



I am very excited about putting together my fifth straight trip to trek and run in the Grand Canyon and other super destinations in the West. This year we will do an eight day trip to what I deem the “Best in the West” – the Grand Canyon South Rim, the Grand Canyon North Rim, Bryce and Zion National Parks. As in the past, the range of hikes will be from 2 to 24.5 miles in order to accommodate hikers of all abilities.

HIGHLIGHTS: Classic hiking challenges and several *new first-time* hikes for veterans of the Grand Canyon Extreme Hikes. Hint: Click the blue links to web sites for more information.

- 2 Nights-South Rim Hikes – Rim-River-Rim, South Rim to North Rim, Hermits Rest Half Marathon, Grandview Trail to Horseshoe Mesa, & More.
- 1 Night-North Rim Hikes – Transept Trail, Uncle Jim's Trail, Widforss, Ken Patrick Trail & More.
- 1 Night-Magical [Bryce Canyon](#) and 3 Nights at the popular [Zion National Park](#) to hike as you like.
- Optional Hike: - 16 mile River Hike challenge from Chamberlain Ranch through the Narrows to Zion.

OUTSTANDING LODGING: Lodging has already been secured at the [El Tovar](#) and [Maswik Lodge](#) on the South Rim, The North Rim's [Frontier Cabins](#), and the [Holiday Inn](#) in Kanab, UT, and the magnificent [Majestic View Lodge](#) in Zion.

TRIP DESCRIPTION: The tentative Itinerary has us leaving early Saturday morning, Sept. 27 on an 8:10 AM United Ted flight from Chicago (that means we don't have to leave Niles until 4:30 AM!). We land in Phoenix at 10:02 AM and immediately head to the South Rim after a stop at the *In & Out Burger*. We should arrive at the South Rim in early afternoon and will take a short hike to Trailview Point before our traditional team banquet. Our lodging is at the [El Tovar](#) and [Maswik](#) Lodges. Extreme hikes on the South Rim this year will include the South Rim to North Rim, the Rim to River to Rim, and the unmaintained Grandview Trail to Horseshoe Mesa. The South Rim's ½ marathon to Hermit's Rest and several shorter rim hikes will also be set up.

On Monday we will move to the magical solitude of the North Rim. Planned hikes on the North Rim include the Transept Trail, Uncle Jim's Trail, the Widforss Trail, and the exciting Ken Patrick Trail. Uncle Jim's Trail is a new addition with beautiful views of the North Kaibab Trail and Roaring Springs Canyon.

Then it is on the Kanab, Utah, where we will rest up at the beautifully situated Holiday Inn in Red Rock country before venturing into the uniquely beautiful Bryce Canyon. After a morning of trekking we will have a late buffet lunch at the neat Bryce Canyon lodge.





We will leave Bryce and go directly to the magnificent Majestic View Lodge in Springdale, Utah, just outside the gate to Zion National Park. We will have four days and three nights in this fabulous area that offers a “smorgasbord” of great hikes for trekkers of all abilities. The premier hike will be the challenging 16 mile hike from Chamberlain Ranch through the Narrows into Zion Canyon. This amazing hike is mostly in the Virgin River and will require specific Test Hike criteria before anyone is permitted on this trip.

For more information on this hike come to one of the orientation meetings. The transportation system in Springdale and the adjoining Zion National Park is excellent and allows each individual to plan their hikes, shopping, dining, and relaxation on their own terms and pace. Springdale is a charming village nestled in the Zion Canyon and in many ways is a smaller Sedona, Arizona. Saturday noon we will reluctantly check out of the Majestic View Lodge and take the beautiful drive back to Las Vegas and our 6:10 PM flight back to Chicago. We will stop en route in historic St. George, Utah for a late lunch.

Included in this trip are eight months of great training hikes occurring approximately every two weeks. These hikes are optional but they are beautiful venues designed to condition all abilities to a personal best whether a novice or a veteran. The journey can almost be as much fun as the destination and I am sure that some people will sign up for just the training portion of the program. My entire life has centered around coaching and training individuals to excel and to achieve seemingly unreachable goals. I am eager to get started. This is a unique opportunity to get into perhaps the best shape of your life and to join the elite few who have trekked the wondrous interior of the Grand Canyon in a single day. I am eager to get started training and preparing for this great adventure and dream vacation.

Fired up,

Ron Gunn

PS I am pleased to announce that the first two people to sign up for Grand Canyon V are Ken and Mary Ellen Campbell of Sylvania, Ohio (near Toledo).





INCLUDED:

- Non-stop air fare from Chicago to Phoenix and from Las Vegas to Chicago
- Most excellent lodging
- Deluxe motor coach in Arizona and Utah
- All park fees
- Banquet diner at the South Rim
- Breakfast at the Holiday Inn
- Custom designed shirts (3) for Devil's Lake and the Manistee Test hikes, and the Grand Canyon hikes
- Complete training and coaching program
- Bi-Monthly newsletter
- Maps, drop-offs, and pick-ups for all training and Best of the West hikes
- Escort and guide service of Ron Gunn

NOT INCLUDED:

- Transfer to and from the airport in Chicago**
- Travel and lodging costs for Devil's Lake and Manistee test hikes
- Occasional jog pot (voluntary donations) of \$1-3 for training hike venue costs
- Additional charge for the optional river hike through the Narrows from Chamberlain Ranch
- Gratuities to the Mesquite bus driver(s)

* The \$1235 price is based on a minimum of 47 people on the bus. [Flex payments \$284 due: Mar 3, May 5, Jul 7 & Sep 2.]

** Expect less than \$50. Last year we negotiated on excellent price of \$44.00 r/t per person for door to door drop-off/pick-up to and from O'Hare. Hopefully we can do the same this year.

TRIP INFORMATION MEETINGS: Three information meetings will be held for those who would like to know more about this great adventure. These meetings will include Thom's beautiful musical slide show of past trip highlights. These sessions are free of charge and there is no obligation.

The meeting schedule is:

- **Wednesday, Jan. 30, 6:30 PM** at the SMC Lyons Building (Southwestern Michigan College- Dowagiac Campus)
- **Tuesday, Feb. 12, 6:30 PM** at the SMC Lyons Building (Southwestern Michigan College- Dowagiac Campus)
- **Saturday, March 9, 8:00 AM** at **Love Creek Lodge** 9:00 AM hike on the beautiful trails at Love Creek. This is an easy and enjoyable hiking venue for all fitness levels. Something for everyone.

