

CAITLIN & MATTHEW'S WEDDING HIKE

The Narrows

FRIDAY, SEPTEMBER 20



STEP 1 - LEARN ABOUT THE NARROWS

- The Narrows (bottom-up) is a unique hike into the narrowest part of the Zion Canyon. We will start by hiking along the paved, wheelchair accessible Riverside Walk for one mile from the Temple of Sinawava shuttle stop. At the end of the Riverside Walk, the trail becomes the Virgin River. Beautiful slot canyon walls will tower hundreds of feet over our heads. It is one of the most popular hikes in the park and will get extremely busy at peak times, which is why we are starting at the crack of dawn! Worth it.
 - You should take some time to learn about the hike and what to expect: this is important and there will be a pop quiz to make sure you did your homework! Google it and watch some videos. Some links to start with:
 - [National Park Service Website](#)
 - [Random Vlog of the hike](#)
 - [Trail Description Blog](#)
 - [Another random \(overly-detailed\) video](#)
 - It is an out-and-back hike, meaning you walk until you feel done and turn around the same way you came. This can involve wading upstream for just a few minutes or it can be several hours of hiking - completely up to you.
 - You will get **cold & wet** - you are walking in the river. The water level varies daily! Most of the time it is ankle deep, but there can be moments that you are waist deep (or more, if you're a shortie).
 - **SAFETY: We will NOT do this hike if there is a flash flood warning or a chance of rain in the forecast.** Rental gear is refundable if we cancel due to weather. Do not drink or submerge your head in the river. Everyone MUST have a buddy at all times, no hiking back alone. Don't worry, we have some backup hikes in mind in case of weather :) We will make the call on Thursday.
-

DOESN'T SOUND RIGHT FOR YOU?

No worries at all. If you would still like to join the fun, feel free to get up early with us and enjoy the sunrise in Zion. You can still ride the shuttle with us and do the one mile Riverside Walk (while staying dry!). Send us on our way into the river, then head back into the park to enjoy another trail of your choosing.

SOUNDS LIKE A BLAST?

• Keep reading!

STEP 2 - PREPARE FOR THE NARROWS

A little prep is key. Some things you may want to think about:

- **Layers** - it may be quite chilly in the morning since we are starting before the sun, but you will get warmer as the day goes on. Dress in athletic clothes that can dry quickly. See cover photos of our outfits. Avoid cotton.
 - **Drinking water and snacks** - you should always bring water and snacks when hiking. Keeping your hands free is best for this hike, so either wear a Camelbak or plan for someone in your party to carry a backpack.
 - **Bathrooms** - the only restroom is at the trailhead when we first start the hike. This means you must be willing to do a nature pee or you need to turn around once your bladder is half full! Don't stress it.
 - **Keeping your stuff dry** - anything you bring with you has a chance of getting wet. If you have a dry bag, great! If not, leave behind anything you don't need and double seal necessities (electronic car keys, 1-2 cell phones) in ziploc bags inside of your pack.
 - **Dry clothes** - bring a towel and set of dry clothes to leave in the car, in case you want to change at the visitor center before driving home.
-

STEP 3 - RESERVE YOUR RENTAL GEAR

While not required, we **strongly recommend** renting some "Narrows gear" from Zion Outfitter. We only need the warm-weather package, which includes canyoneering boots, neoprene socks, and a hefty hiking stick for \$32. We've done the hike without gear and been fine with DIY sticks, but we really do think it makes for a better, safer experience.

Go to this website: <https://zionoutfitter.com/product/warm-weather-package-copy-3/> **and checkout for your family/group.** Select Friday 9/20 as the date. Complete waivers ahead of time if you can.

STEP 4 - PICK UP YOUR RENTAL GEAR ON THURSDAY, 9/19

If renting gear, **you must pick it up on Thursday afternoon.** Zion Outfitter will not be open in time for you to pick up on Friday morning. Technically, pick up starts at 4pm on Thursday - but they have been flexible with timing in the past. Zion Outfitter is a 15 minute drive from the Oasis/Chalet. If you can't make pick up work but want to join the hike - let us know, we can help.

STEP 5 - MAKE TRANSPORTATION PLANS

We recommend carpooling if possible! That said, only carpool with people who want to hike for a similar amount of time (otherwise, you're stuck waiting on each other if your group splits up).

Since we're getting there nice and early, it should be easy to park in the free main parking lot of the Zion Canyon Visitor Center. Keep in mind, this may not be the case at other times of day. There is paid parking in Springdale.

STEP 6 - DAY-OF LOGISTICS

6:00 AM (ish) - EAT BREAKFAST!

6:15 AM - Caravan from the Oasis leaves. Guests driving from any other location should plan accordingly to arrive at the meeting time.

6:45 AM - Meet in front of the main entrance to the Zion Canyon Visitor Center building. Visitor center will not be open but restrooms will be.

7:00 AM - First shuttle leaves from the Zion Canyon Visitor Center stop.

7:45 AM (ish) - Arrive at Shuttle Stop #9, Temple of Sinawava. This is the last chance for bathrooms. The sun is still rising, so it's a bit dark.

8:15 AM (ish) - Time to get wet!

RETURN TIME - Depends on how long you/your group decides to hike! We expect almost everyone will be done around lunch time.

RETURN YOUR GEAR TO ZION OUTFITTER BEFORE YOU LEAVE! BRING YOUR PARK PASS/RECEIPT AND NORMAL SHOES WITH YOU. It is easier to walk over there than to move your car. It is just outside the park gate.

Grab lunch, shower up, and take a nap (optional...ish) before the welcome party!

We can't wait!

Questions? Text us

Caitlin: (623) 377-6426

Matthew: (623) 208-8185