



2024

TrailLink Unlimited 

Guides



**Murdock  
Canal Trail**  
*Utah*



## Murdock Canal Trail

Utah

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At the southern end of the trail in Orem, you can also head east paralleling UT 52 a short distance to reach the 15-mile [Provo River Parkway](#). Both trails are part of the Golden Spoke trail network, which stretches more than 100 miles from Ogden to Provo.

At the northern end of the trail in Lehi, you can pick up the [Historic Utah Southern Rail Trail](#) and travel about 3 miles towards the city's downtown.

Located in Utah Valley, the pristine Murdock Canal Trail, which opened in May 2013, is built over the now-enclosed canal. The beautiful 17-mile route connects seven communities in the Utah Valley at the base of Mount Timpanogos, south of Salt Lake City. The paved pathway has an adjacent dirt path for equestrian use. The trail is marked every quarter-mile and has established trailheads with restroom facilities and running water about every three miles.

Near 5300 W. (State Route 74) in Highland, there is a short gap in the trail that can be bridged via the bike lanes or sidewalk on that road, along with low-traffic West Park Rd. (10130 N.) and paved trails in Highland Glen Park. The Murdock Canal Trail resumes just south of the park and continues without any interruptions to Orem.



# Murdock Canal Trail

Utah

**States:** Utah

**Counties:** Utah

Length: 17miles

**Trail end points:** E 800 N/SR 52 & N 1100 E (Orem) to Timpanogos Hwy/SR 92 & Ashton Blvd (Lehi)

**Trail surfaces:** Asphalt, Concrete

**Trail category:** Greenway/Non-RT

**Trail activities:** Bike, Inline

Skating, Wheelchair Accessible, Horseback Riding, Walking

## Parking & Trail Access

The Murdock Canal Trail has several trailheads in the following communities, from south to north:

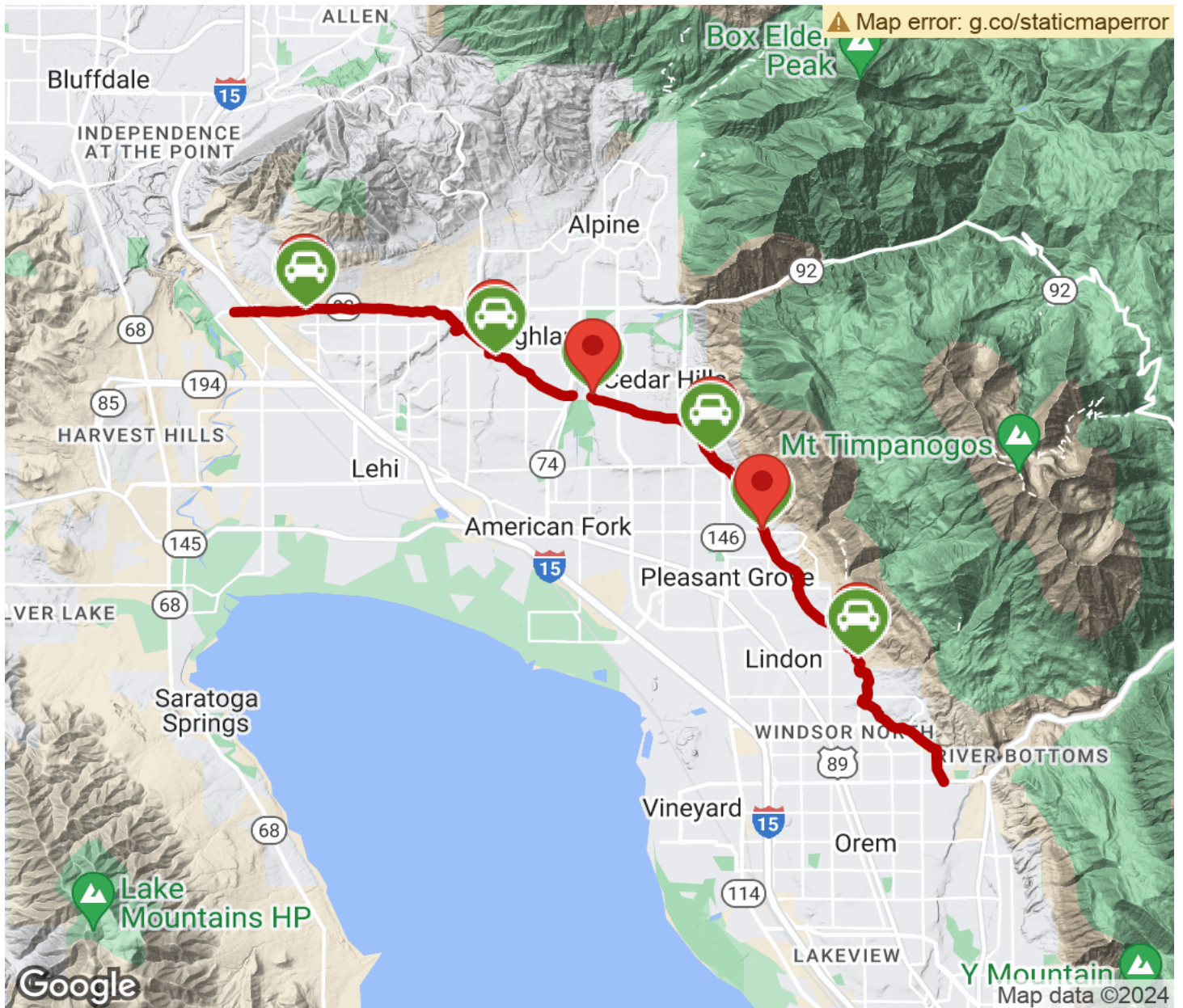
- Orem: Although there is no parking at the trailhead (1100 E. 800 N.), just a few blocks east is the parking lot for the [Provo River Parkway](#) trailhead.
- Lindon: The trailhead is located at 300 N 780 E.
- Pleasant Grove: The city offers two trailheads: one at 1100 N. 600 E., and the other at N. Canyon Road (SR 146) and Canyon Heights Drive.
- Highland: The city has two trailheads: one in Highland Glen Park, which you can enter from Alpine Highway (SR 74) at Park Road (10130 N.), and the other in Mitch Hollow Park at 6450 W. 10400 N.
- Lehi: The Bull River Road trailhead is located at Timpanogos Highway (SR 92) and 1200 W.





# Murdock Canal Trail

Utah



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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