

Grand Canyon Trek

Discover some of the marvels that the Canyon has to offer



Ultimate Challenges

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Grand Canyon and Zion Canyon Trek

Trek the mighty two!

When the first European explorers came to the edge of the Grand Canyon on their search for El Dorado in 1540, they were overwhelmed by what they found. The visual vocabulary for a gorge a mile deep, 6 miles wide and 277 miles long was not available; distances were deceptive, the scale unimaginable.

On this stunning challenge we will descend into both the Grand Canyon and Zion Canyon located in one of Utah's iconic National Parks where sheer red canyon walls and narrow slot canyons have earned the nickname "Yosemite dressed in red."



Zion Canyon is the total opposite to the 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 and red canyon slots. The views are unimaginable!

We end this incredible challenge in Las Vegas, the city that never sleeps!



Detailed itinerary

Day 1: Depart UK to Phoenix, Arizona

We depart London for our flight to Phoenix, Arizona. On arrival we will be transferred to our hotel where we will meet our guides. Tonight we will have a briefing about the challenge ahead.

Day 2: Phoenix to Oak Creek (10km)

After an early breakfast we transfer through the Sonoran Desert to Sedona. From here we have an acclimatisation trek of about 10km along Oak Creek.

We stop for a picnic lunch before our transfers through Oak Creek Canyon to our campsite at the Grand Canyon South Rim.



Day 3: Descend to the bottom of the Grand Canyon (16-18km)

Our first day at the South Rim of the Grand Canyon takes us to the heart of the park, the Bright Angel Trailhead. Originally used by Native Americans to access the life-giving waters of Indian Gardens 3,000 feet below, the Bright Angel Trail was a hub of commerce in the early 20th century as entrepreneurs and frontiersmen discovered Grand Canyon and its many charms. We will hike the same route these hardened adventurers did, 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 flexible depending on groups desires, but Plateau Point is a popular end point where brave souls can inch towards the edge to catch a glimpse of the mighty Colorado River. Those less inclined to venture this far can rest in the shade of gigantic cottonwood trees at Indian Gardens and watch the sky for the recently rehabilitated California Condor. After our lunch with a view, we begin the challenging 4.5-mile climb back up to the rim. Tonight at camp we reflect on our accomplishments and on those that hiked this trail before us.

Day 4: Adventure in the Grand Canyon-South Kaibab Trail (9kms)

This morning we are up early. After we dig in to a nutritious breakfast buffet and pack up camp, we hit the trail and descend again into the depths of the Grand Canyon. Today's route brings us down the South Kaibab Trail, part of the trans-canyon trail system that hikers use for rim-to-rim attempts from May through to October. Our hike today isn't as long, 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 and have lunch before we board our vehicles and transfer to Zion National Park (approx.4hrs). Overnight camp in Zion National Park.



Detailed itinerary

Day 5: Zion Canyon - Observation Point (13-16kms)

Today wake to the song of canyon wrens as we enjoy breakfast in camp. From camp we have a short 25 minute transfer to the trail head where we begin our epic days hike. Right from the start the trail is inclined but it snakes its way up those eastern walls of the Zion Canyon. Within no time, you will be several feet high from the canyon floor with some amazing views. As we continue along the trail and a steep incline, we will reach the Echo Canyon. This is a huge slot canyon that is about 1000 feet high from the valley floor. The place is surrounded with canyon walls and has cooler temperatures. After a mile trekking through Echo Canyon we will re-join the pathed switch backs and continue our ascent to the rim. From here, the route is relatively flat to Observation point where we will enjoy breath taking views of Zion Canyon and National Park. From here we retrace our steps back down the Canyon stopping for lunch on route. Time permitting we can join a river trail back to camp or jump on the shuttle bus. Overnight camp in Zion National Park.

Day 6: Zion Canyon – The Narrows (10-14kms)

The final day of our epic challenge! Up early and from camp we jump on the shuttle for a short transfer to the start of our final days trekking The Narrows , a deep chasm carved by the North Fork of the Virgin River as it winds from the high aspen forest of the Colorado Plateau and cuts its way down to the foot of the Temple of Sinawava. We travel upstream (often wading in shallow water) along the steep sandstone walls of The Narrows (on a route often described as one of the best hikes in the U.S.) before returning to the main canyon to meet up with our vehicle for the transfer back to Las Vegas..

Tonight we will enjoy our celebration dinner in Vegas. Overnight hotel.

Day 7: Depart Vegas

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

Day 8: Arrive London, UK

Challenge grade
Moderate-Tough

Best time of year
March, September and October

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This itinerary is complex and subject to change



Why choose Ultimate Challenges?

- We have over 18 years experience running pioneering charity challenges e.g. Kilimanjaro , the Inca Trail, California Bike
- We choose the most unexplored and upcoming regions for our amazing expeditions
- We are built on a team of Senior Event Fundraisers
- Our team is driven to provide inspiring, life changing and effective fundraising events for our charity partners
- We use the best ground agents, the most experienced trek staff and doctors to ensure your supporters have a safe and memorable challenge
- We operate an Ethical Code of Conduct with all our ground handlers to ensure fair treatment of all our local staff. We have high health and safety expectations and all our partnerships are conducted with respect for local cultures and environmental concerns
- We offer an end-to-end service to ensure our charity partners are given full support from our experienced staff ensuring you maximize your income

Our pricing policy

We believe that we are very competitive and offer excellent value for money. However, it can be confusing when comparing prices, as small alterations in an itinerary, can make a substantial difference. We would be happy to review proposals you may have received from other tour operators, as we are confident that we can beat any genuine quote.

‘ Choose your Tour Operator with your head, so your supporters can follow their hearts when they travel’



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