



Hiking the Grand Canyon Rim-to-Rim

Dates: September 22-27, 2018

Tour Leader(s): Carie Winn & Annie Wetter



Adventure Tours
University of Wisconsin - Stevens Point

Overview

The Grand Canyon receives 5+ million visitors every year and is commonly toured by bus, train, jeep, helicopter, and raft; however, these guided 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 and/or mules. This tour offers you a 6-day Grand Canyon adventure with a 2-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). If you are interested in a unique challenge of body and mind, if you enjoy being physically active and are looking for a life-changing experience, then join us on this hiking adventure! It might be time to check off another item on your bucket list!

Itinerary

Sept. 22, 2018 (Sat.) - From Flagstaff to the Grand Canyon

(Travel Day) You and the rest of the group will either fly with or meet your Tour Leader(s) in Flagstaff for the beginning of your journey. A shuttle will transfer the group directly to the South Rim of the Grand Canyon. You'll settle in, learn about the lay of the land, and overnight in the Grand Canyon Village.

Meals Included: none



photo by Corey Huck

Day 2 - Exploring the South Rim of the Grand Canyon

The group will enjoy a full day of exploring the beauty and awe of the Grand Canyon hiking the trails along the South Rim or into the Canyon, riding bicycles along the Rim road, riding shuttles, and/or relaxing at Grand Canyon Village. There are great shops, restaurants, arts and crafts, and free activities/shows/ranger programs. With the Tour Leaders, you'll review hiking preparations, partition supplies, and pack food and drinks for the next two days of hiking. Our main goal for this day is to acclimate to the temperature and altitude of the South Rim. *Overnight in the Grand Canyon Village. Meals Included: group dinner*

Day 3 - The Real Adventure Begins!



photo by Corey Huck

Rise early to beat the heat and hike down either Bright Angel Trail or South Kabab Trail. Enjoy scenic overlooks, surreal topography, desert wildlife, and unique ecosystems. Arrive at the [Phantom Ranch](#), a historic oasis situated near Bright Angel Creek on the North side of the Colorado River (the only lodging below the Rim), rest your feet, and reflect on the day's achievement. Take a dip in the cool, refreshing waters of the Colorado River or somewhat warmer Bright Angel Creek. Enjoy a hearty home-cooked community style dinner from the cooks at the Phantom Ranch and send a postcard (by mule) to your

friends and family. *Overnight in a rustic Phantom Ranch cabin. Meals Included: lunch & group dinner*

Day 4 - Hiking From Phantom Ranch to the North Rim

After a satisfying breakfast at the Phantom Ranch, you'll stretch your legs and head North through The Box - a narrow inner canyon that reaches from trail to sky. Ascend the North Kaibab Trail, a 13 mile, 5,800 ft. climb that is definitely the most strenuous aspect of this journey due to the previous day's challenge. However, it is also the most scenic and definitely the most rewarding! Sense the rich history of the Grand Canyon from ancient pictograph panels, historic structures, and by traversing and marveling at some of the roughest terrain in North America. Reaching the North Rim trail head will empower you to no end, but a desire to take a rest will quickly follow. Spend the remainder of the day with your feet up relaxing at the Grand Canyon Lodge or explore the Rim trail, it's up to you. The group will celebrate success over a delicious dinner! *Overnight at the Grand Canyon Lodge. Meals Included: celebratory group dinner*



photo by Trevor Roark



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Day 5 - Further Explore the South Rim

Morning shuttle transfer to the South Rim. This free day will give you a chance to rest and revel in your success or even explore the Canyon some more. *Overnight in Grand Canyon Village. Meals Included: none*

Sept. 27 (Thurs.) - Depart for Flagstaff Airport

(Travel Day) A morning departure on the group shuttle will transfer you back to Flagstaff by late morning and have you saying goodbye to your Tour Leaders, new friends, and an incredible experience of a lifetime. *Meals Included: none*



photo by Trevor Roark

Cost & Details

COST: \$2,339 (total USD)

MY OWN ROOM: Not available

INCLUDED: The cost includes all accommodations (3-4 star rustic lodging & the cozy and renowned Phantom Ranch), all group transfers from beginning to end of itinerary, 1-2 Tour Leaders (experienced in Grand Canyon hiking & other hiking adventures, Wilderness First Aid certified, and special use permitted), 3 group dinners, 1 lunch, 1 breakfast, and park entrance fee. Also included are a physical training program, traveler handbook, and traveler orientation to meet your Tour Leader(s), get questions answered, and better prepare for the tour.

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

PLEASE NOTE: The cost comprises land only rate, per person, with variable occupancy accommodations (double occupancy on the South Rim & North Rim and group occupancy at Phantom Ranch). Depending on weather and other variables, some activities/accommodations/schedules/meals 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 and ensure a fun and safe wellness adventure for everyone!

TOUR LEADERS: **Carie Winn** - Director of Development for the UW-Stevens Point College of Professional Studies. Besides co-leading the Sept. 2017 Hiking Grand Canyon - Rim-to-Rim tour, Carie has led numerous wilderness trips in the western part of the country (Utah, Colorado, New Mexico) and completed a National Outdoor Leadership School wilderness educator program. She has also led trips through Voyager Outward Bound and week-long backpacking and mountain biking wilderness trips in Rocky Mountain National Park. **Annie Wetter** - Professor of Nutrition at UW-Stevens Point. Annie has explored many mountainsides, hiking throughout the Sierra Nevada, the Dolomites of Italy, the Rockies, and to the top of Mt Whitney. She has backpacked in boots and on XC skis out West and has cycle toured with her husband through the low and highlands of Germany, Switzerland, Italy and Austria. Annie led the New Zealand Adventure II 2014 tour, co-led the Mallorca cycling tour in 2002, as well as several study abroad trips to Austria. Annie is excited to share her hiking and outdoor knowledge & experience along the inner/outer canyons of Grand Canyon National Park.

GROUP SIZE: 8 hikers

CONTACT: Trevor Roark (Program Mgr.), 715-340-8186, adventure.tours@uwsp.edu

REGISTRATION: Register online with a check or via credit card OR print registration, complete, & mail along with \$300 (pp) nonrefundable deposit.

WEBSITE: www.uwspadventuretours.com

Required Screening

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. To help ensure safety and maximize the potential for enjoyment, this tour mandates the first two initial 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 2nd task now, you probably shouldn't register for this tour. Hiking Rim-to-Rim is a 23-mile journey with a total elevation change of around 14,000ft with temperatures sometimes exceeding 120 degrees in the shade (which is often limited). Your Tour Leaders strongly advise a serious commitment to a regular exercise program and other physical preparation. They will provide a recommended physical training program to all 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 through video on Zoom. 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).