













WASATCH COUNTY RESOURCES

Physical Activity

	<p>Historic Union Pacific Rail-to-Trail 2115 Echo Dam Road Coalville, UT84017 435-649-6839 http://stateparks.utah.gov/park/historic-union-pacific-rail-trail</p>	Walking/Hiking/Biking Trails	Free
	<p>Rocky Mountain Middle 800 West School House Way Heber City, UT84032 435-654-950 http://www.wasatch.edu/Domain/345</p>	Track, Open grass, Tennis	Free
	<p>Timpanogos Intermediate 1415 East 980 South Heber City, UT84032 435-654-0550 http://www.wasatch.edu/Domain/1573</p>	Track, Open grass, Tennis	Free
	<p>Wasatch High 930 South 500 East Heber City, UT84032 435-654-0640 http://www.wasatch.edu/whs</p>	Track, Open grass, Tennis	Free

	<p>Bald Mountain Summit Trail From Kamas, drive Hwy 150 about 29 miles east to the signed trailhead and parking area at the top of Bald Mountain Pass. Heber City, UT84032 800-200-1160 https://www.visitutah.com/things-to-do/outdoor-adventures/hiking/kamas-uinta-mountains/bald-mountain/</p>	Walking/Hiking Trails	Free
	<p>Cascade Springs Interpretive Trails The main access is via the Cascade Springs Backway, which runs from the summit along the Alpine Loop Road down to Soldier Hollow in Wasatch Mountain State Park. From Salt Lake or Provo, get on the Alpine Loop Road via American Fork or Provo canyons and ju Heber City, UT84032 800-200-1160 https://www.fs.fed.us/wildflowers/regions/intermountain/CascadeSprings/index.shtml</p>	Walking/Hiking Trails	Free
	<p>Crystal Lake Area Hikes Crystal Lake is located just off Hwy 150, near Trial Lake, about 26 miles east of Kamas Heber City, UT84032 800-200-1160 https://utah.com/hiking/crystal-lake</p>	Walking/Hiking Trails	Free
	<p>Currant Creek Nature Trail The trailhead is located in loop D of the campground, which is on the west side of Currant Creek Reservoir. To reach the trail drive Hwy 40 SE from Heber to the Currant Creek turnoff. The Currant Creek Road is gravel. Follow it for 17 miles to and then ar Heber City, UT84032 800-200-1160</p>	Walking/Hiking Trails	Free

	https://www.recreation.gov/camping/currant-creek/r/campgroundDetails.do?contractCode=NRSO&parkId=70117		
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	<p>Provo River Waterfall Trails From Kamas, drive Hwy 150 east for about 23.5 miles to the parking area. Follow the obvious path to the overlook. Heber City, UT84032 800-200-1160 https://utah.com/hiking/provo-canyon-river-waterfalls</p>	Walking/Hiking Trails	Free
	<p>Strawberry Narrows Trail The Narrows Trail follows the lake's south shoreline between the Renegade boat ramp and the Aspen Grove boat ramp Heber City, UT84032 800-200-1160 https://utah.com/hiking/strawberry-narrows-trail</p>	Walking/Hiking Trails	Free
	<p>Clegg Canyon Trails From I-15 take Orem 800 North Exit 272. Follow 800 North to the mouth of Provo Canyon veering to the left, where you tie into Highway 189 in Provo Canyon. It is approximately 22 miles from the mouth of the canyon to Heber. Turn right at the Junction of Heber City, UT84032 435-654-0470 http://lambertlaughs.blogspot.com/2016/05/dry-canyon-and-clegg-canyon.html</p>	Walking/Hiking Trails	Free
	<p>Co-op Creek Trail The trail starts about 24 miles southeast of Heber on US Hwy 40. Turn left on Co-op Creek road and travel about 3 miles to the trailhead. A dead-end turnoff on the left accesses the trailhead and limited parking is available. Heber City, UT84032</p>	Walking/Hiking Trails	Free





	434-654-3666 http://www.gohebervalley.com/Co-op-Creek		
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	<p>Cummings Parkway Loop Take the Cascade Springs road east to Midway and follow Midway streets back to the park entrance. The route primarily follows gravel roads and some vehicular traffic should be expected. Several side trails and jeep roads branch off this route for those with Heber City, UT84032 435-654-1791 http://www.gohebervalley.com/Cummings-Parkway-Loop</p>	Walking/Hiking Trails	Day-use fee: \$5; \$3 for Utah seniors 62 and older
	<p>Deer Creek Reservoir About 10 miles southwest of Heber City, along US Hwy 189 Heber City, UT84032 435-654-0171 https://stateparks.utah.gov/parks/deer-creek/</p>	Swimming, Walking/Hiking Trails	\$10 per vehicle up to 8 people; \$5 Utah seniors over 62
	<p>Duchesne Ridge Trail Duchesne Ridge Road Heber City, UT84032 435-654-3666 http://www.gohebervalley.com/Duchesne-Ridge</p>	Walking/Hiking Trails	Call for prices
	<p>Foreman Hollow Trail Access this trail in Lodgepole Campground, 16 miles southeast of Heber City on US Hwy 40 Heber City, UT84032 435-654-3666 http://www.gohebervalley.com/Foreman-Hollow</p>	Walking/Hiking Trails	Call for prices
	<p>Heber City Walk 475 North Main Street Heber City, UT84032</p>	Walking/Hiking Trails	Free

	435-654-3666 http://www.gohebervalley.com/Heber-City-Walk		
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	<p>Telephone Hollow Trail US Hwy 40, 15 miles southeast from Heber City to Daniels Summit Store. Access trail across US Hwy 40 at Daniels Summit Store. Follow US Hwy 40 east to Telephone Hollow. At Telephone Hollow, follow blue diamond markers back to Daniels Summit Estates Heber City, UT84032 435-654-0470 http://www.gohebervalley.com/Heber-Ranger-District-Telephone-Hollow-Trail</p>	Walking/Hiking Trails	Call for prices
	<p>Heber Valley Loop This 26-mile loop follows paved roads through downtown Heber City, out to the farmlands of Charleston and through the Swiss Village of Midway Heber City, UT84032 435-654-3666 http://www.gohebervalley.com/Heber-Valley-Loop</p>	Walking/Hiking Trails	Free
	<p>Pine Creek Nature Trail The trailhead is at the top of the Pine Creek Campground, in Wasatch Mountain State Park. Heber City, UT84032 800-322-3770 http://www.gohebervalley.com/Pine-Creek-Nature-Trail</p>	Walking/Hiking Trails	Call for prices
	<p>Snake Creek Canyon Wasatch Mountain State Park Visitor's Center. To reach Snake Creek Canyon, turn left at the WMSP Visitor Center and follow the road past the golf course into the canyon. Heber City, UT84032 435-654-1791 http://www.gohebervalley.com/Snake-Creek-Canyon</p>	Walking/Hiking Trails	Call for prices





	<p>Thornton Hollow Trail The trailhead is well-signed and located 12 miles southeast of Heber City on US Hwy 40 Heber City, UT84032 435-654-3666 http://www.gohebervalley.com/Thornton-Hollow</p>	Walking/Hiking Trails	Free
	<p>Willow Creek Trail To access the trailhead, turn off US Hwy 40 in Strawberry Valley 19 miles southeast of Heber City at Strawberry River road. Approximately one-mile up the road, turn right onto Willow Creek road and travel a mile to the trailhead where a parking area is pr Heber City, UT84032 435-654-3666 http://www.gohebervalley.com/Willow-Creek</p>	Walking/Hiking Trails	Free
	<p>Midway City Park 145 West Main Street Midway, UT84049 435-654-3227 http://midwaycityut.org/parks.htm</p>	Walking/Jogging Path	Free
	<p>Wasatch Mountain State Park Located in the northwest corner of the town of Midway, off US 40 (approx. five miles west). Midway, UT84049 435-654-1791 https://www.recreation.gov/recreationalAreaDetails.do?contractCode=NRSO&recAreaId=15099</p>	Hiking/Biking Trails	Day-use fee: \$5; \$3 for Utah seniors 62 and older

	<p>Forman Trail 2460 South US Highway 40 Heber City, UT84049 435-654-0470 http://www.gohebervalley.com/Heber-Ranger-District-Forman-Trail</p>	Walking/Hiking Trails	Call for prices
	<p>Little Hobble Creek Trail 2460 South US Highway 40 Heber City, UT84049 435-654-0470 http://www.gohebervalley.com/Heber-Ranger-District-Little-Hobble-Creek-Trail</p>	Walking/Hiking Trails	Call for prices
	<p>Mill Hollow Area Trail 2460 South US Highway 40 Heber City, UT84049 435-654-0470 http://www.gohebervalley.com/Mill-Hollow-Area-Trail</p>	Walking/Hiking Trails	Free
	<p>Nobletts/Log Hollow Trail From I-15 take Orem 800 North Exit 272. Follow 800 North to the mouth of Provo Canyon veering to the left, where you tie into Highway 189 in Provo Canyon. It is approximately 22 miles from the mouth of the canyon to Heber. At the junction of Highways 1 Heber City, UT84049 435-654-0470 http://www.gohebervalley.com/Nobletts-Log-Hollow</p>	Walking/Hiking Trails	Call for prices

	<p>Sleepy Hollow Trail Take US-40 southbound from Heber and drive up Daniel's Canyon 17 miles from the US-40 to US-189 junction. After passing the summit, continue another 5.5 miles, passing the Strawberry Administrative area and paved road on your right. 7 miles past the summi Heber City, UT84049 801-653-2689 http://www.utahmountainbiking.com/trails/sleepyhollow.htm</p>	Walking/Hiking/Biking Trails	Free
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WASATCH COUNTY RESOURCES

Nutrition

	<p>St. Lawrence Catholic Church 5 South 100 West Heber City, UT84032 435-654-4035 http://www.stmarysparkcity.com/St--Lawrence-Mission-Church</p>	<p>Food Assistance</p>	<p>Free</p>
	<p>Heber Valley Farmers Market Main Street between 200 and 300 South Heber City, UT84032 435-654-4830 http://www.ci.heber.ut.us/community/events/farmersmarket/index.html</p>	<p>Fresh Produce and other products</p>	<p>Prices vary</p>
	<p>Smith's 550 N Main St Heber City, UT84032 435-654-1250 https://www.smithsfoodanddrug.com/</p>	<p>Supermarket</p>	<p>Prices vary</p>
	<p>Walmart Supercenter 1274 S Us 189 Heber City, UT84032 435-709-3015 http://www.walmart.com/</p>	<p>Supermarket</p>	<p>Prices vary</p>


WASATCH COUNTY RESOURCES

Blood Pressure

	<p>Walgreens 560 S Main St Heber City, UT84032 435-654-3863 http://www.walgreens.com/</p>	Blood Pressure Machine	Free
	<p>Smith's 550 N Main St Heber City, UT84032 435-654-1250 https://www.smithsfoodanddrug.com/</p>	Blood Pressure Machine	Blood Pressure measurements are free
	<p>Walmart Supercenter 1274 S Us 189 Heber City, UT84032 435-709-3015 http://www.walmart.com/</p>	Blood Pressure Machine	Blood Pressure measurements are free

WASATCH COUNTY RESOURCES

Mental Health

	<p>Heber Valley Counseling 55 South 500 East Heber City, UT84032 435-654-1618 http://www.rehabcenter.net/rehab-centers/utah-rehab-centers/heber-city/heber-valley-counseling</p>	<p>Individual, couple/marriage and family therapy</p>	<p>Call for pricing</p>
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