

Foundation & Friends USA



Trip Highlights

Jaw dropping views at the Grand Canyon National Park
Witness the stunning colours of Monument Valley on a sunset jeep tour
Walk and photograph the extraordinary Bryce Canyon and Zion National Parks
Discover Native American life at the Hopi Mesas and Taos Pueblo
Experience the Phoenix architecture of Frank Lloyd Wright
Wander amongst giant cacti in the Sonoran Desert
Explore renowned galleries and museums in Santa Fe



Trip Duration	16 days	Trip Code: FUS
Grade	Adventure touring	
Activities	Adventure Touring and Day Walking	
Summary	16 day trip and 15 nights hotel	

Welcome to World Expeditions

Thank you for your interest in the Foundation and Friends USA trip. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. We hope you will join us for a life changing experience!!

Why travel with World Expeditions?

Our US operators have the experience and enthusiasm to ensure an amazing trip. Our local guides provide excellent value for money. Our vehicles are well maintained and comfortable. We have selected accommodation to best suit the location and activity. Compare our prices, the quality of our hotels and all our inclusions and we feel that few trips can compare in terms of value for money. In addition responsible travel is important to us. Our company was 'Highly Commended' for Best in a Mountain Environment in the Responsible travel awards. Given our local knowledge, experience and leadership, we are quite sure that this trip will be the trip of a lifetime.

Foundation & Friends USA



trip dates

2017 15 Apr - 30 Apr

trip cost

Joining Phoenix: \$8950

All prices are per person

options & supplements

16+ passengers: \$7990

Single Supplement: \$2270

World Expeditions will endeavour to arrange for single travellers to share accommodation with another participant of the same gender, however if we can not match you up a single supplement will be applicable. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Please indicate on your booking form if you wish to make your flight bookings for you from Sydney. We will be working to obtain the best possible airfare for the group. If you wish to arrange alternative flights or have other travel plans after the Foundation & Friends trip, please talk to us today.

The Trip

The spectacular landscapes of south west USA are renowned – from Utah's Zion and Bryce National Parks and Arizona's Grand Canyon to the dramatic spring cactus flowering and hummingbirds of the Sonoran Desert. Join Jennie Churchill on a wide-ranging tour that takes us from these extraordinary national parks and wilderness areas to sophisticated private and botanic gardens, the Phoenix architecture of Frank Lloyd Wright to Walpi and the Taos Pueblo, two of America's oldest continuously inhabited Native American villages. We finish in Santa Fe, New Mexico's 1610 capital and a city famous for its exceptionally well-preserved Pueblo adobe architecture, vibrant arts community and galleries, excellent museums and great food and wine. From Phoenix to Santa Fe, this is a one-off tour that celebrates nature on a vast scale, the designed environment, flora and fauna, contemporary and Native American culture and art, iconic architecture and history.

About your Leader

A veterinarian and a gardener, Jennie Churchill's career has always combined a passion for flora and fauna. In her gardening career she is best known for her role as a presenter on ABC TV's Gardening Australia, and as co-author of two books on Edna Walling. An experienced tour leader, Jennie has escorted groups to European and English gardens, Nepal and Antarctica and, with World Expeditions and the Foundation and Friends, a 2013 trip to Iran and Turkey, a 2014 trip to the Galapagos and Ecuador, and in 2015 a trip to Iceland. For over thirty years, Jennie has lived in Kiloren, a Southern Tablelands garden at Crookwell, NSW. Designed in 1951 by Edna Walling, this 4 acre cold climate country property inspired a life-long love of gardening and nurtured an extensive, hands-on knowledge of cold climate plant species. While a veterinarian, Jennie also worked with a landscape architect to create planting designs for gardens across NSW.

Jennie is co-author and co-photographer of two best selling books on Edna Walling, the author of Pet Sense and editor of The Royal Botanic Garden Sydney: The First 200 Years. As well as contributing gardening editorial and photography to numerous publications, Jennie has delivered illustrated gardening lectures over many years, including to the Friends.

All of our USA tour leaders are certified in First Aid and CPR and registered as official guides with the national parks. All of them are trained to guide hikes. Most are bilingual.

At a Glance

DAY 1	SATURDAY 15 APRIL 2017 - ARRIVE PHOENIX
DAY 2	SUNDAY 16 APRIL - VISIT PHOENIX DESERT BOTANICAL GARDEN & FRANK LLOYD WRIGHT MUSEUM
DAY 3	MONDAY 17 APRIL - VISIT SONORAN DESERT MUSEUM AND SAGUARO NATIONAL PARK
DAY 4	TUESDAY 18 APRIL - PRIVATE GARDENS
DAY 5	WEDNESDAY 19 APRIL - VISIT HEARD MUSEUM AND DRIVE TO WINSLOW VIA THE PETRIFIED FOREST
DAY 6	THURSDAY 20 APRIL - HOPI MESAS, ROCK ART TOUR AND GRAND CANYON
DAY 7	FRIDAY 21 APRIL - MORNING AT THE GRAND CANYON. AFTERNOON DRIVE TO SPRINGDALE
DAY 8	SATURDAY 22 APRIL - FULL DAY ZION NATIONAL PARK
DAY 9	SUNDAY 23 APRIL - DRIVE TO BRYCE CANYON NATIONAL PARK
DAY 10	MONDAY 24 APRIL - ALL DAY BRYCE CANYON NATIONAL PARK
DAY 11	TUESDAY 25 APRIL - DRIVE TO PAGE, VISIT TOADSTOOLS ON ROUTE 89. AFTERNOON TOUR OF ANTELOPE CANYON.
DAY 12	WEDNESDAY 26 APRIL - MONUMENT VALLEY

Foundation & Friends USA



DAY 13	THURSDAY 27 APRIL - DRIVE TO SANTA FE
DAY 14	FRIDAY 28 APRIL - PRIVATE GARDENS
DAY 15	SATURDAY 29 APRIL - VISIT TAOS
DAY 16	SUNDAY 30 APRIL - TRIP CONCLUDES, SANTA FE

What's Included

- 15 breakfasts, 9 lunches (picnic), 4 dinners
- 15 nights accommodation in 3-4 star hotels
- one group arrival and one group departure transfer on Day 1 and Day 16
- Private transport
- Services of an experienced local Guide
- National park entry fees & sightseeing as specified
- Entrance to Phoenix Botanical Garden, Frank Lloyd Wright House, Heard Museum, Sonoran Desert Museum
- Antelope Canyon Jeep Tour
- Rock Art Tour at the Hopi Mesas
- Sunset jeep tour at Monument Valley
- Trip escorted by Jennie Churchill, Foundation & Friends

What's not Included

- Cost of laundry, soft drinks & alcoholic beverages
- Meals not indicated in the itinerary
- Flights, airport taxes, and airport transfers
- Travel Insurance (compulsory)
- Visas
- Medical treatment
- Personal expenses
- Optional excursions
- Tour leader tip (USD5 per day)
- Driver Tip (USD3 per day)

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

Detailed Itinerary

DAY 1 Saturday 15 April 2017 - Arrive Phoenix

Today is an arrival day into Phoenix. One group transfer will be provided on a selected group flight. If you are not arriving on the group flight an airport shuttle can be arranged with the hotel (details will be provided in your final documents). Overnight Tempe Mission Palms Hotel, Phoenix

Meals: NIL

DAY 2 Sunday 16 April - Visit Phoenix Desert Botanical Garden & Frank Lloyd Wright Museum

Today we visit the Phoenix Desert Botanical Garden which is home to over 21,000 plants. The garden contains numerous rare, threatened, and endangered species. With a focus on desert flora, the Desert Botanical Garden has a South America collection, a Baja California collection, and an Australia collection. The garden was founded in the late 1930s by the Arizona Cactus and

Foundation & Friends USA



Fast Facts

Countries Visited:

United States of America

Visas:

Yes*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Singles:

Single travellers who are unable to be matched with another single traveller of the same gender, must pay a single supplement on this trip.

Leader:

Expert local leader

Brochure Reference:

The Americas

Responsible Travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence. World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook. This detailed guide to responsible and sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website www.worldexpeditions.com

Trip grading

Native Flora Society. After lunch in the restaurant at the Gardens (at own expense), we will drive to Scottsdale and Taliesin West where we visit Frank Lloyd Wright's world-famous home. Overnight Tempe Mission Palms Hotel, Phoenix.

Meals: B

DAY 3 Monday 17 April - Visit Sonoran Desert Museum and Saguaro National Park

Today we drive to Tuscon and visit the Sonoran Desert Museum (approx 2 hours). The Sonoran Desert Museum has over 3km of walking trails and features an incredible fusion natural history museum featuring native plants and animals of the Sonoran Desert, outdoor zoo, aquarium, botanic garden and art gallery. We then head into Saguaro National Park (West), home to America's largest cacti, the giant saguaro. On our return to Phoenix we visit the Hohokam site of Casa Grande. The nation's first archaeological preserve, the "Great House" was constructed by an ancient Sonoran Desert community that farmed the Gila Valley in the early 13th century. Overnight Tempe Mission Palms Hotel, Phoenix.

Meals: B,L

DAY 4 Tuesday 18 April - Private Gardens

Today we have set aside to visit private garden/s as well as allowing some free time in and around Phoenix. Depending on when these visits are scheduled, our program in Phoenix will be flexible to accommodate. Overnight Tempe Mission Palms Hotel, Phoenix

Meals: B

DAY 5 Wednesday 19 April - Visit Heard Museum and drive to Winslow via the Petrified Forest

This morning we visit the Heard Museum which houses an outstanding collection of old and new, Native American Art & Culture. We depart late morning and drive (approx 3.5 hours) to the Petrified Forest National Park. Named for its deposits of petrified wood, the Park is also known for its fossils, badlands, buttes and mesas, ancient petroglyphs, wildlife, wildflowers and vast vistas. We drive through the Park, taking in the views before transferring to Winslow in the late afternoon (approx 1 hour). Our accommodation this evening is at La Posada, a hotel in Winslow designed by the famous architect Mary Colter.

Meals: B,L,D

DAY 6 Thursday 20 April - Hopi Mesas, Rock Art Tour and Grand Canyon

Today we visit the Hopi Mesas. The Hopi occupy 12 villages in regions referred to as First Mesa, Second Mesa, and Third Mesa. Although these areas have similar languages and traditions, each has its own individual features. The Hopitu, "the peaceful people," much like their Puebloan ancestors, have lived in these largely agrarian settlements of stone-and-adobe houses for generations. We take a tour to view some of the incredible rock art found around the mesas. In the afternoon we drive to the Grand Canyon National Park (approx 2.5 hours) where we will have time to soak up the changing colours and magnificence of this UNESCO World Heritage Site. Our hotel is located close to the entrance of the park. Overnight Red Feather Lodge.

Meals: B,L

DAY 7 Friday 21 April - Morning at the Grand Canyon. Afternoon drive to Springdale

We have all morning to spend at this amazing site. The Grand Canyon is one of the great wonders of the world and this morning you have the option to join your Guide in a walk along the canyon rim. You may choose to take an optional helicopter ride to view the Grand Canyon at your own expense (approx US\$180 for 25 minutes) or visit the interesting Geology Museum. In the afternoon we transfer to Springdale at the entrance to Zion National Park. Overnight Majestic View Lodge (approx 4-5 hour drive)

Meals: B,L

Foundation & Friends USA



Adventure touring

This trip has been graded adventure touring and includes touring and a series of walks to explore the national parks of western USA. The trails used are well defined and the walking distance will generally not exceed 3-4 hours. Those wishing to walk should carry walking sticks to assist with ascents and descents, particularly if you have a history of back or knee problems.

There are some longer drives on some days however, the vehicle will be air-conditioned, is relatively comfortable and the scenery quite stunning. It is well worth taking the time to prepare physically and mentally for the journey in order to get the most out of the trip.

Adventure Travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

Important Note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price.

DAY 8 Saturday 22 April - Full day Zion National Park

Zion National Park is located at the junction of the Colorado Plateau, Great Basin and Mojave desert provinces. It is known for its soaring red cliff walls of deep red sandstone that have been sculpted by the Virgin River and that soar as high as 800 metres. Today we have the opportunity to explore this dramatic landscape of canyons, domes and soaring cliffs. Walks will be made available depending on the group fitness and ability. Overnight Majestic View Lodge.

Meals: B,L

DAY 9 Sunday 23 April - Drive to Bryce Canyon National Park

This morning we drive to Bryce Canyon National Park (approx 2.5 hours). For many visitors Bryce Canyon ranks among the most beautiful in the USA. A full day has been reserved to explore the surreal formations that characterise the park where erosion has shaped colourful Clarion limestones, sandstones and mudstones into thousands of spines, fins, pinnacles and mazes. Collectively these wonderful and very photogenic natural structures are referred to as the "hoodoos". Overnight Bryce View Lodge.

Meals: B,L,D

DAY 10 Monday 24 April - All day Bryce Canyon National Park

Today we have the opportunity to explore this National Park on foot. Options will be available. The main walk is the Fairlyland Loop (4-5 hrs, ca. 8 miles/ 13 km, elevation difference: +/- 300m), however shorter walk options will be made available. Overnight Bryce View Lodge.

PLEASE NOTE: At the Grand Canyon and in Bryce Canyon National Park temperatures may vary. It can be very cold with possible snow, so you need to be prepared with warm clothing and good wind/wet weather jackets.

Meals: B,L

DAY 11 Tuesday 25 April - Drive to Page, visit Toadstools on Route 89. Afternoon tour of Antelope Canyon.

Today we drive from Bryce Canyon National Park to Page (approx 2.5 hours), located on the shores of Lake Powell. En route we will visit the remarkable 'toadstools' which are found just off the highway about 40km west of Page. Lake Powell was created through the damming of the Colorado River. Here dark blue waters reflect sheer red stone towers in an amazing colour show offering unforgettable impressions. In the afternoon, we take a jeep tour of the nearby Antelope Canyon. Overnight Quality Inn, Page.

Meals: B,L

DAY 12 Wednesday 26 April - Monument Valley

Today we visit the world famous Monument Valley of the Navajo tribe. Here, giant rock domes and mesas rise out of the valley into the blue sky and offer the opportunity for excellent pictures. For decades, the area has been used by Hollywood as a favourite movie backdrop. In the late afternoon we take an unforgettable jeep tour with the Navajos through the valley to the hidden beauty spots such as 'Ear of the Wind' and 'Big Hogan'. Overnight Desert Rose Inn.

Meals: B,L,D

DAY 13 Thursday 27 April - Drive to Santa Fe

Today we drive to Santa Fe (approx 5 - 6 hours drive). Santa Fe is the capital of New Mexico and is renowned for its Pueblo-style architecture and local art and culture. Santa Fe was founded as a Spanish colony in 1610 and has a central Plaza surrounded by the historic winding streets and adobe architecture. In the late afternoon we have a walking tour of the downtown area. Overnight Inn of the Governors, Santa Fe.

Meals: B

Foundation & Friends USA



DAY 14 Friday 28 April - Private Gardens

Today we have set aside to visit private garden/s as well as allowing some free time in and around Santa Fe. Depending on when these visits are scheduled, our program in Santa Fe will be flexible to accommodate. You may want to visit the excellent New Mexico History Museum located on the Santa Fe Plaza. Overnight Inn of the Governors, Santa Fe.

Meals: B

DAY 15 Saturday 29 April - Visit Taos

This morning we visit the Taos Pueblo, the only living Native American community designated both a World Heritage Site by UNESCO and a National Historic Landmark. The multi-storied adobe buildings have been continuously inhabited for over 1000 years and we will have a chance to hear stories of life on the Pueblos. Free time in Santa Fe on our return. Overnight Inn of the Governors, Santa Fe.

Meals: B,D

DAY 16 Sunday 30 April - Trip concludes, Santa Fe

Our trip concludes after breakfast. One group airport transfer will be provided to Albuquerque Airport (approx 75 mins).

Meals: B

This Itinerary Is Subject To Change With Any Change In Community Regulations As Well As Governmental Changes And Natural Circumstances Beyond Our Control.

Country Information

The United States is a vast country. However, most of the National Parks are located in the Western part of the country, reducing the area of interest to the walker significantly. The West (anything west of the Rocky Mountains) consists of 10 large states. Two mountain ranges cut the area from north to south along the lines of plate tectonics. While the Pacific Northwest has active cone shaped volcanoes, the rest of the area does not. Here we only see the remnants of ancient volcanic activities – in lava flows, hot springs, volcanic fissures and calderas (Mammoth Lake and Yellowstone). World famous is the area of red rocks known as the “Colorado Plateau”, “Canyon Country” or the “Grand Circle”. This area is the size of the United Kingdom and spans 4 states: Utah, Colorado, New Mexico and Arizona. It is a wonderland of eroded sandstone rock like no where else on earth. Layers of different colored sandstone in hues of red, pink and purple, thousands of feet thick have been exposed by ice age erosion. Glacier run off 12,000 years ago carved a true wonderland of rocks into these amazing sandstone deposits. These include 800 metre tall sheer dark red cliffs, slot canyons carved by flowing water into sinuous slots, tall mesas rising out of flat valleys and rock spires glowing in hues of pink and purple, arches, formed by frost erosion standing free above an abyss. Although many parks are only 1-2 hours apart, most travelers are utterly amazed at the difference of the scenery in each park, making this area one of the most scenically rewarding area to travel in the world. Major national parks, many of them UNESCO World Heritage Sites, dot the West. Yosemite, Grand Canyon and Bryce Canyon must be among the most famous parks in the world. Yet the entire area is protected through numerous wilderness areas, nature preserves, and vast stretches of public land, making the entire area an endless playground for the outdoor minded person. A few paved roads give access to the main points of interest, leaving large stretches of roadless canyon country and mountains that can best be explored on foot.

Climate

Please be prepared for a wide range of temperatures while on tour. The Western USA experiences a wide range of temperatures, depending on season, location and altitude. This trip will travel through areas of wide differences in climates. Western USA is as far south as southern Europe, experiencing strong sunshine. Make sure you protect yourself against the strong sun. At altitude during this trip, morning temperatures are often brisk or cold, warming up

Foundation & Friends USA



fast after the strong sun rises. In April, while visiting Bryce Canyon and the Grand Canyon, you may experience snow, cold and strong winds. Therefore we recommend a layering system for clothing, so you can adapt to the temperature changes without problems. As in most deserts, it is the sun that determines the temperatures, making night time temperatures much colder than daytime.

A Typical Day

As this is a hotel based journey we will be having breakfasts in the hotel restaurants. Starting time for each day varies depending on the program for the day. Typically we will leave the hotel between 7am and 9am depending on the days activities. Some of the national parks are huge and therefore require more driving time to get to the best and more scenic trails and viewpoints. When in the National Parks you will generally have a couple of hike options available to the group. We then walk anywhere between 1 - 4 hours, depending on the trail, the park and the destination. We can vary the duration of the hike to accommodate the group's fitness levels and the weather conditions. A few self guided walking options will be available in some areas on well marked trails. As the scenery is outstanding, we will take our time to enjoy it. Many picnic lunches are included on the trip, particularly when we are in the National Parks. Lunch may be carried in your daypack and eaten on the trail in a scenic location or as picnic lunches en route from place to place. Your tour leader knows the locations best and apart from hiking the indicated trail, will also decide what to do in addition to the walks each day - depending on the group's wishes, weather conditions and location.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

Accommodation on the Trip

Accommodation on this Foundation & Friends USA trip has been chosen to best suit each destination we visit. In the National Parks we stay in simple hotel accommodation that is well located, and often with some great views into the National Parks. The accommodation is clean and comfortable with twin share facilities. Other accommodations have been selected for their atmosphere, historic value, and/or their location in the downtown. In Phoenix we stay in the comfortable 4 star Tempe Mission Palms Hotel and in Winslow, we stay in the historic La Posada, designed by the famous architect Mary Colter and in its hey day, the hangout of politicians, celebrities and movie stars. We end our trip in Sante Fe staying at the comfortable 4* and well located Inn of the Governors.

What you Carry

During our walks in the National Parks you will be required to carry your daypack with extra warm clothing, a rain jacket, water bottle, film and camera gear, valuables and personal items such as sunscreen, lip balm etc.

Foundation & Friends USA



Equipment Required

A comprehensive gear list is provided in the pre-departure information supplied on booking.

Special Visa Requirements

Many travellers to the USA (including those from Australia, New Zealand & the UK) must have a pre arranged travel entry authorisation in place. This is obtained electronically for passport holders from countries eligible for the Visa Waiver Program. The authorization must be in place prior to arrival to the USA and can be obtained at the following website <https://esta.cbp.dhs.gov>. Please consult your World Expeditions reservation consultant if you have any questions regarding your eligibility for the Visa Waiver Program. All other nationalities should check with your nearest embassy or consulate.

Non Exclusive Trips

Please note that everyone on this trip is required to sign a release of liability waiver and assumption of risk form supplied by our local operator. It is a prerequisite before you may join the trip. Please note that this is in addition to the World Expeditions standard terms and conditions. If you would like a copy of this form prior to booking, then please let us know.

Wildlife

Wildlife depends on habitat. In the mountains of California and the Rockies we find: black bear, elk, deer, coyote, and the occasional wolf along with a wide range of rodents (marmots, beaver etc). There are a lot of birds here, including eagles, hawks, humming birds, jays and blue birds. In the Rockies you are also likely to see herds of wild bison and very large herds of brown bear, wolf packs, bighorn sheep, mountain goats, porcupines, skunks and fox. The Rockies are a birder's paradise, producing birds such as cranes, singing swans, white pelican, bald eagles and many migratory species.

In the desert, wildlife is more elusive. Due to the heat, it is mostly nocturnal. The most common animals to see while hiking are birds: hawks, eagles, vultures, road runners, jays, blue birds, and the majestic California condor. Ground squirrels and deer are often seen near trails. However, with a little luck we will also see coyotes, ring tail cat, cactus mouse. At times groups see mountain lions, bobcats, or the elusive and endangered big horn sheep.

How to Book

Please fill out the booking form and return with a \$500 deposit to Foundation & Friends of the Botanic Gardens to reserve your place on the tour. Please note that all reservations are subject to availability at the time of booking. The deposit is payable by cash, credit card or cheque (made payable to World Expeditions) and is non-refundable. Please direct your completed booking form and send to the following address:

Foundation & Friends of the Botanic Gardens
Cottage 6
Mrs Macquaries Road
Sydney NSW 2000
Ph: 9231 8182
Fax: 9241 3064