

Grand Canyon To Las Vegas Cycle



Duration: 8 days

At 277 miles long, 18 miles wide and in places one mile deep, the Grand Canyon is a breath-taking sight. Celebrating 100 years of the National Parks Service in 2016, the Grand Canyon and its surroundings offer wonderful cycling and a memorable challenge!

This exciting ride offers fabulous views not just of the Grand Canyon, but the colourful desert, rocky gorges and forested plateaus around it. Passing historic towns on the iconic Route 66, this is a fascinating ride with some challenging climbs and fabulous long descents, culminating on the famous Sunset strip in Las Vegas.

DETAILED ITINERARY

Day 1: London – Phoenix – Cameron

Depart London bound for Phoenix, capital of Arizona. On arrival we transfer to Cameron (approx 3.5 - 4 hours' drive) and check into our hotel, have dinner and relax! Night hotel.

Day 2: Cameron – Grand Canyon

Our ride starts straight from Cameron, the ancestral lands of the Native American Navajo Nation. The views are amazing right from the start, as we enjoy a fairly flat warm-up before the hills! We pass the Little Colorado River gorge with its striking desert watchtower, and pass a Native American trading post. We pedal through this colourful desert and gorge landscape, climbing to one of the highest points on the South Rim of the Canyon, where the views are worth every pedal stroke! We can then enjoy a relatively flat ride, finishing along the rim of the Grand Canyon to the Grand Canyon National Park Village. Night hotel.

Cycle approx 51 miles

Day 3: Grand Canyon – Williams

The spectacular views stay with us all day today, as we enjoy possibly one of the most scenic bike rides in the world – the West Rim Road, which allows us to soak up unobstructed views of the Grand Canyon and the Colorado River. The vibrant colours of the rock layers against the blue sky ensure plenty of photo-stops! Passenger vehicles are not permitted along this section and it's a memorable ride. It's another hilly day, though we enjoy a fabulous descent of roughly 10 miles to our halfway mark. We then climb again through shady pine forests towards Williams, a historic town on Route 66, named after a renowned 'mountain man' and still with a western pioneer town feel. Look out for the famous Grand Canyon steam train; the railway and station buildings date from 1901 and give an authentic taste of the Old West. Night hotel.

Cycle approx 74 miles

Day 5: Kingman – Hoover Dam

The descents far outweigh the climbs again today, though we first conquer Coyote Pass, with fabulous views. We descend through beautiful landscapes again, seeing Lake Mead, our destination, from many miles away. We pass more western-themed burger bars and cafés, and can stop to sample roadside jerky! After a steady downhill ride for miles, we come to more rolling roads which bring us to Hoover Dam, built in the 1930s on the Colorado River to form Lake Mead. Night hotel.

Cycle approx 72 miles

Day 6: Hoover Dam – Las Vegas

A shorter day today, as we cross into Nevada and ride round the shores of Lake Mead, one of the largest reservoirs in the United States. Much of our route is on cycle lanes and traffic-free, though there are still some hills! Our lakeside ride forms areal contrast with the rocky desert landscapes we have crossed ... and the biggest contrast is to come! Leaving the lake and heading west through the suburbs, we come to Las Vegas, entertainment capital of the world! Finishing on the famous Strip itself, this couldn't contrast more with our journey here! It's not subtle, but it is great fun. On arrival we are free to relax and explore – check out the famous sound-and-light fountain shows, fake erupting volcanoes, Elvis impersonators and replicas of everything from the Eiffel Tower to the Sphinx! We enjoy a slap-up meal to celebrate our achievements of the past week. Night hotel.

Cycle approx 51 miles

Day 7: Depart Las Vegas

We are free to explore or relax until we transfer to the airport for our international flight home.

(Lunch not included if not in-flight)

Day 8: Arrive London

GRADE | ORANGE

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **ORANGE** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions (see icon) are also taken into account.

[Trip grading explained](#)

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first aid. You are in very safe hands with a Discover Adventure leader. Usually leaders are based in the UK or other English-speaking countries and lead for us regularly throughout the year in many different countries. In some instances, trips are led by in-country guides with a wealth of knowledge about the region; they have been trained by us to provide the level of support expected on a Discover Adventure trip.

Trip Doctor

An expedition doctor or medic accompanies the group (dependent on group size.) Their role is to look after the well-being of the whole group and deal with any medical incidents. They help the crew to ensure the trip runs smoothly, and encourage you when things get tough. The total number of crew looking after you will depend on the final size of your group.

Local Support Crew

Our local support crew is made up of local guides, assisted by drivers, porters, cooks and other support staff, depending

on the type of trip. Local guides know the area well, and are a great source of knowledge about local lifestyles. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely. In some destinations we work together as a team with local guides to help set up or break camp, or prepare meals. Your leader will arrange a collection of tips for the local support crew at the end of your trek, and you will be provided with a guideline amount in advance. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something!

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check www.gov.uk/foreign-travel-advice.

Flight Information

Group flights usually leave from London Heathrow or Gatwick on scheduled airlines and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA).

Your journey may involve a transit en route; details of route and flight times will be confirmed several months before departure. We do not always use the same airline for each destination; if you wish to know the probable carrier and flight times, please call for details. You will usually receive confirmed flight details several months before departure. Our itineraries are always based on current flight schedules and are therefore subject to change by the airline. If you prefer to book your own flights please ask us for a land-only cost.

Accommodation

We usually stay in hotels or lodges of a 2-3* standard or equivalent. Standards may vary between the hotels but they are generally comfortable and convenient for our route. Hotels are often on the outskirts of towns to minimise unnecessary extra mileage and avoid traffic.

Roomshare Arrangements

Accommodation is usually on a twin-share basis. Occasionally we may use hostel-style accommodation. Please tell us if you know somebody else on the trip that you would like to share with and we will try our best to accommodate your request. If you don't know anyone else in the group don't worry, we always pair you up with someone of the same gender,

and a similar age where possible. We do not charge a single supplement if you are a solo traveller in a shared room.

Group Size

Your booking is part of a group challenge, and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge. Our typical groups run with approximately 15-25 participants; however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.

Food & Dietary Requirements

The food provided is plentiful, often local in style and freshly-cooked, and will give you plenty of energy. Sometimes we enjoy a buffet-style lunch-stop, other times we might have packed lunches. On some trips we stop at small local restaurants. Dinners are generally eaten at our accommodation each evening. In some regions there may be less variety than you are used to, and in others fresh meat or produce can be harder to come by. Any meals not included are listed in the itinerary and are generally on travel / free days, giving you the opportunity to explore and try other culinary experiences! There is always something to suit different budgets.

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we may be in very rural or remote areas, or among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat we strongly recommend you bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Luggage

Your luggage, food, water and equipment is transported for you from one night-stop to the next. If there is easy road access this is done by vehicle; if not porters, mules or even camels might carry your bags, depending on the terrain.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already. You should also bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.

PREPARING FOR THE CHALLENGE

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. Please ensure you allow plenty of time to apply for your visa; we will provide you with all necessary information 6 weeks prior to departure to assist with your application.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check [Fit For Travel](#) for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of information, and we are always available if you need advice.

Travel Insurance

Travel Insurance is compulsory on all of our challenges outside of the UK; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed, or as soon as you're able to purchase some, and at least 8 months prior to travel. Should you need to cancel prior to departure, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

We all hope never to need it, and thankfully most of the time we don't, but on those rare occasions when you do, you want it to cover you as best it can. Whilst it's a fairly boring admin task relating to your trip of a lifetime, it is really important you ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation, so make sure you're happy with the level of cover. There are lots of suppliers out there, with a wide range in levels of cover; generally speaking, you get what you pay for! Get and pay for the right level of cover and

then you can go on your adventure not having to worry about the what-if's. For more details click [here](#).

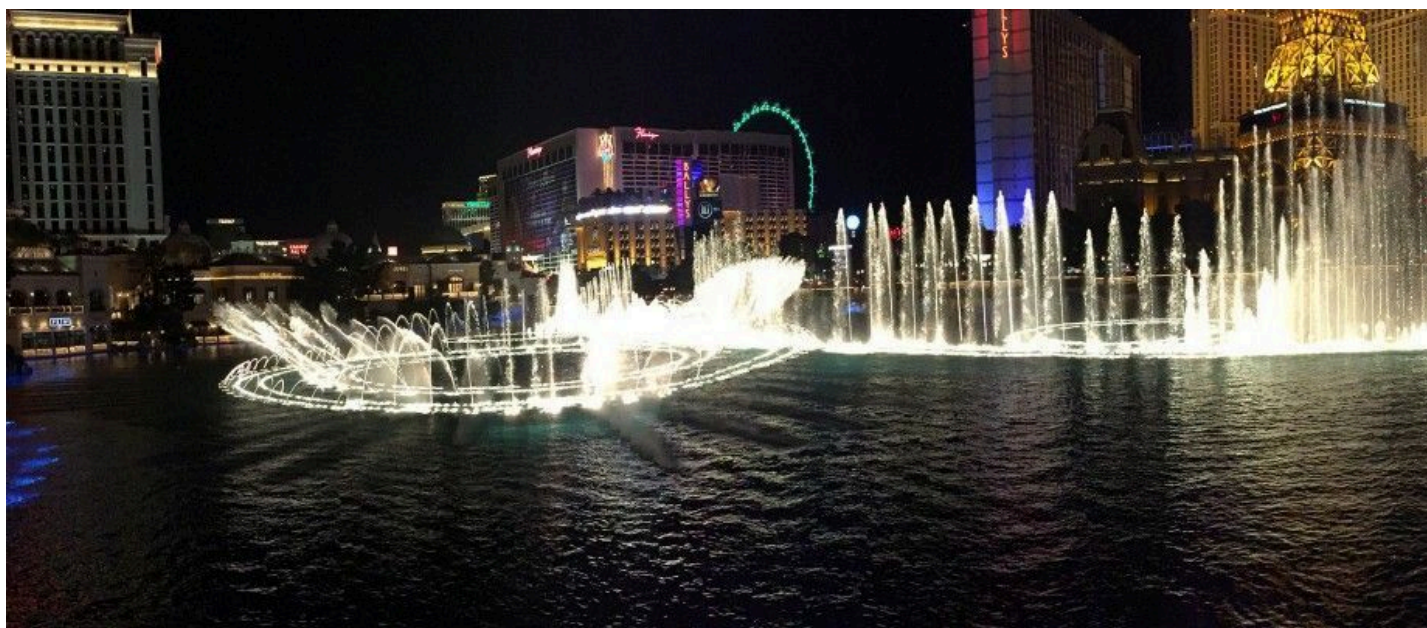
Once your travel insurance is arranged, just remember to let us know the policy number and 24-hr medical emergency phone number provided by your insurers.

Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by post or email. Your cancellation will be considered effective from the date the notice is received. Registration fees and amendment fees are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.

CHALLENGE EXTENSIONS



EXPLORE LAS VEGAS

Buzzing with casinos, shows, spectacular hotels, and of course the famous wedding chapels, there's plenty to see and do in the city. There is also a huge variety of excursions on offer – including flights over the Grand Canyon, white-water rafting on the Colorado River, hot air balloon rides and tours of the Hoover Dam. Your hotel will be able to arrange these and many more.

We can arrange for you to stay on in the same hotel as your group adventure ends, for as many nights as required. This is not an organised itinerary; you are free to spend your time as you wish.

Accommodation starts from £100 per person per night, on a twin-share basis.

Prices do fluctuate as Vegas has very busy periods; booking early helps. To confirm an exact price and proceed with your booking, just let us know the number of extra nights you would like.



Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 19 Apr 2024, and the challenge is subject to change.