

- 8:00 AM LONG DAY campers depart from the  
Little Cottonwood Canyon Park n Ride
- 8:30 AM Warm up Exercises and Mindfulness
- 9:00 AM Breakfast Buffet and Hiking checklists  
SHORT DAY campers depart from the  
Little Cottonwood Canyon Park n Ride
- 9:30 AM Intro to the Day – plans, expectations and  
expected adventures to prepare for.
- 10:00 AM Main activity and Hiking trail exploring
- 12:00 PM Wrap up morning experience with  
sharing and journaling
- 12:15 PM Lunch Buffet and Hiking Checklist  
Free Play choices both indoor & outside
- 1:30 PM Hiking trail and afternoon Activity choice outside
- 3:15 PM Picnic outside
- 4:00 PM SHORT DAY campers arrive at the Park n Ride  
Wrap up afternoon experiences with sharing  
Collect Belongings & End of day games
- 5:00 PM LONG DAY campers arrive at the Park n Ride