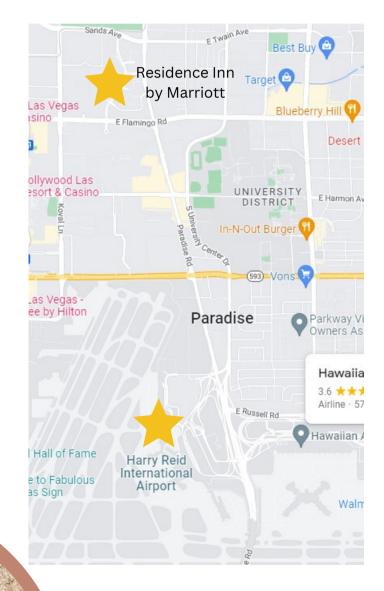
TRIP DETAILS: Grand Canyon Expeditions

2024 EXPEDITION INFORMATION

GETTING THERE

Dana M.

Your trip starts and ends in Las Vegas, Nevada. Harry Reid International Airport is the best airport to fly in and out of for your trip. You should plan on arriving in Las Vegas no later than the evening PRIOR to your trip. You will need to take a taxi or other service from the airport to the hotel. There are several Marriot Hotels in the area and you will need to specify that you are going to the Hughes Center Drive Location. Taxi fare from the airport is approximately \$20.00.



Susan C.

WHERE TO STAY

Your trip begins and ends at the Residence Inn by Marriott located at 370 Hughes Center Drive, Las Vegas, NV, 89169. This is where you will meet our company representative(s). Your Residence Inn hotel room the night before and the night of your return are booked and paid for by Grand Canyon Expeditions. Please note that the room price is not built into the cost of the trip and there is no price adjustment if you choose to stay elsewhere. Our office will be in touch for specific room types about two months prior to your trip. We will then make those reservations for you. You will be required to present a credit card upon check in for incidentals and luggage storage. If you wish to book extra nights before or after your trip you can do so at the discounted rate for our guests. Reservations should be made directly with the Residence Inn by Marriott using the following contact information:

Yvonne Mauro Event Specialist

Residence Inn by Marriott- Las Vegas Hughes Center

Hotel: 702-650-0040 Direct: 702-650-1618 Fax: 702-650-5510

Email: yvonne.mauro@marriott.com

If Yvonne is not available, you may also book with a hotel representative

Las Vegas hosts year-round conventions of tremendous size and is particularly busy in summer months. If you require extra nights at the Marriott, we suggest you request reservations well in advance. When making reservations, be sure to mention that you are a guest of Grand Canyon Expeditions and ask for the Grand Canyon Expeditions rate. Accommodations will be available for our guests if reservations are made 30 days or more prior to arrival. If the Residence Inn by Marriott cannot accommodate you, there are other hotels close by which you may contact for reservations. Three of these hotels are:

Fairfield Inn by Marriott 3850 S. Paradise Road 702-791-0899 Candlewood Suites 4034 Paradise Road 702-836-3660 La Quinta Convention Center 3970 Paradise Road 702-796-9000

RESIDENCE INN BY MARRIOTT RATES

2024 Rates will be updated once they are published by Marriott.

Please note that the final price will include applicable state and local taxes in effect at the time of checkout. One night's lodging will be charged if reservations are cancelled less than 72 hours prior to arrival. Reservations made within 30 days of arrival will be subject to availability.

VEHICLE PARKING

If you're staying at the Residence Inn by Marriott and have a vehicle you may leave it in the parking lot. Be sure to inform the front desk that you wish to leave your vehicle while on the river trip. We recommend that you do not store luggage or valuables in your vehicle. Neither Grand Canyon Expeditions Co. nor the Residence Inn by Marriott can be responsible for damage to or loss of your vehicle or its contents, or damage to or loss of stored valuables or stored luggage and its contents.

Please consider carefully what you leave behind while on your river trip.

LUGGAGE STORAGE

The Residence Inn by Marriott will store your non-river luggage provided you are registered at the hotel. All luggage must have name tags. Our representative will have tags available at the meeting for the luggage you wish to store while on the river. The Residence Inn charges \$20.00 per room for luggage storage. Luggage needs to be taken to the front desk before you get on the bus the morning of your trip. It will be waiting for you at check-in at the end of the trip. Please limit your stored luggage to one bag per person if possible. Families should try to consolidate luggage since storage space is limited.

ORIENTATION MEETING

John M

Our representative(s) will meet you at 8:00 PM the evening before your trip. The meeting is held at the Residence Inn by Marriott in a room off the hotel lobby. The meeting should last 30-45 minutes. At the meeting our representative will hand out waterproof river bags in which to pack your personal gear and will go over logistics for the following day. Our representative will also explain procedures for storing valuables and luggage at the hotel and answer any questions you may have. We have a small store in the meeting room where you may purchase last minute items that you would like for your trip and some fun souvenirs!

THE MORNING YOUR TRIP DEPARTS

You should be packed, dressed in your "river clothes" and ready to go by 4:45 AM the morning of your trip. The bus leaves at 5:00 AM from the Residence Inn by Marriott. The morning of the trip be sure to allow enough time to check out of your room and get your luggage to the front desk for storage. A deluxe continental breakfast will be available adjacent to the lobby at 4:15 a.m. You will then board our chartered coach at the front entrance of the Residence Inn by Marriott. It's a 5-6 hour drive (including two stops) to Lees Ferry, so please be prompt.

During the ride to Lees Ferry, we will stop at a Wal-Mart and a small store where you may purchase snacks and last-minute items. Upon arrival at Lee's Ferry, you will meet your crew. There will be a safety orientation and you will be issued your personal flotation device (PFD). You will then board the boats and go downstream for lunch.

THE LAST DAY OF THE TRIP

Mid-morning on the last day of your trip you will be met by a speed boat that will transport you across the calm headwaters of Lake Mead to Pearce Ferry, AZ. Upon arrival at Pearce Ferry, you will be:

- met with a company representative,
- receive a duffel bag to transfer all of your personal belongings into
- board a chartered coach that will take you back to the Residence Inn by Marriott.
- You will receive a lunch on the bus and the bus will make a stop at a small store where you can purchase snacks and drinks.

The bus ride is about 3.5 hours. The bus usually arrives at the Marriot between 3 and 4 PM. Since delays can happen, we suggest any plans or flights not be scheduled prior to 8:00 PM.

CANYON TEMPERATURES

Temperatures in the canyon vary depending on location, season, and year. Average temperatures are:

April Daytime 70°-80° Nightime 50°-70°

May Daytime 80°-90° Nightime 60°-70° June-Aug Daytime 90°-110° Nightime 60°-80°

Sept Daytime 80°-90° Nightime 60°-70°

Keep in mind that these are average temperatures, in the hotter months the inner canyon can reach temperatures over 115 degrees. Frequent swimming and splashes from the rapids can help to keep you comfortable. The water at Lees Ferry can be quite cold because it is released from the bottom of Glen Canyon Dam (Lake Powell) just 15 miles upstream. Water temperatures in recent years have ranged from 45 degrees to 70 degrees Fahrenheit. Sunny days and incoming side streams help increase water temperatures as you travel downstream.

WE SUPPLY

We supply chairs, cots, sleeping equipment (including sleeping bag, 3/4 length foam pad, ground cloth packed in a waterproof bag) and a second waterproof bag for your personal gear (12 x 27 or 2.25 cubic feet/63 liter). We also provide a waterproof metal camera case (5 ½ x 7 x 11) on our motorized expeditions that is suitable for camera equipment or personal items you wish to have accessible during the day. Guests on dory trips will receive a waterproof bag that is 16 liters (8.2" in diameter and 20" tall) for day use. All dishes, eating utensils, meals and non-alcoholic beverages are provided.

There is a community day bag on each motorized raft where you can store your rain gear, extra shoes, water bottle, backpack and other loose items that you need access to during the day. You can also clip your backpack onto the boat. On the dory trips there is storage available in hatches on the boats.

ABOUT OUR MENU

We furnish lots of good, fresh food on our river trips and anticipate hearty eaters. Meals consist of a variety of balanced dishes. Aiming for universal appeal, we avoid highly spiced foods.

Breakfasts are bacon, ham or sausage, eggs with muffins, pancakes or French toast. Fruit and cereal, juice, coffee, cocoa and tea are available each morning. Lunches are picnic style. They consist of a selection of delicatessen meats and cheeses, pickles, tomatoes, lettuce, onions, and olives. You make your own sandwich with a choice of whole-grain breads. Chips, cookies, fruit, nuts, and candy are served and a choice of drinks (juice, soda pop, water) are available.

Dinners are filling, as they should be after an activity-filled day. Main dishes include filet mignon, Mahi-Mahi, Mexican dinner, shrimp, pork filet, chicken, and pasta. Each night we serve a salad, either tossed green, fruit or vegetable. We also serve a cooked vegetable such as corn, zucchini, tomatoes, and potatoes. Desserts consist of Dutch oven cakes or cobblers, pound cake, fruit and cookies. A selection of cold beverages is always available.

We are able to accommodate many special diets and allergies. We may be able to provide some alternative foods for you or you may bring special food or beverages and we can store it. Please contact our office for more information and be sure to let us know if you have dietary needs or allergies.

BEVERAGES AND DRINKS

GCE provides an assortment of soda, juice and seltzer water. Drinks provided may include Coke, Diet Coke, Sprite, Diet Sprite, Root Beer, Lemonade, Gatorade, and seltzer water. Juices may include apple, orange, cranberry, grape, grapefruit and V8. The crew will pack an assortment of drinks. If there is something specific you want please let the office know. You are welcome to bring your own if there is a specific soda or drink you prefer.

Grand Canyon Expeditions does not provide alcoholic beverages. You are welcome to bring your own beer, wine and spirits. Please only bring plastic, aluminum or boxed beverages: NO GLASS. We suggest purchasing wine and spirits in Las Vegas the day before your trip. Beer can be purchased in Las Vegas or at the Wal-Mart stop the first day of your trip. Please note that the Wal-Mart does not carry wine or spirits.

There is no limit to the amount of beverages that you can bring and they are not included in the 20 pound weight limit. There is no way to resupply after your trip is launched. Please drink responsibly and remember that the legal drinking age in Grand Canyon National Park is 21.



David B

BE COMFORTABLE

Durable, comfortable clothing in good condition is important on the trip. When choosing clothing, look for loose-fitting, light-weight, quick-drying apparel. While in camp, lightweight pants, shorts & shirt work well. Light colored clothing is best. The sun reflects off lighter colored clothing which will help to keep you cooler during hot summer days. Protection from the sun is important! Bring a good supply of sun-screen, wide brimmed hat, long-sleeved shirt and long pants. Sleepwear should be comfortable and may consist of a loose pair of shorts and top.

The first day of the trip you may wish to wear a combination of clothes which will allow you to take off or put on items as needed. Multi-sport shoes (Keen, Chaco and Teva), sandals or tennis shoes which are comfortable when wet are recommended; a shirt with long sleeves and long pants with your swimming suit underneath give flexibility in adjusting to temperature changes.

RAIN SUIT/ SPLASH SUIT

We recommend that you bring a rain suit - not just for use during inclement weather, but primarily as protection while on the boat because the river is cold and the rapids are numerous. If you're on the river when the weather is cool or are going through rapids in early morning or late afternoon shade, a rain suit will help to keep you dry and warm.

There can be wear and tear on a rain suit used on a motorized or dory trip, so we suggest that you purchase a good quality suit. Usually, a coated nylon or Gortex suit will hold up well. Lightweight vinyl suits generally do not last more than a few days as they rip easily.

FOOTWEAR

Proper footwear is important for this trip. On many canyon hikes you may wade across or walk up streams. Boots can be ruined and may not dry quickly. Some people prefer multi-sport sandals/thongs while on the rafts. Remember that some sandals and thongs do not provide good traction when climbing on or off the rafts or climbing on rocks and steep terrain. If you decide to use sport sandals, be sure to obtain some with good traction. Open-toed shoes provide no protection from cactus thorns. The most practical shoes are sturdy tennis or athletic/water shoes. Finally, consider what you bring as a second pair of shoes in case the first pair is lost or falls apart.

Keen[™], Chaco[™] and Teva[™] are companies that offer several types of footwear which work well for wearing on the boat and while hiking.









CAMERAS

Waterproof digital cameras are recommended. Anticipate taking lots of photos and bring along extra memories cards and batteries. External battery packs are recommended for charging batteries. These are available at many retailers including Amazon. We do not have the facilities to recharge batteries at this time. We provide a camera box to store your camera and other items you need access to during the day. We recommend you bring a small towel or a piece of foam to pad the box for your camera. Many of our guests prefer to use their cell phone camera. We recommend a Aqua Case or similar for it. We

Although accidents such as dropping your camera or getting it wet seldom occur, the possibility does exist. We suggest that you have insurance to cover such accidents if they occur. Blowing sand and water can and do damage cameras. Grand Canyon Expeditions will not be responsible for loss or damage to personal gear. If you are concerned about damage to expensive camera equipment, we suggest bringing a Pelican Case for extra protection. Cases can be purchased from www.pelican.com or www.nrs.com.

CONTACT LENSES

sell them in our store at the orientation meeting.

Life on the river involves camping on sandy beaches and this can cause problems for those who wear contact lenses. Water, wind, and blowing sand can make contacts uncomfortable. We suggest bringing glasses in the event you need to take your contacts out to be comfortable.

MEDICATIONS

If you have daily medications that are critical to your health or carry an epi-pen it is a good idea to bring along an extra supply. We can provide cool storage if needed.

MONEY

There will be stops on the way to Lee's Ferry and on the way back to the hotel from Pearce Ferry. You may want cash or a credit card to purchase snacks and other items at these stops.

You may also want to bring cash for a gratuity for your crew. Tips are greatly appreciated and are at your discretion. Tips should go directly to your trip leader and are split evenly among the crew. A suggested guideline is 10% of the cost of the trip. If you are not comfortable carrying cash you can also tip your guides with a check. Checks should be made out to your trip leader and not to GCE.

FISHING

You are welcome to bring your fishing rod along. It should be able to collapse down for storage when not in use. Please purchase a fishing license in advance. Licenses can be purchased online at:

https://www.azgfd.com/license. Please print your license and be sure to bring it with you.

ONE TRIP PER YEAR

Due to limited availability, the National Park Service has limited use in the popular Lees Ferry to Diamond Creek section of the Colorado River to one recreational river trip per individual each calendar year. Because of this regulation, Grand Canyon Expeditions cannot accept a reservation from any individual who has or will participate in any other full or partial canyon commercial or noncommercial river trip within the same calendar year. If you have already completed or have plans to participate in any other Grand Canyon River trip this year and would like to go again, please respect your fellow boaters by waiting until next year or sometime thereafter to book your next trip. Grand Canyon National Park's one-trip-per-year rule is strictly enforced.

TRIP INSURANCE

We strongly recommend you purchase short-term travel, cancellation and accident insurance. Policies can be purchased to cover the length of your vacation and include personal accident coverage and/or luggage and personal effects. In addition, check with your insurance agent to see if your homeowners policy covers loss or damage to your camera, luggage, etc. Following are a few agencies supplying travel insurance:

Trip Mate, Inc.: <u>www.tripassure.com</u>

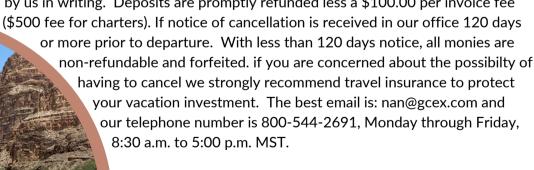
Automobile Association of America (AAA): Consult your local office

Allianz Travel Insurance: www.allianztravelinsurance.com and 1-855-991-6406

Squaremouth, a Travel Insurance comparison company: www.squaremouth.com

IF YOUR PLANS CHANGE

Please be sure to call or email us if any change in your plans has occurred which affects your expedition. All cancellations must be received by us in writing. Deposits are promptly refunded less a \$100.00 per invoice fee



SUGGESTED GRAND CANYON READING

The following list of books gives a variety of interesting reading on the Grand Canyon. Many Grand Canyon books are available online at:

- The Store at GCE; www.gcex.com
- The Grand Canyon Association; <u>www.grandcanyon.org</u>
- Fretwater Press; <u>www.fretwater.com</u>



- The Grand Canyon: Unseen Beauty: Running the Colorado River- Photographs and Text by Tom Blagden Jr.
- Beneath the Rim: A Photographic Journey through the Grand Canyon -Photographs and Text by C.C. Lockwood

GEOLOGY

- Grand Canyon Geology / Edited by Stanley S Beus and Michael Morales
- Ancient Landscapes of the Colorado Plateau / Ron Blakey and Wayne Ranney
- Carving Grand Canyon-Evidence, Theories and Mystery / Wayne Ranney
- An Introduction to Grand Canyon Geology / Greer Price

HISTORY

- Exploration of the Colorado River & Its Canyons / J.W. Powell
- The Grand Canyon Reader / Lance Newman
- There's This River / Christa Sadler
- An Introduction to the Grand Canyon Prehistory / C. Coder





 Grand Canyon River Guide (mile-by-mile maps of the Colorado River through Grand Canyon) / Buzz Belknap & Loie Evans

NATURAL HISTORY

- A Field Guide to the Grand Canyon / Stephen Whitney
- River and Desert plants of the Grand Canyon / Kristen Huisinga, Lori Makarick and Kate Watters
- An Introduction to Grand Canyon Ecology/ Ross Houk
- River to Rim / Nancy Brian

NATIVE AMERICAN HISTORY

- I Am the Grand Canyon: The Story of the Havasupai People/ Stephen Hirst
- Voices of the Grand Canyon: https://storymaps.arcgis.com/stories/b22a6a09
 bb2344ff845d9efd3e4152f7



PACKING LIST: Grand Canyon Expeditions

PACK **SMART** & **LIGHT**

SUGGESTED clothing

- waterproof rain jacket and pants see note in trip details
- lightweight jacket or sweatshirt usually not needed during summer months but unexpected cool weather does happen
- sleepwear/ campwear including bras and underwear
- 2 or 3 pairs of ankle socks good sun protection
- 1 or 2 swimsuits 2 piece for women makes going to the bathroom easier
- 1 pair lightweight long pants
- 3 pair quick dry shorts
- O 3 Shirts

at least 1 with long sleeves for sun protection; hooded shirts work great

 2 pairs rubber-soled shoes, multi-sport river sandals and flip flops or lightweight walking shoe

See note in trip details

skirt or dress
 nice in camp- makes changing easier

OTHER items

- 32 oz (or larger) water bottle an insulated bottle is nice in hot weather as it will help to keep your water cool
- Sarong
 a piece of light weight material that can be used as
 a cover-up; can be used wet to keep cool and for
 sun protection; recommended for all genders
- towel and washcloth
- 2 hats or caps with brim and ties one is for a spare
- small backpack can be used on day hikes and/ or for personal day gear
- carabiners
 for clipping water bottles and backpacks to the boat
- sunglasses with a retaining strap
- headlamp and spare batteries
 red light option recommended
- 8 zip-loc plastic bags (gallon or quart size
- for personal trash, photo supplies, etc. during the day

 pocket-sized tissues or a bandana

TOILETRIES

- obody lotion
 - 16 oz. per person.; sun, water and heat dries skin quickly
- hand cream or salve we are required to use bleach in our handwash water which contributes to dry hands
- toothbrush /paste
- oglasses /contact lenses
- hygiene products
- biodegradable shampoo & soap
- wet wipes nice for cleaning up
- sunscreen generous supply and water resistant
- lip balm with sunscreen



- -binoculars
- -lightweight gloves for sun protection and hiking over hot rocks
- -Grand Canyon guidebook
- -ear plugs /sleep mask
- -twin-size cotton sheet for sleeping on top of sleeping bag in hot weather; a sarong also works well for this
- -camera
- -extra camera batteries or a charging pack
- -electrolyte supply liquid IV, Vitalyte, Other
- -small camp or travel pillow
- -urination device can use it to stand up to pee instead of squatting: P style makes a good one.
- -hair ties
- -small mirror
- -reading materials/journal
- -bandana
- -insect repellent occassionally needed

GCE will provide:

- sleeping bag & pad / tent
- oct & ground tarp
- waterproof bags and/or box
- camp chair
 - personal flotation device





PACKING LIST-Grand Canyon Expeditions

ADDITIONAL ITEMS FOR spring and fall trips

- O warm jacket
- O Polypropylene Long Underwear (2 Pairs)
- o warm hat
- gloves
- O wool socks
- neoprene socks and gloves
 nice for keeping hands and feet warm during the day



ADDITIONAL ITEMS FOR dory trips

- O additional 32 oz. water bottle
- splash top/ pants work better for keeping you dry while running rapids in dories.

this is espescially important in the spring and fall

Jodey T.



Where to Purchase:

Items can be purchase at many different outdoor retail stores. Some suggestions are:

- The Store at GCE: www.gcex.com
- NRS: www.nrs.com
- REI: <u>www.rei.com</u>
- Cabelas: <u>www.cabelas.com</u>



Weight Limit

If you stay within 20 pounds per person, not including camera equipment or beverages, you'll have no problem fitting all these items into your waterproof bag. If you're flying to Las Vegas, bring your river gear as carry on and eliminate luggage delays or loss. You'll be carrying your own gear on and off the raft each day, so travel light and happy!

