



Cactus Chronicles

TRAVEL

kanab itinerary

destination: Zion National Park & Bryce Canyon

best time to visit: Spring & Fall

trip length: 5 Days

basecamp: Kanab, Utah



day 1: ARRIVAL IN KANAB

MORNING

Travel to Kanab from Phoenix, Las Vegas, or Salt Lake City. Enjoy the scenic red rock drive into southern Utah.

AFTERNOON

Check into your hotel or Airbnb and explore downtown Kanab. Walk the historic streets, browse local shops, and catch sunset over the red cliffs.



day 2: CORAL PINK SAND DUNES

MORNING

Breakfast in Kanab, then drive 30 minutes to Coral Pink Sand Dunes State Park. Explore the dunes and try sandboarding or sand sledding.

AFTERNOON

Visit Best Friends Animal Sanctuary, the largest no-kill animal sanctuary in the U.S. Return to Kanab for dinner.



day 3: ZION NATIONAL PARK

MORNING

Drive 45 minutes to Zion National Park. Start early and hike family-friendly trails like Pa'rus Trail or Riverside Walk.

AFTERNOON

Ride the Zion shuttle through the canyon or hike Canyon Overlook Trail for incredible views. Return to Kanab in the evening.



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day 4: BRYCE CANYON

MORNING

Drive 1 hour 20 minutes to Bryce Canyon National Park. Start at Sunrise Point for stunning views of the hoodoos.

AFTERNOON

Hike Queen's Garden Trail through Bryce Amphitheater and explore scenic viewpoints before heading back to Kanab.



day 5: PAGE, ARIZONA

MORNING

Drive 1 hour 15 minutes to Page for a guided tour of Antelope Canyon.

AFTERNOON

Lunch in Page, then walk to Horseshoe Bend for one of Arizona's most iconic viewpoints.



my recommendations

WHERE TO STAY

- Dino Ranch BnB → literally the most perfect spot for families!

RESTAURANTS

- Wild Thyme Cafe
- Sego Restaurant
- Peekaboo Wood Fire Kitchen
- Birdhouse (Page, AZ)

ADDITIONAL ACTIVITIES

- UTV Tour to Peekaboo Canyon
- Belly of the Dragon hike
- Toadstool Hike
- Sand Caves

TRAVEL TIPS

- **Book tours early** — Antelope Canyon and Best Friends Animal Society often book weeks in advance.
- **Start hikes early** to avoid crowds, heat, and limited parking at popular trailheads.
- **Pack plenty of water** — the desert climate is very dry, even in cooler months.
- **Bring sunscreen and layers** — temperatures can change quickly throughout the day.
- **Pack snacks or dry food if driving** — grocery options in small towns can be limited and expensive.
- **Download maps ahead of time** — cell service can be spotty in national parks.
- **Carry a small first aid kit** when hiking or exploring (especially with littles!)

notes:
