



AMC ADVENTURE TRAVEL
Volunteer-Led Excursions Worldwide

Spectacular Day Hiking in Bryce & Zion National Parks

September 15 - 24, 2023

Trip #2338

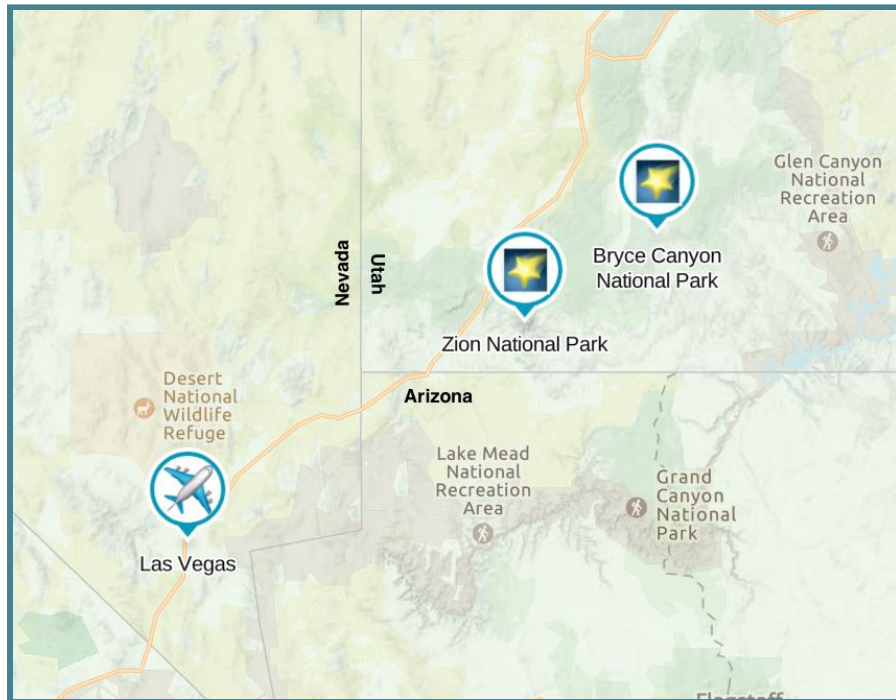


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Trip Overview

Utah is home to beautiful landscapes and once-in-a-lifetime hikes. We'll sample Utah's brilliance by visiting must-see Bryce Canyon and Zion National Parks. These two parks offer two dramatically different, but equally beautiful landscapes.

We start our journey by flying into Las Vegas and spending the night before departing for Zion. Over the next four days we will explore and hike in Zion by visiting Kolob Finger Canyon, East Rim, the Narrows Slot Canyon, and the famous Kolob Arch. We then head to the Bryce area for three days of hiking. Highlights will include peering at the amazing canyon from Bryce Canyon Rim Trail. Bryce has other gems for us to explore and hike, via trails with names such as Peak-a-Boo, Queen's Garden, and Fairy Land. We will return to Las Vegas and spend our last night, reflecting on our most amazing adventure.



Trip Difficulty

This trip is rated as **4 - moderate**. Hikes will average 8-14 miles per day with typical elevation gain of 1500'. (Hikes will be shorter on our travel days.) Hiking duration will range from 2-3 hours on the shorter/travel days, and up to 6-7 hours on our full hiking days; all times are dependent on group pace and local conditions. The terrain will vary from rocky to smooth, and in some places sandy. On one hike we will be walking in a canyon river bed, where water sandals will be required. On another hike we will have a difficult but optional section, requiring the use of a hand-held cable. Good hiking boots with good grips will be required. ([See AMC Trip Rating System](#)).

Daily Itinerary

Below is a proposed daily itinerary. Please note that daily offerings could change due to local trail closures, safety, transportation or lodging availability, unforeseeable circumstances (eg. weather, natural disasters, governmental or ranger recommendations) and/or group considerations. Hiking stats are approximate based on a combination of guidebooks, maps and GaiaGPS. Per the AMC Adventure Travel Terms and Conditions, leaders reserve the right to make changes as necessary, both before and during the trip.

Day 1 - Friday, September 15

Arrive in Las Vegas where we will spend our first night and have our welcome dinner.

Day 2 - Saturday, September 16

In the morning we will drive towards Zion (approximately 3 hours). We'll start our adventure with a hike along the **Middle Fork Taylor Creek Trail to Double Arch Alcove**. Located in the Kolab district of

Zion, this easy hike will take us up into one of Kolob's mesmerizing finger canyons - with its soothing red rock cliffs and cottonwood trees. Time permitting, we'll check out Zion's Visitor Center before checking into our hotel where we'll spend the next 4 nights.

Stats: 5 mi., 500'

Day 3 - Sunday, September 17

Today we'll further taste Zion's splendor with a traverse along its **East Rim Trail**.

The rewards of this hike are worth the time spent setting up our car shuttle. This hike will have us aiming towards the beautiful sandstone cliffs this area is famous for.

We'll have views of the canyon that appear as if it will drop out beneath our feet! We'll pass through some ponderosa pine and forest, as we cross a plateau. After hiking over the rim of the canyon, we'll descend sharply to the canyon floor.

Stats: 10.3 mi., +1165'/-2510'



Photo [Jamie Hagan](#) on [Unsplash](#)

Day 4 - Monday, September 18

Today we hike one of Zion's most popular hikes, **The Narrows**. During this quintessential slot canyon hike, we will hike "in" the shallow North Fork of the Virgin River, surrounded by sheer red sandstone rock walls and amazing beauty. Bring your water shoes as this will be a most memorable experience!

Stats: 6-10mi., +480'

Day 5 - Tuesday, September 19

We return to the Kolob Canyon District to hike **La Verkin Creek Trail to Kolob Arch**. We'll have amazing views of surrounding cliffs as we hike to what is believed to be possibly the world's largest free-standing arch - the "Kolob Arch."

Stats: 14 mi., 1400'



Photo by [Karan Chawla](#) on [Unsplash](#)

Day 6 - Wednesday, September 20

After checking out of our hotel, we'll hike to **Angel's Landing** - the best known of all of Zion's canyon hikes. We'll ascend 1000' before the main attraction, a "razor's edge traverse" and final 480' gain on a chain assisted scramble to the top. The final 500' are optional and not for the faint of heart! But for those feeling their inner "Spiderman/woman," this will be 500' to remember!! We will then drive north

towards Bryce Canyon. Time permitting, we will check out the surroundings and visitor center before checking into our hotel, where we will spend the next 3 nights.

Note: The hiking plan for this day is dependent on acquiring permits; itinerary subject to change.

Stats: 5.2mi., +1500'



Photo by [Drew Hays](#) on [Unsplash](#)

Day 7 - Thursday, September 21

Now in the beautiful Bryce Canyon area, we begin with a hike on the **Fairyland Loop** which will take us through spectacular “hoodoos” (tall structures of sedimentary rock) and scenery as we travel along the rim and into the canyon. We will enjoy views of Tower Bridge and China Wall on this wondrous journey. We dip down into the canyon with impressive views of the Fairyland amphitheater, before ascending through Campbell Canyon and crossing its namesake creek.

Stats: 8.1mi., +1300'

Day 8 - Friday, September 22

Empty your memory cards and get your selfie-sticks ready! After setting up our car spot, we'll hike the **Peek-a-Boo Loop** with its switchbacks that will help us drop steeply down from the rim. We'll cross many cliff bands, contour below rock walls, and cross ridges and bluffs. The abundance and variety of colorful hoodoo towers are the highlight of this trail, with names such as Wall of Windows, Hindu Temples, and the Cathedral. We'll continue

along the **Rim Trail**, walking

north along the south rim of the canyon, with stops like Inspiration, Sunset, Sunrise and **Fairyland Point**. With names like these, it's easy to imagine why this may become one of your all-time favorite hikes.

Stats: 11 mi., +1900'

Day 9 - Saturday, September 23

After checking out of our hotel, prepare to be amazed by one final magical trip through otherworldly rock formations. Via the **Queen's Garden Navajo Loop**, we'll see multicolored spires and sweeping views. We will proceed through a ravine with multicolored hoodoos galore, taking a short spur to see the Queen Victoria rock formation. We'll then drive back to Las Vegas for our final night and farewell dinner.

Stats: 3 mi., +615'

Day 10 - Sunday, September 24

Depart Las Vegas for flights back home.



Photo by [Sebastian](#) on [Unsplash](#)

Hiking Summary

Day 2	Sa	9/16	Zion: Middle Fork Taylor Creek Tr. to Double Arch Alcove	5 mi.	500'
Day 3	Su	9/17	Zion: East Rim Trail	10.3 mi.	+1165'/-2510'
Day 4	M	9/18	Zion: The Narrows Slot Canyon	6-10 mi.	480'
Day 5	T	9/19	Zion: La Verkin Creek Trail to Kolob Arch	14 mi.	1400'
Day 6	W	9/20	Zion: Angel's Landing	5.2 mi.	1500'
Day 7	Th	9/21	Bryce: Fairyland Loop	8.1 mi.	1300'
Day 8	F	9/22	Bryce: Rim Tr. South & Peek-a-Boo Loop	11 mi.	1900'
Day 9	Sa	9/23	Bryce: Queen's Garden Navajo Loop	3 mi.	615'



Photo by [Millie Olsen](#) on [Unsplash](#)

Accommodations, Meals and Transportation

Accommodations

- 3-star hotels with double occupancy
- We will do our best to book rooms that include a mini-fridge and other conveniences

Meals

- All dinners
- Continental breakfast most mornings (hotel offerings may vary during Covid)

Transportation

- We will utilize rental cars with volunteer drivers. Please inform the leaders if you are interested in volunteering to drive; AMC will conduct a driving background check of all drivers.
- Possible use of National Park shuttle service.

Weather

In Zion, the humidity will be low in September but the days will still be quite hot and could rise as high as the lower 90's! While in Bryce, the average temperature is around 70° with an average low of nearly 40°. Plan on arriving with a mix of clothing for cool nights and potentially sunny and warm days.

Participant Expectations

The ideal trip participant will be an individual with good hiking fitness and recent hiking experience. Travelers need to be flexible and able to deal with potential crowds, changes to the trip itinerary, as well as potential last minute changes due to Covid implications (food, staffing shortages, crowds) and the like. We are traveling as a group and hiking as a "team," so group compatibility is essential. Thus, 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 guarantee that *you* will have a great time!

Trip Price

The AMC Member price is \$3,100. The non-member price is \$3,200. To join the AMC (2022 pricing: \$50 individual, \$75 family, \$25 senior) click [here](#).

Price includes

- Nine nights of double occupancy lodging (sorry, no single supplements)
- Car rentals and gas
- All dinners
- Continental breakfasts at most hotels (may vary due to the pandemic)
- Park entrance fees
- Emergency medical and evacuation coverage
- All in-trip transportation

Trip does not include

- Roundtrip airfare
- Lunches, beverages, trail snacks
- A few breakfasts you may need to prepare in your hotel room to assist with early hiking starts
- Personal items, optional activities, & incidental expenses.
- Gratuities for hotel staff, housekeeping, etc.

Application Process

We expect a group size of 16 people (14 participants and 2 leaders). This trip is likely to fill quickly. If you are interested, please apply as soon as possible.

1. Complete the [Online Trip Application: Bryce / Zion](#)

2. Mail your \$1000 deposit check, made out to the **Appalachian Mountain Club** and mail it to:
Beth Zimmer, 294 Chemung Road, Meredith, NH 03253.
- Balance of \$2100 (members) will be due April 1, 2023

Once we have your application, reference checks and deposit, one of the leaders will be in touch to set up a phone call to discuss the trip and answer any questions you might have. Your check will NOT be deposited until you have been accepted onto the trip and the trip has been declared to run as scheduled.

Terms, Conditions and General Information

Please carefully read the [Adventure Travel Standard Terms and Conditions](#) for detailed information on:

- Cancellation Policy
- Leaders' Right to Change Itinerary
- Leaders' Expectations of Participants
- Trip Price
- Travel Documents
- Safety
- AMC Trip Rating System

Trip Leaders

Beth Zimmer has been an active year round hike leader and instructor since 2012. She leads for AMC Adventure Travel, AMC August Camp and in her role as hike leader in the NH Chapter, Beth has conducted well over a hundred hikes, backpacks, workshops and outings. Beth also serves on the AMC Board of Directors, as Regional Director North. She has hiked all of the NH four-thousand footers in all four seasons, hiked all of the trails in the AMC White Mountain Guide, and has completed the NH500 highest, a bushwhacking achievement. She has traveled extensively throughout Central and South America as well as to other regions. Favorite highlight trips for her include hiking in the Swiss Alps and hiking Haidrian's Wall Path in the UK. btzimir@gmail.com, c/ (603) 707-9498



Doug Hunt joined the AMC in 2000 with a goal of summiting the 48 New Hampshire 4,000 footers, which he achieved in 2001, and finished his winter peaks in 2003. He has also hiked all 48 NH 4000 footers in each month of the year. He became a hike leader for the New Hampshire Chapter in 2001, and finished his winter hiking qualifications as a leader in 2003. He has led numerous hikes, as well as co-lead the Presidential Range Hike in New Hampshire's White Mountains for 5 years, between 2005 - 2022. Doug has completed the SOLO basic First Aid Course and HeartSaver CPR Course. He

has hiked in all the New England States, as well as New York, Colorado, and Washington where he climbed Mt. Baker, and has been overseas once on a hiking trip that traversed the Swiss Alps. You can read more of Doug's experiences in Carol Stone White's, Peak Experiences, Danger, Death, and Daring in the Mountains of the Northeast. doughunt52@gmail.com, c/ (978) 761-0342

Packing List

It is suggested that participants arrive with no more than their day pack, small tote bag and one medium sized roller bag. The small tote bag can be kept near you in the car for access to the items you need while riding in the car. The remaining bags along with all of any food we buy can be in the storage area of the vehicles. This will make it easier when traveling to each of the parks. Please try to pack as lightly as you can so the vehicles are not too crowded.

Required Gear

- ☐ Day pack
- ☐ Waterproof pack liner and/or pack cover
- ☐ Personal first aid and medications
- ☐ Rain gear (both jacket and pants)
- ☐ 2-3, one-liter water bottles and/or hydration bladder system
- ☐ Light to medium gloves (liner gloves are fine) and warm gloves or mittens
- ☐ Warm hat (for chilly mornings)
- ☐ Midweight or heavy fleece and/or lightweight puffy jacket
- ☐ Comfortable broken-in hiking boots and liner socks if you use them
- ☐ Wool hiking socks (at least 2 pair)
- ☐ Sandals or sneakers
- ☐ Long pants - synthetic (no cotton)
- ☐ Hiking shorts (zip off pants recommended)
- ☐ Synthetic T-shirts (no cotton)
- ☐ Long sleeve synthetic shirt (no cotton)
- ☐ Sunglasses
- ☐ Sun hat with wide brim or baseball cap
- ☐ Balaclava
- ☐ Sunscreen
- ☐ Lip protection balm
- ☐ Leisure clothes for travel and restaurants (moderate amount)
- ☐ PJ's and personal toiletries
- ☐ Hand sanitizer with 60% or greater alcohol content
- ☐ Face coverings (masks)
- ☐ Toilet paper and plastic bags for carrying out the used paper
- ☐ Head lamp with extra batteries
- ☐ Ear plugs
- ☐ Medical Insurance Card

Optional Gear

- ☐ Camera, memory cards, lenses and power cords
- ☐ Binoculars
- ☐ Synthetic line, safety pins or clips, and either soap or detergent for in-room laundry
- ☐ Gaiters
- ☐ Whistle
- ☐ Small knife (be sure to pack in check-in luggage, not carry on)
- ☐ Compass
- ☐ Small lighter
- ☐ Zip lock bags (to make packing your trail lunches easier, carrying out trash, etc.)
- ☐ Reusable plastic container(s) for lunch/snacks
- ☐ Reading material for breaks in the action
- ☐ Hiking poles (be sure to pack in check-in luggage, not carry on)
- ☐ Phone and charger
- ☐ Maps, guidebooks
- ☐ Field notebook and pencil
- ☐ **National Park Senior Pass/Golden Eagle Pass**
- ☐ Small bills for tipping hotel housekeeping staff

As always, if you have any questions, do not hesitate to reach out to Beth or Doug.