



2026

TrailLink Unlimited 

Guides



**Murdock
Canal Trail**
Utah



Murdock Canal Trail

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Located in Utah Valley, the pristine Murdock Canal Trail, which opened in May 2013, is built over the now-enclosed canal. The beautiful 20.8-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.

About the Route

At its northern end, the trail connects to the Jordan River Parkway Trail. The Murdock Canal Trail heads north along Garden Drive and then east along the Club House Drive. Continuing east, the trail parallels UT-92 for

roughly 3.5 miles. Curving southeast away from the highway, the trail meanders through residential areas in Highland and connects several parks.

In Highland, the trail briefly runs south along Alpine Highway and then heads east parallel Canal Boulevard. The Highland Glen Trailhead has restrooms, drinking fountains, parking and a connection to Highland Glen Park, which has a playground, a swimming pond and more. The Murdock Canal Trail continues southeast to Orem.

At the southern end of the trail in Orem, head east along E 800 N/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.

Connections

At the northern end of the trail, it connects to the [Jordan River Parkway Trail](#).

In Lehi, the trail connects to the [Historic Utah Southern Rail Trail](#), which travels about 3 miles towards the city's downtown. In Lindon, the trail connects to the [Lindon Heritage Trail](#), which crosses east-west across the city.

At the southern end of the trail in Orem, take the widened sidewalk connector east along E 800 N/UT-52 to the [Provo River Parkway](#).



TrailLink
by Rails-to-Trails Conservancy

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Murdock Canal Trail

Utah

States: Utah

Counties: Utah

Length: 20.8miles

Trail end points: Jordan River Parkway Trail (Lehi) to E 800 N/SR 52 & N 1100 E (Orem)

Trail surfaces: Asphalt, Concrete

Trail category: Greenway/Non-RT

Trail activities: Bike, Horseback Riding, Inline Skating, Walking, Wheelchair Accessible

Parking & Trail Access

The Murdock Canal Trail runs between the Jordan River Parkway Trail (Lehi) and the intersection of E 800 N/SR 52 & N 1100 E (Orem).

Parking is available at:

- Mitchell Hollow Park, 6400 W 10250 N (Highland)
- Highland Glen Trailhead, at the southern end of Highland Glen Park, 4800 Knight Ave (Highland)
- Wade Springs Trailhead, 609 E 1100 N (Pleasant Grove)

Although there is no parking at the southern trailhead (intersection of E 800 N/SR 52 & N 1100 E, Orem), just a few blocks east is the parking lot for the [Provo River Parkway](#) Trailhead.

Visit the [TrailLink map](#) for all parking options and detailed directions.



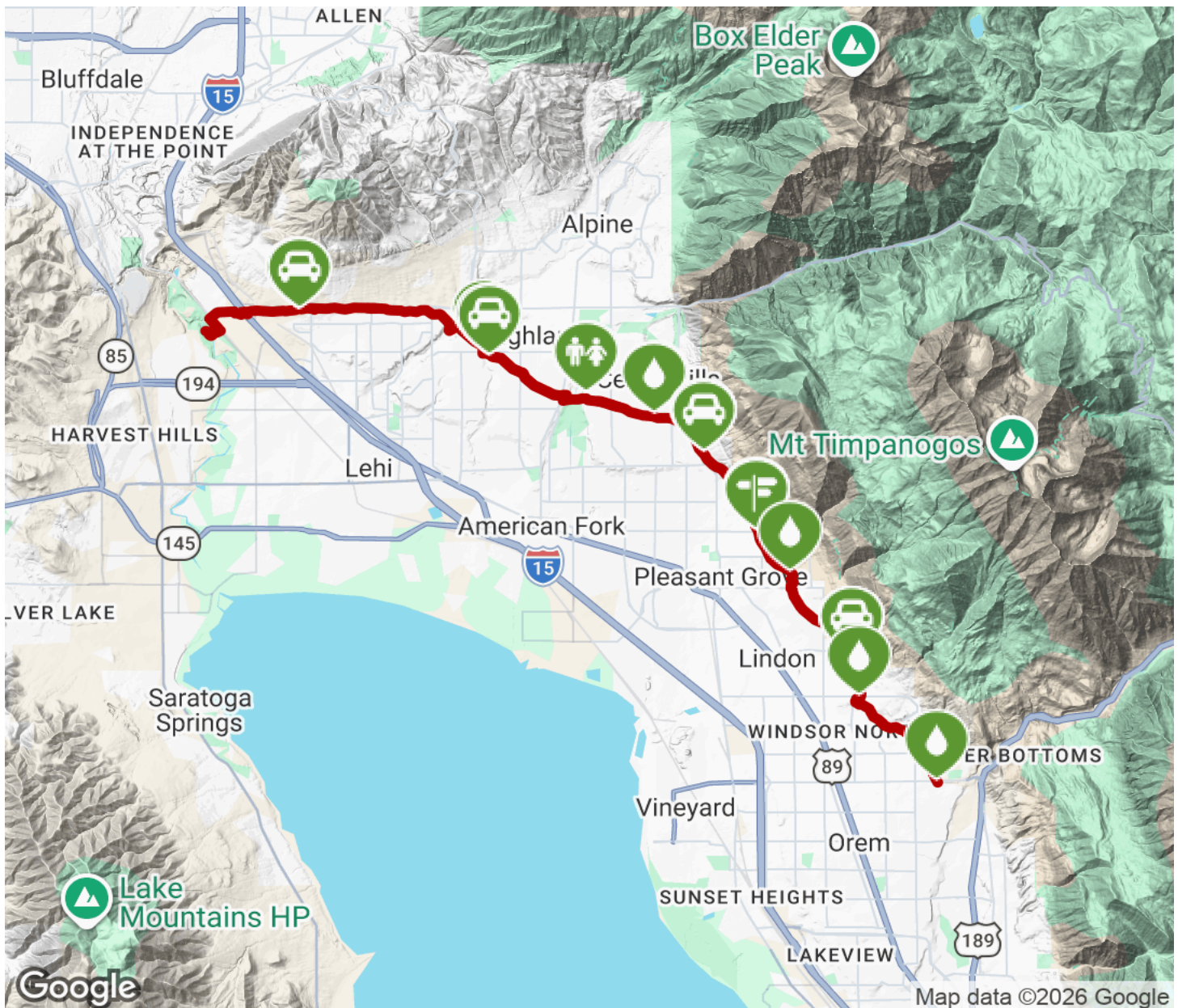
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Murdock Canal Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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