

National Parks of the Southwest USA

Tour Style: Worldwide Multi-Centre

Destination: USA

Trip code: GCWHW

Trip Walking Grade: 2



HOLIDAY OVERVIEW

One of the world's seven natural wonders, you'll be excused for having your breath taken away in the Grand Canyon and the other stunning landscapes we encounter on this holiday. Hike over lava rocks in Snow Canyon, discover the rock formations at Zion National Park and see the parade of dramatic rocks through the canyon lands of America's South West. Immerse yourself in this playground of smoothed rock, twin rivers, narrow canyons, wildflower gardens, secret meadows and otherworldly colours. Spend your days enjoying the natural wonders of America's National Parks on foot and take in the magnificence of the Grand Canyon and Arches National Park. Then, in the evening, relax in handpicked lodges and hotels, stargazing beneath the unspoiled desert skies.

WHAT'S INCLUDED

- 14 nights' accommodation in en-suite rooms
- Half board including 14 breakfasts, 13 lunches and 14 evening meals
- A full programme of guided walks led by local guides
- All sightseeing, and entrance fees
- Travel by air-conditioned Maxi van
- Tips

HOLIDAYS HIGHLIGHTS

- Chance your luck on the gaming tables beneath the bright lights of **Las Vegas**
- Immerse yourself in the **Grand Canyon** as you descend the sheer sides of the gorge on the **South Kaibab Trail**
- Discover **Zion National Park's** waterfalls, steep overhanging cliffs and surreal rock formations
- Hike the Devil's Garden Trail below the stunning stone spans of **Arches National Park**



ITINERARY

Day 1: Arrive In Las Vegas

Arrive at Las Vegas airport, and transfer to our downtown hotel. The rest of the day is then at leisure to relax ahead of our adventure - there may be time for you to try your luck in a casino or to explore Fremont Street.

Day 2: Snow Canyon

We'll head out to hike a loop trail at Snow Canyon, passing by lava tubes and slick rocks with moqui marbles. Later, we'll discover something of the area's prehistory with a visit to a dinosaur track site.

Day 3 - 4: Zion National Park

On our first day in Zion National Park we've got a whole day to explore the park. Our walk will take us out to

Angel's Landing - there's then an option, for those who fancy a bit of a challenge, to take on a short Via Ferrata section.

On the second day, we'll get out early to walk on the Watchman Trail before driving to Bryce Canyon in time for sunset and dinner.

Day 5: Bryce Canyon

Today we'll spend a whole day walking in Bryce Canyon. We'll take in Queens Garden, the Peekaboo trail and follow in the footsteps of Native Americans on a Navajo trail. Our route will take us to a great picnic spot, with beautiful views over ancient bristle cone pines.

Day 6: Capitol Reef National Park To Strike Valley Overlook

Enjoy a scenic drive via Highway 12 over petrified sand dunes then via the Burr Trail to Capitol Reef National Park, where we'll spend the day walking, heading out to Strike Valley overlook. We'll enjoy stunning views along the way. Later, we'll head to our waterside lodge at Lake Powell, an amazingly wild and beautiful area.

Day 7: Little Wildhorse Canyon

Today's walk takes in a loop trail through this little-known canyon with its narrow and curvy rock walls. We'll then continue on to our hotel in Green River, which overlooks the river itself.

Day 8: Arches National Park

We have two walks to enjoy today: Double O Arch and Devils Garden; and Delicate Arch. We then head to Monticello, where we'll be staying for two nights.

Day 9: Needles, Canyonlands National Park

Today we'll complete the Squaw and Lost Canyon loop with a full day in the remote region of Needles in Canyonlands National Park. This is sure to be an incredible walk!

Day 10: Monument Valley

We drive to Monument Valley, where we'll enjoy a jeep tour around this iconic landscape before the onward drive to Chinle, Canyon de Chelly where we'll be staying in the historic and Navajo-owned Thunderbird Lodge.

Day 11: Canyon De Chelly

Explore the Canyon de Chelly and the sacred Navajo land on all-day guided walk with a local Navajo guide. We'll walk along the Bare Trail (with slick/exposed rock) to the base of the canyon; from here, we'll walk along the canyon floor past Native American ruins and rock art, at times walking through creeks.

Day 12 - 13: The Grand Canyon

On our journey to the Grand Canyon, we'll stop to visit the National Historic Site of Hubbell Trading Post. Here you can see sheep, rugs, jewellery and more as you wander the 160 acre site. From here, we'll head to Hopi Mesas to visit the Walpi, an ancient Native American village. Arguably one of the most inspiring places in Arizona, we'll take in the amazing vistas of the sky and distant horizons as we look down over the valleys. We continue to the Grand Canyon, where we'll stay for the next two nights. Once there, we'll end the day on a high, watching as the sun sets over the vast and majestic expanse of this famous canyon.

The next day, enjoy a guided walk in the Grand Canyon National Park with our local guide. We'll hike along the famous South Kaibab Trail to Skeleton Point, enjoying the amazing views that surround us as we go.

Day 14: To Las Vegas

This morning there's some free time before we continue our journey - you might like to arrange a helicopter ride (optional extra, payable locally) to experience the Grand Canyon from a completely different angle. It's then on to the bright lights of Las Vegas, driving via the historic Route 66. Take time to explore the casinos and their many attractions or the vibrant downtown area.

Day 15: Return Flight To The UK

After breakfast, we'll return to Las Vegas airport for our return flight to the UK.

ACCOMMODATION

La Quinta Inn & Suites Las Vegas Airport North Convention - Grand Canyon & The American Southwest

Situated close to the Las Vegas Strip, La Quinta Inn offers a range of amenities including an outdoor pool, a spa tub, fitness centre. All rooms are air conditioned and feature refrigerators and microwaves.

Holiday Inn Express, Springdale - Grand Canyon & American Southwest

Tucked among the towering red rock cliffs of Zion Canyon, the Holiday Inn Express offers spectacular scenic views. Rooms have excellent amenities, including space for walking gear and comfortable beds.

Best Western Ruby's Inn, Bryce Canyon - Grand Canyon & American Southwest

Part of the Best Western chain, Ruby's Inn has a distinctive Southwestern feel. Situated at the entrance to Bryce Canyon National Park, this hotel offers the perfect base for exploring this spectacular area.

Defiance House Lodge, Bullfrog - Grand Canyon & American Southwest

Overlooking the lake, the lodge is our gateway to explore the local area. Rooms feature tea/coffee making facilities, toiletries, fridge and hair dryer. Rooms have either a patio or balcony from where you can enjoy the beautiful surroundings.

River Terrace Inn, Green River - Grand Canyon & American Southwest

Located on the banks of the Green River, we enjoy a short stay in the large, comfortable rooms of the River Terrace Inn. We have time to relax in this scenic setting, walk the gardens or take a dip in the outdoor pool.

Inn At The Canyons, Monticello - Grand Canyon & American Southwest

This Monticello hotel located near Canyonlands National Park offers an expansive indoor pool and hot tub. The hotel has been recently renovated and is nestled between the beautiful backdrop of the San Juan Mountains and Canyonlands.

Thunderbird Lodge, Canyon De Chelly - Grand Canyon & American Southwest

Owned and operated by the Navajo Nation, this lodge is a unique and historic property, full of charm and comfort. An interpretation area will introduce you to the area's history, located in the onsite trading post.

Rooms are welcoming and feature a number of amenities including satellite TV, hairdryer and free WiFi.

Canyon Plaza Resort, Grand Canyon - Grand Canyon & American Southwest

The Canyon Plaza Resort is situated only a mile south of the entrance to the Grand Canyon itself. The outdoor pool and jacuzzi are perfect for relaxing weary limbs after a long day walking.

Golden Nugget - Las Vegas

The Golden Nugget offers iconic Vegas ambience with a luxurious, modern feel. In the vibrant downtown area, the hotel features a lagoon-style pool and spa.

USEFUL HOLIDAY INFORMATION

Weather & Seasonality

We have chosen dates that are the best for walking in the southwestern states. The climate is generally sunny and dry. Temperatures can be high, generally between 20° - 30°C (70° - 85°F) during the day, with cooler evenings. Walks may set off early to try and miss the highest of the day's temperatures.

Joining Instructions (With Flights)

For those travelling on our HF Holidays' group flight, please proceed to the arrivals hall once you have passed through passport control, customs and baggage reclaim, when you arrive at your destination. Your leader or local leader will assemble the group in the arrivals hall. Look out for the HF Holidays' sign.

Joining Instructions (Without Flights)

If you are arriving ahead of the group, and are meeting them at the first hotel, please leave a message at the hotel reception for the HF Holidays' leader or local leader, detailing your room number, and a mobile telephone number if possible. The leader will contact you once the group arrives. If you are arriving after the group, a message will be left for you at the hotel reception, welcoming you and giving details of the time and place to meet the group. If your flight arrives before the group flight and you would like to join the transfer to the first hotel, please contact our Abroad Administration team on (0)20 8732 1261. They will have a list of the relevant transfer costs.

Essential Information

Essential Equipment

As you'll be carrying your own luggage at airports and between your transport and hotels we recommend you try to keep your luggage to a minimum. These items are a general suggestion of what to pack for an active outdoor and walking holiday; depending on your destination, you may need more of some things and less – or none! – of others. You'll know best what you prefer to wear when out walking or while taking part in other outdoor activities.

- Please ensure you have access to emergency funds should you need them; carrying a credit card is probably the most convenient method.
- Passport (and copies); booking confirmation; insurance cover note; HF Holidays' registration form.
- Walking boots (worn in), with good ankle support and spare bootlaces
- Walking socks
- Walking sandals
- Lightweight fleece, waterproof trousers and jacket

- Shorts and short-sleeved t-shirts
- Long trousers and long-sleeved lightcoloured shirts with collars to protect from the sun. Your clothing should ideally be pre-treated with insect repellent and in-built sun protection (available from specialist clothing stores such as Rohan, Cotswold Outdoor).
- Warm fleece, scarf/buff hat and gloves
- Torch
- Comfortable clothes and shoes for evenings and sightseeing
- Sun protection – sun hat, sunglasses, high factor sunscreen and lip protection
- Water bottle – at least 2-litre capacity
- Lightweight survival bag
- Small/medium rucksack (30 litre) and a liner or cover to keep contents dry
- Insect repellent
- Universal travel plug
- Personal first aid kit including: personal medication, tissues, plasters, blister kit, painkillers, antiseptic wipes, Imodium, rehydration sachets
- Trekking poles (especially if you find these useful for descents); camera; umbrella; binoculars; high energy food bars. Please note that the HF Holidays' leader reserves the right to refuse to take any guest on a walk should they consider that a lack of suitable clothing/footwear may affect safety

Safety On Your Holiday

Insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We have negotiated special holiday insurance and full details of this cover can be found in our brochure or at www.hfholidays.co.uk. There is no extra charge for pre-existing illnesses.

If you would like to purchase insurance from us, please call us on 020 8732 1220 or email holidayservices@hfholidays.co.uk.

For more information about healthcare abroad and its costs, please visit: www.dh.gov.uk/travellers.

If you are arranging your own travel insurance, please ensure it is adequate for your specific itinerary. Generally, this should include cover for walking at altitudes over 2,000m - the highest point on the harder walks may go up to 2,700m.

Once you have made your booking, you will receive a pre-holiday questionnaire where we ask for details of next of kin and insurance details. You must complete and return this to us - we need to have this from you at least 10 weeks before travel.

Please also inform us of any medical situation which may affect your enjoyment of the holiday. This is important because our leaders have to consider both group and individual safety at all times.

Whilst out with the group, we respectfully request that you:

- Please listen to any safety instructions from the leader
- Keep group members in view, especially if weather or visibility is poor
- Please stay where you are if you become separated from the group. The leader will retrace their steps to find you.

Each leader carries a first aid kit but is not allowed to supply any medication including aspirin, paracetamol, antihistamines and antiseptic cream. You may wish to bring these items with you in your own kit (see Suggested Kit List).

In the unlikely event that your leader is incapacitated, please use any emergency kit in their rucksack and call

emergency services on 911. Please then call our emergency number (sent in your final dispatch) and let us know there is a problem.

Dietary Requirements

Please contact us as far in advance as possible if you have any specific dietary requirements and we will do our best to meet your needs.

If you require a specific meal on the flight, please let us know as soon as possible, and no later than 96 hours before travel.

Vaccinations & Health

Before booking, you should check with your doctor to see if any health precautions are needed.

The following websites provide a wealth of information on travelling and health:

www.fitfortravel.nhs.uk www.traveldoctor.co.uk

Recommended vaccines: Tetanus.

Visitors must pay for all medical services. Adequate health insurance is therefore essential.

Passports & Visas

Passports

Passports must be valid for the duration of the trip

Visas

You'll need prior authorisation to enter the United States using a British passport, either through a visa, a Permanent Resident Card, or the Visa Waiver Programme. It's your responsibility to know and understand the entry rules before you travel.

Visa Waiver Programme (VWP)

The VWP allows most British Citizen passport holders to visit the US for up to 90 days. The types of journey allowed under the VWP include tourism, certain types of business visit and transit to another country. Other nationals should check with their nearest United States embassy or consulate for details of entry requirements.

You'll need prior authorisation to enter the United States using a British passport, either through a visa, a Permanent Resident Card, or the Visa Waiver Programme. It's your responsibility to know and understand the entry rules before you travel.

You'll generally qualify to enter the USA using the VWP if your British passport:

- describes your nationality as a 'British Citizen'

(From 1 April 2016 all passengers entering the US under the VWP will need to have an ePassport with an integrated chip)

If your current British passport is not an ePassport you can contact Her Majesty's Passport office for a replacement to allow you to use the VWP. Otherwise, you'll need to apply for a visa to enter the United States on your current passport.

and you:

- aren't a dual national of Iran, Iraq, Libya, Somalia, Sudan, Syria or Yemen.
- haven't travelled to Libya, Iran, Iraq, Somalia, Sudan, Syria or Yemen since March 2011

- have received authorisation from the Electronic System for Travel Authorisation at least 72 hours before you travel (see below)
- can show that you have enough funds available on arrival to support yourself during your stay, even if you're staying with family and friends

Certain exemptions apply on a case-by-case basis to those who have travelled to Iran, Iraq, Sudan, Syria, Libya, Somalia or Yemen since March 2011. For more information about these exemptions, see the [website of the US Embassy in London](#) or contact the nearest US Embassy or Consulate.

You will instead need to apply for a visa from the nearest US Embassy or Consulate.

If you're arriving by air or sea you should provide details online as soon as possible and at least 72 hours before travel. This is known as an Electronic System for Travel Authorisation or ESTA. Getting an ESTA is a separate process to providing your airline with advance passenger information (details of your passport, country of residence, address of your first night's accommodation in the US etc). For more information, and to apply online, visit the official [ESTA website](#). Please note that this is the only official ESTA website. There are third-party companies that operate websites which look like the ESTA application site, but which charge a processing fee on top of the official fees.

Luggage

If your bag or its contents are damaged or lost while in the airline's care, this should be reported to the baggage service agents at the airport on arrival. They will assess the damage; in some cases, the airline may decide to settle your claim immediately.

You will be given a reference to quote to your insurance company if an immediate settlement is not possible - in many cases, baggage claims can only be accepted in writing. A baggage claim form must be obtained from the airport.

Local Currency

The local currency in the United States of America is the US Dollar. Credit cards widely accepted.

How much you bring depends on your spending habits, but US \$40 per person per day should be enough to buy a couple of drinks with dinner (plus tips), some small souvenirs and any other small purchases during the day.

Local Time

Nevada is on Pacific Time; this is 8 hours behind GMT/UTC. Both Arizona and Utah are on the Mountain Time, which is 7 hours behind GMT/UTC (no Daylight Savings Time in Arizona).

Electricity

Electricity is 120V; plugs are as shown below so you'll need an adaptor to use non-US electrical items: (add images of plugs)

ATM Availability

ATMs are widely available across the country. Traveller's cheques are not advised.

Suggested Reading & Maps

Suggested Reading

- Lonely Planet, Southwest USA (March 2018, 8 th edition)
- Thomas J Harvey Rainbow Bridge to Monument Valley: Making the Modern Old West 2011

Maps

Although you won't need them, if you'd like any maps of the destination, you can obtain some in advance from The Map Shop: www.themapshop.co.uk

Tipping

Tips have been included in your holiday price for key services such as local guides, driver(s) and restaurants. Any additional tips you may wish to give are at your own discretion

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday: 9am – 1pm Sunday & Bank Holiday Monday: closed

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: National Westminster Bank, Account Name: HF Holidays Limited, Account Number: 48904805, Sort Code: 60-00-01, IBAN: GB90NWBK60000148904805

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

Document produced: 24-10-2021

