



## Trip Summary

# Hiking Bryce and Zion National Parks

### TRIP AT-A-GLANCE

Dates: November 5 – 8, 2010  
Location: Bryce and Zion National Parks, Utah  
Cost: \$ \*1135  
Rating: 3/4  
Activities: Hiking

#### Meeting

Place: Las Vegas airport (LAS)  
Arrive: by 10 am Nov. 5th  
Depart: anytime after 5:30 pm Nov. 8th

\* Deduct 5% if you are one of the first 5 to register (by 8/5/10) and 3% of the entire trip fee when the balance is paid by check.

#### WHAT'S INCLUDED

- experienced guides
- three nights of double occupancy accommodation
- all meals from dinner on Friday to lunch on Monday
- transportation during the trip
- National Park entry fees

#### WHAT'S NOT INCLUDED

- Travel to/from LAS
- Guide gratuities
- Alcoholic beverages

### Trip Highlights

- climbing the Angel's Landing Trail and Observation Point Trails in Zion National Park
- hiking the Peekaboo Trail in Bryce
- enjoying the solitude and crisp fall days of November

### Trip Overview

Sometimes you just want to fit as much hiking into four days as you can. We've designed this trip to hike some of the best trails in the two parks in a short period- there won't be significant amounts of downtime on this trip.

### Our Itinerary

November is typically excellent hiking. Some years, however, early snowstorms have closed some trails. Even if that happens, we'll still find some fun hiking options.

**Friday:** We'll meet you at the Las Vegas airport at 10 am so please plan to fly in not later than 9:30 am so you have time to get your luggage and find us. The drive to Zion National Park is about 2.5 hours. This afternoon we'll have a shorter warm-up hike, the Emerald Pools Trail System. The hike to the Upper Pool is about 2.5 hours roundtrip and passes both pools and waterfalls, as well as the lush environment of the lower pool and the dry environment of the upper pool. Overnight Zion National Park.

**Saturday:** Today we'll hike to Observation Point. This steep trail passes Weeping Rock and then climbs through Echo Canyon, gaining 2,150 feet in four miles. From there we can decide whether to continue on to Deertrap or Cable Mountains (either would be about 10 miles round trip). Overnight Zion National Park.

**Sunday:** We will get up early this morning for the 2-hour (or so) drive to Bryce. The drive itself is quite pretty and if you've never seen Bryce Canyon, your first look over the rim will take your breath away. Our trail today is the Peekaboo Loop. In contrast to yesterday where we climbed out of Zion Canyon, today we'll start

## 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

by descending into Bryce Canyon. This 6-mile trail follows a loop around a major formation with constantly changing views and provides an excellent opportunity to see hoodoos from the bottom up and from every possible angle. Too bad we can't spend the night there but we'll drive back to Zion so we'll be ready for the next day's hike.

**Monday:** Maybe we're saving the best for last? This is undoubtedly one of the classic hikes in Zion: Angels Landing. 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. Even if you choose not to go out on the more exposed part, there is a great view from the area where you can wait for others to return. We'll plan to leave Zion by 1:30 pm and be back in Las Vegas by 4:00 pm (we gain an hour when changing time zones) so you can get a flight home after 5:30 pm.

## 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 sandals, 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 pair of comfortable long pants for hiking. Zip-offs work well.
- 1 pair of shorts (optional)
- 1 lightweight, light-colored, long-sleeved shirt to protect you from the sun
- 2-3 synthetic or lightweight wool T-shirts or short-sleeved shirts
- 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 can work for this layer as well.
- 1 fleece jacket
- 1 rain parka and rain pants: a **waterproof**/breathable fabric like Gore-tex is recommended.
- 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 or rain
- whatever clothes you like to wear when not hiking

### 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
- small 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
- Bandanna(s)
- 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 (strongly recommended)

### OPTIONAL

- orienteering style compass (definitely bring one if you want to learn how to use one)
- Camera (extra battery/charger) and film/memory card
- Your favorite snack
- Book, notebook, journal, pencil/pen
- Binoculars
- Ear plugs (for a good night’s sleep!)
- wrist watch/travel alarm clock

## Notes on the Packing List

Adventures in Good Company's packing list covers everything you need to assure your safety and comfort. Weather in the mountains can be quite variable. It may be warm and sunny, cool and drizzly, or both. It may 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 duffel bags or soft-sided suitcases, 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 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. 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.

**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.

**Fabric names:** 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.**

**Rain Gear:** You will need a parka or jacket made of a coated nylon (not breathable) or a fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex (waterproof/breathable). **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. 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 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.

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](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.

### WEATHER

November 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 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 this time, and it could even snow.

### EMERGENCY CONTACT INFORMATION

We will be staying at Zion National Park Lodge (435-772-7700). You can also leave the Adventures in Good Company office number (877/439-4042) in case of emergency and we will know how to get in touch with you. There is limited cell phone reception in the National parks.

### 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.

## 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

All the major airlines fly into Las Vegas (LAS), as well as many of the low cost competitors. Check for fares and availability.. We will meet at 10 am at the airport. Please make sure your flight arrives no later than 9:30 am so you can collect your luggage and meet us.

### LODGING

Depending on your connections you may be able to fly into Vegas the day of the trip. However, if you need to come the day before there are numerous lodging options in Las Vegas. And no shortage of things to see!

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 Las Vegas Strip area. We cannot guarantee that all the hotels in this area offer an airport shuttle. Our guides have stayed at very nice places in other cities for \$25 to \$40 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:

#### **Tuscany Suites and Casino 702/893-8933**

255 East Flamingo Rd. Las Vegas, NV

Avg price: \$109, plus a \$10 resort fee

Located slightly East of the Strip. Single and Double suites available. Resort fee includes use of fitness club, lobby WiFi pool and spas and assorted coupons to use around the resort.

#### **The Stratosphere Tower – Resort and Casino (866-538-0187)**

2000 South Las Vegas Blvd

Avg price: \$105 - \$180

Located on the northern end of the strip. Amenities include: Top of the World restaurant, 8<sup>th</sup> floor pool w/rock waterfall, fitness center, business center.

#### **The Renaissance Las Vegas Hotel (800/750-0980 or 702/784-5751)**

3400 Paradise Rd, Las Vegas NV

Avg price: \$130-\$150

This boutique, non-smoking, non-casino hotel is a welcome departure from typical Vegas hotels. It is located off the Strip, but along a mono-rail stop so getting to the Strip is convenient.

Amenities include: Pool, fitness center, award winning steakhouse – The ENVY, 24-hour business center.

## RECOMMENDED PRE-TRIP READING

### **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.

### **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.

### **Basin and Range** • John McPhee

McPhee's illuminating account of travels in the company of geologist Kenneth S. Deffeyes along Route 80 from Utah to California.

### **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.

**Zion Canyon, A Storied Land** • Greer K. Cheshier Cheshier, a park ranger and longtime resident of the region, brings a personal and in-depth perspective to Zion Canyon, examining its geological wonders, ecology and the interplay between the landscape and its human settlers.

### **Falcon Guide, Hiking Zion and Bryce Canyon National Parks** • Tamara Martin • Erik Molvar

In addition to useful trail descriptions, maps and safety techniques, this practical hiking guide to Zion and Bryce National Parks gives an overview of the area's natural history, tips for no-trace camping and advice on navigating the area's unique terrain.