Zion After 7 Trips

What to See, Skip & Know Before You Go

NATURE-FIRST FOUR-DAY ITINERARY

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Take it easy. Travel easy. Disconnect from the world—and reconnect with nature.

Four-day journey

Day	Main experience	Night
1	Classic Zion Canyon	Springdale
2	Scout Lookout + East Zion	Springdale
3	The Narrows (only when safe)	Springdale
4	Kolob Canyons	Springdale / onward

The Narrows day is weather-dependent: move it to the safest day of your stay. All times are approximate, based on the supplied plan; confirm shuttle, trail and road availability.

Zion access: east and west approaches



Day 1 / Classic Zion Canyon Without Rushing

Stay: Springdale / near park



Timing and stop order

Time	Stop / activity
Before 7:30 AM	Heavy breakfast; pack lunch, water and snacks
7:30–8:30 AM	Visitor Center area; shuttle into Zion Canyon
8:30–9:15 AM	Big Bend viewpoint
9:15–10:00 AM	The Grotto / Virgin River
10:00 AM–1:00 PM	Kayenta Trail / Emerald Pools
1:00–2:15 PM	Packed lunch; Zion Lodge / Virgin River area
2:15–3:20 PM	Court of the Patriarchs
3:20–5:15 PM	Lower canyon / Museum / Towers of the Virgin area
5:15 PM–Sunset	Pa'rus Trail and Watchman views
After sunset	Dinner in Springdale

Important note

Use the shuttle as operated on your travel date. Kayenta and Emerald Pools access may change; take only the available trail sections and allow moderate walking.

Day 2 / Zion From Above + East Zion

Stay: Springdale / near park



Timing and stop order

Time	Stop / activity
Before 7:30 AM	Heavy breakfast; packed lunch and water
7:30–8:35 AM	Visitor Center; shuttle to The Grotto; hike preparation
8:35 AM–12:15 PM	West Rim Trail to Scout Lookout and return
12:15–1:50 PM	Picnic, return shuttle, collect vehicle
1:50–2:30 PM	Zion–Mount Carmel Highway; switchbacks and tunnel
2:30–3:15 PM	East Zion scenic pullouts
3:15–4:00 PM	Checkerboard Mesa
4:00–4:45 PM	Drive west through East Zion
4:45–6:15 PM	Canyon Overlook Trail
6:15–7:00 PM	Scenic drive back; dinner after 7

Important note

West Rim to Scout Lookout is strenuous. Angels Landing beyond is optional, subject to permit and personal comfort; add roughly 1.5–2 hours and shorten the East Zion section if chosen.

Day 3 / Full Narrows Day

Stay: Springdale / near park



Timing and stop order

Time	Stop / activity
Before 7:30 AM	Extra-heavy breakfast; water, packed food and river gear
7:30–8:50 AM	Visitor Center; shuttle to Temple of Sinawava; gear check
8:50–9:50 AM	Riverside Walk
9:50–11:30 AM	Enter The Narrows; hike upstream slowly
11:30 AM–12:30 PM	Continue upstream with breaks
12:30–2:00 PM	Packed food break; narrower sections if safe and comfortable
Around 2:00 PM	Turn-around decision; return early if necessary
2:00–4:30 PM	Hike downstream; exit river and change shoes
4:30–5:50 PM	Riverside Walk back; sit near Sinawava
5:50–6:35 PM	Shuttle return
After 6:45 PM	Dinner and rest

Important note

Check river flow, flood forecast, closures and water-quality advisories. Turn around whenever necessary. This day may need to move to a safer day or be replaced entirely.

Day 4 / Quiet Zion — Kolob Canyons

Stay: Springdale / onward



Timing and stop order

Time	Stop / activity
Before 7:30 AM	Heavy breakfast and packed food
7:30–9:00 AM	Drive to Kolob Canyons; short conditions check; Taylor Creek trailhead
9:00 AM–1:00 PM	Taylor Creek Trail to Double Arch Alcove and return
1:00–1:45 PM	Packed picnic
1:45–2:30 PM	Kolob Canyons Scenic Drive
2:30–3:45 PM	Timber Creek Overlook Trail
3:45–4:30 PM	Quiet time at overlook
4:30–5:30 PM	Favorite late-day scenic stops
5:30–6:30 PM	Drive toward Springdale
After 6:30 PM	Dinner

Important note

Taylor Creek is a multi-hour hike. Carry water and adjust to conditions; Kolob road and trail availability can change.

Backup day / Bryce Canyon when Narrows is unsafe or closed

Never substitute another slot canyon or wash during flash-flood danger. Bryce is a separate full scenic day. Check weather and road conditions, especially lightning exposure on the rim.

Time	Plan
Before 7:30 AM	Breakfast; packed food and water
7:30–9:30 AM	Springdale to Bryce Canyon (source planning estimate)
9:45–10:25 AM	Scenic Drive toward far end
10:25–11:30 AM	Rainbow Point and Yovimpa Point
11:30 AM–12:45 PM	Northbound overlooks and Natural Bridge
12:45–1:30 PM	Packed lunch
1:30–2:45 PM	Bryce Amphitheater / Bryce Point
2:45–4:30 PM	Inspiration Point and amphitheater
4:30–6:00 PM	Sunset Point and short Rim Trail toward Sunrise Point
6:00–8:00 PM	Return to Springdale (source planning estimate)

Before you go

Confirm latest conditions through the official National Park Service: nps.gov/zion and nps.gov/brca. Check shuttle access, permits, river conditions, trail closures, road access and park alerts. Printed times and the supplied graphics are planning references, not live schedules.