




Free Activities

Experience more while spending less

Wood River Trail

Activity - Biking 


Stretching over 20 miles, this beautifully maintained trail is open year-round. As you ride, you will enjoy views of the surrounding mountains, and opportunities to spot local wildlife along the way.

Big Wood River

Activity - Fishing 

Stretching 137 miles through the breathtaking Sawtooth Range, this river is renowned for its excellent trout fishing.

Frenchman's Bend Hot Spring

Activity - Swimming 

Unwind at this natural hot spring, just 11 miles west of Ketchum. The last 7 miles follow a dirt road - icy in winter, muddy in spring/fall, and closed during spring runoff (mid-March-late June). Parking is limited to 6 vehicles, and restrooms are not available.



About Hikers Manual:

Prepare for your next outdoor adventure with the Hiker's Manual—your go-to guide for navigating hikes with ease. We also offer pre-packed hiking kits that contain everything you need for a successful weekend on the trail.

Basic Hiking Kit	\$40
Intermediate Hiking Kit	\$45
Expert Hiking Kit	\$55



Scan to purchase



HIKERS MANUAL

EXPLORE THE BEST HIKES
IN IDAHO

- SUN VALLEY EDITION -





Sun Valley Hiking

Explore Sawtooth National Forest

Titus Lake Trail

Difficulty - Easy
Duration - 1.8 miles

This scenic 1.5-hour hike leads to a lake, with shade along most of the trail—making it enjoyable in both the morning and evening.

Baker Lake Trail

Difficulty - Intermediate
Duration - 3.4 miles

This 2-hour trail leads to a secluded lake, ideal for picnics and swimming. An early start is recommended due to limited shade.

Sawtooth Lake via Iron Creek Trail

Difficulty - Hard
Duration - 9.6 miles

This 6-hour hike ascends 1,817 feet and offers views of both Alpine and Sawtooth Lakes. Due to its length, it's best to begin in the morning—but the experience is well worth the effort.

Food and Drinks

Discover the best places to eat

The Burger Grill

Cuisine - American 🇺🇸

This burger spot offers a variety of flavorful options that are satisfying without being overly greasy. Portions are generous and reasonably priced, and the house-made sauce is a standout. It's the perfect place to grab a quick, filling bite after a day of hiking.

Wiseguy Pizza Pie

Cuisine - Italian 🇮🇹

If you're looking for quality pizza, this is an excellent choice. The dough is handmade daily, ensuring every meal is fresh. Guests can also enjoy a selection of beer and wine to complement their dining experience.

Sushi on Second

Cuisine - Japanese 🇯🇵

If you're craving sushi, this is the place to go. They serve fresh, flavorful, and distinctive sushi daily, accompanied by a selection of champagne, beer, and wine to enhance your dining experience.



Things to do

Create an unforgettable experience

Sun Valley Stables

Activity - Horseback Riding 🐾

Contact - (208) 622-2887

Operating Times - Memorial - Labor Day

Looking to explore Sun Valley Mountain? Enjoy a guided trail ride that takes you along scenic streams and breathtaking mountain ridges.

Sawtooth Botanical Gardens

Activity - Garden walk 🌸

Contact - (208) 726-9358

Operating Times - May - October

Wander through 5-acres of tranquil gardens filled with diverse plants and vibrant blooms, a peaceful retreat for nature lovers. Open seasonally until early October.

Mountain Golf

Activity - Golfing 🏌️

Operating Times - Apr/May - Oct/Nov

Have you ever golfed on an elevated mountain course? Here, you'll experience the game on a whole new level, surrounded by impeccable scenery and breathtaking views. The courses close in the winter time.

