

# Theracation Itinerary

Theracations include full accommodations in Beautiful Park City, personalized Trailtalk sessions with Allison and an adventure of your choice with All Seasons Adventures.

Sunday through Friday sessions are a 6 day, 5 night package.

- day 1* - Fly into Salt Lake City Airport. You will be greeted by Park City Transportation who will take you to your accommodation. Check in times are at 4pm. You have the rest of the day to settle in and get acquainted with the Park City area.
- day 2* - hotel pick up at 7:45  
8 am to noon Trailtalk session with Allison. The rest of the day will include down time and recommended activities to augment work with Allison.
- day 3* - hotel pick up at 12:45  
1 pm to 4 pm Trailtalk Session with Allison
- day 4* - All Seasons Adventures pick up at 8 am for the adventure of your choice.
- day 5* - pick up at 7:45am  
8 am to 11 am for last Trailtalk session with Allison
- day 6* - Departure day. Pick up at 7:45 for an hour debriefing with Allison from 8-9am, and depart for home.

Follow up appts via Skype or return visits to Park City.