



HIGHLIGHTS: Classic hiking challenges and new hikes for veterans of past Grand Canyon Extreme Hikes.
(Hint: While viewing this on your computer click the blue links to web sites with more information.)

- 1 Night – Flagstaff, AZ – Sedona hike West Fork of Red Rock Canyon.
- 2 Nights- Grand Canyon South Rim – Hikes: Rim-River-Rim, South Rim to North Rim, Hermits Rest Half Marathon, Plateau Point & More.
- 1 Night - Grand Canyon North Rim – Hikes: Transept, Uncle Jim, Widforss, & Ken Patrick Trails.
- 1 Night - Kanab, UT – Hike magical [Bryce Canyon](#), and the Fairyland Trail – *new this year*.
- 3 Nights - Springdale, UT - [Zion Nat'l Park](#) to hike, bike, horseback ride, & river hike.

I am fired up about putting together my seventh straight trip to trek and run in the Grand Canyon and other super destinations in the West. This year we will do a nine day trip to what I deem the “Best in the West” – the Grand Canyon South Rim, the Grand Canyon North Rim, Sedona, 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**.

WILDERNESS TRAILS AND CUSHY LODGING:

Lodging has already been secured at the [El Tovar](#) and [Maswik Lodge](#) on the Grand Canyon South Rim, the North Rim’s [Frontier Cabins](#), the [La Quinta](#) in Flagstaff, Arizona, the [Quality Inn](#) in Kanab, Utah, and, saving the best for last, the magnificent [Majestic View Lodge](#) in Springdale, Utah at Zion National Park.

TRIP DESCRIPTION:

The tentative Itinerary has us leaving early Saturday morning, October 2nd on an 8:10AM United flight from Chicago to Phoenix. We land at 10:02AM and after lunch at *Inn and Out Burger* we will drive two hours to Sedona, Arizona for our next stop to hike the beautiful West Fork Trail in Oak Creek Canyon. After the 45 minute scenic drive through [Oak Creek Canyon](#) it's on to the La Quinta hotel in the high country town of Flagstaff.

On Sunday we will move to the South Rim of the Grand Canyon. It is an 80 minute drive from Flagstaff before we settle into our fine accommodations at the El Tovar and Maswik Lodge. That afternoon we will take an acclimation hike to Trailview Point before our pasta banquet at the Maswik Lodge.

Monday will be a big hike day with options including the Rim to River to Rim, the South Rim ½ Marathon, the Grandview Trail to Horseshoe Mesa, the Bright Angel to Plateau Point and several shorter Rim Hikes..

Late Tuesday morning we will check out and take the 5 hour ride to the magical solitude of the North Rim. Our veteran hikers looking for a greater challenge and who want to see more of her majesty will hike the South Kaibab Trail through Bright Angel Canyon and out the North Kaibab Trail. While they are hiking across the Canyon we will have a moderate hike from Bright Angel Point along the Transept Trail on the North Rim. You must make dinner reservations early to assure a table in the [main lodge](#). The view is spectacular, the dining room is grand and the cuisine is worth the extra cost.

Wednesday morning hikers will have the choice of several beautiful trails including Uncle Jim, the Widforss, and the short but challenging Ken Patrick Trail. The Uncle Jim Trail was a hit last year with its beautiful views of the



North Kaibab Trail and Roaring Springs Canyon. The South to North Rim hikers will want to see this view showing the last four miles of their challenging trek. After our morning hikes we will check out but return for lunch in the main lodge after the last hike. By late afternoon we will have completed our hour and 45 minute scenic ride to Kanab, Utah. Our lodging at the Quality Inn features a great pool and large jacuzzi with a good view of the red rocks. There is limited laundry facilities here but ample facilities available for the rest of the trip.

We will get an early start the next morning for [Bryce Canyon](#) Park with its wonderful trails, including a new challenge. Following a late buffet lunch at the neat [Bryce Canyon lodge](#) we will have a beautiful drive through the Escalante area into Zion Canyon and to the awesome [Majestic View Lodge](#). Zion National Park literally offers a smorgasbord of great hikes, plus biking, horseback riding and canyoneering; you pick and choose at your own convenience. The free [transportation system](#) is great both in [Springdale](#) and in the park. The shuttle stop is in front of your lodging and will take you all the way to heaven.



The [Virgin River Narrows](#) hike is world famous and offers the challenge of hiking in a river through a magnificent narrow canyon, sometimes no more than 20 feet wide. The River Narrows hike can be experienced by hiking out and back from within the park but more serious hikers will want to consider doing the 16 mile from *top to bottom* which begins outside the park. The very popular West Rim and East Rim hikes will also be offered again this year. The views are awesome! All of the hikes from outside the park are optional and require an extra charge. Drop-off transportation will run about \$37 and the river hike gear costs about \$30.

After three days of hiking, dining, shopping and other leisure pursuits in this magnificent area we will reluctantly check out of the Majestic View Lodge mid morning for our 2 ½ hour beautiful drive to Las Vegas. Before we board our 2:25PM flight back to Chicago we will stop en route at *Inn and Out Burger* for 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. 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





INCLUDED:

- Non-stop air fare from Chicago to Phoenix and from Las Vegas to Chicago
- Most excellent lodging
- Deluxe motor coach in Arizona, Utah and Nevada
- All park fees
- Banquet diner at the South Rim
- Breakfast at the La Quinta and Quality Inn
- 3 Custom designed shirts (Devil’s Lake and Manistee Test hikes & 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 Coach 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 for park fees of \$1-\$5) for some hikes
- Additional charge for the optional Narrows River hike and West/East Rim Trail hikes
- Gratuities to the Mesquite bus driver(s)

* The \$1,585 price is based on double occupancy and a minimum of 50 people on the bus.
 Single occupancy is \$1,799. When trip fills, down payment date determines cutoff for wait list.
 ** 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.

FLEX PAYMENT OPTION: \$100 Now. \$297 Due the 3rd of JAN, MAR, MAY, JUL and SEP, 2010

TRIP INFORMATION MEETINGS:

- **Monday, Dec 14, 6:30 PM** at the Main auditorium Memorial Hospital, South Bend
- **Saturday, Dec. 19, 11:00 AM** SAC (Student Activity Center/Fitness Center) Theater, SMC (Southwestern Michigan College), Dowagiac campus, Dailey Road entrance
- **Wednesday, Jan 6, 6:30 PM** Room 141 SMC Lyons Building (Theater building on Southwestern Michigan College - Dowagiac Campus – use east side Cherry Grove entrance)
- **Wednesday, Jan. 20, 5:30 PM** Health and Lifestyle Center, downtown South Bend
- **Saturday, Feb 6, 9:00 AM** O’Leary building, SMC Dowagiac campus, Cherry Grove entrance.
 - **MAPS:** [SMC Dowagiac Campus](#) [Memorial Auditorium SB](#) [H&LC SB](#)
 - **ADDRESSES:** **Memorial Hospital, 615 N. Michigan St. South Bend**
 H&LC, 111 Jefferson Blvd., South Bend