



Utah: Zion & Bryce Multisport Adventure

DURATION | 7 Days

TRIP LEVEL | Level 3 - Dynamic

Trip Overview

Experience the thrill of Utah's Zion and Bryce Canyon National Parks with AdventureWomen! Embark on an exhilarating journey featuring canyoneering and hiking among the awe-inspiring hoodoos of this iconic landscape. Each action-packed day concludes with the comfort of ranch living and all-single accommodations, offering the perfect blend of outdoor adventure and relaxation. Marvel at the grandeur of Zion and Bryce Canyon, where colossal canyons and erosion-carved formations display stunning layers of red, yellow, and white. Enjoy a ride in a four-wheeled UTV! You'll be right at home at the expansive 4,000-acre Zion Ponderosa Ranch where you'll bond with your knowledgeable Utah-based guides and fellow AdventureWomen travelers.

Trip Highlights

- Immerse yourself in the stunning expanse of Zion National Park, including a memorable hike through the iconic Narrows.
- Experience the thrill of canyoneering, exploring the park from unique and exhilarating angles.
- Relax in cozy accommodations with single rooms and ensuite bathrooms at the expansive and welcoming Zion Ponderosa ranch after your day's adventures.

Map View



Arrival: Arrive in St. George, Utah (SGU) on Day 1 before 2:30 PM. Fly into St. George or fly to Las Vegas (LAS) and book a shuttle to the St. George airport.

Departure: Depart from St. George, Utah (SGU) on Day 7 after 11:30 AM or the St. George bus stop after 10:00 AM.



Trip Itinerary



Day 1

Welcome to Utah!

Welcome to Zion Ponderosa! Located on the eastern side of Zion National Park, this 4,000-acre retreat will be your home base for thrilling outdoor activities and stunning natural beauty. Meet your Utah-based guide, who will help you explore this incredible area of the southwest. Kick off the first evening with a lively welcome dinner with fellow travelers. Share stories and anticipate the adventures ahead.

Meals: dinner | Overnight: Zion Ponderosa Ranch & Resort



Zion Ponderosa Ranch & Resort

The mountain 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 (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 relaxing with your AdventureWomen friends.

AMENITIES: toiletries, hair dryer, coffee / tea maker, Wi-Fi, washer & dryer



Trip Itinerary



Day 2

Zion Ponderosa: Zion Landscapes and Springdale

After breakfast, embark on a beautiful 2.9-mile hike showcasing Zion's vast landscapes. Return to your room to freshen up, then drive through Zion National Park, hearing tales of its history without stopping. Spend the mid-morning/afternoon exploring the charming town of Springdale. Meet up with the group to pick up rental equipment for hiking the Narrows before heading back to the ranch. Enjoy dinner as a group and, if you wish, stargaze under Zion's certified International Dark Sky. Experience the park's exceptional night skies, a highlight of this unforgettable journey.

Hiking Information: 1 hour. 2.9 miles. 300 ft elevation gain

Meals: breakfast, dinner | Overnight: Zion Ponderosa Ranch & Resort



Trip Itinerary



Day 3

Zion National Park: Hike and the Narrows

Choose between hiking Emerald Pools or a portion of Angel's Landing. Emerald Pools features waterfalls and sparkling pools, with options ranging from easy to strenuous. For a more challenging hike, explore Angel's Landing up to Scout Lookout, avoiding the permitted section. After the morning hike, shuttle to Temple of Sinawava and hike the one-mile path to the Narrows. Weather permitting, don water shoes and hike through the water. Enjoy a bag lunch along the way. Return rental equipment before heading back to the ranch for a dinner prepared by a local chef. Chat, relax, and savor delicious food.

Hiking Information: Emerald Pools: 1.5 hours, 3 miles, 700 ft elevation gain

Scout Lookout: 2 hours, 4.4 miles, 1600 ft elevation gain

Meals: breakfast, lunch, dinner | Overnight: Zion Ponderosa Ranch & Resort



Trip Itinerary



Day 4

Zion National Park: Canyon Overlook and UTV adventure

Begin your day early with a sunrise hike to Canyon Overlook, witnessing the changing colors of Zion as the sun rises. Enjoy some downtime at the ranch before lunch. In the afternoon, . experience the adrenaline rush of riding in a UTV, a cross between a motorcycle and an ATV. Conclude the day with a group dinner and unwind around the campfire with s'mores, reflecting on the day's adventures.

Hiking Information: less than an hour. 1 mile. 300 ft elevation gain

Meals: breakfast, lunch, dinner | Overnight: Zion Ponderosa Ranch & Resort



Trip Itinerary



Day 5

Zion Ponderosa: Bryce National Park and Jeep Adventure

Depart from the ranch with a boxed lunch for a day at Bryce Canyon National Park. Hike the Navajo Loop from Sunset Point, getting an up-close look at Bryce's unique hoodoos. In the evening, embark on a jeep tour to the top of Zion Ponderosa for stunning 360-degree views of the sunset. Despite the bumpy ride, enjoy laughter and camaraderie with your new friends as you take in the breathtaking scenery from above. The day promises both adventure and serene beauty, leaving you with lasting memories of Bryce's remarkable landscapes.

Hiking Information: 1.5 hours. 3.5 miles. 700 ft elevation gain

Meals: breakfast, lunch, dinner | Overnight: Zion Ponderosa Ranch & Resort



Trip Itinerary



Day 6

Zion Ponderosa: Canyoneering

Save the best for last with a heart-pumping canyoneering adventure. Whether a beginner or experienced, this thrilling activity is perfect for everyone. Descend steep red sandstone walls with the guidance of expert guides, experiencing the excitement of canyoneering in one of the country's top locations. This guided canyoneering adventure is suitable for both beginners and advanced levels; your guides are trained to assist you and ensure your safety. Enjoy lunch at a local coffee shop and conclude the day with a fun farewell dinner, reminiscing about the incredible journey and celebrating the friendships made. Reflect on the unforgettable experiences and scenic beauty you've encountered throughout this spectacular adventure in Utah.

Meals: breakfast, lunch, dinner | Overnight: Zion Ponderosa Ranch & Resort



Trip Itinerary



Day 7

Depart Utah

Bid farewell to your new friends and depart for home. After breakfast, transfer to the airport for your flight, which can be booked any time after 11:30am. Reflect on the memories and experiences gained during this extraordinary adventure through Zion and Bryce National Parks.



What's Included

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- 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

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.

