

UTAH

Multi-Sport National Park Adventure



September 27 - October 3, 2020

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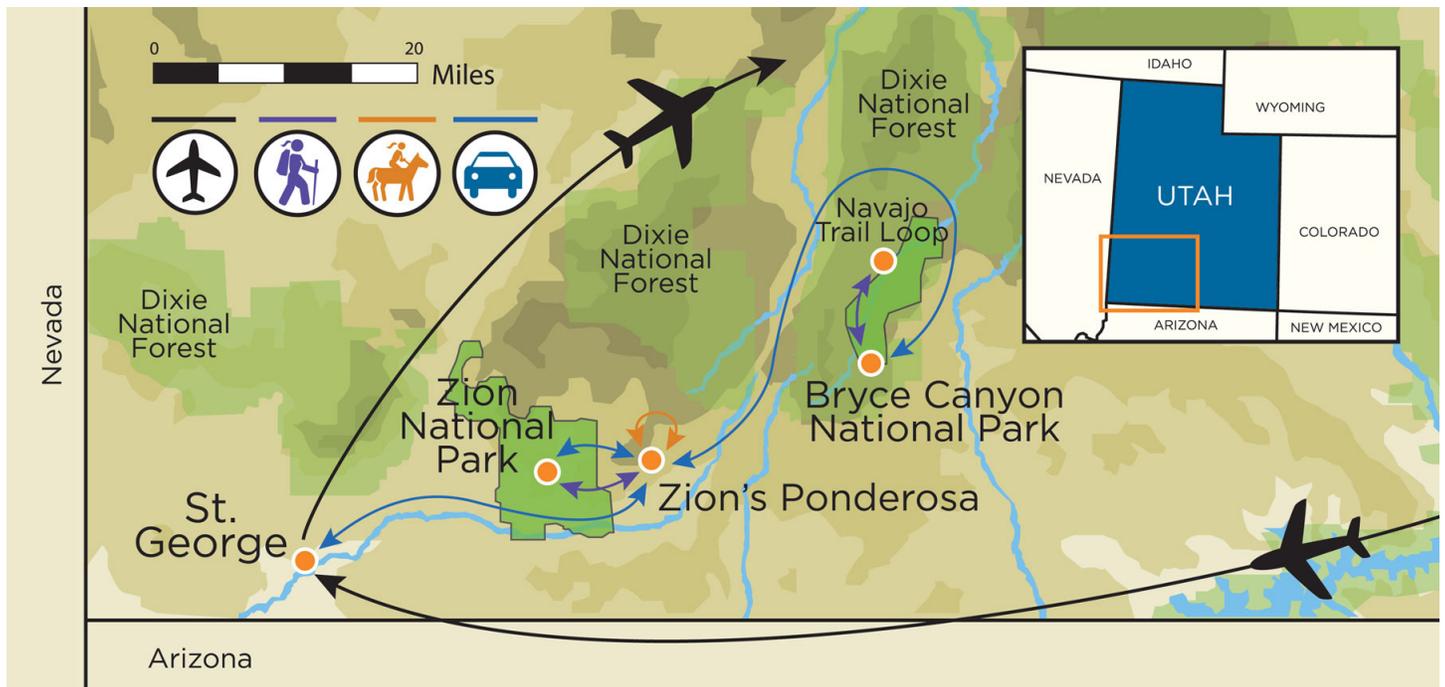
Multi-Sport National Park Adventure

September 27 - October 3, 2020

TRIP HIGHLIGHTS

- ▶ Hike in the secret, hidden areas of Zion National Park
- ▶ Horseback ride through the expansive countryside
- ▶ Try canyoneering for the first time, seeing the area from a different angle
- ▶ Explore Bryce Canyon National Park on foot
- ▶ Learn about astronomy as you gaze at the pristine night sky
- ▶ Stay in houses on a ranch with all single rooms and en-suite bathrooms

TRIP ROUTE



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QUICK VIEW ITINERARY

- Day 1: arrive at Zion Ponderosa Ranch, welcome dinner and trip orientation
- Day 2: hike to Observation Point in Zion, afternoon horseback ride, rapelling lesson
- Day 3: explore the best secret spots in Zion National Park
- Day 4: hike Angel's Landing or to Canyon Overlook for sunrise, explore Springdale
- Day 5: hike into the hoodoos of Bryce Canyon National Park, relax in the hot tub
- Day 6: canyoneering adventure in Zion National Park - great for beginners!
- Day 7: depart Utah

TRIP PRICE

Main Trip: \$3,590

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your adventure in depth

DAY 1

Sunday
9/27/20

Arrive in Utah

Welcome to Zion Ponderosa! Your outdoor playground for the week is located on the eastern side of Zion National Park. This 4,000 acre retreat is the perfect home base for exciting outdoor activities and stunning natural beauty.

Pick-up and Transfer You will be picked up at 3:00pm from the St. George Airport and transferred to Zion Ponderosa.

Check-in and Relax Check into your room and relax before dinner.

Welcome Dinner Enjoy a Welcome Dinner and Trip Orientation in one of the houses your group is staying in.

Accommodations

Zion Ponderosa

Meals Included

dinner

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DAY 2

Monday
9/28/20

Accommodations
Zion Ponderosa
Meals Included
breakfast, lunch, dinner

The Zion Area

Many experts claim that Utah's most scenic view is Observation Point at Zion National Park. This overlook stands you on the edge of a 2,200' precipice and offers a view across a major portion of the main canyon within Zion National Park, and far into the distance beyond the park boundaries. Zion National Park is 30 miles in length and 15 miles across at its widest point, and Observation Point, at an elevation of 6,521 feet, is likely the best place to capture the grandeur of this vast expanse.

Hike to Observation Point

Most visitors to Observation Point in Zion endure a challenging four-mile climb and a 2,148 foot ascent from the Weeping Rock area in the bottom of the canyon, but AdventureWomen has a better way! From Zion Ponderosa Ranch, there is a park boundary trailhead that follows a more gentle rolling course across the Zion National Park plateau. This 3.5-mile one-way hike winds through the forest bending slightly northwest and then back to the southwest toward the overlook. About two miles in, you'll encounter spectacular views into a side canyon, but only whet the appetite for the incredible view at Observation Point.

Lunch

Enjoy lunch back at the ranch.

Afternoon Horseback Ride

This afternoon, you'll have the option to go horseback riding or relax and enjoy the amenities at Zion Ponderosa. More stunning views await you on the outskirts of Zion.

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Dinner

Have dinner as a group this evening.

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DAY 3

Tuesday
9/29/20

Zion National Park

Over the last 200 million years or so, wind, rain, and seismic shifts have conspired to create some of the most beautiful vistas, scenic stretches, and jaw-dropping formations this planet has ever seen. Zion National Park is no exception. A perfect storm of factors has turned what was once a simple basin into a picturesque spot — all part of the Colorado Plateaus — that draws tourists from all over the world.

Secret Hikes of Zion

Head into the park this morning for AdventureWomen's secret hikes of Zion! First up is a one mile loop to see the Court of the Patriarchs. This stunning short hike offers 360-degree views of the monumental peaks that welcome you into Zion Canyon. Take the shuttle to the furthest stop in the Canyon to the Temple of Sinawava, where you will hike the one mile paved path to the Narrows. If weather permits, put on your water shoes and hike through water up the Narrows about a mile. Every curve and corner hiking up this beautiful canyon offers stunning views of Zion, and seeing how this canyon was formed by the Virgin river is a true masterpiece.

After the Narrows, take the shuttle to Zion Lodge. This is a perfect spot to have a picnic lunch and enjoy the view. After lunch head to a few other spots in the park that are unknown to most tourists. Lower Pine Creek Falls is the most technical hike of the day which involves an short half mile hike to Pine Creek, and then to get to the waterfall you'll need to maneuver up and around boulders, but don't worry - your guides will be there every step of the way to make sure you are comfortable! There are places to jump into the cold water or even slide into the water. It's a gorgeous secluded area. The afternoon will be kept flexible, but your guides have some other small hikes up their sleeves. They can't wait to show you these different, hidden areas you wouldn't know are even there!

Campfire

After a long day, kick up your feet around the campfire and have some s'mores!

Accommodations
Zion Ponderosa

Meals Included
breakfast, lunch, dinner

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DAY 4

Wednesday
9/30/20

Explore the Zion Area

Enjoy another day in the stunning Zion area. Cement the memory of the landscapes in your mind - it's an incredibly unique part of the world!

This Morning's Options

You have two options today. You can wake up early, grab a granola bar or snack for breakfast, and head out as early as possible to hike Angel's Landing. An early start is essential to beat the crowds on this iconic, famous hike. If you choose not to hike Angel's Landing, wake early to hike for a sunrise at Canyon Overlook.

Afternoon in Springdale

Both groups will meet in the local town of Springdale for some shopping, exploring, and lunch on your own.

Dinner and Games

Enjoy dinner as a group. Play some games this evening if you have any energy left after your action-packed day!

Accommodations
Zion Ponderosa

Meals Included
breakfast, dinner

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DAY 5

Thursday
10/1/20

Bryce Canyon National Park

The major feature of Bryce Canyon National Park is Bryce Canyon, which, despite its name, is not a canyon but a collection of giant natural amphitheaters along the eastern side of the Paunsaugunt Plateau. Bryce is distinctive due to geological structures called hoodoos, formed by frost weathering and stream erosion of the river and lake bed sedimentary rocks. The red, orange, and white colors of the rocks provide spectacular views for park visitors.

Day in Bryce Canyon

Set out from the ranch with a boxed lunch for a day in Bryce Canyon National Park. Hike into the hoodoos via the Navajo Loop from Sunset Point. This beautiful trail gives you an up-close look at the National Park. Take some time to absorb your unique surroundings.

Enjoy the Ranch

After dinner take some time to relax in the hot tub.

Accommodations

Zion Ponderosa

Meals Included

breakfast, lunch, dinner

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DAY 6

Friday
10/2/20

Utah Canyons

Canyons that are ideal for canyoneering are often cut into the bedrock stone, forming narrow gorges with numerous drops, beautifully sculpted walls, and sometimes spectacular waterfalls. Most canyons are cut into limestone, sandstone, granite, or basalt, though other rock types are found. Canyons can be easy or difficult, though emphasis in the sport is usually on aesthetics and fun rather than pure difficulty. Canyoneering is enjoyed by people of all ages and skill levels.

Canyoneering Adventures

Saving the very best for last, harness up to join your friends and professional guides for the heart-pumping thrill of canyoneering! Whether you've never tried it before or you're an "old hand," this activity is suitable for everyone. Feed out the ropes as you descend step by step along steep red sandstone walls to land safely far down below. It might seem scary before you step out over the cliff, but by the time you reach the canyon floor, canyoneering might be your favorite sport!

Zion National Park and the surrounding area is one of the premiere places in the country for canyoneering. Your expert guides will help you make the most of your guided canyoneering adventure. This guided canyoneering adventure is suitable for beginners and even more advanced levels, and your guides are trained to assist you and ensure your safety. Enjoy a boxed lunch on your way!

Farewell Dinner

Enjoy a farewell dinner this evening, toasting the end of an incredible adventure!

Accommodations
Zion Ponderosa

Meals Included
breakfast, lunch, dinner

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DAY 7

Saturday
10/3/20

Depart from Utah

Bid farewell to your new friends and journey home.

Transfer to
the Airport

Transfer to the airport to catch your flight home.

Meals Included
breakfast

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

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Accommodation Details

Zion Ponderosa

The mountain vacation rental homes at Zion Ponderosa sit on a 4,000 acre ranch at the border of Zion National Park and are just over a one-hour drive from Bryce Canyon National Park. Unpack once and enjoy your stay in your private single room with an en suite bathroom. The house will be run as a bed and breakfast type of stay for your trip, so no need to worry about cooking! Hang out in the common areas with your AdventureWomen friends.

Please note that Zion Ponderosa cannot accommodate a strict vegan diet. Please contact AdventureWomen for more information.

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Included/Not Included

Included:

- ▶ Accommodations in single rooms
- ▶ All meals as listed in the itinerary
- ▶ All transportation throughout the trip
- ▶ Transfers from St. George, Utah airport for the scheduled arrival and departure dates and times
- ▶ All park fees
- ▶ All activities as indicated in the itinerary
- ▶ Experienced hiking and canyoneering guides
- ▶ One AdventureWomen Ambassador

Not Included:

- ▶ Round-trip airfare
- ▶ Meals not specified in itinerary
- ▶ Shuttles to/from Las Vegas (if needed)
- ▶ Alcoholic beverages
- ▶ Items of a personal nature
- ▶ Gratuities

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the fine print

Activity Level:

Moderate

Active

High Energy

Challenging

We rate this trip as High Energy. Our High Energy trips are designed for women who enjoy a physical challenge and crave being on the go! You should be prepared for itineraries that include (but are not limited to): a full day of biking on rolling terrain, hiking 5-8 miles on moderate to steep trails, being active at high altitudes, whitewater rafting, or skiing. Please note that this is a general description of what you might encounter; for specific details about your trip, please consult the itinerary.

We recommend training before your trip (with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: <https://fitfortrips.com/partners/adventure-women/>

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

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The deposit for this trip is \$800, and is nonrefundable and nontransferable. Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before June 29, 2020. A maximum of \$1,500 per person can be put on a credit card, which includes your deposit.

Identification:

You may need to ensure that your driver's license is REAL ID compliant in order to fly domestically. Please check your home state's guidelines on whether you should upgrade your ID or plan to travel with a passport instead of a driver's license.

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Arrive: Arrive at the St. George, Utah Airport (SGU) on September 27, 2020 before 3:00pm.

Depart: Depart from the St. George, Utah Airport (SGU) on October 3, 2020 after noon.

We are happy to help you make your flight and travel arrangements. Please contact us at:

(800) 804-8686 or (617) 544-9393
email: info@adventurewomen.com

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

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 booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

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IMPORTANT: You will be traveling in a 12-15 passenger van, and there is not a lot of room for luggage! **It is imperative that you do not bring a large suitcase or duffel bag.** Your duffel bag should be no larger than 30" x 14" x 14". It can have wheels. Your carry-on bag should be your daypack, which you will need to carry for most of your activities during the day time. It should be able to fit under the seats in the van (the size that would fit under an airline seat).

note: Zion Ponderosa Ranch is located in the mountains, and it is cold in the mornings and evenings. You'll want to dress in layers as the weather is unpredictable. We recommend bringing either an extra pair of hiking shoes or water shoes, as your shoes will get wet when you are in the Narrows in Zion.

There are laundry facilities in your accommodations, but you may want to bring some detergent or you can purchase some in the gift shop.

Clothing and Gear:

- Duffel bag or small suitcase
- Daypack with rain cover
- Medium-weight waterproof hiking boots or shoes (make sure they are broken in!)
- 1 pair water shoes
- Comfortable shoes for evenings
- Gore-Tex/waterproof jacket
- Gore-Tex/waterproof pants
- 1 medium weight fleece sweater/jacket to layer under rain shell
- 2-3 short sleeve shirts (quick dry recommended)
- 1-2 long sleeve shirts (quick dry recommended)
- 2-3 pairs of pants
- 1 pair of shorts
- Bathing suit
- 1-2 sets of comfortable clothing to wear around the house
- Underwear
- Wool hiking socks
- 1 wool or fleece hat
- 1 pair wool or fleece gloves
- Sleepwear
- Water bottle(s)

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AdventureWomen Essentials:

- Travel documents (identification, e-tickets, money)
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries/phone
- Headlamp or small flashlight with spare batteries
- Binoculars (optional; 8x40/42 models are excellent choices)
- Digital camera, memory cards, battery charger
- Power adapters/power bank
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch (optional)
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: we recommend silicone earplugs
- Assortment of stuff sacks and bags (please consider bring reusable or silicone bags to reduce the use of disposable plastics)
- 1-2 bandanas/Buff
- Reading material/journal and pens
- National Park Pass - if you

have a senior pass or any National Park pass, please bring it with you

- Snacks - your accommodation has a full kitchen, so if you want to bring snacks go for it! You also may want early-morning coffee or evening wine at your house! Feel free to bring some from home.

Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

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Cancellations and Refunds

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

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 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. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

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.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

At AdventureWomen, we want everyone to 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!**

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!

In this spirit, the successful adventure traveler should be a