



ADVENTURE TRAVEL
VOLUNTEER-LED EXCURSIONS WORLDWIDE

Epic Adventure in Sedona



April 25—May 3, 2020 (Trip #2018)

WELCOME!

We are glad you are interested in taking this exciting trip with us!

Sedona is an Arizona desert town near Flagstaff that's surrounded by red-rock buttes, steep canyon walls and pine forests. It's noted for its mild climate and vibrant arts community. Uptown Sedona is dense with New Age shops, spas and art galleries. On the town's outskirts, numerous trailheads access Red Rock State Park, which offers bird watching, hiking and picnicking spots. It's a favorite destination in the Adventure Travel program, and always sells out. So, read the information carefully, and if this is the trip for you, let us know!

TRIP SUMMARY

We will fly to Phoenix, Arizona, rent CARS/SUV's, and continue on to our home base for the week in Sedona; SEDONA NESTLES AMONG A GEOLOGICAL WONDERLAND WITH SCENERY THAT MAKES YOUR HEART LEAP.

We will spend our time exploring the many trails this area has to offer as well as learning more about this mystical area as we discover Native American ruins and other incredible structures. Our hikes are at a moderate pace.



Trip Itinerary

Day 1, Sat 4/25 - Upon arrival at Phoenix, AZ airport. We will meet at the car rental counter. The leaders, and participant volunteers will drive the rental vehicles. All will go through a vetting process conducted by the AMC in confidentiality. We will then drive to Sedona, purchase groceries for lunches, and check into our hotel and relax (Approx. drive time 2 hours). Safety is the priority on AMC Adventure Travel trips.

A welcome dinner at a nearby restaurant gives us a chance to get to know one another. Should your flight schedule not allow for an afternoon arrival, it might be preferable to come the day before, as both leaders plan to.

Day 2, Sun 4/26– After breakfast at the hotel, we'll drive a short distance to a trail called Back O' Beyond. This trail leads to the Cathedral Rock that rises majestically toward the sky from the sandstone base in Sedona with an elevation gain of 608 feet in 1.5 miles. This is a short steep trail. The Templeton trail crosses the Cathedral Rock trail near the base where we will descend into a deciduous forest and follow Oak Creek to Red Rock Crossing. Here we can see views of Cathedral Rock from the back. We will find a comfortable spot for a picnic along the way (outing duration 2.5 hours, drive approx. 14 min - 7 miles).

In the afternoon, we will drive approx 3.2 miles to Broken Arrow Trail. We will hike 1.5 miles to Chicken Point with an elevation gain of 300 feet starting at a trailhead elevation of 4,250 feet. (4.2 miles round trip). It winds around red rock cliffs and canyons. These are both also considered Vortex sites (outing duration 3 hours, drive time 11 min - 5.1 miles). Dinner nearby.

The four major Sedona vortex sites: **Cathedral Rock, Bell Rock, Boynton Canyon, and Airport Mesa.**



Day 3, Mon 4/27 - Today, we will climb Doe Mountain with an elevation gain of 550 feet starting at trailhead elevation of 4,600 feet. The hike is 2.6 miles. Climb Sky Island to vast Panorama. Few climbs to world-class views have the virtue of being so easy. Once we climb up the switchbacks, we will hike the perimeter of the mesa along the rim for 360-degree views of the entire area. Then an easy hike to the Palatki Ruins, with an elevation gain of 296 feet starting at 4,742 feet, where we can spend some time to see the ancient cliff

dwellings in the Coconino National Forest (Outing duration 3 hours, drive time 11 minutes - 5.8 miles). Dinner will be nearby.

<https://www.fs.usda.gov/recarea/coconino/recreation/ohv/recarea/?recid=55368&actid=119>

Day 4, Tues 4/28 - After our breakfast at the hotel, our hike will be the West Fork Trail. This Trail is touted to be one of the best trails in Arizona and one of the top 10 trails in the United States.

It has an elevation gain of 200 feet starting at a trailhead elevation of 5,280 feet. The canyon walls rise up hundreds of feet leaving little room for much else besides the stream itself. The trail is narrow in these spots and visitors are forced to cross the stream several times. The stream can be crossed fairly easily by the use of some conveniently placed stones and fallen logs in the creek bed. During most seasons water is only a few inches deep. Lizards, squirrels, birds, and butterflies are common creatures and easily spotted along the path of this 7.2-mile round trip excursion. Your hiking poles might come in handy here (Outing duration 5 hours, drive time 1 hour 52 minutes - 43.7 miles). Dinner nearby.

<http://www.sedonahikingtrails.com/west-fork-trail.htm>

Day 5, Wed 4/29 - We'll drive to the trailhead to hike the 4.8 mile Long Canyon Trail with an elevation gain of 500 feet starting at the trailhead elevation of 4,500 feet. This area provides a scenic setting for unique habitat, which is a sampling of the picturesque buttes and cliffs for which the Sedona area is so famous. Steamboat Rock, Wilson Mountain, Maroon Mountain, and a number of unnamed cliffs, spires, windows and arches are visible from this trail. Long Canyon Trail ends at a red sandstone cliff where there are a few small Native American ruins and some primitive rock pictographs (Outing duration 4 hours, drive time 12 min - 5 miles). Dinner nearby.

Day 6, Thurs 4/30 - After breakfast, we will hike Bear Sign Canyon with an elevation gain of 402 feet starting at the trailhead elevation of 4,830 feet. This is one of the more remote places near Sedona. This is a scenic 6.2 miles red

rock country loop, which involves the use of four trails. The clockwise direction loop starts from the Secret Canyon Trailhead across the usually dry streambed of Dry Creek west of the parking area and ends at the trailhead parking area shared with the Vulture Arch Trail. To complete the loop, we follow the road southwest for about 1 mile to return to the Secret Canyon Trail parking area (Outing duration 5 hours, drive time 33 min - 6.3 miles). We have dinner at a nearby restaurant.

Day 7, Fri. 5/1 - Today, we're off to Montezuma Well and Montezuma Castle, both National Monuments. Montezuma Castle has an elevation gain of 20 feet starting at the trailhead elevation of 3,191 feet. Here we can gaze through windows of the past into one of the best-preserved cliff dwellings in North America. Besides juniper, Arizona sycamore, Arizona walnut, velvet ash, desert broom, and Spanish dagger, there are many wildflowers here such as Indian paintbrush, gray thistle, prickly poppy, and yellow columbine (Outing duration 3 hours, drive time 40 minutes - 30 miles). Depending on time, dinner will be near the castle or back in Sedona.

Day 8, Sat., May 2 - This will be our elective discovery day, and we will add a small hike if so desired by the group.

Day 9, Sun., May 3 - After an early morning breakfast, we pack vehicles and drive to Phoenix and catch our afternoon flights.

Leaders reserve the right to change the itinerary should any changes in conditions or weather occur, as safety of the group is our first priority.

PARTICIPANT PROFILE

This is an active trip geared towards the experienced hiker. You should have at least intermediate to advanced hiking skills and be able to carry a daypack with enough gear to keep you safe in the mountains. You should enjoy traveling and be comfortable in areas, which are unfamiliar to you. We will be

in closer quarters than you are used to at home. If you make helping others on the trip a priority, and contribute to them having a great time, you will have the best trip too.

EXPERIENCE & RISKS

This is a trip for experienced hikers who enjoy an active vacation. The difficulty rating for this trip is [4 - Moderate](#). You must be able to hike 6 miles a day at a moderate pace easily, with up to 1,000 feet of elevation gain while carrying enough equipment to keep you safe in the event of bad weather or injury. Although the hiking will be at a moderate pace, this is not a trip for beginners or people who have not hiked during the past year. You should already be in good physical condition by the time you arrive in Phoenix. Average temperatures in the Sedona area during April and May are typically in the 70's. You need to be comfortable hiking in hot/dry conditions. Participants should be aware of that there are risks associated with outdoor adventure activities, including adverse weather and environmental conditions, remote locations and transportation in vehicles and on foot. When you apply for acceptance onto the trip, please carefully read and sign the Adventure Travel Acknowledgement and Assumption of Risks and Release and Indemnity Agreement and call if you have questions.

It may happen on any trip that a participant is or becomes unable to participate in one or more of the planned activities. Leaders in their sole judgment have the right and obligation to refuse participation in any activity to any group member for reasons of safety, whether it be of the group or of the individual. Illness, injury, or lack of proper gear or fitness are examples of some conditions that might result in an individual being unable to participate in one or more activities. Although leaders will try to substitute an activity, it might not be possible in our location.

This trip is designed so that everyone may experience our adventure in

Sedona through shared participation in activities and tasks in an organized group environment. AMC travelers are known for their cooperative efforts and expectations are that all participants will be considerate of others sharing this AMC Adventure Travel experience.

GROUP SIZE

Our budget allows for a minimum of 12, and a maximum of 14 participants, plus 2 leaders. A waiting list will be established if more than 14 people apply for the excursion.

ACCOMMODATIONS

Accommodations will be a local motel with breakfast included and other basic amenities. We will be sharing rooms.

We will stop at grocery stores to stock up on lunches for the week. You are responsible for purchasing your own lunches/snack.



TRIP PRICE

The price for the trip is \$1,950 for AMC members. Non-members can join for \$50 and receive the same price. It will cover the following items: All lodging as specified above; all breakfasts and dinners (excluding alcoholic beverages), Leaders guiding, National Monument Entrance fees, car rentals and gas, as well a portion of your leaders' expenses.

Not included: from Boston to Phoenix approx. \$400, lunches, trail snacks, souvenirs.

The final trip price will be adjusted in accordance with the best final arrangements we can make. Any savings we achieve, as well as any cost increases, will be passed back to you. Our cost estimates are conservative, and so a refund is considerably more likely than a cost increase. Adventure Travel trips are run on a non-profit basis. Leaders are volunteers who are not compensated except for their travel costs associated with the trip. The advertised trip price includes a surcharge, which goes toward the administrative expenses of the AMC Adventure Travel program. The trip fee also includes emergency medical and evacuation insurance coverage. It does not include insurance for travel delay, interruption, or cancellation, or for baggage loss. We highly recommend personal travel insurance for those possibilities. The AMC has a recommended vendor whose material will be sent to you if your application is accepted.

REGISTRATION, CANCELLATION, & ITINERARY ADJUSTMENTS

To apply, you must complete and submit the Application, Confidential Medical form, and Acknowledgement and Assumption of Risk and Release form. You may also decide to complete the optional Supplemental Medical Questionnaire. You can download them from this website: <https://drive.google.com/drive/folders/1lzmiIP2DdCiGaLqejBNat9ouNhZAY6Az?usp=sharing>

Application Documents. Mail these forms and a deposit of \$950 (payable to the Appalachian Mountain Club) to Marianne Page, 29 Bedard Ave, Derry, NH 03038. Your check will not be deposited until the leaders have determined by telephone conversation with you that you and the trip are a good match and you are accepted. The final balance of \$1,000 is due January 15th, 2020. Deposit checks from waitlisted applicants will not be cashed until a spot is available, and the applicant is accepted onto the trip. Our cancellation policy is based on several considerations. Cancellation will not be allowed to raise the cost to the other participants or to the leaders. The minimum cancellation fee is \$100 once the trip has been declared a go. If actual costs (expenses already incurred on your behalf, and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed instead, unless they can be applied toward another acceptable participant. We expect a maximum group size of 16 people, including the 2 leaders.

This trip is likely to fill quickly. If you are interested, you should apply as soon as possible. Please note that trip leaders in their sole discretion may change trails/itinerary due to weather, group capability, etc. Trip leaders also have the right to exclude an individual from a day's activities based on their opinion of the individual's demonstrated capabilities.

EQUIPMENT LIST

Below is a list of the required and recommended gear for the trip, as well as a list of items, which some people will bring and share.

Required and Essential Gear:

broken-in waterproof hiking boots or hiking shoes

at least 2-3 set of hiking socks, and liners

Non-cotton shorts (or long pants if you prefer) and shirts for hiking

Backpack - (with sufficient capacity to carry your day hiking gear)*

waterproof pack liner and/or pack cover*

waterproof wind and rain gear (tops and bottoms)*

wool sweater, or synthetic pile/fleece jacket* for warmth, and gloves or mittens* polypropylene, Coolmax, Bergelene or other synthetic extra layer clothing

sunglasses*

hat or bandana for sun protection* *

First Aid kit with all personal medications!

Tevas, Crocs or other sandals (to wear after hiking)

headlamp or flashlight with fresh batteries*

unbreakable bottles or hydration bladder (at least 3 liters total capacity)*

high-energy trail snacks*

toiletry kit: sun screen, ear plugs, personal first aid kit (leaders will have a group first aid kit)*

whistle*

knife

clothing for use in town (for rain & dirt)

Optional Gear:

hiking poles, batteries/charger/adapter plug

camera and add your own needs....keep it light!

TRIP LEADERSHIP

Marianne Page is an AMC New Hampshire Chapter Trip Leader and is currently certified in SOLO Advanced Wilderness First Aid, AED & CPR. Marianne has led Adventure Travel excursions since 2008. She has traveled extensively to Germany, hiked in Africa, Peru, Norway, and Patagonia. Marianne has led trips to Glacier N.P., the Sawtooth Mountains, New Zealand, Big Bend N.P., Utah, Patagonia; she backpacked in the Tetons, trekked twice in the High Atlas, and once in the Anti Atlas of Morocco; was led in St. John, and to Mallorca, a new Adventure Travel destination. She is looking forward to sharing this special Sedona adventure with you.

mpage45@gmail.com 603 432 9249 home phone



Denise Fredette is an AMC Maine Chapter Trip Leader certified in Advanced Wilderness First Aid and CPR. She leads many hiking, backpacking, camping, and hut weekend trips and is involved in Leadership Training for her chapter. She has led hikes for AMC's August Camp in the Cascades of Oregon in 2015 and Co-led an Adventure Travel

trip to Texas and New Mexico in April 2017. Denise is a 4-season hiker who has hiked extensively in the Northeast and has completed a number of peak bagging lists including NEHH and NH48 (all Winter) and continues to explore new hiking opportunities throughout the United States.

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