



ADVENTURES
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EXPLORING THE NATIONAL PARKS OF UTAH

Trip Summary

HIGHLIGHTS

- Exploring the Emerald Pools Trail in Zion National Park
- Walking among the hoodoos of Bryce Canyon National Park
- Slithering through the slot canyons of Little Wild Horse
- Hiking to some of the many arches in Arches National Park
- Enjoying the remoteness and solitude of Capitol Reef

Phone: 877-439-4042

Outside the US: 970-833-3132

Email: info@goodadventure.com

TRIP AT A GLANCE

Location:	National Parks in Utah
Activities:	Hiking
Arrive:	Plan to arrive in In St. George by 3:30PM on Day 1 to be at the hotel for our 4PM meeting
Depart:	Moab (CNY), we'll drop you off at the local airport by 8:00AM

Trip Overview

Southern Utah is home to four of the most well-known National Parks, each with its own special magic and unique attractions. Zion National Park is famous for its 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 is a monument to the amazing power of uplift. Goblin Valley State Park demonstrates just how bizarre rocks shaped by erosion can get and the magic of slot canyons. 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 2 and 4 hours every day and see each park as only hikers can. **On this trip we extend a special invitation to anyone who prefers an option for leisurely shorter hikes with more time for other activities.** Maximum group size: 10

Rating

We have rated this trip as a 2 and a 3 because of the choice of a longer and shorter hike on most days. Any healthy, active woman can be comfortable on the shorter hikes; women who want to do the longer hikes should exercise regularly prior to the trip. If you chose to do that longer hikes, a rating of 3 requires aerobic conditioning, such as walking vigorously up hills, jogging, or stair stepping for 30 - 45 minutes at least 3 - 4 times a week. If you are looking for a trip in this area with longer hikes, look at Hiking the Grand Staircase or Hiking Utah's National Parks **Rating: 1 2 3 4 5.**

What's Included

- 1 - 2 experienced AGC guides based on group size
- Seven nights of double occupancy accommodation
- All meals from dinner on the first day to breakfast on the last day
- Transportation during the trip
- National Park entry fees

Not included: Airfare to St. George, UT or from Moab, UT, alcoholic beverages, guide gratuities and trip insurance

OUR ITINERARY

Below is the itinerary we have planned for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

Our trip starts today at the St. George, Utah airport (SGU). Plan on flying in by 3:30PM to meet the group by 4PM. It's a small but bustling airport. Nestled in a vast expanse of red rock scenery, St. George is listed as one of the best places to live in the United States and on the list of Fortune 500's "Great Places to Retire In." We'll start getting to know each other and have a trip orientation in the evening before sharing our first dinner. Bedtime is likely to be early tonight! (D)

DAY 2

The drive to our first destination, Zion National Park, is about 3 hours. Our first stop is our picnic area where you can explore the area or take a break while 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. Along the way we'll talk about how Zion Canyon was formed and see evidence that it is a process that is still quite active. Our lodging tonight is right in the bottom of Zion Canyon, in one of the most beautiful and peaceful settings in the entire park system. Overnight Zion National Park. (B, L,D)

DAY 3

Today we'll head back towards the Visitor's Center to hike the Watchman Trail, another Zion classic. The trail is about 2 miles round trip with 500 feet elevation gain through a desert environment. Along the trail we'll see many of Zion's landmarks: Beehives, Towers of the Virgin, West Temple, and the Altar of Sacrifice. The trail ends up at a viewpoint that oversees much of the lower canyon as well as the Watchman, a red spire rising to an elevation of 6545 feet. We'll then visit the Zion Human History Museum, or possibly join one of the Zion rangers for what are always informative walks. In late afternoon we'll drive to Bryce Canyon. The Zion-Mount Carmel Highway is a dramatic feat of engineering, taking us through a very different looking part of the Park. We'll arrive in Bryce in time for dinner. Our lodging tonight is about a 5-minute walk from the rim. Overnight Bryce Canyon National Park. (B, L,D)

DAY 4

Another Park, more classic hikes: 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 an up and down loop around a major formation with constantly changing views, provides an excellent opportunity to see hoodoos from the bottom up. For those wanting a bit shorter hike, the Navajo - Queen's Garden loop is an excellent 3-mile alternative. That evening we'll have the chance to watch the sun's rays light up some amazing geology. And after dinner, Bryce is known for having one of the most glorious nighttime skies of anyplace in the U.S. - if stargazing appeals to you, this is the perfect place to do it. Overnight Bryce Canyon National Park. (B, L,D)

DAY 5

Our three hour drive this morning to Capitol Reef National Park is one of the most scenic of the entire trip as we drive through Grand Staircase-Escalante National Monument, crossing over vast stretches of slickrock 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'll visit the Visitor Center and then have a picnic in an area where Mormon settlers once farmed. We explore only a small portion as we hike through Cohab Canyon to its exit on the other side. This hike offers more solitude and wilderness than any other on the trip, with options for a couple of side hikes up to higher points in the Canyon. We'll finish our visit to Capitol Reef with a visit to petroglyphs along the road. We stay overnight at a motel in Hanksville, a small Utah town that is a great jumping off point for hiking. Overnight Hanksville, UT. (B, L,D)

DAY 6

Today we start with a hike into Little Wild Horse Canyon. This is a slot canyon that can be as high as 250 feet and as narrow as 2.5 feet, and we'll do it as an out and back, going as far as we choose. Hiking in slot canyons is always dependent on weather but this is one of the most accessible in Utah. After lunch a short drive takes us to Goblin Valley State Park, one of those state parks that is so spectacular, it would be a National Park in any other area. Goblin Valley gets its name from the thousands of mushroom-shaped pinnacles that have been carved by wind and water over the centuries.

After finishing our hike, we continue to our condos in Moab. Moab is 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 salad and if you want to just kick back at the condos after the day, you are welcome to join them. Overnight Moab. (B, L,D)

DAY 7

Due to Arches National Park's 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. Tonight, we celebrate our week of hiking with a final farewell dinner at our condos. Overnight Moab. (B, L,D)

DAY 8

This morning we share a final breakfast, pack up, and say our goodbyes to Utah. We'll drop you off at the Moab (CNY), airport by 8:00AM.

ADDITIONAL TRIP INFORMATION

Getting There

Plan to fly into the St. George, Utah airport (SGU). Major airlines as well as many of the lower cost competitors fly into SGU. There is no shuttle to the hotel. You will need to arrange a ride share option, such as Uber or Lyft or you can call a local Taxi. We recommend: Taxi USA, (435) 656-1500, <http://www.calltaxiusa.com/>

****This trip ends in Moab, UT so remember to book return flights out of Moab, UT (CNY). ****

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exito Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Most of the international airlines are in-network for Exito, so they do not charge extra for their services (and often have access to discounted rates). When necessary, processing fees out-of-network carriers are minimal at around \$35-\$50 per ticket.

Accommodations

We stay at a variety of accommodations on this trip, starting with one night at a hotel in St. George, Utah. We then stay at lodges that are located right inside the parks, one night at Zion Park Lodge and two nights at Bryce Canyon Lodge, a very short walk from the rim. Then there is one night at a motel in Hanksville, before finishing the trip with two nights in Moab in beautiful new condos, each with three bedrooms and a private hot tub. One bedroom has a private bathroom and the other two (one bedroom has a queen, the other has twins) share a bathroom. Women who have paid for a single get the mistress bedroom and otherwise the rooms are assigned randomly.

Travel Insurance

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit www.travelexinsurance.com or call 1-800-228-9792 and reference location number 06-0331.

Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

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