

HAVASUPAI FALLS GRAND CANYON: *Living Fearlessly*

Sept 8-13th, 2010
Trip Leader: *Sheri Rosenthal*

On this adventure you descend into one of the most beautiful landscapes in the world, into the heart of the Grand Canyon at Havasu Falls. Here we'll hike and explore this incredible landscape, swimming in travertine pools of turquoise blue, enjoying the evenings at our comfortable permanent camp (with exclusive arrangement with the Havasupai tribe) merging with the stars, connecting deeply with mother earth, having great meals, and sharing our experiences.



Into the Arms of Mother Earth

It's this spiritual energy that forms the basis for our 5 days of heart-felt transformation and personal expansion. The focus and intent of our retreat is to transcend any fears we have about what we can or cannot accomplish in our lives. Cradled within the depths of the canyon and the heart of the mother earth – she will help us find our peace and clarity. We'll hike, swim in crystal waters, meditate, journal and participate in ceremony together.



The Mystery of the Havasu Canyon

Folks say that you haven't fully lived until you've experienced the Grand Canyon. This journey takes you through the heart and soul of the canyon and will leave you with a sense of accomplishment, awe and a true appreciation and love of one of the grandest places on earth.

You might ask what is Havasupai? Havasu Canyon is one of over 600 side canyons forming the 280-mile long Grand Canyon. While over 5 million people per year visit Grand Canyon Village on the South Rim, very few venture to the remote Havasupai Indian Reservation deep in the heart of Grand Canyon.



Turquoise Waters

Home to towering 200-foot waterfalls, beautiful cascades, and tropical blue-green pools this lush oasis is considered the “gem” of the Grand Canyon. The Havasupai or Havasu Baaja currently has 650 tribal members of which approximately 450 live in the village of Supai and all members speak their native language. Pai means people and Havasupai means “people of the blue-green water.”

Itinerary for Havasupai - Grand Canyon: Living Fearlessly

Day 1 Weds, September 8th – Old Town, Scottsdale, AZ (-/-/-)

Whoever is flying into town the first night and staying at the Holiday Inn Express in Old Town, Scottsdale, AZ. We'll gather up around 6:00pm to meet each other and have our dinner. Our hotel does provide complimentary airport shuttles.

Day 2 Thurs, September 9th – Phoenix, Sedona & the Grand Canyon (-/1/d)



Depart Phoenix early in the morning and travel north through the Sonoran Desert and onto the high elevation plateaus and red rock canyons of north central Arizona. As we gain elevation, we will pass through 4 distinct biological life zones and your guides will discuss the natural history of each. Soon we will arrive in **Sedona, Arizona**, featuring absolutely sublime red-sandstone formations, the

beauty of Sedona rivals many national parks.

In the late morning we will **hike along Oak Creek** and across a spectacular ridgeline with 360-degree panoramas of the entire Sedona area and the Verde River Valley. After a picnic lunch near the creek, we will drive through Oak Creek Canyon, home to lush riparian vegetation and towering



red-rock walls, this is one of the most scenic drives in America. Once we have attained the Mogollon Rim at over 7000 ft. we will continue across the Colorado Plateau to the rustic Grand Canyon Caverns Inn. After dinner we gather together as a group and get to know each other and share our intent for our week. Total hiking 2-5 miles.

Day 3 Friday, September 10th – Descend into the Canyon (b/l/d)

After an early breakfast, we will drive the short distance to the trailhead, which is perched on the edge of the canyon. It is called **Hualapai Hilltop** (pronounced “Walapai”). This is the only land travel access to Havasupai. Starting at 5,400 feet, the trail begins with switchbacks until we reach a dry stream bed where the trail begins to level out. At no time are you exposed to sheer cliffs and those with a fear of heights need not worry. After a trailside lunch, the canyon walls seem to grow around you as you descend deeper into the labyrinth of red sandstone.

At mile 8, the canyon begins to widen and the vegetation turns lush as you enter the village of Supai. Here at 3,200 feet, after a welcome rest stop, the Cottonwood-lined paths will lead you through the village and into the canyon’s backcountry. An easy two-mile hike to our base camp will take you past 80 ft. **Navajo Falls** and 100 ft. **Havasu Falls**. Stopping to swim beneath each is a must! As you walk, your guides will discuss the cultural history, geology and unique biology of the canyon. Just down canyon from



Havasu Falls, you will find our private and exclusive base camp waiting for your arrival. Estimated arrival time is between 1:00pm and 3:00pm. You will have free time to explore the area while your guides set up camp and prepare dinner. Sleep under the stars or retire to your spacious tent for a peaceful night of slumber. Total hiking: 10 miles.

Day 4 Sat, September 11th – Havasu Canyon! (b/l/d)

We awaken in our base camp, nestled along a stream, beneath towering cottonwood trees and adjacent to enormous waterfalls. You will find fresh brewed coffee and a hearty breakfast waiting in the camp kitchen. Today, after breakfast we will embark on one of the most exciting and beautiful hikes in North America, crossing tropical blue streams and wading through lush meadows of wild grapevines on our way to **Beaver Falls** the last in the chain of waterfalls in Havasu Canyon. Total hiking: 2-18 miles.



We have the option of taking two routes to Beaver Falls – the “wet route” or the “dry route. If you choose the wet route, there will be the opportunity to swim to the “green room” an under water air pocket accessed by swimming beneath the first tier of the waterfall! Once you emerge from the green room the thrill of discovering this canyon secret will help you steel your courage to **JUMP off the main fall (18ft)** into the frothy pool below – once at the base at the falls you will reunite with the members of the group who decided to stay high and dry – WOW – Now turn around and look up the Canyon at the 80 ft. cascading Beaver Falls, standing in awe of your accomplishment! An incredible opportunity to move past your fear and expand what you believe about your capabilities in life. Tonight we will celebrate the day with drinks and appetizers followed by a wonderful dinner and sharing.

Day 5 Sunday, September 12th – Havasu Canyon! (b/l/d)

Another day in canyon paradise started with a great breakfast followed by two very



different and unique hikes. This morning we will walk up canyon to a hidden side cleft in the cliff wall where you will be expertly guided to the **Tonto Platform**, a broad rocky terrace between the Supai sandstone and the Red Wall limestone. Reaching this bench affords views missed from below including classic sweeping Grand Canyon vistas all the way to the North Rim and bird’s eye views of **Havasu and Mooney Falls**.

Before returning to base camp your guides will leave you to swim at Havasu Falls while they prepare lunch. After you have had time to digest we'll hit the trail for another hike to **Carbonate Canyon** a narrow side canyon where miners from the early 1900's found precious minerals within the canyon walls. Tonight we gather again to share experiences and a wonderful meal. Total hiking: 2-18 miles.



Day 6 Monday, September 13th – Leaving the Canyon (b/l/-)

Enjoy a final breakfast in our canyon oasis before our hike to the rim. While always tiring, the exhilaration you feel after conquering the canyon and your fear will leave you with a sense of accomplishment no one can take away! If you choose you will have an option to have a helicopter ride out of the canyon instead of hiking. Expect to arrive at the rim between 10:00am and 1:00pm today – we expect to arrive in Phoenix at the hotel between 5:00pm and 7:00pm. Today some of us will leave in the evening from Phoenix and others will stay overnight and depart in the morning. We say our last goodbyes, hugs and kisses as we prepare to take our new dream of heaven back to our lives!

Important Information for Havasupai Falls Spiritual Hiking Journey

What's Included:

- Most meals are included in this itinerary and are in brackets (4 breakfasts, 5 lunches, 4 dinners).
- All spiritual teachings are included.
- All tips for the drivers and guides are included. Please know that our guides are professional, knowledgeable and safety-certified and spend 50-120 days each year in the Canyon!
- All excursions are included and entrance fees are included for our sites.
- Your hotel room at the Grand Canyon Caverns Inn is included (double occupancy).
- All transportation/hotel transfers upon your arrival in Phoenix are included.
- All your camping equipment and base camp amenities which include: Double occupancy tents (that are really six person size tents) with ample room for personal gear and a stand up height of over 6 feet, 4.5 inch thick camp mattresses, sleeping bags, a fully equipped backcountry kitchen ideal for our

guides to prepare excellent meals, snacks, bottled water and non-alcoholic drinks, and solar showers with private enclosure.

What's Not-Included:

- Your round-trip air flight to and from Phoenix. Please fly into Phoenix by mid-afternoon on September 8th since we have an early departure to Sedona on our first day. Going home on September 13th please do not schedule your flight to leave before 9:00 pm from Phoenix or consider staying on and leaving the next morning.
- If you choose to fly in or out of the canyon by helicopter the cost is \$110.00 each way.
- Your hotel room our first night and the last night of our journey at the Holiday Inn Express Old Town in Scottsdale is not-included – however if you need a room coming or going, we can match you up with a roommate so you can split the cost.
- Going home, factor in the cost of catching a taxi back to the airport if you are not staying overnight at the hotel (around \$30.00). Phone calls, laundering services and souvenir shopping are not-included.

Havasupai Falls Grand Canyon Trip Costs

The 2010 trip cost is: \$2095.00 USD per person, double occupancy. If you need a single for this journey, the supplement is \$75.00 USD. If you need to stay at the Holiday Inn Express Old Town in Scottsdale coming into Phoenix or leaving Phoenix – figure it will be around \$150.00 USD per night double occupancy with free shuttle and breakfast included.



A deposit of \$700.00 USD is needed by: June 1st, 2010. Final payment is due: August 1st, 2010.

Want to Join Us?

Give us a ring at 727-421-0849 (or register on the website) – we can't wait to hear from you! This is a profound and heartfelt trip – meant to

connect you with your inner divine consciousness. Our intention is for you to become the highest expression of Spirit and light that you can be!