

3 days in Zion with kids

Arrival day. Main canyon day. One flexible morning.

Suggested times are estimates, not operating hours. Check both bus schedules, road and trail alerts before each day. This route assumes shuttle season.

DAY 1 / 1-2 p.m., after lunch

Route: South Entrance to Visitor Center to short Pa'rus out-and-back

Rest / finish: Water and toilets at Visitor Center; early Springdale dinner

30-45 minutes for arrival tasks; Pa'rus: 15-30 minutes out, then return. Stop 3 is southbound only.

Backup: Tired children? Cut the walk to ten minutes or skip it.

DAY 2 / 7-8 a.m. at park Stop 1

Route: Canyon shuttle to Stop 9 to Riverside Walk to Stop 5 lunch

Rest / finish: Optional short walk; aim back at Visitor Center by 3-4 p.m.

Stop 1 to Stop 9: about 45 minutes before queues. Riverside: 1-2 hours; lunch/rest: 45-60 minutes. Skip the optional second walk when tired.

Backup: Tired legs? Drop the second walk and leave after lunch.

DAY 3 / 8-9 a.m.

Route: Drive SR 9 east; optional Canyon Overlook, or repeat an easy favorite

Rest / finish: Carry water and lunch; return for a midday break

Canyon Overlook: 1 mile roundtrip, allow 1-2 hours. Limited parking, pit toilet, no refill. Skip if footing, exposure or legal parking do not suit.

Backup: Rain, ice, road closure or an unsuitable vehicle? Choose the entrance-area repeat plan instead.

Before you leave: pack water and food, choose a legal parking backup, save the full guide and leave a return margin. Springdale and canyon buses are separate. A 7 a.m. canyon start cannot rely on the 8 a.m. town bus in the verified September 13-October 24, 2026 schedule.