



Trip Summary

Exploring Utah's National Parks

TRIP AT-A-GLANCE

Dates: April 10-17, 2011
Location: National Parks in Utah
Cost: \$ 1895*, Single supplement \$340
Rating: 3
Activities: hiking
Meeting Place: Desert Rose Inn, Las Vegas, Nevada
Arrive: anytime April 10
Depart: At the Grand Junction airport (GJT) anytime after 12:30pm on April 17

* Deduct 5% for being one of the first 5 to register (by 1/10/11) and 3% of the entire trip fee when the balance is paid by check.

WHAT'S INCLUDED

- experienced guides
- seven nights of double occupancy accommodation
- all meals from breakfast on Monday to breakfast on Sunday
- transportation during the trip
- National Park entry fees

WHAT'S NOT INCLUDED

- Transportation to Las Vegas/from Grand Junction
- Guide gratuities
- Alcoholic beverages

Trip Highlights

- exploring the Emerald Pools Trail system in Zion National Park
- walking among the hoodoos of Bryce
- learning about the natural bridges at Natural Bridges
- hiking to Delicate Arch or the Devil's Garden Trail in Arches
- enjoying the remoteness and solitude of Capitol Reef

Trip Overview

Southern Utah is to four of the most well known national parks, each with its own special magic and unique attractions. Zion National Park is known for its sculpted canyons and soaring red Navajo Sandstone cliffs. Nearby Bryce Canyon is a testimonial to the erosive power of ice and rainwater, carving its colorful limestone into windows, fins, and soaring spires called hoodoos. Capitol Reef, which encompasses a large part of a unique geologic formation known as the Waterpocket Fold, is a monument to the amazing power of uplift. Natural Bridges National Monument will finally help you understand the difference between arches and bridges. And Arches National Park lives up to its name with over two thousand sandstone arches of all shapes and sizes. While we need to drive between parks (on some of the most scenic highways you will ever have the pleasure to drive on), this is not primarily a driving trip. We will hike between 3 and 6 hours every day and see each park as only hikers can.

Our Itinerary

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

Sunday: Arrive anytime April 10 at our hotel in Las Vegas. If you arrive before 6 pm, you are welcome to join your guide and other participants as we go to one of the guides' favorite restaurants and watch the dancing fountains at Bellagio in the city that never sleeps.

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

Monday: The drive to our first destination, Zion National Park, is about 2.5 hours. Our first stop will be the Visitors Center, a good introduction to the park, which you can visit as your guides prepare lunch. After the first of many delicious picnic lunches and some instruction on how to hike happily and safely for the week, we'll explore the Emerald Pools Trail System. The 3 mile hike (we take about 2.5 hours) to the Upper Pool passes through pinyon-juniper habitat as we visit the lush environment of the lower pool and gaze at the soaring canyon walls of the upper pool. Overnight Zion National Park.

Tuesday: We have two choices today. For those who have no fear of heights and want a challenging 5 mile hike, we offer Angels Landing, one of the classic hikes in Zion. This trail switchbacks up the side of a cliff and then follows a narrow ridge (there are chains there to hang onto) out to a fantastic overlook high above Zion Canyon. Alternatively there is a lovely hike moderate 2 mile hike to the Watchman, a viewpoint overlooking lower Zion Canyon and Oak Creek Canyon. After our hike we'll drive to Bryce Canyon, arriving in time for dinner. Overnight Bryce Canyon National Park.

Wednesday: Another park, another classic hike: the Peekaboo Loop. In contrast to yesterday where we climbed out of Zion Canyon, today we'll start by descending into Bryce Canyon. This 6 mile trail, which follows a loop around a major formation with constantly changing views, provides an excellent opportunity to see hoodoos from the bottom up. That evening we'll have the chance to watch the sunset over some of the most amazing geology you'll ever see. Bryce is known for having one of the most glorious nighttime skies of anyplace in the U.S. and if stargazing appeals to you, this is the perfect place to do it. Overnight Bryce Canyon National Park

Thursday: Our two hour drive this morning to Capitol Reef National Park is one of the most scenic of the whole trip as we cross over vast stretches of slickrock as we drive though Grand Staircase-Escalante National Monument before climbing up and over the Boulder Mountains. Capitol Reef is a small section of the Waterpocket Fold, a 100-mile long wrinkle in the earth's crust comprised of colorful canyons, buttes, mesas, and monoliths. We explore a small portion on the Fring Pan trail, a 6 mile primitive trail through Cohab Canyon to Cassidy Arch and out Grand Wash. This hike offers more solitude and wilderness than any other on the trip as it takes us across country that is typical of the Park. Alternatively one can follow Cohab Canyon to its exit for a shorter hike, leaving time to visit petroglyphs along the road. Overnight at a motel in Hanksville, a small Utah town that is home to the world famous Blondie's (at least it's in a Chinese guidebook so it must be world famous) where we'll have a great breakfast the next morning.

Our Itinerary Continued

Friday: After a drive through beautiful red rock country that gives us our only peek of Lake Mead, we finally get the answer to that burning question: What is the difference between an arch and a natural bridge? Our answer is found at Natural Bridges Monument, as we hike a trail through lush desert canyons past 3 bridges, all at different stages of development. The trail is a little over 8 miles, with shorter loops for those who prefer. From there we continue on to our condos in Moab, one of the most charming small towns in Utah, known for its great shops and limitless outdoor opportunities. If you want a chance to explore the many restaurant options in Moab, this is the night. Alternatively the guides will get some take out pizza and chicken and if you want to just kick back at the condos after the day, you’re welcome to join them. Overnight Moab.

Saturday: Yesterday was bridges, today is Arches - Arches National Park, to be exact. Due to its unique geology, this park contains the largest concentration of arches of anyplace in the US. We'll start with Delicate Arch trail, a classic Arches hike and not to be missed. We'll take the short spur trail to a Ute Indian Petroglyph and then walk up gradually sloping slickrock to a small valley surrounded by red rocks on the way to the arch. Just when you think you must have taken a wrong turn, the arch suddenly appears and you immediately understand why it is the most photographed arch in Utah. There are several other short hikes to different arches so some of us may decide to continue with more hiking while others will want time in Moab, the most fun place to shop in Utah. Alternatively the 8 mile Devil's Garden Trail is a more challenging hike that passes seven arches before following a primitive route down washes and over arches. We will celebrate our week of hiking with a final farewell dinner at our condos. We will celebrate our week of hiking with a final farewell dinner at our condos. Overnight Moab.

Sunday: This morning we share a final breakfast, pack up, and make any last minute shopping runs into town. We will plan to leave Moab for Grand Junction, Colorado (GJT) about 10:00am for the 90 minute drive and you can plan to fly out anytime after 12:30 pm (it’s a small airport and an hour is plenty of time to check in).

Packing List

FOOTWEAR

- 1 pair of lightweight hiking boots: boots need to be well broken in and comfortable
- 1 pair of comfortable athletic shoes, Teva/Chaco/Keen sandals, or crocs for wearing around our accommodations and in town.
- 2-3 pairs of hiking socks (some people also like to wear liner socks)

CLOTHING

- 1 pairs of comfortable nylon/supplex long pants for hiking. Zip-offs work well
- 1 pairs of shorts
- 3 T-shirts or short-sleeved shirts (synthetic or lightweight wool)
- 1 lightweight, long-sleeved shirt for hiking
- 1 pair lightweight long underwear top and bottoms: silk, wool or synthetic equivalent (Capilene, Smartwool, MTS, or polypropylene)
- 1 medium-weight top layer: wool shirt/pull-over or synthetic equivalent (“expedition weight” long underwear, microfleece). A fleece or wool vest is good for this layer as well.
- 1 fleece jacket
- 1 rain parka and rain pants: coated nylon or a **waterproof**/breathable fabric like Gore-tex.
- Underwear/nightwear
- a warm wool or fleece hat
- 1 pair wool, capilene, or fleece gloves
- 1 wide-brimmed hat or baseball cap for protection from the sun
- a swimsuit (for the hot tub)
- comfortable clothes for after hiking and to wear around town

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, shampoo, contact lens paraphernalia, and sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- personal “patch kit”: Band-Aids, Compeed or Second Skin, moleskin, cloth athletic tape, ibuprofen, personal medications, if any. Individuals allergic to insect bites must bring an anaphylactic kit.

ESSENTIALS

- Sunglasses (100% UV protection) w/retention strap
- 1 daypack large enough to hold your supplies for the day (water, snacks, sunscreen, raingear, fleece jacket, wool hat and gloves, personal patch kit, etc.)
- capacity to carry 2 quarts of water: 2 one-quart water bottles, water in plastic bottles that you buy in a grocery store, or a hydration system that fits in your pack
- hiking poles (very, very strongly recommended)
- Tupperware sandwich box

OPTIONAL

- | | |
|--|---|
| <input type="checkbox"/> Camera (extra battery) and film/memory card | <input type="checkbox"/> Your favorite snack |
| <input type="checkbox"/> Book, notebook, journal, pencil/pen | <input type="checkbox"/> Binoculars |
| <input type="checkbox"/> Ear plugs (for a good night’s sleep!) | <input type="checkbox"/> bandana (multi-useful) |
| <input type="checkbox"/> short gaiters | <input type="checkbox"/> wrist watch |

Notes on the Packing List

Adventures in Good Company's packing list covers everything you need to assure your safety and comfort. Because we stay indoors every night, you may be tempted to skimp on the warm clothes. Don't. Weather in the mountains can be quite variable. It may be warm and sunny, cool and drizzly, or both. It could even snow. It is essential that you have the rain gear and clothes to stay warm during the day when you are out on the trail. You may not use everything you bring; however, you need to come prepared for all possible weather conditions. Packing in a duffel bag or soft-sided suitcase, rather than a hard-sided suitcase, will make packing our van easier. **Please do not bring more than one duffel or suitcase.**

Daypacks: We recommend a daypack with a capacity of between 1800 and 2600 cubic inches as you will need large enough for all your items for the day. Please line your daypack with a durable plastic bag to keep your belongings dry. Before you leave home check to be sure that your daypack is comfortable to wear all day and that there is space for all of your items. Having a daypack with padded shoulder straps and a hip belt will provide for much more comfortable hiking.

Footwear: Well-fitting, sturdy boots or trail shoes 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 general trekking, lightweight cordura or leather boots work well. Leather boots may be waterproofed in various simple ways, and cordura boots will be waterproof if they are lined with Gore-Tex. If you have weak ankles or are recovering from an ankle injury, get good quality boots that come above the ankle— you'll find that this will give you more support in uneven or slippery terrain.

Personal First Aid Kit: Small first aid kit with familiar medicine you might need for personal use, ESPECIALLY blister or foot remedies like toe tubes, moleskin (not molefoam), gelskin, blister bandages or similar. The amount and kind you bring will depend on your tendency to blister but many people get blisters on hiking tours. Other suggestions: remedies for respiratory ailments? Stomach ailments? Sore muscles or joints? We will have a first aid kit too, but if you already know what works for you it's better to have it

Clothing: 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. You can use long underwear as your base layer, your mid-weight top or vest as your second layer, and your fleece jacket as a third layer. You use your rain gear as your outer layer, and warm hat and/or gloves as needed.

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Lastly, the wind/rain pants. They should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots.

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 MSR 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.

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

http://www.fodor.com/scenicdestination/utah_canyons

Fodor’s travel guide on-line. Learn about history, culture, geology, flora and fauna. Nice slide show as well.

<http://www.nps.gov>

This web site will give you access to the National Park Service web sites for all the Parks we are visiting in Utah. Just click on the National Park you want to view. Has a lot of interesting and useful information about each place.

EMERGENCY CONTACT INFORMATION

4/10: Desert Rose Resort, Las Vegas: 702.739.7000

4/11: Zion Lodge 435.772.7700

4/12-13: Bryce Canyon Lodge 435.834.5361

4/14: Whispering Sands Motel, Hanksville: 435.542.3238

4/15-4/17: Cottonwood Condos, Moab. There is no specific number we can give you in advance but cell coverage is good in Moab.

Cell phone reception is very spotty once between Las Vegas and Moab. Verizon and US Cellular have the best coverage. Wireless is available everywhere but Bryce.

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.

If you want a structured program, we advise you to contact our partner Fit for Trips: <http://www.fitfortrips.com/adventures-in-good-company.aspx>. While there is an additional cost for this, it is much less expensive than personal training and the program will be designed specifically for this trip.

WEATHER

April is a great time to visit the national parks in Utah, although this time of year can bring a bit more unpredictable weather. And depending on which Park we are in and the altitude, the weather varies. Highs are typically in the 60s and 70s during the day and the lows are 20s-30s at night. It can be a bit rainier during the spring, and it could even snow. However weather has never stopped us from doing any of our planned hikes in the four years we’ve offered the trip.

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.

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. The location code is 20-0016.

TRAVEL

All the major airlines fly into Las Vegas (LAS), as well as many of the low cost competitors. Check for fares and availability. Our hotel is accessed by the BellTran airport shuttle. You are welcome to arrive anytime but plan to be there by 6pm if you want to join your guides for dinner. Please note: you will be flying out of Grand Junction, Colorado airport on April 17th. You can make a flight for anytime after 12:30pm.

SUGGESTED PRE-TRIP READING

Geology Underfoot in Southern Utah • Robert Orndorff etc
If you are interested in geology or learning more about geology, this is the book to get. Each chapter is a “vignette” that describes the underlying geology of a specific area, including all the areas we visit on this trip. In addition it teaches some basic geologic terms and principles in terms that are accessible to the non-geologist.

A Naturalist's Guide to Canyon Country • David Williams • Gloria Brown • 2001

A compact field guide to the wildlife of the high desert of the Colorado Plateau and the nine national parks of the region, including Arches and Canyonlands, featuring handsome watercolor illustrations by Gloria Brown. A former ranger based in Moab, Williams includes an overview of the history, geology and ecology of the high desert in addition to basic information that you'll need to identify common plants and animals. Published in cooperation with Canyonlands Natural History Association.

Desert Solitaire • Edward Abbey, 1968

A beloved classic, read aloud at campfires throughout the Southwest. It's one of the great works on the value of the desert, eloquent and laugh-out-loud funny. Although Abbey writes specifically about the Colorado Plateau and his experiences as a ranger at Arches National Park outside Moab Utah, his message is universal.

Raven's Exile, A Season on the Green River • Ellen Meloy, 2003
Meloy, a champion of the Green River and expert navigator of its twists and turns, describes a summer in Desolation Canyon with her river ranger husband, interweaving her own often humorous experiences with natural and human history. Winner of the Western Writers of America Spur Award.

Suggested Pre-Trip Reading Continued

The Bassett Women • Grace McClure

The story of a pioneering family in eastern Utah, drawn from interviews, historical documents and memoirs. "Queen" Anne Bassett and her family were a resilient group who endured the harsh life of settlers in eastern Utah.

Roadside Geology, Utah • Halka Chronic

Designed for the roadside traveler, this series explains in detail the geologic history of Utah as seen through the car window. A great introduction to basic geomorphology and how the dramatic landscapes were formed.

Cadillac Desert, The American West and Its Disappearing Water • Marc Reisner

A definitive history of water development in the American desert -- and a now-classic chronicle of wrong-headed policies and misadventures controlling the great rivers of the West.