

Living Room Trail

A family-friendly Utah hike that leads to “The Living Room”, where rocks have been artificially placed into the shapes of couches, chairs, and yes, even a remote control.

By Zoe Zorka

When most people think about hiking, they think about getting off the couch. However, the Living Room Trail in Utah leads hikers on a 2.5 mile journey to....a living room. The family-friendly hike ascends 830 feet, before ending at the summit (aka “The Living Room”), where rocks have been artificially placed into the shapes of couches, chairs, and yes, even a remote control.

The city of Salt Lake provides the high definition experience as the living room offers sweeping views of the entire city all the way out to the Great Salt Lake.



The trail is well-marked and parking is easily accessible on the side of the road by the trailhead. The trail starts off at a gradual incline and follows the major Bonneville shoreline biking trails for the first quarter of a mile before a narrow ascension up the mountain's west face. From there, the incline ramps up dramatically and takes hikers through some of Utah's spectacular foliage. With about a quarter of a mile to go, hikers emerge from the wooded path for a short and flat respite before making the final push up the mountain.

The living room is a popular picnic spot that offers 360 degree views of the city as well as the entire Wasatch front range. Fall foliage tends to peak the last two weeks in October, offering up a vibrant sea of reds, oranges, yellows, and dark greens.

However, it can also be a sobering experience at the top as the "inversion" (a layer of smog and pollutants) is often visible from the living room's perch- reminding hikers of the sobering reality that is the Salt Lake valley's major pollution problem.



