

Photos from the Cascade Falls, Ice Cave and Abbreviated Navajo Lake Hikes – Saturday, July 13



New Promise Hikers completed the Cascade Falls, Ice Cave and abbreviated Navajo Lake hikes on Saturday, July 13. The temperatures were in the 70s and 80s, the hiking was lots of fun and the views were excellent! The first hike was to Cascade Falls, which acts as the headwaters for the Virgin River. We then visited the Ice Cave, which was used by Mormon pioneers as a natural refrigerator-freezer. Here we were, in mid-July, and there was still ice in the cave and we had to be extra careful not to slip on it! Finally, we hiked an abbreviated version of the Navajo Loop, across the natural lava dike to the man-made dike and then back to our starting point along the opposite shore. Just a lovely day to hike...

Click on the following links to enjoy the photos!

[Cascade Falls - Navajo Lake Photos 7-13-24](#)

[Group Photo 7-13-24](#)

[Flowers - 7-13-24](#)