

Tips and Tricks for Your Adventure in the Canyons

How to Prepare for your Trip:

- BUY TRIP INSURANCE...protect your investment.
- Make sure you know how strenuous your hike will be!!
- Inform us of any special requests (dietary restrictions, mules, packhorses or helicopter).
- Make sure all members of your group are prepared physically and mentally.
- Check with the local forecast - www.wunderground.com/US/AZ/Grand_Canyon.htm
- Exercise - get physically fit!!! Do not underestimate the stamina required to complete your trip safely. The canyons of the southwest can humble even a marathon runner! The better the shape; the more fun you will have! Follow the guidelines of our training sheet.
- A pair of *well broken* in hiking boots. This will help prevent blisters. Start the break-in process ASAP, this does not mean wearing them around the office...go hiking in them!! ~ If your feet are happy, you're happy.
- Allow enough time for orientation (**4pm**) the day before your adventure.
- The night before drink lots of water, get plenty of rest and NO alcohol.
- Notify us of any dietary restriction. We can accommodate some, but **not** all.
- Notify us of any special needs; helicopter, horses, pack mules or lodging
- Be prepared to get an early start. Start times range from 4am-7am.
- Guides cannot give out medication, so please bring your own.
- Please notify us of any medical conditions/concerns.
- Trim your toenails; this will help avoid canyon toe.
- Do not wear jewelry...your body swells.
- The more personal items you bring the more weight you carry.
- BE IN SHAPE!!!!!!!!!!!!!!

How do we get to the trailhead? (Backpacking Trips)

We provide transportation to and from the trailhead via the gateway city (which is usually Flagstaff). The exception to this is our Baja and Yosemite trips. Other arrangements can be made such as meeting at the trailhead, but beware that some of these are very remote and/or hard to find; i.e. North Rim trailheads or Havasu Falls

Grand Canyon:

It is best to meet us in Flagstaff or the S. Rim. The two exceptions would be Havasu Falls and Rim to Rim. For Havasu Falls, please meet with us in Flagstaff or the trailhead and Rim to Rim, please meet with us in Flagstaff.

Escalante:

It is best to meet us in the town of Escalante, if you do not start with us in Flagstaff.

Grand Gulch:

It is best to meet us in Flagstaff.

Lake Mead/Black Canyon:

Hacienda Casino by the Hoover Dam, if your trip does not originate from Flagstaff.

Other provisions can be made possible, just let us know.

When do we meet?

We have orientation at our retail store the day before every trip at 4pm. This gives us a chance to review the menu, itinerary, weather, fit you for your pack, fill out paper work and answer any last minute questions. If you are running late to orientation, please call 928-779-6224. Call us at

least **two weeks** prior to your trip if this is a problem. It is important to get these things out of the way because most of our trips leave between 4am and 7am. This gives you more time to play.

If we are meeting you at the trailhead please make sure we have discussed times and location. It is also a good idea to review a menu and get your heights so we have the right size backpack and sleeping bags for you.

Escalante/Grand Gulch:

Meeting time can vary a lot depending upon the time of year and trail, so please make contact with us to set up times and locations.

If you are having trouble finding items for your trip, please let us know. We most likely have it at our retail store.

Gratuity:

The typical tip is 15-20% of the trips cost. Tipping the guides is not expected, but is always appreciated. You will find your guide works very hard for you (they set up camp, break down camp, cook all the meals, clean all the meals and carry a bulk of the weight).

When do I need to let you know?

We do welcome last minute inquiries; however 6 months or more notice is ideal for most trips. Some places like, Canyonlands, Phantom Ranch permits go on sale over a year in advance. Grand Canyon Permits works like so:

- April 2011 permits become available on Dec. 1, 2010.
- May 2011 - Jan. 1, 2011
- September 2011 - May 1, 2011
- October. 2011 - June 1, 2011

The more popular sites and/or large group sites usually sell out in 2 days, so the more notice the better!

Reservations / Cancellation Policy?

To guarantee your reservation we require a 50% deposit that can be done by Visa, MasterCard, American Express, or check. We collect the remaining balance 30 days prior to the trip departing. All deposits are nonrefundable. If you wish to reschedule your trip to another date there will be a \$200 rescheduling fee per person and you have 12 months from the date of cancellation to come back for another trip. **Cancellations made within 15 days of the trip departing will receive NO refunds or credit. There are no refunds for guests who arrive late or depart early from the trip. You may not reschedule more than once and all cancellations must be done in writing. For this reason, we highly recommend you purchase trip insurance. THERE ARE NO EXCEPTIONS.** Four Season Guides does reserve the right to cancel a trip or change itinerary for any reason. But we would never do that without a good reason.

Group Size?

We do not have a limit on size in Havasu Falls, Kayaking/canoeing or on Day Hikes, but in the Grand Canyon, Escalante, Canyonlands, and Grand Gulch we are limited from 8 to 10 people on our overnight hikes. However, our average size group is four people plus the guide.

Singles?

Solo hikers are always welcome to join an existing group. All trips have a single supplement, most are \$45, but some can be as high as \$450. Please inquire at the time of booking.

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