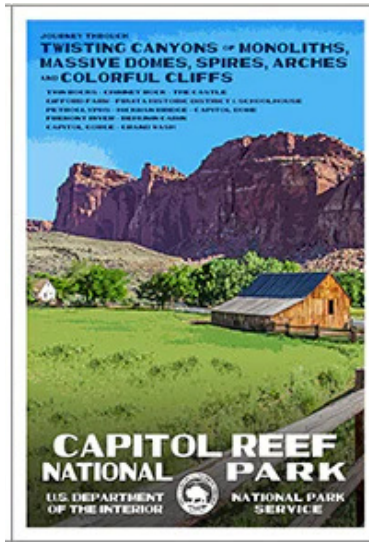


A vertical strip of five panels showing a sequence of landscape images. The panels are arranged vertically, with the top panel showing a rocky shore with a pine tree and a body of water. The second panel shows a forested valley with mountains in the background. The third panel shows a wide canyon view with a river flowing through it. The fourth panel shows a natural rock arch. The fifth panel shows a close-up of the arch.



This three day, two night trip will take the four guests across Utah, visiting three of Utah's five amazing national parks: Arches, Capitol Reef, and Zion. Guests will camp at Cathedral Valley for the first night, near Capitol Reef, and in Zion National Park for the second night. These guests will be busy, experiencing three hikes over the three days, visiting the Temple of the Sun and Moon, and experiencing river rafting down the Virgin River in Zion. Guests will have both fine dining at various restaurants, and make meals during their camping adventures.

Swimsuit, sandals, hiking shoes, backpack, bandana, toiletries, towels, first-aid, sunscreen, sunglasses, pants (3), shirts (3-4 pairs) (long sleeve), pajamas (2), shorts (2-3 pairs), lip balm, insect repellent, baby wipes, mirror, brush, blankets, charger, trash bags, socks, hat, jacket/hoodie (2), waterbottle

Breakfast: The Dough Miner
Lunch: 98 Center
Dinner: Pasta Jays

Breakfast: Freeze Dried Oatmeal
Lunch: Hell's Backbone Grill & Farm
Dinner: Freeze-dried Beef Pasta

Breakfast: Freeze-dried Breakfast Skillet
Lunch: Castle Dome Cafe
Dinner: Cliffside Restaurant

* Trip Itinerary *

Friday 8/7/26



7:30 AM - Depart University of Utah

- Breakfast at *The Dough Miner* in SLC
(Rated #1 Breakfast in SLC -Gastronomic)



11:45 AM - Arrive at 98 Center Asian Restaurant in Moab Utah

- Leave *98 Center* to Delicate Arch Hike



1:15 PM - Arrive at Wolfe Ranch Trail (Rated best hike in Arches)

- Estimated hiking time: 3 hours
- Leave directly for dinner



4:15 PM - *Pasta Jays* Dinner (4.2 Stars)

- Drive to Cathedral Valley



Camp at Cathedral Valley



Figure 2.1: The Dough Miner in SLC



Figure 2.2: Delicate Arch Hike



Figure 2.3: Cathedral Valley



Figure 2.4: The Temple of the Sun and Moon

Saturday 8/8/26



6:00 AM: Visit the esteemed Temple of the Sun and Moon

- 1 hour drive, 2 hours to explore
- Pack up camp upon return



10:00 PM - Travel to lunch at Hell's Backbone Grill & Farm

- 2 hour drive to lunch
- 1 hour for lunch
- After lunch, drive 30 minutes to Lower Calf Creek Falls Trailhead



1:30 PM: Begin Beautiful Lower Calf Creek Falls Hike

- Estimated hiking time: 3 hours
- Leave directly for Zion's National Park



Watchman's Campground

Sunday 8/9/26



6:30 AM: Begin The Narrows hike

- Estimated hiking time: 7 hours
- Leave directly for lunch after



2:00 PM: Lunch at Castle Dome Cafe (Popular restaurant in Zion Lodge)

- 1 ½ hours for lunch
- Travel to tubing directly after



4:00 PM: Popular Virgin River Tubing Appointment

- 1 hour 15 minute appointment



5:45 PM: Dinner at 4.5 Star Cliffside Restaurant

- 1 hour 15 minutes for dinner



7:00 PM: Leave for U of U

Arrive at the University of Utah @ 11:00 PM

Gas Cost Calculations

Gas Calculations using AI:
 Total distance driven: 870 miles
 Average Gas Price Utah: \$3.60/gal
 Vehicle: Midsize SUV (20 MPG)
 Gallons Used: 43.5 gallons
 Total Gas Cost: \$157



Figure 3.1: Lower Calf Creek Falls



Figure 3.2: Watchman's Campground



Figure 3.3: The Narrows Hike



Figure 3.4: Virgin River Tubing



Food	The Dough Miner	\$55.20
Food	98 Center	\$135.65
Food	Pasta Jays	\$111.94
Camping	Tent & 2 Sleeping Bag/Pad Bundle	\$299.95
Camping	Stakes	\$34.95
Camping	Footprint	\$26.73
Camping	Sleeping Bags (2)	\$119.90
Camping	Sleeping Pads (2)	\$79.90
Camping	Flashlight	\$14.95
Camping	Camp Chairs (4)	\$239.80
Camping	Lantern	\$29.95
Food (Camping)	Water (16)	\$22.88
Camping	Stove	\$70.00
Camping	Pot	\$26.95
Camping	Frying Pan	\$19.95
Camping	Cutlery (4)	\$79.80
Camping	Cooking Set	\$59.95
Camping	Cooler	\$39.95
Food (Camping)	Freeze Dried Dinner #1 (2)	\$29.90
Food (Camping)	Freeze Dried Breakfast #1 (4)	\$27.80
Food (Camping)	Freeze Dried Breakfast #2 (2)	\$29.90
Food	Hell's Backbone Grill & Farm	\$206.64
Gear	Dry Bag	\$17.93
Food	Hiking Snacks	\$175
Food	Castle Dome Cafe	\$150
Activities	Virgin River Tubing	\$159.80
Other	Gas Cost	\$157
Camping Fees	Watchman Camping Fee	\$35
Food	Cliffside Restaurant	\$226.80
Other	PRICE FLUCTUATION	\$216
Other	Miscellaneous/Extra Expenses	\$100
TOTAL COST:		\$3,000.00

Figure 4.1: Budget

References

Advice given by school advisor- Randall Kammerman
"Best National Parks in Utah." Skyscanner.
"Utah." Visit the USA.
"Primitive Campgrounds." National Park Service.
"Campgrounds in Zion." National Park Service.
"Best Places to Eat in Moab." We're in the Rockies.
"98 Center Moab." 98 Center Moab.
"Menu." 98 Center Moab.
"Best Breakfast in Salt Lake City." Gastronomic SLC.
"Dough Miner." Dough Miner.
"Silver Iron Restaurants." ToastTab.
"Delicate Arch." National Park Service.
"Delicate Arch." Discover Moab.
"Pasta Jay's." Pasta Jay's.
"Primitive Campgrounds." National Park Service.
"Family Camping Checklist." REI Co-op.
"Best Freeze Dried Meals for Backpacking." Follow Tiff's Journey.
"Temples of the Sun and Moon." National Park Service.
"Lower Calf Creek Falls Trail." AllTrails.
"HBGF Dinner 10.12.2025." Squarespace.
"Restaurant." Hell's Backbone Grill.
"Campgrounds." Recreation.gov.
"Best Hikes at Zion National Park." Atlas Obsession.
"Float Zion Virgin River Tubing Adventures." Tripadvisor.
"Restaurants." National Park Service.
"Castle Dome Café." Zion Lodge.
"Castle Dome Cafe." Evendo.
"Cliffside Restaurant." Tripadvisor.
"ChatGPT Used to Calculate Gas Cost and Mileage."
"Backpacking Snacks That Will Satisfy Your Cravings ." Hyperlite Mountain Gear.

Research Timeline

Identify tourist attractions in Utah

(Source 2)

Identify opportunities from both seasons

Once National Parks were decided, pick a maximum of 3 national parks to visit

(Source 1)

Create a map and timeline including miles

driven, time to travel to each national park

Decide food places in SLC (Source 8, 9, 10) (Average is \$10.75, \$0.60, \$2.27 tip = \$55.20)

Decide camping locations for Capitol

Reef and Zion (Source 3 & 4)

Weigh food options in Moab UT prior and post to Arches Hiking (Source 5, 6, & 13)

Calculate average cost at 98 Center and dining time (Source 7) (Average is about \$18 for entree, \$13 starter for the group, \$6 drink/customer) (\$106 order + \$6.54 tax + \$23.11 tip = \$135.65)

Calculate average cost at Pastay Jays and dining time (Source 13) (Average is \$18, \$4 drinks) (Total: \$111.94)

Plan Delicate Arch Hike (Source 11)

Plan Cathedral Valley Camping (Source 14)

Calculate Camping Essentials (Source 15)

Plan Camping Meals (2 Dinners, 2

Breakfasts) (Source 16)

Plan Activities in Cathedral Valley (Source 17)

Plan Lower Calf Creek Falls Hike (Source 18)

Plan food near Lower Calf Creek Falls

Hike (Source 20)

Calculate cost to eat at Hell's Backbone

Grill & Farm (Source 19) (\$30+\$6)(4) =

\$144 + \$20 dessert = \$164 * 1.26 (tax+tip)

= \$206.64

Plan camping at Zion (Source 21)

(Watchman Campground)

Plan Activities in Zion (Source 22 & 23)

(The Narrows and Tubing)

Plan Food in Zion (Source 24, 25, & 26)

(Average lunch: \$150)

Plan Dinner out of Zion (Cliffside

Restaurant rated #1 on Trip Advisor)

(Source 27) (Average \$26 + \$7 (Drink) +

\$12 (appetizer) = \$45) (4) = \$180 * 1.26

(tax and tip) = \$226.80)

Plan budget for hiking snacks (Source 29)

Evaluate Alternatives