.* The campground is also equipped with showers and laundry facilities.

Book your lodge room or cabin up to a year in advance at GTL.com.

**Campsites are reservable through Recreation.gov.*



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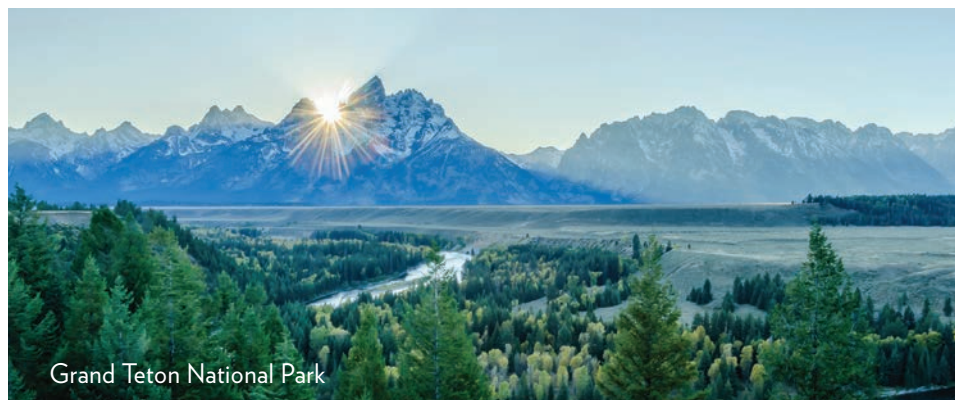
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Big Mountain Fun

Right next to Grand Teton National Park, Jackson Hole Mountain Resort offers non-stop adventure.

Here are six of our favorites.

By Tori Peglar

1 Via Ferrata

Unlike the world renowned expert climbing routes in the Tetons, the Via Ferrata makes mountain climbing accessible for families and individuals looking for adventure. Accompanied by a guide, you'll secure yourself to cables and move across a mountain face by way of metal ladders, rope walkways and ledges. Book in advance a full-day climb (five hours) with lunch included or a partial-day climb (three hours). Guided, traditional single-pitch rock climbing is also offered for beginner to advanced climbers.

2 Aerial Tram

Take the tram and soar 4,139 vertical feet, passing the notorious Corbet's Couloir on your way to the summit. At the top, check out the Grand Teton Skywalk viewing platform where you can take in stunning views. The platform juts off the mountain 100 feet and is 40 feet tall. Nearby, the new Jackson Hole Mountain Discovery Experience lets you learn more about the flora, fauna and geology of the region. Enjoy world famous waffles at Corbet's Cabin, as well as a wide variety of hiking, running, climbing and sightseeing opportunities.

3 The Wildflower Trail

Get amazing views, pass fields of wildflowers and take breaks on benches tucked in the shade on this must-do hike to the top of Bridger Gondola. It's always free to ride down the gondola or tram, so hike away, knowing you don't have to hike back down.



Hiking under the gondola (Courtesy of Jackson Hole Mountain Resort)

4 Paragliding

You'll see incredible scenery as you paraglide over the Jackson Hole area, flying with a tandem professional pilot from Jackson Hole Paragliding. No previous experience is necessary, but you must weigh between 40 and 220 pounds and be physically fit enough to run. It's recommended that you book in advance.

5 Ropes Course and Bungee Trampoline

This is paradise on earth for kids and adults alike. The 25-foot-high Aerial Adventure Course is a network of cargo nets, balance beams, wobbly bridges and other challenges. You can also try the Bungee Trampoline that safely suspends you up to 24 feet in the air. Kids ages 5 to 7 must be accompanied by a paying adult on the ropes course.

6 Mountain Biking

Feel the rush of biking downhill on exciting mountain trails without having to sweat uphill. The five-minute Teewinot chairlift will bring you and your bike to the top. A new set of trails serviced by Sweetwater Gondola opened in summer 2021, expanding the variety even more. Rent your bike at JH Sports in Teton Village. And if your family is new to mountain biking, set yourself up for success by putting your child in the JH Sports youth bike camp or by hiring a private guide for the day.

Learn more at [JacksonHole.com](https://www.jacksonhole.com).