



**HIGHLIGHTS:** Classic hiking challenges and new hikes for veterans of past Grand Canyon Extreme Hikes. (Hint: If you view this on your computer click the blue words for a link to a web sites with more information.)

- 1 Night – Flagstaff, AZ – Sedona hike Bell Rock/Courthouse Butte Trail.
- 2 Nights- Grand Canyon South Rim – Hikes: Rim-River-Rim, South Rim to North Rim, Hermits Rest Half Marathon, Grandview Trail to Horseshoe Mesa, & More.
- 1 Night - Grand Canyon North Rim – Hikes: Transept, Uncle Jim, Widforss, & Ken Patrick Trails.
- 1 Night - Kanab, UT – Hike magical [Bryce Canyon](#)
- 3 Nights - Springdale, UT - [Zion Nat'l Park](#) to hike, bike, horseback ride, & river hike.

I am fired up about putting together my sixth straight trip to trek and run in the Grand Canyon and other super destinations in the West. This year we will do a nine day trip to what I deem the “Best in the West” – the Grand Canyon South Rim, the Grand Canyon North Rim, Sedona, Bryce and Zion National Parks. As in the past, the range of hikes will be from 2 to 24.5 miles in order to accommodate hikers of all abilities.

#### **OUTSTANDING LODGING:**

Lodging has already been secured at the [El Tovar](#) and *Yavapai Lodge* on the South Rim, the North Rim’s *Frontier Cabins*, the *La Quinta* in Flagstaff, AZ, the *Quality Inn* in Kanab, UT, and, saving the best for last, the magnificent [Majestic View Lodge](#) in Springdale, UT at Zion National Park.

#### **TRIP DESCRIPTION:**

The tentative Itinerary has us leaving early Saturday morning, Sept. 26<sup>th</sup> on an 11:30AM American flight from Chicago to Phoenix. We land at 11:40AM and after lunch in Tempe's University Town we will drive two hours to Sedona and hike the gorgeous Bell Rock/Courthouse Butte Trail. We will then take the 45 minute drive through Oak Creek Canyon to the La Quinta hotel in the high country town of Flagstaff.

On Sunday we will move to the South Rim of the Grand Canyon. It is an 80 minute drive from Flagstaff before we settle into our lodging at the El Tovar and Yavapai Lodge. That afternoon we will take an acclimation hike to Trailview Point before our pasta banquet at the Yavapai Lodge.

Monday will be a big hike day with options including the Rim to River to Rim, the South Rim ½ Marathon, the Grandview Trail to Horseshoe Mesa, the Bright Angel to Plateau Point and several shorter Rim Hikes..

Late Tuesday morning we will check out and take the 5 hour ride to the magical solitude of the North Rim. Our veteran hikers looking for a greater challenge and who want to see more of her majesty will hike the South Kaibab Trail through Bright Angel Canyon and out the North Kaibab Trail. While they are hiking across the Canyon we will have a moderate hike from Bright Angel Point along the Transcept Trail on the North Rim. You must make dinner reservations early to assure a table in the main lodge. The view is spectacular, the dining room is grand and the cuisine is worth the extra cost.

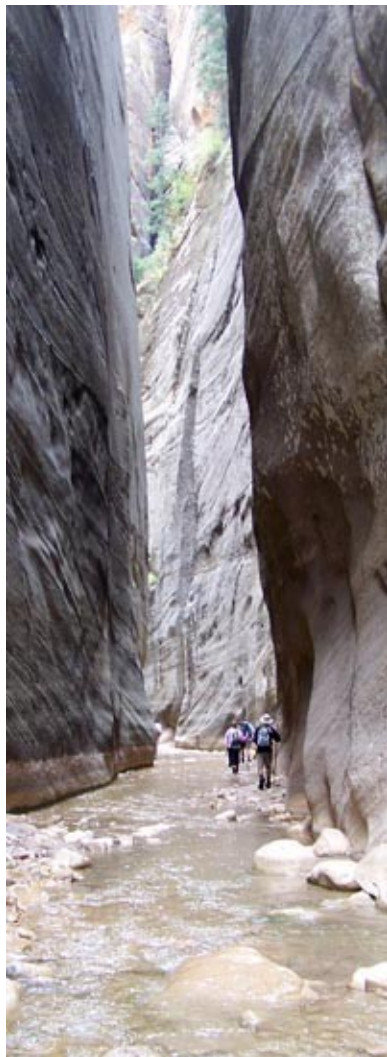
Wednesday morning hikers will have the choice of several beautiful trails including Uncle Jim, the Widforss, and the short but challenging Ken Patrick Trail. The Uncle Jim Trail was a hit last year with its beautiful views of the



North Kaibab Trail and Roaring Springs Canyon. The South to North Rim hikers will want to see this view of the last four miles of their challenging trek. After our morning hikes we will check out but return for lunch in the main lodge after the last hike. By late afternoon we will have completed our hour and 45 minute scenic ride to Kanab, Utah. Our lodging at the Quality Inn features a great pool and large jacuzzi with a good view of the red rocks.

There is limited laundry facilities here but ample facilities available for the rest of the trip.

We will get an early start the next morning for Bryce Canyon with its wonderful trails. Following a late buffet lunch at the neat Bryce Canyon lodge we will have a beautiful drive through the Escalante area into Zion Canyon and to the awesome Majestic View Lodge. Zion National Park literally offers a smorgasbord of great hikes, plus biking, horseback riding and canyoneering; you pick and choose at your own convenience. The free transportation system is great both in Springdale and in the park. The shuttle stop is in front of your lodging and will take you all the way to heaven.



The Virgin River Narrows hike is world famous and offers the challenge of hiking in a river through a magnificent narrow canyon, sometimes no more than 20 feet wide. The River Narrows hike can be experienced by hiking out and back from within the park but more serious hikers will want to consider doing the 16 mile from *top to bottom* which begins outside the park. New this year is the 14.4 mile hike from outside Zion into the canyon. It starts at Lava Point and drops 3,000 feet to the Grotto. The views are awesome! Both of the hikes from outside the park are optional and require an extra charge. Drop-off transportation will run about \$25 and the river hike gear costs about \$30.

After three days of hiking, dining, shopping and other leisure pursuits in this magnificent area we will reluctantly check out of the Majestic View Lodge mid morning for our 2 ½ hour beautiful drive to Las Vegas. Before we board our 3:05PM flight back to Chicago we will stop en route at *Inn and Out Burger* for lunch.

Included in this trip are eight months of great training hikes occurring approximately every two weeks. These hikes are optional but they are beautiful venues designed to condition all abilities to a personal best whether a novice or a veteran. The journey can almost be as much fun as the destination and I am sure that some people will sign up for just the training portion of the program. My entire life has centered around coaching and training individuals to excel and to achieve seemingly unreachable goals. I am eager to get started. This is a unique opportunity to get into perhaps the best shape of your life and to join the elite few who have trekked the wondrous interior of the Grand Canyon in a single day. I am eager to get started training and preparing for this great adventure and dream vacation.

Fired up,

*Ron Gunn*



PS Once again I am pleased to announce that the first two people to sign up for Grand Canyon 6 are my favorite Aunt and Uncle, Ken and Mary Ellen Campbell of Sylvania, Ohio (near Toledo). Last year they not only fell in love with this trip but really fell in love with our group and want to go again. *They are Fired Up!*



**INCLUDED:**

- Non-stop air fare from Chicago to Phoenix and from Las Vegas to Chicago
- Most excellent lodging
- Deluxe motor coach in Arizona and Utah
- All park fees
- Banquet diner at the South Rim
- Breakfast at the La Quinta and Quality Inn
- Custom designed shirts (3) for Devil's Lake and the Manistee Test hikes, and the Grand Canyon hikes
- Complete training and coaching program
- Bi-Monthly newsletter
- Maps, drop-offs, and pick-ups for all training and Best of the West hikes
- Escort and guide service of Coach Ron Gunn

**NOT INCLUDED:**

- Transfer to and from the airport in Chicago\*\*
- Travel and lodging costs for Devil's Lake and Manistee test hikes
- Occasional *jog pot* (voluntary donations for park fees) of \$1-3 for training hike venue costs
- Additional charge for the optional Narrows River hike and West Rim Trail
- Gratuities to the Mesquite bus driver(s)

\* The \$1,499 price is based on double occupancy and a minimum of 50 people on the bus. Single occupancy is \$1,719.

\*\* Expect less than \$50. Last year we negotiated on excellent price of \$44.00 r/t per person for door to door drop-off/pick-up to and from O'Hare. Hopefully we can do the same this year.

**FLEX PAYMENTS:** \$100 Now. \$280 Due the 3<sup>rd</sup> of FEB, APR, JUN, AUG and SEP, 2009

**TRIP INFORMATION MEETINGS:**

- **Wednesday, Dec 29, 6:30 PM** Room 141 SMC Lyons Building (Theater building on Southwestern Michigan College - Dowagiac Campus – use east side Cherry Grove entrance)
- **Tuesday, Jan. 6, 5:00 PM** at the Main auditorium Memorial Hospital, South Bend
- **Saturday, Jan. 17, 10:00 AM** at the Memorial Health and Lifestyle Center , downtown South Bend
- **Wednesday, Jan 28, 6:30 PM** Room 141 SMC Lyons Building (Theater building on Southwestern Michigan College - Dowagiac Campus – use east side Cherry Grove entrance)
- **Wednesday, Feb. 11, 6:30 PM** Room 141 SMC Lyons Building (Theater building on Southwestern Michigan College - Dowagiac Campus – use east side Cherry Grove entrance)
- **Saturday, March 7, 8:30 AM** at Love Creek Lodge 10:00 AM hike on the beautiful trails at Love Creek. This is an easy and enjoyable hiking venue for all fitness levels.
- **MAPS:**        [SMC](#)            [Memorial SB](#)        [H&LS SB](#)        [Love Creek](#)