



Hours: (9-4:30 Every Day)  
Phone: 800-715-HIKE (4453)  
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## WOMEN'S DEATH VALLEY BASECAMP TOUR




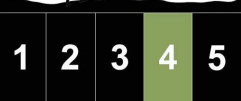


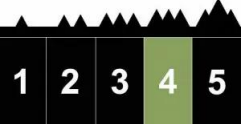





LAS VEGAS, NV

### DESCRIPTION

This Women's Death Valley Camping Tour is an opportunity to explore one of America's most unique national parks on foot in the company of other female guests and guides. We set up camp in or near Death Valley National Park and embark on a series of day hikes that explore the other-worldly nature of its deserts, canyons, mountains and sand dunes. We'll visit craters, canyons with a rainbow of colors created by volcanic deposits, a lush desert oasis, a towering mountain peak and much more. Each evening we'll return to camp where your guide(s) will prepare home-cooked meals while we relax and discuss the wonders of the area.

This tour includes roundtrip transportation from Las Vegas, NV; all meals from breakfast the first day through lunch the final day; all camping gear; backpacks and trekking poles; professional female wilderness guides and more. Join us for a journey through a timeless and fascinating landscape in Death Valley National Park!

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<p>Trip Type: Camping Hiking Tour</p>	<p>Difficulty Level: </p>
<p>Solitude Level: </p>	<p>Group Size: 2-6 Guests</p>
<p>Trip Length: 4 Days</p>	<p>Distance: 17-24MI / 27-39K</p>
<p>Hiking Distances:</p>   <p>4-9 mi</p>	<p>Backpack Weight:</p>   <p>8-12 lbs</p>
<p>Terrain:</p>   <p>Significantly Rugged</p>	<p>Max Daily Elev. <math>\uparrow\downarrow</math>:</p>   <p>2000 ft</p>
<p>Heights Exposure:</p>   <p>Moderate</p>	

## WHAT'S INCLUDED

- Top-of-the-line tent, sleeping pad, sleeping bag, and day pack
- Use of trekking poles
- All meals are included from breakfast the first day through lunch on the last day
- Shower and pool passes at the wonderful Furnace Creek Ranch warm springs pool (walking distance from our camp of approximately 3/4 mile)

- A professional, knowledgeable, certified Death Valley hiking guide
  - Comprehensive, roundtrip transportation from your hotel in Las Vegas and back
  - All necessary entrance fees and permits
  - Emergency equipment including a company-issued first-aid kit and communication device (InReach Explorer or satellite phone)
  - A Lifetime Hiking Membership entitling you, your spouse and dependents to a discount of 10% off any Wildland hiking trip after your first one (must book directly with us to receive the discount)!
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## WHAT'S NOT INCLUDED

- Clothes, raingear, and footwear
  - Sunscreen, toiletries and personal items
  - Water bottles and a headlamp or flashlight
  - Guide gratuity (industry recommendation is 10-20% of trip cost)
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### Day 1

- Shuttle to Death Valley: 2.5 hours
- Hiking Mileage: 5 miles
- Elevation Gain/Loss: 680 feet

This Women only [Death Valley hiking tour](#) starts with pick up from your hotel in Las Vegas, Nevada. From Las Vegas, we'll shuttle across the iconic Mojave Desert, famous for its towering, desert mountain ranges punctuated by vast basins. We will enter the Park and almost immediately enjoy views of "the Badlands," which are sharp, razor-shaped hills with beautiful colors created by their composition of volcanic metals. At the border of the Badlands, we will hike to the tip of Zabriskie Point where we'll enjoy initial views of Death Valley and the soaring Panamint Mountains, whose highest point is 11,053 Telescope Peak.

After a brief visit to the Furnace Creek Visitor Center, we'll continue on to the trailhead of our first real hike: a classic Death Valley trekking loop that leads us far into the Badlands of the Amargosa Mountains. After a

scenic picnic lunch with 360° views, we'll head down into the water-sculpted Gower Gulch which takes us out onto an angled desert landscape at the edge of Death Valley itself.

If time and desire is abundant, we will stop at one of several historic highlights near Furnace Creek before making our way to our campsite. After setting up our basecamp, we'll congregate for a wonderful, camp-cooked supper and then sink in to our camp chairs by a cozy camp fire as the Milky Way lights up the sky (stunningly vivid night skies are a highlight of this trip for some guests!)



## Day 2

- Drive Time: 3-5 hours
- Hiking Mileage: 9 miles
- Elevation Gain/Loss: 2000 feet

After an early start and hot breakfast, we'll continue our exploration of Death Valley with a shuttle into the pine-studded Panamint Mountains, where we'll shoot for the summit of Wildrose Peak (~9,000). This amazing mountain hike provides us a fulfilling physical challenge with a similarly rewarding summit. Near the trailhead we'll check out Death Valley's historic Charcoal Kilns, which are very large stone domes used to produce charcoal for Old West mining operations in the 19th and early 20th centuries. With refreshingly cool temperatures, our trek will lead us through charming Juniper and Piñon forest as we ascend the eastern

slope of Wildrose Peak. At the summit, we'll soak up dramatic views of Death Valley, Panamint Valley, and the snow-capped Sierra Nevada Range (home of the tallest peak in the Continental USA, Mount Whitney) on the western horizon.



## Day 3

- Drive Time: 5 hours
- Hiking Mileage: 4+ miles
- Elevation Gain/Loss: 635 feet

Today we'll start with a leisurely morning and big breakfast. Our hikes are easier ones after yesterday's ascent of Wildrose, giving our muscles a chance to recover while we enjoy more unique aspects of Death Valley. Today's two hikes take us across the majestic Mesquite Sand Dunes and to a wonder of the desert — a lush oasis and waterfall. We'll shuttle west past the Devil's Cornfield and embark on a trek through the wonderful Mesquite Sand Dunes. From the tops of the dunes, we'll soak up panoramic views of the mountain ranges that surround us, and gain a better understanding of what the valley must have looked like as a glaciated lake in the cool and wet Pleistocene Era.

After the sand dunes, we'll continue our shuttle farther west to visit one of the most surprising sights in Death Valley National Park. The waterfall and oasis we visit today is an anomaly — a spring-fed waterfall of

dramatic beauty in one of the the driest places on our planet. Our relaxing, two-mile walk to the falls is a must-see during our time in Death Valley National Park. We'll dip our feet (or more) in the refreshing pool at the base of the falls and marvel at the majesty of this unlikely feature.



## Day 4

- Hiking Mileage: 4-7 miles
- Elevation Gain/Loss: 200-500 feet
- Shuttle to Las Vegas: 2.5-3.5 hours

For our last day in Death Valley National Park, we'll hike one of multiple canyons of the Amargosa Mountain Range. Options include Sidewinder, Desolation, or Kaleidoscope Canyons, or Virgin Spring Wash. Each option offers its own unique aspects of Death Valley, and we'll make our selection based on the desires of the group. We'll enjoy a picnic lunch on our hike or, if we have time, at Dante's View—the most dramatic overlook of Death Valley. Finally we enjoy a relaxing drive back across the desert to Las Vegas, where we'll drop you off at your hotel of choice and say our fond farewells.

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Please Note: We always do everything in our power to follow the set itinerary, however it can change occasionally based on temporary access restrictions, weather, lodging/campground availability, guest ability/injury, natural events like fires and flooding, and other potential causes. Normal [terms and](#)

conditions apply to trips with itinerary changes.

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## PACKING LISTS



### IMPORTANCE OF BEING PREPARED

Your safety and enjoyment will depend on your level of preparedness. It is your responsibility to arrive with the items listed below. Our [Gear Guide](#) is a resource to find more information about these items and links to online options. If you have additional questions about what to pack, please ask your guide during the pre-trip contact (~10 days prior to the trip start date) or call our Adventure Consultants 7 days a week at 928-223-HIKE (4453).

### STANDARD CLOTHING CHECKLIST

The following items are required for your trip unless otherwise noted. When packing, think layered clothing systems that work together and can be easily added or removed.

**(GG)** = *Gear Guide: see for more info and links to product options*

Hiking Boots/Shoes — mid-weight, lug-soled, waterproof, and ideally well broken in ([Boots GG](#) — [Shoes GG](#))

*(Note: buy your boots/shoes 1/2 size to 1 size larger than your street shoes to allow for feet swelling and thicker socks)*

Secondary Footwear — supportive, lightweight, well-drained shoe or sport sandal for creek crossings and/or for camp comfort ([GG](#))

Hiking Socks — one pair for every two days of your trip, plus an extra pair to sleep in. Hiking-specific padded socks, no cotton, please! ([Hiking Socks GG](#))

*(Note: wearing thin liner socks under your hiking socks can help prevent blisters)*

Sun Hat — wide brimmed hat or baseball cap/bandana combo ([GG](#))

Cotton T-shirts — at least 2 short or long sleeve shirts, these retain moisture and will help to cool the body down in arid desert environments

Hiking Shirts — non-cotton, breathable short sleeve and/or long sleeve shirts (GG)

*(Note: long sleeve shirts provide better sun protection)*

- Warm Top — mid-weight sweater or pullover of wicking material — merino wool, fleece or polypropylene (Mid Layers GG)

Hiking Pants & Shorts — nylon pants AND shorts, zip-offs or leggings (GG)

Rain Gear — waterproof jacket, breathable fabric such as Gore-Tex® or coated nylon (Rain Jackets GG)

Casual Clothing & Footwear — comfortable clothes and shoes for evenings off the trail

Personal Luggage — small duffel bag, suitcase or backpack — for extra hiking clothes and casual clothes

## **ADDITIONAL CLOTHING (OCTOBER - APRIL)**

Warm Hat & Gloves — lightweight beanie and light-to-mid weight fleece or wool gloves (GG)

Mid Layer Insulating Jacket — down-fill or synthetic-fill insulated “puffy” jacket or warm, heavy weight fleece jacket (Mid Layers GG)

Base Layer/Long Underwear — 1 pair of wicking tops and bottoms that are lightweight to midweight, synthetic wicking materials such as polyester, polypropylene, merino wool...etc. (Base Layers GG)

Rain Pants — waterproof pants, breathable fabric such as Gore-Tex® or coated nylon. Look for side zippers that will allow you to pull them over your boots. (Rain Pants GG)

*Important Note: Please, no cotton hiking clothes with the exception of the “Cotton T-shirts” section above. Feel free to call us if you have any questions or you can reference our [Gear Guide](#).*

## **GEAR CHECKLIST**

Hydration System — 3+ liters capacity, either water bottles or bladder/hose system and an additional water bottle (GG)

*(Note: We recommend always having a bottle with 1 liter of capacity as a back-up in case of a hydration system failure and to use while in camp)*

- Headlamp — preferably with an L.E.D. bulb that works with AA or AAA batteries (Headlamps GG)  
*(Note: always test your headlamp before trips, travel/pack without batteries in device, and for longer trips (4+ days) consider a spare bulb and 1 set of spare batteries)*

Sunglasses, Sunscreen, Lip Balm



2 Bandanas

Contact Lenses and Glasses — if you wear contact lenses, please also bring a pair of glasses — your contacts are likely to become dirty and may be difficult to clean

Prescription Medication — please inform your trip leader of any medications you are taking

2-3 Face Masks; 1-2 Over-the-counter Rapid Antigen COVID-19 Tests

Toiletries — small amounts, travel sizes and/or just what you need for the trip (important that they are small!)

Money — for any shopping you would like to do and for consideration of tipping your guide (*Note: tipping is optional but appreciated, industry recommendation is 10-20% of your trip cost based upon the quality of your experience*)

## OPTIONAL ITEMS

- Personal Trekking Poles — as a Wildland guest, you can enjoy a 20% discount off Leki trekking poles (reservation number required.) [Click here](#) for discount. Trekking poles are provided for guests who do not bring their own ([Trekking Poles GG](#))

Swimsuit — only if swimming is an option on your trip, some guests prefer to swim in quick drying hiking clothes, sports bra, etc...

Stuff Sacks — various sizes for better organization of clothing & gear, and/or to help create a camp pillow, etc.

*(Note: A lightweight waterproof stuff sack can be extremely useful in wet conditions)*

Support Braces — consider bringing any joint braces that may be currently needed or from past injuries (i.e. knee, ankle, elbow, etc...)

Camp Reading Material — lightweight paperback book, magazine or small notebook/pen for journaling

Cell Phone or Camera

Spare Batteries — for camera, headlamp or other electronics

Solar Charger or Charging Bank — small, lightweight devices to recharge electronics

Vitamins & Supplements

Quick Dry Towel — lightweight, compressible and packable — bandanas also work

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## TRAVEL, TRANSPORTATION, MEETING & LODGING



## **MEETING TIME & PLACE**

This trip originates in Las Vegas, Nevada. Your guide will be in contact approximately 10 days before the trip start date to coordinate the pre-trip orientation, which will be at 5:00 PM at the Tuscany Suites and Casino in Las Vegas. Your guide will then pick you up at the Tuscany the next morning for transport to the trailhead. For Private Death Valley Tours your guide will meet you at your hotel in Las Vegas at an agreed upon time.

## **TRIP CONCLUSION**

This trip will conclude at approximately 5:00 PM on the last day.

## **ARRIVAL & DEPARTURE DATES**

Travel to and from the trip starting point (Las Vegas, NV) is not included in the cost of our trips. Please plan on arriving in time for the orientation meeting the day before the trip leaves and departing the day after getting back from the field.

## **GATEWAY CITIES:**

Las Vegas, Nevada

These trips begin and end in Las Vegas, Nevada. McCarran International Airport (LAS) has frequent, direct flights from over 100 cities.

## **GROUND TRANSPORTATION TO THE HOTEL**

The Tuscany Suites and Casino (where we recommend staying) is a short distance from the airport. It does not have an airport shuttle, but Uber, Lyft and taxi are easy, affordable options to reach the hotel from the airport.

## TRANSPORTATION DURING THE TOUR

We will pick you up at the Tuscany Suites and Casino in Las Vegas on the morning of the first day of the trip, and provide transportation back to your hotel in Las Vegas on the final day.

## STORAGE OF PERSONAL ITEMS & VEHICLES

If you're staying at the Tuscany Suites and Casino, they will store your luggage while on the trip. If staying elsewhere, we recommend checking with your pre- and post-trip hotel(s) to inquire about luggage storage. Most of the time hotels are happy to accommodate. You're also welcome to leave your luggage in the company vehicle; however, we don't take responsibility for its safety.

## PRE & POST-TRIP RECOMMENDED LODGING

We highly recommend booking accommodation at the Tuscany Suites for the night before your trip.

Your 5pm pre-trip meeting will be held at the Tuscany, and your guide will be staying there as well.

Tuscany Suites and Casino (*clean, off-the-strip hotel*)

[Website](#) / 702-893-8933

Due to the unpredictable and often-chaotic nature of late afternoon Las Vegas traffic, it is very difficult for our guides to provide you with transportation from other hotels to/from the Tuscany for your pre-trip meeting. If you choose to stay at another hotel, we recommend using Uber, Lift or a taxi to get to the Tuscany.

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## TRIP INSURANCE

We strongly recommend purchasing trip insurance. We designed our terms and conditions with trip insurance in mind. When you register for a trip, your spot is no longer available to other guests. Therefore, if you discover inside of 30 days (prior to your trip departure date) that you are unable to travel, no refund is available. With trip insurance, not only is your payment to Wildland covered, but your flights, hotels and other travel costs can also be insured.

Read more about our [trip insurance recommendations](#).

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## CHECK THE WEATHER FORECAST FOR YOUR TRIP

We recommend using NOAA's website ([www.weather.gov](http://www.weather.gov)) for the most accurate 5-day weather forecasts. We recommend checking 2 forecasts for this area:

- [Bad Water Basin](#)
  - [Summit of Telescope Peak](#)
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## PACK WEIGHT AND CONTENTS

You will be hiking with a light day pack that we provide. You're also welcome to bring your own. The contents will be what you need for the day — rain gear, an extra layer or two, snacks, water, sunscreen...etc.

**ESTIMATED PACK WEIGHT: 8-12 POUNDS**

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## ESSENTIAL ELIGIBILITY CRITERIA

[Essential Eligibility Criteria](#) (“EEC”) have been specifically identified to help you understand the skills and abilities necessary to participate on each Wildland trip, and they apply uniformly to all potential trip participants, irrespective of the presence or absence of any disability.

Once you identify a trip in which you may be interested, please carefully review the [EEC](#) and itinerary details. If after reviewing the EEC that apply to your desired trip, you determine you need an accommodation in order to meet the EEC, please [contact us](#) prior to registering to discuss your requested accommodation.

The EEC exist for your own safety and the safety and enjoyment of all participants. If you are unable to meet the EEC for the trip, with or without an accommodation, you are not eligible for that trip. If you register and arrive for a trip for which you do not meet the EEC, you will be disqualified from participation on the trip and will be dismissed or evacuated from the trip without a refund.

## TRAINING TIPS



The better shape you're in the more fun you'll have! We recommend very strongly that you train for your trip.

### TRAINING BY HIKING

If you have access to hiking trails in hilly or mountainous terrain, this is the ideal way to train. If not, we recommend using the Stairmaster machine (with rotating stairs like an escalator) or actually training on stairs. Nothing prepares you for a trip better than the activity itself!

Train at least 3 days a week. Start with short hikes or workouts (1-hour in length) with a light daypack. From week to week build the length and intensity of your hikes/workouts and gradually increase your pack weight until you're comfortably able to hike 6-8 hours a day carrying the weight you'll have on your trip. It's best to begin your training regimen at least 12 weeks prior to your trip. Also be sure to use the boots you'll have on your trip to break them in.

Following is how a program may look:

First Week	Work Up To
Tuesday: 1-hour hike/workout with daypack Thursday: 1-hour hike/workout with daypack Sunday: 2-hour hike/workout with daypack	Monday: 2-3 hour hike/workout with daypack Wednesday: 2-3 hour hike/workout with daypack Thursday: 2-3-hour hike/workout with daypack Sunday: 7-hour hike with the weight you'll have on your trip

## **SUPPLEMENTAL TRAINING IDEAS**

There are many other activities that are easily incorporated into your daily life to build your overall fitness. Cross training is important to strengthen opposing muscle groups and it helps to avoid over-use injuries. Supplemental training ideas include:

- Bike to work or when running errands.
- Gym activities including step aerobics, treadmill, bicycling, or elliptical trainers to name a few. A modest weight training program focusing on the muscles that support the ankles, knees, back, and shoulders is also beneficial.
- Swimming is a great way to build endurance and cardiovascular fitness and is easy on the joints.
- Walk to work instead of driving. Run your errands by walking and carry your groceries home in a backpack.
- Yoga and/or Pilates classes can build strength throughout your body while also improving your flexibility.
- Intramural sports
- Jogging is another option, however if you are not a regular runner it can easily lead to injuries that backpacking may then exacerbate. Undertake a jogging routine with care.

## **FLEXIBILITY AND HYDRATION**

Flexibility is an important part of training. Remember to stretch before and after your workouts. For the two weeks leading up to your trip cut your workouts in half to avoid arriving fatigued. Also for a 72-hour period before your trip commences, ensure that you are consuming sufficient amounts of sodium and fluids. Doctors agree that hikers increase the likelihood of experiencing problems if they are sodium depleted (e.g., follow a low sodium diet) or are dehydrated (due to travel or using diuretics such as coffee or alcohol).

Important note: Always consult with your physician before commencing with a workout program.

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## **GROUP TRAVEL**



If you're joining one of our scheduled trekking tours you'll be hiking with fellow outdoor enthusiasts. Please carefully examine the trip materials and difficulty level prior to registering to select a trip that matches your ability level. If you need assistance selecting the right trip we are more than happy to help.

We make every effort to accurately set expectations and effectively screen guests, however it is inevitable on some trips there will be a discrepancy in fitness levels. Consider that the trip may be a once in a lifetime opportunity for your fellow travelers and it is important to respect each guest's individual condition, needs and desires.

Finally, guided groups are required by land management agencies to stay together on the trail. Hiking together can require patience and flexibility. If hiking at a very specific pace is extremely important to you, you may want to consider booking a private trip.



## TIPPING YOUR GUIDE

Tipping your guide is greatly appreciated! Wildland guides, and outdoor/backcountry guides in general, do much more than lead guests down the trail. Although supported by amazing in-town staff, they often work independently in the field due to permit and logistical constraints. The guide is responsible for the group's safety, menu planning (including dietary restrictions), cooking for the group, prepping and taking care of the gear, handling livestock (on stock-supported trips), driving, complying with government regulations,

ensuring guest satisfaction, and generally making sure the tour runs smoothly. They wear many hats and are extraordinary at what they do!

The industry standard tip amount for hiking and backpacking guides is between 10% and 20% of the tour cost per person, depending on your level of satisfaction. If you have any questions about tipping, feel free to call us 7 days a week at 800-715-HIKE (4453)!

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## GUIDE SHIFTS

Guides are required to take 8 hours off each 24-hour period to sleep, recuperate, take personal/down time...etc. In addition, as part of the 8 hours off they must sleep/rest or be in their tents/rooms uninterrupted for a minimum of 5 hours each night. We ask guests to respect these requirements and to not interrupt guides' off time and sleep time unless there is a true emergency.



Thank You! The Wildland Trekking Company is dedicated to delivering an exceptional travel experience that exceeds your every expectation. We believe travel and adventure are two of life's great joys and take seriously our role in helping you create a trip of lasting memories. In addition to our role as your travel partner and outfitter we are dedicated to the promotion of stewardship and conservation in the regions we visit. One of our commitments is to use Wildland as a tool toward long-term sustainability of the Earth's environment and its communities. If there is anything we can do to further inform or help you prepare for your upcoming adventure please do not hesitate to contact us. Thanks for the opportunity to serve you and we look forward to seeing you soon!



**800-715-HIKE (4453)**

Feel free to call us for more info — we're here 7 days a week!

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