

Hike With the Board!

Come get some exercise after travelling to Salt Lake. Come join our board members on a great pre-conference hike. Learn about what is happening in our academy, and meet other avid cardiopulmonary PT's! We won't fault you for saving your breath on the uphill.

Meeting Point: We will meet in the lobby of the University Guest House Hotel (conference hotel) and walk to the trailhead together. No need to sign up, just meet us in the lobby to join!

Time: Meet at 2:00PM. Expected return around 4:00PM.

Bring: Good hiking shoes, sunscreen, and a full water bottle. We will have some trail snacks available.

What to expect: a 10-minute walk through campus will take us to the trails where we will head up on a 2.3-mile round-trip hike with approximately 1,000 vertical feet of gain for a spectacular view of the Salt Lake Valley. We will take a long rest up top before heading back down to the hotel to get ready for the Keynote speaker and Welcome reception!.



The "living room" is a collection of rock couches and chairs on a perch above the University of Utah campus. The steep but short hike offers rewarding valley views and incredible sunsets over the Great Salt Lake in the distance.