



## Trip Summary

# Havasu Hike

### TRIP AT-A-GLANCE

Dates: April 4-10, 2010  
Location: Havasu Canyon, Arizona  
Cost: \$ \*1470  
Rating: 3  
Activities: Hiking, camping  
Meeting Place: Phoenix airport (PHX)  
Arrive: 9 am April 4  
Depart: After 7:30pm April 10

\* Deduct 5% for being one of the first 5 to register (by 01/04/10) and 3% of the entire trip fee when the balance is paid by check.

### WHAT'S INCLUDED

- experienced guides
- two nights motel lodging and four nights camping
- all meals from dinner Sunday to breakfast the following Saturday.
- round-trip transportation from Phoenix to Havasu Canyon
- packhorses for carrying up to 25 pounds of personal gear
- campground entry and permits
- group camping and cooking equipment

### WHAT'S NOT INCLUDED

- Airfare to/from PHX
- guide gratuities
- alcoholic beverages at restaurants

### Trip Highlights

- Gazing at the canyon's beautiful sand stone cliffs juxtaposed with the blue-green color of the water
- Swimming in pools by Havasu Falls in 80 degree weather
- Learning about the area's geology and the Havasupai who have lived here for over 700 years
- Hiking a variety of trails, including an exciting (and optional) descent of Mooney Falls
- Visiting the Grand Canyon Caverns and other remnants of Route 66
- Having your gear transported by horse or mule so you only need to carry a daypack

### Trip Overview

Havasu Canyon, a very large side canyon of the Grand Canyon, is one of the most spectacular canyons in the Southwest. Known for high waterfalls, sparkling pools, and a creek of spectacular blue green color, the Canyon has been home to the Havasupai for 700 years. Two miles below the town of Supai is a large campground with towering cottonwoods and the creek running right through the middle, a marvelous home for our five day stay.

### Our Itinerary

As is true on any wilderness adventure, the final itinerary may be affected by weather, intervening events, group desires etc.

**April 4** Our trip begins at 9 a.m. on Sunday in Phoenix, Arizona when we pick you up at the airport. We drive to Grand Canyon Caverns Inn - a remnant of Rte 66, it is a trip in itself. There is time to take the highly recommended tour of Grand Canyon Caverns before our trip orientation. We share a welcome dinner at the restaurant there and then finish our orientation, leaving time to repack bags before bed.

**April 5:** We get up early this morning, leaving after breakfast for an hour drive to Hualapai Hilltop. After handing our duffel bags to the able Havasupai for horse or mule transport, we descend into the

## CANCELLATION POLICY

In the unfortunate event that you must cancel your trip, your refund will be determined by the following formula:

Days Prior to Trip	Refund
90 + days	All but \$50
90 – 61 days	50% of deposit
60 – 30 days	50% of trip fee
29 days or less	No refund

Adventures in Good Company reserves the right to cancel or alter a trip due to unforeseen weather, unsafe conditions, low registrations or other circumstances.

On the rare occasion when Adventures in Good Company must cancel a trip, all payments received to date will be refunded, including the non-refundable portion of your deposit.

Adventures in Good Company is not responsible for expenses incurred in preparation for any canceled trips, including airplane tickets.

## TIPPING GUIDELINES

Tipping at the end of the trip is 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 to \$10 per person, per day.

Oftentimes, trip members organize a group envelope (this makes it anonymous) and present it at the last shared meal.

## Our Itinerary Continued

canyon. This hike is 10 miles, taking between 4 and 6 hours, and ending at the campground that will be home for the next four nights. The campground is in a beautiful location - tall green cottonwoods, towering red rock walls, a stream of the most unusual blue-green color running through it. It's not hard to understand why it's often called Shangri La.

**April 6:** Our hike today will be more laid back as we cross travertine dams to Inner Carbonate Canyon, explore the old mine there, stop to look at the wildflowers, and hike up to it's abrupt end. This is a fairly short but spectacular hike and we'll have lunch back at the campground. After lunch the afternoon is free for more hiking, swimming, visiting the village or enjoying some downtime. Havasu Falls is undoubtedly one of the most spectacular parts of this very beautiful place, with great swimming, and the peace and beauty there make it a great place to hang out.

**April 7:** For those who relish an adventurous day-hike, one with frequent stream crossings, some rock scrambling, and walking along ledges, we will descend the Mooney Falls path and then follow Havasu Creek 3 - 4 miles towards Beaver Falls. This part of the creek offers a secluded setting wonderful pools for swimming. We eat lunch with time to explore before heading home. For those wanting a more laid back day there is the option of visiting the village of Supai or relaxing and swimming in Havasu Falls.

**April 8:** Today we hike along the top of Carbonate Canyon. This is a lovely out and back hike along the top of the Canyon with views of the campground and the inside of the Canyon that gives another perspective. It is possible to follow it all the way back to the inner walls. And best of all, we are unlikely to see other people on the trail. We will also be near where Navajo Falls was before it was destroyed by the flood last August so we can take a look at the recovery process.

**April 9:** On the final day of hiking we retrace our steps back up the canyon. We arrive at the South Rim of Grand Canyon National Park in time to watch the sunset and possibly attend one of the ranger talks if we have the energy. This part of the Canyon is vast, much larger than the part we have been in. And while the views are spectacular, it lacks the intimacy of Havasu.

**April 10:** This morning is free to explore the South Rim as you choose. You might get up early to watch the sun rise, check out the Visitor Center, sleep in, go for a morning hike on Bright Angel trail, or take the bus to some of the different viewpoints overlooking the canyon. We plan to leave the Canyon after lunch (on your own) and arrive back in Phoenix by 6 p.m. so you can plan to fly out anytime after 7:30 pm.

## PACKING LIST

For this trip you will need to have 3 packing systems. One, for the things to be carried in your daypack. Two, things carried by the mules (it WILL get dirty). Please pack in a soft-sided suitcase, backpack or duffelbag. This bag cannot weight more than 25 pounds and needs to include your sleeping bag and pad, as well as your clothes and personal items for the trip. Third, you will want a small bag to leave in the van for clothes before/after the trip.

### FOOTWEAR

- 1 pair lightweight hiking boots (Gore-tex, cordura, or leather). They should fit comfortably, without constriction, when you are wearing one liner sock and one hiking sock.
- 1 pair closed-toed shoes (like Keens or Solomons) that you can hike in and also get wet.
- 1 pair camp shoes like Crocs or Teva/Chaco sandals (optional)
- 2 pair thin liner socks: silk or synthetic equivalent (optional)
- 3 pair hiking socks: wool or synthetic equivalent (Thorlo, Smartwool or Teko)

### CLOTHING

- 1 pair comfortable, lightweight, synthetic hiking pants (nylon, polyester, or spandex blend)
- 1 pair lightweight long underwear top and bottoms: silk, wool, synthetic equivalent (Capilene, Ibex, MTS or polypropylene)
- 1 medium-weight top layer: wool shirt/pull-over or synthetic equivalent ("expedition-weight" Capilene, or micro-fleece). A fleece or wool vest works well for this layer.
- 1 lightweight, long-sleeved shirt for hiking and sun protection
- 1-2 pair shorts: nylon shorts with liners are comfortable and easy to wash
- 3 T-shirts (synthetic is preferable for wicking and faster drying)
- 1 wide-brimmed hat or baseball cap for sun, rain, and high fashion
- 1 rain parka: coated nylon or a **waterproof**/breathable fabric like Gore-tex. Rain pants are optional
- underwear
- swimsuit and towel (a backpacking towel such as a "packTowl" works well)
- 1 fleece or pile jacket
- 1 lightweight (warm) hat and gloves (wool, fleece or synthetic)
- fresh clothes for after the hike

### EQUIPMENT

- 1 daypack (1800 cu in to 2800 cu in) lined with a plastic bag, large enough to carry your water, lunch, raingear, etc. A hip belt will make it much more comfortable to carry.
- 1 sleeping bag; synthetic fill or down fill, warm to 20 degrees F., closeable hood
- 1 sleeping pad: "closed cell" foam pad, Thermarest self-inflating pad, or Ridge Rest pad
- 1 ground cloth: 4'x 8', sturdy plastic or coated nylon. Protects your bag from ground moisture if you choose to sleep outside. (optional)

### ESSENTIALS

- |  |  |
|--|--|
| <input type="checkbox"/> sunscreen and lip block with SPF of at least 15   | <input type="checkbox"/> bowl, utensils and cup/mug          |
| <input type="checkbox"/> sunglasses (100% UV blocking)                     | <input type="checkbox"/> 2 bandannas                         |
| <input type="checkbox"/> 3 liter water carrying capacity                   | <input type="checkbox"/> 2 heavy duty garbage bags           |
| <input type="checkbox"/> headlamp or flashlight (spare batteries and bulb) | <input type="checkbox"/> trekking poles (highly recommended) |

### TOILETRIES (small everything)

- toothbrush, small toothpaste, dental floss, trial-size biodegradable soap, moist towelettes, sanitary supplies and a zip-lock plastic bag, contact lens paraphernalia, glasses (blowing sand can be a problem for contacts)
- personal "patch kit": bandaids, Compeed and moleskin, foot powder, ibuprofen, personal medications, if any. **Individuals allergic to insect stings must bring an epi-pen.** Please consult your physician and tell your guide.

### OPTIONAL

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> small journal and pen   | <input type="checkbox"/> camera and film/memory card           | <input type="checkbox"/> powdered hydration drink          |
| <input type="checkbox"/> favorite snacks   | <input type="checkbox"/> a good book to read                   | <input type="checkbox"/> compact binoculars                |
| <input type="checkbox"/> gaiters   | <input type="checkbox"/> antibacterial cleaner (such as Purel) | <input type="checkbox"/> pocket knife                      |
| <input type="checkbox"/> Crazy Creek Chair   | <input type="checkbox"/> wristwatch                            | <input type="checkbox"/> ear plugs for a good nights sleep |
| <input type="checkbox"/> a small water bottle (if you use a hydration system, it's good for in camp) |  |  |

## Notes on the Packing List

**Mule bag:** Our packing list covers what we have found to be essential for your safety and comfort. Because of weight considerations, please use discretion when adding to the list. Since mules will be carrying most of our gear down, you will need to pack most of your clothing and gear in one duffel bag, soft-sided suitcase, or backpack that weighs no more than 25 lbs. **This will get a bit beaten up/dirty so don't use anything you want to protect.** Weigh your bag at home and check to make sure everything fits in the bag. You may not use everything you bring; however, you need to come prepared for all possible weather conditions.

**Day Pack:** You will also need to bring a “day pack” to hold your rain gear, water bottles, snacks, sunscreen, pocket knife, camera, lunch and an additional layer for warmth. You will carry this as you hike, so before you leave home make sure that it is comfortable to wear and fits everything. Having a pack with a hip belt will be more comfortable.

**Footwear:** Well-fitting, sturdy boots are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For this trip either leather boots or lightweight cordura boots are adequate. Leather boots may be waterproofed in various simple ways, and cordura boots will be waterproof if they're lined with Gore-Tex (although many people find that the extra expense of the Gore-Tex is not justified by their performance). If you have weak ankles or are recovering from an ankle injury, get boots that come above your ankle – you'll find that this will give you more support in uneven or slippery terrain.

**Sleeping bag:** Bring a sleeping bag with down or synthetic insulation, wrapped in a heavy plastic bag (a Hefty garbage bag works well) inside its stuff sack. Weight and bulk are some of the factors to consider in sleeping bags. Down bags are lightweight and compact, but they need to be kept dry in order to keep you warm. Synthetic bags are sometimes heavier and bulkier, but they still keep you warm if they are wet. They dry more quickly than down. Consider packing your sleeping bag in a compression stuff sack. This will decrease the amount of space your sleeping bag takes up in your pack. Air out your bag frequently on a trip. Bring a bag rated to 20 degrees F.

**Clothing:** Synthetic fabrics are often specified on this equipment list: Capilene, Thermastat, Polartec and Gore-Tex. In addition, there are many other patented brand names used by different manufacturers, which can make it all seem even more complicated. Basically, they all have one thing in common: The synthetics do not absorb much water compared to cotton—thus, they continue to provide warmth when wet. The specific fabric name is not as important as having material with these qualities and having a variety of weights available to you as your layering system. They really *are* miracle fabrics. Wool is also a very good choice, especially some of the new clothing made by Ibex or Smartwool. It is 100% merino wool, keeps you warm and dry and is not itchy. It also doesn't absorb the odors the way many synthetic materials do. You can also buy less expensive wool clothes at a second hand or Army/Navy store. Cotton is not a good choice! **Wet cotton (even heavyweight sweats) will rob you of your body heat faster than if you were wearing no clothing at all.**

**Hydration:** It is very important to your safety and enjoyment to have an *independent* ability for accessing your water. As you are hiking you will need water to be accessible in order to drink frequently. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and Gregory bladder bags, which are simply a collapsible water bag with a hose attachment that you drink from. These fit inside your pack with the hose positioned over your shoulder where you can access your water without the use of your hands. Some models are designed to attach to the outside of your pack. Bladder bags can hold 40-100oz. of water. Instead of carrying 3 one-quart water bottles you could carry one 100 oz. bladder bag. Consider bringing an extra bladder bag in case one develops a leak.

Items on your packing list can be purchased through a number of outdoor outfitters including:

Recreational Equip. Inc (REI)  
800-426-4840  
[www.rei.com](http://www.rei.com)

Eastern Mountain Sports (EMS)  
603-924-7231  
[www.ems.com](http://www.ems.com)

Sierra Trading Post  
800-713-4534  
[www.SierraTradingPost.com](http://www.SierraTradingPost.com)

Also check out the websites on the Affiliate page of our website (under Resources)

## Additional Trip Preparations

### HELPFUL WEBSITES

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

Grand Canyon Explorer:  
[www.kaibab.org/supai/gc\\_supai.htm](http://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](http://www.havasupaitribe.com)) basic information, nice pictures

### WEATHER

The average high temperature in April in the Canyon is 75 degrees and the average low is 52 degrees. This is typically a dry time of year but rain showers can occur.

### 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. Cell phone reception is variable once we leave Phoenix.

### 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.

### RECOMMENDED PRE-TRIP READING

*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 20<sup>th</sup> 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.

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.

## Getting There

### OUR TRAVEL AGENT

If you need assistance with making your travel plans, call Sara Schuitemaker at Scan East West Travel. Her toll-free number is 800-727-2157 and her email is [sara@scaneastwest.com](mailto:sara@scaneastwest.com).

### TRAVEL INSURANCE

We highly recommend travel insurance. We know that women never want to cancel their trips, and the reasons for doing so are always excellent. Occasionally it's a sudden illness; even more frequently it's the illness of someone they care about. Trip insurance at least minimizes the disappointment and expense during what is often a difficult time. In addition insurance covers the cost of lost baggage; medical expenses during your trip, including emergencies, repatriation, and evacuation; and trip delay. If you decide to purchase insurance, you can secure a policy through your own insurance company or enroll with the company we use, Travelex Insurance. Call 1-800-228-9792 or visit [www.travelexinsurance.com](http://www.travelexinsurance.com). The location code is 20-0016.

### TRAVEL

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](http://www.americawest.com)) and Southwest Airlines (800-435-9792 or [www.southwest.com](http://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](http://www.priceline.com)) and Hotwire ([www.hotwire.com](http://www.hotwire.com)). Links to both of these are available on our web site at [www.adventuresingoodcompany/affiliates.html](http://www.adventuresingoodcompany/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](http://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:

#### **Super 8 –Airport (800) 800-8000 or (480) 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 47<sup>th</sup> Place, Phoenix, AZ 85008  
Single/Double \$75-\$89 Heated pool, deluxe continental breakfast, restaurant nearby. Free airport shuttle service..

## Getting There Continued

**Hampton Inn Phoenix Airport (800) HAMPTON or (480) 267-0606**

4234 S 48th St, Phoenix, AZ 85040

Single/Double \$139-\$169.

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

**Holiday Express (877) 643-4614**

3401 E. University Dr.&I-10, Phoenix, AZ 85034

Single/Double \$143-\$170

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 \$109-\$129

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: \$109-\$139

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