



'Viva Grand Canyon' Trek

Thursday 29 April - Thursday 6 May 2010



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education and support
for children and adults with
learning disabilities, throughout
the Jewish Community

'Viva Grand Canyon' Trek

Duration of trip: 29 April - 6 May 2010

During this stunning trekking challenge we will descend 16km into one of the most beautiful landscapes in the world, to the heart and gem of the Grand Canyon at Havasu Canyon, to our base camp near Havasu Falls. From here we will spend another 3 days exploring this incredible landscape, crossing travertine pools of turquoise blue water, jumping into breathtaking waterfalls, traversing massive fields of grapevine and spend our nights under the stars .

All food on the trek will be supervised fully kosher.

We have also arranged an optional pre-trek Shabbat Programme from 30 April.



Day One

Thursday 29 April

Depart UK

Depart UK for Phoenix. Upon arrival we will be met by our guides and transferred to Fairfield Inn, Scottsdale where you will stay for 3 nights.

Day Two & Three

(Optional programme)

Friday 30 April

Free day in Scottsdale/Phoenix. We will sit down to our Sabbath meal after Shabbat service in Ahavas Torah, a local synagogue within walking distance.

Saturday 1 May

Free day in Scottsdale. Shabbat lunch and seudah shelishis will be provided after relevant davening times.



Day Four

Sunday 2 May

Trek day 1: Warm up trek 3-4hrs

After breakfast, our challenge begins at 10am. We will travel north from Phoenix through the Sonoran Desert and onto the high elevation plateaus and red rock canyons of North Central Arizona.

We will arrive in Sedona for our warm up hike, with its sublime Red sandstone formations.

We will then trek along Oak Creek and across a spectacular ridgeline with 360° panoramas of the entire Sedona area.

Our trek guides will talk us through the stunning flora, fauna, geology and cultural history of the area, as we begin to acclimatise. After our picnic lunch we drive through Oak Creek Canyon, home to lush riparian vegetation and towering red rock walls – this is one of the most spectacular drives in the US. Once at the top of the Mogollon Rim at 7000ft, we will continue across the Colorado plateaus, and onto the Grand Canyon Caverns Inn on the famous Route 66. After a stunning sunset and dinner, we will meet the rest of our guides and have a full briefing about the challenge ahead.



Day Five

Monday 3 May

Trek day 2: Descend into the bottom of the Grand Canyon

Approx 16km (10 miles) , 6-7hrs trek, 700m descent

After an early breakfast in the hotel, we transfer a short distance to our trailhead, perched on the edge of the Grand Canyon. It is called Hualapai Hilltop (pronounced Walapai). This is the only land travel access to Havasupai. Starting at 1645m, the trail begins with switchbacks until we reach a dry streambed where our path levels out. From here, the canyon walls seem to grow all around us as we descend deeper into the labyrinth of red sandstone. At 12km and 600m below the rim, the canyon begins to widen and the vegetation turns lush as we enter the village of Supai, the most remote village in the USA, where we will have a chance to send a postcard from the only existing place on earth where the post still is carried on packhorse! Cottonwood lined paths lead us through the village and into the canyon's backcountry.

Another 4km to our base camp and we pass Navajo Falls and Havasu Falls, stopping beneath each for a swim is a must!

On arrival at our camp we will have time to settle in before dinner and for a restful night under canvas.

Day Six

Tuesday 4 May

Trek day 3: Trek to the very centre of the Grand Canyon

Approx 14km, 8-10 hours trekking, 150m climb and descent

After an early hearty breakfast in camp we will be well fuelled for the tough trek ahead. We begin with a fairly flat start before we are confronted with our first challenge, the descent of Mooney Falls. We continue down the canyon, crossing creeks three times before the next fork in our trail where, if we are feeling adventurous, we will opt for the 'wet route' to Beaver Falls, beneath the first tier of the waterfall.

There we will have the option of swimming through the 'green room' to an underwater pocket accessed by swimming beneath the first tier of the waterfall.

Once we emerge from the 'green room' we will discover the canyon's secrets and gain the courage to jump the 5m from the main falls into the frothy pool below. Once at the base we will meet the other members of our group who decided to stay high and dry!

Return back to our base camp and a well deserved traditional dinner!

Day Seven

Wednesday 5 May

Trek day 4: Ascend from paradise
Approx 16km, 5-6hrs trekking,
700m climb

The last day of our amazing challenge, we leave the magic scenery of the canyon behind as we have a tough, but exhilarating trek back up to the canyon's rim. Once at the top, we will be met by our vehicles and transferred to our hotel in Las Vegas, Nevada. Tonight we will celebrate our achievements with a gala dinner!
Overnight hotel in Las Vegas

Day Eight

Thursday 6 May

Check out of the hotel. Transfer to Las Vegas airport for your overnight flight home. Optional extensions available at your own expense.

Day Nine

Friday 7 May

Arrive UK



General information

Trek grading:

This is a moderate to tough trek, over rough and undulating terrain. Each day involves at least 5 hours trekking over 300-500m ascents and descents. The trek also involves crossing some streams and there are opportunities for swimming and jumping into waterfalls. Some paths down into the waterfalls are steep and involve holding onto a rope for extra support. All participants should be fit and used to walking with a day pack for long periods of time.

Every trekker has to complete a detailed medical form, which must be signed by their GP.

Price includes:

- Hotel accommodation sharing in twin bedded rooms, in a 3 star Scottsdale hotel for 3 nights pre-trek, followed by 1 night post-trek in a 3 star hotel in Las Vegas.
- Pre-trek Shabbat programme from Shabbat meal after Friday night service to Seudah Shelis on Shabbat afternoon
- Shared tented accommodation at our base camp (2 person tents)
- Fully supervised kosher food throughout trek
- Professional experienced trek guides
- Airport transfers upon arrival and departure (for those travelling on allocated flights only) and local transfers
- National park and permit fees

Not included:

- Food on day of arrival
- Food prior to trek unless participating in pre-trek Shabbat Programme
- Personal expenses (incl. all extra facilities used in hotels, drinks etc)
- Gratuities (suggested tip \$50-60 pp)
- Personal travel insurance
- Flights

Passports:

Participants must have a machine-readable passport to enter the USA with at least 6 months to run.



For further information, please contact:
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Itinerary complex, and subject to change