

The challenge of a lifetime,
for Kidneys for Life

Trek the Canyons

Grand Canyon, Bryce Canyon and
Zion Canyon



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www.kidneysforlife.org

Key Information

Duration: 8 days

Trekking Distance: Approx. 59-65km

Challenge Grade: Challenging ①

Location: USA

Challenge Highlights

- Follow the Bright Angel Trail as you hike down deep into the Grand Canyon
- Visit the beautiful Lake Powell
- Explore three magnificent National Parks: Grand Canyon, Bryce Canyon and Zion Canyon
- Celebrate your achievements in Las Vegas

The Challenge

Join us for this fantastic trekking challenge as we explore three of South West-America's most majestic National Parks. We'll spend two days exploring in and around one of the world's most magnificent natural wonders – the Grand Canyon, before moving on to Bryce Canyon and Zion National Park – lesser known than their iconic neighbour but equally as stunning, with an abundance of natural beauty. Each day on the challenge provides a different perspective of these awe-inspiring landscapes, we'll discover breath-taking scenery from start to finish and spend our nights under the moon and stars before celebrating our achievements in the bright lights of Las Vegas – charity challenges don't get much better than this!

Day 1

We depart the UK on our flight to Phoenix. Upon arrival we are met by our local guides and are transferred to our hotel. After a quick briefing, the rest of the evening is free to do as you wish.



Day 2

Acclimatisation Trek at Oak Creek

Following breakfast we transfer north for approximately two hours, through the Sonoran Desert onto the high elevation plateaus and red rock canyons of north central Arizona to Sedona. This is considered to be the spiritual epicentre of the southwest by Native Americans. We begin trekking late morning along Oak Creek Canyon, home to rock monoliths such as Cathedral Rock. We'll have a picnic lunch near the creek before taking our transfer to our campsite near Grand Canyon National Park.

Trekking distance – approx. 10km

Day 3

Bright Angel Trail

Our Grand Canyon expedition begins! After breakfast at camp we set off to conquer the Bright Angel Trail which will take us deep into the Grand Canyon. We will hike this picturesque trail, descending through 750 million years of rock layers deposited via ancient oceans, petrified mud flats, and immense sand dune deserts. Our final destination today is Plateau Point, a popular end point where brave souls can inch toward the edge to catch a glimpse of the mighty Colorado River. We then return to our campsite.

Trekking distance – approx. 16-18km

Day 4

South Kaibab Trail

Today we set off to hike the Grand Canyon's legendary South Kaibab Trail, part of the trans-canyon trail system that hikers use for rim-to-rim attempts from May through October. Our hike today isn't nearly as long as yesterday, but the views are equally epic! We pass the aptly named Ooh-Ahh Point, then descend further to rest, relax, and take in the views at Cedar Ridge. Once back at the rim, we enjoy our last views before we board our vehicles and head to Lake Powell and our campground.

Trekking distance – approx. 7-9km



A unique trekking adventure that takes you beyond The Grand Canyon!

Day 5

Bryce Canyon National Park

Today we explore Bryce Canyon National Park. Bryce Canyon is a vast, geological wonder situated in Bryce Canyon National Park, Utah. Despite its name, the canyon isn't strictly a canyon but rather a collection of naturally formed amphitheatres – sloping performance spaces with echoic and amplifying properties. Colourful spires of sedimentary rock, called hoodoos, create a surreal appearance throughout the park, with lovely wildflowers adding splashes of colour. On the plateaus, Ponderosa Pines and a variety of evergreens provide refuge for a diverse selection of animal species. After our trek we transfer to Zion National Park and to our campsite for the night.

Trekking distance – approx. 10km

Day 6

Zion National Park

Our last day trekking see's us conquer Zion National Park, a narrow and deep canyon located in southwestern Utah, engraved by the Virgin River. Almost the entire Zion canyon is situated within the western-half of Zion National Park. Zion Canyon is totally opposite to Grand Canyon. At Grand Canyon you can stand on the edge and look down, but at Zion Canyon you will look up from the bottom to view the beautiful sandstones. Glowing triumphantly after our trek, we transfer to Las Vegas for our celebratory dinner.

Trekking distance – approx. 16-18km

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Day 7

We transfer to the airport for our flight to the UK.

Day 8

Arrive UK.

(Please note this is a complex itinerary and subject to change, including the daily distances in this brochure)



Your questions answered....

Is this challenge for me?

Absolutely! The minimum age for this trek is 18 years old. The one thing everyone will have in common is a great sense of adventure and the desire to help Kidneys for Life. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

How fit do I need to be?

This challenge has been graded as Challenging (1) on our challenge grading scheme meaning the trek has been designed to be challenging but achievable as long as you train beforehand. You will be trekking for 5 consecutive days so a good cardiovascular fitness is required – the fitter you are the more you will enjoy the challenge! We will provide you with a full training guide once you register, this is also available to download via our website. Why not join one of our challenge training weekends – it's a great opportunity for you to meet our team and other challengers, and train together prior to the event.

What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty. 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme)

Where will we stay?

The accommodation on this challenge is camping, all camping equipment will be provided except a sleeping bag (these are available to rent - advanced reservations required.) Day 1 and day 6 will be an overnight stop in a hotel.

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Apart from some broken in trekking boots, a warm sleeping bag, and some trekking poles you do not need any specialist kit. Sleeping bags can be hired but you must reserve this in advance through Global Adventure Challenges.

Do I have to carry my own luggage?

No. Participants will only have to carry a day pack (for items such as sun cream, water, camera etc.) and your luggage will be carried from each campsite to the next by a support vehicle. Soft holdall type bags are preferable for this challenge.

What will the food be like?

All meals will be provided throughout the challenge and water will be readily available and supplied free of charge. We cater for all dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form enclosed.

What's included?

- Return flights from London Airport to Phoenix, Las Vegas to London
- All accommodation and transfers
- Breakfast, lunch and dinner on Days 2,3,4,5,6 – ending with breakfast on day 7
- Camping equipment (tents and mats)
- All park permit fees
- Local English speaking trekking guides
- Water for trekking
- Global Adventure Challenges Leader from the UK

What's not included?

- Airports taxes and fuel surcharge – these are approximately £250 and payable 6 weeks prior to departure
- Personal Travel Insurance – this can be obtained through Global Adventure Challenges
- Sleeping bags and pillows. They are available to rent - advanced reservations required.
- Visa/ESTA
- Tips and Gratuities
- Alcoholic drinks
- Cost for showers at the campsites
- Breakfast, lunch and dinner on Day 1

What happens if I get tired?

There will be regular rest stops for drinks and snacks – there is no problem with you taking more rest stops should you need them. A guide will be bringing up the rear of the group ensuring no-one is left alone. Remember this is not a race!

What support is there on the event?

This is a fully supported trek. There will be a strong support team with a professional Global Adventure Challenges leader from the UK, as well as local guides. Full comprehensive medical kits will be taken with the group and all guides are trained medics.

Can I stay in America after the challenge?

Yes, but all extensions are strictly limited, subject to availability and are given on a first come first served basis. You will need to complete an extension request form, available from Global Adventure Challenges by emailing customer.care@globaladventurechallenges.com. There is a minimum £60 + VAT charge for having your return airline ticket extended. Please note, the final decision always rests with the airline.

I'm worried I won't raise the minimum sponsorship for this challenge – any advice?

Once you have signed up you will receive a fundraising pack from Kidneys for Life in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I'm interested - how do I sign up?


You can register online at www.globaladventurechallenges.com, payment of the registration fee is due at time of booking – all payment options and costs are explained on the enclosed information sheet. Once your registration is received Global Adventure Challenges will write to you, sending you further information on what to expect from this awesome adventure! Kidneys for Life will also be in contact to discuss your fundraising.

Register Online Today!

www.globaladventurechallenges.com

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