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Three Perfect Days in Salt Lake City - A Journey Connected Travel Guide

Trip Summary

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Day 1



Morning: Temple Square Begin your first day with a visit to Temple Square, the heart of Salt Lake City. Explore the grounds and the iconic Salt Lake Temple, with its stunning spires. Take a guided tour to learn about the history and significance of this religious site.

Late Morning: Utah State Capitol Head to the Utah State Capitol, perched on Capitol Hill. Take a tour of this impressive neoclassical building, marvel at the artwork, and enjoy panoramic views of the city and surrounding mountains from the capitol's grounds.

Lunch: Local Cuisine For lunch, savor local cuisine at one of the city's eclectic restaurants. Salt Lake City's dining scene offers diverse options, from farm-to-table establishments to international fare.

Afternoon: Downtown Exploration Stroll through the downtown area, admiring historic architecture and vibrant street art. Visit the City and County Building and the Leonardo Museum to delve into the city's history and the intersection of art, science, and technology.

Evening: Arts and Culture In the evening, attend a performance at the Capitol Theatre or explore the offerings at Ballet West, a renowned ballet company. Alternatively, check out the Gallivan Center for live music and cultural events.



Day 2



Morning: Big Cottonwood Canyon Embark on a day of outdoor adventure with a morning trip to Big Cottonwood Canyon. Hike along scenic trails, picnic by mountain streams, or simply soak in the breathtaking alpine vistas. Silver Lake and Brighton Ski Resort are must-visit spots.

Lunch: Mountain Dining Enjoy lunch at one of the canyon's mountain lodges or restaurants. Savor a hearty meal while surrounded by the stunning beauty of the Wasatch Mountains.

Afternoon: Outdoor Activities Engage in outdoor activities like rock climbing or mountain biking. The canyon's rugged terrain offers plenty of opportunities for adventure.

Late Afternoon: Great Salt Lake Head northwest to Antelope Island State Park for an unforgettable experience at the Great Salt Lake. Explore the island's trails, witness bison herds, and, if you dare, take a buoyant float in the lake's saltwater.

Evening: Sunset and Relaxation As the sun sets, find a serene spot on the island or the shoreline to capture the stunning hues of a Utah sunset over the Great Salt Lake.



Day 3



Morning: Hogle Zoo Kick off your day with a visit to Hogle Zoo. This family-friendly attraction offers a chance to see animals from around the world and learn about conservation efforts.

Late Morning: Discovery Gateway Children's Museum The Discovery Gateway Children's Museum is an engaging destination for children of all ages. Interactive exhibits encourage creativity and curiosity, making it a perfect stop for families.

Lunch: Dining in Sugarhouse Head to Sugarhouse, a historic neighborhood with a vibrant dining scene. Enjoy a leisurely meal at a local restaurant, and explore boutique shops in the area.

Afternoon: Mill Creek Canyon Spend your afternoon in the tranquility of Mill Creek Canyon. Hike, bike, or simply unwind amidst the natural beauty of this peaceful destination.

Late Afternoon: Cultural Enrichment Visit the Natural History Museum of Utah, where you can delve into paleontology, anthropology, and the state's unique natural history. Alternatively, explore the Salt Lake City Public Library, with its rooftop garden and stunning city views.

Evening: Local Craft Beer Scene Conclude your three perfect days in Salt Lake City by immersing yourself in the city's burgeoning craft beer scene. Visit local breweries, enjoy a flight of craft beers, and savor the flavors of the city.



Salt Lake City, Utah City Guide



Salt Lake City: A Comprehensive City Guide

Nestled against the backdrop of the Wasatch Mountains and overlooking the vast expanse of the Great Salt Lake, Salt Lake City offers a unique blend of natural beauty, rich history, and vibrant urban culture. Explore this comprehensive city guide to discover the many facets of this captivating destination.

Historic Temple Square: Salt Lake City's heart is Temple Square, home to the iconic Salt Lake Temple, Assembly Hall, and Tabernacle. Guided tours provide insights into the history and architecture of these religious landmarks.

Utah State Capitol: Perched atop Capitol Hill, the Utah State Capitol is a magnificent architectural gem. Its interior showcases impressive artwork, and the grounds offer sweeping views of the city.

Outdoor Adventures: Adventure beckons in the nearby Big and Little Cottonwood Canyons, offering year-round opportunities for hiking, skiing, and rock climbing. These natural playgrounds are a haven for outdoor enthusiasts.

Great Salt Lake: Just northwest of the city, the Great Salt Lake awaits. Explore Antelope Island State Park for an encounter with bison, hiking, birdwatching, and the surreal experience of floating in its buoyant waters.

Cultural Exploration: The Natural History Museum of Utah and Discovery Gateway Children's Museum provide engaging educational experiences. The former delves into paleontology and anthropology, while the latter fosters creativity in young minds.

Historical Landmarks: Wander the Mormon Pioneer National Historic Trail, retracing the steps of early pioneers. Historic sites like This Is the Place Heritage Park and the City and County Building offer glimpses into the city's past.

Arts and Entertainment: Catch a performance at the Capitol Theatre or immerse yourself in the artistic offerings at Ballet West, one of the oldest ballet companies in the country.

Red Butte Garden and Arboretum: Nestled at the foothills, Red Butte Garden enchants with meticulously curated gardens and outdoor concerts against the backdrop of the Wasatch Mountains.

Dining and Nightlife: Salt Lake City's dining scene ranges from fine dining to eclectic international cuisine, while its nightlife offers an array of bars, clubs, and live music venues to cater to diverse tastes.

Unique Outdoor Escapes: The tranquility of Mill Creek Canyon, the majesty of Silver Lake in Big Cottonwood Canyon, and the alpine beauty of Silver Lake in American Fork Canyon offer serenity and natural beauty.

Cultural Experiences: The Leonardo Museum engages visitors with the intersection of art, science, and technology, while the City and County Building turns into a holiday wonderland with festive lights.

Hogle Zoo: A family favorite, Hogle Zoo houses animals from around the world and provides a hub for conservation and education.

Clark Planetarium: Explore the cosmos through interactive exhibits, star shows, and immersive IMAX screenings at the Clark Planetarium.

Sugarhouse District: Historic Sugarhouse offers charming streets lined with boutique shops, dining, and the leafy respite of Sugarhouse Park.

Salt Lake City Public Library: This architecturally striking library offers a wealth of books, community programs, and a rooftop garden with panoramic city views.

Sporting Events: Immerse yourself in the local sports culture by attending games of the Utah Jazz (NBA) or Real Salt Lake (MLS).

Gallivan Center: A central hub for events, Gallivan Center hosts concerts, festivals, and activities, providing a lively backdrop for entertainment and relaxation.

Local Craft Beer Scene: Salt Lake City's burgeoning craft beer scene invites you to explore local breweries and savor an array of craft beers in welcoming taprooms.

Salt Lake City's diversity of attractions appeals to nature enthusiasts, history buffs, art lovers, and sports fans. With a blend of outdoor adventures, cultural experiences, and family-friendly activities, Salt Lake City emerges as a multifaceted destination that has something to captivate every traveler.



Top Things to See and Do in Salt Lake City



1. **The Leonardo Museum:** [Website](#)

- The Leonardo Museum is a dynamic center of art, science, and technology. Visitors can explore interactive exhibits and engage in hands-on activities that inspire creativity and curiosity.

1. **Big Cottonwood Canyon:** [Website](#)

- Big Cottonwood Canyon is a picturesque outdoor destination. It offers a variety of hiking and biking trails, rock climbing opportunities, and access to scenic overlooks. Ski resorts like Brighton and Solitude are also found in this canyon.

1. **Ballet West:** [Website](#)

- Enjoy world-class ballet performances by Ballet West, one of the oldest ballet companies in the U.S. Check their website for upcoming shows, including classics and contemporary pieces.

1. **Mormon Pioneer National Historic Trail:** [Website](#)

- Explore the historic Mormon Pioneer National Historic Trail, which retraces the steps of early pioneers. Visit landmarks like This Is the Place Heritage Park and the Mormon Pioneer National Historic Trail Center to learn about the westward migration.

1. **Discovery Gateway Children's Museum:** [Website](#)

- The Discovery Gateway Children's Museum offers a wide range of interactive exhibits for children. It's an educational and entertaining destination that encourages learning through play.

1. **City and County Building:** [Website](#)

- Admire the City and County Building, a beautiful architectural landmark in Salt Lake City. It's particularly enchanting during the holiday season when it's adorned with festive lights and decorations.

1. **The Beehive House:** [Website](#)

- Visit the historic Beehive House, a former residence of Brigham Young. Guided tours offer insights into the life of early pioneers and the history of the region.

1. **Hogle Zoo:** [Website](#)

- Hogle Zoo is home to diverse animals from around the world. The zoo is dedicated to conservation and offers educational programs. Check their website for hours, events, and exhibits.

1. **Mill Creek Canyon:** [Website](#)

- Mill Creek Canyon is a peaceful outdoor destination with hiking trails, picnicking areas, and opportunities for wildlife viewing. It's a great escape close to the city.

1. **Capitol Theatre:** [Website](#)

- Capitol Theatre is a historic venue that hosts a variety of cultural performances, including ballet, opera, and theater. Check the schedule for upcoming shows and events.

Salt Lake City Top Ten



1. **Temple Square:** [Website](#)
 - Explore Temple Square, a historic and religious site, home to the Salt Lake Temple, Tabernacle, Assembly Hall, and more. Take guided tours to learn about the religious significance, architecture, and history of this iconic location.
2. **Utah State Capitol:** [Website](#)
 - Visit the Utah State Capitol, a neoclassical architectural masterpiece. Tour the building to discover its impressive interior, artworks, and enjoy panoramic views of the city and surrounding mountains.
3. **Great Salt Lake:** [Website](#)
 - Head to the Great Salt Lake and visit Antelope Island State Park, known for its stunning landscapes, wildlife, and unique saltwater experiences. Enjoy hiking, birdwatching, and taking a dip in the saline waters.
4. **Red Butte Garden and Arboretum:** [Website](#)
 - Explore the Red Butte Garden and Arboretum, which offers a vast collection of plants, outdoor concerts, and breathtaking views of the Wasatch Mountains. It's a serene escape in the heart of the city.
5. **Hiking and Outdoor Activities:** There are numerous hiking trails and outdoor activities around Salt Lake City. Two popular canyons, Big Cottonwood Canyon and Little Cottonwood Canyon, offer hiking, rock climbing, and skiing in the winter. Explore the [Utah.com](#) website for details.
6. **Utah Olympic Park:** [Website](#)
 - Discover the legacy of the 2002 Winter Olympics at the Utah Olympic Park. Watch athletes practice, experience a thrilling bobsled ride, and enjoy adventure activities like zip-lining and obstacle courses.
7. **Natural History Museum of Utah:** [Website](#)
 - Immerse yourself in the Natural History Museum of Utah, with exhibits covering paleontology, anthropology, and the unique natural history of the state. The museum offers hands-on displays and interactive learning experiences.
8. **Tracy Aviary:** [Website](#)
 - Visit the Tracy Aviary, home to a diverse collection of birds from around the world. Learn about conservation efforts and enjoy interactive exhibits and bird-watching opportunities.
9. **Downtown Salt Lake City:** Explore downtown Salt Lake City's vibrant scene, filled with restaurants, shops, art galleries, and cultural events. Discover historic architecture, public art installations, and a thriving culinary landscape. For more information, visit the [Downtown Alliance](#) website.
10. **Clark Planetarium:** [Website](#)
 - Delve into the cosmos at the Clark Planetarium. Explore interactive exhibits, star shows, and watch captivating documentaries on the dome-shaped IMAX screen. It's a fun and educational experience for all ages.



Salt Lake City Dining, Bars, and Nightlife



Dining:

1. **The Copper Onion:** This upscale eatery offers a modern twist on American comfort food. The menu features a range of dishes, including house-made charcuterie, unique salads, and an array of delectable entrees. The restaurant is known for its stylish, yet welcoming ambiance.
2. **Forage:** Forage provides an exceptional culinary journey with its tasting menus that change seasonally. Each dish is artfully prepared using locally sourced and often foraged ingredients, making it a destination for food enthusiasts.
3. **Takashi:** A gem for sushi lovers, Takashi offers an extensive selection of fresh sushi, sashimi, and specialty rolls. The restaurant's modern and chic setting complements its high-quality cuisine.
4. **Valter's Osteria:** Valter's is an Italian restaurant known for its warm atmosphere and authentic Italian cuisine. The menu features house-made pasta, flavorful risottos, and a diverse wine list, making it a cozy spot for a romantic dinner.
5. **Red Iguana:** A local institution, Red Iguana specializes in Mexican cuisine, with an emphasis on moles. The lively, colorful interior and extensive menu make it a favorite for both tourists and locals.
6. **Sawadee:** Sawadee serves up authentic Thai cuisine, with an array of dishes that cater to various tastes and heat preferences. The restaurant's inviting décor and attentive service contribute to a memorable dining experience.

Bars and Nightlife:

1. **Bar-X:** A historic bar with a speakeasy atmosphere. Bar-X is famous for its classic cocktails, mixed to perfection by skilled bartenders. The cozy ambiance makes it a great place to unwind.
2. **Beer Bar:** Located adjacent to Bar-X, Beer Bar offers an extensive selection of craft beers, including local and regional brews. Their gourmet sausages and brats are the perfect complement to a cold beer.
3. **Lake Effect:** This multi-level bar is a favorite among music enthusiasts. Live jazz, blues, and other musical performances are regular occurrences. Lake Effect boasts a vast collection of spirits, and the rooftop patio is a charming spot to enjoy your drinks.
4. **The Ruin:** A trendy bar with a stylish rooftop patio. The Ruin offers a variety of cocktails and an inviting atmosphere for a night out with friends.
5. **Gracie's:** This historic bar and restaurant often features live music acts, covering a wide range of genres. Happy hour deals and a lively ambiance make Gracie's a popular spot.
6. **The Complex:** As a leading concert venue and nightclub, The Complex hosts a diverse range of live music events, from rock to electronic. It's a great place to catch your favorite artists and dance the night away.
7. **Area 51:** For those who enjoy gothic and alternative music scenes, Area 51 offers themed dance nights and a unique nightlife experience. The club features a range of music styles, from industrial to darkwave.
8. **The Westerner Club:** A country-themed nightclub with live country music, line dancing, and a spirited atmosphere. If you're looking for a taste of the Wild West, The Westerner is the place to be.

Keep in mind that Utah's liquor laws are unique and include lower alcohol content in beer available in grocery stores, as well as specific regulations regarding alcohol service and consumption. Always check for age restrictions and local regulations, and enjoy Salt Lake City's evolving dining, bars, and nightlife scene.



Salt Lake City Tourist Resources



When visiting Salt Lake City, Utah, it's beneficial to have access to tourist resources and information to help you plan your trip and make the most of your visit. Here are some useful resources for tourists in Salt Lake City:

1. **Visit Salt Lake:** The official tourism website for Salt Lake City provides information on accommodations, dining, events, and attractions. Visit their website at [Visit Salt Lake](#).
2. **Salt Lake City Visitor Information Center:** Located in downtown Salt Lake City, this visitor center offers maps, brochures, and helpful information to assist you in navigating the city.
3. **Salt Lake City Area Map:** Pick up a map of the city and its surrounding areas at the visitor center or download one online to help you explore the city with ease.
4. **The Utah Office of Tourism:** The state's official tourism website provides resources, travel guides, and information on Utah's attractions. Visit their website at [Utah Office of Tourism](#).
5. **Temple Square:** For information about visiting Temple Square, the headquarters of The Church of Jesus Christ of Latter-day Saints, including guided tours and visitor centers, visit [Temple Square](#).
6. **Social Media:** Follow official social media accounts and hashtags related to Salt Lake City and its attractions on platforms like Facebook, Instagram, and Twitter for real-time updates and recommendations.
7. **Local Newspapers and Magazines:** Salt Lake City has local publications like the "Deseret News" and "The Salt Lake Tribune," which provide news, event listings, and insights into the city's culture and lifestyle.
8. **Public Transportation Information:** To navigate the city using public transportation, check the Utah Transit Authority (UTA) website for bus and TRAX (light rail) schedules and routes. Visit their website at [Utah Transit Authority](#).

These tourist resources will help you plan your trip, find your way around the city, and stay informed about local events and activities during your visit to Salt Lake City. Enjoy your time exploring the diverse attractions and experiences in the area!

