

# Zion National Park — 7 Days

Best base: Springdale, UT

Trip style: Scenic canyon views, popular hikes, and flexible pacing

## Day 1 — Arrival + Riverside Walk

Morning

- Arrive in Springdale.
- Check into lodging.

Afternoon

- Use the shuttle into Zion Canyon.
- Walk the Riverside Walk for an easy introduction.

Evening

- Dinner in Springdale.
- Rest up for bigger hike days ahead.

## Day 2 — Angel's Landing or Alternate Hike

Morning

- If you have a permit and want a challenge, do Angel's Landing.
- Start very early to reduce heat and crowds.

Afternoon

- Rest after the hike.
- If you skip Angel's Landing, use this day for another scenic trail.

Evening

- Sunset at Canyon Overlook or near Springdale.
- Casual dinner.

## Day 3 — Observation Point / Big View Day

Morning

- Do Observation Point or another major viewpoint hike.
- Bring enough water and snacks.

Afternoon

- Return for lunch and rest.
- Keep the afternoon light.

Evening

- Easy dinner.
- Pack for The Narrows.

## **Day 4 — The Narrows**

All day

- Do The Narrows hike.
- Check weather and flash flood conditions first.
- Rent the right gear if needed.

Afternoon

- Continue as long as conditions are safe and comfortable.
- Turn around when you want; no need to do the whole route.

Evening

- Dry off, eat, and relax.
- Take it easy after a river hike.

## **Day 5 — Emerald Pools + Easy Trails**

Morning

- Hike Emerald Pools.
- Keep the pace moderate and enjoy the views.

Afternoon

- Try the Pa'rus Trail or another easy option.
- Use the afternoon for photos and downtime.

Evening

- Dinner in Springdale.
- Sunset walk if you still have energy.

## **Day 6 — Kolob Canyons**

Morning

- Drive to Kolob Canyons.
- Enjoy a quieter side of the park.

Afternoon

- Do a short trail or scenic stops.
- Relax and take in the different landscape.

Evening

- Return to Springdale.
- Final dinner in town.

## Day 7 — Departure

### Morning

- Breakfast and a final short walk.
- Last shopping or coffee stop.

### Afternoon

- Depart.

### Packing list

- Hiking shoes.
- Water bottle.
- Sun protection.
- Trekking poles.
- Rain layer.
- Water shoes or canyon shoes for The Narrows.
- Snacks.

### Reservations to know

- Angel's Landing requires a permit if you plan to do it.
- Gear rental for The Narrows is smart in cooler months.
- Shuttle timing matters, especially in busy season.