



Hours: (9-4:30 Every Day)  
Phone: 800-715-HIKE (4453)  
Email: [email protected]



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## GRAND CANYON & SEDONA TOUR

SEDONA, AZ




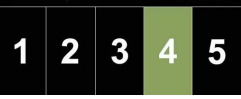


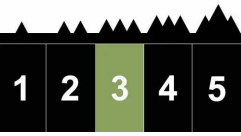





### DESCRIPTION

Join us and experience the very best of Northern Arizona from a hiking and outdoor perspective! If you love to hike and want to experience a diversity of scenery, world-class destinations, pristine canyon country landscapes, and truly amazing trekking, look no further. This trip combines 2 days hiking in the stunning red rock country of Sedona with 2 days at [Grand Canyon National Park](#). We throw in premier lodging, fantastic meals, natural and cultural history, and expert guides to make this an unforgettable 4 days!

We begin this trip with 2 days exploring Sedona's Red Rock Country, hiking and relaxing in deluxe accommodations and enjoying charming Southwestern meals around Sedona. Then we travel up to explore the South Rim of the Grand Canyon, one of the seven natural wonders of the world. We will go on 2 day hikes on famous South Rim trails full of history and panoramic views and stay the third night in a hotel just minutes from the South Rim.

If you are seeking to indulge in the wonders Northern Arizona has to offer, this trip is for you. You get a thrilling experience of Grand Canyon and Sedona all in one trip while we handle the details for you each step of the way. All you have to do is enjoy the hikes, soak in the views and relax!

*Wildland Trekking is a permittee of the USFS, Red Rock Ranger District.*

<p>Trip Type: Inn-Based Hiking Tour</p>	<p>Difficulty Level: </p>
<p>Solitude Level: </p>	<p>Group Size: 2-9 Guests</p>
<p>Trip Length: 4 Days</p>	<p>Distance: 21+MI / 34+KM</p>
<p>Hiking Distances:</p>   <p>Up to 9 mi</p>	<p>Backpack Weight:</p>   <p>8-12 lbs</p>
<p>Terrain:</p>   <p>Moderately Rugged</p>	<p>Max Daily Elev. <math>\uparrow\downarrow</math>:</p>   <p>Up to 2500 ft</p>
<p>Heights Exposure:</p>   <p>Moderate</p>	

## WHAT'S INCLUDED

- 3 nights of double occupancy lodging at a carefully selected local Sedona and Grand Canyon hotels (single occupancy requires an additional single supplement)

Unless otherwise requested, we will attempt to find you a roommate of the same gender. If you

would like a single room, the single supplement will apply.

- Meals throughout the tour, including a mix of in-town and backcountry meals
- Use of a day pack, trekking poles and Microspike crampons during winter months
- A professional, knowledgeable, certified Arizona hiking guide
- Transportation for the duration of the tour
- Emergency equipment including a company-issued first-aid kit and communication device (InReach Explorer or satellite phone)
- Mandatory 5% national park fee that passes through directly to Grand Canyon
- 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 ([see recommendations](#))
- Sunscreen, toiletries and personal items
- Water bottles and a headlamp or flashlight
- Alcoholic beverages
- Guide gratuity (industry recommendation is 10-20% of trip cost)

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## Day 1

- Hiking Mileage: 7 miles
- 1-way Elevation Change: 500 feet
- Accommodations: Briar Patch Inn

We start this [Arizona hiking tour](#) with an amazing day hike in Sedona. We begin near two of Sedona's most prominent and beautiful landmarks, Courthouse Butte and Bell Rock, and quickly climb several hundred feet into layered shelves of red rock sandstone. We'll stop to appreciate and learn about all the different types

and uses of desert plants in the area. Half-way into our hike, we'll reach Cathedral Rock, a stunning, nearly 1,000 foot tall sandstone monolith.

We'll rest in the shade of cottonwood trees lining the banks of Oak Creek, along the northwest side of Cathedral Rock. Your guide will prepare a tasty lunch and share some of the native and indigenous history of the area — this very spot was once a fertile hunting ground.

After lunch, we'll complete our hike among the towering cliffs, sheer pinnacles and pristine canyons of Sedona. We will settle in to our first night's lodging, relax for an hour or two, and then depart for a wonderful dinner in Sedona.



## Day 2

- Hiking Mileage: 8-9 miles
- 1-way Elevation Change: 1200 feet
- Accommodations: Briar Patch Inn

We will start Day 2 with another Red Rock gem! Mitten Ridge is one of Sedona's most spectacular hikes, and we'll walk back in time on old wagon roads (now trails) to a red rock saddle that offers breathtaking views.



This trail is a Sedona must-do. It involves exhilarating steps on pure sandstone up Schnebly Hill vistas and panoramic views of the canyons below. This is a great hike to hear the history and story of T.C. Schnebly and his wife Sedona, for whom the town is named after.

After our hike and lunch on the trail, we will return to our rooms to clean up and enjoy a bit of relaxation time before meeting up for another wonderful Southwest dinner together.



## Day 3

- Shuttle to the South Rim: 2.5-3 hours
- Hiking Mileage: 3-6 miles
- 1-way Elevation Change: 2500 feet
- Accommodations: The Grand Canyon Squire Inn

Today we get an early start, check out of our rooms, and embark on a 2.5 hour scenic drive up northern roadways and Oak Creek Canyon to the South Rim of the Grand Canyon. Our first hike in the Grand Canyon will be down an amazing trail that descends the spine of a spectacular ridge and allows for BIG Grand Canyon views as the ridge drops off on both sides and in front of us. It is the trail to do if you're looking for some of the best panoramas in the Grand Canyon. These panoramas and the more moderate nature of the hiking make our hike one of the most photographed trails in the country and a fantastic first day in the

canyon for us.

After our hike, we will have the chance to explore some of the South Rim's museums and shops before returning to our lodging for some relaxation. Then tonight we head to the rim for an amazing dinner at the historic El Tovar restaurant overlooking the depths of the Grand Canyon.



## Day 4

- Hiking Mileage: 3-6 miles
- 1-way Elevation Loss: 1000-2000 feet
- Shuttle to Sedona: 2.5-3 hours

Walking in the footsteps of prehistoric Native Americans, we follow an ancient trail through the Bright Angel Fault. Today's trail offers a meandering descent into the [Grand Canyon](#) and is the most accessible trail that goes far below the rim. There are two potential turn-around points which can make the hike 3 miles or 6 miles round trip. This is a great trail to get down into the Grand Canyon and has great amenities like water, bathrooms and shade available intermittently.

As you descend the sinuous trail into the depths of the Canyon, your guide will explain the miraculous

geological and ecological phenomena that surround you. We will enjoy a delicious picnic lunch with a view better than any 5-star restaurant. Eventually we will start our return hike to the rim, this time staring up at the towering cliffs above us until we are finally standing back on top of them, gazing down in amazement at the wonderful hike we just accomplished.

After our hike and some lunch, we will enjoy the 2.5- 3 hour scenic drive back through stunning Oak Creek Canyon to Sedona where your guide will drive you to your accommodations and where we will say our goodbyes to an amazing 4 days!

**Please Note: The trail for today's hike is closed between December 1, 2023 and April 14, 2024. During this time period, we will descend the Hermit Trail, which features big views, fossils, Native American history and a unique look at the geology of the Grand Canyon. Distance is 3-6 miles, elevation gain/loss of up to 2150 feet.**

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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, 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)

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! ([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 — short or long sleeve cotton t-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 such as merino wool, fleece or polypropylene ([Mid Layer 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 Coats 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 Layer 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...

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

Cell Phone or Camera

Vitamins & Supplements

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## **TRAVEL, TRANSPORTATION, MEETING & LODGING**



### **VIRTUAL PRE-TRIP ORIENTATION**

Your pre-trip orientation meeting will be done virtually on a conference call with your guide and the other guests at 5:00 PM the evening before your trip starts. Your guide will go through the packing list, communicate the first day's logistics, and answer any last minute questions you have. Your guide will give you the phone number for this meeting approximately 10 days before the trip start date.

### **PICK UP IN SEDONA**

Early on the morning of Day 1 your guide will pick you up from your accommodations in Sedona, Arizona; Your guide will coordinate the time of pick up during the pre-trip orientation conference call.

### **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 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:**

Phoenix, Flagstaff or Las Vegas, NV

All Sedona trips begin and end in Sedona, Arizona. Your best gateway cities are Phoenix and Las Vegas.

### Coming from Phoenix

The most popular option is to fly into Phoenix and rent a car or take a shuttle to Sedona with [Groome Transportation](#). The shuttle is your cheapest option. It is a 1 hour and 45 minute drive from Phoenix to Sedona.

### Coming from Las Vegas

There is no shuttle service from Las Vegas to Sedona, so if you're flying into Las Vegas the only way to reach Sedona is via rental car.

## **SHUTTLE FROM PHOENIX TO SEDONA**

### [Groome Transportation](#)

Arizona Executive Transport: 1-602-475-1125

## **STORAGE OF PERSONAL ITEMS & VEHICLES**

The best place to store your luggage and vehicle is at your pre- and post-trip hotel.

## **PRE & POST-TRIP LODGING**

Inn Above Oak Creek

[Website](#) / Phone: 928-282-7896

Best Western Arroyo Roble

[Website](#) / Phone: 928-282-3072

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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 HIKE

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

- [Sedona](#)
- [South Rim](#)
- [Inner Grand Canyon](#)



## 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.

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## 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.

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## GRAND CANYON MAPS

Grand Canyon National Park requires guide companies to provide every guest access to a map of the area(s) we'll be hiking. You'll find the map link(s) below. If you'd like, you can download and print or download to your phone for access during the trip. Your guide will also have a high quality, detailed, waterproof topographical map that you can reference out on the trail.

- [Corridor Area Map](#)
- [Grandview Area Map](#)





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!