



Zion Hiking & Yoga Retreat Itinerary

DAY 1

-
Arrival &
Retreat
Orientation

MORNING

- **9:00-11:00am: Airport/Hotel Pickups** - Salt Lake City Int'l Airport (SLC). *Plan to arrive in SLC no later than 11:00am on the day the retreat departs. We strongly recommend arriving a day prior to the retreat.*

AFTERNOON

- **12:00pm: Lunch/Grocery Stop:** We will make a short stop to grab lunch & 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.
- **1:00pm: Depart from Salt Lake City**

EVENING

- **6:00pm:** Welcome Orientation at the Retreat Home in Yoga Studio
- **6:30pm:** Evening Yoga
- **7:30pm:** Group Dinner

DAY 2

-
Yoga & Scenic
Hiking in Zion
National Park

MORNING

- **7:30am:** Morning Yoga
- **8:30am:** Breakfast Buffet & Pack Lunches for Hiking
- **10:00am:** Leave Retreat Home for Zion National Park at 10:00am sharp! Group drop-off & pick-up will be just outside the park at Zion Canyon Village (Springdale Shuttle Stop 1).

AFTERNOON

- **Open Hiking Time Until 5:00pm** - Depending on the trail conditions, we may hike one or more of the following:
 - **Scout Lookout** at Shuttle Stop 6-The Grotto (3.6 miles; 2 hours & 15 minutes)

DAY 2
(CONT)

- **Angels Landing** at Shuttle Stop 6-The Grotto (5.4 miles; 4-5 hours) **If you are planning to hike to the top of Angels Landing a permit is required. You can apply online through the National Park Service by clicking this [LINK](#).*
- **Emerald Pools** at Shuttle Stop 5-Zion Lodge (2 miles; 30 min to 1 hour)

EVENING

- **6:30pm:** Evening Yoga
- **7:30pm:** Group Dinner

DAY 3
-
Observation
Point &
Wellness Day

MORNING

- **7:30am:** Morning Yoga
- **8:30am:** Breakfast Buffet & Pack Lunches for Hiking
- **10:00am:** Leave Retreat Home for hiking in East Zion at 10:00am sharp!

AFTERNOON

- **Open Hiking Time Until 3:00pm** - Depending on the 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)
 - **Canyon Overlook** (1 mile; 1 hour)

EVENING

- **6:30pm:** Evening Yoga
- **7:30pm:** Group Dinner

DAY 4
-
Yoga &
Scenic Hiking
in Zion
National Park

MORNING

- **7:30am:** Morning Yoga
- **8:30am:** Breakfast Buffet & Pack Lunches for Hiking
- **10:00am:** Leave Retreat Home for Zion National Park at 10:00am sharp! *Group drop-off & pick-up will be the same as Day 2.*

AFTERNOON

- **Open Hiking Time Until 5:00pm** - Depending on the trail conditions, we may hike one or more of the following:

**DAY 4
CONT.**

- **The Narrows** at Shuttle Stop 9-Temple of Sinawava (up to 5 miles; 3-4 hours) **Wet gear can be rented from Zion Outfitter - <https://zionoutfitter.com/narrows-rentals/>*

EVENING

- **6:30pm:** Evening Yoga
- **7:30pm:** Group Dinner

DAY 5

-
Hiking in Bryce
Canyon;
Return to Salt
Lake City

MORNING

- **7:30am:** Breakfast Buffet & Pack for Departure
- **9:00am:** Depart Retreat Home & Drive to Bryce Canyon National Park
- **10:30am-1:00pm: Hiking in Bryce Canyon National Park** - Depending on the trail conditions, we may hike one or more of the following:
 - **Navajo Loop & Queen's Garden Trail** (3 miles; 1.5 hours)

AFTERNOON

- **1:00pm-6:00pm: Return to Salt Lake City International Airport**
- **6:00pm: Airport/Hotel Drop Offs** - Please plan to depart after 7:00pm



**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.*