

# iConquer

## Grand Canyon Know Before You GO!



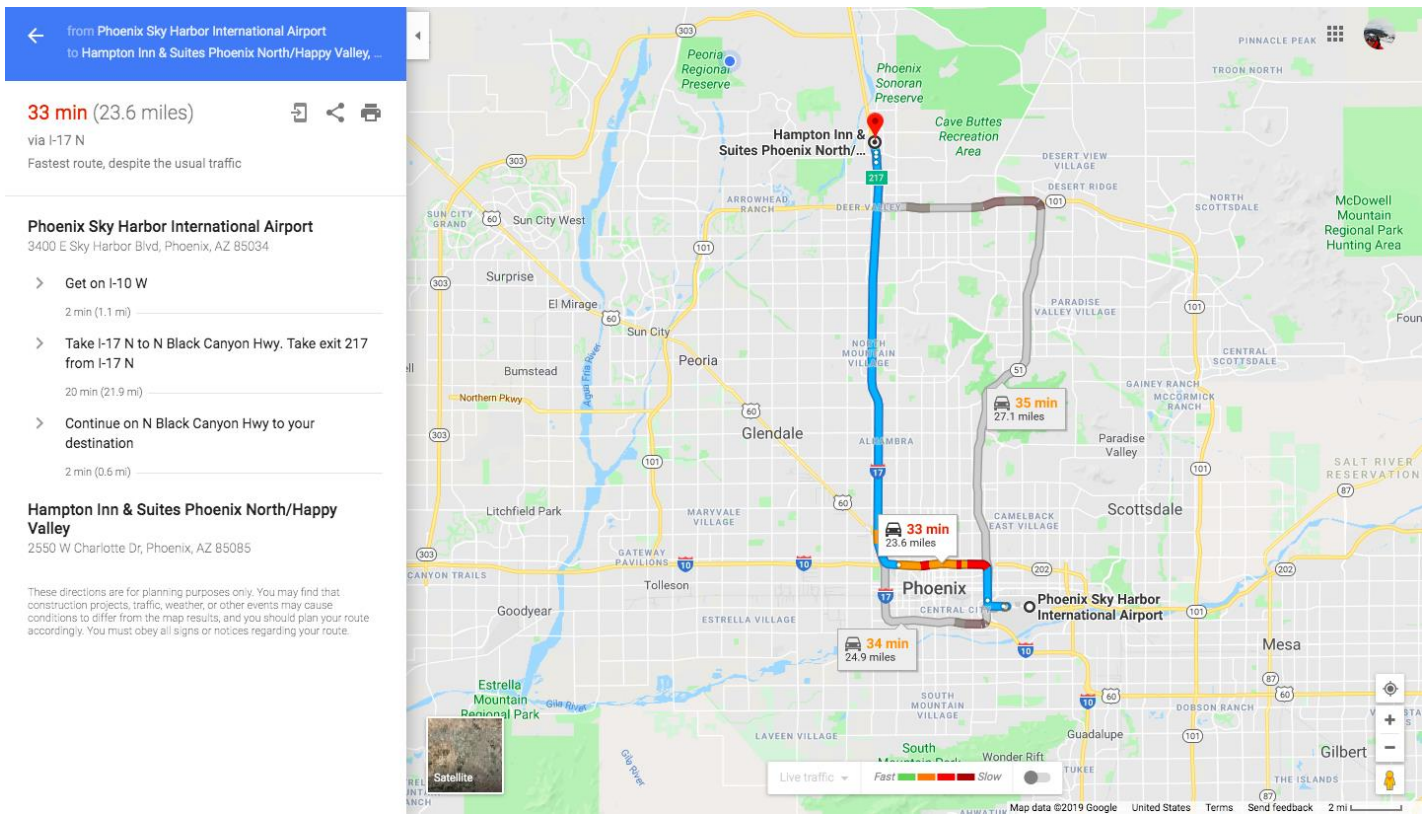
On behalf of the entire iConquer team, we want to welcome Save One Life to Arizona and The Grand Canyon. Below are a few more details that will help you as you arrive, explore, and depart Arizona.

Our team is made up of dedicated professional leaders and guides with more than a combined half-century of experience leading teams into, around, and out of the Grand Canyon. We are here to provide you with safe access, and an informative interpretation of the landscapes, geology, history, and culture of our great state and its world-famous canyon.

Here are a few final details that will assist you along your journey. Communication is key, and we want you to feel welcome to ask us questions, tell us about yourself, and pull us aside to express any concerns you have along the way. Our guide team and leaders are here for you every step of the way.

### Arrival Information

When you arrive in Phoenix (SKY HARBOR INTERNATIONAL AIRPORT) you are responsible for your transfer to the hotel. It is approximately a 33-minute ride to the Hampton Inn North Phoenix. The Group Name is under the name Walking Connection. Below is the Team Rooming List. Upon arrival, the hotel will have either your name or your roommate's name on their list. You can use either to check-in. Your room is paid in full, but you may be asked to provide a credit card (1/room) for incidentals.



**3:00 pm** Official Check-In Time. All of our rooms are Queen/Queen beds and are no smoking.

**7:00 pm** - Welcome Drinks & Pizza Party! Meet in the lobby. Weather permitting, we may move the party just outside the lobby to the pool area.

## Hampton Inn North Phoenix & Canyon Plaza Resort Grand Canyon Rooming List

1	<b>Brad</b> Patrick	<b>Sippy</b> Murphy
2	Kelley Theresa	Olsen Beall
3	Derek Braxton	Nelson Nelson
4	ryan Idenya	camberdella Bala-Mehta
5	Jeff Natalie	Salantai Gervais
6	Stephen Shari	Bender Bender
7	Laurie Debbie	Kelley de la Riva
8	Cyndi Judith	Springer Boice
9	Amanda Nicole	Lucas LaRocque
10	Chris	Bombardier
11	Melissa Sandy	Sommer Williams
12	Ben Rose	Schifberg Bender

## Daily Itinerary for iConquer Grand Canyon – 2022 – Save One Life

*Please note that the details of this itinerary are subject to change. Many of the planned activities are organized according to availability, events or seasonal dates, appropriate weather conditions or the discretion of our guides. We make every effort to provide the experience described in the itinerary with the understanding that some things may change.*

### A Word About The Timing During Your Adventure...

Your adventure in Arizona will be a **VERY FAST** turnaround. That means we've compacted lots of activity into our schedule and that our moving and transfer times need to be very efficient so that we maximize your experience with us. We are also at the mercy of weather, intense sunshine, and potentially, very warm (HOT) temperatures. Please keep in mind that our schedule is built to accommodate those variables, so please plan to support your teammates by being on time and ready for each departure. Being on time means that you are at the appointed place at least 5 minutes in advance and that you have the appropriate gear, boots, food, water, and that you have used the toilet if needed. Our departure time is a "wheels rolling" time.

**Early to bed, each night will help you be ready for the next day's EARLY departure.**

### Day 1- May 14

- Arrive at Hampton Inn - Check-In - Relax By The Pool.
- **7:00 PM** - Welcome Drink. **7:30 PM** - Pizza Party. Meet the iConquer Adventure Leaders and Teammates.
- We're buying pizza, soft drinks, and beer. All other alcohol is BYOB!
- Overnight Hampton Inn North Phoenix.

### Day 2- May 15

- **5:00 AM** - Coffee in the hotel lobby. Grab and Go Breakfast Snacks AND Trail Lunch Buffet opens. Located outside directly in front of our hotel suites, please come and make your TRAIL LUNCH. There will be assorted meats, cheese, breads, fruit, and snacks for you to make the perfect trail lunch. Grab your BREAKFAST and be prepared to depart at 5:30 AM SHARP!
- **5:30 AM** - Depart for Grand Canyon. We'll make strategic toilet stops along the way. Please keep in mind that most of the road we will travel is in very remote Arizona where toilets are not available at most exits along the freeway. We plan to stop about every 60 - 90 minutes, so go light on the coffee and tea.
- We will take the most direct route to Grand Canyon.
- We will meet our guides at the Entry Gate of the Grand Canyon, where we will go through our "Boots, Food, Hydration" Checks. We will do a physical check to be sure you have those items, so please be ready with everything you will need on your hike.

Your luggage will be taken off the motorcoach and stored at our hotel for the day. We will switch vehicles to smaller vans and enter the park as a team.

- We will enter the park and proceed directly to the Bright Angel Trailhead. There are toilets and spring water refill stations at the trailhead. **BRING ALL THE WATER YOU NEED. THERE MIGHT NOT BE ANY WATER SOURCE AVAILABLE ON THE TRAIL.** 2.5 - 3 liters of water is required for the full-day hike.
- **9:30 AM** - Mission Inspiration Hike - Bright Angel Trail Hike. (6-8 Hours)
- **6:00-7:00 PM** - Check-In at Grand Canyon Hotel.
- **7:45 PM** - Dinner will be at Canyon Plaza Hotel JJK Restaurant.
- Overnight at Grand Canyon

## Day 3- May 16

- **5:00-5:15 AM** - Meet Guides for Breakfast Burritos - Trail Lunch Buffet - Hotel Parking Lot.
- **5:30 AM** - Depart For Sunrise at Geology Museum - Yavapai Point. Sunrise is at 6:00 AM - so please be on time.
- **6:10 AM** - Transfer to Park Shuttle to South Kaibab Trailhead. There are toilets and spring water refill stations at the trailhead.
- **6:30 AM** - Mission Celebration Hike - South Kaibab Trail. (4-6 Hours)
- **12:00 PM** - Complete Hike, Champagne Toast and return to Grand Canyon Hotel to pick up luggage.
- **1:00 PM** - Depart For Phoenix.
- **4:30 PM** - Arrive at Phoenix - Sky Harbor Airport or Hampton Inn - Airport North Hotel. NOTE: The hotel has complimentary LYFT transportation to the airport terminals. Make your arrangements with the front desk.

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### REMINDER

**Getting in and out of a van can be more dangerous than you might think!  
When you are moving your feet, look down. When you look up, stop moving!  
Watch your head. Let the driver load and unload luggage.**

### Travel Hint

Occasionally travel via motorcoach can cause motion sickness. If you are susceptible to this, we highly recommend the OTC medicine Bonine (Meclizine). If your case is severe, we suggest private transportation. If you choose this option, please let us know so we can provide you with accurate directions for your transfer.

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### Helpful Packing Hints

- Please pack lightly. Bring what you need, use what you bring. We have a tight configuration for luggage so please leave the oversized bags at home. Carry on size is preferred and soft-sided duffels are appreciated.
- Dress for the entire trip is wilderness casual.
- If you are bringing hiking poles, you will probably need to pack them with checked luggage.
- Wear your hiking boots on the plane coming to Arizona. If you pack and check them in and the airline loses your luggage, your boots will be difficult to replace in time for the hike.

### Specialty Foods, Snacks, Etc.

**Water:** We will provide drinking water to **refill your water bottle** for your journey between Phoenix and Grand Canyon. We do not provide single-use plastic water bottles.

**Energy Bars, Specialty Foods.** If you have specialty drinks, electrolytes, energy bars, etc. you prefer please bring them with you. The Grand Canyon has a small convenience grocery store where the selection is good, but prices are high.

**Mobile Phone Coverage in Grand Canyon can be spotty. WiFi is available at the hotel.**

### Estimated Travel Times:

**Going to Grand Canyon:** Phoenix > Rest stop (1.5 hours) > Valle Rest stop (1.5 hours) > Grand Canyon (.5 hour).

**Going back to Phoenix:** Grand Canyon > Flagstaff (1.5 hours) > Camp Verde (1 hour) > Airport/Hotel (1 hour) .

# TRAVEL WITH YOUR BOOTS ON! DON'T PUT THEM IN YOUR CHECKED LUGGAGE!

## Our Adventures On The Trail

As a team member, you will want to join your fellow participants and our guides in becoming "stewards" of the trail. The areas where we are hiking are some of the greatest natural and historical wonders of the world. It is up to all of us to protect and respect them. We must become benefactors of these places and our personal legacy must be to leave them better than we found them! Please, take only pictures and fond memories. Leave only footprints!

This is a coordinated and managed team adventure. We can assure you that going with the flow as led by your guides will make your experience the best and safest it can be. Bring your sense of adventure with you, leave any "hurry up" attitude behind.

## Grand Canyon National Park Rules and Regulations

iConquer Adventures and our Partner Guides operate under strict rules of Grand Canyon National Park. We follow the rules. Among them are a few that pertain to our hike. Please be aware of these and honor them. #1. No rim to river day hikes. You can't go to the bottom. #2. Maximum of 6 hikers, 1 staff for each WFR Certified Guide.

## Recipes For Success

**Timed Team Hikes and Terminus Points** - iConquer operates hikes on a timed-hike basis. That means that all teams hike for a specific duration. Guides will plan the team hike turnaround time and subsequent ascent based on that allotted time. They will also factor in the needs of the team and those take priority over the needs of the individual. Occasionally, a team must stop and turn around due to a medical issue with a guest. In this and ALL medically related cases, the team must stay with the guide and comply with their commands. One for all, all for one!

Additionally, guides may establish specific terminus points for the team. They will not exceed these points for any person for any reason. **Please do not even ask.** When you agree to hike with iConquer you are agreeing to abide by these established rules and terminus points.

**Stay on the Trail!** - DO NOT cut across or shortcut switchbacks. It is dangerous, disruptive, and destructive to the landscape.

**No one hikes alone, EVER!** If you have to step off the trail for a private moment, have a hiking partner stop with you and wait until you are done.

**Uphill has the right of way.** Hikers going uphill have the right of way. They are working harder! You'll appreciate this when it is YOU!

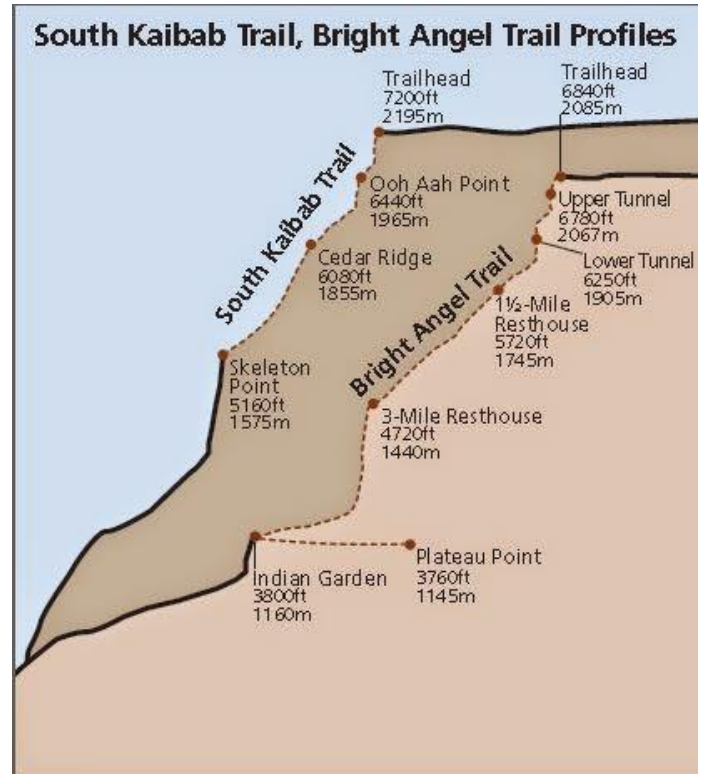
**[Re-read the original Training Guide](#)** to refresh your memory. There is a ton of great information available to you there.

## Trail Descriptions:

**Bright Angel:** <https://www.nps.gov/grca/planyourvisit/upload/BrightAngelTrail.pdf>. We specially chose this trail forever sweeping views of the Temples, Buttes, and Spires that make up the ore Western portion of the Park, as well as good views of Bright Angel Canyon (North Rim). With water and rest stops along the way it was a must-experience destination of the Park. [AllTrails MAP](#)

**South Kaibab:** <https://www.nps.gov/grca/planyourvisit/upload/SouthKaibabTrail.pdf>. This trail is the literal opposite of Bright Angel, in that it runs along the ridge lines that pass along O'Neil Butte on the South Rim. South Kaibab was selected for it's rugged terrain, mild traffic, and amazing drops. With rest areas, and restrooms at our end point, it was a good choice for Day 2 of your adventure, and the first hike of the experience. [AllTrails MAP](#)

We have planned for your team to hike two trails within the Canyon: South Kaibab Trail and Bright Angel Trail. These trails have been selected with timed and predetermined endpoints to meet the needs of the TEAM as a whole. Every individual is a part of the team, and it's up to you to show team spirit and work together. Your terminus point will be determined solely by the Guide. His/ Her decision is final!



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### Packing Tips and Preparation for your Trip

- ✓ Hiking gear (as well as medications and any other essentials) in your carry-on luggage rather than in checked luggage.
- ✓ Credit card for incidentals at the hotel
- ✓ Casual clothing. All functions are wilderness casual.
- ✓ A jacket or light coat for the cool evenings.
- ✓ Travel alarm clock. Don't rely on the hotel wake-up call service. There will be a lot of people getting up around the same time. You don't want to risk not getting your call.

**REQUIRED EQUIPMENT:** Make sure you have the **REQUIRED** equipment for hike day. The Walking Connection **requires** that you wear **hiking boots, rugged walkers or trail running shoes**, carry a **MINIMUM** of 2.5 liters of water and trail food during the hike. If these requirements are not met, you will not be allowed to hike. Additionally, be sure that you bring your favorite snacks, tissues/wipes, zip lock baggies (for waste and paper), rain poncho, dry socks, camera, sunscreen, lip balm, sunglasses, and anything else you will want to have with you on hike day.

### Important Websites

Here are a few Internet sites with extensive information on the Grand Canyon:

- For news, events, maps and more: [www.nps.gov/grca](http://www.nps.gov/grca)
- For all you need to know: <https://www.hitthetrail.com/grand-canyons-corridor-trails/>
- For maps and great photos: [www.americansouthwest.net/arizona/grand\\_canyon/national\\_park.html](http://www.americansouthwest.net/arizona/grand_canyon/national_park.html)
- For non-profit, environmental information: <https://www.grandcanyon.org>

## Itinerary At A Glance – May 14 – 16, 2022

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### **Saturday – May 14 - Arrive in Phoenix**

- Transfer to Hotel (Individual Self-Transport)
- Welcome Pizza Party
- Overnight Phoenix

### **Sunday – May 15 – Phoenix –iConquer Grand Canyon – Inspiration Hike Day – Bright Angel Trail**

- Transportation to Grand Canyon.
- Breakfast & Trail Lunch.
- Bright Angel Trail Guided Hike (Ind. Garden '9 miles; Plateau Point Optional Upon Guides Discretion.)
- Mission Celebration Dinner
- Overnight Grand Canyon

### **Monday – May 16 – Celebration Hike Day**

- Sunrise – Geology Museum, Yavapai Point
- Breakfast Burritos & Trail Lunch
- South Kaibab Trail – Guided Hike (Cedar Ridge '3 Miles; Skeleton Point '6 Miles).
- Mission Celebration Champagne Toast.
- Transportation Phoenix - Arrive by 6:00 PM
- Sky Harbor Airport or Overnight Phoenix If Needed.

## Emergency Contacts

**iConquer Adventure - Walking Connection Office: 602.451.9086**

**ON-SITE: iConquer Adventures – Stephanie Miller: 480.208.7190  
Gene Taylor: 602.451.9086**

### **May 14: Hampton Inn – North Phoenix**

2550 W Charlotte Dr., Phoenix, AZ 85085

**(623) 516-9300**

### **May 15: Canyon Plaza Resort**

Located in Tusayan, AZ (Grand Canyon Entrance).

**(928) 638-4001**

### **May 16: Hampton Inn - North Airport**

601 North 44th Street, Phoenix, Arizona 85008

**(602) 267-0606**