

2012 Upper Canyon SUMMER FLOAT NOTES



Clothing & Gear Lists
A Day on the River
Weather
Travel Details

The Last Day:
Ascending
The Bright Angel Trail
Training Schedule
Packing Tips

*Please keep the Float Notes on
hand from now until your trip.*

**Call us at any time -
no question is too trivial!**

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GETTING READY

CLOTHING & GEAR VENDORS

REI

800-426-4840, www.rei.com

Eastern Mountain Sports

888-463-6367, www.ems.com

Northwest River Supply

877-677-4327, www.nrsweb.com

Sierra Trading Post

800-713-4534, www.sierratradingpost.com

Chaco Sandals

970-527-4990, www.chacousa.com

Teva Sandals

800-367-8382, www.tevasandals.com

CANYON WREN RETAIL

High Quality Gear at Wholesale Prices

Canyon Explorations offers river-running gear including rain gear, paddle jackets/pants, micro fleece zip-Ts, carabiners, Chums, cap keepers, headlamps, and water bottles in our *Canyon Wren Retail Catalog*. For your convenience, all items can be picked up at your pre-trip orientation.

BUY IN ADVANCE!

Essential pieces of gear that must be purchased well in advance include your backpack, footwear, and day pack.

Backpack

For carrying your clothing in during hike out on the Bright Angel Trail. Purchase your backpack early as it is critical that you have time to train with it. See next page for details.

Sandals and Hiking Shoes

Activities in Grand Canyon are tough on feet, and quality footwear is important. Alternate training in hiking shoes and sandals to avoid painful blisters on-river. Start breaking-in footwear at least one month in advance.

PRE-TRIP CONDITIONING

Pre-Trip Conditioning

Get in shape for daily hiking in the Canyon's rugged back-country.

- **Hike** your local trails that have elevation gain
- **Climb stairs** to build strength for steep hikes
- **Use exercise machines** like stair master, elliptical, or treadmill set on incline.

**The better prepared you are,
the more of the canyon you'll be able to see, and the
more fun you'll have doing it!**

PRE-TRIP ACCLIMATING

Start drinking more water than usual a few days before traveling to Flagstaff to offset the effects of dehydration caused by flying, and to get a head start on acclimating to the dry desert conditions that you'll experience on-river.

It takes three days to acclimatize to the canyon's aridity; while still acclimating, trip participants are more likely to suffer from dehydration sickness.

Elevation (Flagstaff is at 7,000 ft. and Lees Ferry is at 3,400) is also a factor causing energy drain for those coming from lower elevations.

We suggest you arrive in Flagstaff a day or two early

to provide yourself with the best means of acclimating to the dryness and altitude in advance of your river trip. The more acclimated you are at the beginning of your trip, the better you'll feel!

PAPERWORK

In your final packet—mailed 5 months prior to your launch date - you'll receive:

- **The Flagstaff Lodging Request Form.** Complete and return to Canyon Explorations to secure our group rate at the Radisson.
- **The Final Check-In Form** to confirm the information you've provided to us is current and on file, including dietary and medical concerns as well as contact information for the post-trip address list you'll receive.
- **Your Final Invoice.** The balance of your trip fare is due to Canyon Explorations by four months prior to your trip date.
- **Beverage Order Form is returned directly to Cork n' Bottle (optional).** For canned beverages like sparkling water (which is very refreshing and non-dehydrating), sodas, or alcohol, order in advance to have drinks pre-loaded on boats.

PREPARING FOR HIKE UP BRIGHT ANGEL TRAIL

Cardio work-outs are great, but cardiovascular training alone will not target the specific muscle sets used when backpacking up a steep trail for an extended period of time. *The best way to target these muscles is to hike local trails or flights of stairs/bleachers—with your loaded backpack on.* Weight lifting to target legs, and a core strengthening program will also help.

Backpacking A Steep Ascent

If you are in shape to backpack carrying 20 lbs. for 5 miles with a 2000 ft. elevation gain (the last benchmark in our Weekly Goals listed below), you are ready for the Bright Angel Trail.

If you do not hike and backpack regularly, work the following weekly goals into your workouts to target the muscles you'll be using to ascend to the rim. Your body needs to be familiar with the stresses of walking steeply uphill (you'll be ascending 4800 ft.) in rugged terrain (the trail contains several sections of steep stairs) with a 30 pound (14 Kilo) pack for 7.5 miles.

Approximating The Bright Angel Trail

How much of your local trail is uphill? How many times would you need to consecutively hike it to approximate 7 miles uphill? If you are climbing stairs, **500 flights** of stairs is about 5000 feet...

TRAINING TIME-LINE WEEKLY GOALS

2-3 Months Before Your Trip

- 4 mile hike with 1000 ft. elevation gain/loss 1 x week
- 3 mile hike with 15 pounds in your pack / 1000 ft. elevation change 1 x week

1-2 Months Before Your Trip

- 5 mile hike with 2000 ft. elevation change 1 x week
- 4 mile hike with 20 pounds in your pack / 1500-2000 ft. elevation change 1 x week

If you've reached this level, you're ready!

To continue working towards feeling good when you arrive at the Rim, continue to increase the elevation gain/loss and the length of your work outs—while adding weight to your pack.

If you are not in shape to begin with a 4 mile hike with a 1000 ft. elevation gain/loss, **you can build up to it** by starting with a 20 minute walk 2 times a week (with your unloaded pack on) PLUS a weekly 2 mile hike with 300 ft. elevation gain/loss, or the equivalent in flights of stairs (30 flights), stadium stairs or bleachers.

Next, increase elevation and length to a 3 mile hike with 500 ft. elevation gain/loss once a week PLUS a 2 mile hike with 10 pounds in your pack.

THE BACKPACK

Backpack

You will need to provide your OWN BACKPACK (about 3000 cubic inches) to carry your clothes out of the Canyon with you. We suggest an internal frame pack.

Backpacks Are Like Shoes

Your pack needs to fit *your* body. A properly fitted pack allows the waist strap and shoulder straps to take weight off your shoulders. Use the adjustable features to customize your pack to your body.

**TEST DRIVE
your pack!**



TIPS

Do Not Over-Pack

Pack according to your known level of conditioning. Pack items from the Optional List only if you are able to carry the minimum easily and have been doing so regularly, mimicking trail conditions: elevation, steepness and length.

Load Your Pack CORRECTLY

To distribute the weight to your advantage, pack your heaviest stuff close to the body.

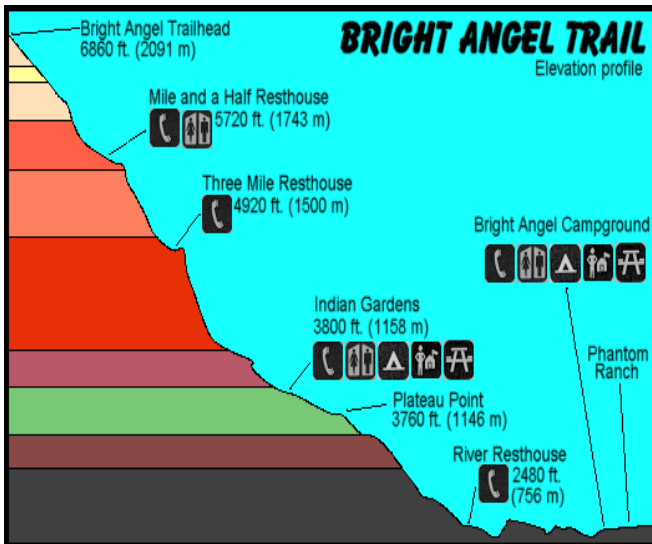


Condition With Your Fully Loaded Pack

Pack your pack with what you plan to bring with you and exercise with it regularly. Do not wait to know what it feels like to be exerting yourself with your pack on. You may find yourself willing to make do with a little less...

BRIGHT ANGEL TRAIL INFO

The Bright Angel Trail is very steep (elevation change = 1 mile) and long (7.5 miles) and contains several sections of stairs requiring stepping up over and over again. The weight of your backpack and water increase the difficulty of the hike. The extreme heat makes the hike even harder; normal summer temperatures are well above 100° F and can result in serious dehydration. There are three water stops on the trail. You will need two one-quart water bottles which you will refill along the way.



The Rim
6860 ft

3 Mile Rest House
4748 ft

Indian Gardens
3800 ft

Pipe Creek Beach
2480 ft

Miles 0-2

- Hard packed dirt, very steep, elevation gain 1,000 ft./mile, many steps, and switchbacks

Miles 2-3

- More switchbacking, hard packed dirt, fewer stairs

Miles 3-3.5 “Jacob’s Ladder”

- Steep, rugged switchbacks

Mile 3.5-4.8

- Rolling, rugged terrain, not as steep

Indian Gardens

- 1/3rd of the way!
- First restroom & water stop

Mile 4.8-5.8 “Box Canyon”

- Minimal stairs, no switchbacking

Mile 5.8-6.8 “The Cork Screw”

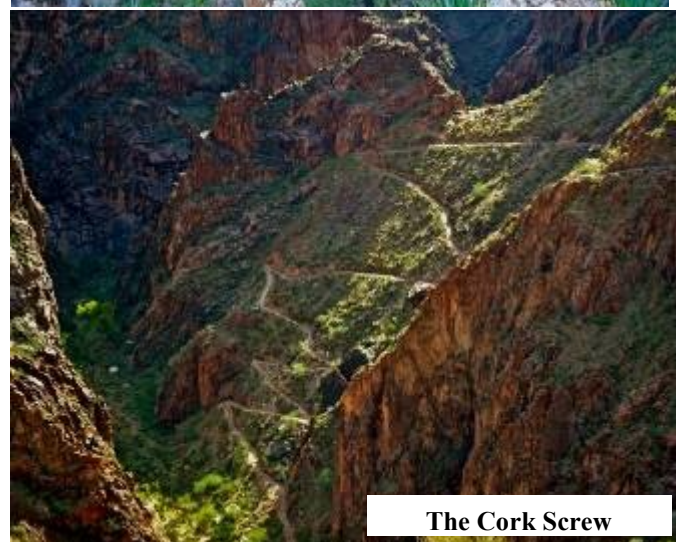
- Steep switchbacks, many steps.

Mile 6.8-7.5

- Primarily gradual ascent, some hard packed dirt, some boulder fields, and some stairs.



Jacob’s Ladder



The Cork Screw

SUMMER PACKING LIST

Bring clothing you won't mind getting dirty: camping conditions are sandy and the river water is often muddy, which can stain clothes, sometimes permanently. We suggest loose fitting, fast drying, durable materials.

To beat the summer's extreme heat,

bring light cotton or Supplex nylon long-sleeved shirts, pants (or a sarong) to wet in the cold river water. The evaporation keeps body temperatures down and offers you the best sun protection—essential for your health/comfort in June, July, and August!

UPPER BODY

- 1 Rain Jacket
- 2 Mid-weight Long Underwear Tops
- 1-2 Long-Sleeved Sun Shirts
- 1 Light-weight Long Sleeve Shirt
- 2 Short Sleeve Shirts or Tank Tops

LOWER BODY

- 1 Pair Rain Pants or Paddle Pants
- 1 Pair Mid-weight Long Underwear Bottoms
- 2-3 Pairs Synthetic "Board Shorts"
- 1 Bathing Suit (women)
- 1-2 Sarongs or Skirts

HEAD, HANDS and FEET

- 1-2 Sunglasses
- 1-2 Chums (or other Sunglasses Retainers)
- 1 Baseball Cap (plus Hat Retention Strap)
- 1 Sun Hat (plus Hat Retention Strap)
- 1 Pair Warm Socks - Wool or Fleece
- 2 Pairs Hiking Socks
- 1 Pair River Sandals
- 1 Pair Lightweight Hiking Shoes/Boots

GEAR

- 2 One-Quart Water Bottles
- 1 Day Pack
- 1 Headlamp or Flashlight and 2 sets extra batteries
- 1-2 Full Size Locking Carabiners
- 1 Pack or Camp Towel

OPTIONAL ITEMS

- Hydration Bladder (70-100 oz.)
- Cotton Clothing/Camp shoes for evening camp wear
- Bandana
- Camera & Waterproof Pouch
- Binoculars
- Journal/Notebook
- Sun Gloves
- Shaving kit
- Paddle Jacket—**Highly recommended**
- Pillowcase (stuff clothes into it and use as a pillow)
- Microfleece Top
- Fleece/Wool Hat
- Quick Dry/Nylon Pants

Layering

The ability to add or remove layers makes it possible to stay comfortable under varying weather conditions and activities.

If you're unsure about any item on our Clothing and Gear Checklist, bring it with you to Flagstaff and base last minute decisions on up-to-the minute weather forecasts and information provided at the orientation. Un-needed items may be left in your checked luggage at the hotel.

TOILETRIES

Use travel size containers to limit weight and bulk. Pack liquid toiletry bottles in a ziplock to protect your clothing from potential leaks.

- Shampoo & Conditioner
- Soap
- Hair Brush
- Toothbrush & Toothpaste
- Body Moisturizer
- Lip Moisturizer & Lipblock
- Hand Salve
- Prescription Eyeglasses (2nd pair) and/or Contact Lenses
- Sunblock
- Tampons

Keep disposables to a minimum; we carry it all out and space is limited.

Sunblock: Paba free; 8-16 oz. depending on how sun sensitive you are and whether or not you will use your long-sleeved cotton shirts and pants for sun protection.

Prescription medications: Bring 2 full courses of essential prescription medications and give one to your trip leader to be stored separately as a back up. **NOTE:** Some medications are affected by heat and aridity; check with your physician.

Just prior to a trip away from medical care in a wilderness setting is not a good time to switch to a generic or make dosage changes.

Yes, you still need those warm layers!

Staying dry is critical to staying warm during the inclement weather that can occur at any time of year. The ability to add or remove layers of clothing makes it possible to stay comfortable under varying weather conditions. Long underwear can be worn under rain gear or paddle jacket to provide the insulation needed for rafting in cloudy or rainy weather when overall temperatures drop, making boating chilly.

CLOTHING DETAILS

Rain Gear Needs to be 100% waterproof. Please note that not all Gore-Tex is 100% waterproof.

Long Underwear (tops and bottoms) One set for on the boats; one set for camp. Mid-weight synthetic materials will provide adequate insulation during inclement weather.

Long-sleeved Cotton Shirt & Pants or Sarong Soak in river water for cooling down. The evaporation keeps body temperatures down and provides sun protection. Cotton works really well in retaining cold river water but any UV protection material is OK. Loose button-down style shirts can be dipped in river water before hiking and still go on easily over other shirts. Consider long cotton pants/sarongs, bandanas, hand covers. Pants need to be roomy and comfortable for sitting in the raft, hiking and camping; or use a sarong wrapped over shorts. Sarongs, skirts, and sun-dresses provide built-in privacy for quick clothing changes and show less skin when urinating.

Board Shorts and Bathing Suits Quick-dry shorts can be worn as the base layer of clothing, enabling you to add/change clothes quickly and stay comfortable throughout the day. Two piece bathing suits are great for women; shorts double as swim suits for men.

HEAD, HANDS, FEET DETAILS

A Sun Hat is essential for sun protection—a cotton baseball cap, full-brim sun hat, or visor. **A big straw hat** and other full brim sun hats create shade which is such a treat during the hotter months.

Hiking Shoes offer a break from your sandals and provide good support on longer hikes (e.g., 3-7 miles). Hiking shoes may be below the ankle and should be made of fast drying synthetics like mesh, suede, etc. — not leather.

River Sandals must have back straps that secure sandals to your feet if you “swim” a rapid, as well as provide ankle support for hiking. River sandals are worn in the boats at all times; are used for the wet and/or shorter hikes; and are great in camp. Examples of good river sandals are Chaco and Teva.

Camp Shoes Well constructed flip flops or light-weight tennis can be nice for relaxing in camp. Please note: flimsy soles (Crocs, cheap flip flops) are easily pierced by sticks, thorns, etc. and can result in injuries to the bottoms of your feet. Smooth soles (Crocs, cheap flip flops) can result in slips and falls.

GEAR DETAILS

Two Hard Water Bottles are required on the boats. Your water bottle is your lifeline in the canyon; it must be heavy duty enough to withstand someone stepping on it (Evian-type water bottles are NOT okay).

GEAR DETAILS cont...

One Carabiner will be used to secure your water bottle to the boat; a second can also be useful. Three-inch locking aluminum carabiners are best.

Daypack You will need a daypack (not a fanny pack) for the side canyon hikes which is large enough to carry your water, camera, sunblock, snack, rain gear, and extra cotton shirt for sun/heat protection and/or long underwear top. Look for a 1100-1200 cubic inch day pack with a bladder sleeve. Our experience is that fanny packs do not provide adequate space for everything you may need. On the other hand, internal frame day packs are overkill and unnecessarily difficult to pack into your day dry bag.

A Hydration Bladder is *optional, but highly recommended*. Carried in your day pack, it will make drinking while hiking easier. On longer hikes, you'll appreciate the ability to carry both bladder and water bottles for a total of one full gallon. Not for use on boats.

Small Synthetic Pack Towel (like a chamois) is highly absorbent even when wet. Made of quick-drying synthetic materials, they can be found in camping or sport stores. Regular towels are likely to dry overnight during hot months, but in spring and fall it may not - leaving you packing a wet towel in with your clothes in the morning.

OPTIONAL ITEMS DETAILS

Bandana Small but effective. Wet and place on neck for evaporative cooling and sun protection. Carry a 2nd wet one in a ziplock on longer hikes.

Cameras Small digital cameras are convenient; waterproof models are really nice and don't cost much more. Larger, fragile cameras are stored in our shock-proof, water-proof ammunition can; a protective pouch is a good idea for cushioning and sand protection. Grand Canyon beaches are sandy and weather conditions can create blowing sand. It is unusual for cameras to incur any damage; however, as on any trip of this type, there is some risk of lost or damaged personal items.

Paddle Jacket For rafting in cloudy or rainy weather when overall temperatures drop, making boating chilly—Only a paddle jacket can keep you completely dry because neoprene gaskets at the neck and wrists keep water out.

A Warm Hat (fleece or wool) is both lightweight and small but will make a big difference if you encounter cooler temperatures on your trip. Your body temperature can be greatly impacted by what you wear on your head.

Microfleece Top A great layer to have available in addition to your long underwear. Lighter weight. If you experience extended rain during your trip (rare, but it does happen), temperatures can plummet and you will find yourself needing a fleece top.

BOATS—HYBRID TRIPS



HYBRID TRIPS: Five Oar Boats, One Paddle Boat and Two Inflatable Kayaks
Each evening, your Trip Leader will provide details of the next day's whitewater to help with your daily boat choice.



Five Oar Powered Rafts

Each is rowed by one of our highly qualified guides while you enjoy the scenery. Ride on each of the oar boats at some point during your trip to get to know all your guides.



Two Inflatable Kayaks

Our thorough IK instruction includes a self-rescue test in flat water to provide the experience of what it will feel like if (when) you come out of an IK. Your guides will provide training in how to maneuver the IKs and will describe standard white water features and jargon.



Our Signature 14" Unloaded Paddle Boat is paddled by four to six passengers and captained by a guide. Plenty of practice melds six paddlers into an efficient team. The paddle boat captain provides stroke instruction and training in the commands used to navigate the paddle boat.

BOATS—ALL PADDLE TRIPS

ALL PADDLE TRIPS: Three Paddle Boats, No Inflatable Kayaks

If your trip is an All Paddle trip, there will be three paddle boats, ensuring that you may paddle every day, but no inflatable kayaks. There will also be four oar boats carrying only gear and no passengers. With three teams of six paddlers, the All Paddle trips are our highest energy trips.



WEATHER & TEMPERATURES

The weather on your trip may vary between hot and cold several times a day. The ICE COLD water is a big factor in body temperature as even the smallest waves will give you a soaking.

Average temperatures in Grand Canyon are:

June/July/August: Days 100-120°F/Nights 70-90°F.

**July/August is typically the monsoon season—
a cloud buildup in the morning and short
heavy rain in the afternoon.**

The river water temperature is
ICE COLD (50-55°F)
year round.

**Clouds and/or rain can cause the temperature in the Canyon's desert environment to plummet.
~ It can rain in any month, or conversely, be arid and cloudless. ~**

A TYPICAL DAY

In the morning, a blow on the conch shell announces coffee is ready. Pack up your sleep kit and clothing dry bag; re-organize your day gear. After breakfast, the process of putting camp away begins with calls such as, "last call for juice," "last call for trash" and "May I have the tent bag?" Next, the boats are reloaded with everyone's help. Choose a boat for the day as you get ready to embark on another glorious day of boating in Grand Canyon.

Generally, you will be in the boats about half of each day and will make several stops: lunch, side canyon hikes, interpretive talks, and frequent "bathroom breaks." You may hike once a day or do up to three shorter hikes in a day. Your guides will offer interpretive information about the Canyon's natural and cultural features in a variety of settings, including while hiking, when stopping at an attraction site, while in camp, and while on the boat as you pass significant features. Dine by the river at a new campsite each night. Your Trip Leader will provide a nightly talk covering the next day's logistics.

SIDE CANYON HIKING

Hiking is a major focus of our trips, and we hike most every day from 1–5 hours. You'll need to be in good to excellent physical condition. The hikes vary in length and level of difficulty: some hikes are hot and dry while others are cool and shady. Many hikes are not on trails; some are up creek beds, and others meander over the desert floor with the towering canyon walls as their only bounds. Each hike is unique in its adventure offerings: one may wind through the desert to ancient Indian ruins and the next may take you through rock narrows to swimming holes and waterfalls. Some hikes begin at camp, others involve boating to reach the hiking area. You may spend all day hiking one day and make up river miles another day or over several days. There will be time to disembark as a group, access shoe storage bags, refill water bottles, and grab daypacks.



Most hikes include some scrambling and moves that may require guide assistance with spotting, hand and foot hold advice, and verbal encouragement. Hikes are set at a pace to challenge people who are in good condition: a fast pace with a limited amount of time set for the complete hike. On most hikes, you can tailor the hike to your needs by going at a slower pace and not doing the entire hike, or choosing to skip the hike and remain with the boats while the rest of the group is hiking.

Hiking in Grand Canyon is very strenuous, perhaps best described as “off trail”. All hikes go steeply uphill from the river corridor over uneven and often difficult terrain.

CAMPING IN GRAND CANYON

Camp set-up

When you reach your camp site in the afternoon, the entire group works together with the guides to unload the boats and set up camp before individuals go off to seek their ideal sleep site. All the kitchen equipment, the toilet, and everybody's two blue dry bags have to come off the boats. Most campsites are spacious, soft, beautiful beaches with ample potential sleep spots. The kitchen is the center of activity in camp! Your guides will do all the meal preparation, but we welcome your company and involvement in the fun. This is also a good time for reading or relaxing and socializing in your camp area or by the water's edge. Our on-river library consists of 10-12 Grand Canyon/Colorado Plateau related reference and history books. The library is placed in camp each night and is available for use throughout the trip. We use a conch shell to announce coffee and breakfast in the morning, appetizers and dinner in the evening. Before retiring to your sleeping bag and tent, note where the kitchen and the toilet are being set up, so that you don't set your camp too near either one, and so that you'll be able to find the toilet in the dark. Human waste is carried out with us. Cat holes are prohibited; instead, a container with toilet seat is used for solid waste. Liquid waste (urine) goes directly into the river during the day; a separate container is used in camp.

Drinking Water

The water filtration system will be set up near the kitchen. The system consists of a Vital Water Products electric water filter, several buckets of river water, and all the empty water jugs to filter water into. Each water jug is also treated with a small amount of chlorine to kill viruses that the filter does not capture—tasteless, but essential for your health.

Sanitation/First Aid

Sanitary practices are important on the river to prevent the spread of infectious agents. We set up hand-washing stations in the kitchen and near the toilet. It is very important to wash and sanitize your hands before you handle any food, and every time you use the toilet. If you need a band-aid for a minor cut, or an aspirin or ibuprofen, we keep a first-aid kit in the kitchen. You may help yourself to whatever you need from this kit. Consult your guides for more serious matters; additional first aid supplies are stored in a series of kits designed in accordance with wilderness first responder protocols.

Minimum Impact Camping

To minimize impacts associated with river trips using the river, beach, and backcountry environs of Grand Canyon, we have designed and adopted tools and procedures related to camping, food preparation, cooking, clean-up, site visitation and side canyon hiking. Following minimum impact procedures, as a group, is critical to the health of the Canyon. We follow the “leave only footprints, take only photos” camping philosophy, even down to picking up the small trash that falls under the kitchen tables.

Minimize Your Trash

Our river trips take out everything we bring on-river with us. There are no trash cans or other receptacles on-river; all your personal garbage must come out with us. This can at times present quite a challenge. Please minimize your garbage by removing any packaging from all personal items prior to your arrival and leaving disposables at home.

WATERPROOF STORAGE PROVIDED BY CANYON EXPLORATIONS

Two Large Waterproof Bags

Canyon Explorations provides each participant with three waterproof bags: one for your clothing and one for your sleeping kit, and a smaller dry bag for clothing and gear you'll want to access throughout the day (the Day Bag). The larger bags measure 13" in diameter x 25" high; their approximate volume is 3,450 cubic inches, while the Day Bag is about half the size of the larger bags.

The Day Bag

Think of this smaller dry bag as "carry-on luggage" for storing items you want to have access to during the day (sunscreen, paddle jacket, long underwear or cotton clothing, day pack, etc). You'll take this dry bag onto whichever boat you want to ride in for the day along with your life jacket and your water bottle.

You'll receive two of the three bags during your pre-trip orientation in Flagstaff: the larger bag designated for the bulk of your clothes and the second smaller day bag. For your convenience, the other larger bag containing your sleep kit is already at the river.

Other On-river Storage

Hiking shoes are stored separately in communal boot bags. Each boat has one large ammunition can (17x14x8) that is shock proof and waterproof for storage of fragile items such as cameras and binoculars. We are unable to accommodate "extra" personal ammo cans due to space and safety considerations. Fishing and hiking poles will be stored separately on the boats.

CAMPING EQUIPMENT PROVIDED BY CANYON EXPLORATIONS

Tent

We issue one Alps Mountaineering tent for every two passengers for trip participants who are traveling together. If you are traveling on your own, or prefer to sleep by yourself, we will issue you your own tent. If you elect to bring your own, it will be stored in a waterproof bag with the rest of the tents.

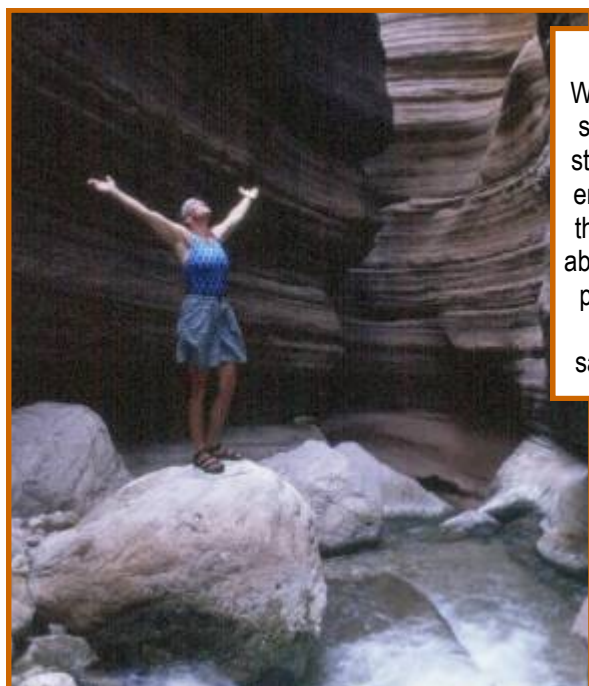
Sleeping Kit

A sleeping bag, a personal sheet liner (100% Egyptian cotton for summer; fleece for April and October trips), a Thermarest Basecamp Large sleep pad (77"x25"x1-3/4"), and a tarp are pre-packed into a waterproof bag and onto our boats. Our liners and sleeping bags are laundered prior to each trip! Sleeping bags are at least 82 inches long. Call to request bags that zip together, if desired.

Crazy Creek Chairs

A soft chair with straps that allow for adjustment in the angle of the seat will be provided for each participant to use while on the trip. Back and seat each measure 33" h x 15" w. Rolls to store easily.

TECHNOLOGY FREE EXPERIENCE



A Unique Opportunity

When we spend time in a wilderness setting, we separate ourselves from the distractions of phones, cars, traffic, and work stresses; we are able to focus on core life values including exercise, food, shelter, camaraderie, learning, and the beauty of the natural world. The opportunity and time to think differently about ourselves and our life issues are created. In our efforts to preserve a technology free environment on these wilderness trips, Canyon Explorations/Expeditions prohibits the use of satellite phones, cell phones, radios, and laptops on our trips.

DO NOT BRING

Canyon Explorations also supplies the following items for you: toilet paper, eating utensils, waterproof river guide and a coffee mug.

Please do not bring cell or sat phones or computers.

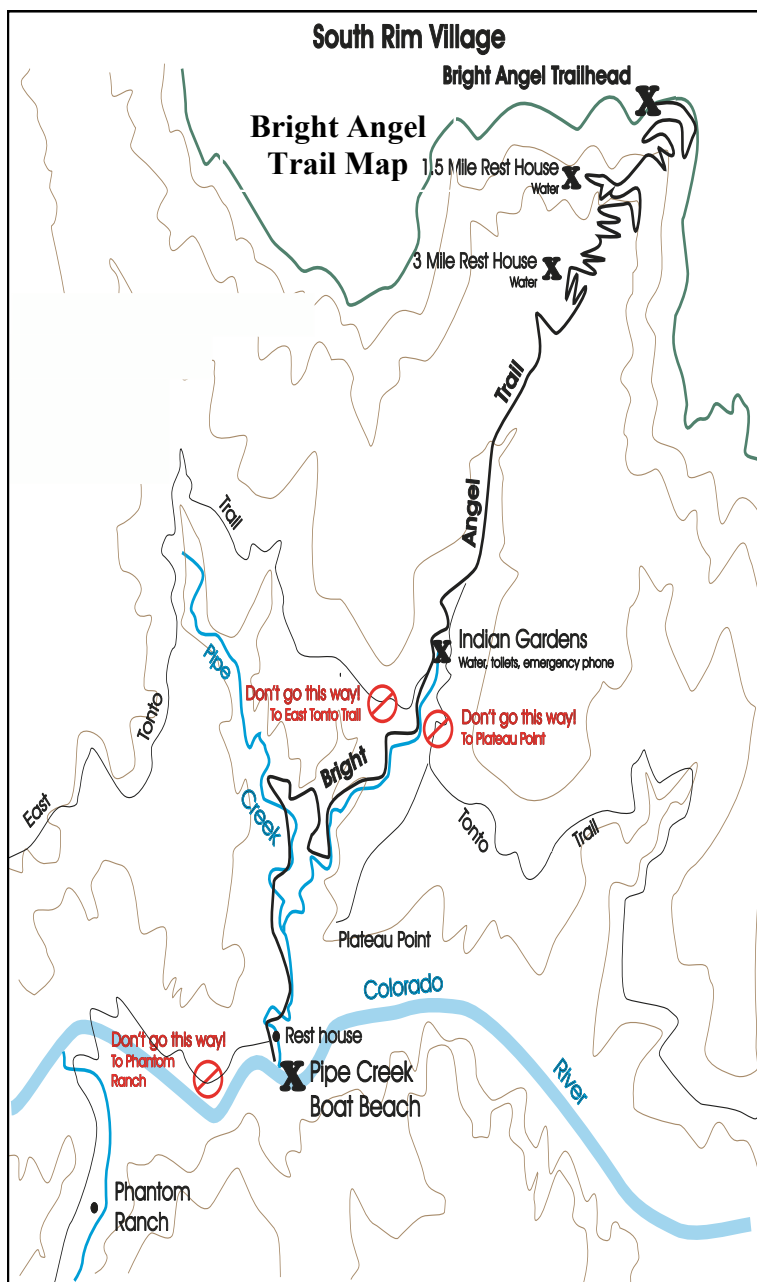
LAST DAY: ASCENDING THE BRIGHT ANGEL TRAIL

On the last morning, we'll break camp early and raft to the drop-off location at Pipe Creek Beach (the bottom of the Bright Angel Trail). We'll arrive between 7 and 8 a.m. Plan to set off quickly up the trail because every second of this cool time of day will be critical to your health and safety. You will have already packed your lunch and snacks. Be sure to have plenty to eat during this hike; do not skimp on your selections from our hike food spread!

Once started, you may set your own pace for the 7.5 mile UPHILL hike to the South Rim but **DO NOT LINGER**. Dragging out your time on the trail will actually make the hike harder for you. You should be in shape to complete the hike in 5-7 hours. Maintain a steady, brisk pace to avoid overexerting yourself during the hottest part of the day (mid to late afternoon), and to avoid electrolyte depletion, dehydration, etc.

One or more of your river guides will be following your group until meeting with the Hike Escort (coming down the trail with the Lower Canyon participants on their way to the river). The Hike Escort is a helpful source of knowledge (shady spots, how long to rest, etc.) to assist your group with the hike. The Hike Escort will escort your group out of the canyon and over to the Bright Angel Lodge Front Porch, the meeting location for your transportation back to Flagstaff.

Dehydration is a serious problem in the Grand Canyon, where the air is dry and the heat intense. You will need high quality water bottles made of durable material, such as Nalgene, with two quarts capacity; you'll refill at the trail's three water stop/rest houses. Drinking lots of water is vital to your health and safety in this environment. However, this process flushes essential electrolytes from your body, requiring that water consumption be balanced with food intake and electrolyte replacement drinks. Plan to carry lots of snack food. The energy and electrolytes you will get from this food will be well worth the space it takes up in your backpack.



ARRIVING AT THE RIM

Your transportation (provided by Canyon Explorations) back to Flagstaff will be ready to depart from the Bright Angel Lodge Front Porch at 3 p.m. For those who are out "early", there is plenty of sight-seeing and shopping; however, it is essential that you "check-in" with our driver frequently or relax on the Porch with him/her as we can leave only when we are all together again as a group. (It is usual for the last person hiking out to be on the rim by not later than 3 p.m.)

POST TRIP

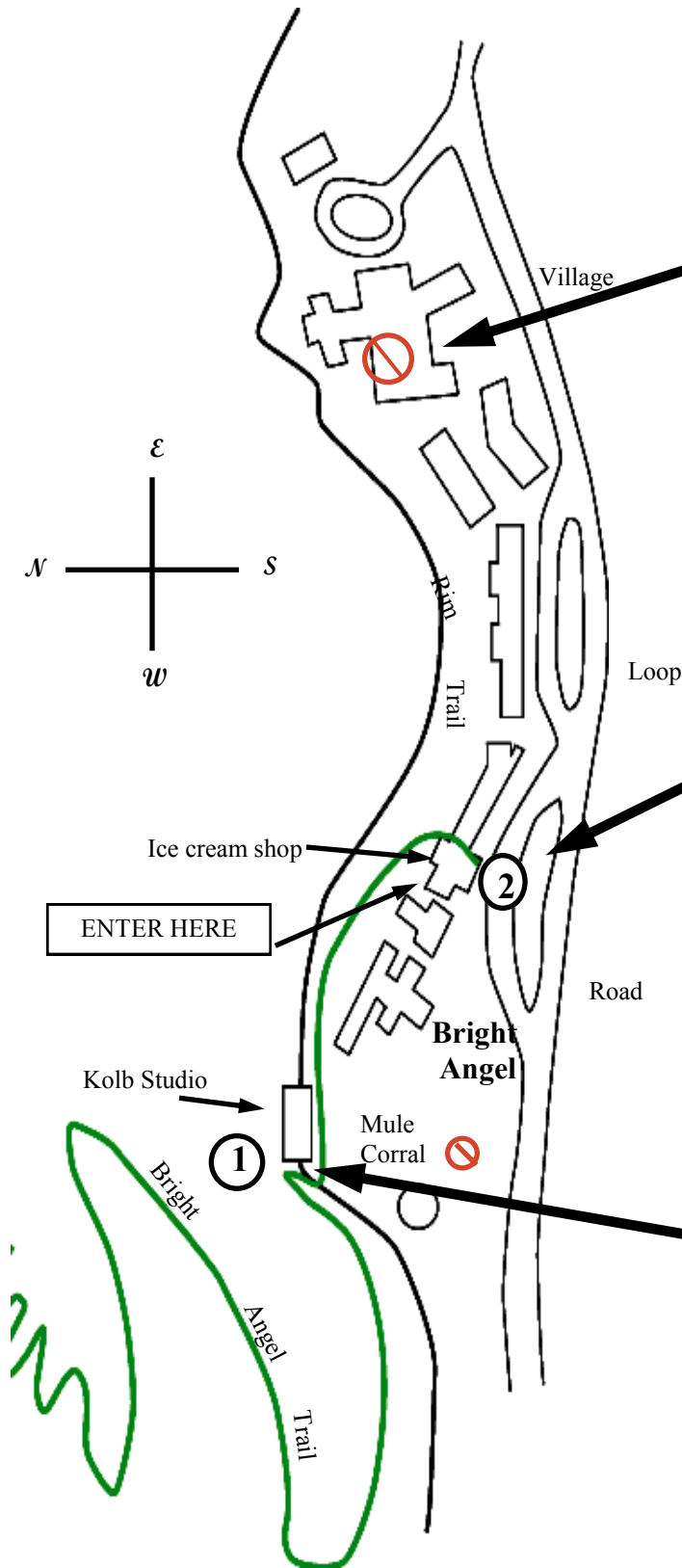
Post-trip Address List

A list of trip participants' and guides' mailing and e-mail addresses will be mailed to you immediately after your trip. Please be sure we have your correct contact information prior to trip departure.

Guide Gratuities

Guiding is a service industry and tips are greatly appreciated by your guides. Tip amounts vary depending on trip length, group size, satisfaction, etc, but a range of 5-10% is average. Cash or checks (**made out to your Trip Leader**) may be given directly to your Trip Leader at the end of your trip or mailed to him/her after your return home.

SOUTH RIM MEETING PLACE MAP



El Tovar Hotel



DO NOT WAIT HERE!



**YOU MADE IT!
WAIT HERE**

Bright Angel Front Deck

Enter the Bright Angel Lodge lobby area by going in the door next to the ice cream shop. Go through the lobby and out the main entrance to the front deck. **WAIT HERE** for your transportation back to Flagstaff at 3:00 pm.



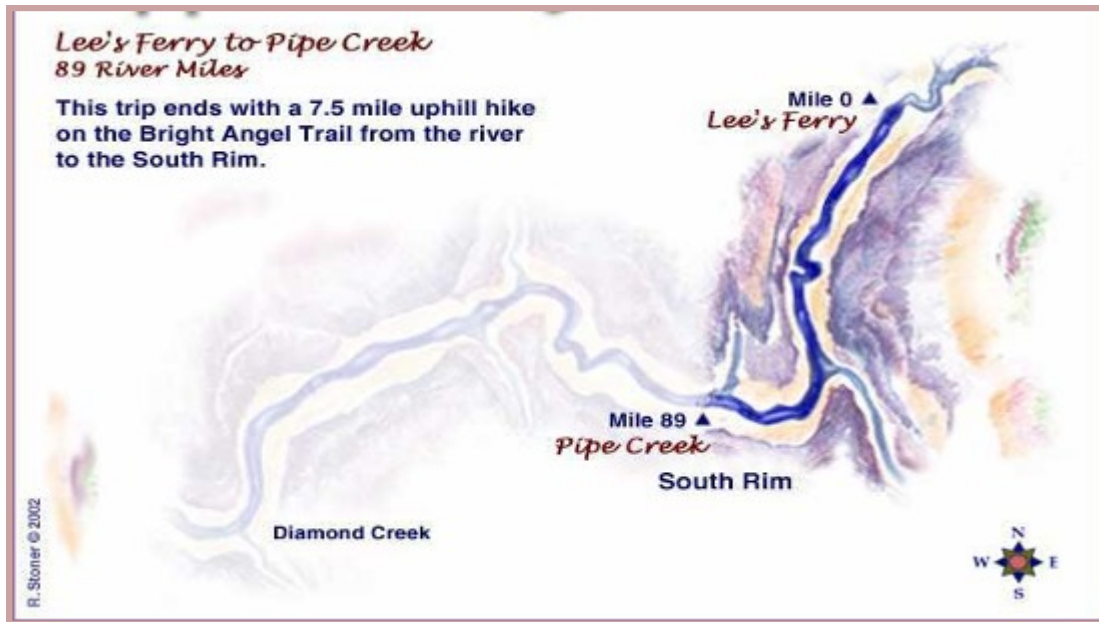
1 GO LEFT HERE

Top of Bright Angel Trail

As you reach the top of the Bright Angel Trail, the trail splits. If you take the right fork, you will wind up at the mule corral. This is the **WRONG WAY!** Turn **LEFT** onto the paved **RIM TRAIL**. You will pass the Kolb Studio on your left on your way to the Bright Angel Lodge.

TRAVEL OVERVIEW

Upper Canyon Trips cover 89 river miles from Lee's Ferry (river mile 0) to Pipe Creek Beach (river mile 89).



TRANSPORTATION PROVIDED BY CANYON EXPLORATIONS

You will begin and end your trip at the Radisson Woodlands Hotel in Flagstaff, located at 1175 W. Route 66. Round trip transportation between the Radisson and the river is included in your trip fare. We'll pick you up in our Canyon Explorations/Expeditions bus at the hotel the morning your trip begins for the two and a half hour drive to Lee's Ferry. After the trip, we'll drop you back at the Radisson.

CLOSEST INTERNATIONAL AIRPORT: PHOENIX, AZ

Sky Harbor Airport in Phoenix, Arizona, is the closest major airport and is about a 2.5 hour drive or a half hour flight away from Flagstaff. Most of our rafters fly into Phoenix and then fly, take a shuttle, or drive a rental car to Flagstaff.

TRAVEL OPTIONS FOR PHOENIX TO FLAGSTAFF

Phoenix to Flagstaff by Plane

Direct flights are available into Flagstaff only from Phoenix. Service from Phoenix is provided by US Airways (800-428-4322; usairways.com). If you fly US Airways into Phoenix, there is often a reduced fare on the Phoenix-Flagstaff portion. **We recommend that you carry at least a small bag of essentials, including your hiking boots,** onto the plane as there will not be time to locate lost luggage before your trip!! Cabs are available at the Flagstaff airport, as well rental vehicles. The airport is about 5 miles from the Radisson and will cost approximately \$15 by cab.

Car Rental Agencies

Phoenix and Flagstaff have a full variety of rental agencies; rates vary year to year. Plan on arranging a taxi to and from the rental agencies' locations; allowing adequate time for the pick-up and drop-off of your rental car both before and after your trip. Check if your drop-off location is downtown (closer to the Radisson) or at the airport.

Avis/Budget will sometimes offer vehicle drop-off/pick up at the Radisson Hotel, saving you the trip to the rental agency. Call the local Flagstaff Avis/Budget office at 1-928-779-5235 to see if this service is available.

Phoenix to Flagstaff by Shuttle Van

Arizona Shuttles offers pick-up service at each terminal in Sky Harbor Airport and drop-off at the Amtrak train station in downtown Flagstaff, a five-minute cab ride (approximately \$7) from our meeting location/hotel, the Radisson. With 7 departure times each day, this is a convenient and reliable transportation option. One way \$35 adults when booking online; \$39 for phone reservations. See www.arizonashuttle.com for the daily schedule and to make online reservations, or call Arizona Shuttle at 800-888-2749.

Phoenix/Flagstaff by Car

Flagstaff is located at the intersection of Interstate 40 (major east-west route) and the northern terminus of Interstate 17.

PRE TRIP ORIENTATION

All Full Canyon rafters MUST attend the PRE-TRIP ORIENTATION in Flagstaff at the Radisson Woodlands Hotel (1175 W. Route 66) at **5:30 p.m. the evening prior to your trip date**. At this meeting, we will talk about important off-river logistics, packing and storage of personal gear, and distribute your waterproof river bags. At this time you will also need to guarantee your room for the night of your return by giving your credit card information to the front desk.

ABOUT THE RADISSON

You can leave your car and a bag of clean clothes and extra gear/toiletries at the hotel while you are on river. Please note that the storage space provided by the hotel for your luggage is limited. Larger items like bicycles and golf clubs cannot be accommodated (you'll need to leave such items in your car if you must bring them). **Please leave valuables at home**. Please note that we cannot provide a 100% guarantee of security and therefore recommend that you leave important items like your diamond engagement ring, watch, and the majority of your regular wallet items at home. **We advise you to take a pared down "wallet" (a credit card and some cash in a zip-lock) with you on-river.**

NOTE: The hotel does not provide space for campers or trailers. Options for such large vehicles include space at nearby storage companies at your expense. You may contact AllGuard Storage at 928-526-0578 or Route 66 Travel at 866-435-8366 directly for information and reservations.

The Radisson offers a complimentary cab service from the airport or the Amtrak Station. ***You will experience a delay in response time if you elect to use this service*** and should therefore initiate the call to the Radisson as soon as you arrive in Flagstaff. Please note that you may find that this service is not worth the wait.

ROOM RESERVATIONS

Rooms at the Radisson Woodlands Hotel consist of either two queen beds or one king. A roll-away bed can be added upon request. We will reserve these hotel rooms using the information you provide in your completed Flagstaff Lodging Request Form. These forms are mailed out five months before your trip. To receive the special room rate, your reservation will be made by our office and will be listed under CANYON EXPLORATIONS/EXPEDITIONS. You will NOT receive a confirmation notice from the hotel; if you have any questions about your reservation, please contact our office, not the Radisson. Please note the Radisson requires a photo ID (drivers license) and payment upon check-in.

When making your travel arrangements, plan on spending the last night of your trip in Flagstaff and leaving the following day, as we CANNOT guarantee arrival time back in Flagstaff on the last day of your trip. If you would like to spend an additional night in Flagstaff, pre- or post-trip, please contact us as early as possible as we cannot guarantee space availability for any nights other than the night before your trip and the last night of your trip. Your credit card information will be needed to hold additional nights at the Radisson.

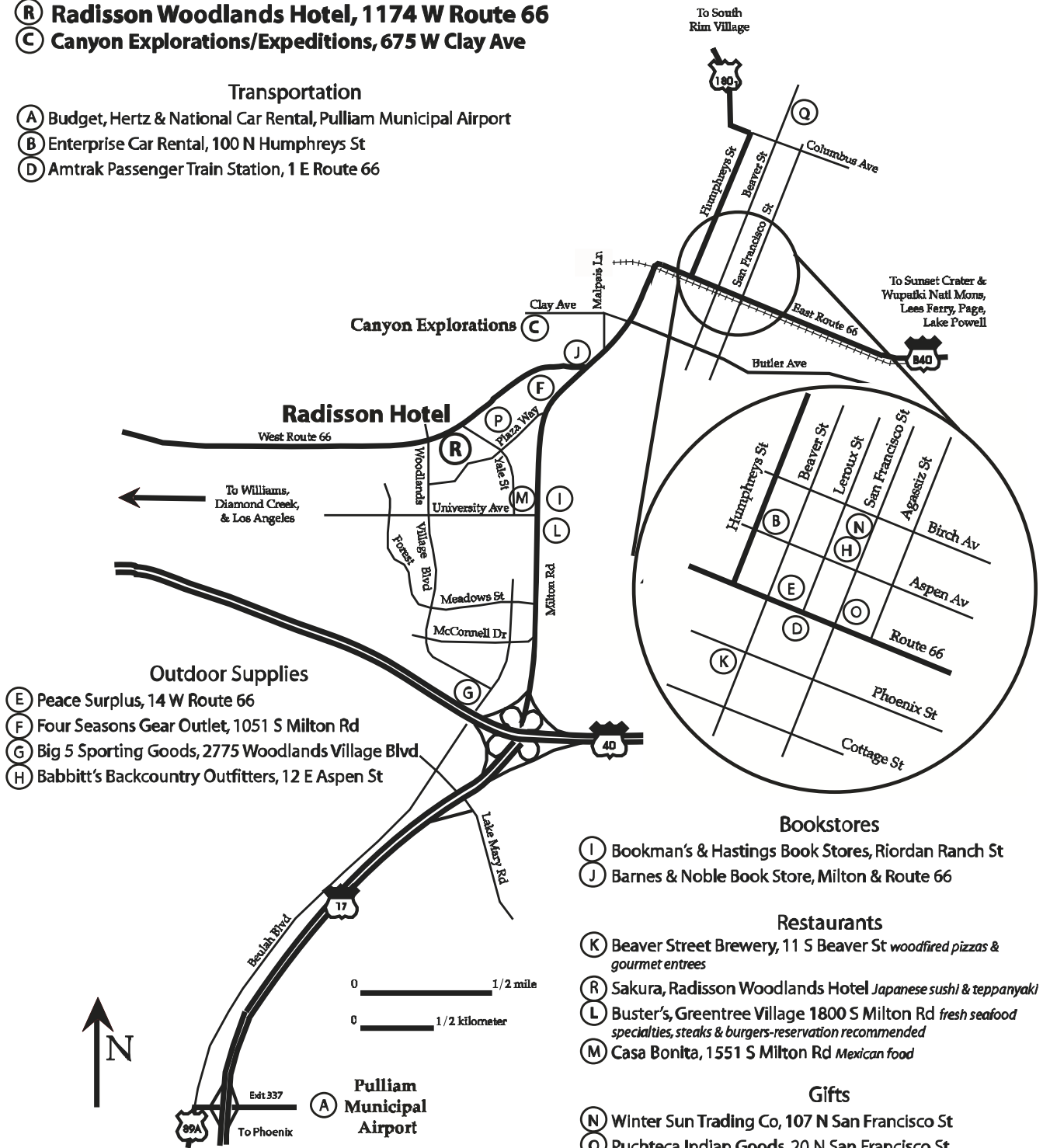


Flagstaff, Arizona

- (R) Radisson Woodlands Hotel, 1174 W Route 66**
- (C) Canyon Explorations/Expeditions, 675 W Clay Ave**

Transportation

- (A) Budget, Hertz & National Car Rental, Pulliam Municipal Airport**
- (B) Enterprise Car Rental, 100 N Humphreys St**
- (D) Amtrak Passenger Train Station, 1 E Route 66**



Outdoor Supplies

- (E) Peace Surplus, 14 W Route 66**
- (F) Four Seasons Gear Outlet, 1051 S Milton Rd**
- (G) Big 5 Sporting Goods, 2775 Woodlands Village Blvd**
- (H) Babbitt's Backcountry Outfitters, 12 E Aspen St**

Bookstores

- (I) Bookman's & Hastings Book Stores, Riordan Ranch St**
- (J) Barnes & Noble Book Store, Milton & Route 66**

Restaurants

- (K) Beaver Street Brewery, 11 S Beaver St woodfired pizzas & gourmet entrees**
- (R) Sakura, Radisson Woodlands Hotel Japanese sushi & teppanyaki**
- (L) Buster's, Greentree Village 1800 S Milton Rd fresh seafood specialties, steaks & burgers-reservation recommended**
- (M) Casa Bonita, 1551 S Milton Rd Mexican food**

Gifts

- (N) Winter Sun Trading Co, 107 N San Francisco St**
- (O) Puchteca Indian Goods, 20 N San Francisco St**

Other

- (P) Safeway Grocery Store, 1201 S Plaza Way**
- (Q) Flagstaff Medical Center, 1200 N Beaver St**