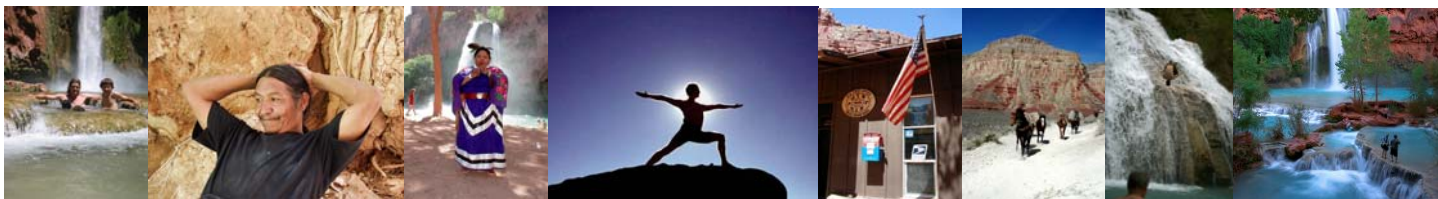


Grand Canyon Yoga Retreat with Mary Bruce

For more information or to book your trip, contact Brian Jump 480-945-2881 or 866-455-1601 – brian@aoa-adventures.com



When the first European explorers came to the edge of the Grand Canyon on their search for El Dorado in 1540, they literally had no idea what they saw. The visual vocabulary for a gorge a mile deep, six miles wide and 287 miles long was simply not available; the distances were deceptive, the scale unimaginable. It took John Wesley Powell, a one-armed Civil War veteran, geology professor, and amateur linguist with a gift for observation and a fondness for river travel to illuminate this grandest of canyons and to truly discover North America's greatest natural wonder.

On this adventure you descend into one of the most beautiful landscapes in the world -- the heart of the Grand Canyon at Havasu Canyon. Here, we will do yoga and explore this incredible landscape, swimming in travertine pools of turquoise blue, enjoying the evenings at our comfortable camp under the stars, enjoying great meals and conversation about the days adventures.

CUSTOM ITINERARY: OCTOBER 23-27, 2008

DAY 1: [DRIVE FROM PHOENIX TO THE GRAND CANYON CAVERNS INN](#)

Today we will leave Scottsdale and travel north through the Sonoran Desert and into 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. We will travel across the Colorado Plateau to the Grand Canyon Caverns Inn. Here we will enjoy dinner as your guides brief you on the following morning's activities. Stay overnight at the Inn.

DAY 2: [HIKE FROM HUALAPAI HILLTOP TO PRIVATE BASECAMP RETREAT](#)

After an early breakfast, we will drive the short distance to the trailhead perched on the edge of the canyon. This is the only land travel access to Havasupai. Starting at 5,200 feet, the trail begins with switchbacks until we reach a dry streambed 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 basecamp 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 & have a pre-dinner yoga class 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. **Hiking distance:** 10 miles

DAY 3: [TREK TO BEAVER FALLS](#)

Awaken in our basecamp, 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 and a yoga class, we will embark on one of the most exciting and beautiful adventures in North America, crossing tropical blue streams and wading through lush meadows of wild grapevines on our way to Beaver Falls, the last waterfall in the chain of four major waterfalls in Havasu Canyon.

Trail highlights: Some are optional based on ability and desire...

Descent of 200-ft Mooney Falls - Ash Springs side canyon and a natural shower! – Many stream crossings - The "Green Room" an under water cave - 18' waterfall jump - More hidden secrets...

We promise you will end this day in awe of your accomplishments! Our guides spend a large portion of their year in Havasupai, giving them the time to scout exciting off the beaten track options that are both daring and safe; traveling with them you will see and do things few have discovered...Tonight we will celebrate the day with drinks and appetizers followed by another wonderful meal while recounting the days exciting events. **Hiking distance:** 5-9 miles

ITINERARY CONTINUED...

DAY 4: ADVENTURE & RELAXATION IN THE "GEM OF GRAND CANYON"

Another day in canyon paradise started with a fresh and filling meal prepared by your backcountry chef will be followed by a very unique hike. 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 birds eye views of Havasu and Mooney Falls. Be sure to ask your guides about the "hot seat" and the "needles eye" both must see features of this spectacular adventure. Returning to camp with the high from your bird's eye walk, your guides will leave you to swim and enjoy a yoga class at Havasu Falls... late afternoon is for playtime and relaxation or another hike up beautiful Carbonate Canyon to visit mines from the early 1900's and enjoy some solitude among the towering cliffs **Hiking distance: 2-8 miles**

DAY 5: CONQUER THE CANYON

The scenery and magic of the canyon will make you never want to leave, but after breakfast it is time to conquer the canyon! While always tiring, the exhilaration of reaching the rim is an amazing feeling you will always remember. Expect to arrive in Phoenix between 5:00pm and 7:00pm. **Hiking distance: 10 miles**

TRIP DETAILS:

Fitness Level Rating: beginner - advanced
Accommodations: Historic Inn & Comfortable Camping
of Guests: 10-20
2008 DATES: October 23-27, 2008

INCLUDED IN TOUR COST:

STAFF:

- ↳ Professional, knowledgeable, safety-certified & yoga friendly guides for the duration of the trip
 - Guide teams are chosen for their ability to work together and the group demographics of the trip. AOA guides spend between 50 and 120 days in the Canyon each year making them the best in the business!
- ↳ Guidance and yoga classes lead by Mary Bruce

TRANSPORTATION:

- ↳ Transportation from Phoenix/Scottsdale

PERMITS, LODGING & AMENITIES:

- ↳ Day 1 lodging at the Grand Canyon Caverns Inn on Historic Route 66 (double occupancy)
- ↳ Reservation entry and overnight permits
- ↳ Use of our private basecamp
- ↳ All camping equipment & Basecamp amenities
 - Double occupancy tents - Six person size tents with ample room for personal gear and a stand up height of over 6 feet
 - Thick comfortable camp mattresses with fresh sheets and sleeping bags
 - Fully equipped backcountry kitchen ideal for our guides to prepare excellent backcountry cuisine
- ↳ Packhorses to carry your gear, yoga mats and supplies into and out of the Canyon
- ↳ 15lbs per person for personal equipment to be transported from the village to our Basecamp

MEALS:

- ↳ All meals & snacks - Dinner Day 1 thru Lunch on last day in the Canyon – menu customization available
 - We will prepare a special menu to compliment the yoga retreat atmosphere including fresh fruit and vegetables, salads and organic products whenever possible
- ↳ Bottled water

NOT INCLUDED IN COST:

- ↳ Rental backpacks: \$35.00 per person
- ↳ Airfare to and from Phoenix airport
- ↳ Gratuities to AOA Guides – usually between 10% & 15% of the trip price

TRIP STARTS

2:00 pm on day 1

TRIP ENDS

5:00 – 7:00 pm on day 5

