



IS IT SAFE?

Salt Lake City

SOLO TRAVELER SAFETY GUIDE

Is Salt Lake City Safe? A Solo Traveler's Guide

Salt Lake City is a genuinely comfortable city for solo travel — a compact, walkable downtown grid, reliable light rail, and a welcoming, roughly even split between LDS and non-LDS residents that gives the city a more varied character than its reputation suggests. Standard downtown awareness applies after dark, particularly around Rio Grande and the west side of downtown.

NEIGHBORHOOD SAFETY RATINGS

Area	Rating	Notes
Temple Square / Downtown core	★★★★★	Very safe, heavy foot traffic, well-lit.
9th & 9th	★★★★★	Residential-commercial mix, comfortable at any hour.
Sugar House	★★★★★	Family-friendly, well-trafficked park and shopping district.
Rio Grande / west downtown	★★★	Use rideshare after dark; less foot traffic, fewer services.

SOLO TRAVELER NOTES

Solo dining is normal and easy here — bar and counter seating at restaurants like The Copper Onion, Takashi, and Current Fish & Oyster are genuinely built for it, not an afterthought.

Utah's liquor laws mean bars close by 1am and grocery stores can't sell full-strength beer or wine — plan a nightcap earlier in the evening than you might elsewhere.

TRAX light rail and GREENbike bike share cover the flat downtown core well; a car (or rideshare) becomes more useful once you head toward the canyons.

Elevation (about 4,300 feet downtown, considerably higher in the canyons) is mild compared to Santa Fe or Denver, but still worth pacing yourself on the first day if you're arriving from sea level.

EMERGENCY INFORMATION

What	Number / Notes
Emergency (police / fire / medical)	911
Salt Lake City Police non-emergency	(801) 799-3000
Nearest major hospital	University of Utah Hospital

Travel Alone. Live Fully.



OPEN THE INTERACTIVE MAP FOR SALT LAKE CITY