Bryce Canyon

We will hike in three dramatically different, but equally beautiful parks in Nevada and Southern Utah. We start our journey by flying into Las Vegas and spending the night there. The next day we drive to the Valley of Fire, Nevada's oldest state park, for a series of short hikes among the bright red Aztec sandstone outcrops nestled in gray and tan limestone.
We then head to the Zion area for 5 days of hiking, canyoneering and biking. We will follow the paths where ancient native people and pioneers walked. Gaze up at massive sandstone cliffs of cream, pink, and red that soar into a brilliant blue sky. Experience wilderness in a narrow slot canyon. Zion’s unique array of plants and animals will enchant you as you absorb the rich history of the past and enjoy the excitement of present day adventures. We next move on for two days at Bryce Canyon, known for its hoodoos and sculpted multi-color landscapes. We will visit a couple of the amphitheaters that makes up Bryce Canyon both on foot and by vehicle visiting the several viewpoints along the 18 mile park road. We will spend our last night in Las Vegas, have a farewell dinner and allow you time to take in the scenery of Las Vegas.

On this adventure we will also have time to take in ranger-led geology or wildlife talks and check out the night sky. We will also stop at each park’s visitor center to explore the educational displays of local geology, wildlife, and plant life.

ITINERARY
Following is the daily itinerary which we plan to follow. Note that the hikes may be changed due to trail closures or days swapped to take advantage of the best weather. (B=Breakfast & D=Dinner)

Friday Sept 11 – Depart for Las Vegas. We will spend our first night in Las Vegas and have a welcome dinner. (D)

Saturday Sept 12 – We will travel to Valley of Fire for a series of short hikes. We will spend the first of 5 nights in the Zion area. (B/D)

Sunday Sept 13 – Today will be our first hike in Zion National Park. We will hike to Angels Landing (5.4 mi RT, 1,488’ of elevation gain, 4 hrs) and later hike the Watchman Trail (3.3 mi RT, 368’ of elevation gain, 2 hrs). (B/D)

Monday Sept 14 – Today we hike to Observation Point (8 mi, 2,148’ of elevation gain, 6 hours). (B/D)

Tuesday Sept 15 – Today we spend the day outside of Zion National Park for a full day of beginner level Canyoneering (7 to 9 hours). We are using an outfitter for this. This will be beginner level canyoneering, no experience required and the outfitter will provide training. (B/D)

Wednesday Sept 16 – Today we are back in Zion National Park hiking the Narrows. (7 to 9 mi RT, 300+ of elevation gain, 7 to 8 hours). (B/D).

Page 2 of 11
**Thursday Sept 17** – Today we will spend the day outside of Zion National Park for a half day of beginner mountain biking. We are using an outfitter for this. No experience required other than the ability to ride a bike and the outfitter will provide training. Afterwards we head to Bryce Canyon for our first of two nights there. (B/D)

**Friday Sept 18** – Today is our first hike in Bryce Canyon. We will hike the Fairyland Loop (8 mi loop, 2,309’ of elevation gain, 4 to 5 hours). (B/D)

**Saturday Sept 19** – Today we hike the Queens Garden & Navajo Combination trails (2.9 mi loop, 580’ of elevation gain, 2 hours). After hiking we travel back to Las Vegas to spend the night and have a farewell dinner. (B/D)

**Sunday Sept 20** – Travel home. (B)

**CANYONEERING & MOUNTAIN BIKING – WHAT TO EXPECT**

The Full Day Guided Zion Canyoneering Adventure is the best way to spend your day in the Utah desert. Looking to get off the busy beaten paths in Zion National Park? Canyoneering is a great activity unique to this area that allows you to avoid crowds and experience the solitude only a canyon can provide. On this trip you will descend a beautiful and technical slot canyon. You will be rappelling anywhere from 20-100 feet in length.

During your full day of canyoneering you can expect 2-3 hours of moderate hiking. The outing is 7 to 9 hours long. This time is from “shop to shop”. This is a private trip and it is suitable for people of all experience and ability levels.

What to Expect:
- Led by a AMGA certified guide
- 7-9 hour outing
- Descend a technical slot canyon via: rappelling, hiking and down-climbing.
- Instruction on rappelling, down climbing, and belay techniques
- Rappels 20-100 feet in length
- Moderate hiking for 2-3 hours
- All trips are private, you are not grouped with others unless requested.
Half Day Mountain Biking
Zion is emerging as a riding mecca and has a wide range of trails from beginner friendly single track trails, slick rock areas, and modern free ride trails. The Half Day Mountain Biking trip is our most popular riding option. This trip is suitable for a variety of different ability and experience levels from beginners wanting an introduction to the sport to more experienced riders getting a good session in.

Prior mountain bike experience is optional but participants must be proficient on a bicycle. Our experienced bike guides provide a thorough orientation to the bike features as well as teach various riding techniques. We choose trails based on riders’ experience level and overall fitness.

What to Expect:
• 3-5 hour trip
• Rides 4-14 miles in length
• Moderate to strenuous difficulty
• Wide range of riding options

Canyoneering is considered a technical activity and is a higher risk than the rest of the trip. Our excursion will be a beginner day of canyoneering that requires no experience at all to participate. Participants may opt out of the canyoneering and biking activities of this trip and can continue on with the rest of the trip. The leaders may exclude an existing trip participant from the canyoneering and biking activities even though they were accepted onto the trip itself.

EXPERIENCE AND RISKS
In some senses this is not a difficult trip. The terrain is gentler than the high mountains of the Northeast U.S. The trails are generally good, because they are well maintained and because they don’t have to deal with a lot of precipitation. Our day hikes are moderate, with our longest distance being 9 miles, and our greatest elevation gain being 2,300 feet. The combination of physical exertion and dry air will require that we pace ourselves and pay close attention to hydration and

Zion National Park - Angels Landing
proper nutrition. On our hikes, we will be away from towns, hospitals, and doctors. The leaders have taken Wilderness First Aid and CPR courses, and will carry a first-aid kit, but are not health care professionals. Should someone require evacuation due to injury or illness, we will not be far from the road, and the park staff will know how to deal with the nearest first responders and hospitals. We expect to carry communications gear which will enable us to send a message if we have an emergency. People wishing to participate in this trip must have previous hiking experience, at the intermediate level or higher. Although the hiking will be at a moderate pace, this is not a trip for a beginner, for someone who has not hiked in the last several years, for someone who has never hiked several consecutive days, or for someone who is not already in shape at the time we leave home.

When you participate in this activity, you should be both physically and mentally prepared, and equipped with the appropriate gear. You should be in good physical shape and be prepared for hiking days of up to 9 miles. The terrain is mostly dry and often barren. You should always be aware of the risks involved and conduct yourself accordingly. We are not responsible for your safety: you are. Prior to being accepted as a participant on this trip, you will be asked to discuss your capabilities and experience with us. Please do not be offended by our questions as they are the best tools we have to get to know you and your abilities.

**About Angels Landing**

Angels Landing is a strenuous trail with steep drop-offs and very narrow sections. The last half-mile follows a steep and narrow ridge from Scouts Lookout to Angels Landing itself, a fantastic observation point 1500 feet above Zion Canyon. Anchored support chains are attached along some sections of the sheer cliff. You will be rewarded with an excellent view of the main canyon at the top. Avoid standing near the edge at all times! If you are afraid of heights this hike is not for you. You can enjoy the views from Scouts Lookout while the rest of the group continues to the top of Angels Landing.

**GROUP INFORMATION**

**Group Size**

We will limit the group to fourteen participants and two leaders. We find this size makes for a good balance between camaraderie and pragmatism.
**Expectations**

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

Additionally, participants are expected to offer the leaders and their fellow participant's assistance when it's appropriate. If possible, we will try to plan one pre-trip get-together so we can begin to get acquainted with each other here at home. We will do everything possible to create a friendly atmosphere throughout the trip so that participants can focus on enjoying the scenery and the experience. We encourage each participant to let us know how the group dynamics are working for him or her throughout the trip. Both leaders have led many fun, relaxed trips in the past, and intend to make this trip another success. First and foremost, we aim to experience our trip to the Southwest enjoyably and safely!

It may happen on any trip that a trip member 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 will be of the group or of the individual. Illness, injury or lack of proper gear or fitness for a particular activity are examples of some conditions that might result in a participant’s being unable to perform one or more activity. Leaders may try to find a substitute activity for the trip member, but this may not always be possible.

**ACCOMODATIONS**

We will stay in motels. Each room will have two beds and there will be two participants to a room. Breakfasts and dinners are included. The motels provide breakfast, and dinner will be at a nearby restaurant each day. The group will stop for everyone to buy their own lunch food and trail snacks. The hotel we stay at in Las Vegas will include free airport shuttle.

Ground transportation will be in rental vehicles driven by trip leaders and volunteer participants, starting and ending in Las Vegas. All drivers, including leaders, are screened in advance by AMC to confirm their safe driving records. Air transportation to and from Las Vegas is NOT included in the trip price. We will provide required arrival and departure schedules, and will offer advice in the making of your reservations. Once you purchase air tickets, they are wholly owned by you. Participants may choose at their option to extend their trip by arriving earlier or departing later.

**LEADERS’ RIGHT TO CHANGE ITINERARY**

While the itinerary in this prospectus is what the leaders have planned at the time of writing, various factors may require changes for reasons of safety, transportation or lodging availability, and unforeseeable circumstances (such as weather considerations or natural disasters in areas to be visited). The leaders reserve the right to make such changes as necessary, both before and during the trip.
TYING TRIP TO AMC MISSION

AMC Adventure Travel trips are run in a manner supportive of and consistent with the conservation, recreational and educational principles and mission of the Club. Trip leaders encourage participant conduct consistent with Leave No Trace environmental and conservation principles and local regulations.

AIR AND TRAVEL

The leaders will assist you in making airline reservations and provide the itinerary that you should book to arrive on time. Plan to arrive in Las Vegas on September 11, 2020. We suggest you arrive as early as possible to have a bit of time to rest, see Las Vegas and join the group for our welcome dinner. Our trip ends on September 20 so that your flight home should be no earlier than that Sunday morning at Las Vegas, McCarran International Airport (LAS).

COST

The cost for the trip is $2,175 for AMC members and $2,275 for non-AMC members plus airfare (est. $500 - $700). This price is based on quotes at the time this trip was proposed in December of 2019. This price covers the following:

- Accommodations in motels for two nights in Las Vega, five nights in La Verkin, UT (near Zion) and two nights in Tropic, UT (near Bryce)
- All meals listed in the itinerary
- All ground transportation including airport hotel shuttles and use of rental vehicles
- Park entrance fees
- Evacuation and repatriation insurance required by the AMC.

WHAT IS NOT INCLUDED

- Round trip airfare to Las Vegas (est. $500 - $700)
- Lunch, beverages, trail snacks and personal items
- Optional activities and incidental expenses
- Trip cancellation insurance
Please be aware that, in accordance with AMC policy, you are subsidizing the leaders' costs. Beyond this, the leaders are not allowed to realize any profit from this excursion. The trip price also includes an AMC overhead fee to cover the administrative expenses of offering Adventure Travel excursions. The trip fee includes emergency medical and evacuation insurance coverage, which is required by the AMC. It does not include insurance for travel delay, interruption, or cancellation, or for baggage loss. If these possibilities concern you, individual travel insurance is recommended. More information about included emergency medical and evacuation insurance, as well as about optional and recommended travel insurance, will be provided to participants in their formal acceptance letters, which will be sent out when the trip has the required number of accepted applicants.

Given current trends with fuel costs and with the value of the US dollar, this cost estimate of $2,175 is conservative, and includes a reasonable contingency for unpredictable costs. After the trip, and after all expenses have been paid, any remaining trip funds will be refunded to the participants. A refund of excess payments appears much more likely than any request for additional payment.

WHAT’S NEXT
If you have any questions, please contact us so we can discuss them. You can reach Brian at 413-221-2149 or Annemarie at 508-932-1798. Please feel free to call before 9 PM.

After you have reviewed this prospectus, if you want to apply to join us, please let us know by e-mail to btausend1@gmail.com AND amlhikeamc@gmail.com. One of us will send you the application materials, consisting of a Participant Application, a Confidential Health Questionnaire, and an Acknowledgement and Assumption of Risk and Release form. Please complete all three forms, and sign and return them with a deposit check of $1,000, payable to the Appalachian Mountain Club. Please mail it to the address listed on the application form. The final balance of $1,175 is due July 1, 2020.

To be offered a spot on the trip, the leaders must determine that you and the trip are a good match, a process that may require a telephone conversation with you and reference checks. Your check will not be deposited unless we offer you a spot on this trip. If you are accepted from a waiting list, we will not deposit your check unless you confirm that you are still interested.

When registration is complete, we will send all participants the names, addresses and phone numbers of those going on the trip. We will be using e-mail as our primary method of communication. We will try to arrange a pre-trip gathering so that we can start getting acquainted before we head to the Southwest.

CANCELLATION
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. Our published minimum penalty schedule is zero if canceled before June 1, 2020, $300 in between June 1, 2020 through July 1,
2020, and $600 afterwards. If actual costs (expenses already incurred on your behalf and any unavoidable future expenses that will be incurred as a result of cancellation) are higher, they will be assessed instead, unless they can be applied toward another acceptable participant.

Cancellation refunds will not be paid until after the trip has been completed. Cancellations are considered effective when a leader receives written notification. When a canceling participant cannot be replaced, he/she may forfeit as much as the entire trip fee.

Optional trip cancellation insurance can be purchased from a variety of programs, including one available through the AMC. You decide on your own, and handle this directly with the insurance carrier. Based upon your response in the application, and subject to your being accepted on the trip, we will send you information on the program offered through the AMC.

SAFETY
As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with volunteer leaders to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips and camps, and transportation in vehicles, on foot, or on a bike. When you apply for acceptance onto a trip, please carefully read and sign the Adventure Travel Acknowledgement and Assumption of Risks and Release and Indemnity Agreement and call if you have any questions.

TRIP LEADERS

Brian Tausendfreund is a four-season trip leader and instructor for the AMC NH Chapter. He has completed numerous rounds of the NH 48, including in winter, and has led trips to each of the NE 67 summits. He has co-led a "Tour of Mont Blanc" Adventure Travel trip in 2018 and a trip to Luxembourg in 2019. He has hiked in the high peaks in California, Death Valley, Nevada and the beautiful canyons of Utah. He also travels frequently in Europe. Brian is certified in Wilderness First Aid via SOLO, and CPR via American Heart Association.
Annemarie Langhan is a world traveler and lover of outdoor activities and adventures and a Worcester, MA hiking and backpack leader. She is an AMC Program Volunteer at the Highland Center, Pinkham Notch, and White Mountain huts. Annemarie has hiked many of NH’s 48-4000 footers. She is also an AMC August Camp leader, leader and co-leader for various hiking and backpacking trips in NH’s White Mountains, Grand Canyon, Zion National Park, Sedona, Guadalupe National Park, Mount Rainier National Park, and the Pirin Mountain range in Bulgaria. Annemarie is certified in Wilderness First Aid via SOLO, and CPR via American Heart Association.

EQUIPMENT LIST
Here 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. If your personal equipment philosophy is different in significant ways, please consult with the leaders.

Required and Essential Gear
- broken-in hiking boots (preferably above ankle)
- rain and wind protection gear
- synthetic pile/fleece jacket, or wool sweater
- non-cotton shorts (or long pants if you prefer) and shirt for hiking
- at least 2-3 sets of hiking socks with liners
- long underwear top and bottom
- polypropylene, Coolmax, Bergelene or other synthetic extra layer clothing
- hat for warmth, and gloves or mittens (it may get cool at night)
- comfortable clothing for evenings and in town
- day pack large enough to carry at least 2 quarts/liters of water, sun hat, flashlight/headlamp, personal gear, etc.
- at least 2 quart/liter water bottles or equivalent hydration system
- waterproof pack cover, or garbage bags for pack liner
- a lightweight flashlight or headlamp with extra batteries
- toilet paper and extra ziplock bags to pack it out after use
- personal toiletries and prescription medications
- pack towel
- hat, visor, sunglasses, sunscreen, and/or bandana for sun protection
- liquid hand gel
- bike gloves
- padded bike shorts
Recommended or Optional Gear

- hiking poles
- personal first aid kit with moleskin, personal meds, etc. (leaders will have group first aid kit)
- whistle
- small knife (put in checked luggage)
- high-energy trail snacks
- bathing suit
- ear plugs
- binoculars or spotting scope
- insect repellent
- moisturizing eye drops
- medications such as Imodium for digestive problems
- camera, batteries, & charger
- field guides