



THE TRAVEL RUNNER'S WEEKEND KIT

RUN LIGHT. TRAIN SMART. TRAVEL BETTER.

QUICK TRIP PLANNER

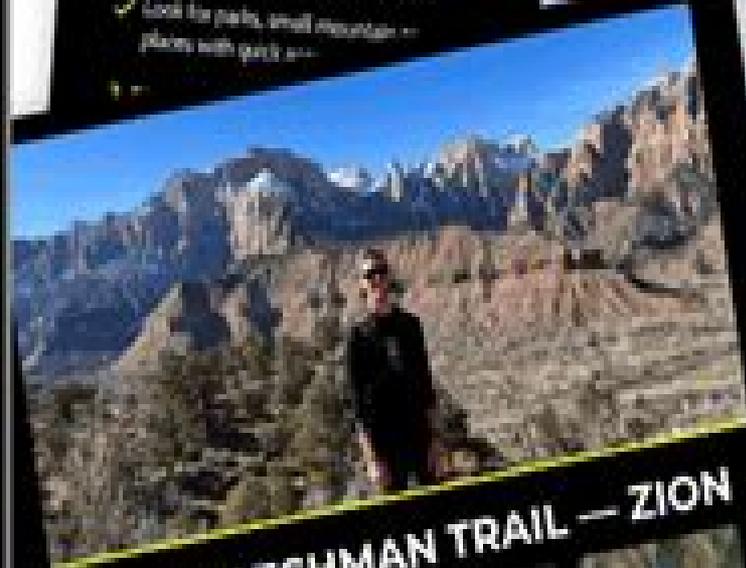
How I plan run-ready weekends fast — from trails to pillows.

I CHOOSE YOUR DESTINATION

Look for activity clusters near heavy running areas, parks, or trailheads.

✓ Use AllTrails, Strava Heatmaps, or my trail guides to pick a route-rich area.

✓ Look for parks, small mountain towns, places with parks +...



THE WATCHMAN TRAIL — ZION

OVERVIEW

• Distance: 3.4 miles
• Elevation Gain: 570 feet

• Terrain: Dirt, rocky
• Est. time: 1 hour

I ran this out-and-back in winter and was blown away by the high-canyon views at the top.

The climb rises vertically along the cliffs with brief sections of exposure. Overall, an excellent trail with one of my favorite views at the top.

WHAT I PACKED

• Running shoes
• Running socks
• Water for the day

RUN WITH

Traveling Runners Guide

Brendan G. Carr



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