



# ZION NATIONAL PARK

ECO RETREAT WITH JESSICA CLIFTON

# Day 1

Sunday, September 24



Airport Pick up from St. George Regional Airport

Grocery Shopping for Breakfasts, Lunch (optional), Snacks

Arrive at Camp

Dinner at Camp

Orientation at Camp

# Day 2

Monday, September 25



Pick up Rental Gear from Zion Outfitter

Hike The Narrows Trail via Riverside Walk

This hike will take all day, and we won't be able to complete it. We will just pick a spot to turn around! We will eat lunch along the trail.

Dinner at camp

# Day 3

Tuesday, September 26

Hike Upper, Middle, and Lower Emerald Pools

2 mi, 586 ft elevation gain

Hike Kayenta Trail to West Rim Trail

0.5 mi, 0 ft elevation gain

Lunch near Zion Lodge at Shuttle Stop 5

Hike West Rim Trail / Scouts Lookout

6 mi, 1500 ft elevation gain

Dinner at Camp



# Day 4

Wednesday, September 27

Wake up / Breakfast

Drive to Sand Hollow State Park for Paddle  
Boarding (4 hrs)

Lunch / Drive back to ZNP

Hike Canyon overlook Trail via Hwy 9

1 mi, 250 ft elevation gain

Hike Watchman Trail

3 mi, 590 ft elevation gain

Dinner at Camp



# Day 5

Thursday, September 28



Drive to East Mesa Trailhead via Hwy 9

Hike to Observation Point via East Mesa Trail  
7 mi, 702 ft elevation gain

Drive Back to Camp

Hike Pa'rus Trail to Canyon Junction Bridge  
2 mi, 0 ft elevation gain

Sunset Dinner at Canyon Junction Bridge

Pack up Camp / Prepare to leave

# Day 6

Friday, September 29

Wake up / Breakfast / Pack

Morning Drive to St. George Regional Airport

Airport Drop-off According to Earliest Flight  
Details

