

# FURTHER INFORMATION

## TREK THE CANYONS

We begin our challenge with an acclimatisation trek through Sedona, with its popular red rock formations, also known as Red Rock Country. Native Americans consider this to be the spiritual vortex to the southwest of America.

We split into smaller groups on Days 3 & 4 as we spend two days exploring the Grand Canyon National Park descending on different trails each with equally epic views of one of the world's most magnificent natural wonders. The descents will be tough as we descend over 2,000ft and then trek out again, but our efforts will be rewarded with breath-taking scenery from start to finish. Once back at the rim on Day 4 we take in our last views before heading to Lake Powell.

We explore further as we conquer trails in Bryce Canyon and Zion National Park. Colourful spires of rock, called hoodoos, create a surreal vista throughout the park and at night more than 7,500 stars are visible over Bryce Canyon. Zion Canyon is totally opposite to Grand Canyon. There you can stand on the rim and look down, but at Zion Canyon you look up from the bottom to view the beautiful sandstone landscape.

Once we have successfully explored these natural wonders, we then transfer to Las Vegas to celebrate our trekking achievements!

Each day of this charity challenge will give a different perspective of this breath-taking area!

“BELIEVE YOU CAN”



# TREK THE CANYONS



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## INTRODUCTION

This document will provide you with challenge and route information along with approximate timings for each day. It is hoped this will give you an insight into what you can expect whilst on this awesome challenge and help you to prepare further.

Taking part in one of our challenges undoubtedly requires commitment, determination and, above all, a positive attitude from the outset. From the moment you sign up there are steps in place to ensure that you have the correct level of support and help throughout the entire journey not just on the challenge itself. Each participant should approach the challenge with an open mind and prepare to be adaptable throughout. Whilst thousands of hours of work will have gone into the preparation across all of our challenges, the itineraries are complex and things can often need to change on the ground, therefore they are strictly subject to change including the accommodation details noted within this document and the facilities available.

If you have any other questions which are not answered in this document, about the challenge you are about to embark upon, please do not hesitate to contact the office on 01244 676454 or email [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com).

## FINANCIAL PROTECTION

By travelling with Global Adventure Challenges you are protected by the Civil Aviation Authority (CAA) under our ATOL licence number 6506.

When you buy an ATOL protected flight inclusive Overseas Challenge from us you will receive an ATOL Certificate. This lists what is financially protected, where you can get information on what this means for you and who to contact if things go wrong.

The CAA are the UK's specialist aviation regulator. They are a public corporation, established by Parliament in 1972.



# TREK THE CANYONS

## ABOUT GLOBAL ADVENTURE CHALLENGES

Global Adventure Challenges have been organising world-wide charity challenge events and adventures since the year 2000. Since we began organising challenge events we have grown and developed very steadily – we believe that our charity partners, participants and corporate organisations – basically, our customer base – are the best form of advertising. Word of mouth, they say, is the best form of marketing and we believe this also.

Our challenges have helped raise well in excess of £15 million for a wide range of charities located throughout both the UK and overseas. Over the years, we have taken tens of thousands of people on exciting challenges all over the world, helping them realise their dreams and fulfil lifetime ambitions. Our challenge events are “life-changing...” and these are the words of our participants, not ours!

We are extremely proud of the events we organise and we are here to give you a memorable lifetime experience. Without doubt our success lies in the dedicated team we have working both in the office, and out in the field.

Our passion for adventure travel and pushing your ‘comfort zone’, combined with extensive fundraising event experience, are what makes us different from other operators. We believe that from the moment you enquire, you will be embarking on a journey that you will remember forever.

Travelling with Global Adventure Challenges is an enjoyable and satisfying way to show your commitment to fantastic charitable causes. Come and be part of our success! We are taking more and more individuals away on exciting challenge events every year...join them...join us!

## MINIMUM NUMBERS

Each of our challenges require a minimum number of participants to enable us to run the challenge at the advertised costs.

For this challenge the minimum number of participants is 20.

If the group is smaller or becomes smaller than this minimum number in the run up to the challenge, we may consider the option to continue to run the Challenge with less than the minimum number, however a small supplement will be applicable.

In this instance we will communicate this to you no later than 11 weeks before departure.



## RESPONSIBLE TOURISM

At our overseas destinations we work with small, local ground handlers who employ local guides and we use as much local infrastructure as we can to boost the economy and income. We aim to ensure that all local guides involved with our events are given a fair wage in accordance with appropriate local standards and each of our challenges is designed using the knowledge of local experts.

We believe that we need to preserve and respect the locations in which our challenges take place in order for future generations to experience the same fantastic places as we do now. More information regarding our Responsible Tourism Policy can be found on our website.



# TREK THE CANYONS

## CHALLENGE HIGHLIGHTS

- Trek two magnificent trails as you hike deep into the Grand Canyon.
- Explore three magnificent National Parks - Grand Canyon, Bryce Canyon and Zion Canyon!
- Visit the beautiful Lake Powell.
- Celebrate your achievements in the bright lights of Las Vegas.



## A FEW NOTES ON THE REGION

This trekking challenge explores three of southwest America's most majestic National Parks. The Grand Canyon is a steep-sided canyon carved by the Colorado River in the state of Arizona. It is largely contained within the Grand Canyon National Park, one of the first national parks in the United States. The Grand Canyon is 277 miles (446 km) long, up to 18 miles (29 km) wide and reaches a depth of over a mile (1.83 km) or (6,000 ft).

The Grand Canyon National Park authorities have made changes that restrict the number of people allowed to trek on the trails at any one time. Therefore on days 3 & 4 we will split into smaller separate groups and trek different trails. Please see the detailed challenge itinerary later on in this document for further information on the trails we will possibly use. Each of the four possible trails will offer epic views as we descend into the Grand Canyon.

Bryce Canyon is a vast, geological wonder situated in its own National Park in Utah. Despite its name, the canyon isn't strictly a canyon but rather a collection of naturally formed amphitheaters – spaces with echoic and amplifying properties.



Zion Canyon which is also known as Little Zion, Mu-Loon'-Tu-Weap, Straight Canon, and Mukuntuweap, it is a narrow and deep canyon located in southwestern Utah, cut by the Virgin River. Almost the entire canyon is situated within the western-half of Zion National Park.

### Fact File

- **Population:** 290 million.
- **Capital City:** Washington DC.
- **Religion:** 56% Protestant, 28% Roman Catholic, 2% Jewish, 1% Muslim.
- **Language:** Spanish, English, Native American languages.
- **Time difference to GMT:** -7 hours.

## SOME USEFUL HINTS & TIPS

- Pack light.
- If you hire a sleeping bag, it will save you room in your luggage.
- Do not attempt to feed any animals.
- Do not leave snacks in your tent / bag unattended!
- Pack your bag for your journey home before your night out in Las Vegas, that way you are ready to go the next day.



# TREK THE CANYONS

## CLIMATE, TEMPERATURE & HUMIDITY

From April to July and September and October, the area receives very little precipitation. During these times, you should plan for warm, sunny days. The temperature in the canyons is cooler than Phoenix but warmer than at the canyon rims.

The temperature chart gives you an indication of the approximate average minimum and maximum temperatures, for the area, throughout the year.

## TEMPERATURE CHART

Month	Max Temp °F	Min Temp °F
January	55	30
February	61	35
March	70	44
April	77	46
May	86	52
June	95	62
July	99	68
August	94	67
September	88	56
October	80	46
November	68	42
December	55	31



## SNAKES & BUGS

There are a few snakes, scorpions and spiders that inhabit the southwest, including rattlesnakes, however it is unlikely that you will encounter any of them, especially if you follow a few simple rules:

- Never put your hands or feet anywhere you cannot see.
- Shake out all clothes and shoes before reaching into them.
- Never go barefooted.
- Use a torch at night so you can see where you are walking.

Your local guides will inform you of any other precautions that may be necessary.

As with most wildlife they would rather avoid an encounter with you as much as you would with them!



# TREK THE CANYONS

## HEALTH & VACCINATIONS

As part of the registration process we require you to complete a medical questionnaire in full. Your answers will be treated in the strictest confidence in accordance with the Data Protection Act and our policy is to encourage and support as many people as possible to take part in our challenges. We request medical information from you in an endeavour to minimise risk to all participants, and for that reason we ask that you disclose all your medical history. Depending on the answers given you may need to get your Doctor to sign and stamp your medical declaration. If you are 64 years of age or over at time of travel you must be authorised by your Doctor regardless of the answers given.

It is strongly recommended that you consult a medical professional to ensure your vaccinations are all up to date. You must discuss your own particular needs and contra-indications to vaccines or tablets with them.

The following information is only given as a guideline – always seek professional advice:

- Confirm that primary courses and boosters as recommended for life in Britain are up to date.

If you do receive vaccinations, it is advisable to carry a vaccination certificate with you. In addition, people on prescription medication should carry a

note from their doctor stating the treatment, drug name and dosage.

If you take prescription medication please make sure they are in the original packaging with a label showing your name, alternatively take a copy of the prescription with you or a letter from your doctor confirming you have been prescribed this medication.

Wash your hands wherever possible to avoid stomach upsets. We highly recommend that you bring a couple of small bottles of antibacterial dry wash, this is especially important when washing facilities aren't available.

We also recommend you use a high factor sunscreen and re-apply regularly.

## SAFETY & SECURITY

To ensure the safety and security of your group all guides will be in radio/phone contact with each other.

You should always be vigilant when staying in an unfamiliar environment and it is sensible to look after your personal possessions as you would do at home:

- Keep handbags closed and wallets in zipped pockets.



- Don't leave valuable equipment such as cameras and mobile phones unattended on tables etc.
- Don't wear expensive jewellery/watches or carry large amounts of cash.
- Use hotel safes and lock boxes where available for passports, tickets and other valuables when leaving your accommodation for the evening.
- Our recommendation is to leave valuables at home. If you don't need it, don't bring it!

Our guides have several lock boxes that can be used at the campsites.

**Credit card for emergencies** – in the unlikely event you have to curtail your challenge, it is expected that you will have to cover any additional costs such as extra accommodation, transfers etc. Often these additional costs incurred can be claimed back through your travel insurance on your return to the UK.

## CURRENCY

The local currency is the US Dollar (US\$) which can easily be bought in the UK. The current exchange rate is approximately US\$1.25 to the £1.

We recommend you take your debit/credit card (excluding Switch or Solo) as ATMs are available, however it is best to take some cash in dollars.



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## PASSPORT & VISA

Passports should have a validity of at least 6 months after your return. Please ensure that your passport is in good condition as you may be refused entry onto the plane if it is damaged in any way.

British travellers to the US using the Visa Waiver Programme (VWP), which allows most British Citizen passport holders to visit for up to 90 days without a visa, must get an authorisation via the Electronic System for Travel Authorisation (ESTA) prior to their journey.

It is YOUR responsibility to obtain this. Visitors should register through the ESTA website at <https://esta.cbp.dhs.gov/> and are advised to do so at least 72 hours prior to travel. If you do not have an ESTA you will be refused travel to the USA. The US Customs and Border Protection Department currently charge US\$14 per application for an ESTA (but this is subject to change).

## TRAVEL INSURANCE

We strongly recommend you take out comprehensive travel insurance at the earliest opportunity. A comprehensive travel insurance policy is available through Global Adventure Challenges and details of how to apply are given in your welcome letter.

If you are opting to use your own personal travel insurance then details of your policy should be sent to us. Please be aware that we will not vet or check your own personal travel insurance policy details. Therefore you and you alone are responsible for ensuring that you have adequate personal travel insurance with protection for the full duration of the challenge in respect of at least medical expenses, injury, death, repatriation, cancellation and curtailment. You should also make sure there are no exclusion clauses limiting protection for the type of activities included in the challenge.



# TREK THE CANYONS



## FLIGHTS

Flights normally depart the UK from early to mid-morning and arrive back into the UK early to late morning. Your flights will normally have a combined total of approximately 10 to 13 hours flying time on both the outbound and inbound leg, including any stopovers, and can often include two separate flights on each leg. So you need to prepare yourself for long journeys at the start and end of the challenge.

Your exact flight details will be confirmed to you in the lead up to your challenge. Flight bookings will normally be made on a group fare basis and will be in economy class. If you would like us to look into upgrading you to a different class please contact Global Adventure Challenges at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) or call us on 01244 676454.

## LUGGAGE & KIT

You will need a large holdall/rucksack for your main luggage which will be transferred between our accommodation every day.

We recommend your main piece of luggage weighs no more than 20kgs irrespective of whether the airline has a higher baggage allowance. Please remember our ground crew, porters and in some cases animals, will be transporting your luggage whilst you are on the challenge and so with their health and safety in mind, it is advisable not to pack any heavier.

You will also need a small backpack/camelbak to carry any essentials with you during the day i.e. sunscreen, tissues, camera, small personal first aid kit etc.

All camping equipment is provided *except* sleeping bags. Participants are expected to bring their own sleeping bags or hire one at a cost of £42. A sleeping bag reservation form can be found in your welcome pack. Sleeping bags must be paid for in advance and at time of request.

## EXTENDING YOUR STAY

If you would like to take the opportunity to extend your stay, it might be possible for us to arrange an extension for you with the airline so you can spend some extra time immersing yourself in the culture and beautiful landscape on offer.

If you are interested, please contact the Customer Care team to request an extension form at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) or by calling us on 01244 676454. We recommend you do this as soon as possible as all extensions are strictly limited, subject to availability, given on a first come, first served basis and the final decision always rests with the airline. Your request will be placed on a list in order of receipt and we will contact you at the earliest opportunity before the date of travel to confirm whether the extension has been granted. Therefore please do not make any plans for your requested extended period until you have heard back from us.

There is a minimum £60 + VAT charge to have your return airline ticket extended.

Through our in-country ground handler it may also be possible for us to create bespoke/tailor-made extension packages to suit your needs.



# TREK THE CANYONS

## ACCOMMODATION

On night 1 and 6 we will stay in comfortable hotels, twin share, with en suite washing facilities. Whilst on the trek we camp. Two people per tent, of the same sex. It is expected that participants assist with the erection of their tents upon arrival at camp. The campsites are equipped with spacious tents, comfortable sleeping mattresses, regular flushing or composting toilets and picnic tables.

We submit our rooming lists for your challenge at 8 weeks before challenge departure. Please make sure you have informed us of anybody you would like to share with along with your relationship to them before this time as we are unable to amend the rooming lists once submitted. If you are a solo participant we will partner you with another participant of the same sex, and where possible, of a similar age.

Please contact the Customer Care team at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) if you would like the cost of a single supplement.

## TOILET & WASHING FACILITIES

Whilst in Phoenix and Las Vegas, we will have en suite washing facilities.

There are regular flushing toilets or composting toilets at our campsites, please ask your guides for helpful hints and etiquette for using these toilets.

Whilst trekking it will sometimes be necessary to use 'the great outdoors'. Please ensure you carry your own tissues and 'nappy sack' type bags for disposing of them (also useful for dirty socks, rubbish, etc.).

At some of the campsites you will need to make a small payment of between US\$2 - \$5 to use the showers.

Remember to wash your hands wherever possible to avoid getting stomach upsets. A small bottle of antibacterial hand gel is a must.



## TELEPHONE & WI-FI

Telephone and Wi-Fi are readily available in Phoenix, Las Vegas and any other major town or city we stop at. But due to the type of terrain in the areas we trek through mobile telephone signals can be patchy and will decrease significantly, in certain areas.

Wi-Fi – may be limited along the route. More information can be found later in this document.

There will be the opportunity to charge electrical items at hotels and some campgrounds so make sure you bring the appropriate travel adapter for the USA.



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## OTHER COSTS THAT YOU NEED TO BUDGET FOR

Below are some approximate costs for other expenditure you may incur for the challenge:

Item	Approx. cost
Kit and clothing	Please see kit list
ESTA	\$14 – this is subject to change
Travel insurance	£63
Spending money	£200 - £250
Hotels the night before your UK departure and/or the night of your UK arrival	£60 - £100 per night
Airport car parking	£75 - £150
Travel to and from the UK departure airport	The cost depends on how far you need to travel and type of transport you are taking – flights and trains are quicker but also more expensive than going by coach

The average cost of a beer in a bar is approximately \$4.

Souvenirs are cheap and plentiful, especially in Las Vegas! There may be some local traditional crafts for sale en-route to the canyons.

## TIPPING

How much spending money you will need usually depends on how many presents and souvenirs you want to bring home!

Tipping your guides is appropriate, customary and always appreciated. Remember that we are in America and tipping is a way of life!

Your guides work in teams and evenly split all gratuities they receive. Your tip should reflect the quality of service you received and anything special your guides did to enhance your trip. We recommend a guideline of US\$50–100 from each person, but this does depend on your budget and what you feel is appropriate.



# TREK THE CANYONS



## DIFFICULTY & TERRAIN

Our challenges are graded 1 (Challenging), 2 (Tough) or 3 (Extreme). This challenge is graded at 1 (Challenging).

While you do not need to be exceptionally fit, you should feel confident in your ability to walk 10 miles on consecutive days. Remember you will be trekking for 5 consecutive days in warm/hot weather.

We will be trekking on well-defined hiking trails for our descents and ascents in and out of the canyons. Please be aware, that the trails will be rocky underfoot, which is far more physically taxing than walking on the pavement. Good boots with strong ankle support will certainly help.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. GAC reserves the right to refuse a booking if we feel unable to accommodate the particular needs of the person(s) concerned. If you have any doubts regarding your suitability for your challenge please contact our office immediately to speak to one of the team.

## CHALLENGE GRADING

Each of our challenge events are designed to be achievable by most individuals, providing you are prepared to put the effort into training. You do not need to be a professional athlete or 'super fit', however, the fitter you are the more you will enjoy the challenge!

Please keep in mind that these guidelines are to give an insight into the difficulty level associated with the challenge. You may find that an event rated 'Challenging', could have a 'Tough' day, or we may find that a 'Tough' challenge, may have a 'Challenging' day.

### CHALLENGING

A 'Challenging' trek requires a good level of fitness. As a general rule they do not go into altitude, but there are exceptions! They usually involve varied terrain, with some tough long trekking days.

Hotels and lodges are used in conjunction with campsites, also we are usually never too far away from civilisation.

## TRAINING TIPS

Training is a critical component in the preparation for your challenge. Good cardio vascular fitness is essential and it is important that you are fit enough to complete this challenge, therefore prior fitness preparation is a MUST!

Training tips can be found on our website and in your welcome pack to point you in the right direction. We also offer training days and weekends to help you prepare.

As mentioned previously this challenge has been graded as 'Challenging' and we strongly recommend training for this challenge.

### Our training tips include:

- Train in the hills and in particular, on short, steep sections. Lots of step training will also prove to be of massive benefit.
- Try to go training on consecutive days instead of doing one big day. This will help your muscles get used to the strains of trekking over consecutive days.
- It is best to improve and work on your stamina, leg and joint strength.



# TREK THE CANYONS

## SUPPORT ON YOUR CHALLENGE

There will be a strong support team with a professional Global Adventure Challenges leader from the UK and knowledgeable, experienced local guides.

An air-conditioned vehicle/coach will also provide support the group.

A comprehensive first aid kit will be carried with the group at all times. All Global Adventure Challenges leaders are 16 hour outdoor first aid qualified. Our in-country ground crew are also wilderness first aid trained.

Medical care in the US is of a high standard, however it is likely that you will have to pay for any medical treatment.

## FOOD, WATER & REFRESHMENT STOPS

Detailed information about the meals provided on the challenge can be found later in this document. All dietary requirements can be catered for as long as we know in advance.

A sample menu:

**Breakfast** - Pancakes, bacon, eggs and hash browns, cereal and fruit. All breakfasts will include coffee, tea and juice.

**Lunch** – Will be a mixture of making your own lunches from a selection of meats, cheeses, fruit, salad and condiments or stopping at roadside grills and cafes.

**Dinner** - Meat and/or fish, vegetables, potatoes, pasta

**Dessert** - Brownies and cookies. There will also be fruit for snacks.

Water and electrolyte powder will be supplied in the morning, at water/rest stops and more will be in the support vehicle if needed.

We don't have scheduled rest stops but we can stop at any time for water and snacks. Rest stops will be whenever needed and depend on the dynamics of the group.

Every morning we will fill our water bottles and we will need to drink between 3 and 5 litres per day and will need to have enough containers for up to 4 litres during the day's trek.

Plenty of food and snacks will be available to you at all times during the trip, however, you are welcome to bring some of your own snacks. Tracker bars, fruit



and sweets such as jelly babies are ideal to give you an extra boost when you find the going tough.

Wash hands wherever possible to avoid stomach upsets. We strongly recommend that you bring a couple of small bottles of antibacterial dry wash, this is especially important when washing facilities aren't available.



# TREK THE CANYONS



DAY	TRANSFERS	ACCOMMODATION	MEALS	DIFFICULTY RATING	TREK STATS (APPROX.)	ITINERARY NOTES
Day 1: Depart UK	Approx. 25 minute transfer to hotel from airport.	Holiday Inn Hotel (or a hotel of a similar standard) <b>Mobile phone signal:</b> Yes <b>Wi-Fi:</b> Yes <b>Electricity:</b> Yes	N/A	N/A	N/A	<ul style="list-style-type: none"> <li>Upon arrival we are met by our local guides and are transferred to our hotel.</li> </ul>
Day 2: Trek at Oak Creek	Approx. 2 hour transfer to Red Rock State Park and then a 3 hour transfer from Red Rock State Park to our campsite.	Mather Campground <b>Mobile phone signal:</b> Yes <b>Wi-Fi:</b> Yes <b>Electricity:</b> Yes – in bathrooms	Breakfast, lunch and dinner	Challenging	<b>Distance trekked:</b> 10km <b>Trekking time:</b> 3 hours	<ul style="list-style-type: none"> <li>Following breakfast we transfer north for approximately 2 hours, through the Sonoran Desert onto the high elevation plateaus and red rock canyons of north central Arizona to Sedona. This is considered to be the spiritual epicentre of the southwest by Native Americans.</li> <li>We begin trekking late morning along Oak Creek Canyon, home to rock monoliths such as Cathedral Rock.</li> <li>We'll have a picnic lunch near the creek before taking our transfer to our campsite near Grand Canyon National Park.</li> </ul>
Day 3: Bright Angel Trail, South Kaibab Trail, Hermit Trail, Grandview Trail	N/A	Mather Campground <b>Mobile phone signal:</b> Yes <b>Wi-Fi:</b> Yes <b>Electricity:</b> Yes – in bathrooms	Breakfast, lunch and dinner	Challenging - tough	<b>Distance trekked:</b> 9.5 – 19.5km <b>Trekking time:</b> 4 - 8 hours	<ul style="list-style-type: none"> <li>Our Grand Canyon expedition begins! After breakfast at camp we set off to conquer one of four trails.                             <ul style="list-style-type: none"> <li>Bright Angel Trail</li> <li>South Kaibab Trail</li> <li>Hermit Trail</li> <li>Grandview Trail</li> </ul> </li> <li>We will split into smaller groups for the next 2 days, the decision on how the groups will be split up will be made today.</li> </ul>



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DAY	TRANSFERS	ACCOMMODATION	MEALS	DIFFICULTY RATING	TREK STATS (APPROX.)	ITINERARY NOTES
Day 4: Bright Angel Trail, South Kaibab Trail, Hermit Trail, Grandview Trail	Approx. 2 ½ hour transfer at the end of the day to Wahweap Campground.	Wahweap Campground <b>Mobile phone signal:</b> Possibly <b>Wi-Fi:</b> Possibly <b>Electricity:</b> Yes – in bathrooms	Breakfast, lunch and dinner	Challenging - tough	<b>Distance trekked:</b> 9.5 – 15km <b>Trekking time:</b> 4 - 8 hours	<ul style="list-style-type: none"> <li>As we did on Day 3 we will split into smaller groups and tackle a different trail.</li> <li>Once back at the rim, we enjoy our last views before we board our vehicles and head to Lake Powell and our campground.</li> </ul>
Day 5: Bryce Canyon National Park	Approx. 2 ½ hour transfer in the morning to Bryce Canyon National Park and a 2 ½ hour transfer at the end of the day to Zion Canyon Campground.	Zion Canyon Campground <b>Mobile phone signal:</b> Possibly <b>Wi-Fi:</b> Possibly <b>Electricity:</b> Yes – in bathrooms	Breakfast, lunch and dinner	Challenging	<b>Distance trekked:</b> 9km <b>Trekking time:</b> 4-5 hours	<ul style="list-style-type: none"> <li>Today we explore Bryce Canyon National Park, a vast, geological wonder situated in Utah.</li> <li>Despite its name, the canyon isn't strictly a canyon but rather a collection of naturally formed amphitheatres – with echoic and sound amplifying properties. Colourful spires of sedimentary rock, called hoodoos, create a surreal vista throughout the park, with lovely wildflowers adding splashes of colour. On the plateaus, Ponderosa Pines and a variety of other evergreens provide refuge for a diverse selection of animals and birds.</li> <li>After our trek we transfer to Zion National Park and to our campsite for the night.</li> </ul>
Day 6: Zion National Park	3 hour afternoon transfer at the end of our trek to Las Vegas.	Excalibur Hotel (or another hotel of a similar standard) <b>Mobile phone signal:</b> Yes <b>Wi-Fi:</b> Yes <b>Electricity:</b> Yes	Breakfast, lunch and dinner	Challenging	<b>Distance trekked:</b> 11km <b>Trekking time:</b> 4 – 5 hours	<ul style="list-style-type: none"> <li>Our last day trekking sees us conquer Zion, a narrow and deep canyon located in south-western Utah, cut by the Virgin River.</li> <li>Almost the entire canyon is situated within the western-half of Zion National Park and it is totally opposite to Grand Canyon. There you can stand on the rim and look down, but at Zion Canyon you look up from the bottom to view the beautiful sandstone landscapes.</li> <li>Glowing triumphantly after our trek, we transfer to Las Vegas for our celebratory dinner.</li> </ul>



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DAY	TRANSFERS	ACCOMMODATION	MEALS	DIFFICULTY RATING	TREK STATS (APPROX.)	ITINERARY NOTES
Day 7: Depart Las Vegas	Approx. 1 hour transfer to airport.	N/A	Breakfast	N/A	N/A	<ul style="list-style-type: none"> <li>Transfer to the airport for overnight flight back to the UK.</li> </ul>
Day 8: Arrive UK	N/A	N/A	N/A	N/A	N/A	<ul style="list-style-type: none"> <li>We arrive back into the UK, say our final goodbyes as a group and make our onward journey home.</li> </ul>

Below is further information on the trails that we will be trekking on Days 3 & 4

TRAIL	DIFFICULTY RATING	TREK STATS (APPROX.)	ITINERARY NOTES
Bright Angel Trail to the Indian Garden or Plateau Point	Tough	Distance trekked: 14.5-19.5km Trekking time: 7-8 hours	<ul style="list-style-type: none"> <li>This picturesque trail descends through 750 million years of rock layers deposited by ancient oceans, petrified mud flats and immense sand dune deserts. The trail we trek on is generally wide but we do get exposed to some cliffs and drop-offs. We aim to reach Plateau Point, a popular end point where brave souls can inch towards the edge to catch a glimpse of the mighty Colorado River. The additional distance to Plateau Point is subject to the group's ability, walking speed and time available.</li> </ul>
South Kaibab Trail to Skeleton Point	Challenging	Distance trekked: 9.5-10km Trekking time: 5-6 hours	<ul style="list-style-type: none"> <li>The South Kaibab Trail is part of the trans-canyon trail system that hikers use for rim-to-rim attempts from May through October. As with all the trails the views are epic! We pass the aptly named Ooh-Aah Point. The trail is a well-maintained dirt/rock trail and is fairly wide with unavoidable exposure to some cliffs and drop-offs.</li> </ul>
Hermit Trail to Dripping Springs	Challenging	Distance trekked: 10km Trekking time: 5 - 6 hours	<ul style="list-style-type: none"> <li>The Hermit trail passes through Kaibab and Coconino Formations and we visit a natural spring in the desert. The well maintained path follows a short side ravine then reaches the end of the deep, wide canyon formed by Hermit Creek, with fantastic views from the start, across the canyon to Emerita Mesa and North towards the Colorado River.</li> </ul>
Grandview Trail to Horseshoe Mesa	Tough	Distance trekked: 9.5-10km Trekking time: 5-6 hours	<ul style="list-style-type: none"> <li>The Grandview trail descends 2,600 feet to Horseshoe Mesa and is one of the steepest trails within Grand Canyon National Park. The descent is tough, but the payoff is a view of the canyon's mesas and a rare sense of true solitude. Hopi Indians gathered mineral paints on Horseshoe Mesa long before Pete Berry began working the Last Chance Mine in 1890. This is a fantastic remote and scenic trail.</li> </ul>



# TREK THE CANYONS

