Trek Grand Canyon

Hike along towering canyons, swim in turquoise pools and stand under cascading waterfalls. Explore remote trails, pretty creeks and camp under the stars before living it up on our final night in Las Vegas!

Teenage Cancer Trust in the Grand Canyon

This exciting hike takes us on a journey from the sleepless city of Las Vegas into the tranquil Havasupai Indian Reservation where we explore towering canyons, dive under cascading waterfalls and wander along peaceful creeks. Our fabulous one week trek in the Grand Canyon will ensure we return home feeling refreshed and invigorated.

Our adventure begins with a visit to the Hoover Dam and a hike in the Black Mountain canyons, before cruising along Route 66 to our motel. The next day we climb from the rim deep down into one of the most remote areas of the Grand Canyon, known for it’s scenic beauty and magnificent waterfalls.

We hike up to the top of Mooney Falls, swim in Havasu Creek’s many turquoise pools, bathe in Beaver Falls and jump from the hidden ledge behind the ‘New’ Navajo Falls into the cool waters below. We trek up the narrow Carbonate Canyon which was mined for it’s precious minerals in the 1900’s and, at the village of Supai, we meet a tribal elder for a Havasupai tribal blessing, a unique experience to share with our hiking companions.

It’s hard not to feel at one with nature as the magnificent waterfalls carve their way through the landscape and we camp under the stars. From the tranquillity of the Grand Canyon we return to Las Vegas for a night of fun, celebrating the amazing hiking adventure we’ve shared.

at a glance

- Activity: Trekking
- Location: Arizona, USA
- Duration: 8 days / 5 days trekking
- Difficulty: Moderate
- Distance: 66 km
- Group size: 15 -25

trip highlights

- Enjoy an all inclusive 8 day challenge
- See the Grand Canyon
- Panoramic views over the Hoover Dam
- Swim in the Colorado River
- Experience a traditional blessing ceremony
- Jump from the hidden ledge behind the Navajo Falls
- Explore the hustle and bustle of Las Vegas

Action Challenge have been leading inspirational team adventures across the world for individuals, private groups, charities and corporate clients since 1999. Our trips enable people to experience the world’s most exhilarating locations, often in aid of charity. At the heart of every challenge is team spirit and fulfilment; together we take on once-in-a-lifetime adventures, achieve formidable goals and forge friendships for life.

www.actionchallenge.com
April and October are ideal months to take on this challenge, outside of the very hot summer period. Due to the desert climate, the days will be hot, with an average temperature of 25°C, but at night temperatures can drop to a much cooler 5 to 10 °C.

This fully-inclusive adventure to the Grand Canyon will begin as soon as you register! You will receive a challenge pack including a training guide, kit list and discounts for all the essentials you may need. Teenage Cancer Trust will also get in touch with you about fundraising for your trip. We offer pre-challenge briefings and training weekends in the UK, where you can meet our trek leaders, members of your group and others taking part in challenges around the world.

On the day of departure you will meet your group and Action Challenge leader at the airport in London. Whether you’re joining the challenge on your own or with others, you will instantly be made to feel welcome. As a team we will board our flight to Las Vegas, ready to take on the Grand Canyon and the hike of a lifetime!

### Dates
15th to 22nd October 2016

### Cost
All inclusive trip cost from £2,049 for 2016
Initial £399 deposit to sign up

Three payment options available

Please visit our website for more details

### Intinerary

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<thead>
<tr>
<th>Day</th>
<th>Activity</th>
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<tr>
<td>Day 1</td>
<td>Depart London</td>
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<td>Day 2</td>
<td>The Colorado River</td>
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<td>Day 3</td>
<td>The Grand Canyon</td>
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<td>Day 4</td>
<td>Havasu Canyon</td>
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<td>Day 5</td>
<td>The ‘New’ Navajo Falls</td>
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<td>Day 6</td>
<td>Las Vegas</td>
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<td>Day 7</td>
<td>Depart Las Vegas</td>
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<td>Day 8</td>
<td>Arrive in London</td>
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### What’s Included

- International flights
- Action Challenge trek leader
- Full support team, including local guides
- UK medic
- All accommodation
- All meals, except in free time
- Airline taxes
- Treated drinking water
- All transfers in local vehicles
- National Park entrance fees
- Celebration dinner in Las Vegas
- Invitation to a challenge briefing in London
- Discounted training weekends in the Peak District, Snowdonia & Brecon Beacons
- Fitness and training guide
- Discounts from UK retailers
- Reduced rates at Nomad Travel Clinics and Masta Health

### How Tough is the Challenge?
Although the daily distances may not seem that long, we will be walking in the desert heat, up and down waterfalls and along narrow trails, so the challenge will be moderate and a decent level of aerobic fitness will be required.

### Extensions
Why not stay on after the challenge and explore some more of Las Vegas’ highlights?

Extensions include:

- Vegas shows
- Secret Garden and Dolphin Habitat
- Wet ‘n’ Wild
- Boat tours

Please email us for more information

When to Go

April and October are ideal months to take on this challenge, outside of the very hot summer period. Due to the desert climate, the days will be hot, with an average temperature of 25°C, but at night temperatures can drop to a much cooler 5 to 10 °C.
Breakfasts each morning will be in camp. Lunches will be en route and evening meals will be freshly prepared in camp in time for your arrival. In Las Vegas all meals will be at the hotel or a local restaurant, except in free time.

All meals are full of carbohydrates, protein and nutrients to keep us well fuelled for our hikes.

We can cater for all dietary requirements if informed in advance.

### itinerary

**DAY 1 - Depart London**

We depart London on our flight to Las Vegas. On arrival, we are met by our local team and transfer 30 minutes to our Bolder City hotel to enjoy a welcome dinner together. This evening we have an orientation meeting, where we will be briefed on the challenge ahead and ensure that everyone is completely prepared.

**Meals:** D  **Accom:** Hotel

**DAY 2 - The Colorado River**

Boulder City lies by the incredible Lake Mead and this morning we drive east for an acclimatisation hike to the Colorado River through beautiful White Rock Canyon. It is a 5km trek through this spectacular volcanic canyon to a lovely beach. The basalt cliffs rise abruptly around you and at times the canyon narrows to less than 10 meters wide. Enjoy a refreshing dip in the river before hiking back to the vans. It is then on to our Inn near Peach Springs just on the historic Route 66. Tonight we enjoy a sunset dinner before preparing for the rest of the challenge near Peach Springs, AZ and Route 66.

**Meals:** B,L,D  **Accom:** Motel  **Distance:** 10 km

**DAY 3 - Supai village and Havasu falls**

An early breakfast at the hotel will precede our departure for the Hualapai Hilltop and the start of our journey. This trail represents the only land access to Supai Village, home to the Havasupai tribe. The hike begins at 1,645 metres and descends, before leveling off in a beautiful red sandstone canyon. After 13 kilometres of hiking and a descent of 600 metres, we arrive at the Supai Village, where the Havasupai Indians have made their home for many centuries. Historically they hunted and gathered on the upper plateau during the winter months before moving into the canyon for the spring and summer, where they tended to their gardens. A further 3 kilometres brings us to Havasu Campground. Amenities include picnic tables, spring water, and port-o-let toilets. A spectacular dinner and exploration of nearby Havasu Falls will round off the day.

**Meals:** B,L,D  **Accom:** Camping  **Distance:** 16 km

**DAY 4 - Havasu Canyon**

Today we will begin our exploration of one of the most beautiful places on the planet! The enchanting turquoise waters of the creek and the breathtaking waterfalls of the canyon are a tropical paradise and a true anomaly in the southwest desert. Our Hike today involves creek-crossings, climbing in and out of gorges and plenty of scrambling around. Plenty of Action including swimming and jumping from some of the falls. Once the group has had the chance to appreciate the full grandeur of the canyon we will make our way back to camp for a delicious dinner!

**Meals:** B,L,D  **Accom:** Camping  **Distance:** 11 km

If you decide that you would like to have your own room on the challenge, we can accommodate this in the majority of places.

Please email us for more information

### food

Breakfasts each morning will be in camp. Lunches will be en route and evening meals will be freshly prepared in camp in time for your arrival. In Las Vegas all meals will be at the hotel or a local restaurant, except in free time.

All meals are full of carbohydrates, protein and nutrients to keep us well fuelled for our hikes.

We can cater for all dietary requirements if informed in advance.

### accommodation

- Three nights in a hotel / motel
- Three nights camping

All accommodation is on a twin/triple-share, single-sex basis and we will pair you with someone of a similar age, where possible.

If you wish to share a room with someone you are travelling with, please specify this on your registration form.

### single supplement

If you wish to have your own room on the challenge, we can accommodate this in the majority of places.

Please email us for more information

### additional costs

- Insurance - approximately £60
- Visa Waiver Program - £20
- Vaccinations - up-to-date on boosters.
- Tips for local staff - recommended amount £30
- Airline fuel surcharge / supplement as applied by airlines. Please note that this is capped at a maximum of £150.

+44 (0) 207 609 6695  www.actionchallenge.com/events  @actionchallenge.com
A kit list will be sent to you on receipt of registration. Many everyday items can be used on this challenge, and we offer a kit hire service to keep costs down.

If you are planning on travelling to the USA before the challenge or wish to organise your own flights, we do offer a land only option, with a significant discount off the trip price. You will be required to meet your group at the hotel on day two of the itinerary.

We run a number of training weekends throughout the year in the Peak District, Brecon Beacons and Snowdonia. These are fully-inclusive - 2 night's accommodation and all meals. We also organise training days in London and the North and South downs. On both, you will get the chance to meet our mountain leaders and test out your kit and fitness!

You will also receive an invite to a challenge briefing in central London.

- Alcoholic drinks
- Drinks and food outside of meals, other than water
- Personal kit / equipment
- Airline fuel surcharge / supplement as applied by airlines. Please note that this is capped at a maximum of £150.
payment options - is this needed?

A REGISTRATION DEPOSIT of £399 for 2016 is required to secure your place. We offer 2 deposit payment options:

OPTION 1: Deposit paid in full, by card at the time of registration.

OPTION 2: Deposit paid in two 50/50 split payments. The first 50% is paid when you register and the second is charged to your payment card at the end of the following month. For this option, a £10 supplement will be charged with the first instalment.

Once registered, there are 3 PAYMENT OPTIONS to fund the balance of the trip cost. Full details are on our website.

1) SELF FUNDED
For anyone who wants to pay for the entire trip themselves. It’s then completely up to you whether or not you choose to raise any money for a charity of your choice.

The total all inclusive cost of this trip is £1,999 for 2015 or £2,049 for 2016, which, after you pay the £399 Registration Deposit, leaves a balance of £1,600 for 2015 or £1,650 for 2016. This final balance is due for payment 10 weeks before your departure along with any fuel surcharges levied by the airline.

2) SPONSORSHIP FUNDED
This is for anyone who wants to take on this challenge and will link it with fundraising a significant sum of money for a charity of their choice. You would have to raise at least £3,200 for 2015 or £3,300 for 2016 via sponsorship and donations from friends, family and colleagues, and be confident at the outset that you can achieve this total.

Pay the Registration Deposit and nominate a charity to fundraise for. All fundraising goes directly to your charity and providing that you raise at least £3,200 for 2015 or £3,300 for 2016, your charity will pay for the balance of your trip costs to Action Challenge. That balance, paid by your charity, is £1,600 for 2015 or £1,650 for 2016 (the same as if you were you were ‘Self Funded’) - the charity will retain at least £1,600 for 2015 or £1,650 for 2016 to help fund their work. You will have to pay any airline fuel surcharges 10 weeks prior to departure.

3) MIXED FUNDED
A mix of the 2 options above! You pay about half the trip cost yourself, and also fundraise for your charity. They pay the remaining balance of your trip costs. Ideal for anyone who wants to take on the challenge and also fundraise for a charity, BUT is happy to pay a reasonable proportion of the trip cost themselves, which with your registration deposit, is set at a level that covers at least the costs of flights & accommodation; perfect for those who feel more at ease asking for sponsorship in respect to the ‘challenge’ component of their trip.

Pay the Registration Deposit and nominate a charity to fundraise for. All fundraising goes directly to your charity and providing that you raise at least £2,400 for 2015 or £2,450 for 2016, your charity will pay a portion of your trip cost to Action Challenge. That balance, paid by your charity, is £950 for 2015 or £975 for 2016. At the same time, you will be required to pay the remaining balance yourself, which will be a figure of £650 for 2015 or £675 for 2016. (These two amounts add up to the same as the ‘Self Funded’ final balance) - the charity will retain at least £1,450 for 2015 or £1,475 for 2016 to help fund their work. You will have to pay any airline fuel surcharges 10 weeks prior to departure.

ATOL
ATOL is a scheme that protects you from losing money or being stranded abroad if your travel company collapses. Action Challenge is 100% ATOL bonded, which provides you with full financial protection. On receipt of your registration fee, you will receive an ATOL certificate explaining your protection.

how to book
To book on to this challenge, please visit our website; www.actionchallenge.com for a full list of prices and all available dates.

private groups
If you are a charity, business, school or private group with a minimum of 10 people and fancy your own bespoke trip, please call us on +44(0)20 7609 6695 or you can send us an email to events@actionchallenge.com for more information.

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