



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

- 1 Night – Flagstaff, AZ – Sedona hike Bell Rock and Courthouse Butte.
- 2 Nights- Grand Canyon South Rim area – Hikes: Plateau Point, Rim-to-River-to-Rim, South Rim to North Rim, South Rim Half Marathon, & More.
- 1 Night - Grand Canyon North Rim – Hikes: Transept, Uncle Jim, Widforss, & Ken Patrick Trails.
- 1 Night – Bryce Canyon N.P. – 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 eighth 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 [Red Feather Lodge](#) near the Grand Canyon South Rim, the North Rim’s [Frontier Cabins](#), the [La Quinta](#) in Flagstaff, Arizona, the [Bryce Canyon Lodge](#) at Bryce Canyon National Park, 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, September 24<sup>th</sup> on a non-stop flight from Chicago to Phoenix. We land late morning and after lunch at [Inn and Out Burger](#) we will drive two hours to Sedona, Arizona for our next stop to hike the beautiful Bell Rock and Courthouse Butte. 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 take the 80 minute drive to the Red Feather Lodge near the South Rim of the Grand Canyon. That afternoon we will take an acclimation hike to Trailview Point before our pasta banquet at the Yavapi Lodge.

Monday will be a big hike day with options including the Bright Angel trail to Plateau Point, the Rim to River to Rim, Ron's below the rim escorted experience, the South Rim ½ Marathon, 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 down to Phantom Ranch and then on through Bright Angel Canyon and out the North Kaibab Trail on the North Rim. 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 features 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. Following lunch we will take the scenic drive down from the Kaibab Plateau into Utah and to the [Bryce Canyon Lodge](#) on the edge of Bryce Canyon.

The next morning we will enjoy [Bryce Canyon](#) Park with its wonderful trails, including a new challenge, the [Fairyland Trail](#). Following a 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 our 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 for the outfitter. 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 through the Virgin River gorge to Las Vegas. Before we board our mid afternoon flight back to Chicago we will stop en route at in Las Vegas for lunch.

**Included in this trip are nine 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 dinner at the South Rim
- Breakfast at the La Quinta.
- 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 most *Best of the West* hikes
- Escort and guide service of Coach Ron Gunn

**NOT INCLUDED:**

- Transfer to and from the airport in Chicago (About \$50; actual cost is divided equally)
- Airline Luggage fees.
- Trip Cancellation Insurance (highly recommended)
- Travel and lodging costs for Devil's Lake and Manistee test hikes (however, discount group rates will be available at both hotels and low cost private coach option for travel to Devil's Lake will be offered).
- Occasional *jog pot* (voluntary donations for park fees of \$1-\$5) for some hikes
- Outfitter charges at Zion Park for optional hikes.
- Gratuities to the Mesquite bus driver(s)
- \* \$1,675 (\$100 plus \$315 pmts) based on DO (double occupancy) and a minimum of 45 people on the bus.  
Single occupancy is \$2,079 (\$100 plus \$396 pmts). (When trip fills, down payment date determines cutoff & wait list order.)

**FLEX PAYMENT OPTION: \$100 Now. \$315 Due the 3<sup>rd</sup> of JAN, MAR, MAY, JUL and SEP, 2011**

**TRIP INFORMATION SESSIONS:** Presentation by Ron Gunn with photos and highlights from past trips. Questions answered and applications taken.

- **Tuesday, Dec 7, 6:30 PM** Room 141 SMC Lyons Building (Theater building on Southwestern Michigan College - Dowagiac – use east side Cherry Grove entrance)
- **Thursday, Dec. 9, 6:30 PM** Room 215 SMC Niles Campus (Southwestern Michigan College - Niles)
- **Wednesday, Jan 12, 6:00 PM** Memorial Health & Lifestyle Center, downtown South Bend
- **Saturday, Jan 15, 9:00 AM** Room 141 SMC Lyons Building (Theater building on Southwestern Michigan College - Dowagiac – use east side Cherry Grove entrance)
  - **MAPS:** [SMC Dowagiac Campus](#)      [SMC Niles Campus](#)      [Health & Lifestyle, S.B.](#)
  - **ADDRESSES:** Memorial Hospital H&LC, 111 Jefferson Blvd., South Bend