

Grand Canyon Trek

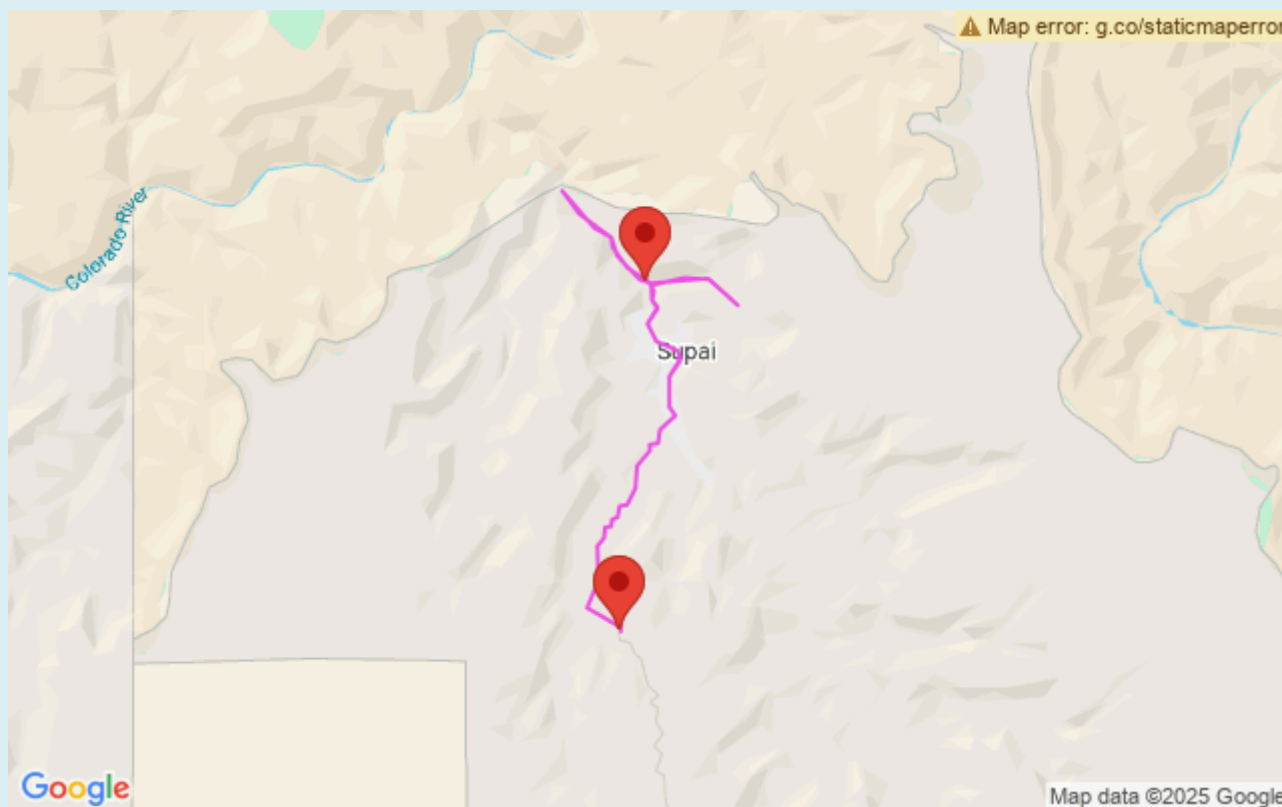


Duration: 8 days

The Grand Canyon is an undisputed highlight; at 277 miles long, 18 miles wide and up to one mile deep, this Natural Wonder of the World is a sight on many wish-lists. We spend two days in the Grand Canyon before moving on to Zion National Park, less well-known than its famous neighbour, but packed with breath-taking and challenging landscapes for trekkers.

We finish with a celebration in energetic Las Vegas, which couldn't contrast more with the natural beauty we have been immersed in!

DETAILED ITINERARY



Day 1: London - Phoenix

Depart London bound for Phoenix, capital of Arizona. We transfer to our hotel, have dinner and relax! Night hotel.

Day 2: Phoenix – Sedona – Route 66

After an early breakfast and a detailed trip briefing we have a scenic drive north (approx 2 hours) through the Sonoran Desert. We arrive in the beautiful area of Sedona, known for its beautiful red sandstone landscapes and dramatic rock formations. We spend the rest of the day walking along the beautiful Oak Creek Canyon, often referred to as the Grand Canyon's small cousin! This is the perfect acclimatisation trek, helping our bodies to get used to the heat and the terrain. We then meet our vehicles and transfer to our hotel, which lies on the historic Route 66. Night hotel.

Drive approx 2 hours; trek approx 3-4 hours / 5-6 miles; drive approx 2.5 hours

Day 3: Route 66 – Grand Canyon Trailhead – Havasu Falls Camp

We drive to our trailhead at Hualapai Hilltop, where we begin our descent into the Grand Canyon! We are heading towards Supai, the centre of the Havasupai Indian Reservation which will be our home for the next three nights. The only way to reach Supai is by foot, mule or helicopter; it is the most remote village in mainland USA and still uses mule trains to carry out its post. The trail takes us steeply down from the crater rim, following a series of

hair-pin bends into the canyon – the first mile is the day's toughest part! Having descended roughly 2000ft, we reach a dry streambed and the trail starts to level out. We follow it through cottonwood trees, descending deeper into the red sandstone. Crossing a bridge into Supai, we continue on through the village and out into canyon back-country until we reach Havasu Falls. Night camp.

Drive approx. 2.5 hours; trek approx 5-6 hours / 10 miles

Day 4: Grand Canyon Trek: Beaver Falls

Another adventurous day today, with some spectacular scenery! Leaving Havasu Falls, we head down the trail towards Mooney Falls. Our route descends adjacent to the waterfall using a series of ladders and tunnels to reach the base. The descent is not for the faint-hearted, but it allows us to access the beautiful canyon below the falls. We continue our trek on a rough trail which crosses the creek several times and takes us over boulders and rock outcroppings. A series of limestone ledges takes us to a beautiful pool at the base of Beaver Falls. From here we return to camp, exploring hidden falls and pools on our way. Night camp.

Trek approx 7-9 hours / 7-8 miles

Day 5: Grand Canyon Trek: Carbonate Canyon

After breakfast we trek up-canyon to a hidden cleft in the cliff wall, where we enter Carbonate Canyon. In the early 19th century there was mineral mining activity in this area of the canyon, and Carbonate Canyon was one of the main sites. We can search for ancient fossils in the dry creek bed here, and explore some of the deep clefts and caverns in the cliff face. We head back to camp for lunch, stopping on the way for a swim in the pool below Havasu Falls. In the afternoon we trek to Rock Falls, where it's possible to walk along a narrow ledge behind the roaring spray – a real experience. We continue to the many pools and cascades of New Navajo Falls, where there is time to swim and explore before heading back to camp.

Trek approx 5-7 hours / 6-7 miles

Day 6: Havasu Falls Camp – Hualapai Hilltop – Las Vegas

After an early breakfast we leave camp, returning to the crater rim the same way we arrived. The first part of the trek climbs gradually back along the streambed, but once we arrive at the hair-pin bends we take our time, ascending steadily up the side of the canyon. This is very demanding, but is the last part of our Grand Canyon challenge! Back at Hualapai Hilltop, we load up the vehicles and drive west, enjoying the wonderful wilderness scenery for the last time. We cross into Nevada and come to Las Vegas, entertainment capital of the world. 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! It's not subtle, but it's a real contrast to the past week and great fun! We enjoy a slap-up meal to celebrate our achievements of the past week. Night hotel. *(Dinner not included)*

Trek approx 6-7 hrs / 10 miles; drive approx 5 hours

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 | DEMANDING (2)



Trip grades range from Challenging (1) to Extreme (5).

DEMANDING trips ramp up the challenge with some long days over tough terrain, and require good stamina, fitness and determination.

See [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.

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 camp in roomy two-man tents in wonderful campgrounds, often in state parks, with good facilities. Other nights are in hotels of a 2-3* standard or equivalent.

Roomshare Arrangements

Our trips are sold on a shared accommodation basis, usually twin-share. Occasionally we may use hostel-style accommodation.

You can tell us if you are travelling with someone else on the trip when you book or within your passenger portal, and we will do all we can to accommodate this request. It is important that both people complete the room share request on their bookings. For customers booking and travelling together, including same-sex couples, a double bed can be requested if available.

If you're not familiar with anyone in the group, rest assured, we always pair you with someone of the same gender (as per

the information you provided when booking, or passport markers), and a similar age where possible. We're actively working to improve our system's gender restrictions to be more inclusive, and we've recently made significant strides in this area. If you identify differently from the gender marker on your passport and would like to discuss this before booking, please feel free to reach out to us.

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

Challenge Grading

GRADE | DEMANDING (2)



Trip grades range from Challenging (1) to Extreme (5).

DEMANDING trips ramp up the challenge with some long days over tough terrain, and require good stamina, fitness and determination.

See [Trip Grading Explained](#).

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.

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.

Passport & Visa / Vaccinations

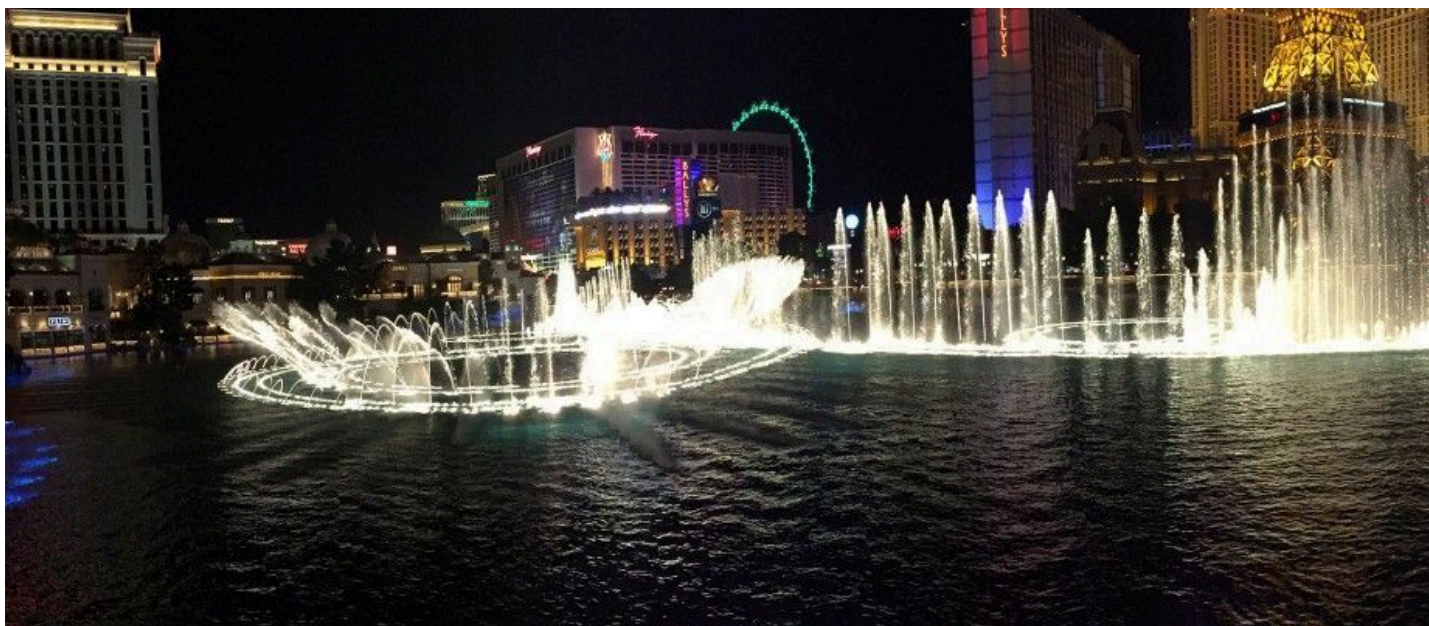
Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. Please ensure you allow plenty of time to apply 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.

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.

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.



logo aito



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 30 Jun 2025, and the challenge is subject to change.