



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, UT – Hike magical [Bryce Canyon](#), and the [Fairyland Trail](#) – *new last year.*
- 3 Nights - Springdale, UT - [Zion Natl Park](#) to hike, bike, horseback ride, & river hike.

I am fired up about putting together my ninth 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 of the West* – the Grand Canyon South Rim, the Grand Canyon North Rim, and Sedona, plus 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 [Maswik Lodge](#) at the Grand Canyon South Rim, the North Rim's [Frontier Cabins](#), the [La Quinta](#) in Flagstaff, Arizona, the [Bryce Canyon Grand Lodge](#) at Bryce Canyon, UT and, saving the best for last, the magnificent [Majestic View Lodge](#) in Springdale, Utah on the doorstep of Zion National Park.

TRIP DESCRIPTION:

The tentative itinerary has us leaving early Saturday morning, September 22nd 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 [Maswik Lodge](#) near the South Rim of the Grand Canyon. That afternoon we will take an acclimation hike to Trail View 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 The Transept, the Widforss, and the short but challenging Ken Patrick Trail. After our last morning hike we will check out and have another opportunity for a spectacular lunch in the main lodge or something ordinary from the deli. Following lunch we



will take the scenic drive down the Kaibab Plateau into Bryce Canyon for a short rim hike and sneak preview of this spectacular and unique work of nature.

The next morning we will enjoy [Bryce Canyon](#) Park with its wonderful trails, including a new (in 2011) challenge, the [Fairyland Trail](#). Following a buffet lunch at the neat [Bryce Canyon Lodge](#) dining room 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 activities, including many great hikes, mountain biking, horseback riding and canyoning; 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 the worlds largest slot canyon, sometimes no more than 20 feet wide. The River Narrows hike can be experienced by hiking *up and back* from within the park which is our more popular option, but more serious hikers will want to consider doing the all day 16 mile hike 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 which goes to the outfitter. Drop-off transportation will run about \$37 and the river hike gear costs about \$30. (Actual and current cost by the outfitter.)

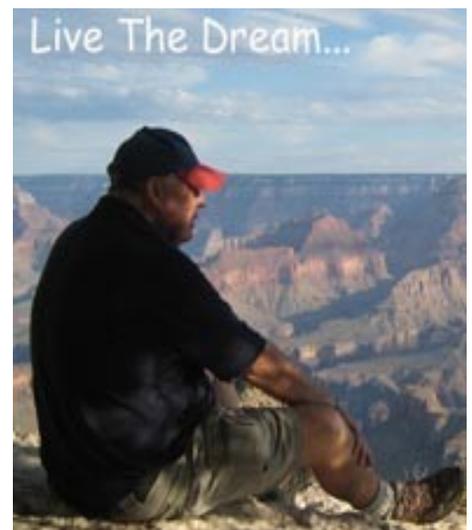


After three days of hiking, dining, shopping and other leisure pursuits in this magnificent area we will reluctantly check out of the Majestic View Lodge mid morning for our 2 ½ hour beautiful drive through the Virgin River gorge to Las Vegas. Before we board our late afternoon flight back to Chicago we will stop en route at in Las Vegas for lunch and perhaps a short hike in Red Rock Canyon.

Included in this trip are 16 great hikes over nine months occurring approximately every two weeks. These hikes are optional but highly recommended for those who wish to do the marathon-like day hike Rim to Rim. These 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 (cushy) lodging
- Deluxe motor coach in Arizona, Utah and Nevada
- All State and National Park fees
- Banquet dinner at the South Rim
- Breakfast at the La Quinta and Bryce Canyon Grand Lodge.
- 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 RT; 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* (park fees of \$1-\$5) for some hikes at County or State Parks
- Outfitter charges at Zion Park for optional hikes.
- Gratuities to the out West bus driver(s)

FULL PAYMENT: *\$1,755 DO/\$2,344 SINGLE Bonus gift is a custom designed heavy duty hooded sweat top with muffed pockets. *Double Occupancy and a minimum of 40 travelers.

9 PAYMENT OPTION: \$100 now & \$184 Due 3rd each month JANUARY thru *SEPTEMBER

(\$100 plus 9 \$184 pmts) based on DO (double occupancy) Single occupancy (\$100 plus 9 \$250 pmts).

NOTE: When trip fills, the date down payments are received will determine cutoff and the wait list order.



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

- **Tuesday, Dec 27, 6:30 PM** Room 141 SMC Lyons Building (Theater building on Southwestern Michigan College - Dowagiac – use east side Cherry Grove entrance)
- **Wednesday, Jan 11, 6:00 PM** Memorial Health & Lifestyle Center, downtown South Bend
- **Saturday, Jan 14, 9:00 AM** Room 141 SMC Lyons Building
 - **MAPS:** [SMC Dowagiac Campus](#) [Health & Lifestyle, S.B.](#) [[ALL MAPS](#)]
 - **ADDRESSES:** Memorial Hospital H&LC, 111 Jefferson Blvd., South Bend, IN