



Zion & Bryce Canyon Hiking & Yoga Retreat Schedule

Salt Lake City Arrival & Departure

DAY 1

9:00 am - 11:00 am	Airport/Hotel Pickups – 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	Lunch/Grocery Stop – 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 alcoholic drinks.
1:00 pm	Depart from Salt Lake City
6:00 pm - 6:30 pm	Welcome Orientation at retreat home in the yoga studio
6:30 pm - 7:30 pm	Evening Yoga
7:30 pm - 8:30 pm	Dinner

DAY 2

7:30 am - 8:30 am	Morning Yoga
8:30 am - 9:30 am	Breakfast Buffet & Pack Lunch for Hiking
10:00 am - 5:00 pm	Hiking Time in Zion National Park – We will depart for Zion National Park at 10:00 am 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 Scout Lookout/Angels Landing (Shuttle Stop 6 – The Grotto) or Emerald Pools (Shuttle Stop 5 – Zion Lodge). Pick-up will be at 5:00 pm sharp.
6:30 pm - 7:30 pm	Evening Yoga
7:30 pm - 8:30 pm	Dinner

**Please be aware that this schedule is subject to change as we strive to provide the best guest experience based on weather and/or trail conditions. All activities listed are optional.*



Walker Wellness Retreats

DAY 3

7:30 am - 8:30 am	Morning Yoga
8:30 am - 9:30 am	Breakfast Buffet & Pack Lunch for Optional Hiking
10:00 am - 3:00 pm	East Zion Hiking – We will depart the retreat home at 10:00 AM for hiking in East Zion. Depending on trail conditions, we may hike one or more of the following: Observation Point (7.0 miles, 3.5 hours), Many Pools (2.3 miles, 2 hours), or Canyon Overlook (1 mile, 1 hour).
3:00 pm - 6:00 pm	Wellness Afternoon – Take this afternoon to rest, recharge, or journal.
6:30 pm - 7:30 pm	Evening Yoga
7:30 pm - 8:30 pm	Dinner

DAY 4

7:30 am - 8:30 am	Morning Yoga
8:30 am - 9:30 am	Breakfast Buffet & Pack Lunch for Hiking
10:00 am - 5:00 pm	Hiking Time in Zion National Park – We will depart for Zion National Park at 10:00 am 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 Zion Outfitter . Pick-up will be at 5:00 pm sharp.
6:30 pm - 7:30 pm	Evening Yoga
7:30 pm - 8:30 pm	Dinner

DAY 5

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

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