NSPCC

Harrods

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

BEYOND THE GRAND CANYON (HARRODS) USA

Thu 19 Sep - Fri 27 Sep 2019

In aid of NSPCC

19 Sep - 27 Sep 2019

NSPCC Harrods

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 explore Arizona. We will spend our days winding through canyons in multiple national parks and spend our nights 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 impressive Monument Valley
- Celebrate in buzzing Las Vegas

YOUR CHALLENGE DAY BY DAY

DAY 1 *Thu 19 Sep*

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International departure from London

It's finally time for your long-awaited departure to the USA. Wave goodbye to friends and family, before you board the flight and embark upon your challenge!

DAY 2 *Fri 20 Sep*

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Phoenix to Grand Canyon National Park

Rise and shine for an early morning start to hike White Tank Mountain Regional Park. This local park offers beautiful desert and mountain scenery. Cactus, elusive wildlife and a Native American history, make this a spectacular destination. The park has multiple trails of varying length and difficulty which will make a good first trek of 4-6 hours for the group. After the trek, transfer by minibus to Grand Canyon National Park where you'll get your first stunning views of the Grand Canyon.

Accommodation: Camping

DAY 3 *Sat 21 Sep*

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Grand Canyon to Monument Valley

Up early in the morning, you'll have more spectacular views of the Grand Canyon. You then continue to Monument Valley, the scenic and spiritual heart of the Navajo nation with sweeping desert vistas as you travel. Upon arrival to the Monument Valley visitor centre mid-afternoon, you will hike 4 miles approx. on gravel and soft sand loop track along the valley, where you'll gain an unrivalled introduction to this sacred place. Back at the van, gather your overnight kit and then explore this incredible array of monoliths and rock formations on a 4x4 backroads tour with a local Navajo guide, learning all about the magical landscape and people of this rich Anasazi Indian culture that inhabited the region more than 600 years ago. After dinner, settle into the rustic campsite near the Hogan (a traditional Navajo hut of logs and earth) and learn more about the fascinating Navajo culture form your local guides around the campfire and under a sky full of stars.

Accommodation: Camping

DAY 4 *Sun 22 Sep*

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Monument Valley to Bryce Canyon

Another early start this morning. After breaking camp, you'll be picked up from the campsite near the Hogan and transported to a spot to watch the sunrise where your vista will be awash with ever-changing colours. From here you will travel on to the picnic area for an early breakfast and then on to Monument Valley visitor centre to meet the vans. Take in last views of the iconic sandstone mesa's and arches as you make your way to the next stunning destination, Bryce Canyon National Park.

Accommodation: Camping

DAY 5 *Mon 23 Sep*

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Bryce Canyon National Park

Another early start for your trek in Bryce Canyon National Park. This park is famous for it's amphitheatre of hoodoos, unique rock formations resulting from wind, rain and snow erosion. Your first panoramic view will also be your trekking destination as you descend into a maze of wonderfully coloured hoodoos. After our 4-6 hour trek, you will head to Zion National Park, a wonder of red rocks and high canyon walls.

Accommodation: Camping

DAY 6 *Tue 24 Sep*

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Zion National Park

Today you will head into Zion National Park after a drive of about an hour. Our destination will be the Observation Point Trail. This is one of our longest treks, with an iconic view of Zion Canyon below as a reward. After the trek you'll have time to see more sites in the canyon on smaller hikes or to relax and take in the view from below. You'll return to camp for your final night of camping.

Accommodation: Camping

DAY 7 *Wed 25 Sep*

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Transfer to Las Vegas

After early breakfast and breaking down camp, it's 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. You'll have free time for shopping and sightseeing before toasting your achievements over a final team celebration dinner 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.

Accommodation: Hotel

DAY 8 *Thu 26 Sep*

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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.

DAY 9 *Fri 27 Sep*

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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.

HOW TO FUND YOUR CHALLENGE

MINIMUM SPONSORSHIP

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Registration fee of £495.00 when you book
Raise a minimum of £3975.00 for your charity.

WHAT'S INCLUDED

Before you go

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- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- 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
- Access to your own password protected account including support materials and training schedules

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
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- A Charity Challenge T-Shirt
- All challenge management before, during and post event

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

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

policy details)
- Clothing and equipment listed on your Kit List

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 11/07/2019), and the remaining 20% within 4 weeks of completing the challenge (by 25/10/2019). 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.
Raising the sponsorship	Thank you for choosing to fundraise for the NSPCC! We're here to support you throughout and have lots of fundraising tips and guidance to share with you. Every mile you run and every penny you raise will help make sure we can still be here for every child – keep up the good work!
Typical group size	The typical group size is 19 - 24 participants
Small group supplement	The costs and sponsorship levels on our website are based on a minimum of 19 participants. We can run this trip with 15-18 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.

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

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.
- Manoevering 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.

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.

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.

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..

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 e-mailed to you before departure. 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 for further assistance).

Visa

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.

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.

Vaccinations & Medication

Vaccinations
For up to date vaccination information please check the Travel Health Pro website:
https://travelhealthpro.org.uk/countries
Charity Challenge team are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements. Your GP may ask questions about the specific locations that you are visiting so it may be useful to take a copy of your itinerary with you.

Medication

- Carry medicines (including those bought over the counter) in their correctly labelled container, as issued by the pharmacist, in hand luggage
- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- Take out an appropriate level of travel health insurance including repatriation and specific cover for any pre-existing illnesses

N.B. Some medications are banned abroad so please check you can find further information at https://travelhealthpro.org.uk/factsheet/43/medicines-abroad

Climate & terrain

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.

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

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.

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.

Group Size

We can run this trip with 15-18 people, but there will be a small group supplement of £95.00. 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.

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 by clicking on the Kit List bottom at the top of the page, and once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoorhire and Cotswold Outdoor.

Accommodation & toilets

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.

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 wild we will have a portable toilet set up for the group's use. Otherwise we will have access to organised toilet facilities.

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.

Money

Currency: US currency is the U S Dollar. For an up to date currency exchange, go to 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.

Phone and WiFi

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

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.

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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

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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

CHARITY CHALLENGE

Any more questions?

Contact us:

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