



HIKING & RAFTING SOUTHEAST UTAH'S NATIONAL PARKS Canyonlands, Arches, and the Colorado River's Westwater Canyon revised 5/18/2015

First & Still the Best!

Since 1982

2015 ~ Celebrating 33 Years!

DATES

October 4 - 10, 2015

COST

\$3,195 (\$600 deposit)

RATING

Moderate

ACTIVITIES

Archeology, Camping, Cultural Exploration,
Hiking, Historical Sites, National Parks,
Natural History, Photography, River Cruising,
Sightseeing, Swimming, Whitewater Rafting

MAIN ATTRACTIONS

- Explore Utah's amazing red rock country in Canyonlands and Arches National Parks on private guided explorations and hikes.
- Experience some of Southeast Utah's most colorful and vivid landscapes – great multi-colored land masses, water-carved canyons, hoodoos, peaks, waterfalls, and pinnacles.
- Spend 3 days/2 nights on a raft trip through the renowned Westwater Canyon with professional river rafting guides, through one of the most exciting and beautiful canyons of the Colorado River.
- Hike into remote side canyons to see petroglyphs and pictographs, and learn about ancient Indian cultures and the geology of the Colorado River.
- Special Farewell Evening: Canyonlands by Night Dinner and Evening Cruise on the Colorado River.

AdventureWomen is the oldest
adventure travel company for active
women over 30.

Few places on Earth can match the spectacular terrain and extraordinary geologic history of the immense red rock wilderness born of Southeastern Utah, the heart of the Great American West! Today this entire region, the home of five national parks, is little changed from the time in the 1800s when the majestic splendor of the colorful canyonlands of the Colorado Plateau, and the remote desert ranges of the Great Basin, beckoned as the Promised Land to the first pioneers and settlers.

Located in a green valley enclosed by high sandstone cliffs and the amazing slick rock country to the east, Moab, Utah, is our excellent base for discovering the surrounding Canyonlands Country. In Arches National Park, home of the world's largest concentration of stone arches, we'll hike to Delicate Arch at sunrise, the most famous and most photographed feature in the park. We'll explore eroded rock spires and high bluffs of salmon-pink colored Entrada sandstone, and walk such famous trails as Park Avenue, Courthouse Towers, and the Devil's Garden Trails to Double 'O' Arch.

In Canyonlands National Park we travel to and walk in Dead Horse Point, a plateau surrounded by sheer cliffs 2,000 feet high, with only a narrow neck of land connecting the mesa to the main plateau, and so named because of its use as a natural corral by cowboys in the 19th century. The area was also used in the final scene of the 1991 iconic film *Thelma & Louise*. Island in the Sky, the highest mesa in the park, will take your breath away with its spectacular panoramic views.

And what's a week in SE Utah without rafting on the Colorado River on a 3 day/2 night whitewater raft trip through the Colorado River's Westwater Canyon. A proposed Wild & Scenic area of the river it combines all the components of a classic river trip: excellent whitewater, charming campsites, and great hikes. We begin by drifting leisurely at the river's pace, then experience a day of extremely fun rapids when the Colorado River forces its way into narrow Black Granite Gorge, forming renowned rapids like Little Hummer, Funnel Falls, Last Chance and the infamous Skull Rapid. There's time for hikes into geological and historical sites, and each night a vivid star show illuminates the sky.

4 nights at a wonderful hotel in Moab and 2 nights of Colorado River camping, then top off our week in the Wild West with a special "Sound and Light" Canyonlands by Night Dinner Cruise on the Colorado River.

Come be part of a "wilder" America and discover picture-perfect Southeastern Utah, during beautiful October weather, in one of AdventureWomen's long-time favorite places!

ADVENTUREWOMEN, INC. | 300 RUNNING HORSE TRAIL | BOZEMAN, MT 59715
EMAIL: trips@adventurewomen.com | WEBSITE: www.adventurewomen.com
406-587-3883 | 800-804-8686 | 406-587-9449 FAX

INCLUDED IN YOUR SOUTHEAST UTAH HIKING AND RAFTING TRIP

- 7 days / 6 nights fully guided adventure, round trip from Moab, Utah.
- 4 nights accommodations in twin-bedded, double occupancy rooms at the beautiful Best Western Greenwell Inn in Moab, Utah. Breakfast is included each morning at the hotel.
- 2 nights in 2 person tented accommodations on the whitewater raft trip, plus life jackets. Tents are large, comfortable stand-up units supplied with sleeping bags and pads, plus shared portable toilets. All meals are delicious and varied, prepared and served by camp staff trained in outdoor cuisine.
- Fully-guided exploration and hiking in Canyonlands and Arches National Parks, and Dead Horse Point State Park. Lunches included.
- Professionally-trained and licensed guides, all with Emergency Medical Response and CPR certification.
- All transportation from day of arrival in Moab (October 4) to day of departure from Moab (October 10).
- All Park and admissions fees to activities included in the itinerary.
- Meals as listed in the itinerary, including 6 breakfasts, 5 lunches, and 4 dinners.
- One AdventureWomen Associate.

NOT INCLUDED IN YOUR SOUTHEAST UTAH TRIP

- Round-trip transportation to Moab, Utah, from your hometown.
- Meals and beverages other than specified.
- Items of a personal nature.
- Gratuities for hiking guides, raft guides/ cooks/staff.
 - Suggested tipping is:
 - \$75 to your hiking guides/driver/staff
 - \$125 to your raft guides/cook(s)/ river staff
 - Total tips are approximately \$200

HOW TO REGISTER

First, call (800-804-8686/406-587-3883) or email (trips@adventurewomen.com) the AdventureWomen office to determine space availability. As a courtesy, we will hold your space for 5 days while you are completing the registration process, and making personal and travel arrangements.

Next, complete and sign the Trip Registration and Domestic Passenger Information forms on our Web site by clicking "Sign Up for this Trip" on the trip page. We can also fax or email them to you. Include, with your forms, the required deposit that can be made by credit card (Visa, MasterCard, or Discover), personal check, money order, or cashier's check. You can also give us your credit card number over the phone. Once we receive your **deposit and BOTH FORMS**, we will mail you a trip confirmation/information packet verifying your registration.

Then, call our travel consultants assigned to your trip, Ciretta Green at Travel Café (1-800-247-3538), to make your airline reservations.

ARRIVAL AND DEPARTURE INTO/FROM MOAB, UTAH

You should plan to arrive in Moab, UT at the **Best Western Plus Greenwell Inn, 105 S Main St, Moab, UT 84532, 435-259-6151/800-780-7234**, no later than **4 p.m. October 4, 2015**.

Departure is any time of the day on **October 10**.

There are many ways to get to Moab, Utah, depending on which airport you fly into:

Air Travel to Moab, Utah

SkyWest Airlines provides daily direct flights from Salt Lake City, Utah to the Moab airport. You can book your flight to Moab at www.delta.com, or through Ciretta, our air agent.

Major airlines also provide daily flights from Denver, Phoenix, and other cities to Grand Junction, Colorado. Grand Junction is a scenic two-hour drive from Moab.

Shuttles and Taxis (transport from the Moab, Grand Junction or Salt Lake City airports)

Moab Luxury Coach- (435) 940-4212, www.moabluxurycoach.com
 American Spirit- (970) 523-7662, www.americanspiritshuttle.net
 Roadrunner Shuttle- (435)259-9402, www.roadrunnershuttle.com
 Redrock Express- (435) 260-0595, www.redrockexpress.com
 259 TAXI - (435) 940-4212

Vehicle Rental

We recommend flying to a major airport and renting a car (Salt Lake City or Grand Junction, CO) or flying directly to Moab.

From Grand Junction, CO, take I-70 West to U.S. 191 (2 hours) or take scenic route 128, which follows the Colorado River and offers spectacular views (2 hours).

**LIABILITY FORM
AND FINAL PAYMENT**

Part of what AdventureWomen, Inc. hopes to foster is the taking of more self-responsibility for our own lives, health, and safety. **Please read the Liability Form carefully, sign it, and return it with the remainder of your balance due by:**

JULY 6, 2015.

**CANCELLATIONS AND
REFUNDS**

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and 50% of the registration deposit is non-refundable.

For cancellations received 60-89 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-59 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations and trip cancellation. Information is sent to you in your registration packet.

SWITCHING TRIPS

Before your final balance due date, you may change your deposit to another trip within the same calendar year by paying a **\$75 fee to switch**. You may not switch your deposit to a trip in another calendar year.

NO SMOKING POLICY

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

From Salt Lake City, UT, take I-15 South to the Price/US 6 exit. Then take U.S. 6 to I-70 East, to U.S. 191 South (4 hours).

Please call our travel consultant, Ciretta Green at Travel Café (800-247-3538), for your travel arrangements to Moab. If Ciretta makes your air arrangements, you can let her know if you want to share a car rental or shuttle with other participants.

IMPORTANT INFORMATION ABOUT TRAVEL ARRANGEMENTS

We suggest that you book your air reservations with our travel consultant soon after registering for this trip!

In order to facilitate group arrivals and departures for this Utah adventure, we ask that you work directly with our travel consultants at Travel Café to make your travel arrangements. Either before or after booking your trip, please contact **Ciretta at Travel Café**, in Bozeman, MT:

1-800-247-3538

Email: ciretta@travelcafeonline.com

FAX 1-406-586-1959

CANADIAN RESIDENTS, please call 406-587-1188

When calling, please identify yourself as an AdventureWomen Traveler. If you leave a message on Ciretta's voicemail, she will return your call promptly. She will be happy to discuss your travel plans and help you decide when to purchase your ticket for the best rate. If you purchase your ticket through her, she can further help you with hotels and rental cars, should you want to come early, stay longer, or share a rental car or hotel room with another participant. If you do not purchase your air ticket through Travel Café you are responsible for making your own arrangements for hotels, rental cars, trip extensions, transfers, etc.

NOTE: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible in booking last minute registrants, we must often relinquish hotel space and air reservations up to 6 weeks prior to departure! Please keep this in mind when making your travel plans.

HEALTH REQUIREMENTS, PHYSICAL CONDITION AND EXPERIENCE REQUIRED FOR RAFTING AND HIKING

This trip is rated **Moderate**. Moderate means that you must be in very good physical condition. Trips of this designation offer moderate physical challenges. You should be able to hike from 5 - 8 miles, in rolling terrain. **You MUST have your own health insurance.**

For Hiking

The most you will carry on your back is a daypack, with your camera, rain gear, and drinking water. We will be hiking at elevations which average from approximately 3,730 feet (the Colorado River) to approximately 7,000 feet in Canyonlands National Park.

Being in very good physical condition for this trip will be essential to your enjoyment, as well as to your personal safety, and the safety of the group. Although it is not necessary that you have extensive hiking experience, it is necessary that you are in very good hiking condition prior to your departure.

For Rafting

You must have enough strength and agility to get into the raft by climbing onto it from the sand and silt of the river bottom; be able to walk in sand up and down from the river to the camping and kitchen areas on uneven terrain. Side hiking trips are optional, but if you participate, they sometimes require the ability to climb up and down over rock outcroppings on the trail.

However, don't worry if you cannot swim or do not consider yourself a good swimmer. You are always wearing a life jacket, and in the very unlikely event of a spill into the river, you are asked to float, not try to swim! In addition, no camping experience is necessary. Many AdventureWomen participants are first-time campers. Camping is the only way to intimately experience the canyon and is all part of the adventure.

ACTIVITIES, MEALS, ETC.

After our arrival and overnight in Moab, our 3 day/2 night river journey begins the next morning. We board our rafts and enter a timeless world. While part of each day is spent on the river, there is ample time on shore to explore side canyons, streams and waterfalls, hike, or just relax in the evening around our campsite. There are many secluded and beautiful spots along the way that hikers enjoy! However, hikes are always optional. Both beginning and seasoned campers appreciate camping on the beautiful, sandy beaches.

Meals

Beginning with lunch on the first rafting day, through lunch on the third day, menus are healthy and creative, prepared with fresh ingredients by skilled camp staff, and are served buffet style. Many of the fruits and vegetables are locally grown. Dinners always begin with hors d'oeuvres. Breakfast and lunch are equally tasty with varieties of foods to choose from. Every meal is balanced and there is always plenty.

Ample fresh water is always available, as are coffee, tea, hot cocoa, and lemonade. You may bring your own beer, wine or hard liquor and the staff will keep them chilled. You cannot bring glass containers, however, so make sure that everything is in aluminum, a box, or transferred to a plastic container.

Whitewater Rapids Ratings/Boats

Whitewater in the canyon is rated on a scale of I-V. "I" is small waves and a "V" is the most difficult rapid considered navigable. We can encounter whitewater that varies in intensity from mild to wild, mostly II-IV. Our

rafts are **oarboats**, which are inflatable rafts with guides that maneuver them with a set of oars secured to the frame in the middle of the raft. Depending on the water levels, **paddleboats** may also accompany us, which are paddled by guests, and the guide gives instructions and navigates from the back of the boat.

Personal Hygiene on the River - Portable Toilet Facilities (The "Groover") and Bathing

For many first time rafting participants, the notion of carrying out all our human waste may be a new concept and a bit difficult to wrap your mind around.

The process is called many things, 'the unit', 'the duker', 'the shitter', and 'the groover'. The term 'groover' refers to the practice of using unimproved 20MM metal ammunition boxes to sit on while you did your business. The resulting grooves on your heinie sparked the name groover for the box. Today, a modern, comfortable toilet seat sits on top of the metal box.

The location of the Groover is best left to our experienced guides, who will find a beautiful and private spot from which the river reminds you of your place in the universe.

Showers/bathing is done in the river, with biodegradable soap and shampoo.

WILDLIFE

Wildlife is abundant here, though it takes an observant eye to see it. Because of its many climatic environments, an extraordinary diversity of plants and animals live here. Plants range from water storing cacti to fragile wildflowers. This area hosts the largest herd of Desert Big Horn Sheep in the west. During the heat of the day, lizards sun themselves while eagles and hawks soar along the canyon walls on thermal airstreams. Early morning and evening are times to see deer, muskrat, coyote, and great blue heron moving along the river's edge. Too warm for trout, the Colorado River supports the endangered Colorado Squawfish and the Humpback Chub.

THE WEATHER IN OCTOBER

Expect warm, sunny, delightful days in Southeastern Utah with temperatures ranging between 70 and 80 degrees. The climate is very dry with little humidity. Fall evenings can be cool. Other than an occasional rain cloud, there are few overcast days.

ABOUT YOUR ADVENTUREWOMEN ASSOCIATE

ABOUT ADVENTURE TRAVEL TODAY

Please Read Carefully!

At AdventureWomen, we would like to ensure that all participants understand that our excursions are adventure travel vacations, and not "tours." We define "adventure travel" as travel in which one actively participates, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to experience an active, out of the ordinary vacation, and meet new friends. Most of all, we want our trips to be fun!

In this spirit, the successful adventure traveler should be a good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. Being on time is important, and contributes to the congeniality, success and well being of both individuals and the group!

Thank you for choosing to travel with AdventureWomen! If you have any questions or concerns, please don't hesitate to call, write or email us.

Leslie Stoltz moved to Montana more than 25 years ago to conduct research in Glacier and Yellowstone National Parks. This served as the foundation for a career of teaching and guiding visitors in national parks and wild areas throughout the Rocky Mountain West. She settled in Big Sky to guide hiking and cross country ski tours, where she shares her expertise in birding, edible and medicinal plants, and wildlife observation. Leslie has led many AdventureWomen and other company's trips over the years and we are fortunate to have her accompany this trip in SE Utah.

OUR EXCITING ITINERARY FOR *HIKING SOUTHEAST UTAH'S NATIONAL PARKS & RAFTING THE COLORADO RIVER*

Day 1, Sunday, October 4, 2015 - *Meet in Moab, Utah*

Please be in Moab, Utah on October 4, 2015 by 4 p.m., where we will meet in the lobby of the Best Western Plus Greenwell Inn. Our outfitter will bring our dry bags (which we will load up tonight for our river trip) and have a short orientation meeting, sign risk forms, and you'll get a chance to ask any last minute questions.

At 5:30 p.m. we will meet in the hotel lobby for our Welcome Dinner.

Moab, which sits in the heart of the Colorado Plateau, is the only Utah town located on the Colorado River. The town is nestled in a valley with the 12,000 foot La Sal Mountains on one end and the mighty Colorado River on the other. Its remote location and unmatched scenery make it the premier multi-sport destination in the United States, and many consider it to be the "Adventure Capital" of the world. The area is a paradise for outdoor enthusiasts and a geological wonderland.

Moab is surrounded by an immense red-rock playground, a postcard-perfect desert adorned with giant sandstone formations, canyon mazes, and thousands of natural arches. Arches National Park and Canyonlands National Park are minutes from our hotel.

Our home for tonight and for 3 nights after our raft trip is the comfortable and spacious Best Western Plus Greenwell Inn, conveniently located in downtown Moab. Our hotel is near Arches National Park, restaurants, novelty shops, mountain and road biking, hiking, and jeep trails. The surroundings are beautiful, and the accommodations comfortable with well-maintained grounds and tasteful, oversized rooms.

You can relax in the year-round heated pool and hot tub, or work out in the fitness room. Best Western Plus Greenwell Inn offers free wireless internet in all rooms and complimentary breakfast each morning.

(Welcome Dinner)

Overnight at the **Best Western Plus Greenwell Inn**

105 S. Main St.
Moab, UT 84532-2503
435-259-6151/800-780-7234

Day 2, Monday, October 5 - *Rafting the Colorado River through Westwater Canyon*

After breakfast at the hotel, we meet early this morning for the beginning of our raft trip with a two hour scenic drive to the launch site on the Colorado River. After loading our boats, we are off on our exciting 3 day/2 night raft adventure through Westwater Canyon. This hidden stretch of the Colorado River is a perfect blend of rollicking whitewater and scenic canyon beauty, together with excellent swimming opportunities, and laughter-filled rapids.

Westwater Canyon attracts geologists from around the world. Massive faults distributed tons of rock, leaving fascinating formations seen in few other places. The black, uplifted rocks in the Black Granite Gorge (metamorphic granite gneiss) represent the oldest exposed formations in eastern Utah (1.75 billion years) and the river has polished it into odd smooth shapes.

Once on the Colorado River, we'll receive a river orientation and meet our other guides. The first part of this adventure places us in the midst of stark and dramatic desert landscapes. Today is a lazy day on the river as we adjust to the relaxed pace. We'll stop to hike as well as for lunch, where we'll create our own deli masterpiece.

Reaching camp by early evening, we enjoy a generous, delicious dinner prepared fresh by our guides. The camps on this stretch of the river are large and offer a variety of great hikes.

The potential hiking opportunities at our first campsite are Rattlesnake Canyon and Mee Canyon.
(Breakfast, Lunch and Dinner)

Camping on the **Colorado River**

Day 3, Tuesday, October 6 - Explore Indian Ruins and Raft Towards Black Granite Gorge

Wake each morning to the tantalizing aroma of fresh brewed coffee and a hearty breakfast. Soon, we're back on the river for another day, marveling at the handiwork of nature. You may begin to feel yourself relaxing and slipping into 'river time.'

Early today we may have the chance to hike to Native American ruins hidden along the Colorado River. Then after lunch, and checking in with the Westwater Ranger, we raft towards the Black Granite Gorge. Red sandstone cliffs change to shiny black granite walls, and it's here that we begin our whitewater experience! After running a few of the 'warm up' rapids, we pull over for our evening camp on a wide, secluded beach.

This evening our guides will tell us stories about the rapids that will challenge us in the morning. After another wonderful dinner and watching the sun slip over the canyon rims, we are lulled to sleep by the sound of the waves downstream.

Traditionally, the last night of a river trip is "Dress-up" night. Anything goes if you would like to participate. It is up to your imagination! This is a great way to celebrate our time on the river, new friends, and the fun we've

had.

Today's potential hiking opportunities are Blackrocks, Knowles Canyon, McDonald Canyon, and Miners Cabin.

Interesting Fact: Many motion picture production companies have used Westwater Canyon to shoot rafting footage for movies, documentaries, and commercials. John Wayne filmed here, and the movies *Indiana Jones*, *Thelma and Louise*, and *Independence Day* were all filmed in this area.

(Breakfast, Lunch and Dinner)

Camping on the **Colorado River**

Day 4, Wednesday, October 7 - Rafting the Big Ones in Westwater Canyon

This morning we awake to the sound and anticipation of the rapids downstream. It's where the water from the Colorado River is forced into the narrow Black Granite Gorge, with walls towering 1,600 feet overhead.

After a hearty breakfast, our guides take time to talk about how to safely enjoy the big rapids we're going to tackle. THIS is where the FUN BEGINS! Today we'll encounter the rapids we've been waiting for, with such fun and exotic names like:

Little Hummer, Funnel Falls, Sock-It-To-Me, Last Chance Rapid, Room of Doom, and of course, the infamous Skull Rapid. GO TEAM!

As we float out of Westwater Canyon after our exciting big rapids adventures, we'll have a chance to swim and enjoy the river as it calms down. And as we leave our rafts and transfer to our vans that take us back to Moab, the ride back will undoubtedly be filled with stories of the hole in 'Sock-It-To-Me,' and the beautiful sunset the night before.

We return to Moab by about 6:30 p.m. and are on our own for dinner tonight, sampling some of the fun restaurants in town.

(Breakfast and Lunch)

Overnight at the **Best Western Plus Greenwell Inn**

Day 5, Thursday, October 8 - Exploring and Hiking in Arches National Park

Fortified by a good breakfast and a picnic lunch, we take a full-day with our guides to explore some of the

most splendid sights in Arches National Park.

Early this morning we depart for close-by Arches National Park, a geological wonderland. Set in the high desert of southeastern Utah, it is home to the largest concentration of sandstone arches in the world, some 2,000 in all. That the simple actions of erosion over tens of thousands of years could produce what appear to be purposefully sculpted formations is endlessly fascinating to behold.

We might catch the sun coming up (it's later in the fall...), but our hike this morning is to Delicate Arch, the most famous and most photographed feature in Arches National Park, acting as an iconic image not only for the area, but for Utah in general. This invigorating hike takes us to a grand setting atop the gracefully curving slickrock with the cool La Sal mountains standing sentinel in the distance. The hike is 3 miles round trip and is moderately strenuous. You can hike as far as you like, but getting there is a totally awesome and scenic experience. The photographs are worth it!

Depending on our return time from hiking to Delicate Arch, we may have lunch at Devil's Garden, or view some other close-by arches before lunch.

Opportunities for other hikes today are Landscape Arch, with options to go to Double 'O' Arch and Pine Tree. Maybe a walk on Park Avenue or to Balanced Rock. All are moderate hikes (and shorter than Delicate Arch). They are just a small handful of the park's ancient and breathtaking sights, all of which are accessible by hiking trails.

Dinner is on your own tonight in one of many Moab restaurants.

(Breakfast and Lunch)

Overnight at the **Best Western Plus Greenwell Inn**

Day 6, Friday, October 9 - Explore and Hike at Dead Horse Point and Island in the Sky, Canyonlands National Park

Today is a special introduction to the geology and splendor of Canyonlands National Park.

In the far southern reaches of Utah, the Colorado and Green Rivers carve the high desert into a labyrinth of red-rock canyons that are sheer ecstasy for the hiker, mountain biker, and whitewater adventurer. The park is broken into three distinct districts: Island in the Sky, the Needles, and the Maze. The vast landscape offers hundred-mile vistas of rust-colored pinnacles, high mesas,

sculpted buttes, sandstone spires, and sheer crimson cliffs.

The final scene of the film *Thelma and Louise* was filmed just outside of Island in the Sky. *Mission Impossible 2* was also filmed here. The actor John Wayne and director John Ford are among the film personalities who came to the red-rock country of Utah to shoot Hollywood Westerns, forever searing this landscape into the mind of the public.

Dead Horse Point State Park

Dead Horse Point State Park is perhaps Utah's most spectacular state park. It is a promontory of stone surrounded by steep cliffs on the outskirts of Moab. The overlook at Dead Horse Point is 6,000 feet above sea level. Two thousand feet below, the Colorado River winds its way from the Continental Divide in Colorado to the Gulf of California, a distance of 1,400 miles.

We'll take a short hike, the Intrepid Loop Hike (1.1 miles round trip) around this park. From the overlook, we can see canyon erosion on a grand scale. This erosion process has taken approximately 150 million years, much of it is caused by the river slicing down into the earth's crust as land is forced upward. These powerful forces are still sculpting the fantastic shapes of the precipitous bluffs and towering spires. Our view includes looking down on the Colorado River.

Island in the Sky - Hike to Mesa Arch

The Island in the Sky sits atop a massive 1,500 foot mesa, quite literally an Island in the Sky. Twenty miles of paved roads lead to many of the most spectacular views in Canyon Country. From these lofty viewpoints you can often see over 100 miles in any given direction, resulting in panoramic views that encompass thousands of square miles of canyon country.

A short hike (0.5 miles round trip/30 minutes) takes us to the spectacular Mesa Arch, which provides a natural frame for unbelievable views of Canyon Country. Other hikes to consider are Upheaval Dome Overlook (2 miles/60 minutes) or Grand View Point (2 miles/60 minutes). The hike(s) we do depends on the time and the wishes of the group.

After lunch in the Park, we return to Moab for a few hours of free time before our last evening together, at the Canyonlands by Night Dinner Cruise on the Colorado River. A "classic" Moab event, the "Sound and Light" show on the canyon walls is beautiful, and the "cowboy dinner" before the boat cruise is pretty good too. Stories about the formation, creation and history of the area are

illustrated with cowboy and Indian tales. The show is choreographed with lights, sounds, music and narration as the boat drifts back to the dock.

(Breakfast, Lunch and Dinner)

Overnight at the **Best Western Plus Greenwell Inn**

Day 7, Saturday, October 10 - Departure from Moab and Return Home

This morning we say good-bye to everyone and Moab, Utah. You are free to make your travel arrangements accordingly.

(Breakfast)

WHAT TO BRING/HOW TO PACK FOR YOUR SE UTAH HIKE & RAFT TRIP

When packing and planning for this Utah week, you should keep in mind that you need to be prepared for a wide range of weather conditions. Temperatures vary with changes in elevation and seasons, and because this area is high desert, the day and night temperatures may differ by more than 30 or 40 degrees Fahrenheit. Although fall weather is wonderful, it is often very unpredictable. The day can start out in the 80's, and cool off rapidly by late afternoon, and especially by the evening.

For Raft Trip

Please pack light and follow our packing list closely! For the raft trip, all your clothing and personal items must fit into a 20" x 20" x 27" dry bag, which is supplied by our outfitter. Your sleeping bag will come already packed in this bag. This is given to us to pack on our arrival night, before the raft trip begins the next morning. This bag is secured during the day while rafting, and you will not have access to it.

You will also receive a "day bag" which is 9.5" diameter X 20" high. Everything you need during the day will be packed into this bag: rain gear, sunglasses, hat, lip moisturizer, sunscreen and anything else that you need to have on the river, and if we take a hike. You can also stuff a small day pack into this, so you can carry water, camera, and other items on a hike during the day.

Pack clothing that you won't mind getting wet and dirty. Fast drying, durable, comfortable clothing is best for rafting. Synthetic fabrics have the advantage of being quick to dry because they don't retain water. Save the cotton clothes and jeans for the hiking portion of the trip.

You can leave the rest of your clothing, suitcase, and belongings at the hotel in Moab, which we are returning

to after rafting.

Some of the clothes we recommend for the raft trip can also be used when we return to Moab for the hiking portion (fleece jacket, rain gear, hats, sandals, etc).

- ❑ Rain gear. You should be well prepared for whatever conditions occur. Therefore, it is very important that you bring a good WATERPROOF rain suit (jacket and pants). Your rain parka can also act as a lightweight wind jacket, to layer over your fleece jacket.
- ❑ Lightweight fleece jacket, fleece pants, wool/fleece hat, lightweight gloves. The evening air in the canyon may get chilly.
- ❑ 1 pair lightweight pants. Zip-off convertible pants are great and save space in the dry bag.
- ❑ Shorts, 2 pair fast drying Supplex shorts/river shorts with attached inside liners are ideal.
- ❑ Swimming suit(s).
- ❑ A lightweight sarong to wear while floating on the river. You can dip it in the water and put it over your legs so you don't get burned. Also handy to use for protection during sand storms and windy river days, and to wear for 'dress up night'!
- ❑ Socks, underwear and pajamas.
- ❑ Sun hat with string tie-on and sun glasses with neck strap.
- ❑ 1 pair of comfortable walking shoes, trail shoes, or tennis shoes to be kept dry. These will be worn around camp and on hikes.
- ❑ 1 pair river sandals or shoes that can get wet, will dry quickly, and will not slip off your feet. They will be worn wet, most often in water, and provide traction and protection. Most participants prefer sandals like Tevas, Merrell, etc.
- ❑ Long-sleeved shirt to provide sun and insect protection.
- ❑ 2-3 T-shirts.
- ❑ Soap and shampoo, all biodegradable and non-polluting as you will be washing in the river. Check at your local health food or camping store for biodegradable products.
- ❑ Toiletries, toothbrush and paste, moisturizing lotion (aloe vera), personal medications (carry two sets of anything important.) To cover all your bases, you can also include an ace bandage, Pepto Bismol, Immodium, and Correctol!
- ❑ 6 quart-size Ziploc bags for waste paper and toilet paper (if there is not a porta potty set up during our river hikes and stops).
- ❑ Sunscreen, lip balm with SPF, insect repellent, lotion (Utah's humidity is quite low) all with no fragrance.

- ❑ Book and journal.
- ❑ Medium to large heavyweight Ziploc freezer bags (plus a large trash bag) for waterproof protection, personal trash, wet or dirty clothes, etc.
- ❑ Flashlight or headlamp, extra batteries, and bulb.
- ❑ Water bottle. We recommend the 22 oz. Nalgene Everyday OTG Tritan Bottle. Made of Eastman Tritan™ copolyester, the bottle is completely BPA-free. Tritan™ copolyester provides excellent impact resistance and is suitable for both warm and cold beverages. Water bottles need to be attached to a belt with a carabiner, or better yet, have a carrying strap or pouch to hold them in place for “hands free” hiking. Note: Drinking large quantities of water ensures that your body acclimatizes to high altitudes and dry climates more easily.
- ❑ Several cotton bandannas for uses too numerous to mention! It’s an AdventureWomen tradition!
- ❑ Camera, more memory cards than you think you will need, extra camera batteries (there is no electricity at river camps to charge batteries). Photography on this trip is amazing! Even if you rarely take photographs you will find that you will want to have a camera with you because the scenery in this area of Southwest Utah is simply incredible. Bring plenty of Ziploc bags to protect your camera(s) from sand, dust, and water.
- ❑ If you are worried about getting your camera wet, you can protect it in a crush-proof, waterproof, ammo can available at most Army Navy surplus stores, a Pelican box, or a small dry bag. Disposable water-proof cameras are also great.
- ❑ Small lightweight binoculars (optional) for viewing wildlife.
- ❑ A small roll of duct-like tape, which is great for quick repairs of sandals, sunglasses, luggage and more!
- ❑ Earplugs. for snoring roommates or howling coyotes! We recommend Mack’s Pillow Soft White Moldable Silicone Snore Proof Earplugs, which you can buy at most drugstores, or www.earplugstore.com. Good to 22 Decibels!
- ❑ FUN TO HAVE on the river!! Belknap’s Waterproof Canyonlands River Guide All New Edition (April 15, 2013) by Buzz Belknap/Loie Belknap Evans and Jodi Parry at Amazon.com for \$17.96.

Packing Tips / Handy Items

Packing in large Ziploc bags is very useful for separating personal items in your large dry bag such as t-shirts, underwear, shorts, medications, shampoo, soap, wet items, and dirty laundry.

Baby wipes or moist towelettes are great for washing your

face, wiping your hands, and cleaning sand or dirt off of personal belongings. Bring a lot because sometimes you may use them to take a full bath!

Pack a few clothespins and rope to dry clothes while on the river. Remember, on the river it is better to have it and not need it than to need it than not have it! All of these items can be invaluable and do not take up much space or add much weight to your luggage.

Carabiners are very handy in the outdoors as well as back home. Their oval shape and simple gate mechanism allow you to easily clip your water bottle, camera, hat, and such, to the raft or nearby.

Extra Snacks. Snacks are provided throughout the day, but is a good idea to bring extra snacks for individuals who have snack preferences, or for those who may be diabetic.

Beverages. Each boat has an ice cooler for “personal” drinks such as soda, juice, beer, wine, etc. You are more than welcome to bring any of your preferred beverages, as long as they are not in glass containers.

Back in Moab, for Hiking/Exploring in Canyonlands and Arches, and Evenings Out

- ❑ This is a list of other clothes/shoes/items for our post-rafting days in Moab. All of this, and your suitcase, can be left at the hotel while we are on the river.
- ❑ Extra changes of pants, shirts, t-shirts, pajamas and underwear.
- ❑ Medium-weight hiking boots. For hiking in rocky terrain, ankle support is absolutely essential. Please do not buy heavy leather boots as there are numerous medium-weight quality hiking boots on the market. Asolo, Garmont, Merrell, Vasque, and other makes are widely available and designed especially for women. Since they are waterproof, Gore-tex boots, although a bit more expensive, are our first choice. Other boots should be waterproofed with one of the excellent waterproofing products available such as Nikwax. Make sure your boots fit properly and are well broken-in. Wear them around town to thoroughly break them in. Please do not come on this trip with a pair of boots you have never worn before!
- ❑ Socks: It is best to wear 2 pair of socks inside your hiking boots, a pair of wool socks, and a thin pair of liner socks underneath the wool

socks. We like Thorlo hiking socks and polypropylene liner socks which wick moisture and reduce blistering. Bring plenty of socks!

- ❑ A day pack that is large and comfortable enough to carry your camera, rain gear, and water. This can be the same daypack you bring on the raft trip, as long as it is small. If large (and it won't fit inside the small "day bag" supplied on the river), you can leave it in Moab while we are on the raft trip.
- ❑ Small travel alarm clock.

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*Thank you for choosing to travel with AdventureWomen!
If you have any questions or concerns, please don't hesitate to call, write, or email us.*

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