

The challenge of a lifetime...
...for the charity of your choice

Grand Canyon

Trek



An exhilarating expedition to a hidden paradise!



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**GLOBAL
ADVENTURE
CHALLENGES®**

Breathtaking waterfalls and bright blue lagoons in the heart of the Havasupai Indian reservation...

Your trekking challenge...

...is to venture down 3,100 feet into the very heart of the magnificent Grand Canyon on an ancient Indian trail leading to the Havasupai Reservation. This incredible five day trek takes us to the most beautiful, secluded and little known oasis in the Canyon with the rare chance to share life with the locals. Amazing red rock formations, stunning waterfalls and crystal clear lagoons ending with a celebration in the bright lights of Las Vegas... what are you waiting for?!

Your itinerary...

Day 1 UK to Phoenix

We depart the UK for our flight to Phoenix. Upon arrival we meet our local guides and transfer to our hotel. The rest of the evening is free to do as you wish.

Day 2 Acclimatisation Trek at Oak Creek

Following breakfast, we transfer north for approximately two hours, through the Sonoran Desert, onto the high elevation plateaus and red rock canyons of north central Arizona to Sedona. This is considered to be the spiritual epicentre of the southwest by native Americans. We begin trekking late morning along Oak Creek Canyon, home to rock monoliths such as Cathedral Rock. We'll have a picnic lunch near the creek then transfer to Flagstaff.

Trekking distance – approx. 5-8 miles

Day 3 Hualapai Hilltop to Havasu Creek

Our Grand Canyon experience begins! Following an early breakfast, we travel to Hualapai Hilltop – the start of our decent into paradise! Starting at 5,400 feet, this demanding trail begins with winding switchbacks until it reaches a dry streambed where it begins to level out. After a trailside lunch, we descend deeper into the labyrinth of red sandstone before reaching the village of Havasupai, which means “people of the blue-green water”; and has the last post office in the US that's still serviced by mule train! We continue hiking for two more miles to our base camp, idyllically situated next to the bright, blue-green waters of Havasu Creek, where we stay for three nights.

Trekking distance – approx. 10 miles

Day 4 Mooney Falls and Beaver Falls

After breakfast we set off on today's challenging trek, arriving first at Mooney Falls, then descending a steep trail with tunnels and ladders cut into the brittle stone next to the waterfall. After a successful descent we continue to the top of Beaver Falls and take a quick jump into a deep pool in order to continue. Our guides spend a large portion of their year scouting off-the-beaten-track options that are both exciting and safe; they will support you every step of the way.

Next we trek down along a series of limestone ledges to a giant, beautiful pool at the base of the main cascade of Beaver Falls. Turn around and look up at the 80 feet of cascading water and stand in awe of your accomplishment!

Trekking distance – approx. 8 miles





**Day 5
Carbonate Canyon**

Today we will hike up Carbonate Canyon to explore and then return to Havasu Falls for lunch before heading on to New Navajo Falls and Rock Falls. We will then ascend up onto the Esplanade, with spectacular views overlooking our camp and Havasu Falls. We trek on a narrow path which traverses this natural bench carved into the canyon walls to be rewarded with some breathtaking views. On our return to camp we will have a special dinner as it's our last night in paradise!

Trekking distance – max. of approx. 9 miles

**Day 6
Havasu Creek to Canyon rim**

Trekking along the same path used for our descent, we set off on the journey out of the Canyon. An intense and arduous climb, but the exhilaration at reaching the rim is a feeling you'll never forget! In the late afternoon we transfer to our hotel in Las Vegas – the 24 hour party capital of the world – where we'll celebrate our achievements in style with a special dinner and a night on the town for those that are not too tired to party!

Trekking distance – approx. 10 miles

**Day 7
Return flight to UK**

In the morning we transfer to the airport for our flight to the UK.

**Day 8
Arrive UK.**

(Please note, this is a complex itinerary and subject to change)



Your questions answered...

Is this trip for me?

ABSOLUTELY! This trek is suitable for people of all ages (minimum 18 years old). The one thing everyone will have in common is a great sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals meaning you will all be in the same situation!

How fit do I need to be?

This trek has been designed to be challenging, but achievable by anyone as long as you train beforehand. Remember, you are trekking for 5 consecutive days, in very hot temperatures so prepare accordingly. The fitter you are the more you will enjoy this challenge. Trekking training tips can be found on the Global Adventure Challenges website to point you in the right direction.

Where will we stay?

Whilst in the Indian Reservation, we will camp for a total of three nights – participants are expected to help around camp and erect tents. At all other times we will be staying in lodges and hotels, twin rooms with en-suite washing facilities.

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Apart from some broken in trekking boots, a warm sleeping bag and maybe some trekking poles, you do not need any specialist kit. Sleeping bags can be hired from our guides at an additional cost.

Do I have to carry my own luggage?

On your descent (day 3) and ascent (day 6) in/out of the Canyon you are expected to carry all of the kit and personal items you will need whilst in the Canyon. This includes but is not limited to clothing, sleeping bag, sleeping mat, *tent, *food, *cooking utensils and *equipment. Our challenge leader and support crew will perform a kit check before we descend into the Canyon to ensure that you are only taking the essential items.

*these items are shared and carried amongst the group.

We would expect the weight you will need to carry to be around 30–40lbs per person.

Once in the Canyon you will just carry your normal day pack for the treks taking place on day 4 & 5.

If you don't want to carry the items noted above on your descent and ascent of the Canyon, for an extra cost we can organise for a pack horse to take them for you. If you do want to book or discuss this option please don't hesitate to contact the customer care team on 01244 676454 or by email customer.care@globaladventurechallenges.com

Please note that the pack horse option needs to be booked 45 days or more before departure.

Food matters...

All meals will be provided starting from breakfast on day 2 through to breakfast on day 7. We cater for all dietary requirements so long as we know in advance – just fill in the appropriate section on your registration form enclosed.

What's included?

Return flights from a London airport to Phoenix, then Las Vegas back to London, all transfers, all accommodation, all meals from breakfast on day 2 to breakfast on day 7, professional local guides for trek, tents and sleeping mat, permits and National Park fees, Global Adventure Challenges Leader from the UK, comprehensive first aid kit.

What's not included?

Airport taxes and fuel surcharge – these are approximately £250 and payable 6 weeks prior to departure, personal travel insurance – it is strongly advised that this is taken out through Global Adventure Challenges, fuel surcharge (if applicable), visa (if applicable), gratuities, alcoholic drinks and your own kit (warm sleeping bag, warm clothes, trekking boots, etc.).

Can I stay in the USA after the challenge?

All extensions are strictly limited, subject to availability and are given on a first come, first served basis. Those wanting to request an extension should contact Global Adventure Challenges at customer.care@globaladventurechallenges.com. There is a minimum charge of £60 + VAT for having your return airline ticket extended. Please note, the final decision always rests with the airline.

What sort of back-up is there?

There will be a strong support team with a professional Global Adventure Challenges leader from the UK, as well as local guides. Full, comprehensive medical kits will be taken with the group and all guides are trained medics.

What happens if I get tired?

There will be regular rest stops for drinks and some snacks – there is no problem if you need to take more rest stops. A guide will be bringing up the rear of the group ensuring no-one is left behind – remember though, this is not a race!

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I'm interested... what do I do now?

Places are limited and go on a first come, first served basis, so try to register as soon as you can! You can register online at www.globaladventurechallenges.com or fill in the enclosed registration form and medical questionnaire and post it back to Global Adventure Challenges along with the registration fee – all payment options and costs are explained on the enclosed information sheet. Once your registration is received, Global Adventure Challenges will write to you sending you further information on what to expect from this awesome adventure! Your charity will also be in touch with you to discuss your fundraising.

Have you got what it takes to tackle the Grand Canyon?

Register online today!

www.globaladventurechallenges.com



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