



LANDMARK



Hike the Grand Canyon Rim-to-Rim 2

Dates: 12-17 October 2020

Tour Leader(s): Trevor Roark and Ellen Goodman

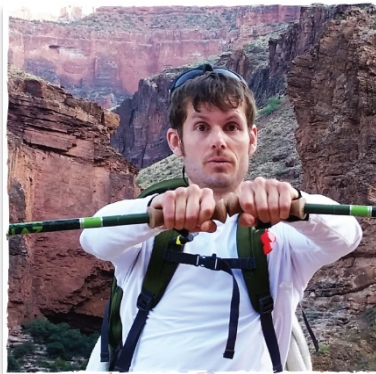


Adventure Tours
University of Wisconsin - Stevens Point

Overview

The Grand Canyon receives 6+ million visitors every year and is commonly toured by bus, train, jeep, helicopter and raft; however, these trips do not offer a comprehensive understanding of the depth and vastness of this truly majestic place. Only a lucky few actually experience the canyon from Rim-to-Rim, which is limited to travel by foot or mules. This six-day Grand Canyon adventure includes a two-day guided hiking expedition through the heart of the inner Grand Canyon from the South Rim, down to the Colorado River, and up to the North Rim (with an overnight stay at the renowned Phantom Ranch). The bookend days allow for acclimation, preparations and getting to know the canyon. If you are interested in a unique challenge of body and mind, if you enjoy hiking and are looking for a life-changing experience, then join us on this rewarding hiking adventure from Rim-to-Rim! It might be time to check off another item on your bucket list!

Tour Leaders



Trevor Roark

Trevor's the program manager for UWSP Adventure Tours and an experienced worldwide traveler and leader (including the Grand Canyon, New Zealand, Fiji, Costa Rica, Canada, the Netherlands and many U.S. states). He is a frequent leader of the Grand Canyon Rim-to-Rim Hiking tours as well as the New Zealand Active Tour. Drinking water, recharging with lots of electrolytes and changing socks often is his Grand Canyon hiking motto. This will be his 5th time hiking the Grand Canyon Rim-to-Rim and returning to these inner canyon trails, the Colorado River, Bright Angel Creek, and Phantom Ranch is an experience that goes unmatched!



Ellen Goodman

Ellen is a life science teacher at Minnesota Virtual Schools in St. Paul, Minnesota and P.E.A.S.E Academy in Minneapolis, Minnesota. As a college student at UW-Eau Claire, Ellen led numerous camping and wilderness trips in northern Wisconsin while working as a camp counselor at YMCA Camp Nan-A-Bo-Sho. She also studied abroad with UW-Stevens Point in the United Kingdom for a semester. Ellen enjoys challenging her body physically, which led her to complete a full marathon, two half-marathons and several sprint triathlons. The spectacular views, diverse ecology, and challenging landscape all draw Ellen to co-lead this Grand Canyon Rim-to-Rim tour.

Itinerary

12 October 2020 (Mon.) - Grand Canyon Arrival

(Travel Day) You will either fly with (on 11 Oct.) or meet (on 12 Oct.) your tour leaders Trevor and Ellen in Flagstaff for the beginning of the journey. A shuttle transfers the group directly to the South Rim (Grand Canyon Village). You'll settle in, learn about the lay of the land and overnight in the Grand Canyon Village. Plan the next day's hiking, activities and hiker prep with your tour leaders. *Overnight:* [Maswik Lodge](#). *Meals Included:* D



Day 2 - South Rim of the Grand Canyon

Enjoy a full day of acclimating to the South Rim by hiking the Rim trail or descending the Bright Angel Trail, riding bicycles, riding shuttles and enjoying the Grand Canyon Village. Peruse great shops, restaurants, arts and crafts, and free activities/shows/ranger programs. With the tour leaders, you'll review hiking preparations and trail/weather conditions, partition supplies and go over food/water prep for the next two days of hiking. The primary goal is to acclimate to the temperature and altitude of the South Rim. *Overnight: [Maswik Lodge](#). Meals Included: none*

Day 3 - The Real Adventure Begins! Hike to Phantom Ranch

Rise early to beat the sun and hike down Bright Angel Trail or South Kaibab Trail. Enjoy scenic overlooks, surreal topography, desert wildlife and unique ecosystems. Share memorable hiking experiences along the



7 to 9-mile, 4,400-foot descent, cross the Colorado River and arrive at Phantom Ranch. Built in 1922, this oasis resides near Bright Angel Creek. Rest your feet, reflect on your journey and enjoy the peacefulness within. Wade in the cold waters of the Colorado or warmer Bright Angel Creek. Enjoy a

hearty home-cooked dinner at the Phantom Ranch Canteen, meet hikers from around the world and send postcards (by mule) to your family. *Overnight: [Phantom Ranch](#). Meals Included: L, D.*

Day 4 - Hiking Phantom Ranch to the North Rim

After breakfast at Phantom Ranch, head north through The Box - a narrow inner canyon that reaches to the sky. Ascend the North Kaibab Trail, a 13-mile, 5,800-foot climb and the most strenuous portion of this journey, yet it's also the most scenic and most rewarding! Sense the history from ancient pictograph panels, historic structures and by traversing some of the roughest terrain in North America. Reaching the North Rim trailhead will empower you to no end! Enjoy some relaxation at the Grand Canyon Lodge or meander the Rim trail. We'll celebrate our success over a delicious dinner! *Overnight: [Grand Canyon Lodge](#). Meals Included: B, L, D.*



Day 5 - Further Explore the South Rim

Morning transfer to the South Rim. Enjoy a free day to rest and revel in your success or even explore some more. *Overnight: [Maswik Lodge](#). Meals Included: none*

Day 6 - 17 October 2020 (Sat.) - Depart for Flagstaff

(Travel Day) An early morning group shuttle will transfer you back to Flagstaff and have you saying goodbye to new (and old) hiker friends and an incredible experience that you'll remember forever. *Meals Included: none*

Cost and Details

COST: \$2,544 (total USD)

MY OWN ROOM: Not available due to group lodging at the Phantom Ranch and Grand Canyon Lodge.

INCLUDED: The cost includes all accommodations (3-4 star rustic, clean lodging and the renowned Phantom Ranch), all group transfers from beginning to end of itinerary, 1-2 tour leaders (experienced Grand Canyon hiking leader and Wilderness First Aid certified), meals listed (Meal Key: B = Breakfast, L = Lunch, D = Dinner), and park entrance fee. Also included are a physical training program, traveler handbook and traveler orientation (meet your tour leader(s), get questions answered and better prepare for the big hike).

NOT INCLUDED: Roundtrip airfare/transport (to/from Flagstaff), extra activities, extra meals and drinks, extra purchases (such as souvenirs, alcoholic beverages and lodging sundries), tips for local drivers and guides, laundry services and travel insurance.

PLEASE NOTE: The cost comprises land-only rate, per person, with variable occupancy accommodations (double occupancy at Maswik Lodge and group occupancy otherwise). Depending on weather and other variables, some activities/accommodations/schedules may change prior to or during the tour. Eligible age for this tour is 18 years and older. This tour will only accommodate those with strong fitness/health levels however, it is still required that travelers train for this hike. With some free time built in, the tour leader(s) can suggest extra activities/sites and ensure a fun and safe wellness adventure for everyone!

GROUP SIZE: 6-10 hikers

CONTACT: Trevor Roark (program manager and tour leader), 715-340-8186, adventure.tours@uwsp.edu

BOOKING: Book online via credit card or with a check OR print booking form, complete and mail along with \$300 (pp) nonrefundable deposit.

WEBSITE: www.uwspadventuretours.com



Required Screenings

Hiking Rim-to-Rim in 2 days in the Grand Canyon is a strenuous journey. It can be a very rewarding, once in a lifetime opportunity, but your safety and enjoyment are largely dependent on your physical preparation and health condition. To help ensure safety for all and maximize your enjoyment, this tour mandates these two requirements prior to registration:

- 1) Watch this 20 min. video in its entirety (repeats after 20 min.):** <https://www.youtube.com/watch?v=w4Edvm8joSM>
- 2) Self-evaluation of baseline physical fitness status: Determine if you are capable of walking on a treadmill at 3.3 mph at 10% grade for 30 continuous minutes.** If you are not capable of completing this second task now, you probably shouldn't book this tour. Hiking Rim-to-Rim is a 22-mile journey with a total elevation change of around 10,200 feet with temperatures sometimes exceeding 110 degrees in the shade (which is often limited) and your tour leaders require a serious commitment to a regular physical training program. A recommended physical training program is sent to hikers. Furthermore, if you have musculoskeletal issues with your spine, knees, ankles or feet, this tour is not recommended.
- 3) Exercise capacity screening test required 1 month before tour departure** - This is a treadmill test, which can be completed in-person at our UWSP Health and Human Performance Lab or virtually online. Please note: Failing this screening test could result in UWSP Adventure Tours cancelling your participation on this tour (thus it would be subject to the cancellation policy).

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