



**BE
OUTDOORS**
APPALACHIAN MTN CLUB

AMC ADVENTURE TRAVEL

Volunteer-Led Excursions Worldwide

Hiking in Majestic Sedona

February 25, 2023 – March 5, 2023 (trip# 2315)



Hangover Trail, Sedona, AZ

We are glad that you are interested in this exciting trip! Please read the information carefully, and contact us if you have specific questions about this trip:

Bill Wheeler 860-324-7374; bwheelsjr@cox.net or Kathleen Miller 860-402-9739; ctmurph01@gmail.com. For general questions about AMC Adventure Travel, please email AMCexcursions@outdoors.org.

SUMMARY

Join us for a week of hiking in sublimely beautiful Sedona, Arizona (4,350'), with its deep canyons, soaring mesas and gentle streams. Located in North Central Arizona, Sedona is part of what is often called "Red Rock Country". It is conveniently nestled between Phoenix, Flagstaff and the Grand Canyon. It is an area of serene and breathtaking beauty with many wonderful and accessible trails. During our hikes, we will get beautiful views of vivid red sandstone, towering pinnacles, sheer canyon walls and massive red-rock formations. Sedona is also situated at the mouth of spectacular Oak Creek Canyon. As a result, we will experience both the high desert and the lush, thickly vegetated areas along flowing streams.

Sedona has a rich cultural and artistic heritage. The awe-inspiring vistas and magnificent views of the sky have been spiritual landmarks for centuries. Indeed, the area has seen human habitation since ancient times. Between 900 AD and 1350 AD, the area was home to the Sinagua people; they are believed to be ancestors of the Hopi people. They left behind enduring rock art as well as ruins of their pueblos and cliff dwellings. In addition to hiking, we plan to visit two of these Native American historic sites. Our daily hikes will also provide an opportunity to expand our knowledge of this area's vortex sites that many believe are centers of the earth's energy.

We will stay at a hotel in Sedona as near downtown as budget allows and spend some late afternoons and evenings exploring Uptown Sedona, a walk or short drive away. This easily walkable Main Street District boasts an eclectic assortment of shops, restaurants, galleries and a museum among even more red rock views. Afternoons may also be spent relaxing at our hotel or swimming in its outdoor pool.

TYPICAL PARTICIPANTS

You should enjoy traveling and be comfortable in areas which are unfamiliar to you. You should recognize that you may find yourself in closer quarters or be less comfortable than you are used to at home. You should make it a priority to help others on the trip and contribute to their having a great time. If you do that, we are confident that you will have a great time.

This trip is rated [4 - Moderate](#) on the AMC Activity Rating System. It is designed for experienced hikers. You must be able to hike 5 to 8 miles per day at a moderate pace easily, with moderate elevation gains between 750 and 2,100 feet over the course of 3 to 5 hours. We'll hike at altitudes between 4,300 and 6,500 feet. For the week, we plan to hike approximately 40 miles with 7,000' elevation gain. You must carry a daypack with enough food, water and equipment to keep yourself safe in the event of bad weather or injury. Many of Sedona's trails are on angled slick rock or narrow with steep drop-offs. This trip is not for those with a fear of heights.

Sedona in late winter should have daytime highs in the 60s & 70s with overnight lows in the 30s & 40s. The hikes may at times feel warm and comfortable, yet at other times, cool and windy. We'll dress accordingly and stay hydrated with 2-3 liters of water per day. We'll spend ample time at each hike's summit or destination, resting from the climb, eating lunch and taking in the views. With careful planning, preparation and teamwork, we'll adapt to the conditions and have fun exploring the vast beauty this region has to offer!

ITINERARY

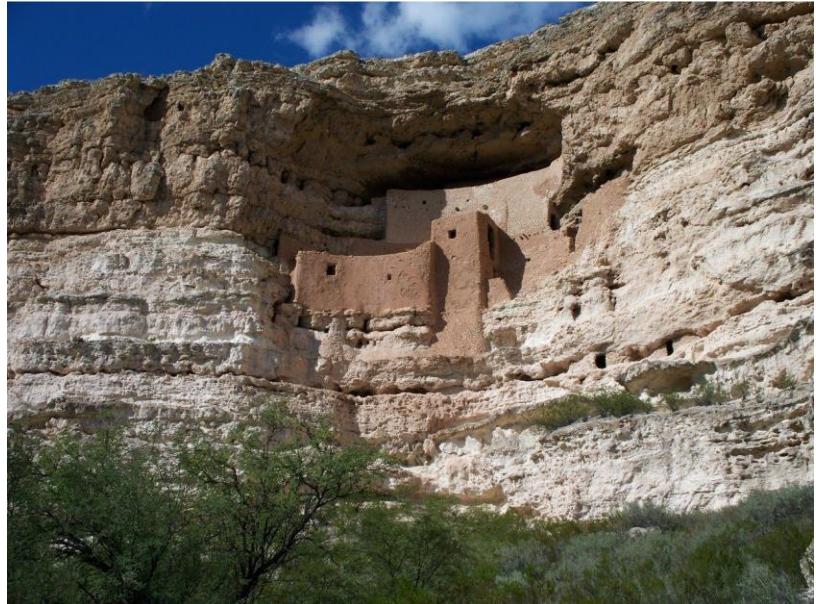
Day 1 – Saturday, February 25:

Fly to Phoenix, Arizona, arriving in the late morning, Mountain Time. We will meet in the airport to pick up our minivan rentals. Then we drive 2 hours north to Sedona.

Along the way, we stop at Montezuma Castle National Monument, a set of well-preserved cliff dwellings built and used by the

Sinagua people between 1100 and 1425 AD.

The main structure comprises five stories and twenty rooms, and was built over the course of three centuries.



Montezuma Castle

Day 2 to Day 8, Sunday, February 26 to Saturday, March 4:

We will leave the hotel each morning for a total of six diverse, moderate hikes to canyons, mesas, saddles and mountaintops, all with beautiful red rock scenery. Hike totals for the week are approximately 40 miles and 7,000' elevation gain. Drive times to trailheads will be short, only 15 to 20 minutes one-way.

On one day, we plan to visit Palatki Red Cliffs and Honanki Heritage Sites to explore the Verde Valley's history and culture with rock art, ruins, pictographs, and cliff dwellings. These easy, ranger guided walks total 2.6 miles and 285' elevation gain.

Sedona is an International Dark Sky Community. One night, our group will take part in an evening of stargazing and astronomy with [Sedona Stargazing](#), guided by a professional astronomer. They will use a laser pointer to illustrate constellations, then a telescope to view galaxies, star clusters, nebula and planets.

List of Planned Hikes:

Courthouse / Bell Rock / Big Park – 5 mile loop, 620' elevation gain, 3 - 3.5 hours

Panoramic and up-close views of two famous rock formations, along with distant views of Cathedral Rock and Chapel of the Holy Cross. Scramble up Bell Rock to a lunch spot. We'll visit the famous chapel after this hike.

West Fork – 7.2 mile out & back, 750' elevation gain, 4 hours

Hike through the base of a picturesque canyon, looking up at towering cliffs. Be sure to look down, as we cross the West Fork of Oak Creek 13 times...all again on the way out!

Soldiers Pass / Overlook / Brins Mesa – 6.4 mile loop, 1,175' elevation gain, 4 hours

Climb past the Devils Kitchen, a giant sinkhole, to the top of a mesa. We'll hike up a primitive trail to enjoy lunch on a stunning overlook at 5,455'. End with a gentle descent.

HiLine / Baldwin / Templeton / Cathedral Rock – 8 mile loop, 1,600' elevation gain, 5 hours

Hike along a narrow trail and cross large expanses of slick rock with increasing views of Cathedral Rock. Challenge ourselves with a steep, rocky scramble to the majestic saddle, one of Sedona's vortex sites.



Cathedral Rock

Munds Wagon / Cowpies / Hangover – 8.2 mile loop, 1,200' elevation gain, 4.5 - 5 hours

Follow a wagon road and stream bed, then ascend past four large sandstone mounds to a saddle with spectacular views of Oak Creek Canyon and Mt. Wilson. Traverse the backside of Mitten Ridge on steep, narrow trail and descend over expansive slick rock.

Bear Mountain – 5 mile out & back, 2,100' elevation gain, 4 - 5 hours

Short, but steep rocky climb to a 6,480' summit, our trip's highpoint. If we can mentally handle the steep drop-offs and false summits, we'll be rewarded with 360 degree views that stretch for 50 miles!

Day 8, Sunday, March 5:

After breakfast, the group will drive back to Phoenix for flights departing in the early afternoon, Mountain Time.

ACCOMMODATIONS

Eight nights at a 3-star hotel in Sedona, AZ.

Accommodations are two to a room in the hotel. Rooms will be simple, yet comfortable and budget friendly with two beds and private bath, along with a mini-fridge and microwave.



Uptown Sedona

MEALS

All dinners are included. We will dine at local restaurants that offer a wide variety of options for all diets. Each evening at dinner, we will review the events from the day and discuss plans for the next day. Breakfasts and lunches are the participant's responsibility. The hotel offers a free hot breakfast bar, which may be subject to change due to covid precautions. Lunches will be purchased at a Safeway grocery store or Whole Foods Market in West Sedona.

EXPERIENCE AND RISKS

On the day hikes, you must be able to hike an average of 6.5 miles and up to 2,100' elevation gain per day at a moderate pace easily. You must carry a daypack with enough food, water and equipment to keep yourself safe in the event of bad weather or injury. Slick rock and narrow trails with steep drop-offs also add to the difficulty. 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 beginners or people who have not hiked during the past year. You should be in excellent physical condition at the time you arrive in Phoenix.

Leaders will ask for volunteers among the participants, to share in the driving, which requires a check of your driving record.

Large mammals found among the red rocks include the mule deer, javelina, coyotes and bobcats. We will never feed or approach wildlife for any reason and always obey the rules and regulations of any region we will be hiking in.

Before you apply for acceptance onto this trip, please carefully read the Adventure Travel Acknowledgement and Assumption of Risks & Release and Indemnity Agreement and call if you have any questions. Prior to your being accepted as a participant in this trip, you will be asked to discuss your capabilities and experience with us. Please do not be offended by our questions. Our group will be a minimum of 14 people and a maximum of 16, including leaders. A waiting list will be established if more than 14 people apply for the trip.

TRIP COST

The cost for the trip is \$2,500 for AMC members or \$2,600 for non-members. To join the AMC (2020 pricing - \$50 individual, \$75 family), click [here](#). This will cover the following items:

- All lodging, as specified above
- All dinners, excluding alcoholic beverages
- Hot breakfasts, included at the hotel in Sedona
- Car rentals and gas
- Sedona Stargazing tour
- Emergency medical and evacuation insurance coverage
- AMC Adventure Travel Fee (20% of land costs)

Not included:

- Airfare from eastern cities to Phoenix Sky Harbor International Airport (PHX), approximately \$400 - \$500
- All lunches
- Individual travel insurance coverage

The approximate cost for the excursion is based on quotes at the time the trip was submitted to the Adventure Travel Committee (December 2021). The final cost of the trip will be adjusted in accordance with any savings we might enjoy or increases we may incur.

AMC's standard [Adventure Travel terms and conditions](#) apply. By applying for this trip, you acknowledge that you have read, understood and agree to all terms and conditions detailed in the above web page.

HOW TO PROCEED

If you would like to apply for this trip, please complete the online Application, which includes the Acknowledgment and Assumption of Risks & Release and Indemnity Agreement, Confidential Health Questionnaire and Covid-19 Warning and Supplemental Liability Waiver, all found [here](#). Mail the \$600 registration fee, made out to the Appalachian Mountain Club, to:

Bill Wheeler, 2506 Mill Pond Drive, South Windsor, CT 06074

The balance of \$1,900 is due by November 25, 2022.

When registration is complete, the trip leader will send all participants the names, addresses and telephone numbers of those going on the trip along with a list of recommended gear for the trip. Trip leaders prefer to use email as a primary source of communication. We will inform you when it is time to purchase airfare and offer suggestions for various flights to Phoenix, AZ.

CANCELLATION POLICY

The AMC Adventure Travel cancellation policy is based on the premise that your cancellation may not raise the cost to other participants or the leaders. Any participant cancelling after notification that the trip will run as scheduled, will be assessed a minimum cancellation fee of \$200. 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 to another acceptable participant. Should the leaders be able to replace you, you may be charged a reduced penalty. The cancellation fee will generally not be determined until after the trip. Failure to make trip payment(s) in a timely manner will be considered a cancellation.

PHOTO CREDITS

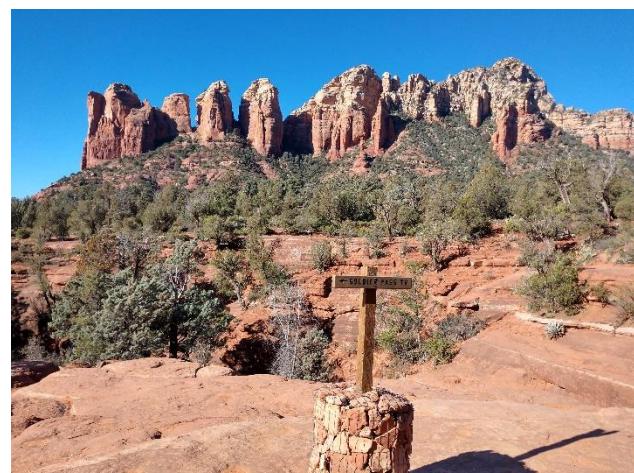
Page 1 – Hangover Trail, Mar 2020 – Bill Wheeler

Page 3 – Montezuma Castle, Oct 2020 – Merri Fox

Page 4 – Cathedral Rock, Oct 2021 – Marianne Page

Page 5 – Uptown Sedona, Mar 2020 – Bill Wheeler

Page 7 – Soldier Pass Trail, Mar 2020 – Bill Wheeler



Soldier Pass Trail

TRIP LEADERS

Trip Leader **Bill Wheeler** joined the AMC in 1995 with a goal of summing the 48 New Hampshire 4,000 footers, which he achieved in 2009. He has also climbed all of New England's 100 highest peaks. Bill became a hike leader for the Connecticut Chapter in 2005 and has led over 120 day hikes, as well as lead or co-lead on 14



weekend trips to New Hampshire's White Mountains. He has completed the SOLO basic First Aid Course and Heart Saver CPR Course. Bill has traveled to 6 Canadian provinces, 7 European countries, India, New Zealand and Peru. He has climbed several high peaks in the Western U.S., including 14,497 ft. Mt. Whitney, the highest point in the contiguous 48 states. Bill has led and co-led 12 Adventure Travel trips since 2010 to Bulgaria, Texas/New Mexico, Oregon, Wyoming, Canadian Rockies, Austrian Alps, Colorado, Utah, Washington, Idaho and Nevada/California. Bill can be reached at 860-324-7374 or bwheelsjr@cox.net.

Trip Associate Leader **Kathleen Miller** has been hiking & backpacking all of her adult life, starting in California Sierras and the Colorado Rockies. After moving to the East Coast, Kathleen grew to love the mountains there and summited all of New England's 100 Highest. She has finished 23 of the Adirondacks over 4,000 feet. She led a successful group to the summit of Mount Whitney (14,497') in 2017. Kathleen loves everything outdoors including skiing, canoe & kayaking, biking & birding. Kathleen has completed AMC Mountain Leadership School and SOLO Wilderness First Aid. Her love of travel and quest for new adventures has taken her to many places abroad, including: Canada, Mexico, US Virgin Islands, China, Ireland, England, Finland, Patagonia, New Zealand, France, Russia, Rumania, & Hungary. Kathleen can be reached at 860-402-9739, or ctmurph01@gmail.com.

