

Photos from the Cascade Falls, Ice Cave and Mammoth Cave Hikes – Saturday, August 1



New Promise Hikers completed the Cascade Falls, Ice Cave and Mammoth Cave hikes on Saturday, August 1. 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. Unfortunately, our last winter was so mild that even though the cave was nice and cool like a refrigerator, there was no ice this year! Finally, we visited Mammoth Cave, which is the largest cave in the Virgin Rim. Just a lovely day to hike...

Click on the following links to enjoy the photos!

[Cascade Falls, Ice Cave and Mammoth Cave Hikes – 8-1-26](#)

[Group Photo 8-1-26](#)