

# NARROWS HIKE

## JUNE 23RD – 24TH, 2019

Join Family Life Solutions for a phenomenal get-a-way to one of the World's best canyon hikes! Everyone is welcome and the hike can be tailored to suit any ability level. The canyon walls and scenery on this hike are breathtaking and will leave you in awe!



### THE HIKE

Plan on being wet! The hike is roughly 60% walking in the river. The remaining time is spent walking on the shoreline. Make sure you have plenty of food and suitable shoes. Also, keep electronics, wallets and personal items in a waterproof bag.

### MEET UP AND TRAVEL INFORMATION

Zion is about a 3 hour drive from Las Vegas. The plan is to leave Las Vegas Sunday after church. That night you will have a chance to check into your hotel, explore the town, enjoy local restaurants and spend time with your friends and family.

We will meet at Zion National Park Visitor Center at 8:30am on Monday morning. We have a group rate at the La Quinta Inn. To make reservations, please call the inn directly and be sure to let them know that you are with the Trinity Life Center Group and if you are staying for one or two nights. Reservations must be made between April 3 and June 2nd, 2019 between the hours of 7a and 3p (ask for Sabrina or Jennifer). Please contact Christina at 702-494-9771 and let her know that you have made your reservation, as well.



### HOTEL INFORMATION

Double: \$189 + tax/night (One night rate)  
Inn Information:  
La Quinta Inn & Suites Zion—Springdale  
792 Zion Park Blvd  
Springdale, UT 84767  
Phone: 1-435-627-5280



### WHAT TO BRING

- **SUNSCREEN/SUN HAT**
- **2 LITERS OF WATER PER PERSON**
- **HIGH-CALORIE FOOD & SNACKS**
- **TRASH CARRY-OUT BAGS**
- **DAYPACK OR HYDRATION PACK**
- **ZIP-LOCKS FOR WALLET**
- **CAMERA**
- **WALKING STICK**
- **STURDY FOOTWEAR**
- **BATHING SUIT**

**IF YOU HAVE ANY QUESTIONS PLEASE CALL CHRISTINA AT 702-494-9771**

### Narrows Hike June 23rd and 24th, 2019

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

NUMBER IN GROUP: \_\_\_\_\_ ARE YOU STAYING AT THE HOTEL ROOM: YES \_\_\_ NO \_\_\_