

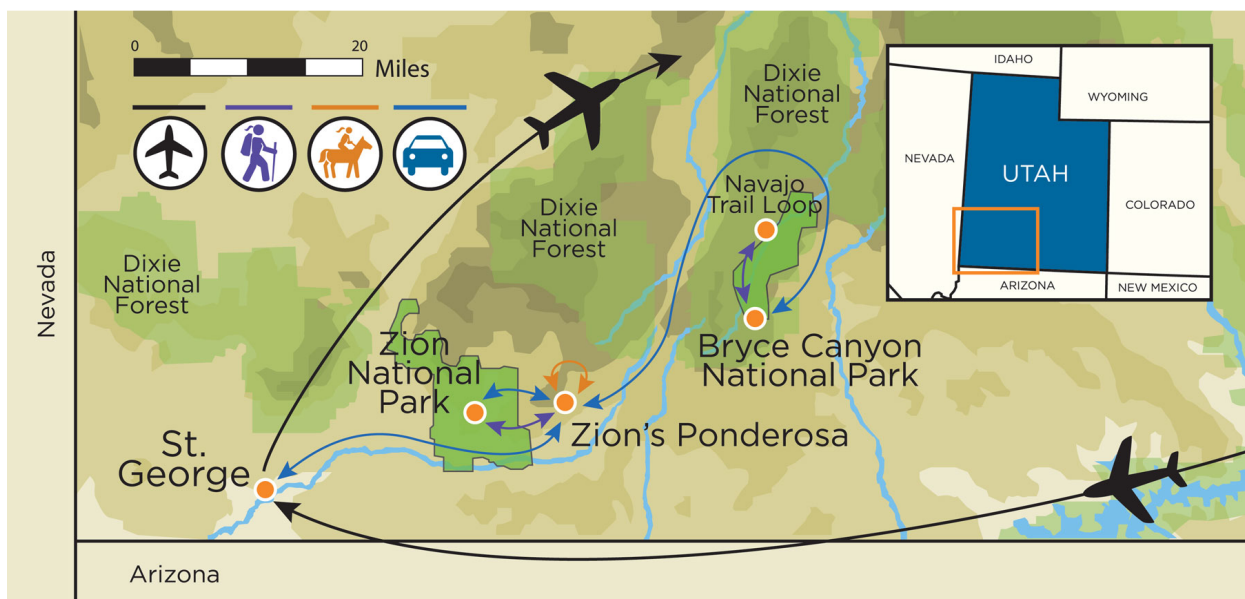
UTAH

Zion & Bryce Multisport Adventure

TRIP HIGHLIGHTS

- ▶ Hike in the beautiful expanse of Zion National Park
- ▶ Try canyoneering for the first time, seeing the area from a different angle
- ▶ Explore Bryce Canyon National Park on foot
- ▶ Hike in the Narrows of Zion National Park
- ▶ Stay in houses on a ranch with all single rooms

TRIP ROUTE



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QUICK VIEW ITINERARY

Day 1	arrive at Zion Ponderosa Ranch, welcome dinner
Day 2	morning hike, drive through Zion National Park, explore Springdale
Day 3	morning hike options, experience the Narrows, dinner with local female chef
Day 4	sunrise hike, Cam-Am ride, fun resort time, stargazing
Day 5	hike into the hoodoos of Bryce Canyon National Park, enjoy a sunset Jeep tour, campfire
Day 6	canyoneering adventure - great for all skill levels!
Day 7	depart Utah

ACTIVITY LEVEL

High Energy

TRIP PRICE

Main Trip: \$4,495

TRIP DATES

September 21 - 27, 2025

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DAY 1
Sunday
9/21/25

Arrive in Utah

Welcome to Zion Ponderosa! Your outdoor playground for the week is located on the eastern side of Zion National Park. This 4,000-acre retreat is the perfect home base for exciting outdoor activities and stunning natural beauty.

During your Zion and Bryce adventure, you'll get to know your Utah-based guide, who will help you discover this incredible natural area of the southwest.

Arrival Information

Arrive at the St. George, Utah Airport (SGU) today before 2:30pm. You can also fly to Las Vegas, Nevada (LAS) and take a shuttle to St. George.

Pickup and Transfer

You will be picked up at 3:00pm from the St. George Airport and transferred to Zion Ponderosa. On the way, you will have an opportunity to stop and pick up any last minute hygiene items, snacks, coffee, tea, wine, or beer for your stay.

Check-in and Relax

Check into your room and relax before dinner.

Welcome Dinner

Enjoy a lively welcome dinner in one of the houses your group is staying in as you get to know your fellow travelers this evening. Share stories and learn about why each woman in your trip is excited to explore Utah!

Accommodations

Zion Ponderosa Ranch & Resort

Meals Included

dinner

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DAY 2
Monday
9/22/25

Zion & Bryce National Parks

Set out today on a great hike to see Zion from above. With Zion Ponderosa on the East side of the park and about 4,000 feet above the canyon floor, today you will get up above the park for an amazing vantage point. This three-mile hike includes going uphill, but the views you get will be worth it.

Morning Hike

After breakfast, walk right out of your vacation home and take in the beautiful vantage point of the east side of Zion National Park. This hike, which is just under 3 miles, shows off all the vastness of Zion and beyond.

Drive through Zion

After hiking, head back to your room to quickly change before driving through Zion National Park. Today we won't stop in the park, but you'll hear stories about the history of how it became Zion National Park.

Explore Springdale

We will have mid-morning/afternoon to explore the town of Springdale. Lunch is on your own today.

Pick Up Rental Equipment

Meet back up with the group to pick up our rental equipment for the Narrows in Springdale before heading back to the ranch.

Dinner

Have dinner as a group this evening.

Hiking Information

1 hour, 2.9 miles, 300 ft elevation gain

Accommodations

Zion Ponderosa Ranch &
Resort

Meals Included

breakfast, dinner

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DAY 3
Tuesday
9/23/25

Zion & Bryce National Parks

Over the last 200 million years, wind, rain, and seismic shifts have conspired to create some of the most beautiful vistas, scenic stretches, and jaw-dropping formations this planet has ever seen. Zion National Park is no exception. A perfect storm of factors has turned what was once a simple basin into a picturesque spot – all part of the Colorado Plateaus – that draws tourists from all over the world.

Hiking Options

This morning, you'll have the choice between two great hiking options:

The first option is to hike Emerald Pools which has lower (1.2 miles round trip), middle (2 miles) and upper pools (3 miles). All hikes lead to sparkling waterfalls and glistening pools. Majestic sights can be seen all along the trails and our guides will point all of those out.

The second option is to hike a portion of Angel's Landing. You can enjoy the beautiful views as we start from the bottom of the canyon and hike to Scout Lookout.

Temple of Sinawava and the Narrows

After the morning hike, hop back on the shuttle and head to the furthest stop in the canyon to the Temple of Sinawava where we will hike the one-mile paved path to the Narrows. If weather permits, put on water shoes and hike up to 1.5 miles through the water. We will have a bag lunch to eat along the way.

Return Rental Equipment

Stop to return our Narrows rental equipment.

Dinner With a Local Female Chef

Back at the ranch, relax and get ready for an extra dose of charm as a local female chef from Orderville will cook us dinner, and give us tips and tricks for delicious food preparation.

Hiking Information

Emerald Pools: 1.5 hours, 3 miles, 700 ft elevation gain
Scout Lookout: 2 hours, 4.4 miles, 1600 ft elevation gain
Narrows: 2.5-3.5 hours, 5 miles, 500 ft elevation gain

Accommodations

Zion Ponderosa Ranch & Resort

Meals Included

breakfast, lunch, dinner

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DAY 4
Wednesday
9/24/25

Zion & Bryce National Parks

Enjoy another day in the stunning Zion area. Cement the memory of the landscapes in your mind - it's an incredibly unique part of the world!

Sunrise Hike to Canyon Overlook

Today we will head into the park very early to Canyon Overlook to see the sunrise. Watching the sun creep up behind you and seeing how the colors change on Zion in front of you is something you won't forget. Head back to the ranch for breakfast after your hike.

Lunch

Enjoy lunch back at the ranch.

Can-Am Ride

Try out a new form of adventure today with a thrilling Can-Am ride. These four-wheeled vehicles are a cross between a motorcycle and an ATV and promise an adrenaline-filled experience!

Resort Time

This afternoon, you'll have the chance to enjoy some fun resort time with various options: a pickleball, a mini golf tournament, or an opportunity for you to experience the virtual reality attraction 'Soaring over Southern Utah' with specially prepared VR seats.

Dinner

Have dinner as a group this evening.

Stargazing

After dinner, we will have the option of seeing the stars in the beautiful night sky. In 2021, Zion National Park became certified as an International Dark Sky Park in recognition of the exceptional quality of the park's night skies.

Hiking Information

less than an hour, 1 mile, 300 ft elevation gain

Accommodations

Zion Ponderosa Ranch & Resort

Meals Included

breakfast, lunch, dinner

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DAY 5
Thursday
9/25/25

Zion & Bryce National Parks

The major feature of Bryce Canyon National Park is Bryce Canyon, which, despite its name, is not a canyon but a collection of giant natural amphitheaters along the eastern side of the Paunsaugunt Plateau. Bryce is distinctive due to geological structures called hoodoos, formed by frost weathering and stream erosion of the river and lakebed sedimentary rocks. The red, orange, and white colors of the rocks provide spectacular views for park visitors.

Day in Bryce Canyon

Set out from the ranch with a boxed lunch for a day in Bryce Canyon National Park. Hike into the hoodoos via the Navajo Loop from Sunset Point. This beautiful trail gives you an up-close look at the National Park. Take some time to absorb your unique surroundings. Dinner will be back at the ranch tonight.

Jeep Tour

Our jeep tour will take you to the tippity top of Zion Ponderosa for 360 views to see the sunset on the western horizon. It's a bumpy ride but with our expert drivers you can sit back and enjoy laughing and making memories with your new friends as you see Zion from above.

Campfire

After a long day, kick up your feet around the campfire with smores!

Hiking Information

1.5 hours, 3.5 miles, 700 ft elevation gain

Accommodations

Zion Ponderosa Ranch & Resort

Meals Included

breakfast, lunch, dinner

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DAY 6
Friday
9/26/25

Zion & Bryce National Parks

Canyons that are ideal for canyoneering are often cut into the bedrock stone, forming narrow gorges with numerous drops, beautifully sculpted walls, and sometimes spectacular waterfalls. Most canyons are cut into limestone, sandstone, granite, or basalt, though other rock types are found. Canyons can be easy or difficult, though emphasis in the sport is usually on aesthetics and fun rather than pure difficulty. Canyoneering is enjoyed by people of all ages and skill levels.

Canyoneering Adventures

Saving the very best for last, harness up to join your friends and professional guides for the heart-pumping thrill of canyoneering! Whether you've never tried it before or you're an "old hand," this activity is suitable for everyone. Feed out the ropes as you descend step by step along steep red sandstone walls to land safely far down below. It might seem scary before you step out over the cliff, but by the time you reach the canyon floor, canyoneering might be your favorite sport!

Zion National Park and the surrounding area is one of the premier places in the country for canyoneering. Your expert guides will help you make the most of your guided canyoneering adventure. This guided canyoneering adventure is suitable for beginners and even more advanced levels, and your guides are trained to assist you and ensure your safety. Enjoy lunch at a local coffee shop along the way.

Farewell Dinner

Have a farewell dinner with your new AdventureWomen friends. Reminisce over all the memories you have made and celebrate the end of an amazing journey through this truly spectacular area.

Hiking Information

3 hours, 2 miles

Accommodations

Zion Ponderosa Ranch &
Resort

Meals Included

breakfast, lunch, dinner

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DAY 7
Saturday
9/27/25

Depart Utah

Bid farewell to your new friends and journey home.

Transfer to the Airport

Transfer to the airport to catch your flight home.

Departure Information

Your shuttle from Zion Ponderosa Ranch will get you to the St. George airport (SGU) or the St. George bus stop around 11:00am. Please plan your return flight any time after 1:00 PM.

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

Meals Included
breakfast

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Accommodation Details

Zion Ponderosa Ranch & Resort

The mountain vacation rental homes at Zion Ponderosa sit on a 4,000-acre ranch at the border of Zion National Park and are just over a one-hour drive from Bryce Canyon National Park. Unpack once and enjoy your stay in your private single room; each house has a different layout and most rooms have en suite bathrooms. The house will be run as a bed and breakfast type of stay for your trip, so no need to worry about cooking! Each home has a full kitchen and coffee makers. Please plan to bring or purchase your own coffee (if you would like more than what is available at breakfast) and wine or beer to enjoy when hanging out in the common areas with your AdventureWomen friends.

Amenities: Limited amounts of soap, shampoo, conditioner, hair dryer; Wifi, washer & dryer

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Included:

- ▶ Accommodations as per itinerary based on single occupancy
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ One group transfer on arrival and departure
- ▶ All park fees
- ▶ Activities as indicated in the itinerary
- ▶ Professional hiking and canyoneering guides

Not Included:

- ▶ Airfare to and from Utah
- ▶ Optional activities
- ▶ Meals not specified in the itinerary
- ▶ Shuttles to/from Las Vegas (if required)
- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Fees for travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities

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Cancellations and Refunds

Notification of cancellation must be made in writing to AdventureWomen, LLC (email will be accepted). Full payment is due 90 days prior to departure date.

- For cancellations received 89-60 days prior to the trip departure date: 50% of the package price is non-refundable and non-transferable.

- For cancellations received 59-0 days prior to the trip departure date: 100% of the package price is non-refundable and non-transferable.

You are highly encouraged to purchase **trip cancellation insurance** to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

You can transfer your deposit to another trip with no additional fee if you notify us within 120 days of the original trip departure date. We can hold your deposit for up to six months as a credit. Failure to book a new trip within this timeframe will result in the forfeiture of your deposit.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen trips.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

We define "adventure travel" as travel in which one actively participates, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes trips all over the world for women who want an active, out of the ordinary experience, and meet new friends. **Most of all, we want our trips to be fun!** In this spirit, the successful adventure traveler should be a good-natured realist and have a sense of humor! Adventure trips, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. Being on time is important, and contributes to the congeniality, success and well-being of both individuals and the group!