

## SOUTHERN UTAH 5-DAY ITINERARY:-

**Day 1 Arrivals:-** Our pick up is at Grand Junction, Colorado Airport at 3 p.m. or at Moab, Utah Airport (flight times vary please call and let us know when your flight will arrive). Please meet your guides in the lobby by the Delta check-in counters.

If you need a extra night stay in Grand Junction near the airport we recommend: Ramada Inn (970) 243-5150 or Days Inn 800-790-2661 or 970-245-7200. Pick up 2:45 p.m.

If our shuttle time does not work with your travel schedule you may arrange a private commercial shuttle. Charges for private shuttles do vary and advance reservations are recommended. Shuttle services and phone numbers are listed separately below.

**Suitcases:** We assume each person will be traveling with one medium-sized suitcase and one small carry-on. If you will have more bags please let us know in advance as van space may be limited. We cannot guarantee our ability to carry more than two pieces of luggage, yet with advance notice we will do our best to accommodate your extra luggage.

If arriving by car or via other shuttle: the Check-in time is 3 p.m. at Sunflower Hill Bed and Breakfast, in Moab Utah. 6 p.m.: Orientation at Sunflower Hill.

### **Departures On Final Day:-**

Departure by car: 12:30 p.m. near Moab. Those guests departing by car will need to drive their car to the trailhead on the final day. Guides will provide the details

Departure by air: Our drop-off at Grand Junction, Colorado Airport is at 3:00 p.m. If you need an earlier shuttle drop-off please arrange your departure with private shuttle company. Due to our final day's hike/walk we will not guarantee that those who will be taking private shuttles will be able to hike with us on the final day.

### **Private Shuttles:**

Prices vary. Please check with individual services for price quotes.

- 1) Roadrunner Shuttle 435-259-9402 [www.roadrunnershuttle.com](http://www.roadrunnershuttle.com)
- 2) American Spirit Shuttle (970) 523-7662. [www.americanspiritshuttle.net](http://www.americanspiritshuttle.net)
- 3) Moab Luxury Coach 435-940-4212. [www.moabluxurycoach.com](http://www.moabluxurycoach.com)

## SOUTHERN UTAH HIKING & WALKING ITINERARY:-

This itinerary may change depending on trail conditions, time of year, weather, group needs or other unforeseen circumstances.

## **HIKING DAYS:-**

### **Day 2:-** Canyonlands National Park and Deadhorse Point State Park

If you are trying to visualize Utah's canyon country, imagine towering mesas and buttes, sheer and colorful cliffs, and you'll begin to imagine the views from both the Island in the Sky district of Canyonlands National Park and Dead Horse Point State Park. Our hikes offers us views to the east of the Manti-La Sal Mountains and to the south of the Abajo Mountains. Between those distant mountains we see that time has carved an immense sea of canyons and mazes. This is a geologist's paradise. The protruding towers, mesas, monuments, and monoliths show in ever-changing colors of red, purples, whites, pinks, and grays as the sunlight casts lengthening shadows. Exposed cliffs can be viewed with almost every rock formation created in the Colorado Plateau over the past 250 million years. To add to the view, two thousand feet below us stands the mighty Colorado River. Dinner in Moab.

### **Day 3:-** Arches National Park

Today we visit Arches National Park, which encompasses almost 75,000 acres of desert and slickrock in east-central Utah. Arches is one of the most delightful national parks in the U.S. You may choose a moderate, 5.5-mile hike or a longer, more strenuous 7.5-mile hike. We offer you a wonderland of standing rocks, beautiful desert canyons and far-reaching views. Two of the most memorable things about this area are the sheer number of visible arches and the Fin Canyon. On today's hike enjoy at least seven arches including one of the longest arches in the world, Landscape Arch. We will also view Fin Canyon, an amazing array of parallel "fins" of narrow, salmon-hued sandstone that rise beautifully from the dry wash below and are home to song sparrows, blue grosbeaks and spotted sandpipers. The longer hike explores all of this as well as a more desolate area of the Park via a primitive trail that rewards us with an entry into the heart of Fin Canyon. Yucca, cliffrose, Utah serviceberry, and Mormon tea are seen as we proceed between the sandstone fins. The more strenuous hike covers challenging and sometimes steep slickrock slopes. Dinner in Moab.

### **Day 4:-** Natural Bridges National Monument

Today we transfer from Moab to Bluff, UT. On the way to Bluff, we visit Natural Bridges National Monument for a wonderful day of exploring in the canyons beneath three of the world's longest and most outstanding rock bridges. We explore an area that was once home to the Ancestral Puebloans, formerly know as the Anasazi. We'll explore ruins and examine pictographs and petroglyphs left behind by these cultures. With a careful eye, there is a chance to spot ruins high up in the cliffs that even your guides have never noticed! Our hike begins by descending into beautiful White Canyon via three short ladders. Under Sipapu Bridge our exploration of the canyon floor begins. In White Canyon's entrenched system we see how water has cut through the sandstone of the Cedar Mesa Formation to form these beautiful bridges. The shorter hike will pass under two of the three bridges (Sipapu and Kachina) while the longer hike

will, time permitting, include an additional 2 miles on mesa trail that will allow us to loop back to our starting point. Dinner in Bluff

**Day 5:- Ancestral Puebloan Ruins and Petroglyphs – Comb Ridge**

Today is a day when our hiking options seem unlimited. The area around Bluff (near Four Corners) was at the core of the Ancestral Puebloan culture. We will begin the day with a hike through Butler Wash to the top of Comb Ridge where we will be awarded with spectacular views of Monument Valley, Valley of the Gods and all the surrounding terrain. In addition to the views, we will also get an opportunity to spend some time at one of our favorite large, detailed, petroglyph panels. After lunch on the way back down the ridge, we will offer a few options for the afternoon. We may head further down Comb Ridge to explore an Ancestral Puebloan ruin site or hike across the San Juan River to a hidden ruin. For those who have had enough hiking, there is an interesting walking tour of Historic Bluff, a town settled in the late 1800's. Dinner in Bluff

**Day 6:- Delicate Arch Trail-Arches National Park**

After an early breakfast we pack up and head back towards Moab for our final hike. This hike is considered by many to be the most scenic in all of Arches National Park and is a great way to end our trip. It is three miles round-trip, climbs over slickrock slopes and ends at a dramatic overlook of the Park's most famous rock span -- a lone, arching ribbon of stone aptly named Delicate Arch. After a farewell lunch we say goodbye. Drop off at Grand Junction Airport at 3:00 p.m.

## THE INNS:-

**DAY ONE, TWO & THREE**

The Sunflower Hill B & B  
185 North 300 East  
Moab, UT 84532  
Tel: (800) 662 2786  
Fax: (435) 259 3065  
[www.sunflowerhill.com](http://www.sunflowerhill.com)  
Innkeeper: Gregg Stucki

**DAY FOUR & FIVE**

The Desert Rose Inn  
701 W Main St  
PO Box 148  
Bluff, UT 84512  
Tel: (888) 475 7673 (reservations) / (435) 672 2303 (guests)  
Fax: (435) 672 2217  
[www.desertroseinn.com](http://www.desertroseinn.com)  
Innkeeper: Cindy Tumeh

If you are interested in additional information about the inns and hotels we will be staying with, we invite you to visit their web sites, or call and request a brochure.

## SOUTHERN UTAH GENERAL INFORMATION:-

### Packing Information:

Please pack for Utah's weather. We have chosen to run the southern Utah trip during the best hiking weather seasons, April and October. April usually brings an onset of spring weather. The weather is generally delightful, with daytime highs averaging from the mid-60s to the 70s and nighttime lows ranging around 40 degrees. In October daytime temperatures range from the 60s to 80s while evening temperatures dip into low 40's. Autumn usually boasts some of the clearest, most stable weather of the year. Rain or snow storms are possible in both April and October, but are usually short in duration.

We assume each person will be traveling with a maximum of one medium-sized suitcase and one small carry-on. If you will have more bags please let us know in advance as van space may be limited. With advance notice, we will do our best to accommodate extra luggage.

Dinner attire. Most of the restaurants we dine at are mountain casual. Nice pants and shirts are great. Denim is fine.

Hiking attire. People tend to prefer shorts, but be aware of the sun's intensity at high altitudes. We often hike in light-colored T-shirts that wick away moisture. You may wish to bring comfortable long pants for the mornings.

### Suggested Equipment & Clothing List

Water bottles or hydration system (2 quart capacity minimum) VERY IMPORTANT!

Day pack – large enough to carry extra clothes, water, and snacks.

Hiking Boots – We recommend comfortable, above the ankle, lightweight hiking boots. Tennis or walking shoes made for flat surfaces are not recommended.

Breaking in boots prior to your trip will make your days hiking much more enjoyable.

Rain gear – Lightweight and waterproof layer for carrying and wearing on the trail. Top and bottoms. Bottoms are always good to throw on over shorts for warmth even if it is not raining.

Jacket – Heavy fleece or other warm parka for cold days and nights.

Evening wear – Casual (see dining attire above).

Hiking attire – T-shirts and shorts (see hiking attire above).

Socks – Enough pairs to keep your feet dry. Socks that wick away moisture (made with a good percentage of nylon, wool, or polypropylene) are best.

Swimsuit

Warm hat and gloves – for altitude or in case of a cold snap

Sun hat or visor – VERY IMPORTANT!!

Miscellaneous Personal Items

Toiletries – include plenty of high-SPF sunscreen and lip balm

Medications

Insect Repellent – occasionally needed at night

Sunglasses – should have UV protective lens VERY IMPORTANT!

Optional

Camera, film

Hiking poles

Binoculars

Sandals

If you should need any help with your travel plans, please call our travel service  
Better Travel at 1-800-869-0949.