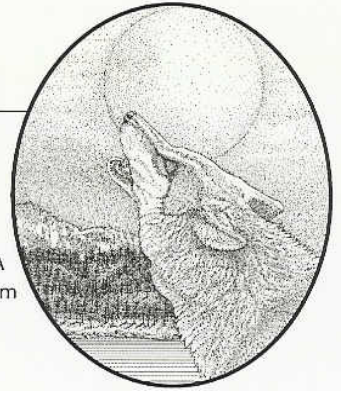


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**Canyonlands National Park, Utah:  
Anasazi Ruins, Hiking in the Needles District, Rafting the San Juan  
September 22-29, 2007**

**Rating:** Easy to Moderate Hikes; Easy Rafting

**Group Size Limit:** 15

**Trip Leaders:** Carole Latimer, Bonnie Russell

**Cost:** \$1295; Reservation Deposit \$500. Balance due 3 months before start date of trip.

**Accommodations:** 2 nights motel in Moab, 1 night motel in Blanding, 4 nights camping

Please note: Price subject to change until your deposit is received

Join us in stunning Canyonlands National Park (one of America's best kept secrets). There's magnificent hiking in the "slickrock" of the Southwest. Hike to ruins and learn about the Ancient Anasazi. You'll see pictographs, cliff dwellings, even mountain sheep. We are rating this trip Easy to Moderate—you can make your week in Canyonlands as challenging or as restful as you wish. You can take some time out for yourself and read or just spend a lazy day around camp.

Located in the Four Corners area of Southeastern Utah, Canyonlands is a huge national park of great diversity. From a base camp, we'll explore the Needles district with its incredible arches and spires and mysterious canyons that include Anasazi Ruins and rock art.

We'll spend two days floating down the San Juan River and see pictographs, cliff dwellings, and we usually see the herd of mountain sheep that live in the canyons of the San Juan. Sunny Indian summer weather is typical for this time of year, and the cottonwoods will be ablaze with fall colors.

Your guides Carole Latimer and Bonnie Russell have been guiding this trip since the 1980s and you will be treated to delicious food, a perfect camping spot, fabulous scenery, evening campfires and great fun!

**Day 1, Saturday ~ Moab**

Arrival in Moab, Utah, by plane or by car (see Arrival and Departure Planning). If you arrive early in Moab, you'll have time for a tour of Arches National Park, just outside Moab. This spectacular National Park can be seen in a few hours by car and is a perfect way to spend a free day or an afternoon. Moab is a colorful, fun town with great shopping, and has many European

visitors this time of year – Europeans love the southwest! We'll have orientation around 5pm and then go out for a group dinner.

### **Day 2, Sunday ~ Needles District of Canyonlands**

Early departure by car from Moab to the Needles District of Canyonlands National Park, 87 miles from Moab. We'll visit Anasazi rock art at Newspaper Rock and visit Roadside Ruin. Set up camp at Squaw Flat. Squaw Flat is a beautiful campground. It's set among huge mushroom-shaped rock formations with views of the rock spires of The Needles and of the La Sal mountains in the distance. Squaw Flat camp also has some amenities (tables and toilets) and showers are available for a small charge at nearby Needles Outpost. In the late afternoon we'll do a short hike on the Slickrock Foot Trail (2.4 miles) with its sweeping views of the Needles area. This evening we'll have a delicious dinner and then gather around the campfire.

*(Lunch, Dinner)*

### **Day 3, Monday ~ Lost Canyon Hike**

Today's hike takes us 7.5 miles to Lost Canyon. We'll hike up dry streambeds and over red rock and see sweeping views of Canyonlands and the surrounding area. *(Breakfast, Lunch, Dinner)*

### **Day 4, Tuesday ~ Chesler Park**

After a hearty breakfast, we'll set out for Chesler Park. We'll hike through gorgeous southwest scenery and make our way over slick rock and dry streambeds to the mysterious rock formations of Chesler Park. Mileage: 7 miles round trip. Option for early turn-around.

*(Breakfast, Lunch, Dinner)*

### **Day 5, Wednesday ~ Grand Gulch**

This morning we'll break camp in Canyonlands and head for the interesting Edge of Cedars Museum in Blanding where you'll learn much more about the Anasazi. We'll have dinner out and stay in a motel in Blanding in preparation for our river trip beginning tomorrow morning.

*(Breakfast, Lunch)*

### **Day 6, Thursday ~ Rafting the San Juan**

Early morning we'll travel on to Sand Island, just outside Bluff, Utah, where we'll meet our river guides on the San Juan River. Morning departure from Sand Island on our powered rafts. Our rafting company also supplies us with "rubber duckies" the inflatable kayaks that are so much fun to navigate on an easy river like the San Juan, and you'll have an opportunity to captain your own boat for awhile each day. Float the San Juan in large rafts, viewing impressive geological formations and visiting rock art panels and remote ruins such as the very well preserved River House Ruin. We've also seen bighorn sheep on the river on most years on this trip. Camp on the river.

*(Breakfast, Lunch, Dinner)*

### **Day 7, Friday ~ Rafting the San Juan**

After breakfast we'll continue down the river past the "Mules Ear," a mixture of rock outcrops influenced by natural gaseous eruptive vents. Continue down "Four Foot Rapid" and "Eight Foot Rapid" (decidedly tame at this time of year). Take out at Mexican Hat, return to Bluff by shuttle.

Return to our lodging in Moab (100 miles from Bluff) and go out for a dinner of celebration in a local restaurant. (*Breakfast, Lunch*)

### **Day 8, Saturday ~ Departure from Moab**

Travel home from Moab, UT.

**Topographical Maps:** Canyonlands, Needles District

**Accommodations:** 2 nights motel in Moab, 1 night motel in Blanding, 4 nights camping

*Note:* Itinerary subject to change at leader's discretion due to weather and other contingencies.

### **WHAT YOUR TRIP INCLUDES:**

- Experienced leadership
- 2 nights motel in Moab, 1 night motel in Blanding (double-occupancy)
- Excellent food (provided meals are noted on itinerary)
- 2 days rafting on the San Juan
- Mexican Hat-Bluff shuttle
- Tents and community camping equipment
- Camping fees and permits

### **NOT INCLUDED:**

- Air and ground transportation (we co-ordinate sharing rental cars, call us if you want to share)
- Restaurant meals and meals not noted as included on itinerary
- Entrance fee to Canyonlands National Park
- Personal gear (see equipment list mailed in your registration packet)
- Snacks, sodas, and other items of a personal nature
- Optional tips for your guides

**About tipping:** People on our trips often ask us about gratuities, so here are some guidelines: Each person usually tips \$5-\$10 per day for each guide depending on the level of service and the number of guides assigned to the trip (people do not usually tip any guide interns.) If Carole Latimer is leading your trip she, as the owner of the business, does not accept tips, but our other guides do. They cook and serve your meals and take care of many extra details to give you a safe and fun trip. Tips at the end of the trip are a way of showing your special appreciation if you feel that your guides have given very good service to you; they are always appreciated, never expected.

### **DAILY ACTIVITY AND MILEAGE OPTIONS**

Day 1 ~ Arrival, night in Moab

Day 2 ~ 2.4 mile hike on the Slickrock Foot Trail

Day 3 ~ 7.5 mile hike to Lost Canyon

Day 4 ~ 7 miles hike in Chesler Park, option for early turnaround

Day 5 ~ Visit Edge of Cedars Museum in Blanding, night in Blanding

Day 6 ~ Rafting, camp on river

Day 7 ~ Rafting and shuttle to Moab

Day 8 ~ Departure

## **HOW TO REGISTER**

*First*, call (510-849-9292) or fill out our quick reservation form on our website <http://www.callwild.com/quickreserv.htm> We will hold your space for 7 days while you are completing the application process, making travel arrangements, and mailing your deposit check. Call us directly to use your MasterCard or Visa credit card.

*Next*, send in completed and signed Trip Application. The Trip Application is available by fax, mail, or from our Web site at [www.callwild.com/trip\\_application.htm](http://www.callwild.com/trip_application.htm) After receiving your deposit and application, we will send you confirmation of your reservation and an information packet on your trip.

## **TRIP CANCELLATION INSURANCE**

*We strongly suggest that you take out trip cancellation insurance.* Call of the Wild does not issue cash refunds, whatever circumstances may cause a cancellation. Depending on the time of your cancellation, you may or may not be eligible for a credit for another trip; please read our refund and cancellation policy at [www.callwild.com/jointrip.htm](http://www.callwild.com/jointrip.htm) We also include a copy in our trip packets; or you may phone our office. You may be committed to going on your trip, but people have been forced to cancel due to circumstances beyond their control or because of a completely unexpected misfortune. To sign up for Travel Guard insurance call us for a brochure or visit [www.callwild.com/travelguard.htm](http://www.callwild.com/travelguard.htm) For certain coverage, you must purchase insurance within 14 days of making your initial deposit with Call of the Wild.

**Please Note:** Call of the Wild provides Travel Guard insurance brochures and a link to their website for your convenience, but there are many other travel insurance companies. It is your responsibility to know the restrictions and provisions of your policy.

## **AIR TRAVEL AGENT**

For air travel, please contact Donna Fong (or Donald Carter) at Carter Travel 800-336-4788 or email [cartertravel@earthlink.net](mailto:cartertravel@earthlink.net). Let them know that you are traveling with Call of the Wild.

## **ARRIVAL AND DEPARTURE PLANNING**

Moab is an easy 2-day drive from California; but whatever direction you drive from, you'll see the beautiful country of the southwest. Usually it's the least expensive way to travel if you share transportation and lodging costs. In past years participants have arranged carpools and many of the group traveled by car. Other years; people have preferred to fly.

If you choose to fly, there are two options. You can fly into Salt Lake City, Utah or Grand Junction, Colorado. From either of these destinations you can then rent a car for the drive to Moab. It's 239 miles from Salt Lake City to Moab and 112 miles from Grand Junction to Moab. Flights to Salt Lake City are usually less expensive than those to Grand Junction.

## **DIRECTIONS**

We will be meeting at the Red Stone Inn in Moab, Utah. Please arrive by 5PM on Saturday. The address for Red Stone is 535 South Main Street (phone 800-772-1972 or 435-259-3500). Moab is in the South Western area of Utah near the Colorado border. From Interstate 70, you would turn South on Highway 191. Once in Moab, Hwy 191 becomes Main Street. Follow Main

past Center, Grand and Uranium Ave. Red Stone Inn will be on your left just past Uranium Avenue.

## **WEATHER**

The weather in the Southwest at this time of year is usually balmy during the day with some afternoon thundershowers likely. However, bring some warm clothes as well just in case we get some early cold weather (wool hat, sweater, polypro long underwear, etc.) These clothes can be left in the car if we have the expected warm temperatures.

## **HEAT CONSIDERATIONS**

Heat exhaustion can sneak up on you. Take care of yourself in a number of little ways: Wear a sun hat. Wear loose, lightweight clothing. Wet your hair. Wear a bandanna hanging from your hat over your neck and keep it wet. Do not stop to rest in direct sun; find a shady spot. Don't forget to eat, and eat salty snacks. You'll find that foods with a higher salt content than you're used to taste great. Salted nuts or pretzels, salami, celery are good choices for hot weather hiking. Most important of all: drink lots of water. In hot weather you'll need to drink 4-6 liters of water during a day of hiking on the trail. The most common reason for hikers feeling out-of-sorts is mild dehydration. Usually if a person doesn't drink, it's because they don't feel thirsty. You can be dehydrated and not feel thirsty! Drink lots of water and don't forget to add electrolyte replacement powder to help maintain proper blood sodium levels.

## **CONDITIONING**

The best aerobic and strength conditioning for hiking is hiking! Spend time hiking on inclined trails with a day pack. If you can't get to a trail, Stairmasters, Nordic trainers, and treadmills are good for your aerobic capacity and weights are good for your strength. You want especially to strengthen your quadriceps, also your back, and upper body. How many months ahead of your trip you start conditioning depends on your general level of fitness. Someone with a good level of fitness should begin conditioning at least 8 weeks before this trip.

## **SHARING TENTS / WILDERNESS CAMPING**

Our tents are Sierra Designs Comets or Meteorlights, designed for 2-3 people. On non-backpacking camping trips such as this one, we have 2 people in a tent. If you prefer not to share a tent, you can bring your own *small* tent or rent one from us. Please let us know ahead of time if you will be bringing your own tent.

## **QUALIFICATIONS**

Call of the Wild trips are designed for flexible, energetic people who like to be active and have a spirit of adventure. We expect trip participants to be in good physical condition, aerobically fit, and willing to undergo the potential hardships of outdoor living. You must have your own health insurance. Our best trips are those where everyone is equipped with a positive attitude, the sensitivity to recognize the needs of the group, and a sense of humor!

## **ABOUT OUR GUIDES**

Call of the Wild guides have extensive experience and bring proven leadership to your trip. We pride ourselves on giving women safe opportunities to venture out and do something they've never done before. Our guides are certified Wilderness First Responders and they'll go the extra

mile to make you feel comfortable. They all share a love of the wilderness and an enjoyment of people's company. You may read more about our guides on our website:  
<http://www.callwild.com/guides.htm>

## **ABOUT OUR FOOD**

Our menu features hearty, healthy meals made with recipes from Carole Latimer's cookbook *Wilderness Cuisine*. You'll feast on dishes such as Pad Thai, Anasazi Stew, Truffled Porcini Potato Soup, and fresh-baked Coffee Cake. Our meals tend to be higher in carbohydrates and lower in fat and for hiking trips, and we dehydrate some food in order to preserve freshness and decrease weight. Meals are often vegetarian, but we serve meat dishes as well. We avoid processed food, but you won't get a strict brown rice and wheat germ regime either, and we think there's nothing wrong with an occasional backslide to decadently rich food after a hard day on the trail.

Most people love our food and much care and effort goes into preparing your meals. However we are not able to accommodate each person's preferences. Often we are cooking in the wilderness and our menus are limited by weight, fuel, refrigeration, space, and so on. We cannot make separate meals or bring different provisions for individual diets and preferences. Therefore, if you have food allergies, if you are vegan, or if you don't eat certain foods we suggest that you call us. You can then plan your own food to supplement our menu.

## **MAPS**

Trails Illustrated Topo Maps has an excellent map of Canyonlands, The Needles District; Trails Illustrated maps are available at most outdoor stores that carry maps. Books, maps, and other information on the Anasazis and the Moab area are available at the Moab Information Center, Main & Center Streets in Moab. There are also two good bookstores in Moab: Back of Beyond Books and B. Osbornes on Main Street. Books and maps are also available at the Needles Visitors Center near our Squaw Flat camp.

## **INTERESTING READING**

Abbey, Edward, *Desert Solitaire, A Season in the Wilderness*, Ballantine Books  
Abbey, Edward, *The Monkey Wrench Gang*, Avon Books

Baars, Don, *Canyonlands Country, Geology of Canyonlands and Arches National Parks*, Canon Publishers, Ltd.

Barnes, F. A. and Pendleton, Michaelene, *Canyon Country Prehistoric Indians, Their Cultures, Ruins, Artifacts and Rock Art*, Wasatch Publishers, Inc.

Hillerman, Tony, *A Thief of Time*, and other mysteries featuring the Southwest. (Fun to read while on the trip.)

Lopez, Barry, *Desert Notes*

Zwinger, Ann, *Wind in the Rock, Canyonlands of Southeastern Utah*, The University of Arizona Press