

Havasu Hike

Adventures in Good Company's General Information

Welcome to Adventures in Good Company's Havasu Hike! We have compiled information that you may find useful in making travel arrangements to Arizona and preparing for your hiking journey. We recommend that you call the appropriate business for up-to-date details. You can reach the Arizona Office of Tourism at 800-842-8257.

Emergency contact information

We will spend the first night at Grand Canyon Caverns Inn (928/422-3223). Once we're in the Canyon, it will be very difficult to get hold of you. People can try calling Havasupai Tourist Enterprises but this office is located in Supai Village, 2 miles above the campground, and the people who staff it have no way of knowing where you are in the campground. Cell phones don't work. We spend the second to last night at the South Rim of the Grand Canyon at Maswik Lodge. The number there is 928-638-2631. We will be spending the last night at The Sleep Inn Sky Harbor Airport and the number is (480) 967-7100

Weather

The average high temperature in April in the Canyon is 75 degrees and the average low is 48 degrees. This is typically a dry time of year but rain showers can occur.

Suggested Conditioning

Being physically prepared for your hiking trip will assure that you have the energy to do everything you choose to. If you already exercise regularly, the single most important additional preparation you can make is to spend time hiking with your daypack on and loaded with water and gear for the day. Consider taking your daypack to the nearest park after work twice a week and walk up and down hills. Start about 4 to 6 weeks before the trip with an hour and work up to two. This should be in addition to your regular aerobic exercise. If you live in the flatlands, either find a stadium and do stadium steps or a tall building and walk up flights. Stairmasters will also get your uphill leg muscles in shape.

If you don't exercise regularly now, we advise you to start an exercise program at least three months before your trip. For example, you might start walking 4 or 5 times a week for half an hour, at a pace that is fast enough to make you breathe deeply. Hills are good for this. Gradually add time until you are comfortable hiking for two hours. Other options are working out at a health club on a stairmaster or treadmill, aerobics classes, cross country skiing or any activity that makes you breathe harder. The key is to exercise at a rate that makes you work, but not so hard that you are unable to talk or gasping for breath. Alternate longer days with shorter days. Two months before the trip also incorporate day hikes as suggested above. Aerobic conditioning is much more important than strength training. Please call if you would like us to help you develop a specific conditioning program.

Some pre-trip reading

There are many wonderful resources available to help you prepare for a Grand Canyon journey. For a wide selection of books, videos, and related items, we recommend that you contact the Grand Canyon Association at 800-858-2808 (phone) or 928-638-2484 (fax). This organization publishes and sells up-to-date materials on the natural and human history, geology, wildflowers, and animals of the canyon, and the knowledgeable staff members also offer maps and trail guides. In addition, consider looking for these books at a local library or bookstore:

People of the Blue Water: My Adventures Among the Walapai and Havasupai Indians. by Flora Gregg Iliff. Fascinating account by a woman who went to teach the Walapai and Havasupai in the early part of the 20th century. Definitely written from the viewpoint of the dominant culture but still worth reading.

Havasupai Legends: Religion and Mythology of the Havasupai Indians of the Grand Canyon. by Carma Lee Smithson, and Robert Euler. University of Utah Press, 1994. (originally published 1964).

A Field Guide to the Grand Canyon by Stephen Whitney. Its really 10 field guides in one. We'll have a copy available on the trip and recommend it highly for women with an interest in natural history.

I Am the Grand Canyon by Stephen Hirst. This is a very readable account of Havasupai history and culture, and a must read for anyone who wants to understand the people who have inhabited Havasu Canyon for 700 years. It contains a vivid account of their successful struggle to regain more of their original land in the 1970s.

Useful web sites

Arizona Destinations (www.amdest.com):
Your basic Arizona tourism guide. You can make lodging reservations here.

Grand Canyon Explorer:
www/kaibab.org/supai/gc_supai.htm. This web page has some basic information about Havasu Canyon and some very nice pictures of the falls.

Tribal web site: (www.havasupaitribe.com) basic information, nice pictures

Tipping Guidelines

Tipping at the end of the trip is completely optional. If you feel your guide(s) did an outstanding job and would like to reward them for their efforts, a suggested rule of thumb is US \$5-\$10 per person, per day. Oftentimes, trip members organize a group envelope (this makes it anonymous) and present it to the guides at the last shared meal.

Getting there

Phoenix is served by most of the major airlines, including United, American and Northwest Airlines. Depending on where you are traveling from, low cost competitors you might consider include America West (1-800-235-9292 or www.americawest.com) and Southwest Airlines (800-435-9792 or www.southwest.com).

If you can afford to stay over, you may be able to save some significant money by booking through one of the two web sites that offer substantial savings but do not tell you your flight times until you have already paid for the ticket. These are Priceline (www.priceline.com) and Hotwire (www.hotwire.com). Links to both of these are available on our web site at www.adventuresingoodcompany.com/affiliates.html.

Lodging

Depending on your connections, you may be able to fly into Phoenix the morning of the trip. If not, here are some possible lodging options. Prices were current at the time, but may have changed, and do not include taxes. Let us know if you're interested in finding someone on the trip to share a room with and we'll try to hook you up.

If you have a gambling spirit, the cheapest way to find a hotel room is to go through Priceline (www.priceline.com). When you have a choice of area, choose the airport area. All, or almost all, of the hotels in this area offer an airport shuttle. Our guides have stayed at very nice places for \$25 or \$30 a night, a bit more with service fees and taxes but still a bargain.

If you prefer to know what you're getting into, the following are a sample of the possibilities with approximate price ranges:

If you want us to make pre-trip hotel arrangements for you, the ** denotes the hotel we will use. Please indicate your preferences on the travel form.

Super 8 -Airport (800) 800-8000 or (602) 244-1627

3401 E Van Buren, Phoenix, AZ 85008

Single/Double \$42-\$99 Heated pool and spa. Free airport shuttle service and local area transportation, restaurant nearby

Sleep Inn Sky Harbor Airport (800) 631-3054 or (480) 967-7100

2621 S 47th Place, Phoenix, AZ 85008

Single/Double \$99 - \$109 Heated pool, deluxe continental breakfast, restaurant nearby. Free airport shuttle service..

Hampton Inn Phoenix Airport (800) HAMPTON or (602) 267-0606 4234 S 48th St, Phoenix, AZ 85040

Single/Double \$129-\$170

Heated outdoor pool, continental breakfast, adjacent restaurant. Airport shuttle.

Holiday Inn Select (800) HOLIDAY or (602) 273-7778

4800 E Washington St, Phoenix, AZ 85012

Single/Double \$100-\$160

Heated pool, continental breakfast, restaurant nearby. Airport shuttle.

Fairfield Inn by Marriot (800) 228-2800 or (480) 829-0700

4702 E University Dr. Phoenix, AZ 85034

Single/Double \$99 -\$159

Heated pool, continental breakfast, restaurant nearby. Airport shuttle.

****La Quinta Inn Phoenix Sky Airport South**

(480) 967-4465 911 S. 48th St. Tempe, AZ 85281

Single/Double: \$89-\$109

Heated pool, continental breakfast, fitness center, airport shuttle.