

Cache Valley's

HEALTHY LIVING HANDBOOK



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INTRODUCTION

Cache Valley is a beautiful place to live, work, and play. This guide was created to help individuals, friends, and families that are new or experienced to the valley find not only fun, wholesome, recreational activities, but also local farms and a variety of locations to get locally produced items. The guide is divided into the following sections:

PARKS:

Wherever you are in the valley, there is probably a park close by. Cache Valley is home to over 95 parks of varying sizes. They offer a variety of experiences including sports areas, splash pads, picnic areas, and playgrounds.

PUBLIC LANDS:

Cache Valley is not only home to two State Parks; Bear Lake in Rich County and Hyrum Dam in Hyrum, but home to miles and miles of trails throughout the Cache National Forest.

TRAILS:

This directory highlights almost 30 urban trails and links to a variety of hiking trails. Most of the trails are family friendly and rated easy/moderate to use. Often, you will see friends or family out walking, running, or biking the trails.

RECREATION FACILITIES:

If you are looking for something fun to do on the weekend, wanting to sign your child up for dance or gymnastics, or wanting to find the perfect workout facility, look no further. This section has the listing and locations of all recreational facilities so you can do what is best for you.

LOCAL FOODS:

From the North to the South end of the valley, there are many farms along the way that sell locally grown produce, meat, dairy, honey, herbs, jams & jellies, juices, and syrups.

PARKS





BATHROOM



DRINKING
FOUNTAIN



PICNIC
AREA



PLAYGROUND



SPLASH
PAD



SPORTS
AREA

AMALGA

Sugar Park • 656 N 2400 W



CORNISH

Cornish Town Park • 13065 N 4800 W

HYDE PARK

City Office Park • 113 E Center



Lee Park & Pavilion • 200 W Center



Lions Park • 100 N 500 E



HYRUM

A.J. Park • 5880 E Hwy 101



Canyon Park • Mouth of the Canyon, Hwy 101



City Square • 83 W Main



East Park • 800 E Main



Pride Park • Glenwood Drive



Salt Hollow • 100 N 300 W



LEWISTON

Lewiston City Park • 98 S Main



LOGAN

Adams Park • 550 N 500 E



Boulevard Parkway • 520 E Boulevard

Bridger Park • 1181 N 400 W



Bridgerland Park • 900 N 100 W



Brookside Park • 500 N Brookside

Canal Corner • 800 N 300 E



Canyon Entrance Park • US 89 & Canyon Road



Canyon Road Memorial Park • 955 E Canyon Road

Center Street Parkway • 231 E Center

Don Reese Park • 1200 N 400 E



Eliason Park • 200 N 500 W



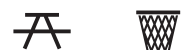
Fairview Park/LAC • 451 S 500 W



Garff Wayside Gardens • 100 S Main



Hillcrest Park • 900 N 1500 E



Hyrum Gibbons Mt. Logan Park • 1400 E 350 S					
Jens Johansen Park • 850 E 100 N					
Jones Neighborhood Park • 400 W 625 N					
Kilowatt Park • 331 S 300 W					
Logan Meadows Park • 350 S 600 W					
Logan Skate Park • 500 S 595 W					
Lundstrom Park • 1600 E 1350 N					
Lynn & Merle Olsen Park • Canyon Road & Center Street					
Majestic Park • 766 Majestic Drive					
Merlin Olsen Central Park • 300 E Center					
Morningside Park • 450 E 1150 N					
Pioneer Parkway • 165 E Poplar Avenue					
Quail West Park & Open Space • 1473 Quail Way					
Ray Hugie Hydro Park • US 89 & Canyon Road					
Rendezvous Park • 1500 S US 89-91					
River Hollow Park • 10 River Park Drive					
Second Dam Park • 3670 E US 89					

Soccer Park Complex • 1500 S Legrand Street



Sumac Park • 1020 Sumac Drive



The Point • Mountain Road & Cliffside Drive

Trapper Park • 1497 S 1600 W



Willard R. Dahle Memorial Park • 850 W 1230 S



Willow Park • 450 W 700 S



MENDON

Mendon City Park • 63 N 200 W



Mendon Neighborhood Park • 600 N 220 E



Pioneer Park • 51 N Main



MILLVILLE

Glenridge Will Park • 350 N 200 E



North Park • 415 N 100 E



South Park • 510 E 300 S



NEWTON

Newton Park • 85 S Center



NIBLEY

Ahnder Park • 294 W 3200 S



Clear Creek Park • 800 W 2200 S



Elkhom Park • 2600 S 700 W



Heritage Park • 800 W Nibley Park Avenue



Meadowview Park • 1600 W 3000 S



Main Street Park • 4006 S Hwy 165

Shadowbrook Park • 2770 S 800 W



Sunrise Meadows Disc Golf • 2500 S 1200 W



NORTH LOGAN

Elk Ridge • 1100 W 2500 N



King Park - Nature Park • Mouth of Green Canyon



Meadow View • 2720 N 300 E



Mountain View • 1100 E 2100 N

PARADISE

Paradise City Park • 200 W 9000 S

PROVIDENCE

Alma Leonhardt Park • 310 W 250 N



Braegger Park • 310 W 250 N



Brookside Park • 38 E Spring Creek Parkway



Cattle Corral Park • 150 E 200 W



City Nature Park • 3115 N Spring Creek Parkway

Hampshire Park • 650 S 300 W



Meadow Ridge Park • 251 S 325 W



Uptown Park • 100 E 100 N



Von Baer Park • 350 E Center Street



Zollinger Park • 51 N 200 W



RICHMOND

Richmond City • 175 W 100 S

Cub River Sports Complex • 200 E 11600 N



Park • 72 S 100 W

RIVER HEIGHTS

River Heights Park • 435 S 600 E



Ryan's Place • 509 S 600 E



SMITHFIELD

Central Park • 25 N 25 W



Forrester Acres • 500 W 100 N



Gutke Park • 131 E 570 N



Heritage Park • 300 W Center

James Mack Memorial Park • 325 E Canyon Road



Kid's Corner • K82 Wasatch Blvd



Smithfield City Park • 524 S 1000 E



TRENTON

Park • 149 N 4400 W



WELLSVILLE

Black Willow Park • 100 E 300 N



City Square Park • 100 S 100 E



Equestrian Park • 300 W 300 S

School Park • 200 S 100 E



Wellsville Dam Park • 500 S 100 E



PUBLIC LANDS





HYRUM

Hyrum Dam

Hyrum Dam is located in Hyrum, Utah. It is a fantastic, fun filled lake that is 5 square miles and about 15 minutes from downtown Logan. The locals go here to hang out at the beach, paddleboard/kayak, boat, fish, and more.

Services offered include:



BOAT RAMP/
DOCK



CAMPING



BEACH



BATHROOMS



FISHING

To find out more, go here: <https://stateparks.utah.gov/parks/hyrum/>



RICH COUNTY

Bear Lake State Park

Bear lake is located in Rich County and is a natural freshwater lake on the Utah-Idaho border. It is about 109 square miles. Bear Lake is famous for its raspberry shakes and beautiful turquoise blue water. Bear Lake is home to the famous Pickleville Playhouse that does summer melodramas.

Services offered include:

- | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
|  |  |  |  |  |  |  |  |  |
| BOAT RAMP/
DOCK | CAMPING | BEACH | BATHROOMS | FISHING | MARINA/
BOAT
STORAGE | MOUNTAIN
TRAILS | URBAN
TRAILS | RECREATION
RENTALS |

To find out more, go here: <https://stateparks.utah.gov/parks/bear-lake/>



CACHE NATIONAL FOREST

Cache National Forest

Cache National Forest offers great recreation for all times of the year. Popular activities in the summer include hiking, rock climbing, mountain biking, camping, canoeing, kayaking, fishing, hunting, and the list could go on. In the winter snowmobiling, cross country skiing, and snow shoeing are most popular. Below, you will find links to some great resources.

Uinta-Wasatch-Cache National Forest Service:

<https://www.fs.usda.gov/recarea/uwcnf/recarea/?recid=8985>

Hiking Trails of Logan Canyon:

<https://logancanyonhiking.com/beirdneau.htm>

Mountain Biking:

<https://www.utahmountainbiking.com/trails/idx-logan.htm>

Trailforks:

<https://www.trailforks.com/>

TRAILS





MILES



PAVED

GRAVEL/
NATURAL
SURFACE

FLAT



ROLLING



STEEP

MAP OF LOCAL TRAILS: [TRAILS.CACHECOUNTY.ORG/#TRAILS](https://trails.cachecounty.org/#trails)

HYDE PARK

Lion's Park Trail

Great trail for families who like to be outdoors. There are several playgrounds and sports fields along the way.



HYRUM

Blacksmith Fork River Trail

Fun trail that follows the Blacksmith Fork River. The trail is not too steep, great for mountain biking and hiking, however the second half of the trail is pretty rocky.



LOGAN

300 South Trail

This is a shared use trail that connects Logan High School to Willow Park/Fair Grounds.



Bonneville Shoreline Trail (BST North)

Connects Green Canyon & Logan Canyon. It offers beautiful views of Logan. The trail has rolling hills, some which are steep.



Bonneville Shoreline Trail (BST South)

Connects Dry Canyon to Providence Canyon. It has rolling hills and follows the deer fence. The trail is peaceful and great views of Cache Valley.



Boulevard Trail (S)

Is a great commuter trail leading to USU Campus. It has great views of South Cache Valley and the Logan Temple.



Canyon Gateway Trail

Starts at 1st Dam and winds up Logan Canyon to 3rd Dam. The trail passes Stokes Nature Center.



Canyon Road Trail

Connects Logan City to 1st Dam on the upper side of the Island. It follows an open canal. It is half gravel, half paved.



Country Manor Trail/Soccer Park Walkway

Combine these two trails for a nice loop around the soccer fields. The trail is wide and great for kids.



Dry Canyon Trail

A strenuous hike towards Logan Peak, to the top is 10.3 miles. The trail offers many opportunities to see wildlife. The trail allows dogs, but they must be kept on a leash.



Highline Trail

An out and back trail offering a chance to see wildlife and is good for all skill level. Access using the BTS is steep, but once you are on the trail it is relatively flat.



Logan Riverwalk Trail

Connects Willow Park to Rendezvous Dog Park. It is a heavily trafficked out and back trail. Great for families and dogs on leashes.



Lundstrom Park Trail

Quiet neighborhood path next to the open canal.



Mt. Logan Park Walkway

This trail is around the Mt Logan Park, it is a wide path with trees lining the walkway. It is in a quiet beautiful neighborhood, with the trail on the edge of the park and backyards.



Trapper Park Trail

This fun trail connect the Logan River Trail leads to Trapper Park. Winds through open fields and follows the Logan River. Don't forget your bug spray.



USU Connector

Connects USU to Logan Canyon. Half of the trail is under construction (March 2019).



Westside Trail

This is an urban trail adjacent to busy 600 West and is predominately used as a commuter trail.



MENDON

Deep Canyon Trail

Great for kids, beginner mountain bikers, and family fun! Most of this trail is secluded in beautiful trees.



NIBLEY

Heritage Park Trail

This is a family fun narrow trail that loops around the edge of Heritage Park with green grass, baseball fields, and a playground, with marsh lands/roads on the other side.



Nibley Garden Trail

Great for a short quiet stroll around a little neighborhood park, great for seniors.



Sunrise Meadows Trail

This trail is around a disc golf course and has four quadrants. It is a narrow sidewalk and is not very scenic, but a great place to get in a quick stroll.



NORTH LOGAN

Elk Ridge Trail

Family friendly park trail that is great for walks and riding bikes (kids). It is a clean, quiet, safe neighborhood that is well maintained.



Green Canyon

A single track trail heavily used by mountain bikers and hikers. Great for beginner hikers. The trail weaves up the canyon passing through lots of campsites.



SMITHFIELD

Heritage Trail

A small paved trail in a quiet neighborhood. It leads into a nice bridge, crossing the stream into Heritage Park where the trail surrounds a little gazebo with a small picnic table. Perfect for a short walk or bike ride with kids.



RECREATION FACILITIES



BOWLING

Logan Lanes • 1161 N Main Street, Logan

435.752.4966 • loganlanesinc.com

The Gutter (Cache Valley Fun Park) • 255 E 1770 N, North Logan

435.792.4000 • cachevalleyfunpark.com

DANCE

Cache Valley School of Ballet • 290 N 400 E, Logan

435.753.3633 • cvballet.org

Dance Illusion • 42 E 2200 N, Logan

435.755.6753 • danceillusionutah.org

LaShars Dance Studio • 50 E 700 N, Logan

435.752.4900 • lashars.com

Enlight Ballroom • 1352 Legrand Street, Logan

jeanne@enlightballroom.com • enlightballroom.com

The Dance Source • 2300 N Main, North Logan

435.755.0918 • thedancesource.org

The Studio • 165 W 1600 N #140, Logan

thestudiologan.com

Tueller School of Dance • 521 1/2 N Main, Logan

435.752.9154 • tuellerdance.com

Scariff School of Irish Dance • 2300 N Main, Logan

801.558.8956 • irishdanceinutah.com

Serendipity Dance Company • 315 E 600 E, Smithfield

435.770.5004 • danceserendipity.com

Starsteppers Dance Studio • 70 W Center, Logan

435.453.4142 • starsteppers.com

Valley Dance Ensemble

435.752.0026 • valleydanceensemble.com

GOLF

Birch Creek Golf Course • 550 E 100 N, Smithfield

435.563.6825 • birchcreekgolf.com

Logan River Golf Course • 575 W 1000 S, Logan

435.750.0123 • loganutah.org

Logan Country Club • 710 N 1500 E, Logan

435.753.6020 • logancountryclub.com

Sherwood Hills Golf Course • Sardine Canyon, Wellsville

435.245.6055 • sherwoodhillsgolf.com

GYMS / WORKOUT FACILITIES

AquaWorx Physical Therapy & Fitness • 248 W 300 N, Logan

435.752.0411 • sunshineterrace.org/aquaworx-physical-therapy-fitness/

Cache Valley Strength & Conditioning • 840 N 50 W, Logan

435.760.0024 • cachevalleysc.squarespace.com

Crossfit IoT • 125 W 560 S Smithfield

435.374.8274 or 435.764.0047 • iota-fitness.com

ICON Health & Fitness • 1500 S 1000 W, Logan

435.750.5000 • iconfitness.com

Kubex Fitness • 920 N 200 W, Logan

435.753.9595 • kubexfitness.com

Hyde Park Fitness • 3935 N 75 W, Hyde Park

435.374.9586 • hydeparkfitness.com

LivFit • 1446 N 848 W Building #1, Logan

435.237.7420 • onsitefitnessllc.com

Logan Community Rec Center • 195 S 100 W, Logan

435.716.9250 • loganutah.org/government/departments/parks_and_recreation/recreation_center/index.php

Peak Fitness & Performance • 70 E Golf Course Road #140, Logan

primalmountain.com

Planet Fitness • 981 S Main #130, Logan

435.753.7501 • planetfitness.com/gyms/logan-ut

Smithfield Recreation • 315 E 600 S, Smithfield

435.563.0048 • smithfieldrecreation.com

Sports Academy & Racquet Club • 1655 N 200 E, Logan

435.753.7500 • sportsacademy.com

Sports Performance Training at Logan Regional Hospital • 500 E 1400 N, Logan

435.716.2890 • intermountainhealthcare.org/locations/logan-regional-hospital/medical-services/sports-performance-training/

Spring Creek Fitness • 1352 Legrand, Logan

435.755.8533 • facebook.com/pages/Spring-Creek-Fitness/1128455690502240?rf=551910814983962

Summit Creek Fitness • 435 S Main, Smithfield

435.563.8533 • facebook.com/pages/Summit-Creek-Fitness-Center/206885526090576

The Jumpin' Company • 775 E 600 S, River Heights

435.755.6064 • justjumpin.org

The Studio • 165 W 1600 N #140, Logan

thestudiologan.com

UAC Fit • 4000 N 110 E, Hyde Park

435.890.2776

Whittier Community Center • 290 N 400 E, Logan

435.753.9008 • whittiercenter.org

GYMNASTICS

Air-Bound Gymnastics • 990 S Main, Logan

435.792.4247

Cache Valley Athletics • 917 W 600 N Ste. #113, Logan

435.754.7289 • cvautah.com

High Point Gymnastics • 1655 N 200 E, Logan

435.753.7500 • sportsacademy.com/index/#/tumbling/

INDOOR PLAYGROUNDS

Bounce N'Slide • 1077 W 130 S, Logan

435.213.9981 • thebouncenslide.com

Cache Valley Fun Park • 255 E 1770 N, North Logan

435.792.4000 • cachevalleyfunpark.com

Elevation Rock Gym • 1780 N 200 E, North Logan

435.799.3902 • elevationrockgym.com

The Jump Zone • 1510 N 200 W, North Logan

435.755.5867 • thejumpzonegetair.com

MARTIAL ARTS

Logan Tae Kwon Do School • 3002 N Main, North Logan
435.764.2841 • logantaekwondoschool.com

Wing Cheun Kung Fu Academy • 324 S 1150 E, Smithfield
435.752.7300 • facebook.com/WingChunKungFuKwoons

Cache Valley Martial Arts & Fitness • 953 W 700 N Ste. #105, Logan
435.232.0823 or 801.361.7195 • cachevalleymartialarts.com

White Tiger Kenpo Karate • 917 W 600 N, Logan
435.881.7910 • facebook.com/WhiteTigerKenpoKarate

MINIATURE GOLF

Willows Golf Park - Miniature Golf • 220 N Gateway Dr., Providence
435.752.4255 • willowsgolfpark.com

ROCK CLIMBING

Elevation Rock Gym • 1780 N 200 E, North Logan
435.799.3902 • elevationrockgym.com

SKATING

Cache Valley Fun Park • 255 E 1770 N, North Logan
435.792.4000 • cachevalleyfunpark.com

Central Park Skate Park • 25 N 25 W, Smithfield
435.563.0048 • smithfieldcity.org/city-government/departments/parks-recreation/

George S. Eccles Ice Center • 2825 N 200 E, North Logan
435.787.2288 • ecclesice.com

Logan Skate Park • 500 S 595 W, Logan
435.716.9250 • loganutah.org/government/departments/parks_and_recreation/skate_park/index.php

SKI RESORTS

Beaver Mountain • 40000 E Hwy 89, Garden City
435.753.0921 or 435.946.3610 • skithebeav.com

Cherry Peak • 3200 E 11000 N, Richmond
435.200.5050 • skicherrypeak.com

SPLASH PADS

Alma Leonhardt Park • Homestead Ct. Providence

Elk Ridge Park • 1190 E 2500 N, North Logan

Meadow View Park • 300 E 2720 N, North Logan

Salt Hollow Park • 350 W 100 N, Hyrum

Millville Splash Pad • 450 E 300 S, Millville

Wellsville Splash Pad • 75 E 100 S, Wellsville

SPORTS CLUBS

Avalanche Girls Soccer

utahavalanche.com

Cache Soccer Club

435.512.2777 or soccer@cachesoccerclub.com • *cachesoccerclub.com*

Cache Valley Tennis Association

cachevalleytennis.org

Cache Valley Volleyball Club • 1300 N Main #129, Logan

435.512.7330 • *cachevalleyvolleyballclub.com/teams*

Mountain Peak Volleyball Club • 725 W 1940 S, Logan

mtnpeakvolleyball.com

Northern Utah United Youth Soccer • 472 E Center, Smithfield

435.753.8202 • *northernutahunited.com*

RSL Youth Development Academy • 2800 N 230 E, North Logan

yda.rsl.com/nlogan

South Cache Soccer

etteamz.com/southcachesoccer

Top of Utah Wrestling Club • 339 N Main, Logan

435.757.6112 • *touwrestling.com*

Check your local city website for recreational sports:

City of Hyrum

City of North Logan

City of Logan

City of Smithfield

SWIMMING

Logan Aquatic Center • 451 S 500 W, Logan

435.716.9280 • loganutah.org/government/departments/parks_and_recreation/aquatic_center/

Mountain Crest Swimming Pool • 255 S 800 E, Hyrum

435.245.7962 • sites.google.com/site/stangaquatic/home/pool-hours

Sky View Swimming Pool • 520 S 250 E, Smithfield

435.563.5625 • ccsdut.org

Sports Academy & Racquet Club • 1655 N 200 E, North Logan

435.753.7500 • sportsacademy.com/schedules

LOCAL FOODS





FRUITS



VEGGIES



MEAT



EGGS



DAIRY



HONEY



HERBS

JAMS &
JELLIES

JUICES



SYRUPS



OTHER

HYDE PARK

Appenzell Farm • 1146 E 4400 N

435.535.1121 • facebook.com/appenzellfarm



Bear River Mushrooms

435.554.1883 • bearrivermushrooms.com



Mt. Naomi Farms • 4460 N 1000 E

435.232.4525 • facebook.com/mtnaomi



HYRUM

Rosehill Dairy • Home Delivery Service

435.245.7673 • rosehilldairy.com



NORTH LOGAN / LOGAN

Butchers Bunches • 1410 N 1000 W

435.938.8316 • butchersbunches.com



USU Student Organic Farm • 1750 N 8000 E

435.797.2258 • usuorganicfarm.weebly.com



Vivian's Live Again • Online Only: Dairy free, gluten free, soy free, vegan, whole grain gluten free. Mixes: soups, sauces, desserts, muffins, and pancakes.

435.512.0439 • viviansliveagain.com



LOGAN / NIBLEY

Bountiful Baskets • 348 W 300 N (Ellis Elementary Gym)

bountifulbaskets.org

**Bountiful
Baskets**

Cache Gardeners Market • 199 N Main

435.754.7402 • gardenersmarket.org

Saturdays, May - October from 9:00 AM to 1:00 PM

**Farmer's
Market**

Caffe Ibis • 52 Federal Ave

435.753.4777 • caffeibis.com



Cox Honeyland • 1780 S Hwy 89

435.752.3234 • coxhoney.com



First Frost Farm • 136 W 3200 S (Nibley)

435.770.5644 • firstfrostfarm.com



Gossner's Foods • 1050 N 1000 W

435.753.9365 • gossner.com



Intermountain Family Farms • 2918 W 600 S & Home Delivery

435.414.0477 • intermountainfamilyfarmers.com



Three Point Farm • 811 Three Point Ave

208.242.6786 • hobbydairy.com



Zollinger Fruit & Tree Farm • 1000 River Heights Blvd.

435.742.7810 • zollingerfarm.com



MENDON

Slide Ridge Honey • 474 E 250 S

435.752.4956 • slideridge.com



PARADISE

Joseph's Garden • 50 E 9100 S

435.327.9112 • garden.lofthouse.com



Paradise Valley Orchard • 9971 S Hwy 165

435.760.3641 • facebook.com/paradisevalleyorchard



Weeks Berries of Paradise • 8650 S 800 E

435.245.3377 • weeksberries.com



RICHMOND

Double L Ranch Meats • 700 S 200 W

800.295.7898 • llranch.com



The Harvest Market at Rock Hill Creamery • 700 S 200 W

435.258.1278 • rockhillcheese.com/visit

June - October from 10:00 AM - 1:00 PM

Farmer's
Market

Rock Hill Creamery • 536 S State Street

435.258.1278 • rockhillcheese.com



SMITHFIELD / BENSON / AMALGA

Gibbons Green Gate Farms • 4680 N 800 W

435.890.3314 • gggfarm.com



Johnson Family Farms • 800 N 50 W (Farm stand in Logan)

johnsonfamilyfarms1@gmail.com • johnsonfamilyfarms.com



Lost Creek Farms • 8181 N 2400 W

435.881.0941 • facebook.com/Lost-Creek-Farms-336842706360564/



Red Shed Farms Community Garden • 6038 N 1200 W

801.554.2521

communitygarden.org/find-a-garden/gardens/red-shed-farms-community-gardens/



WELLSVILLE

Farmer Dale Produce • 6100 S Hwy 89 - U-Pick

435.760.2510 • farmerdaleproduce.com



Queen Farina

queenfarina.com



