



Yellowstone Hiking & Yoga Retreat Schedule

DAY 1

4:00 pm	Arrive at Jackson Hole Airport (JAC) – Please arrive before 4:00 PM. Our retreat team will meet you at the airport or nearby hotels and bring you to the retreat home.
4:15 pm – 4:45 pm	Grocery & Liquor Store Stop – We will stop at a local grocery store and liquor store for any additional food or drink you’d like to purchase.
5:00 pm – 6:00 pm	Arrive at Retreat Home & Unpack
6:00 pm – 7:00 pm	Opening Circle & Orientation
7:00 pm – 8:00 pm	Dinner at Retreat Home

DAY 2 – Yellowstone National Park

6:00 am – 7:00 am	Sunrise Yoga on the Patio
7:00 am – 8:30 am	Breakfast Buffet & Pack Lunch
8:30 am	Depart to Explore Yellowstone National Park
10:30 am	West Thumb Geyser Basin – This geyser basin sits on the shores of Yellowstone Lake. We will walk along an easy 1-mile loop with over 18 natural features, including geysers and pools. This trail should take about 30 minutes to enjoy.
11:00 am	Yellowstone Lake Overlook Trail – This moderate 1.7-mile loop takes us to a gorgeous overlook of Yellowstone Lake and should take about 45 minutes to enjoy.
1:00 pm	Grand Canyon of the Yellowstone – View Yellowstone Falls (Upper & Lower) and Artist Point on this moderate 1.5-mile trail.
2:00 pm	Depart Yellowstone National Park
4:00 pm	Enjoy Scenic Views at Oxbow Bend
5:00 pm – 6:00 pm	Refresh & Relax – Use this time to relax or refresh before yoga.
6:00 pm – 7:00 pm	Evening Restorative Yoga
7:00 pm – 8:00 pm	Dinner at Retreat Home

**Please note that all activities on this schedule are completely optional. This schedule is subject to change based on weather or to provide guests with an elevated experience.*



Walker Wellness Retreats

DAY 3 – Grand Teton National Park

6:00 am – 7:00 am	Sunrise Yoga
7:00 am – 8:30 am	Breakfast Buffet & Pack Lunch
8:30 am	Depart to Explore the Grand Tetons
9:30 am – 12:30 pm	Hike Jenny Lake & Inspiration Point – This trail takes you around the southern shores of Jenny Lake past Hidden Falls to Inspiration Point. The trail is just over 5 miles and is rated as moderate (approx. 2.5 hours). Enjoy lunch along the trail.
1:00 pm	Barn Scenic Viewpoint – View two of the most photographed barns in the United States at Mormon Row.
2:00 pm – 3:00 pm	Shopping in Historic Jackson, Wyoming
3:30 pm – 6:00 pm	Wellness Afternoon – Enjoy some free time to relax, journal, or refresh.
6:00 pm – 7:00 pm	Evening Restorative Yoga
7:00 pm – 8:00 pm	Dinner at Retreat Home

DAY 4 – Yellowstone National Park

6:00 am – 7:00 am	Sunrise Yoga
7:00 am – 8:30 am	Breakfast Buffet & Pack Lunch
8:30 am	Depart to Explore Yellowstone National Park
11:00 am	Old Faithful & Upper Geyser Basin – Watch Old Faithful erupt and visit the Old Faithful Lodge. Enjoy a walk around the Upper Geyser Basin, a moderate 4.9-mile hike that takes about 2 hours to complete. Enjoy lunch along the trail or at the Lodge.
1:30 pm	Grand Prismatic Spring – Walk through the Midway Geyser Basin, visiting 4 beautiful pools and geysers including Grand Prismatic Spring.
2:30 pm	Depart Yellowstone National Park
5:00 pm – 6:00 pm	Refresh & Relax – Use this time to relax or refresh before yoga.
6:00 pm – 7:00 pm	Evening Restorative Yoga & Closing Circle
7:00 pm – 8:00 pm	Dinner at Retreat Home

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Walker Wellness Retreats

DAY 5

7:00 am – 8:00 am

Optional Morning Yoga

8:00 am – 10:00 am

Breakfast Buffet & Pack for Departure

10:00 am

Check Out of Retreat Home and Return to Jackson Hole Airport –

Please plan to depart no earlier than 12:00 pm. We will arrive at the airport around 10:30 am.

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