

# UTAH

## Multi-Sport National Park Adventure



September 30 - October 6, 2018

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### TRIP HIGHLIGHTS

- ▶ Hike to Angels Landing, one of the most stunning views in the west
- ▶ Exclusive helicopter tour 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 luxury houses on a ranch with all single rooms and ensuite bathrooms

### QUICK VIEW ITINERARY

- Day 1: arrive at Zion Ponderosa Ranch, welcome dinner and trip orientation
- Day 2: hike to Observation Point in Zion National Park, afternoon horseback or ATV ride
- Day 3: explore the Narrows and Angels Landing in Zion National Park
- Day 4: helicopter tour of Zion National Park, afternoon rappelling lesson, ziplining
- 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

\$2,990

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is this trip  
right for me?

### Activity Level:

Moderate

Active

**High Energy**

Challenging

the important  
stuff

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.

how do I get  
there?

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/>

pack your  
bags!

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

the fine print

your adventure  
in depth

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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 July 2, 2018.

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for me?

**Arrive:** Arrive at the St. George, Utah Airport (SGU) on September 30, 2018 before 3:00pm.

the important  
stuff

**Depart:** Depart any time on October 6, 2018. It is almost a 2-hour drive to the airport, so early morning flights are not advisable.

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

how do I get  
there?

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

pack your  
bags!

**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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As you get ready to pack for your adventure, have a look at The AdventureWomen Store at [www.theadventurewomenstore.com](http://www.theadventurewomenstore.com) - we have picked out our favorite travel clothes and outdoor gear to help make packing easy for you. You can also see our recommendations for this trip on the [AdventureWomen Pinterest](#) page.

the important  
stuff

**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).

how do I get  
there?

**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 on Tuesday when you are in the Narrows in Zion.

pack your  
bags!

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

the fine print

### 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
- 5-7 pairs underwear
- 4-5 pairs of wool hiking socks
- 1 wool or fleece hat
- 1 pair wool or fleece gloves
- Sleepwear

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how do I get  
there?

**pack your  
bags!**

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### AdventureWomen Essentials:

- Travel documents (identification documents, airline tickets, money)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen insulated bottle (good for hot or cold drinks!)
- Sunscreen and lip balm with SPF
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at [www.earplugstore.com](http://www.earplugstore.com)
- Assortment of stuff sacks and Ziploc bags
- 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! There will be plenty of food though!

### Personal First Aid Kit:

- Prescription medicine you usually take
- 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.

the important  
stuff

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.

how do I get  
there?

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

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

pack your  
bags!

### 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.

the fine print

### 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!

your adventure  
in depth

In this spirit, the successful adventure traveler should be a

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### your adventure in depth

#### DAY 1

Sunday  
9/30/18

### 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 Vacation Homes to meet your group.

#### Accommodations

Zion Ponderosa

#### Meals Included

dinner

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### your adventure in depth

#### DAY 2

Monday  
10/1/18

### Utah

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' 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 there is 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 walk winds through the forest bending slightly northwest and then back to the southwest towards the overlook. About two miles in, you'll encounter views into a side canyon which are spectacular, but only whet the appetite for the view at Observation Point.

#### Lunch

Enjoy lunch back at the ranch.

#### Afternoon Horseback and ATV Rides

This afternoon, you'll have the option to go horseback riding or drive an ATV through the property at Zion Ponderosa. Stunning views and exciting adventure await you on the outskirts of Zion.

#### Dinner

Enjoy dinner as a group this evening.

Accommodations  
Zion Ponderosa

Meals Included  
breakfast, lunch, dinner

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DAY 3

Tuesday  
10/2/18

Accommodations  
Zion Ponderosa

Meals Included  
breakfast, lunch, dinner

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### Utah

Mother Nature is incredible. 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.

#### Hiking Options

Drive to Zion National Park and choose from various hikes. These options, as well as other more moderate hikes will be discussed at your orientation. Take a boxed lunch with you on your hike!

**Zion Narrows:** The Narrows is one of the most strenuous hikes in Zion thanks to a preponderance of slippery surfaces, fast-moving water and the frequent need to wade against the current. It's also one of the most magnificent. There are hanging gardens and striking rock faces everywhere you look, but you'll need about 13 hours to hike it all. For this trip, we will hike up a mile on an asphalt trail to the opening of the Narrows. You can then choose to go up as much or as little as time allows in the water.

**Angels Landing:** Angels Landing is one of the most popular hiking trails in Zion, with some of the most stunning scenery you will ever see. Hikers come from all over the U.S. and abroad for the challenge of this thrilling trail, which can take from three to six hours to complete. From challenging switchbacks and drop-offs to a beautiful 360-degree view of Zion National Park from the summit, get to know the five sections of Angels Landing. This is an extremely strenuous hike, and should not be attempted by inexperienced hikers or those in poor health. Take this hike seriously. Bring water and snacks, and slow down when you need to.

#### Campfire

After a long day, kick up your feet around the campfire with smores!

your adventure  
in depth

DAY 4

Wednesday  
10/3/18

Accommodations  
Zion Ponderosa

Meals Included  
breakfast, dinner

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### Utah

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!

#### Helicopter Tour

Enjoy a morning helicopter tour of the beautiful Zion landscape. Seeing the area from the sky will make your jaw drop.

#### Lunch

Stop at a local coffee and sandwich shop for lunch on your own.

#### Rappelling and Climbing

Spend your afternoon in a harness! Take a rappelling lesson to prepare you for your canyoneering adventure. Then have a chance to climb the rock wall and try out the zip line!

#### 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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### your adventure in depth

#### DAY 5

Thursday  
10/4/18

### Utah

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  
10/5/18

### Utah

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

For those new to canyoneering, the National Park Service describes canyoneering as a combination of “route finding, rappelling, problem solving, swimming, and hiking.” Each canyoneering adventure experience is unique, and for many people it’s a once-in-a-lifetime experience. Once you’ve tried it you’ll want to do it again!

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 every level of technical skill in between. For adventurers with no rappelling experience, 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  
10/6/18

### 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.

Accommodations

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 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 with an ensuite 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.

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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
- ▶ 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