

Best of the West 2014

9 Day Hiking Adventure
Grand Canyon S & N Rims,
Sedona, Bryce Canyon &
Zion National Park

GC X
SEP 20 - 28
10th Anniversary

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 – Sedona, AZ – Sedona hikes TBD.
- 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 Trail.
- 1 Night – Bryce Canyon, UT – Hike magical [Bryce Canyon](#), & [Fairyland Trail](#).
- 3 Nights - Springdale, UT - [Zion Natl Park](#) to *hike, bike, horseback ride, & river hike.*

I am fired up about our 10th anniversary trip to trek 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 GREAT LODGING:

Lodging has already been secured at the [Yavapai Lodge](#) at the Grand Canyon South Rim, the North Rim's [Frontier Cabins](#), the [Hampton Inn](#), Sedona, Arizona, the [The Lodge at Bryce Canyon](#) in the National Park and, in Springdale, Utah on the doorstep of Zion National Park we will stay at the Zion Park Lodge this year.

TRIP DESCRIPTION:

The tentative itinerary has us leaving Saturday morning, September 20th on a non-stop flight from Chicago to Phoenix. We are currently booked on United 355 leaving Chicago at 10:15AM (can you believe it?) and arriving Phoenix at 12:14PM. We are scheduled to return on United 866 leaving Las Vegas at 6:10PM and arriving Chicago at 11:37PM. I am still working for an even better deal and I am confident that I can get free luggage and competitive pricing from Southwest Airlines. I will call the first day that group flights can be scheduled for our dates which is mid February.

After lunch at *Inn and Out Burger* we will drive two hours to Sedona, Arizona for our next stop to hike the beautiful Red Rock area of Sedona. After a hike to be determined we will check in at the Hampton Inn, Sedona and then enjoy dinner and shopping..

On Sunday we will take the 2 ½ hour drive to the *Yavapai 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 Yavapai Lodge.

Monday will be a big hike day with options including the Bright Angel trail to Plateau Point, the Rim to River to Rim, 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 going South Rim to North Rim will have completed their hike down the South Kaibab Trail and have departed Phantom Ranch. Their goal is to get through *The Box* (Bright Angel Canyon) before the noon day sun to rest and replenish in the shade at Cottonwood Campground before the long climb on the North Kaibab Trail up to the North Rim. While they are hiking across the Canyon we will have a short hike to Bright Angel Point. **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 price.



Wednesday morning hikers will hike the Transept Trail loop. We will check out at 11:00AM and load our bus for the two hour trip to Kanab, Utah for lunch. Following an optional buffet lunch we will drive two hours more to beautiful Bryce Canyon and the Bryce Lodge in the National Park.

The next morning we will enjoy [Bryce Canyon](#) Park with its wonderful trails, including the [Fairyland Trail](#). Following a buffet lunch at the neat [Lodge at Bryce Canyon](#) dining room we will have a beautiful drive through the Escalante area into Zion Canyon and to the awesome Zion Park Inn. Zion National Park literally offers a smorgasbord of activities, including many great hikes, mountain biking, horseback riding and canyoning; you pick and choose

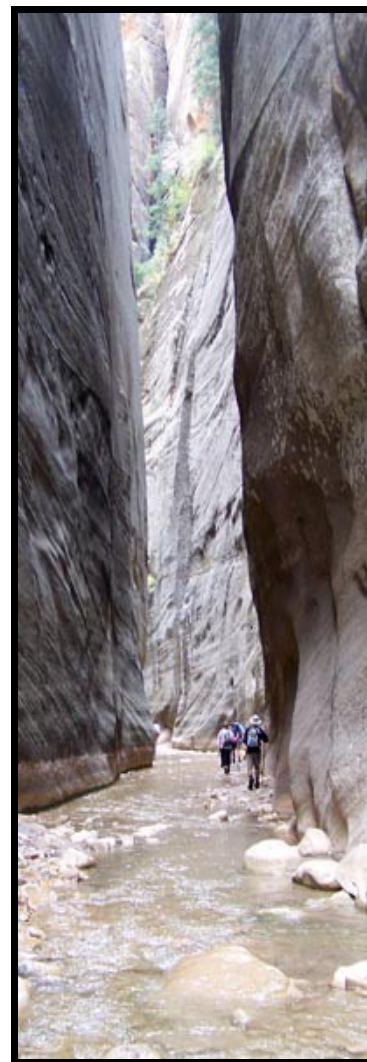
at your own convenience. The free [transportation system](#) is great both in [Springdale](#) and in the park. The shuttle stop is in front of our lodging and will *take you all the way to heaven*.

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 in the past ran about \$37 and the river hike gear was about \$30. (Actual cost determined 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 Zion Park Lodge mid morning for our 2 ½ hour beautiful drive through the Virgin River gorge to Las Vegas.

Included in this trip are 21 great hikes over nine months occurring approximately every two weeks. These hikes are optional but highly recommended for those who wish to do one of the marathon-like Rim to Rim day hikes. 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 this 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
- Excellent lodging
- Deluxe motor coach in Arizona, Utah and Nevada
- All State and National Park fees
- Banquet dinner at the South Rim
- Breakfast at the Hampton 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 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; at actual cost & divided equally)
- Airline Luggage fees (no fee if we fly Southwest).
- 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: *\$1,795 DO/\$2,384 SINGLE Bonus gift for full payment is a custom designed heavy duty hooded sweat top with muffed pockets. *Double Occupancy and a minimum of 45 travelers.

PAYMENT OPTION:
\$100 deposit now and
9 payments of \$189 (Double)
or 9 payments of \$254 (Single)

PAYMENT DUE DATES: By the 3rd each month of JANUARY thru *SEPTEMBER

NOTE: When trip fills to capacity, the date down payments were 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. [[Maps to all meetings and hikes](#)]

- January 11th, 10:00AM at The Rock (Fish Lake, Marcellus, MI) and hike at 11:00AM
- January 18th, 10:00AM at [The Livery](#) (Benton Harbor, MI) and lakefront hike at 11:00AM