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THE DESTINATION IS JUST THE BEGINNING

UTAH

Utah: Zion & Bryce Multisport Adventure

September 24 - 30, 2022

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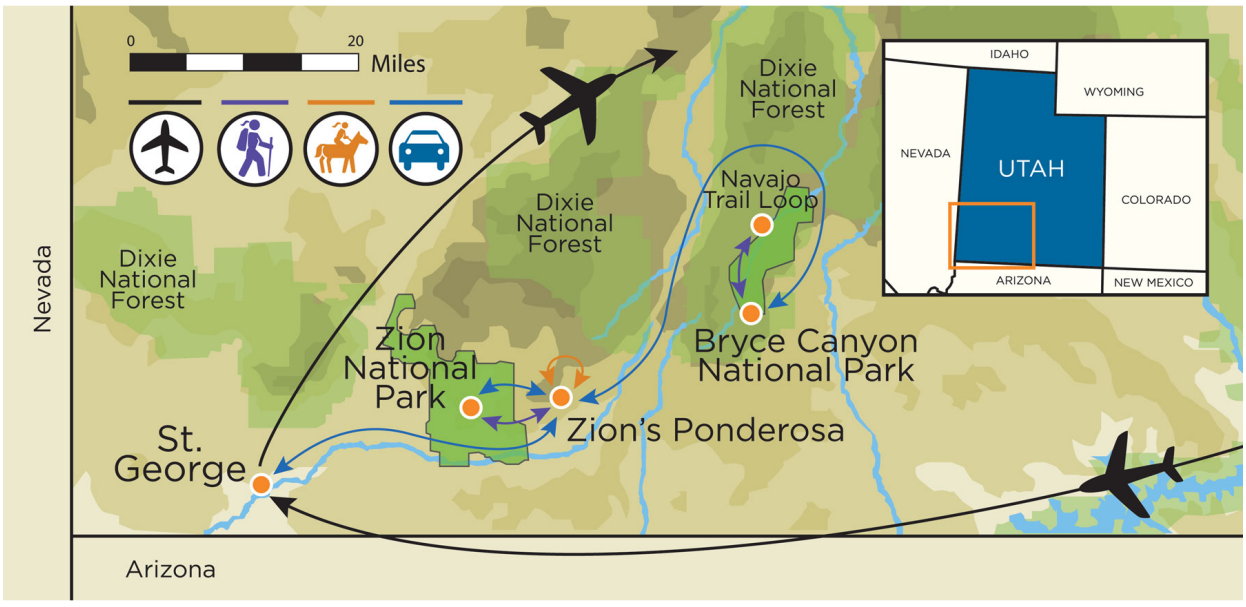
TRIP HIGHLIGHTS

- Hike in the beautiful expanse of Zion National Park
- Try canyoneering for the first time, seeing the area from a different angle
- Explore Bryce Canyon National Park on foot
- Hike in the Narrows of Zion National Park
- 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
Day 2	morning hike, ghost town visit, explore Springdale
Day 3	morning hike options, experience the Narrows, stargazing
Day 4	sunrise hike, ziplining and rock climbing, afternoon activities
Day 5	hike into the hoodoos of Bryce Canyon National Park, enjoy a sunset Jeep tour
Day 6	canyoneering adventure in Zion National Park - great for beginners!
Day 7	depart Utah

ACTIVITY LEVEL

High Energy

TRIP PRICE

Main Trip: $3,895

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your adventure in depth

DAY 1
Saturday
9/24/22

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.

During your Zion and Bryce adventure, you'll get to know your Utah-based guide, who will help you discover this incredible natural area of the southwest. You are also accompanied by an AdventureWomen Ambassador, committed to helping make your experience a fun and personally rewarding adventure, and cheering you on as you reach beyond your comfort zone to take on new challenges in your own unique way!

Arrival Information	Arrive at the St. George, Utah Airport (SGU) today before 3:00pm. You can also fly to Las Vegas, Nevada (LAS) and take a shuttle to the St. George Airport.
Pickup and Transfer	You will be picked up at 3:00pm from the St. George Airport and transferred to Zion Ponderosa. On the way, you will have an opportunity to stop and pick up any last minute hygiene items, snacks, or treats for the home.
Check-in and Relax	Check into your room and relax before dinner.
Welcome Dinner	Enjoy a lively welcome dinner in one of the houses your group is staying in as you get to know your fellow travelers this evening. Share stories and learn about why each woman in your trip is excited to explore Utah!

Accommodations
Zion Ponderosa Ranch & Resort
Meals Included
dinner

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DAY 2
Sunday
9/25/22

Zion & Bryce National Parks

Set out today on a great hike to see Zion from above. With Zion Ponderosa on the East side of the park and about 4,00 feet above the canyon floor, today you will get up above the park for an amazing vantage point. This three-mile hike includes going uphill, but the views you get will be worth it.

Morning Hike	After breakfast, drive through Zion National Park en route to the first hike of the week: a three-mile roundtrip hike showing off all the vastness of Zion and beyond. This is a beautiful vantage point that will surely make everyone excited for the week ahead.
Stop in Grafton	After our morning hike, we will stop in at the historical ghost town of Grafton. Said to be the most photographed ghost town in the West, it has been featured as a location in several films, including Butch Cassidy and the Sundance Kid.
Explore Springdale	We will have mid-morning/afternoon to explore the town of Springdale. Lunch is on your own today.
Pick Up Rental Equipment	Meet back up with the group to pick up our rental euqipment for the Narrows in Springdale before heading back to the ranch.
Enjoy the Ranch	After dinner take some time to relax in the hot tub.

Accommodations
Zion Ponderosa Ranch & Resort
Meals Included
breakfast, dinner

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DAY 3
Monday
9/26/22

Zion & Bryce National Parks

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.

Choice of Hiking Options

This morning, there will be a choice between two great hiking options:

The first option is to hike Emerald Pools which has lower, middle and upper pools. All hikes lead to sparkling waterfalls and glistening pools. Majestic sights can be seen all along the trails and our guides will point all of those out. It's an easy 1.2 mile round trip to lower pools, 2 mile trip to middle pools, and 3 miles strenuous trip to the upper pools.

The second option is to hike a portion of Angel's Landing. Starting in 2022, permits are required to climb from Scout Lookout to the top, but today you can still enjoy the beautiful views from the bottom of the canyon up to Scout Lookout.

Temple of Sinawava and the Narrows

After the morning hike, hop back on the shuttle and head to the furthest stop in the canyon to the Temple of Sinawava where we will hike the one-mile paved path to the Narrows. If weather permits, put on water shoes and hike through the water up to 1.5 miles depending on weather. We will have a bag lunch to eat along the way.

Return Rental Equipment

Stop and return our Narrows rental equipment on the way back to the ranch where we will have dinner as a group.

Stargazing

After dinner, we will have the option of seeing the stars right outside the cabin. In 2021, Zion National Park became certified as an International Dark Sky Park in recognition of the exceptional quality of the park's night skies.

Accommodations
Zion Ponderosa Ranch & Resort
Meals Included
breakfast, lunch, dinner

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DAY 4
Tuesday
9/27/22

Zion & Bryce National Parks

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!

Sunrise Hike to Canyon Overlook	Today we will head into the park very early to Canyon Overlook to see the sunrise. Watching the sun creep up behind you and seeing how the colors change on Zion in front of you is something you won't forget.
Lunch	Enjoy lunch back at the ranch and have a little down time before heading out on our next adventure.
Ziplining and Climbing	Spend your afternoon in a harness. Have a chance to climb the rock wall and try out the zip line!
Afternoon on Your Own	This afternoon at the ranch, either relax in your home or choose from the many activities offered at the ranch. The guide will go over the many options earlier in the week so there will be some time to think it over and make the best choice.
Dinner and Games	Enjoy dinner as a group. Play some games this evening if you have any energy left after your action-packed day!

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Meals Included
breakfast, lunch, dinner

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DAY 5
Wednesday
9/28/22

Zion & Bryce National Parks

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 lakebed 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.

Jeep Tour

Our jeep tour will take you to the tippity top of Zion Ponderosa for 360 views to see the sunset on the western horizon. It's a bumpy ride but with our expert drivers you can sit back and enjoy laughing and making memories with your new friends as you see Zion from above.

Accommodations
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Meals Included
breakfast, lunch, dinner

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DAY 6
Thursday
9/29/22

Zion & Bryce National Parks

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

Have a farewell dinner with your new AdventureWomen friends. Reminisce over all the memories you have made and celebrate the end of an amazing journey through this truly spectacular area.

Accommodations
Zion Ponderosa Ranch & Resort
Meals Included
breakfast, lunch, dinner

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DAY 7
Friday
9/30/22

Depart Utah

Bid farewell to your new friends and journey home.

Transfer to the Airport	Transfer to the airport to catch your flight home.
Departure Information	Depart from St. George, Utah (SGU) today after 12:00pm. You can also take a shuttle from the St. George Airport to Las Vegas.

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.

Meals Included
breakfast

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Accommodation Details

Zion Ponderosa Ranch & Resort

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; each house has a different layout and most rooms have en suite bathrooms. The house will be run as a bed and breakfast type of stay for your trip, so no need to worry about cooking! You are welcome to bring or purchase your own coffee and wine or beer to enjoy when hanging out in the common areas with your AdventureWomen friends.

Amenities: Limited amounts of soap, shampoo, conditioner, hair dryer; Wifi

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Included:

- Accommodations as per itinerary based on single occupancy
- All meals as listed in the itinerary
- All ground transportation
- One group transfer on arrival and departure
- All park fees
- Activities as indicated in the itinerary
- Professional hiking and canyoneering guides

Not Included:

- Airfare to and from Utah
- Optional activities
- Meals not specified in the itinerary
- Shuttles to/from Las Vegas (if required)
- Alcoholic beverages (unless otherwise specified)
- Fees for travel insurance
- Cost of hospitalization or evacuation
- Items of a personal nature
- Gratuities

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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!

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!