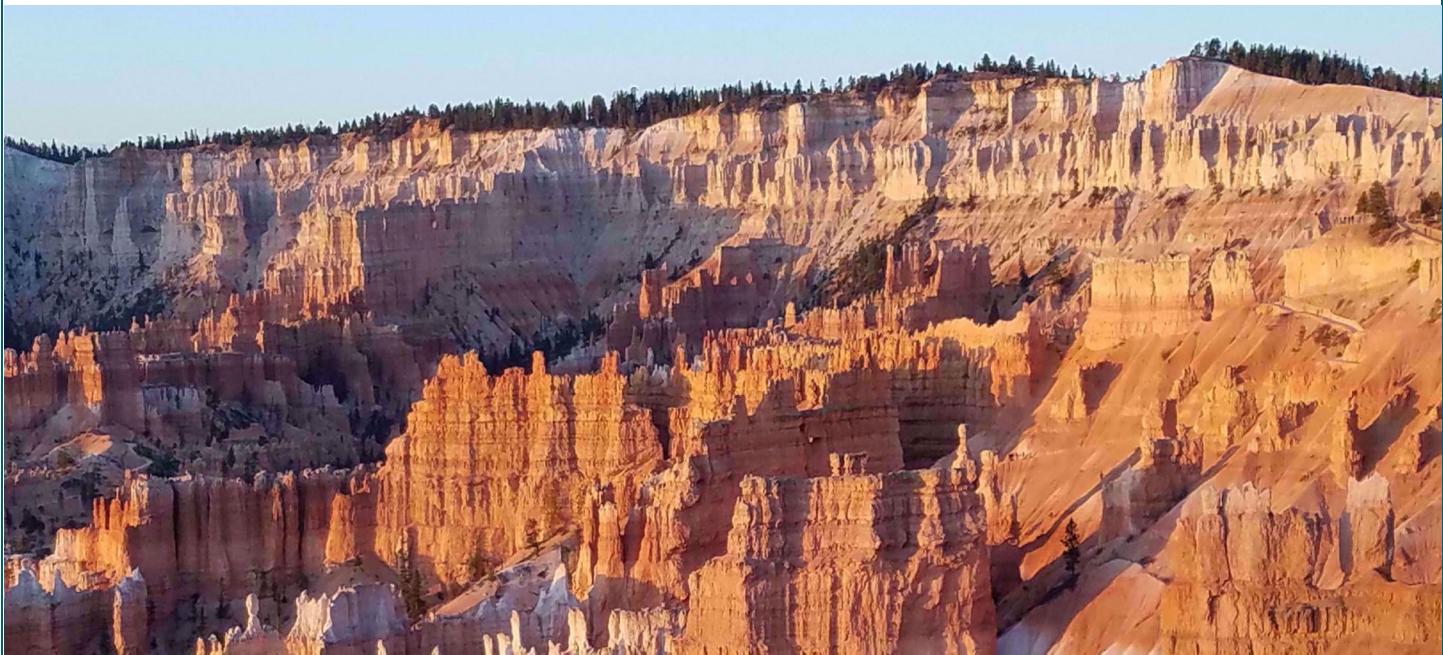




ADVENTURES
in good company



HIKING UTAH'S NATIONAL PARKS

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 National Park

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 at the St. George Regional Airport (SGU) in Utah by 3:30PM on the first day.
Depart:	Plan to fly out of Moab Regional Airport (CNY) in Utah anytime after 11AM on the last day.

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 also 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 3 and 6 hours every day and see each park as only hikers can. Maximum group size: 10

Rating

We have rated this trip as a 3 and a 4 because of the choice of a longer and shorter hike on most days. This trip is a great choice for women in very good physical condition with some hiking experience who are looking for hiking, some of it challenging, in a desert environment. Prior to beginning the trip, participants should be engaged in 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 planning on the longer hikes, we recommend aerobic exercise for 40-50 minutes 4-5 times a week and additional endurance exercise (e.g., going for a 2-hour hike once a week) and/or strength training. If you are looking for a trip in this area with shorter hikes or have very limited prior hiking experience, please look at Exploring the National Parks of Utah. **Rating:** 12 3 4 5.

What's Included

- 1 - 2 experienced AGC guides based on group size
- Seven nights of double occupancy accommodation (unless you upgraded to a single)
- All meals as listed on the itinerary
- Transportation during the trip
- National Park entry fees

Not included: Airfare to St. George or from Moab, alcoholic beverages, guide gratuities and travel 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)

Overnight: St. George

Day 2

After an early breakfast, we'll load up and drive to a nearby hidden gem. Our first hike of the trip is at Snow Canyon State Park, a 7,400-acre scenic park quietly tucked amid lava flows and soaring sandstone cliffs in a strikingly colorful and fragile desert environment. We will see a little bit of everything the park has to offer on a loop connecting the following trails: Butterfly, Lava Flow, West Canyon, Red Sands, Whiptail, and Petrified Dunes. (4.8 miles, 639 feet elevation gain) Against a backdrop of red rocks and sage brush, we'll have a picnic lunch here before continuing on to Zion. Those who would like another hike can explore the Emerald Pools Trail System in Zion this afternoon. 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. (B,L,D)

Overnight: Zion National Park.

Day 3

Today our choice of hikes starts on the trail to Scout's Landing. This paved trail switchbacks up on a wide trail for about 2 miles. For those who have no fear of heights and want a mental challenge, we offer Angels Landing, one of the classic hikes in Zion. From Scouts Landing, the trail follows a narrow ridge (there are chains there for support) out to a fantastic overlook high above Zion Canyon. For many, however, this will be far enough, and you can either wait (the view is amazing) or return to the trailhead and walk along the Virgin River trail. In either case you can make your final decision once you've actually seen the trail. Hiking up to Angels Landing is about .5 miles out and back. 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. Hiking: 5 miles, 4 hours. (B, L, D)

Overnight: Bryce Canyon National Park

Day 4

Another park, another choice of classic hikes: the Peekaboo or the Fairyland Loops. No matter which you choose, we'll start by descending into Bryce Canyon. The Peekaboo Loop is a 6 mile trail, which follows an up and down loop around a major formation with constantly changing views and provides an excellent opportunity to see hoodoos from the bottom up. For those wanting a bit longer hike, the Fairyland Loop is an 8 mile trail. The trail starts with 2.5 miles along the rim before plunging down into the hoodoos of Fairyland Canyon. The scenery is spectacular: along the way we get a great view of the Chinese Wall, hike past Sinking Ship Mesa, and take a short spur to Tower Bridge. With much less traffic here than other trails in the park, it may be one of the park's best kept secrets. 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. Hiking 6 - 8 miles, 4 - 5 hours. (B, L, D)

Overnight: Bryce Canyon National Park

Day 5

Our three hour drive this morning to Capitol Reef National Park is one of the most scenic of the whole 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 composed of colorful canyons, buttes, mesas, and monoliths. We explore only a small portion as we hike on the Frying 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 we follow it across the country that is typical of the entire Park. Alternatively, for a shorter hike one can do an out and back hike from Grand Wash up to Cassidy Arch, packing significant elevation gain and spectacular scenery into 3 miles. We stay overnight at a motel in Hanksville, a

small Utah town that was a supply post for Butch Cassidy and the Wild Bunch, who would hide out at Robbers Roost in the desert southeast of town. During the uranium mining frenzy following World War II, Hanksville became a supply center for the prospectors and miners scouring the deserts of the Colorado Plateau. Hiking 3- 6 miles, 3 - 4.5 hours (B, L, D)

Overnight: Hanksville

Day 6

Today's hike is the Little Wild Horse/Bell Loop. The entire loop is about 8 miles and goes through two slot canyons that can be as high as 250 feet and as narrow as 2.5 feet. For a shorter hike, an out and back through one canyon is a great option. Hiking in slot canyons is always dependent on weather but these are two of the most accessible in Utah. Depending on how far we go and how long it takes us, we may have time to visit Goblin Valley State Park. Goblin Valley is one of those state parks that is so spectacular, it would be a National Park in any other area. It 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 on 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. Hiking up to 8 miles, 5 hours. (B, L)

Overnight: Moab

Day 7

Due to Arches National Park's unique geology, this park contains the largest concentration of arches of anyplace in the US. Again, we offer two choices. One is to 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 past some more arches. Tonight we celebrate our week of hiking with a final farewell dinner at our condos. Hiking up to 8 miles. (B, L, D)

Overnight: Moab

Day 8

This morning we share a final breakfast, pack-up, and say our goodbyes to Utah. We will drop you off at the Moab Regional Airport (CNY) by 10AM and you can plan to fly out any time after 11:00 AM (it's a small airport and an hour is plenty of time to check in). (B)

ADDITIONAL TRIP INFORMATION

Getting There

We will meet as a group at the St. George Regional Airport at 4PM on Day 1 and drive together to our hotel.

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 luxury condos. (Women who have paid for the single will have their own bedroom and bathroom throughout the trip). Women in shared accommodations will be assigned rooms in Moab randomly (where rooms have a variety of layouts), otherwise will be sharing with one roommate in double queen bedrooms on each night of the trip.

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.

[Click here for our Cancellation & Payment Policies and Booking Terms & Conditions.](#)