



LANDMARK



Photo by Carie Winn

# Hike the Grand Canyon Rim-to-Rim Women's Tour

Dates: 12-17 June 2021

Tour Leaders: 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 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 alongside other like-minded women, then join us on this hiking adventure! It might be time to check off another item on your bucket list!

## Tour Leaders



### Carie Winn

Carie is the director of development for the UW-Stevens Point College of Professional Studies and a seasoned tour leader. As a college student at UW-La Crosse, Carie arranged and led numerous wilderness trips in the western part of the country (Utah, Colorado, New Mexico). She has led wilderness trips for both children and adults, beginning shortly after completing a National Outdoor Leadership School wilderness educator program out of Tucson, Arizona. Carie has also led trips through Voyager Outward Bound, week-long backpacking and mountain biking wilderness trips in Rocky Mountain National Park, and wilderness therapy program trips for one year in West Virginia for at-risk youth. She cannot wait to return to Arizona to lead her third Grand Canyon Rim-to-Rim tour.



### Annie Wetter

Annie is a professor of nutrition at UW-Stevens Point and an experienced tour leader. 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 cross-country 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 II 2014 tour, co-led the Mallorca cycling tour in 2002, as well as several study abroad trips to Austria through UWSP. She is more than excited to return to the trails of the great canyon and co-lead her second Rim-to-Rim tour.

## Itinerary

### 12 June 2021 (Sat.) - Flagstaff to the Grand Canyon

**(Travel Day)** You'll either fly with, drive, or meet tour leaders Carie and Annie in Flagstaff for the start 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:* dinner



photo by Corey Huck

## Day 2 - South Rim of the Grand Canyon

Enjoy a full day of acclimating to the South Rim by hiking the trails or descending the Bright Angel Trail, riding bicycles, riding shuttles and/or 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, partition and pack supplies and go over food and 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!

Rise early to beat the heat 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



photo by Corey Huck

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: hiker lunch and Canteen dinner*

## 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 trail head will empower you to no end! Enjoy some relaxation at the Grand Canyon Lodge or meander the Rim trail. We'll celebrate success over a delicious dinner! *Overnight: [Grand Canyon Lodge](#) Meals Included: breakfast, hiker lunch and dinner*



photo by Trevor Roark



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way and before noon, you'll arrive at the Phantom Ranch. Built in 1922, this historic oasis resides near Bright Angel Creek. Rest your feet, reflect on your achievement and enjoy the peacefulness of this place. Safely take a dip in the cold waters of the Colorado River or warmer Bright Angel Creek. Enjoy a

## 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 GC some more. *Overnight: [Maswik Lodge](#) Meals Included: none*

## Day 6 - 17 June 2021 (Thurs.) - Depart for Flagstaff Airport

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

## Cost and Details

**COST:** \$2,489 (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 lodging and the cozy and renowned Phantom Ranch), all group transfers from beginning to end of itinerary, 1-2 tour leaders (experienced Grand Canyon hiking leaders and other adventures and Wilderness First Aid certified), meals listed in itinerary 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 big hike.

**NOT INCLUDED:** Roundtrip airfare/transport (to/from Flagstaff), extra activities, extra meals and drinks, extra purchases (such as souvenirs, alcoholic beverages and sundries), gratuity 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. *Extra precautions will be taken due to COVID-19, including social distancing on the trail, wearing masks in crowded areas, health/symptom checks, additional communications with the National Park Service, and extra supplies (masks, hand sanitizer, wipes, etc.) carried by your tour leaders.* With some free time built in, tour leader(s) can ensure a fun and safe wellness adventure for everyone!

**GROUP SIZE:** 6-10 hikers

**CONTACT:** Trevor Roark (Program Manager), 715-340-8186, [adventure.tours@uwsp.edu](mailto:adventure.tours@uwsp.edu)

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

**WEBSITE:** [www.uwspadventuretours.com](http://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 120 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 provided 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 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).

**BOOK NOW**