

# Further Information



This document has been compiled by our local Ground Handlers and is based on recommendations from previous expeditions. **Please do take into account your own personal preferences and common sense!**

We welcome feedback on how this document can be improved upon your return from your Challenge.

## Climate

From April to July and September/October the Canyon receives very little precipitation - so plan on warm sunny days.

## Temperatures

The temperature in the Canyon is cooler than Phoenix and warmer than at the Canyon rim. Remember, it is a dry heat and warm temperatures are preferred as swimming can be an important part of your Challenge. Amazingly, because it is spring-fed, the stream next to our base camp, and which creates the waterfalls, is a constant 22°C.

Month	Average Sunlight (hours)	Temperature °C				Discomfort from heat and humidity	Relative humidity		Average Precipitation (mm)	Wet Days (+0.25 mm)
		Average		Record			am	pm		
		Min	Max	Min	Max					
Jan	8	4	18	-9	29	-	69	39	20	4
Feb	10	6	21	-4	33	-	67	34	20	4
March	11	8	24	-1	35	-	61	28	18	4
April	12	12	28	2	39	Moderate	51	21	10	2
May	13	16	33	4	46	Medium	42	16	3	1
June	14	21	38	9	48	Medium	37	14	3	1
July	13	25	40	17	48	High	53	24	25	5
Aug	12	24	38	14	46	High	60	27	25	6
Sept	12	21	36	9	45	High	56	27	18	3
Oct	10	13	30	2	41	Medium	56	30	10	2
Nov	9	7	24	-3	36	-	64	38	15	3
Dec	9	4	19	-6	29	-	67	40	23	4

The above information has been obtained through BBC Weather

## Time

GMT -7 hours

## A typical day....

Our first days trekking will be in Sedona Red Rock country and this is classed as our acclimatisation trek, so please do take it steady! The heat will be the main determining factor as to how far we actually trek today. It will also give our local guides a good overview of what the group capabilities are.

We will wake each day at around 7am, then enjoy a freshly cooked breakfast at the base camp/at our hotel which will set us up for the day! Before we leave for the days trekking, participants will be asked to prepare their own packed lunches for the day using the freshly prepared ingredients provided – this ensures everyone gets what they desire in their own sandwich! We plan to set off at around 8am and be back to our accommodation (either the camp or hotel) well before it gets dark (5/6pm)

Briefings will be held the night prior to each days trekking place, to ensure all participants are aware o what will be involved in the following days challenge.

## Further Information cont.



### Food

Plenty of food and snacks will be available to you at all times during the trip. However, you are welcome to bring snacks that you prefer. Should you bring your own, remember to **never** leave them in your tent or backpack unattended. Animals will chew through either or both to get to your food. Losing your food will bother you far less than the big hole chewed through your new backpack. Lock boxes are provided by the operator for food storage.

### A sample menu....

**Breakfast** - pancakes, bacon, eggs and hash browns, cereal and fruit. All breakfasts will include coffee, tea and juice.

**Lunches** - making your own sandwiches consisting of meats, cheeses and condiments. There will also be chips and fruit.

**Dinners** - pasta one with tomato sauce and one with meat sauce with garlic bread; Southwestern night, chips and salsa with chicken quesadillas. Stir-Fry night, one with chicken and one with just vegetables and rice.

**Desserts** - Brownies and cookies. There will also be fruit and trail mix for snacks.

### Difficulty

While you do not need to be exceptionally fit, you should feel confident in your ability to walk 10 miles. Walking uses specific muscles that are utilised differently than when you run or cycle. The best training you can do is simply taking long swift walks wearing the boots or shoes that you will wear in the Canyon. We recommend doing some training before you join us, as your trip will be far more enjoyable if you do not have sore muscles or blisters. Remember you will be walking on uneven, rocky terrain, which is far more physically taxing than walking on the pavement. Trekking training guides are available from the Global Adventure Challenge website – [www.globaladventurechallenges.com](http://www.globaladventurechallenges.com)

### Terrain

We will be trekking on well defined hiking trails for our acclimatisation trek and also for our descent into the Havasupai Reservation. Please be aware, that the trails will be rocky underfoot, so a good boot with strong ankle support will certainly help!

The descent to Money Falls is very challenging and testing, involving the use of chains and ladders. Our guides have led numerous challenges in this location and have assisted hundreds of participants through this section. Remember, this is a CHALLENGE!

Swimming can form a major part of your challenge as we have ample opportunity to swim in bright blue lagoons, and jump off stunning waterfalls. Swimming is not a mandatory part of the challenge, but will certainly aid to your adventure within the Canyon!

### Equipment

All camping equipment is provided (tents and sleeping mats) but participants are expected to bring their own sleeping bags. Sleeping bags can be hired at a cost of \$30 – advance reservation is required so please contact the Global Adventure Challenge office if you wish to hire one. Tel: 01244 676454

### Luggage

Luggage will be transported by coach throughout the trip. However, when participants descend to the Havasupai Reservation, they will be expected to carry all their personal belonging requirements in their day pack. The suitcases will remain on the coach/locked in our trailer during this time. Please note, the pack mules will not carry any personal belongings for you. Tying your sleeping bag and other items to the outer of your day pack will make much more room! Before descending into the Canyon, it's always a good idea to check with the ground operator how the weather has been, so that you don't take unnecessary items with you – remember you have to carry them!

## Further Information cont.



### Health/Vaccinations

The immunisations given below are a guide only.

**You must discuss your own particular needs and contra-indications to vaccines or tablets with your doctor or practice nurse.**

Immunisations – confirm those recommended for use in Britain are up to date. Tetanus and Diphtheria should be up to date. Rabies is present, but post exposure treatment should be readily available. Malaria is not present.

### Accommodation and Sleeping arrangements

Whilst we are in the Canyon, we will stay in 2 person tents, shared with the same sex. It is expected that participants assist with the erection of their tents upon arrival at base camp. The camp site is situated near a 100ft. waterfall and equipped with spacious tents, luxuriously thick sleeping mattresses, a hot shower, composting toilets and picnic tables. All other times we will stay in comfortable hotels and lodges, twin share, with en-suite facilities.

### Toilets and washing facilities

There are composting toilets near our base camp. Ask your guides for helpful hints and etiquette for using these toilets. There are some washing facilities, but you can bathe in the beautiful swimming hole at our base camp too! Please bring biodegradable soap, which can be purchased at any outdoor-oriented store. Also, leave-in hair conditioners are recommended.

### Passport/Visa and ESTA

Full UK Passport holders do not require a Visa. However, prior to anyone travelling to the USA an ESTA (Electronic System for Travel Authorisation) must be applied for and completed. You can do this by visiting <https://esta.cbp.dhs.gov/> There is no charge to apply for an ESTA and it takes only a few minutes. You will need to have your passport and flight information to hand. The ESTA must be completed no later than 72 hours prior to travel, so please wait to receive your official flight times as shown on your tickets before applying.

### Travel Insurance

Every participant must be covered for the activities throughout the itinerary. A comprehensive travel insurance policy is available through Global Adventure Challenges using Travel and General Insurance Co. at a cost of £50. A Travel Insurance application form will be sent to you nearer departure. If you are opting to use your own personal travel insurance then a copy of your policy must be sent to Global Adventure Challenges.

### Support and Crew

There will be a Global Adventure Challenge Leader originating from the UK, in addition to local guides and support crew. We've got some of the best staffing to participant ratios around to ensure you feel safe and secure at all times during your challenge.

### Security and Safety

Our guides use radios so the group is always in contact with each other. In addition, there is an emergency telephone for use at Havasupai Village. A full comprehensive, medical kit is also taken and all guides are fully trained in Emergency Rescue Care First Aid and are Wilderness Responders. You are going to be in some great hands!

### Water

We provide ample bottled water for all guests. Please keep the bottles we provide with you for refill in our base camp. There is a natural spring found near base camp within the Havasupai Reservation – we will use this to fill our water bottles prior to each days trekking taking place.

## Further Information cont.



### Valuables

Our Ground Operation has several lock boxes in base camp whilst we stay in the Canyon. We recommend bringing items such as your passport, wallet or cash into the canyon with you, then locking them in our lock boxes.

### Photography

It is frowned upon to wander around the village of Havasupai taking photo's, as many of the Indians still believe to this day that taking photo's can take their spirit. Please can VERY courteous when taking photo's within the Reservation. Imagine if a Tribal Member came to your house/town and stuck a camera in your face.....never take photos of individuals without first asking their permission. Many will allow it, but always be respectful of their privacy. Please be aware of this when around the more populated Indian areas of the reservation. Taking photos of the natural surroundings and our group though is perfectly fine. If you are in any doubt, please don't worry and approach your local guide for further advice.

### Currency & Spending Money

This is the American Dollar and is readily available from your High Street. We suggest taking approx. £150 - £200 spending money....but this depends on how many presents you wish to bring home!

### Tipping

Tipping your guide(s) is appropriate, customary and always appreciated. Remember that we are in America and tipping is a way of life! Your guides work in teams and evenly split all gratuities they receive. Your gratuity should reflect the quality of service you received and anything special your guide(s) did to enhance your trip. We recommend around US\$50 – 70 per person, but this does depend on your budget, and what you feel is appropriate.

### Snakes and Bugs

While snakes and scorpions are native to the Southwest, it is exceedingly rare to encounter them on our trip. To find them you need to actively search for them - the snakes and scorpions never search for you! Because of the arid nature of Grand Canyon, mosquitoes are rarely a nuisance.

### Fact File

- **Full country name:** United States of America
- **Area:** 9.63 million sq m
- **Population:** 290 million
- **Capital City:** Washington DC
- **Currency:** US Dollar
- **People:** 71% Caucasian, 12% African American, 12% Latino, 4% Asian, 0.9% Native American
- **Language:** Spanish, English, Native American languages
- **Religion:** 56% Protestant, 28% Roman Catholic, 2% Jewish, 1% Muslim
- **Government:** Constitution-based Federal Republic
- **Major Industries:** Oil, electronics, computers, automobile manufacturing, aerospace industries, agriculture, telecommunications, chemicals, mining, processing and packaging
- **Major Trading Partners:** Canada, Japan, Mexico, the EU
- **Phoenix Climate/Temperature:** From September to April, Phoenix enjoys mild weather. Autumn is the best time to visit weather-wise. In summer the temperature can rise above 100°F (38°C), commonly climbing well over 110°F (43°C) in midsummer. Summer is also monsoon season, when late afternoon thunderstorms can hit the area.

Please note that the information above is correct at the time of going to publication