

THE CHALLENGE OF A LIFETIME,  
FOR THE CHARITY OF YOUR CHOICE...

# TREK THE GRAND CANYON

EXPLORE ONE OF THE  
SEVEN NATURAL WONDERS  
OF THE WORLD



01244 676 454

[GLOBALADVENTURECHALLENGES.COM](http://GLOBALADVENTURECHALLENGES.COM)



# KEY INFO

Duration: 8 days

Distance: 58.5 - 63.5km approx.

Challenge Grade: Challenging ①

Location: USA

# CHALLENGE HIGHLIGHTS

- Explore the incredible Grand Canyon National Park
- Trek along a different trail every day, each with equally magnificent views
- Take in breathtaking sights from Ooh Aah Point
- Visit one of the Seven Natural Wonders of the World
- Enjoy a celebratory meal in the bright lights of Las Vegas!

# THE CHALLENGE

Join us for this fantastic trekking challenge as we explore the majestic Grand Canyon National Park! We'll discover one of the world's most magnificent natural wonders, splitting into smaller groups as we explore the canyon. Each day on the adventure will provide us with a different perspective of the awe-inspiring landscape! We'll discover breathtaking scenery from start to finish and spend our nights under the moon and stars, before celebrating our achievements under the bright lights of Las Vegas – charity challenges don't get better than this!

## Day 1

### Depart UK

We depart the UK on our flight to Phoenix. Upon arrival we are met by our local guides and are transferred to our hotel. After a quick briefing, the rest of the evening is free to do as we wish.

## Day 2

### Acclimatisation Trek at Oak Creek

Following breakfast we transfer north for around 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 before transferring to our campsite near Grand Canyon National Park.

**Trekking distance - approx. 8km / 2 hours**

## Day 3

### Bright Angel Trail South Kaibab Trail Grandview Trail

Our Grand Canyon expedition begins! After breakfast at camp we set off to conquer one of three trails. We split into smaller groups for the following two days' trekking, and today we'll decide how the groups will be split. Check out the table opposite to find out more about the incredible routes we'll be exploring!

**Trekking distance - approx. 9.5 - 19.5km (depending on the route we take) / 6 - 8 hours**

## Day 4

### Bright Angel Trail South Kaibab Trail Grandview Trail

As we did on Day 3, we'll split into our groups and tackle a new trail! Once back at the rim, we enjoy our last views before we board our vehicles and head to our campground.

**Trekking distance - approx. 9.5 - 19.5km (depending on the route we take) / 6 - 8 hours**

## Day 5

### Bright Angel Trail South Kaibab Trail Grandview Trail

As we did on Days 3 and 4, we'll split into our groups and explore another new trail!

**Trekking distance - approx. 9.5 - 19.5km (depending on the route we take) / 6 - 8 hours**





## THE ADVENTURE OF A LIFETIME, EXPLORING THE INCREDIBLE SIGHTS OF THE GRAND CANYON NATIONAL PARK

### Bright Angel Trail to the Indian Garden or Plateau Point

**Tough (2)**

**14.5 – 19.5km / 7 - 8 hours**

This trail takes us on a descent through 750 million years of rock layers! The trail we trek on is generally wide but we do get exposed to some cliffs and drop-offs. We aim to reach Plateau Point, a popular end point where brave souls can inch towards the edge to catch a glimpse of the mighty Colorado River. The additional distance to Plateau Point is subject to the group's ability, walking speed and time available.

### South Kaibab Trail to Skeleton Point

**Challenging (1)**

**9.5km / 6 - 8 hours**

The South Kaibab Trail is part of the trans-canyon trail system that hikers use for rim-to-rim attempts from May through October. As with all the trails the views are epic! We pass the aptly named Ooh-Aah Point. The trail is a well-maintained dirt/rock trail and is fairly wide with unavoidable exposure to some cliffs and drop-offs.

### Grandview Trail to Horseshoe Mesa

**Tough (2)**

**9.5km / 6 - 8 hours**

The Grandview trail descends 2,600 feet to Horseshoe Mesa and is one of the steepest trails within Grand Canyon National Park. The descent is tough, but the payoff is a view of the canyon's mesas and a rare sense of true solitude. Hopi Indians gathered mineral paints on Horseshoe Mesa long before Pete Berry began working the Last Chance Mine in 1890. This is a fantastic remote and scenic trail.

### Day 6

#### Rim Trail

Today we enjoy our last views of the Grand Canyon as we trek along the rim and reflect on our accomplishments. Glowing triumphantly after our trek, we transfer to Las Vegas for our celebratory dinner.

**Trekking distance - approx. 17km/ 4 hours**

### Day 7

#### Depart USA

We transfer to the airport for our flight to the UK.

### Day 8

#### Arrive UK

We arrive back in the UK, say our goodbyes as a group and make our onward journey home.

Please note, this is a complex itinerary and subject to change, including the daily distances in this brochure.

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# YOUR QUESTIONS ANSWERED...

## Is this trip for me?

ABSOLUTELY! This trek is suitable for all ages with the correct training. The minimum age for this trek is 18 years old (those aged 14 - 17 years must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and a desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge!

## How fit do I need to be?

This challenge has been graded as challenging (1) on our challenge grading scheme and has been designed to push your boundaries - however it is achievable by most people as long as you fitness train beforehand. You will be trekking for 5 consecutive days so good cardiovascular fitness is required - the fitter you are the more you will enjoy the challenge! We will provide you with a full training guide once you register and this is also available to download via our website. Why not join one of our challenge training weekends - it's a great opportunity for you to meet our team and other participants and train together prior to the event.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. If you have any doubts regarding your suitability for your challenge please contact our office to speak to one of the team.

## What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

## Where will we stay?

The accommodation on this challenge is camping. All camping equipment will be provided apart from a sleeping bag (these are available to rent - advanced reservations required.) Day 1 and Day 6 will be an overnight stop in a hotel.

## Do I have to carry my own luggage?

No. Participants will only have to carry a day pack (for items such as sun cream, water, camera etc.) and your luggage will be carried to the campsite by a support vehicle. Soft holdall type bags are preferable for this challenge.

## 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 some trekking poles you do not need any specialist kit. Sleeping bags can be hired but you must reserve this in advance through Global Adventure Challenges.

## Food Matters...

All meals will be provided throughout the challenge and water will be readily available and supplied free of charge. We cater for most dietary requirements as long as we know in advance - just fill in the appropriate section on your registration form.

## What's included?

- Return flights from a London airport to Phoenix, Las Vegas to London
- All accommodation
- Luggage transfers
- Breakfast, lunch and dinner on Days 2 - 6, ending with breakfast on Day 7
- Water for trekking
- Camping equipment (tents and mats)
- All park permit fees
- Local English-speaking guide/s
- Global Adventure Challenges leader from the UK for group sizes of 16 or above
- Comprehensive first aid/medical kit

## What's not included?

- Airport taxes and fuel surcharge - these are approximately £250 and payable 8 weeks prior to departure
- Breakfast, lunch and dinner on Day 1
- Alcoholic drinks
- Sleeping bags and pillows - available to rent (advanced reservations required)
- Cost of showers at the campsites
- Personal Travel Insurance
- Tips and gratuities
- Visa/ESTA

## What support is there on the challenge?

There will be a strong support team with a professional Global Adventure Challenges leader from the UK, as well as local guides. Full, comprehensive first aid kits will be taken and mobile telephones will be used to ensure your safety and security at all times.

## What happens if I get tired?

There will be regular rest stops for drinks and snacks - there is no problem with you taking more rest stops should you need them. A guide will be bringing up the rear of the group ensuring no-one is left alone. Remember 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 chosen 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?

You can register online at [www.globaladventurechallenges.com](http://www.globaladventurechallenges.com), payment of the registration fee is due at time of booking - all payment options and costs are explained on the dates and costs 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 contact to discuss your fundraising.

# REGISTER ONLINE TODAY!

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