



Walker Wellness Retreats

## Zion & Bryce Canyon Hiking & Yoga Retreat Schedule

### Salt Lake City Arrival & Departure

#### DAY 1

9:00 am - 11:00 am	<b>Airport/Hotel Pickups</b> – Scheduled pickups from Salt Lake City International Airport and hotels. Please plan to arrive in SLC no later than 11:00 AM on the day the retreat departs. We strongly recommend arriving a day prior to the retreat.
12:00 pm	<b>Lunch/Grocery Stop</b> – We will make a short stop to grab lunch and last-minute items for the trip. We will also stop at the Utah State Liquor Store if guests would like to purchase any adult beverages.
1:00 pm	<b>Depart from Salt Lake City</b>
6:00 pm - 7:00 pm	<b>Welcome Orientation</b> at retreat home
7:00 pm - 8:00 pm	<b>Dinner</b>
8:00 pm - 9:00 pm	<b>Evening Yoga</b>

#### DAY 2

7:30 am - 8:30 am	<b>Morning Yoga</b>
8:30 am - 9:30 am	<b>Breakfast Buffet &amp; Pack Lunch for Hiking</b>
10:00 am - 5:00 pm	<b>Hiking Time in Zion National Park</b> – We will depart for Zion National Park at <b>10:00 am</b> sharp! Group drop-off and pick-up will be just outside the park at Zion Canyon Village (Springdale Shuttle Stop 1). Today we recommend hiking Angel's Landing (Shuttle Stop 6 – The Grotto) or Emerald Pools (Shuttle Stop 5 – Zion Lodge). Pick-up will be at <b>5:00 pm</b> sharp.
7:00 pm - 8:00 pm	<b>Dinner</b>
8:00 pm - 9:00 pm	<b>Evening Yoga</b>



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### DAY 3

7:30 am - 8:30 am	<b>Morning Yoga</b>
8:30 am - 9:30 am	<b>Breakfast Buffet &amp; Pack Lunch for Optional Hiking</b>
10:00 am - 3:00 pm	<b>Option 1: Hiking Observation Point</b> – Observation Point is 7 miles round trip (mainly flat) and takes approximately 4 hours. <b>Option 2: Wellness Morning</b> – Take this morning to rest and recharge.
3:00 pm - 5:30 pm	<b>Wellness Afternoon</b> – Take this afternoon to rest, recharge, or journal.
5:30 pm - 6:30 pm	<b>Evening Yoga</b>
7:00 pm - 8:00 pm	<b>Dinner</b>

### DAY 4

7:30 am - 8:30 am	<b>Morning Yoga</b>
8:30 am - 9:30 am	<b>Breakfast Buffet &amp; Pack Lunch for Hiking</b>
10:00 am - 5:00 pm	<b>Hiking Time in Zion National Park</b> – We will depart for Zion National Park at <b>10:00 am</b> sharp! Group drop-off and pick-up will be the same as Day 2. Today we recommend hiking The Narrows (Shuttle Stop 9 – Temple of Sinawava). Wet gear can be rented from <a href="#">Zion Outfitter</a> . Pick-up will be at <b>5:00 pm</b> sharp.
7:00 pm - 8:00 pm	<b>Dinner</b>
8:00 pm - 9:00 pm	<b>Evening Yoga</b>

### DAY 5

7:30 am - 9:00 am	<b>Breakfast Buffet &amp; Pack for Departure</b>
9:00 am - 10:30 am	<b>Depart Retreat Houses &amp; Drive to Bryce Canyon National Park</b>
10:30 am - 1:00 pm	<b>Hiking in Bryce Canyon National Park</b> – We recommend the Navajo Loop & Queen’s Garden trail (approx. 3 miles, 1.5 hours).
1:00 pm - 6:00 pm	<b>Return to Salt Lake City International Airport</b> – The van will be back to the airport for guest drop off by <b>6:00 pm</b> .
6:00 pm	<b>Airport/Hotel Drop Offs</b> – Please plan to depart after <b>7:00 pm</b>