The Provo River Watershed is 1743 km2 with elevations between 1368 and 2993 meters. Average annual stream flow is 6 m3/s. The Provo River originates in the Uinta Mountains at Trial Lake. The Provo River travels down the Uinta mountains and eventually enters the Jordanelle Reservoir. After being released from the Jordanelle Dam it enters the Heber Valley. This valley is currently undergoing a rapid change from a rural area to an urbanized one. After the river leaves the Heber Valley it enters the Deer Creek Reservoir. It is then released and travels into the highly devolved cities of Orem and Provo before its final destination of Utah Lake.

The Provo River is famous for its Blue Ribbon Fishery status. In 2008 the Utah Mitigation and Conservation Commission finished the Provo River Restoration Project. This project restored the middle Provo River, between Jordanelle Reservoir and Deer Creek Reservoir, to a more natural state. Restoring the diversity and productivity of the fish and other natural habitat.