

Suggested Itinerary: Utah Cities and National Parks

The great outdoors define the Utah experience. Some of Utah's most iconic desert landscapes attract visitors and fill photo frames the world over. The region is also known for its cultural offerings and architecture in Salt Lake City and Provo.

Salt Lake City, Utah

Suggested: 2 days

As the home of the Mormon church, Salt Lake City's centre is dominated by Temple Square. Visitors will be inspired by the architecture of the church buildings, including the Tabernacle, Salt Lake Temple and Joseph Smith Memorial Building. Plan to see a rehearsal by the Mormon Tabernacle Choir, too. Not to be missed is a visit to the public library, another architectural marvel, and an educational outing to the Natural History Museum of Utah. In the summer, enjoy hiking, biking, kayaking and floating on the briny waters of Great Salt Lake. In the winter, experience world-class skiing at Big Cottonwood Canyon.

Provo, Utah

Suggested: 1-2 days

Less than an hour south, Provo is beloved for its beautiful scenery and outdoor recreation. Provo Canyon Scenic Byway (Highway 189) ascends Provo Canyon, and there are hiking, biking, fishing and photography opportunities along the way. Just off the highway, look for the 185 metre-high Bridal Veil Falls. Back in town, walk the grounds of Brigham Young University and explore the free museums on campus, including the Museum of Palaeontology, Museum of Art, Monte L. Bean Life Science Museum and Museum of Peoples and Cultures.

Moab, Utah

Suggested: 2 days

Some of the West's most stunning parks are found in Moab. See the famous balanced rocks, red-hued arches and other eerie geological formations at Arches National Park. Stop at Dead Horse State Park to see where the canyon scene in 'Thelma & Louise' was filmed. As an International Dark Sky Park, it also features an outstanding night-time display of the Milky Way. Adjacent to Dead Horse, Canyonlands National Park features amazing views of canyons and the Colorado River as well as all types of outdoor recreation.

Page, Lake Powell, Utah and Arizona

Suggested: 2-3 days

The town of Page hosts visitors to Lake Powell, which straddles the border of Utah and Arizona. The lake is popular for houseboating, fishing, kayaking and rafting. Visitors should plan to see Antelope and Navajo canyons, Rainbow Bridge National Monument and Horseshoe Bend, one of the most photographed curves in the Colorado River. Guided tours are available. Adventurous travellers might opt for a helicopter or hot air-balloon ride to see it all from above.

Grand Staircase-Escalante National Monument and Kanab, Utah

Suggested: 2 days

Highway 89 from Page to Kanab goes through the southern portion of Grand Staircase-Escalante National Monument. This largely untouched landscape - it was the last place in the continental USA to be mapped - is renowned for its awe-inspiring slot canyons and outdoor activities. Take a guided tour to explore sculpted rocks and canyon crevices. Kanab is also convenient to other major parks, including Zion National Park and the Grand Canyon.

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