CAL DISCOVERIES TRAVEL

EPIC ADVENTURE IN BRYCE, ZION & THE GRAND CANYON

MULTI-ADVENTURE | Casual Hotels
EPIC ADVENTURE IN BRYCE, ZION & THE GRAND CANYON

For more information or to reserve your trip, contact Cal Discoveries Travel:

510-900-8222
caldiscoveries@alumni.berkeley.edu
alumni.berkeley.edu/caldiscoveries

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We want to make sure you’re on the right trip and that you have the best experience possible. Every Backroads trip is unique and this one is no exception.

ACCOMMODATIONS & SERVICE STANDARDS

The Lodge at Bryce Canyon and Grand Canyon Lodge – North Rim are fairly rustic national park lodges that reflect their natural surroundings. While these historic hotels offer simpler accommodations than is typical of Backroads lodging, they’ve been selected because of their access to the best riding and hiking in the region. Please note that the guest rooms are basic and are not equipped with televisions or air-conditioning (nights are usually cool due to the high elevation).

Generally speaking, service in the national parks can seem laid-back when compared with the high standards of service found on other Backroads trips.

INTERPRETIVE GUIDES & HIKING WITHOUT YOUR LEADERS

The National Park Service has many regulations on hiking. In Zion National Park they limit where you can hike when accompanied by your Trip Leaders. Your leaders will provide pre-walk briefings, maps and directions so you can explore certain trails on your own. In Bryce Canyon National Park, your leaders can hike with you but can’t act as “interpretive guides.” They’ll also be unable to hike with you in Grand Canyon National Park. Permit restrictions dictate that your leaders won’t be able to offer route support on the optional bike ride at the Grand Canyon. Throughout the trip, your leaders will give an orientation to the area’s flora, fauna and terrain before your hikes and rides. Thank you for helping us cooperate with each park’s regulations.

DAY 1

On the first day of the trip, meet your Backroads Trip Leaders (the folks in Backroads T-shirts) at 8:30 a.m. in the lobby of the Desert Garden Inn (435-688-7477) located at 1450 South Hilton Drive in St. George, Utah. Please arrive dressed in your hiking clothes and bring your luggage and a daypack with your rain gear and anything else you may want for today’s hike (your luggage will be transported to our first night’s accommodations).

LATE TO THE TRIP START? See “Arriving & Departing” for more information.

SHUTTLE TO BRYCE CANYON NATIONAL PARK

Walking & Hiking Options:
Queen’s Garden/Navajo Loop: 3 Miles (600’ elevation gain)
Peek-a-Boo Loop: 6.5 Miles (1,400’)

Welcome to canyon country! We begin our Southwest adventure by traveling from the desert landscape outside St. George to the higher elevations of the green Sevier River Valley. As we drive through Red Canyon, you’ll get a preview of the unique rock formations of Bryce Canyon National Park.

We get acquainted over a picnic lunch and then head out on our first hike, which offers a great introduction to the park as well as spectacular views. The park’s namesake, Mormon settler Ebenezer Bryce, deemed this stunning region “a hell of a place to lose a cow.” One glance into the amphitheater’s maze of spires, hoodoos, windows, walls and pinnacles, and you’ll know exactly what he meant.

For a look at some of Bryce’s most famous hoodoos, hike into the canyon, where whimsically shaped rock formations huddle beneath the watchful gaze of the Queen Victoria hoodoo. You’ll feel at times as if you’re walking through a petrified forest—or even on another planet. Keep a lookout for a ridge covered with bristlecone pine, some of the oldest living organisms on earth, which thrive in this barren environment. From Queen’s Garden, join the Navajo Loop Trail and trek through Wall Street, an impressive slot canyon with
overhanging walls that are only 10 feet apart in some places. To end the hike, tackle a steep climb up to the rim at Sunset Point.

Take some time this afternoon to settle in at Lodge at Bryce Canyon, a rustic property located in a lush pine forest a short walk from the canyon rim. After dinner, a starlit stroll may be the perfect way to cap off your evening. **Lodging: Lodge at Bryce Canyon**

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**DAY 2**

**BIKING OPTIONS:**
Red Canyon Bike Path Route: 9 Miles *(200’ elevation gain)*
Red Canyon Route: 19 Miles (400’)
Bryce Route: 37 Miles (1,700’)

**SHUTTLE TO GRAND CANYON NATIONAL PARK** 3 Hours

**TRANSEPT TRAIL WALK** 1.5 Miles (100’)

*with shuttle

This morning your Backroads Trip Leaders fit your bike and give a brief talk on biking techniques and safety. Then hop on your bike for a picturesque spin along an undulating bike path through a surreal landscape. After the ride, we’re off to visit one of the seven natural wonders of the world, the Grand Canyon. As we cross into Arizona, look for the Kaibab Plateau rising ahead in the distance. We ascend several thousand feet onto the plateau before the highway dead-ends dramatically at the rim of the Grand Canyon. Over 6 million years ago the Colorado River started carving out this vast gorge, eventually exposing rocks that are more than 2 billion years old. The canyon stretches 277 miles and ranges in width from 4 to 18 miles. Just 10 miles from the South Rim as the bird flies, the North Rim seems a world away. Because it is less developed and more remote, the North Rim receives fewer visitors, allowing us to explore without the crowds in peace.

You’ll get a good look at the canyon on a short hike to the historic Grand Canyon Lodge – North Rim. Perched at the very edge of the Grand Canyon, the lodge offers unrivaled vistas of this magnificent natural wonder. Tonight we enjoy the view as we dine at the lodge’s restaurant. **Lodging: Grand Canyon Lodge – North Rim**

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**DAY 3**

**NORTH KAIBAB HIKE** 1.5–5 Miles (600’–2,100’ elevation gain)

**WIDFORSS AFTERNOON HIKE** 5–9.5 Miles (600–1,000’)
or **POINT IMPERIAL SCENIC DRIVE** 2 Hours Round-Trip

The day is yours to choose from a multitude of activities (or “inactivities”!) offered at Grand Canyon National Park. Choose to descend into the canyon on foot via the North Kaibab Trail. This out-and-back trek takes you as far as 5 miles into the canyon.

If you are up for more hiking this afternoon, follow the secluded Widforss Trail for an astounding view across the canyon of the majestic San Francisco Peaks towering above the South Rim. Arguably the park's best plateau hike, it offers forested views and wide-open vistas. This trail also features excellent interpretive markers. (Please note that due to park regulations, Backroads leaders are not allowed to give guided hikes within Grand Canyon National Park; if you choose to hike, you will be on your own.)

Alternatively you can choose to join your Trip Leaders for a winding, picturesque drive out to Point Imperial, the highest point on the Rim at 8,803 feet. Walk out to the edge for views of The Painted Desert and the eastern end of the Grand Canyon. Here, the narrow walls of Marble Canyon, visible only as a winding gash, open dramatically to form a very “grand” canyon indeed. Layers of red and black Precambrian rocks add contrast and color.
If you’re happy to just take it easy today, relax with a book and a cold drink on the lodge’s balcony overlooking the canyon.

Tonight, we sit down to a satisfying meal at the lodge. Lodging: Grand Canyon Lodge – North Rim

**DAY 4**

**SHUTTLE TO ZION NATIONAL PARK** 3 Hours

**RIVERSIDE WALK** 1.8 Miles (200’ elevation gain)

Bid farewell to the Grand Canyon as we make our way to Zion National Park. Descending from the Kaibab Plateau, we’re treated to a sweeping view of the Grand Staircase as it climbs northward. On a clear day you can see for more than 100 miles; the earth literally rises up in a series of impressive steps formed over millions of years by powerful geological forces. Sleepy towns and weathered farms are scattered about the valley floor, adding to the postcard-perfect scenery.

As we near our destination, Zion National Park, the cliffs change to vibrant shades of pink and red. Great monoliths rise all around. Upon our arrival in Zion a park shuttle whisks us to the Virgin River. Beginning at the Temple of Sinawava, a natural amphitheater at the far end of Zion Canyon, the Riverside Walk passes lush hanging gardens and stands of cottonwood trees. The trail ends at the Virgin River and the beginning of the Narrows. If you’d like to get your feet wet and explore the Narrows, you’ll have the chance tomorrow.

This evening we check into Cable Mountain Lodge framed by Zion’s towering cliffs. A dip in the hotel swimming pool is sure to feel good after today’s activity! Dine on your own tonight at one of Springdale’s many charming restaurants. Lodging: Cable Mountain Lodge

**DAY 5**

**WALKING & HIKING OPTIONS IN ZION NATIONAL PARK** 2–8 Miles (200–2,200’ elevation gain)

Today you’ll have the opportunity to choose from Zion National Park’s extensive network of trails, which reveal views that are hidden from the road. Your trip leaders will provide you with detailed trail descriptions, maps and directions but will not be hiking with you this day per park regulations.

A highlight for many is the exciting trek through the Narrows—the park’s most popular hike—so expect some crowds. Hike through shallow rocky water into the inner gorge of the Virgin River as it forges through rock in this granddaddy of all slot canyons. Small waterfalls and hanging gardens tumble down the canyon walls, which reach up to 1,000 feet. If you do this challenging hike, you will get wet, so be sure to wear closed-toe shoes with good tread that you don’t mind getting soaked. (Note: If water levels are high or there is a threat of flash floods, the park service may close the trail for safety reasons.) Your leaders will share tips on walking through the Narrows before you venture into the canyon.

If you prefer to keep your feet dry, there are many other trails to explore in Zion Canyon that your leaders will be happy to describe. If you would like to stand atop Angels Landing, you can retrace your steps from the previous day’s hike to Scout Lookout. From here you can continue (if heights don’t bother you) to Angels Landing, a sheer wedge of rock looming 1,500 feet above the valley. The last half-mile of trail runs along a narrow ridge with a dizzying drop-off on either side. Chains bolted into the rock steady you on your ascent. The vista from the landing is a 360-degree panorama of Zion Canyon.

For equally astounding views of Zion Canyon—but without the exposure of the trek to Angels Landing—choose the hike to Observation Point. En route you’ll pass small slot canyons and desert vegetation.

There are several shorter hikes also available, if a more leisurely day on the trail sounds appealing, such as the
Par'rus Trail to the Zion Human History Museum.

For a more leisurely day, take a stroll through the charming town of Springdale or enjoy a book by the pool at our hotel. However you decide to spend the day, you’ll find amazing natural beauty at every turn.

We reunite back at the hotel this afternoon before we head out to one of our favorite local restaurants for our last night’s dinner. **Lodging: Cable Mountain Lodge**

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**DAY 6**

**ZION CANYON BIKING ROUTE** 17 Miles (900’ elevation gain)

**SHUTTLE TO ST. GEORGE** 1 Hour

Cap off a wonderful week with a bike ride along traffic-free Zion Canyon Scenic Drive. Pedal along the Virgin River amid colossal walls of Navajo sandstone rising 2,000 feet from the canyon floor—it’s quiet, peaceful and absolutely breathtaking! Also consider a visit to Zion’s Human History Museum or shopping in Springdale if you’d rather take a break from your saddle.

Late morning we gather back at Cable Mountain Lodge and enjoy a final picnic on the lawn before shuttling to St. George, where the trip ends. Please see “Arriving & Departing” for end-of-trip logistics.

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**KEEPING YOU UP TO DATE**

We are always seeking opportunities to enhance this itinerary. We’ll be certain to notify you of any important changes prior to departure; other changes may be communicated on trip by your leaders.
TRIP ACCOMMODATIONS

Casual Hotels

1 Night
Lodge at Bryce Canyon
Listed on the National Register of Historic Places, this simple park lodge is mere steps from the canyon’s edge. | Bryce Canyon National Park | [www.brycecanyonforever.com](http://www.brycecanyonforever.com) | 435-834-5361

2 Nights (pictured)
Grand Canyon Lodge – North Rim
This rustic 1920s stone-and-wood lodge is perched above the grandeur of the remote North Rim. | Grand Canyon National Park | [www.grandcanyonlodgenorth.com](http://www.grandcanyonlodgenorth.com) | 928-638-2611

2 Nights
Cable Mountain Lodge
Nestled near the stunning red cliffs of Zion’s south entrance, this comfortable lodge is designed to hearken back to the Arts and Crafts stonework architecture tradition. (pool) | Springdale | [www.cablemountainlodge.com](http://www.cablemountainlodge.com) | 435-772-3366

ARRIVING & DEPARTING

After reviewing the following information, please inform us of your arrival and departure plans on your Personal Information Form.

Meeting Time & Location
On the first day of the trip, meet your Backroads Trip Leaders (the folks in Backroads T-shirts) at 8:30 a.m. in the lobby of the Desert Garden Inn (435-688-7477) located at 1450 South Hilton Drive in St. George, Utah. Please arrive dressed in your hiking clothes and bring your luggage and a daypack with your rain gear and anything else you may want for today’s hike (your luggage will be transported to our first night’s accommodations).

Arriving Late to the Trip Start?
If you have a delay or emergency on the day your trip starts and need to contact Backroads, please email your Trip Leaders (you’ll receive an email 24 hours prior to the trip start with their contact info) or call the Backroads office at 800-462-2848 (domestic) or 510-527-1555 (international), 6 a.m.–6 p.m. Pacific time.

If you miss the pickup in St. George, it’s possible for you to get to our first hotel, the Lodge at Bryce Canyon, on your own. Red Rock Shuttle ([www.redrockshuttle.com](http://www.redrockshuttle.com); 435-635-9104) offers van service between St. George and Bryce Canyon National Park for about $320 one-way (up to four people). Although 24-hour advance reservations are preferred, same-day service may be possible, depending on availability.

Conclusion of the Trip
The trip ends at approximately 1:45 p.m. mountain time in St. George at the St. George Shuttle office, located at 1275 East Red Hills Parkway. From here you can catch the 2 p.m. St. George Shuttle to the Las Vegas airport, arriving between 3 and 3:30 p.m. Pacific time. (Note the 1-hour time zone change.) Remember to make round-trip reservations when booking the St. George Shuttle from Las Vegas. If you’re flying out of Las Vegas on the last day of the trip, please schedule your return flight for after 4:30 p.m. The Backroads van will also stop at the Desert Garden Inn in St. George, arriving at approximately 2:30 p.m.
Note that in Las Vegas, the St. George Shuttle only stops at McCarran International Airport. If you'd like to extend your stay in the area, taxis and shuttles are available from the airport.

**Flight Arrangements**

This trip starts and ends in St. George, Utah. We recommend either flying into McCarran International Airport (airport code: LAS; [www.mccarran.com](http://www.mccarran.com)) in Las Vegas, Nevada, and arranging ground transportation to St. George, or flying directly into St. George Municipal Airport (SGU; [www.flysgu.com](http://www.flysgu.com)).

Delta Airlines ([www.delta.com](http://www.delta.com); 800-221-1212) offers several daily flights into St. George from Salt Lake City (SLC; [www.slcairport.com](http://www.slcairport.com)). The trip takes about 1½ hours.

For help arranging air transport to and from your Backroads trip, please work with your own travel advisor or you may choose to work with the Backroads Travel Desk at Dimensions in Travel. Their professional expert travel advisors are ready to share their insiders' knowledge of Backroads and our worldwide destinations and are available to assist you with any of your travel needs. Call 800-GO-ACTIVE (462-2848) to be connected with an advisor. Please note that consulting or ticketing fees may apply, depending on the services requested. The Backroads Travel Desk at Dimensions in Travel is open Monday–Friday, 9 a.m.–5 p.m. Pacific time.

**Transportation in Las Vegas**

The following transportation services are available between McCarran International Airport and hotels on the Strip and in downtown Las Vegas. For additional options, visit the airport’s website at [www.mccarran.com](http://www.mccarran.com).

**Bell Trans** ([www.airportshuttlelasvegas.com](http://www.airportshuttlelasvegas.com); 800-274-7433 or 702-739-7990) offers shared shuttle service from the airport to the Strip for $14.50 or downtown for $17.50 per person. You can buy tickets outside Door No. 9 at Terminal 1 and Door No. 52 at Terminal 3. For departures from hotels back to the airport, you must make reservations at least 24 hours before your flight. The shuttle runs 24 hours a day, 7 days a week and picks up and drops off at all downtown and Strip hotels.

**Citizens Area Transit (CAT) System** ([www.catride.com](http://www.catride.com); 800-228-3911 or 702-228-7433) is also a reliable way to navigate Las Vegas. The Paradise bus (No. 108) departs the airport about every 30 minutes from below the baggage claim area at Terminal 1, Level 0 (zero). There is a drop-off at the Sahara/SLS Monorail Station, a block from the Strip. The journey takes about 25 minutes and costs $2. Purchase a ticket at a Ticket Vending Machine at Terminal 1 or on board the bus.

Taxis are located on the east side of the baggage claim, outside Doors No. 1–4.

**Ground Transportation between Las Vegas & St. George**

**St. George Shuttle** (1275 East Red Hills Parkway; [www.stgshuttle.com](http://www.stgshuttle.com); 800-933-8320 or 435–628-8320) runs between McCarran International Airport in Las Vegas and St. George. Standard shuttle service costs $39 per person one-way and $69 per person round-trip, plus gratuity. Executive shuttle service costs $49 per person one-way and $98 per person round-trip, plus gratuity. The trip takes just over 2 hours. It is advisable to make reservations at least three weeks in advance. Remember to schedule the 2 p.m. return shuttle back to Las Vegas at the end of the trip.

The shuttle picks up at the Las Vegas airport on Level 0 (zero). If you have a hard time locating the shuttle or it appears to be running late, call the shuttle office for an update on the status of your pickup.

The shuttle drops off at the St. George Shuttle office in St. George. From there, you can take a taxi to your hotel. Taxis can be arranged through St. George Shuttle.

**Driving to St. George**

**Directions to Desert Garden Inn**

Desert Garden Inn is located at 1450 Hilton Drive in St. George, Utah.

- **From Las Vegas** (120 miles/2 hours): Take Interstate 15 north to St. George. Take Exit 6 to South Bluff Street and turn left at the end of the ramp. Cross over the interstate and turn left on South Black Ridge Drive, then turn left on Hilton Drive. Desert Garden Inn is on the right. Please note that you will lose 1 hour between Las Vegas (Pacific time) and St. George (Mountain time).

- **From Salt Lake City** (300 miles/5 hours): Take Interstate 15 south to St. George. Take Exit 6 to South Bluff Street
and turn right at the end of the ramp. Turn left on South Black Ridge Drive, then turn left on Hilton Drive. Desert Garden Inn is on the right.

**Parking in St. George**

You can park your car at the Desert Garden Inn for the duration of the trip if you have reserved a room at the hotel before or after the trip. Please identify yourself at the front desk as a Backroads guest and they’ll let you know where to park.

If you are not staying at the Desert Garden Inn, you can park your car at the St. George Municipal Airport ([www.flysgu.com](http://www.flysgu.com)) for $5 a day. Taxis are available to transport you to/from the hotel at the beginning and end of your trip.

**Directions to St. George Municipal Airport**

- **From Las Vegas** (120 miles/ 2 hours): Take Interstate 15 North to Route 2 (Southern Parkway). Go east on Route 2 to Airport Parkway (Exit 2). Go north on Airport Parkway. At the roundabout, turn right onto Airport Road.

- **From Salt Lake City** (300 miles/5 hours): Take Interstate 15 South to Route 2 (Southern Parkway). Go east on Route 2 to Airport Parkway (Exit 2). Go north on Airport Parkway. At roundabout, turn right onto Airport Road.

Parking is available at the Terminal Building.

**Transportation In & Around St. George**

- **St. George Shuttle** ([1275 East Red Hills Parkway; www.stgshuttle.com](http://www.stgshuttle.com); 800-933-8320 or 435-628-8320) offers transportation between the St. George Municipal Airport and their office on East Red Hills Parkway and nearby hotels. The trip costs approximately $40 for up to eight people; higher fares apply for locations outside the St. George area. Reservations are recommended and can be made by phone or online.

- **Taxi USA** ([www.calltaxiusa.com](http://www.calltaxiusa.com); 435-656-1500) offers transportation to/from the St. George Regional Airport and charges around $45 one-way. Most point-to-point fares within St. George are $15 or less.

Car rental companies with offices at the St. George airport include **Avis** ([www.avis.com](http://www.avis.com); 800-230-4898) and **Hertz** ([www.hertz.com](http://www.hertz.com); 800-654-3131).
DURING YOUR TRIP

Trip Leaders
Each of your Trip Leaders plays many roles during your vacation: guide, host, caretaker, naturalist, chef, historian, troubleshooter, interpreter. These remarkable individuals have highly developed instincts for making people comfortable, for seamlessly handling the logistics of travel and for successfully navigating a wide range of unexpected situations. They’re passionately committed to ensuring you enjoy an exceptional vacation—smooth, flexible and tailored to your needs. According to past guests, the caliber of our leaders is what sets Backroads apart from all other travel companies. With their knowledge, professionalism, enthusiasm and service ethic, they’re the number-one reason people return to travel with us again and again. We look forward to having you meet them.

A Word about Gratuities
We think our leaders are unparalleled at what they do—you be the judge.

Gratuities for most services during your trip are included in the price. While we’ve thought about including a Trip Leader tip as part of the overall trip cost, we acknowledge that gratuities are customary in the industry as a way to recognize excellent service on a more personal level.

We offer specific Trip Leader tip recommendations because our guests have consistently asked for them. The exact amount is up to you.

Our recommended gratuity for this trip is $150 per guest.

This amount can be covered via cash (preferred), check (on US trips only; payable to a Trip Leader) or PayPal. To learn more about PayPal and how to sign up, visit www.paypal.com. You will receive a contact list for Trip Leaders at the beginning of the trip which also serves as their PayPal information. Regardless of the number of leaders on your trip, you can pay the full amount to any one of them. Cash, check and PayPal gratuities are then divided among your Trip Leaders and other Backroads support staff (van drivers, etc.).

Accommodations
All rooms have private baths. Single and twin room availability is limited on this trip.

Cell Service & Internet Access
Cell phone and data service is limited in the locations we visit on this trip. Wireless internet access is available throughout the Cable Mountain Lodge, as well as in the lobby of the Lodge at Bryce Canyon.

Meals
Food is an important part of the Backroads experience. For lunch we look for the best way to capture the essence of the region. It may be a Backroads Grand Picnic, when your Trip Leaders prepare the freshest and healthiest local fare at a carefully chosen setting along the day’s route; a boxed lunch; a packed lunch; a meal together at a favorite restaurant; or the opportunity to have lunch on your own.

Our dinners feature hearty comfort food at hotel restaurants and in nearby towns.

All breakfasts, six lunches and four dinners are included in the trip price. One dinner is on your own.

Be aware that vegetarian/vegan, gluten-free and low-carb dishes are not always available. If you have special dietary requirements, please indicate them on the Personal Information Form. Your Trip Consultant will pass on the information to your Trip Leaders. Alcoholic beverages at meals are not included in the trip price, unless otherwise noted.

Recommended Dinner Attire
Restaurants on this trip are casual. You’ll feel comfortable wearing anything from jeans and T-shirts to slacks and dressier shirts.

Lost Luggage
On any flight, there is the possibility of lost luggage. Backroads believes that it’s a great idea to take a small carry-on bag with enough clothing and supplies to last a day or two. Also be sure to bring with you any personal gear you deem indispensable on the trip. This way, in the event of lost luggage you won’t have to spend time replacing essential items and miss activities while you wait.
for your bags to catch up. Please note that Backroads does not assume responsibility for any luggage lost or damaged during your trip.

**Firearms**

The National Park Service requires us to inform you that national park regulations generally allow firearms. However, it is Backroads’ policy to prohibit guests from bringing firearms on any trips including, but not limited to, those going to national parks.

**A-Shuttling We Go**

If we could move the earth and make these fabulous parks a bit closer to each other, rest assured we would. Alas, Mother Nature and geology had other plans. The truth is, due to the distance between the parks, we do spend more time shuttling on this trip than on many other Backroads trips. But we’re not going to allow you to travel all this way and not see the many shades of Bryce, the sheer enormity of the Grand Canyon, or the towering cliffs of Zion. So sit back and relax, knowing that someone else is doing the driving, and enjoy the beauty of the journey. We’re going to make it as smooth and comfortable as possible!

**Hiking the Narrows**

There are many trails to choose from on Day 5, with the Narrows hike in Zion being one of them. Should you choose to do this spectacular out-and-back hike you will walk up the Virgin River through a slot canyon. Most of the way, you can walk in the ankle-deep river or along the rocky riverbank, although there are some points where you must wade in waist-deep water in order to continue. The water is usually around 45–55 degrees.

Because the river terrain can be rocky and slippery, we highly recommend wearing a pair of closed-toe shoes with good tread that can get wet. Several shoe companies make closed-toe water shoes, which are optimal. However, many choose to hike in sneakers or hiking boots (heavy boots may not dry by the next morning). Open-toe water shoes/sandals are not recommended. Backroads provides neoprene socks when water temperatures are cold enough to warrant their use. Backroads also provides walking sticks and resealable plastic bags for cameras. River shoes, dry pants and dry suits are available for rent from a local outfitter (not included in trip price). Your leaders will help you with arranging gear rental before entering Zion National Park; it is not necessary to reserve gear prior to your trip.

To be in compliance with Zion National Park regulations on Backroads trips, your leaders will not be able to hike with you in the Narrows. You are free to hike up the canyon without your leaders on Day 5.
DESTINATION DETAILS

Climate
The only rule about weather in canyon country is that there is no rule! Please be prepared for varied climates on this trip. Because the changes in elevation as we travel are substantial, you may experience a wide range of weather conditions in a single day. You may awake to a chilly frost-dusted landscape, but be baking in the heat of the desert sun by mid-afternoon. (Keep in mind that it’s dry heat, which is generally more comfortable than humid heat.)

Although most of the areas we visit are considered arid, afternoon thunderstorms are always possible, and occasionally it rains all day. We strongly suggest bringing quality waterproof rain gear made of a breathable material. High and low temperatures 10–20 degrees outside the following “normal” ranges are not uncommon!

Bryce Canyon (8,000’)

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<th>Apr</th>
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Grand Canyon – North Rim (8,000’)

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<td>3.2</td>
<td>0.6</td>
<td>1.7</td>
<td>1.2</td>
<td>0.9</td>
</tr>
<tr>
<td>Average:</td>
<td>Jul</td>
<td>Aug</td>
<td>Sep</td>
<td>Oct</td>
<td>Nov</td>
<td>Dec</td>
</tr>
<tr>
<td>High °F</td>
<td>77</td>
<td>75</td>
<td>69</td>
<td>59</td>
<td>46</td>
<td>40</td>
</tr>
<tr>
<td>Low °F</td>
<td>46</td>
<td>45</td>
<td>39</td>
<td>31</td>
<td>24</td>
<td>20</td>
</tr>
<tr>
<td>Precip. inches</td>
<td>1.9</td>
<td>2.8</td>
<td>2.0</td>
<td>1.4</td>
<td>1.5</td>
<td>2.8</td>
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Springdale, Utah – Zion National Park (4,000’)

<table>
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<tr>
<th>Average:</th>
<th>Jan</th>
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<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
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<tbody>
<tr>
<td>High °F</td>
<td>50</td>
<td>57</td>
<td>62</td>
<td>71</td>
<td>80</td>
<td>91</td>
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<tr>
<td>Low °F</td>
<td>28</td>
<td>32</td>
<td>35</td>
<td>42</td>
<td>50</td>
<td>60</td>
</tr>
<tr>
<td>Precip. inches</td>
<td>1.7</td>
<td>1.8</td>
<td>1.9</td>
<td>1.2</td>
<td>0.9</td>
<td>0.4</td>
</tr>
<tr>
<td>Average:</td>
<td>Jul</td>
<td>Aug</td>
<td>Sep</td>
<td>Oct</td>
<td>Nov</td>
<td>Dec</td>
</tr>
<tr>
<td>High °F</td>
<td>96</td>
<td>95</td>
<td>87</td>
<td>77</td>
<td>62</td>
<td>51</td>
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<tr>
<td>Low °F</td>
<td>66</td>
<td>66</td>
<td>59</td>
<td>48</td>
<td>35</td>
<td>30</td>
</tr>
<tr>
<td>Precip. inches</td>
<td>1.1</td>
<td>1.6</td>
<td>1.2</td>
<td>1.1</td>
<td>1.2</td>
<td>1.4</td>
</tr>
</tbody>
</table>

Helpful Information
Visit [www.backroads.com/trip_prep](http://www.backroads.com/trip_prep) for links to other websites offering helpful travel information.

Time Zone
Bryce Canyon and Zion National Parks are located in the mountain time zone, which is 1 hour ahead of Pacific time and 2 hours behind eastern time. Arizona, including the Grand Canyon, is also located in the mountain time zone but does not observe daylight saving time. As a result, during our time in the Grand Canyon only, we will be on mountain standard time (which is the same as Pacific daylight time). This will not affect your trip meeting or departure.

Altitude
The lower supply of oxygen at high elevations makes exercising more difficult, and if you’re coming from a low elevation and are sensitive to altitude, you may experience mild altitude sickness when you first arrive. Symptoms to watch for include headaches, light-headedness, dizziness, mild nausea and fainting. To help alleviate these symptoms, drink plenty of water (we recommend bringing a CamelBak or a similar hydration-backpack), get plenty of rest and try not to overexert yourself during the first couple of days.

The combination of high altitude, warm temperatures and strenuous exercise greatly increases your body’s need for fluids. It is extremely important to drink lots of liquids to prevent heatstroke and dehydration. It’s a good idea to consume several liters of water per day and drink as often as possible—don’t wait until you are thirsty!

Also, keep in mind that skin burns quickly in the clear thin
air of the high desert. We recommend bringing (and using!) sunscreen with an SPF of no less than 30.

It’s also worth noting that batteries don’t last as long at high altitude. We suggest bringing extra batteries or chargers for your electronics.

**Tourist Information**

Utah Office of Tourism  
www.visitutah.com

Arizona Office of Tourism  
www.arizonaguide.com

Las Vegas Convention & Visitors Authority  
www.visitlasvegas.com

Bryce Canyon National Park  
www.nps.gov/brca

Zion National Park  
www.nps.gov/zion

Grand Canyon National Park  
www.nps.gov/grca

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**Recommended Reading**

The more you know about your destination before you go, the more you’ll appreciate all that you’ll see when you get there. We’ve selected a few of our favorite books to help capture the essence of the region.

- *Cadillac Desert: The American West and Its Disappearing Water*, Marc Reisner
- *The Exploration of the Colorado River and Its Canyons*, John Wesley Powel
- *Red: Passion and Patience in the Desert*, Terry Tempest Williams

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**TRIP DOCUMENTS & MORE**

**Travel Protection Plan**

Inside your Pre-Departure Packet is a brochure describing the Travel Protection Plan that Backroads offers. The plan helps provide coverage for trip cancellation/trip interruption, trip delay, medical expenses and evacuation/repatriation, lost baggage, and more. We recommend that you purchase travel protection to help protect you and your travel investment against the unexpected. If you are interested in purchasing the Travel Protection Plan that Backroads offers, please remit the additional amount noted on your invoice.

**Cancellations & Refunds**

If you must cancel your reservation, a fee will be charged. Please review your trip invoice for cancellation policy details. Exceptions to this policy cannot be made for any reason, including those of weather or personal emergencies. There is no refund for joining a trip late or leaving early. Private rooms and staterooms, bike rentals and internal air charges are considered part of the trip price and are subject to cancellation fees. You are required to provide a signed *Release of Liability, Assumption of All Risks and Arbitration Agreement* and a *Personal Information Form* prior to your trip departure. If you fail to provide a signed release form, you will not be allowed to join the trip and will be subject to Backroads’ cancellation policy.

On the rare occasions when Backroads must cancel a trip, all payments received to date will be refunded, which constitutes full settlement. Backroads is not responsible for expenses incurred in preparation for any cancelled trips, such as airline tickets or for costs incurred due to travel delays, flight cancellations or illness.

**Itinerary Changes**

If unforeseen circumstances require a change in the trip itinerary, Backroads will make every effort to select alternative accommodations of the same quality and to keep the activity modifications minimal.
Electronics & Other Valuables

It is best to leave valuables at home. If you must bring valuables on the trip, please understand that they are 100 percent your responsibility, regardless of what anyone (including leaders) might tell you. Cash, jewelry and passports are especially important to keep in your possession. It’s not safe to leave valuables in Backroads vans; while not common, break-ins do happen. You may choose to lock them in your room’s safe, if one is available to you. If you’re concerned about forgetting items in the safe (easy to do!), a good trick is to leave something on top of it that you can’t forget, such as a single shoe.

On Biking and Multi-Adventure Trips, if detachable bike bags are available to you, you can store your valuables in the bag and take it with you when you’re not biking. Please note that our bike bags are water resistant but not waterproof. Be sure to protect your valuables from the elements accordingly.

Although we will transport your valuables during your trip as a convenience, we do not assume responsibility for any damage or loss. This policy applies to personal electronics as well as other items, such as luggage, jewelry, and fragile and delicate accessories, whether purchased on the trip or otherwise.

GETTING ACTIVE FOR YOUR TRIP

Activity Level

The routes on this trip are rated Levels 1–3. Review the “Activity Level” section on the web for more details on daily route options.

<table>
<thead>
<tr>
<th>ACTIVITY LEVEL</th>
<th>BIKING</th>
<th>WALKING</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2–3 hrs</td>
<td>8–22</td>
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<tr>
<td>2</td>
<td>2–4 hrs</td>
<td>18–32</td>
</tr>
<tr>
<td>3</td>
<td>3–5 hrs</td>
<td>26–42</td>
</tr>
<tr>
<td>4</td>
<td>4–6 hrs</td>
<td>36–54</td>
</tr>
<tr>
<td>5</td>
<td>5–7+ hrs</td>
<td>48–70+</td>
</tr>
</tbody>
</table>

Review the “Activity Level” section on the web for more details on daily route options.
Terrain
The biking terrain on this trip ranges from level to rolling; some of the walking and hiking routes include a few steep ascents and descents with significant elevation gain and loss. Please keep in mind that the higher elevations, occasional headwinds, and possible extreme variations in weather and temperature can increase the perceived level of difficulty of our activities. Most biking and hiking routes take place between 4,000 and 8,000 feet.

Remember, take your time and go at your own pace—you’re on vacation! Your Backroads Trip Leaders are there to provide the support you need when you’re ready for a snack, a cool drink, or a lift back if you’re done for the day. Most days you’ll have a choice of mileage options, so you can decide how active you want to be—it’s always up to you.

Conditioning Tips
Every Backroads trip is designed to appeal to a wide variety of interests and fitness levels. We know your pace may vary from one day to the next—and your traveling companions’ may differ somewhat from yours. So we present a range of mileage options, and each day you decide exactly what and how much you want to do.

Before your trip, we suggest biking and hiking regularly and hitting a few hills whenever you can. Review the activity level information below to get an idea of the level of activity you should feel comfortable with before your trip starts. But mostly, just show up and have fun!

Cadence & Gearing
The steady rate at which you pedal is called “cadence.” Ideally you should try to maintain a constant high cadence in any gear. This technique not only lets you bike for longer periods without tiring, but also puts less strain on your knees. Shifting to lower gears when riding up hills will help you maintain the same cadence you established on more level terrain and get you up the hills without overextending yourself. Using lower gears also helps you to be more efficient when riding against the wind.

Pacing & Endurance
It’s important to pace yourself throughout the day, so you have the stamina to ride or walk as far and as long as you’d like. Keep your energy level constant by eating high-energy snacks (your leaders will have plenty on hand). Drink fluids often—before you are thirsty—to avoid dehydration.

Some people find that a water-pack hydration system, worn like a backpack and equipped with a plastic tube for drinking, is a good accessory on long outings or in hot climates, since it enables you to carry more water and drink regularly without having to stop.

Resources
One book we recommend is The Bicycling Big Book of Cycling for Beginners by Tori Bortman. It offers valuable advice for new cyclists, from choosing the proper clothing to basic riding and etiquette skills.

Visit Bicycling magazine’s website at www.bicycling.com to browse for tips on how to improve your technique—as well as advice on nutrition, gear and safety, and basic bike maintenance.

The American Hiking Society website is packed with all sorts of useful information related to walking and hiking. Visit americanhiking.org.

Your local outdoor store can be an excellent resource too; ask to speak with an experienced employee.
Staying Comfortable: FAQs

Q: How do I prevent soreness while bicycling?

A: Think padding! Padded shorts make sitting on the bicycle seat a lot more comfortable, and padded bicycling gloves help prevent blisters and hand numbness.

Q: Should I buy a pair of biking shoes for my trip?

A: Rigid shoes maximize the power of your pedaling stroke, but there's really no need to purchase a pair of biking shoes just for this trip. Any athletic shoes—provided they have stiff soles—will be sufficient.

Q: Do I need to bring hiking boots for my trip?

A: Varying weather conditions and terrain can make any trail challenging, whether you're hiking up a mountain or walking through a valley. We recommend hiking boots or sturdy hiking shoes (sometimes called "light hikers") with robust tread, ample ankle support and waterproofing. Your average running shoes often have inadequate tread and stability for terrain like gravel and mud—though even these may be suitable if you know that's what works for you. Most importantly, your shoes should be comfortable and well broken in before your trip starts.

Q: It's not really going to rain during the trip, is it?

A: Well, it just might! Rain is possible no matter where you travel. Your best bet for staying comfortable during a shower is to wear quality rain gear that is both waterproof and breathable.

Q: Does wearing layers really make a difference?

A: Yes! The trick for staying comfortable in fluctuating temperatures is to wear three basic non-cotton layers of lightweight clothing: innerwear (to wick moisture away from your skin), insulating garments (for warmth) and outerwear (to protect against wind or rain). The different layers let you add or remove clothing in response to changes in the weather or your internal temperature.
BIKING SAFETY & GEAR

Rules of Biking Safety

Good judgment and alertness are the most important factors for safe bicycling. Follow these rules at all times to ensure your safety and the safety of those around you.

- **Wear a helmet.** Bicycling without a helmet is extremely dangerous. Backroads requires that all guests wear helmets while biking.

- Ride predictably, defensively and in a straight line.

- When biking with others, ride single file and maintain several bike lengths between cyclists. Allow more distance when riding downhill.

- Do not use headphones while biking; you might not hear traffic coming up behind you.

- Be as courteous to motorists as you would like them to be to you, and get completely off the road when you stop.

- Keep your speed under control on downhills. Use both brakes simultaneously, but be aware that the front brake is more powerful than the rear. Gently pump your brakes on long descents for maximum effectiveness. Check brakes frequently to make sure nothing is loose or dangling.

- Wet slippery roads require extra caution and greater stopping distance—especially on downhills. Wet brakes must be dried by pumping before they have an effect, so start braking early in damp weather.

- When riding on sand or gravel, downshift into low gear so you can spin your pedals faster while still going slowly.

- Obey all traffic regulations. Stop at all stop signs and red lights, yield the right-of-way and use hand signals when turning, slowing down or stopping. Ride on the right side of the road (except in countries where traffic moves on the left), at a safe distance from traffic.

- Do not ride too close to the bike in front of you; keeping several bike lengths between you and the bike ahead gives you more time to brake or go around obstacles.

- Be cautious around road obstacles. It is safest to dismount and walk your bike across railroad tracks and cattle guards. If you decide to bike across them, do so at right angles. Avoid potholes, metal grates, glass, rocks and thorns. Ride at a safe distance from parked cars and watch for vehicles pulling out and/or doors opening in your path.

- You must yield the right-of-way to pedestrians. Do not ride on sidewalks.

- When making a left turn (or a right turn in countries where traffic moves on the left), it is safest to pull off the road, dismount, look both ways for traffic and then walk your bike across the road. Never follow other riders when turning without confirming for yourself that it is safe to do so.

- Listen carefully for approaching motorists. (Look over your shoulder only if you can do so without swerving.)

- We do not bike after dark on Backroads trips. If you decide to do so on your own, you must bring your own bike equipped with a white light on the front, a red light on the rear and reflectors on the spokes and pedals.

- If a dog chases you and you are not able to ride away quickly, stop your bike and walk out of the dog’s territory, keeping the bike between you and the animal.

- Wear appropriate clothing for bicycling. Brightly colored clothes make you more visible to motorists. Double-tie shoelaces and tuck them inside your shoes.

- You should wear corrective lenses while bicycling if you use them while driving.
**Bringing Your Own Gear**

Backroads provides everything you’ll need to participate in the activities on this trip. If you’d prefer to have your own pedals, helmet or seat, feel free to bring these along. Your own gear can help to make your time on the bike as comfortable as possible, especially if you’re someone who likes to log a lot of miles. Your Backroads leaders will be happy to put on your pedals and seat for you at the beginning of the trip.

**WHERE TO STAY BEFORE & AFTER YOUR TRIP**

For help making hotel reservations for before and after your Backroads trip:

- Work with your own professional travel advisor.
- Contact the Backroads Travel Desk at Dimensions in Travel by calling 800-GO-ACTIVE (462-2848), Monday–Friday, 9 a.m.–5 p.m. Pacific time. Please note that consulting or ticketing fees may apply, depending on the services requested.
- Book directly with the hotel or through a discount website.

Please note that Backroads does not block rooms and does not offer special rates for pre- and post-trip stays. If you plan on extending your stay at our first night’s hotel before the trip starts or our last night’s hotel when the trip ends, let the hotel reservations agent know that you’re traveling with Backroads—you may be able to avoid changing rooms. **We recommend booking your rooms as early as possible, especially during peak travel season!**

**HOTEL ROOM RATES**

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<tr>
<td>$300 to $500</td>
<td>★★★★</td>
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<tr>
<td>$201 to $300</td>
<td>★★★</td>
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<tr>
<td>Up to $200</td>
<td>★★</td>
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</tbody>
</table>

The following is a selection of recommended properties that span a range of prices, amenities and locations. Refer to the Hotel Room Rates guide for the starting...
double-occupancy rates, which were accurate at time of printing. Note that rates are subject to change and some hotels may require a minimum stay.

**Desert Garden Inn** in St. George is our meeting location on Day 1 and a drop-off location on Day 6. See the following for more information on this hotel.

**St. George**
Hotel map: [bit.ly/StGeorgePPH](bit.ly/StGeorgePPH)

**Best Western Plus Abbey Inn**
Located in the heart of downtown St. George, this hotel is the perfect jumping-off point for your Bryce and Zion adventure. (pool) | 1129 South Bluff Street | [www.bestwestern.com](http://www.bestwestern.com) | 800-780-7234 or 435-652-1234 | 154 rooms & suites | Rates: ✦ ✦

**Coral Springs Resort**
This stylish all-suite resort has world-class luxury resort amenities. The suites are complete with a full kitchen, whirlpool tub, dining room and private courtyard. Please note there is no on-site dining. The closest available dining is in St. George, a 15-minute drive from the hotel. (pool, spa) | 98 North 6680 West | [www.coral springsresort.com](http://www.coral springsresort.com) | 435-879-5839 | 26 suites | Rates: ✦ ✦

**Courtyard by Marriott**
This clean cheerful Courtyard by Marriott features an indoor pool, a heated outdoor pool, a hot tub and fitness facilities. (pool) | 185 South 1470 East | [www.marriott.com/sgucy](http://www.marriott.com/sgucy) | 888-867-7457 or 435-986-0555 | 131 rooms | Rates: ✦ ✦

**Desert Garden Inn**
Desert Garden Inn offers nicely appointed rooms, a complimentary hot breakfast buffet, wireless internet and an outdoor pool. (pool) | 1450 South Hilton Drive | [www.desertgardeninn.com](http://www.desertgardeninn.com) | 800-662-2525 or 435-688-7477 | 101 rooms | Rates: ✦ ✦

**Red Mountain Resort & Spa**
Surrounded by an inspiring landscape of canyons and dramatic rock formations, this resort offers the perfect setting in which to relax and be pampered. Children ages 12 and up are welcome. (pool, spa) | 1275 East Red Mountain Circle | [www.redmountainresort.com](http://www.redmountainresort.com) | 877-246-4453 or 435-673-4905 | 82 rooms & 24 suites | Rates: ✦ ✦

**Las Vegas Strip**
Hotel map: [bit.ly/LasVegasPPH](bit.ly/LasVegasPPH)

**Wynn Las Vegas**
One of the most distinguished hotels on The Vegas Strip, the Wynn sets itself apart with opulent luxury down to the finest detail. Condé Nast Traveler Gold List; Travel + Leisure World’s Best. (pool, spa) | 3131 Las Vegas Boulevard South | [www.wynnlasvegas.com](http://www.wynnlasvegas.com) | 888-320-7123 or 702-770-7000 | 2,700 suites | Rates: ✦ ✦ ✦ ✦

**Bellagio**
The Bellagio invites you into an extravagant world of glamour and decadence unlike any other. Travel + Leisure World’s Best. (pool, spa) | 3600 Las Vegas Boulevard South | [www.bellagio.com](http://www.bellagio.com) | 888-987-6667 | 3,933 rooms & suites | Rates: ✦ ✦ ✦

**Mandarin Oriental**
A 47-story luxury hotel with Asian-inspired décor, located at the center of the Las Vegas Strip. Travel + Leisure World’s Best. (pool, spa) | 3752 Las Vegas Boulevard South | [www.mandarinoriental.com](http://www.mandarinoriental.com) | 888-881-9578 or 702-590-8888 | 392 rooms & suites | Rates: ✦ ✦ ✦

**Caesars Palace**
From the temples, heroic arches, golden charioteers and renovated Garden of the Gods Pool Oasis to the impressive interiors, this hotel is a tribute to Roman opulence. (pool, spa) | 3570 Las Vegas Boulevard | [www.caesarspalace.com](http://www.caesarspalace.com) | 866-227-5938 | 3,348 rooms & suites | Rates: ✦ ✦
Palazzo
Not just another mega-hotel on the Strip, the Palazzo takes a different approach to the luxury casino-hotel—and arguably, does it better than many of its rivals. Travel + Leisure World’s Best. (pool, spa) | 3325 Las Vegas Boulevard South | [www.palazzo.com](http://www.palazzo.com) | 866-263-3001 | 3,025 suites | Rates: ✦ ✦

Venetian
Recreating Venice under one enormous roof, the Venetian—the Palazzo’s sister property—offers a world of piazzas, arched bridges, exclusive Italian boutiques, frescoed corridors and gold ceilings. Travel + Leisure World’s Best. (pool, spa) | 3355 Las Vegas Boulevard South | [www.venetian.com](http://www.venetian.com) | 866-659-9643 or 702-414-4100 | 4,027 suites | Rates: ✦ ✦

Off the Strip
Platinum Hotel & Spa
This all-suite boutique hotel is a refined and welcoming retreat in the heart of the city. Gourmet kitchens, balconies, plasma screen televisions and room to breathe (all suites are at least 900 square feet) are what makes the Platinum Hotel feel like a home away from home. (pool, spa) | 211 East Flamingo Road | [www.theplatinumhotel.com](http://www.theplatinumhotel.com) | 877-211-9211 or 702-365-5000 | 255 suites | Rates: ✦ ✦

Red Rock Casino Resort & Spa
Located 10 miles west of The Strip, the Red Rock offers a resort atmosphere with views of beautiful Red Rock Canyon. (pool, spa) | 11011 West Charleston Boulevard | [www.redrock.sclv.com](http://www.redrock.sclv.com) | 800-678-2846 or 702-862-3154 | 811 rooms & suites | Rates: ✦ ✦

Renaissance Las Vegas
Sophisticated and luxurious, this non-gaming hotel is just 2 blocks from the decadence of Las Vegas Boulevard yet offers relief from the buzz of the humongous Strip hotels. (pool) | 3400 Paradise Road | [www.renaisscancelasvegas.com](http://www.renaisscancelasvegas.com) | 800-750-0980 or 702-784-5700 | 578 rooms & suites | Rates: ✦ ✦

For Your Convenience
While the following hotels are more basic than the above recommendations, we’ve included them for their comfortable accommodations and convenient locations.

Best Western McCarran Inn (Las Vegas Airport)
4970 Paradise Road | [www.bestwestern.com](http://www.bestwestern.com) | 800-780-7234 or 702-798-5530 | 100 rooms | Rates: ✦ ✦

The Orleans Hotel & Casino (Off the Strip)
4500 West Tropicana Avenue | [www.orleanscasino.com](http://www.orleanscasino.com) | 800-675-3267 or 702-365-7111 | 1,885 rooms | Rates: ✦ ✦
EXTENDING YOUR VACATION

Grand Canyon River Trips

If you’re interested in planning a Grand Canyon river trip before or after your Backroads trip, there are scores of possibilities, including half-day, full-day and overnight rafting trips, as well as motorized and non-motorized trips that range in length from a day to a couple weeks. For more information, visit the National Park Service at www.nps.gov/grca/planyourvisit/whitewater-rafting.htm.

One popular outfitter, O.A.R.S. (www.oars.com; 800-346-6277), offers several types of excursions, some of which meet at the South Rim of the Grand Canyon or in Flagstaff, Arizona, a charming mountain town about 80 miles from the South Rim. Others meet in Las Vegas, with a helicopter ride to the banks of the Colorado. Trips range from 4–16 days.

Other Worthwhile Destinations

Snow Canyon State Park, with its great desert scenery and volcanic formations, is just a short drive from St. George. Also worth a visit is the area around Moab in eastern Utah—home to two magnificent national parks (Arches and Canyonlands) where red, pink and burnt-orange rock formations provide the perfect setting for world-class hiking and mountain biking.
SUGGESTED PACKING LIST

LUGGAGE REMINDERS

Please limit your luggage to one medium-sized suitcase (we recommend 25”–28”, preferably not hard case) and one small carry-on bag. Be sure to mark your luggage with your contact information.

Essential

Travel Items
- wallet (credit cards, bank cards & ID)
- cash for incidentals & leader gratuities
- airline tickets/e-ticket confirmation details
- sealable, quart-size plastic bags for stowing small liquid containers, swimsuit, etc.
- toiletries (including sunscreen & lip ointment)
- medications & copies of prescriptions
- list of important addresses & contact numbers

Active Clothing & Gear
- biking shoes (& peddals) or stiff-soled sneakers
- light hikers or boots
- biking & hiking socks
- biking shorts (preferably with padding/chamois)
- walking/hiking shorts and/or lightweight pants
- short-sleeved biking jerseys
- non-cotton base layers of varying weights
- short-fingered biking gloves
- lightweight biking/hiking jacket or vest
- hat with brim
- daypack/waistpack (for water, camera, snacks, etc.)
- sunglasses (with retention strap)
- sport sandals and/or flip-flops
- swimsuit

Non-Active Clothing
- clothing & shoes for downtime & restaurants
- lightweight jacket (like fleece) or warm sweater
- warm hat

Backroads provides water bottles & walking sticks.

Optional

- camera & charger (remember to enter our Guest Photo Contest!)
- cell phone & charger
- alarm clock
- helmet and/or saddle (if you prefer your own)
- bike mirror
- clear glasses/replaceable lenses for rainy days
- CamelBak or similar hydration backpack
- guidebook and/or field guides
- notebook/travel journal & pens
- reading material
- earplugs
- insect repellent

Rain Gear & Cold Weather Clothing

You may not need all of the items listed here, but they are necessary to stay comfortable in case of rain or unseasonably cold weather.
- waterproof (breathable) rain jacket & pants
- arm & knee/leg warmers (for biking)
- toe covers/booties (worn over bike shoes)
- waterproof/water-resistant warm gloves
- lightweight, but warm, cap that fits under helmet (skullcap) or headband that covers ears

GREAT GEAR VENDORS

For a list of some of our favorite gear and gadget retailers, visit www.backroads.com/gearup.