

Backpacking the Grand Canyon
Grand Canyon National Park, Arizona
October 3 - October 10, 2009 (Saturday-Saturday)

The Grand Canyon is truly one of the wonders of the world. Vast, colorful, stunning: while these adjectives are accurate, they seem trite in the face of its overwhelming complexity. And while standing at the rim is awe-inspiring, simply gazing at the Canyon is not sufficient to gain an understanding of how truly monumental it is. Only by spending some time traveling through it, exploring its side canyons, meeting its inhabitants, seeing how ecstatically life responds to water in a desert environment- only then can you even begin to grasp what the Canyon really is. It truly is a wilderness, and once you leave the crowds at the rim and hike away from the major trails into the backcountry, you will be amazed at the solitude and the sense of remoteness and your own insignificance. If you have ever stood at the Rim or looked at pictures of the Canyon and felt it tugging at you, this is the trip for you.

Our journey begins 2 p.m. Saturday, October 3 at Mather Campground on the South Rim of Grand Canyon National Park. We'll spend the afternoon reviewing important safety considerations and preparing for our hike. On Sunday, we hike into the canyon along one of the classic South Rim trails. Our six-day backpacking adventure includes an elevation drop of 4,500 feet, passing through the fascinating colored rock layers that form the walls of the ancient canyon. These trails offer unobstructed views of some spectacular sections of the canyon and there's a good chance we'll see bighorn sheep, mule deer, tufted ear squirrels, and ringtail cats. Throughout our hike we'll have options to explore side canyons, learn about desert ecology and geology, or dip our feet in the Colorado River. We hike out Friday and spend our last night staying at Maswik or one of the other lodges on the South Rim as we experience culture shock and enjoy hot showers. You are free to leave anytime the next morning.

We usually experience beautiful fall weather in the desert. Inner canyon temperatures range from 70 to 100 degrees F, with average temperatures in the 80s in the daytime and the 50s at night. On the rim nights are quite a bit cooler. And the stars, far from the glare of city lights, are unbelievably bright. Sleeping out in this dry, bug free (usually) environment is a rare treat.

This trip is for women who enjoy backpacking or who want to learn more about backpacking. Our trek involves early mornings, strenuous hiking—including carrying 35- to 45-pound packs daily, significant elevation gain and loss, and backpacking in hot temperatures. Some of the trails are maintained and others are rugged, rocky, and challenging. If you've never backpacked before, please give us a call before registering for this trip. Participants should prepare for the physical requirements of this journey (we'll send you helpful conditioning suggestions when you register). Your guides are experienced outdoorswomen who love to teach as much as they love to travel in this awe-inspiring environment.

To reserve a place on this adventure, please send your deposit of \$200 or the full trip fee of \$1075 (deduct \$50 if registered by 6/3 and an additional 3% if you pay the balance by check) to the office, or call to register by phone. The fee includes permits; group camping, cooking, and safety equipment; group maps; one night hotel accommodation; and food from dinner on Saturday through the following Friday's dinner. Each participant provides a transportation to Mather Campground, comfortable backpack and other personal gear. We'll be glad to help arrange carpooling from Phoenix for women who fly in for the trip. Our food is hearty and delicious—we think you'll be surprised at just how good "backpacking food" can be. If you have a dietary restriction or allergy, please let us know at least three weeks in advance.

Three months before the trip, we'll send you information to help you prepare for your journey, including a detailed packing list and travel suggestions. Names of other participants will be sent out a month before the trip for any pre-trip networking you might want to do. Please call us with any questions you might have; we'd be delighted to welcome you to one of our favorite places on earth!

A d v e n t u r e s i n G o o d C o m p a n y

5913 Brackenridge Ave, Baltimore, MD 21212
toll-free: 877/439-4042 • fax: 410/435-3084
web site: www.adventuresinagoodcompany.com • e-mail: trips@adventuresinagoodcompany.com