

Pancreatic  
Cancer  
Risk



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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TREK TOGETHER GRAND CANYON  
CHALLENGE  
USA

Sat 07 Oct - Sun 15 Oct 2017







## In aid of Pancreatic Cancer UK

07 Oct - 15 Oct 2017



### 9 DAYS | USA | MODERATE

The Grand Canyon, one of the seven natural wonders of the world, boasts one of the oldest and most majestic landscapes on earth. This challenge is a unique twist on regular Grand Canyon itineraries as we follow in the ancient footsteps of the Navajo Indians. We will spend our days winding through canyons and paddling through clear blue pools and our nights spent gazing up at a dazzling desert sky.

- Trek through Arizona's stunning mountain terrain
- Venture into the ancient homelands of the Navajo Indians
- Explore the Sedona area and the impressive Monument Valley
- Celebrate in buzzing Las Vegas

## YOUR CHALLENGE DAY BY DAY

### DAY 1 Sat 07 Oct

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#### International departure from London

The day is finally here and we're on our way to Phoenix, Arizona. Upon arrival, we transfer to our hotel for a welcome briefing and our first team dinner – the perfect chance to mingle before the adventure really begins.

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### DAY 2 Sun 08 Oct

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#### Trek the Sedona area (7 kms)

After a short 2 hours transfer, your hike will take you across the rock trails and back roads developed by early miners and ranchers. Tonight you will enjoy a hearty dinner around campfire and enjoy your first desert camp at a ranch in the Dead Horse Ranch State Park.

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### DAY 3 Mon 09 Oct

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#### Trek the Dead Horse State Park. (11 kms)

Today our trek will take us to the Dead Horse Ranch State Park in Arizona. Today will be a tough climb, with a steep uphill leading onto some gently undulating terrain. After trekking we will transfer to Flagstaff where we will set our campsite for tonight.

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### DAY 4 Tue 10 Oct

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#### Drive to Monument Valley (10 kms trek)

After breakfast, we break camp and drive to Monument Valley. We will stop first at Grand Canyon National Park for a view of this natural wonder and continuous to the start point of the trek. Today's trek highlights are the scenic and spiritual heart of the Navajo nation with stunning red sandstone buttes, ancient ruins, desert sage, and stately pinyon trees. We will trek across open desert paths and into scenic side canyons with dramatic rock formations. After our hike throughout the valley's scenic sandstone buttes and arches we'll have Navajo taco dinner and learn more about Navajo culture around the campfire.

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### DAY 5 Wed 11 Oct

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#### Mystery Valley (12 kms trek)

After breakfast and breaking our camp, we will get transferred to Mystery Valley for our hike, we will explore ancient ruins of stone dwellings, rock arts and sandstone arches from the Anasazi Indian culture inhabitants of the region more than 600 years ago. After our hike we will get transferred to Paria Ranch for a well deserved dinner in the campsite.

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### DAY 6 Thu 12 Oct

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#### Transfer and trek Zion National Park (12 Kms)

Today we break camp and we will transfer through Zion Valley. Our hike takes us past Weeping Rock, where water slowly percolates through sandstone walls creating lush “hanging gardens.” The trail continues its steep ascent to Observation point where we’ll enjoy the rewards of spectacular views of valley below and get a glimpse into dark, mysterious Echo Canyon with its beautiful slick rocks formations and white cliffs.

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**DAY 7** *Fri 13 Oct*

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**Transfer to Vegas**

After early breakfast and break camp, its time to say goodbye to the desert and head to the world’s most exciting party city: Las Vegas. Hardly the most natural of landscapes, you can still expect to come face-to-face with exploding volcanoes, pirate ships, dancing fountains and – of course – world-famous casinos. Toast your achievements over a final team meal in the city that never sleeps.

There is an option, at your expense, to enjoy an entertaining limo tour of some of the city’s more iconic highlights including Freemont Street, the Las Vegas sign and the famous Strip.

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**DAY 8** *Sat 14 Oct*

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**Depart Las Vegas**

Today there is one last opportunity to enjoy Vegas’ myriad of delights and potentially nurse sore heads. Make sure you make it back to the hotel for the transfer early this evening. As you wave goodbye to the Nevada desert, it’s time to head back home to share this incredible experience with friends and family.

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**DAY 9** *Sun 15 Oct*

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**Arrive UK**

We arrive back as victors on home soil. From here it’s a heartfelt goodbye to your new friends and trekking partners.

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## HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.

The costs below are per person.

### SELF FUNDER

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Pay a registration fee of £350.00 when you book

Then a balance of £1962.50 (8 weeks before your challenge)

Raise as much as you can for your charity.

### MINIMUM SPONSORSHIP

-

Registration fee of £350.00 when you book

Raise a minimum of £3950.00 for your charity.

### FLEXI

-

Registration fee of £350.00 when you book

Then £350.00 towards challenge costs (8 weeks before your challenge)

Raise a minimum of £3245.00 for your charity.

## WHAT'S INCLUDED

### Before you go

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- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Access to your own password protected account including support materials and training schedules
- Risk assessment and emergency management planning
- Public liability insurance
- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad Travel Stores
- Access to "ask the expert" re your kit requirements
- Access to training weekends (optional and at additional expense)
- Warm up exercise routines
- 16 and 20 week trek/bike training schedule
- Fitness training notes
- Sponsorship forms (online and hard copy)
- Template press release
- A-Z of fundraising ideas
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice

### On your challenge

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- A donation to a community project in one of the countries in which we operate
- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- Internal road and air transfers as per the itinerary
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Drinking water on challenge days
- Entrance fees to national parks or other places of interest visited on the itinerary
- All ground staff including English speaking guide, drivers, cooks, and porters
- Full back-up support including first-aid qualified staff and first-aid supplies
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- All challenge management before, during and post event
- A Charity Challenge T-Shirt
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects

## WHAT'S NOT INCLUDED

**Before you go**

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- Travel to and from the UK airport of departure
- Visa
- Vaccinations (please check Trip Notes for requirements)
- Travel Insurance (you can buy at time of booking or in your Account Area, or provide your own policy details)
- Clothing and equipment listed on your Kit List

**On your challenge**

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- Tips
- Departure Tax (if applicable)
- Personal spending money
- Any other specific items listed as not included in your Trip Notes

**THE DETAILS****Fundraising deadlines**

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure (by 29/07/2017), and the remaining 20% within 4 weeks of completing the challenge (by 12/11/2017). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

**Prices include all known air taxes**

We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't.

**Typical group size**

The typical group size is 20 - 24 participants

**Small group supplement**

The costs and sponsorship levels on our website are based on a minimum of 20 participants. We can run this trip with 10-14 people, but there will be a small group supplement of £95. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

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**Optional extras**

Trek/bike training weekends\*  
Extensions at end of trip\*  
Single room supplements\*  
Travel insurance  
Business class upgrades\*  
(\*subject to availability)

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**Travel insurance**

Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at <http://www.campbellirvinedirect.com/charitychallenge>.

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## Level of Difficulty

The Beyond the Grand Canyon challenge is graded as Challenging. This is the perfect challenge for participants who are of an adventurous spirit and an open mind, but perhaps haven't taken on a strenuous challenge event before and are hoping to push themselves out of their comfort zone. You could tell your supporters that during the Beyond the Grand Canyon challenge you will be:

- Trekking between 5-6 hours a day.
- Manoeuvring through tunnels and ladders that are not for the faint hearted.
- Experiencing high temperatures of up to approximately 30 degrees
- Actively participating in the setting up of camp and preparation of meals.

## Money

**Currency:** US currency is the U S Dollar. For an up to date currency exchange, go to [www.xe.com](http://www.xe.com).

**Credit Cards:** Credit Cards are very widely accepted in restaurants, shops and hotels. Most types of cards are accepted (preferably Visa and MasterCard). Outside of major cities, credit cards are not as widely accepted. Please ensure you carry enough cash with you.

**ATMs:** You will have access to ATMs on arrival at the airport and at the end while in Las Vegas, but otherwise access outside of the major cities will be limited. Please ensure you carry cash with you.

**How much to bring:** All accommodation and meals are included within the price of the trip, as well as water during the days of your trek. You will not need to carry a lot of money with you during the challenge and other than at the start and end of the trip, you will be in the mountains away from any foreign exchanges or banks. You will only need money for tips, any additional food & drink, and gifts & souvenirs

**Tipping:** Tipping is personal and at your sole discretion. You should only tip if you feel that you have received good service. However, guides in the US rely on tipping as part of their wage as it is customary in the country. We recommend approx. US\$10 per person per day (about US\$70 in total) and this should be given to the challenge leader at the end of your trek, for distribution among the team.

## Visa

From 26 October 2004, all British passport holders, travelling to the USA under the Visa Waiver Programme will need a full ten-year machine-readable passport valid for a further 6 months from the end of your expedition. All those travelling under the Visa Waiver Programme arriving by air or sea should provide details online at least 72 hours before travel. This is known as an Electronic System for Travel Authorisation or ESTA. If you don't have an ESTA you'll be refused travel to the USA. For more information, and to apply online, visit the official ESTA website.

## Vaccinations

For up to date vaccination information please check the NHS 'Fit for Travel' website:

<http://www.fitfortravel.nhs.uk/home.aspx>. Although the Charity Challenge team are travel professionals, they are



not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements.

### Flights

You will be flying from London Heathrow to Phoenix. The flight is about 11 hours. You will return from Las Vegas to London Heathrow. Your flight tickets will be issued upon departure at the airport. If you choose to book your own flights you must confirm with the Charity Challenge office before paying otherwise you may be liable for your included group flights (please contact [flights@charitychallenge.com](mailto:flights@charitychallenge.com) for further assistance).

### Insurance

It is a condition of booking that you have a suitable travel insurance policy whilst participating on the challenge. We have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge. If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy, including protecting the charity in the event of your cancellation 56 days or less prior to departure. If you choose not to purchase our recommended policy when you book we will send you a disclaimer which you should complete and return.

For more general travel insurance questions, please refer to our main [FAQs](#) page.

### Group Size

We can run this trip with 10-14 people, but there will be a small group supplement of £75.00. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

### Leadership

There will be an English-speaking challenge leader who will be responsible for the logistics and co-ordination of your challenge. There will also be numerous local support staff to assist them. The challenge leader will be ultimately responsible for the running of the itinerary and the safety of your group.

### Climate

We run our challenges during spring and late summer. The temperatures are still comfortable having highs of 28 degrees and lows of 0 degrees during the evening. Remember that some areas are very dry and it can get very hot during the day, so wearing sun protection and being hydrated is of paramount importance.

### Terrain

You will experience a variety of terrains as you trek through rocky mountains and across deserts. Some days you will be required to walk through some narrow tunnels and ladders.

### Luggage allowance and valuables

The luggage allowance will depend on the airline we are using for your challenge, but in general it will be one piece of checked baggage at around 23kg. However, we suggest that for our Beyond the Grand Canyon challenge you should only need around 15kg-17kg. If you don't need it, don't bring it, is a good rule. Carry your passport with you and make sure you have a photocopy of your documents (travel insurance etc.) in case they get lost or damaged.

### Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and distributed where needed by them and our local Ground Agent. If you wish to do more, you should consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our [Responsible Tourism](#) section..

### Typical day

In order to visit all the sites included on the itinerary, large distances need to be covered by road transfer. Please be prepared for long road transfers. During the trekking days you rise early and pack up camp after breakfast, then trek carrying only daypacks for 4-6 hours. There will be packed lunches en-route and there will be plenty of time to stop and view the remarkable scenery. The trek zone is remote and rare flora and fauna will be seen. The evenings are spent in beautifully located camps in the forests and canyons. You will be asked to set up your own tents and help in the cooking and cleaning up afterwards.

### Accommodation

In Phoenix, Kingman and Las Vegas we stay in comfortable rooms of tourist class standard hotels. During the trek you will camp in spacious two person tents with waterproof floors, and at campsites you will be expected to pitch in and set up your tents as part of your challenge. If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance. If you would like your own room, this can be arranged but there will be a single room supplement, but please note that a single tent supplement is not available on this challenge.

## Food & Drink

As part of your challenge experience, is the active role the group will be playing in assisting with the camping set up, food preparation and cleaning up.

Breakfast usually includes cereals, bread and fresh fruit, tea and coffee. Lunches will be a self-made pack lunch to be carried in your daypack with snacks. Dinners are cooked in camp and always include a soup or salad, main course and a dessert. Vegetarian food is accommodated for. The 2 dinners in Havasu Canyon are very basic as we lack refrigeration here, and so they will usually be a version of pasta, rice or something that doesn't require cool storage. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

## Clothing and equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks. The benefits of a comfortable day sack cannot be underestimated, so make sure that you train with this. Other essentials are a high quality gore-tex waterproof jacket and technical/wicking t-shirts rather than cotton shirts. A full kit list for this challenge can be found [here](#), and once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoorhire and Cotswold Outdoor.

## Toilets

While hiking we will use the bushes and bury our waste with a small portable trowel while carrying out toilet paper. While camping in the wilds we will have a portable toilet set up for the group's use. Otherwise we will have access to organised toilet facilities. The toilet facilities in the Havasu Canyon are often not as clean as you may desire, but are to be expected in this rural area. While in Havasu Canyon, you can wash (without soap) in the creek and waterfalls. There is always a washbasin for personal use in case you feel you must use soap. This wash water must be disposed of at least 30m from any water source so to avoid contamination of surface water.

## Phone and WiFi

Apart from Phoenix and Las Vegas, you will have limited phone and WIFI reception throughout the challenge.

## Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount!

In terms of your Beyond the Grand Canyon Challenge, there are a couple of important points that you should be

aware of:

- You will be walking through different terrain (rocky, flat, and mountainous)
- There are some ladders within the national parks that are wooden, screwed into the rock. We have vetted their safety but would advise people with a fear of heights to be mentally prepared for this. There are options to avoid the ladders.
- There will be some river crossings in the itinerary.
- You will be expected to participate in the setting up of camp and meal preparations
- You will experience high temperatures during the day and low temperatures at night.

### Emergencies

The event is not run as a race and there is always a large discrepancy in people's walking abilities, which are catered for. A group member will bring up the rear and the group will try to stay together as much as possible. Back up support can be brought in, in the event of an emergency. Your guides will aim to keep in contact with the various National Parks' Authorities along the trail. We will carry a first aid kit.

### Training

Training and fitness are definitely required. Anyone who leads a fairly active and moderately healthy lifestyle should be OK 'as long as they train regularly over a period of at least three months' leading up to the expedition. Don't forget that the temperature and the altitudes are different from the UK - the highest area en route is 2700m (8859ft). While strength is important, endurance training should be your primary focus. Walking up hills and climbing stairs are both ways to condition your lower body. Begin slowly, without the weight of a pack, eventually adding weight as you increase your training pace. Take a long hike (6-8 hours) several times with a weighted pack, up and down hills or on small mountains (weigh your pack with water containers and pour out the water before your descent to minimise knee stress). You can also look to join one of our [training weekends](#).

### Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more [here](#)



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This experience was amazing! Personally for me, it really was life changing and exceeded all expectations. I have made a group of friends for life, pushed myself physically and mentally but more importantly raised money for a great cause. I have come home a different person.

Jamie Leadbeatter

“

I've always wanted to see the Grand Canyon and I thought this would be a cool way of doing it rather than just seeing it from a viewing platform. To see it at night, day break, sunset and of course in the daytime was just fabulous. I wanted to challenge myself and motivate myself to get fit after (and while still) being treated for cancer and having a training plan to work to was brilliant.

Sally Moore

“

I have always wanted to visit the Grand Canyon, eat rattle snake and get my photograph taken with a Joshua Tree. I managed to achieve all of these. Thank you for the most amazing adventure I have ever undertaken!

William Moore



# CH>RITY CH>LLENGE

**Any more questions?**

Contact us:

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