



## Trip Summary

# Hoofin' It in the Tetons

### TRIP AT-A-GLANCE

Dates: July 24 – 31, 2010  
Location: Yellowstone-Grand Tetons National Parks  
Cost: \$ \*2245  
Rating: 2  
Activities: hiking, rafting, horseback riding  
Meeting Place: Idaho Falls, ID airport (IDA)  
Arrive: By 1pm July 24  
Depart: Anytime July 31

\* Deduct 5 % for being one of the first 5 to register (by 04/24/10) and 3% of the entire trip fee when the balance is paid by check.

#### WHAT'S INCLUDED

- experienced guides
- all lodging and camping
- meals from dinner on Saturday through dinner the following Friday, except for one lunch and one dinner
- half day of whitewater rafting
- all park entrance fees and permits
- three days horseback riding
- roundtrip transportation from Idaho Falls, ID

#### WHAT'S NOT INCLUDED

- transportation to/from Idaho Falls
- Alcoholic beverages
- One lunch and one dinner
- Guide gratuities

### Trip Highlights

- Hiking with incredible views of the Tetons
- Riding on well-trained horses through mountain meadows full of spectacular wildflowers
- Visiting Old Faithful, Grand Canyon of the Yellowstone, and Yellowstone Lake
- Rafting through a very fun section of the Snake River
- Observing moose, bison, elk, bears, pronghorns, mule deer, pika, marmots, beavers, and the Golden-mantled ground squirrel

### Trip Overview

Few mountain ranges are more dramatic than the Grand Tetons: soaring alpine peaks that rise 7,000 feet above the floor of Jackson Valley, clear lakes, numerous waterfalls, and diverse flora and fauna. On this week long trip we spend the first half hiking and floating on the more populated east side of Yellowstone and Grand Tetons National Parks while staying in lodges. We then spend go on a three day pack trip exploring the west side by horseback, while camping in the backcountry. No hiking or riding experience needed, just a spirit of adventure!

### Our Itinerary

**July 24:** Meet at the Idaho Falls, ID airport at 1 pm. We will drive to Yellowstone National Park and our cabin at Old Faithful Snow Lodge. After settling in, we go for a short hike, watch Old Faithful, and have dinner. If we still have energy, we can catch one of the evening ranger talks or climb a nearby hill to an overlook.

**July 25:** Today is our day visiting Yellowstone National Park. Since we only have a day, we hit some of the major highlights: bubbling mudpots, geysers, waterfalls and lakes, as well as stopping to watch some of the large animals that make their home here. We will not be spending all our time in the van, though. There are lots of hiking options and we choose the ones that fit our energy level. Late in the afternoon we leave for the Grand Tetons and our lodging at Signal Mountain Lodge. After settling in dinner is

## 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

on your own tonight.

**July 26:** This morning we hike the trail to Taggart Lake, a basin lake that was created by the gouging of glaciers. Both the wildflowers and the background of jagged peaks make this one of the premiere trails in the park. There are a couple of trail options, including a loop to Bradley Lake, and our energy and time will dictate which we choose. After a picnic lunch we catch a boat ride across Jenny Lake to the mouth of Cascade Canyon. The mile hike to Hidden Falls and Inspiration Point is well worth it. Those wanting more hiking can choose to hike along the Cascade Creek Trail. With the Teton peaks towering above, this is widely regarded as one of the most spectacular hikes in the Park. Those who have had enough hiking can return to the Jenny Lake Visitor Center. Tonight we enjoy dinner in our cabins.

**July 27:** This morning we say goodbye to Signal Lodge and head for Jackson Hole, where our first order of business is: whitewater rafting!! This part of the Snake River offers some of the wildest whitewater in Wyoming. Although the rafting itself is only about 90 minutes, with rapids named Big Kahuna and Lunch Counter, this 8 mile portion of the river is guaranteed to cause huge smiles! After a fulfilled morning you have the afternoon to wander this interesting town and have lunch on your own. From there we drive back over the pass to the western side of the mountains where we stay in a motel for the night.

**July 28-30:** Tuesday is the beginning of the horseback riding part of our adventure. We meet our wranglers and the horses that have been chosen for us based on our experience and preferences. The exact pack trip we do will depend on the current weather and snow conditions. Our first day will take us deep into the backcountry, traversing up and down the steep mountain slopes as we make our way on this full day of riding into a remote section of the Teton range and our campsite. The next day we enjoy a hearty breakfast in camp, then pack up lunch for an all day trail ride. Typically the trails will take us above tree line, through open alpine meadows, to vistas that stretch out for miles. In partnership with our well trained and sure-footed equine companion, we experience a great sense of freedom and of wilderness. At night we return to our camp for a delicious dinner and sitting around the campfire, maybe singing or maybe just staring into the coals. The last morning we return by a different route to our starting point. After bidding farewell to our horses and wranglers, we drive to Idaho Falls where hot showers and a farewell dinner are a fitting end to our week.

**July 31:** You are free to leave anytime today.

## Packing List

### FOOTWEAR

- 3-4 pairs hiking socks: wool, synthetic or polyester/lycra blend (such as Coolmax or Ultimax)
- 1 pair riding boots or shoes with a heel. Athletic shoes are not appropriate. Water-proof or -resistant boots highly recommended. Boots should be broken in and comfortable for walking because we do leave the horses and go for a short hike on occasion.
- 1 pair lightweight hiking boots (Gore-tex, cordura, or leather). They should fit comfortably, without constriction, when you are wearing a hiking sock. (could double as your riding boots)
- 1 pair shoes that can get wet - like Teva sandals or Keen shoes for rafting, and also for walking around

### EQUIPMENT \* can get from Horsepacking Outfitters

- 1 daypack 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 medium sized duffel bag, lined with a garbage bag, for packing gear for horse packing.
- \*1 sleeping bag; synthetic fill or down fill, warm to 10 degrees F., closeable hood

### CLOTHING (including what you are wearing)

- 2 pair comfortable pants: One pair for riding can be cotton jeans. One pair should be nylon/supplex pants. Zip offs work well.
- 1 pair long underwear, top and bottom (polypropylene or other synthetic or lightweight wool)
- 1 pair pants for getting comfortable in the evenings around the campfire (fleece sweatpants are good)
- 1-2 pair shorts
- 2-3 t-shirts or short-sleeved shirts (cotton is OK and synthetics, at least for one, are better)
- 2 long sleeve shirts, can be cotton or synthetic equivalent
- 1 warm jacket - fleece or down
- rain jacket/pants: must be **waterproof** (please no ponchos). A breathable material like Gore-Tex or Ultrex is ideal.
- 1 pair pajamas, long underwear, or whatever you like to sleep in
- 1 Cowboy hat or other wide-brimmed or baseball cap with ties to keep it from blowing off your head
- 1 warm hat and gloves: wool or fleece or other synthetic material
- underwear
- swimsuit
- extra set of clothes for wearing out to dinner and around accommodations

### 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.

### ESSENTIALS

- |  |   |
|--|---|
| <input type="checkbox"/> sunscreen and lip block with SPF of at least 15         | <input type="checkbox"/> 1 quart water bottle |
| <input type="checkbox"/> sunglasses (100% UV blocking) w/ retention strap        | <input type="checkbox"/> bandana              |
| <input type="checkbox"/> small headlamp or flashlight (spare batteries and bulb) | <input type="checkbox"/> insect repellent     |
| <input type="checkbox"/> small towel (such as PakTowl)                           |   |

### OPTIONAL

- |   |   |
|---|---|
| <input type="checkbox"/> favorite snack   | <input type="checkbox"/> orienteering style compass |
| <input type="checkbox"/> camera (extra battery) and film/memory card                                | <input type="checkbox"/> book, journal, pencil      |
| <input type="checkbox"/> binoculars   | <input type="checkbox"/> pocket knife               |
| <input type="checkbox"/> ear plugs for a good night's sleep   |   |
| <input type="checkbox"/> *riding helmet (optional and can be borrowed from horse packing outfitter) |   |
| <input type="checkbox"/> hydration system (for hiking this is a good option)                        |   |

## Notes on the Packing List

You are essentially packing for 2 trips-in-one and clothes can be shared. The first part includes clothing for hiking and rafting, then you will need camping gear, and a very small bag (preferably waterproof) to pack for the horse packing portion. Remember that you need to limit the amount you take on horse packing portion because all gear is loaded on horses for packing in and weight limit (30 lbs) is very crucial. See specifics below.

1. Temperatures can vary widely in the mountains and sudden thunderstorms and variable weather patterns are always a possibility. Having clothing that will keep you warm even when wet is essential. Cotton does not do this and should be avoided.
2. For the first three days, you will need to bring a “**day pack**” (1800-2400 cu in) to hold your rain gear, water bottle, snacks, sunscreen, pocket knife, camera, 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.
3. For the next three days, while trail riding, you will carry (or wear) a warm shirt or jacket, warm hat, warm gloves, rain gear, an extra pair of socks, and a water bottle in a saddlebag, as well as a camera, sunscreen etc, not to exceed 15 pounds. You will also carry your lunch in a small, insulated lunch sack. Daypacks are not allowed while riding, and the use of hydration systems (such as a Camel-bak) are discouraged.
4. Bring a sleeping bag with down or synthetic insulation, wrapped in a heavy plastic bag (trash compactor bags work 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 usually heavier and bulkier, yet they still keep you warm if they are wet. They dry more quickly than down. Bring a bag rated to 10 degrees F.
5. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity. 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.**

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

Eastern Mountain Sports (EMS)  
603-924-7231  
www.ems.com

Sierra Trading Post  
800-713-4534  
www.SierraTradingPost.com

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

## Additional Trip Preparations

### HELPFUL WEBSITES

Wyoming Tourism  
([www.wyomingtourism.org](http://www.wyomingtourism.org)) The official web site of the State of Wyoming for Travel and Tourism

Grand Teton National Park:  
[www.nps.gov/grte](http://www.nps.gov/grte) this is the official National Park Service website for the park and is well worth visiting. The in depth section and books section in particular will help you prepare.

Grand Teton Natural History Association: [www.grandtetonpark.org](http://www.grandtetonpark.org). When you make a purchase from the park bookstores, you are supporting the educational, interpretive, and scientific programs in the Park.

number is 307/344-7311. We spend the next 2 nights at Signal Mountain Lodge and the phone is 307/543-2831. After that we will be camping in the wilderness. Most cell phones do not get service there. If there is an emergency you can also call the home of our outfitter at 208/354-8922 who will get a message to us.

### CONDITIONING

Additional conditioning is unnecessary for anyone who already exercises regularly, including some aerobic exercise. If you don't, you will probably find that you have more energy during the trip if you start a moderate exercise program a couple of months before your trip. For example, you might start walking 3 or 4 times a week for half an hour, at a pace that is fast enough to make you breathe deeply. Hills are good for this. 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 still leaves you able to talk and not gasping for breath. Aerobic conditioning is much more important than strength training.

What if you don't have time to start an exercising program? Don't worry, you'll be fine – just a little more tired than usual at the end of the day!

### WEATHER

July is a beautiful time up in the mountains, although the temperature can vary significantly with altitude. In Jackson Hole, highs are typically in the high 70s and lower 80s, and nighttime temperatures may fall into the 40s. On the western side, since we are camping at 6500 feet above sea level and riding up to 10,000 feet, temperatures are likely to be cooler and snow may still occur in patches. At this elevation evenings are quite cool, so no matter how warm it is where you are when you're packing, be sure to follow the packing list.

Higher elevations can have considerable effects on certain medical conditions. Please check with your doctor regarding altitude and medicines.

### EMERGENCY CONTACT INFORMATION

The first night we will spend at Old Faithful Lodge in Yellowstone. The

### RECOMMENDED PRE-TRIP READING

***Jenny of the Tetons*** by Kristina Gregory. Carrie hates the Indians for killing her parents and stealing her brothers. But when she is taken in by an Englishman named Beaver Dick to help with his children, Carrie quickly learns the gentle, reverent ways of his Indian wife, Jenny. Like them, Carrie learns to respect and work with the land. This is heartfelt historical fiction aimed at both adults and kids.

***Cowgirls*** by Candace Savage. Little has been written about cowgirls. Savage provides a solid survey of the cowgirl phenomenon from both a historical and a social perspective. Many women made a name for themselves in the famous traveling Wild West shows, and their image was amplified and expanded by popular media ranging from comic books to television. Although today many cowgirls are part of husband-and-wife ranching operations, the cowgirl role continues. Overall, this work is engaging and informative.

***Rising from the Plains*** by John McPhee. McPhee skillfully weaves together the personal history of Rocky Mountain geologist David Love and his family with the geological history of the region, chronicling both the story of pioneering homesteaders and that of ancient seas, volcanoes, and episodes of mountain building.

***Wildflowers of Grand Teton and Yellowstone National Parks*** by Dr. Richard J. Shaw. The wildflowers are spectacular this time of year and this book will help you identify them.

## 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

*If you are flying:*

Idaho Falls Regional Airport (IDA) is a regional air transportation center. It is served by Skywest/Delta Airlines with frequent daily flights to Salt Lake City, Utah, and Horizon Air/Alaska Airlines with daily flights to Boise, Idaho.

Alaska Airlines(800-426-0333 or [www.Alaska-air.com](http://www.Alaska-air.com))  
Skywest flights are booked through Delta, Continental, Northwest or United airlines.

Delta Airlines (800-221-1212 or [www.delta.com](http://www.delta.com))

Continental (800-525-0280 or [www.flycontinental.com](http://www.flycontinental.com))

Northwest (800-225-2525 or [www.nwa.com](http://www.nwa.com))

United (800-241-6522 or [www.UAL.com](http://www.UAL.com))

Roundtrip van transportation from the airport is included in the trip fee. The van will leave the airport at 1 p.m. on Friday. We will be staying at a hotel with an airport shuttle on the last night.

*If you plan to drive*, please let us know and we'll send you directions about where to meet.

### LODGING

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)). The major potential drawback is that you cannot specify any area within Idaho Falls so you are not guaranteed that the hotel will offer an airport shuttle.

If you prefer to know what you're getting into, the following are a sample of the possibilities (prices are approximate and do not include taxes). We were told that each of these offers airport transportation and a free breakfast, but you should verify this when you call to make a reservation. You may also find lower rates on their websites and many of them offer an AAA or AARP discount:

#### **Ameritel Inn (800) 600-6001 or (208) 523-1400**

645 Lindsay Ave

Rates: \$89-\$129

Snake River, scenic falls, and downtown all within walking distance; complimentary deluxe breakfast, freshly baked cookies every evening.

#### **Best Western Cottontree Inn (800) 727-5004 or (208)523-6000**

195 S Colorado Ave

Rates: \$69-\$99

Complimentary continental breakfast, freshly baked cookies **every**

## Getting There Continued

evening, small indoor pool and Jacuzzi

**Hampton Inn (800) 426-7866 or (208) 529-9800**

2500 Channing Way

Rates: \$84-94

Spacious, well lighted rooms, indoor heated pool

**National 9 Executive Inn (800)852-7829 or (208)523-6260**

**850 Lindsay Blvd**

Rates: \$59-\$95

Heated outdoor pool, Jacuzzi, whirlpool. Free full breakfast and newspaper

**Red Lion Hotel on The Falls (800)733-5466 or (208)523-8000**

**475 River Parkway**

Rates: \$89-\$109

Heated outdoor pool, sauna, whirlpool, remodeled exercise room. Complimentary breakfast

**Shiloh Inn (800) 222-2244 or (208)-523-1818**

**780 Lindsay Blvd**

Rates: \$79-\$129

Complimentary hot buffet breakfast, 24 Hour indoor pool and spa, sauna, steam room and fitness center