



**PRIVATE
TOUR**

(3-hiker max)

LANDMARK



Photo by Trevor Roark

Hike the Grand Canyon Rim-to-Rim Private Family / Friends Adventure

Dates: 28 May - 2 June 2021
Tour Leader: Trevor Roark



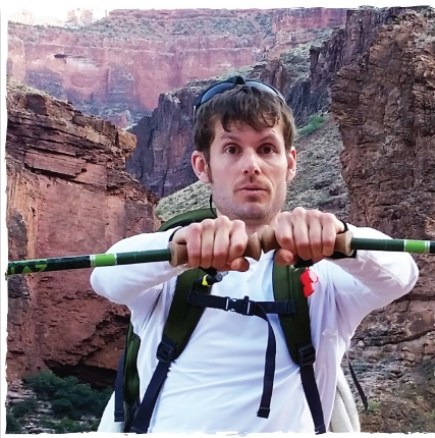
Adventure Tours
University of Wisconsin - Stevens Point

Overview

Explore Grand Canyon National Park as a family or a group of friends on your own private adventure – only 3 hikers together can book this tour! Challenge yourself and family/friends on a hiking journey that less than 1% of Grand Canyon’s 6+ million visitors actually experience, hiking Rim-to-Rim and staying at the Phantom Ranch (a journey which is limited to travel by foot or mules). Plus, your private tour leader will recommend quality hiker training, prep you for this challenging hike with a packing list and other tips, safely guide you through the canyon trails, share his favorite sites, stories, and experiences along the Rims, recommend the best meals to grab, and make sure you have the best hiking experience with memories your family/friends will share forever. Further, your time on the South Rim can be tailored to you and your family’s/friend’s interests.

This six-day Grand Canyon adventure includes a two-day privately guided hiking expedition through the heart of the inner Grand Canyon from the South Rim, down to the Colorado River, and up to the North Rim along with all lodging (includes overnight stay at Phantom Ranch) and meals listed. The bookend days allow for acclimation, preparations and getting to know the canyon. If you are interested in a unique challenge of body and mind, if you enjoy backcountry hiking and are looking for a life-changing experience alongside your family/friends, then join us on this incredible private hiking adventure!

Tour Leader



Trevor Roark

Trevor’s the program manager for UWSP Adventure Tours and an experienced worldwide traveler and leader (including Grand Canyon, New Zealand, Fiji, Costa Rica, Canada, the Netherlands and many U.S. states). He is a frequent leader of the Grand Canyon Rim-to-Rim Hiking tours as well as the New Zealand Active Tour. “Drinking water, recharging with lots of electrolytes and changing socks often” is his Grand Canyon hiking motto.

This will be his 6th time hiking the Grand Canyon Rim-to-Rim and returning to these inner canyon trails, the Colorado River, Bright Angel Creek, and Phantom Ranch is an experience that goes unmatched!

Itinerary

28 May 2021 (Friday) - Flagstaff to the Grand Canyon

(Travel Day) You’ll either fly with, drive, or meet tour leader Trevor Roark in Flagstaff for the start of the journey. A shuttle transfers the group directly to the South Rim (Grand Canyon Village). You’ll settle in, learn about the lay of the land and overnight in the Grand Canyon Village. Plan the next day’s hiking, activities and hiker prep with Trevor. *Overnight: [Maswik Lodge](#) Meals Included: dinner*



Day 2 - South Rim of the Grand Canyon

Enjoy a full day of acclimating to the South Rim by hiking the Rim trail or descending Bright Angel Trail, riding bicycles, riding shuttles and/or enjoying the Grand Canyon Village. Peruse great shops, restaurants, arts and crafts, and free activities/ranger programs. With the tour leader, you'll review hiking preparations, partition and pack supplies and go over food and water prep for the next two days of hiking. Our primary goal is to acclimate to the temps, terrain, and altitude of the South Rim.

Overnight: [Maswik Lodge](#) Meals Included: none



Day 3 - The Real Adventure Begins!

Rise early to beat the heat and hike down Bright Angel Trail or South Kaibab Trail. Enjoy scenic overlooks, surreal topography, desert wildlife and unique ecosystems. Share memorable hiking experiences along the way and after a 4,300/4,700-foot descent, you'll arrive at the Phantom Ranch. Built in 1922, this historic oasis resides near Bright Angel Creek. Rest your feet, reflect on your achievement and enjoy the peacefulness of this place. Safely take a dip in the cold waters of the Colorado River or warmer Bright Angel Creek. Enjoy a hearty home-cooked dinner at the Phantom Ranch Canteen, meet hikers from around the world and send postcards (by mule) to your family. *Overnight: [Phantom Ranch](#) Meals Included: hiker lunch and Canteen dinner*

Day 4 - Hiking Phantom Ranch to the North Rim

After breakfast at Phantom Ranch, head north through The Box - a narrow inner canyon that reaches to the sky. Ascend the North Kaibab Trail, a 13-mile, 5,800-foot climb and the most strenuous portion of this journey, yet it's also the most scenic and most rewarding! Sense the history from ancient pictograph panels,



historic structures and by traversing some of the

roughest terrain in North America. Reaching the North Rim trail head will empower you to no end! Enjoy some relaxation at the Grand Canyon Lodge or meander the Rim trail. We'll celebrate success over a delicious dinner! *Overnight: [Grand Canyon Lodge](#) Meals Included: breakfast, hiker lunch and dinner*



Day 5 - Further Explore the South Rim

Morning shuttle transfer to the South Rim. This free day will give you a chance to rest and revel in your success or even explore the GC some more. *Overnight: [Maswik Lodge](#) Meals Included: none*



Day 6 – 2 June 2021 (Wednesday) - Depart for Flagstaff Airport

(Travel Day) An early morning departure on the group shuttle will transfer you back to Flagstaff and have you saying goodbye to an incredible experience and place, one that you'll remember forever. *Meals Included: none*

Cost and Details

COST: \$3,879 (total USD per person)

MY OWN ROOM: Not available due to group lodging at the Phantom Ranch and Grand Canyon Lodge

INCLUDED: The cost includes all accommodations (3-4 star rustic lodging and the cozy and world-renowned Phantom Ranch), all group transfers from beginning to end of itinerary, your own private tour leader (experienced Grand Canyon hiking leader, plus other adventures and Wilderness First Aid certified), meals listed in itinerary and park entrance fee. Also included are a training program recommendation, traveler handbook and traveler orientation to meet your tour leader, get questions answered and better prepare for the big hike.

NOT INCLUDED: Roundtrip airfare/transport (to/from Flagstaff), extra activities, extra meals and drinks, extra purchases (such as souvenirs, alcoholic beverages and sundries), gratuity for local drivers and guides, laundry services and travel insurance.

PLEASE NOTE: The cost comprises land-only rate, per person, with variable occupancy accommodations (double occupancy at Maswik Lodge and group occupancy otherwise). Depending on weather and other variables, some activities/accommodations/schedules may change prior to or during the tour. Eligible age for this tour is 16 years and older (16-17-year-olds must be accompanied by parent or guardian). This tour will only accommodate those with strong fitness/health levels, however it is still required that travelers train for this hike. *Extra precautions may be taken due to COVID-19, including social distancing on the trail, wearing masks in crowded areas, health/symptom checks, additional communications with the National Park Service, and extra supplies (masks, hand sanitizer, wipes, etc.) carried by your tour leader.* With free time built in, your leader can ensure a fun and safe adventure for you and your family/friends!

GROUP SIZE: 3 hikers **CONTACT:** Trevor Roark (Program Manager), 715-340-8186, adventure.tours@uwsp.edu

REGISTRATION: Register online via credit card or check OR print registration, complete and mail along with \$300 (pp) nonrefundable deposit. **WEBSITE:** www.uwspadventuretours.com

Required Screenings

Hiking Rim-to-Rim in 2 days in the Grand Canyon is a strenuous journey. It can be a very rewarding, once in a lifetime opportunity, but your safety and enjoyment are largely dependent on your physical preparation and

health condition. To help ensure everyone's safety and enjoyment, this tour has two requirements prior to registration:

- 1) Watch this 20 min. video in its entirety (repeats after 20 min.):** <https://www.youtube.com/watch?v=w4Edvm8joSM>
- 2) Self-evaluation of baseline physical fitness status: Determine if you are capable of walking on a treadmill at 3.3 mph at 10% grade for 30 continuous minutes.** If you are not capable of completing this second task now, you probably shouldn't book this tour. Hiking Rim-to-Rim is a 22-mile journey with a total elevation change of around 10,100+ feet with temperatures sometimes exceeding 120 degrees in the shade (which is often limited) and your tour leader requires a serious commitment to a regular physical training program (a recommended physical training program is provided to all hikers). Further, if you have musculoskeletal issues with your spine, knees, ankles or feet, this tour is not recommended.
- 3) Exercise capacity screening test required 1 month before tour departure** - This is a treadmill test, which can be completed in-person at our UWSP Health and Human Performance Lab or virtually online. Please note: Failing this screening test could result in UWSP Adventure Tours cancelling your participation on this tour (thus it would be subject to the cancellation policy).

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