



Walker Wellness Retreats

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 adult beverages.
1:00 pm	Depart from Salt Lake City (approx. 4.5 hours to the retreat home)
6:00 pm - 7:00 pm	Welcome Orientation at retreat home
7:00 pm - 8:00 pm	Dinner
8:00 pm - 9:00 pm	Yoga

DAY 2

7:00 am - 8:00 am	Yoga
8:00 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 Angel's Landing (Shuttle Stop 6 – The Grotto) or Emerald Pools (Shuttle Stop 5 – Zion Lodge). Pick-up will be at 5:00 pm sharp.
7:00 pm - 8:00 pm	Dinner
8:00 pm - 9:00 pm	Yoga



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DAY 3

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

DAY 4

7:00 am - 8:00 am	Yoga
8:00 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 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.
7:00 pm - 8:00 pm	Dinner
8:00 pm - 9:00 pm	Yoga

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 – Enjoy lunch at your leisure. We recommend walking the Canyon Rim Trail (as long as you'd like), venturing down the Navajo Loop Trail (about 1 hour), or perusing the gift shop at Bryce Canyon Lodge.



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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 return flight to depart after **7:00 pm**