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Best of the Grand

lower canyon motor powered river trip through the
Grand Canyon

Please read the enclosed material carefully.

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The **Best of the Grand** river trip covers the lower portion of the Grand Canyon, approximately 190 miles, from Bright Angel Beach (near Phantom Ranch) to upper Lake Mead.

The trip begins at the South Rim of the Grand Canyon. Passengers hike down to the boat beach near Phantom Ranch with a guide — a 9½ mile hike going down 5000 feet in elevation — meeting the boat at the river to begin the trip.

You will visit many scenic areas and take some short side hikes each day during your trip. You will be entertained with fascinating information on the history of the canyon and the river as well as interesting interpretation on the ecology, geology, and cultural aspects of the canyon.

Passengers are returned to Grand Canyon South Rim Village at the end of the trip, arriving in the late afternoon/early evening.

Canyoneers is a concessioner of the National Park Service.

The National Park Service has mandated that no recreational user may participate on more than one recreational river trip through any part of the Grand Canyon from Lees Ferry to Diamond Creek of the Colorado River within any given calendar year. If you or any member of your party have taken or plan to take another Colorado River trip during this calendar year, please contact our office as soon as possible.

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### **national park entrance fee**

**Canyoneers does not sell national park passes!**

Passengers beginning their trip at the Grand Canyon South Rim will be required to pay the national park entrance fee of \$15 per person or \$30 per vehicle when you arrive at the entrance gate. Please retain your receipt!!

An interagency pass — an "Annual Pass, Senior Pass, or Access Pass" — may be substituted for the entrance fee. The new pass will admit pass holder + 3 adults — not to exceed 4 adults. (Children under 16 are admitted free) or pass holder and occupants of a single, private noncommercial vehicle. An Annual Pass can be obtained in person at the park, by calling 1-888-ASK USGS, Ext. 1, or online at <http://store.usgs.gov/pass>.

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written orientation

You will be given a **written orientation** with park service regulations and tips for a safe and fun trip. Please read it carefully and when finished, sign and return the statement on the front of the written orientation. This is very important information and it is necessary to return the acknowledgement for insurance and park service compliance.

There will be no other pretrip orientation and you will meet the guide at the **Bright Angel transportation desk in the Bright Angel Hotel at 5:00 am.**

Be sure to have your water bottles filled and purchase food for your breakfast and snacks for your hike down to the river the night before.

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### **required paperwork**

An Acknowledgement of Risk form and a Medical Information form must be signed by each individual (or parent/guardian of each minor) and on file in our office before a passenger is allowed on the boat—this is an insurance liability requirement. Forms must be received at least **30 days prior to the trip or as soon as possible if reserving within the 30 days prior to the trip.** Other trip specific forms may also be required.

The national park service requires Canyoneers to obtain full legal name (first, middle, & last), date of birth (month, day, & year), medical history, medications presently taking, and the reason for taking the medications from each participant. Canyoneers and its employees do not screen prospective river passengers based on medical information provided. It is up to the prospective passenger and his/her physician to determine whether or not he/she is physically/mentally able to participate in a Grand Canyon river trip. All information is confidential and will in no way eliminate you from the river trip for which you are reserved. This information is required so we are aware of any potential health problem that might affect your experience on the river. Participants must decline in writing if they choose not to provide the medical information.

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cancellation & travel insurance

If you have not done so, we highly recommend that you purchase the trip cancellation/ medical evacuation insurance provided by Travel Insurance Services. (Information is sent to you with your deposit receipt.) Any cancellations within 90 days of the trip will result in loss of all monies paid.

Last minute accidents and/or illnesses do occur, and the cost of the insurance is very reasonable. Please take time to read and evaluate the insurance information carefully. If you have specific questions regarding coverage, please call Travel Insurance Services direct at 800.937.1387 or visit their website at www.travelinsuranceselect.com.

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## what to bring

The items listed below are **recommended** to bring for a comfortable trip. Please remember temperatures can change quickly in the canyon, so base your quantities on your own comfort level. **Fleece and rainsuits are necessary — even in July & August.** Monsoons (summer storms with heavy rain and/or hail and cold wind) are common and the water in the river is very cold year round. We want you to be prepared with proper clothing in the event of any weather type! **(Please label all belongings with your name for easy identification!)**

The inner canyon is a desert environment and, therefore, mosquitoes and other flying insects are usually not a problem. There are fire ants and scorpions. Insect repellent can be brought if desired. **Anyone who is allergic to stings should bring an anaphylactic kit/epi pen with them.**

Bring a soft daypack to carry your lunch, water, and clothing on the hike to the boat — **no external or metal frames!** (about 2500 cubic inches - like the large book backpacks used by school children.) **You will also need to transfer belongings out of drybag back into your daypack at end of trip.**

**Remember!! You will be packing out all of the items that you bring on this trip plus your water and lunch in your daypack!**

❖ Denotes items sold in our retail supply catalog — download from our website

### clothing

select quick drying fabrics

NO jeans or sweats

- ✓ T-shirts or lightweight cotton shirts ❖
- ✓ nylon or quick drying shorts
- ✓ lightweight long pants (zip off legs are great)
- ✓ lightweight long sleeve shirts
- ✓ swimsuits (2 piece for women works best)
- ✓ long sleeve fleece top ❖ (pullover or jacket)
- ✓ sturdy rainsuit or rainjacket ❖ NO ponchos
- ✓ full brimmed hat with strap or hat leash ❖
- ✓ (optional) noncotton long underwear (top & bottom)
- ✓ (optional) underclothes & sleepwear

### footwear

- ✓ pr light/medium weight hiking boot (for hike out of canyon)
- ✓ pr recreational sports sandal (closed toe such as Keen is best—if open toed such as Teva or Chaco, consider fast drying deck or tennis shoe also - please NO flip flops)
- ✓ (optional) socks

### toiletries & misc gear

- ✓ personal toiletries (travel size toothbrush/paste, etc)
- ✓ lip balm & moisturizing lotion or cream ❖
- ✓ premoistened towelettes (travel size hand wipes)
- ✓ biodegradable soap ❖ (required by Park Service)
- ✓ sunscreen (a MUST!)
- ✓ water bottle ❖ or camelpack hydration system (min 3-4 qts water needed for hike in)
- ✓ sunglasses & glasses retainer ❖
- ✓ small towel ❖ (bath/beach towels take too much room)
- ✓ pillowcase ❖ (to fill with clothing for pillow)
- ✓ camera & spare film &/or batteries
- ✓ flashlight or headlamp & spare batteries
- ✓ ziplock bags & heavy duty trash bags (keeps things separate, contained, dry, and sand out!)

### other optional items

- ✓ ricksack & carabiner ❖ (mini drybag & attachment tool)
- ✓ crazy creek chair ❖ (if you wish to use it on the boat)
- ✓ Grand Canyon River Guide ❖

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seating on the river

Because space is limited on our river trips, we recommend our passengers who want some type of seating in camp to bring crazy creek chairs (available through our supply catalog on line.) These stadium style chairs are incredibly comfortable and have good back support on beach or boat. For those who do not wish to sit on the ground, a small camp chair is also available through our catalog. If you wish to bring your own chair, it must be **small, light weight, and in a stuff sack style carry case.** It cannot be more than 8" in diameter when packed. **Please be mindful of the limited space we have on our motorized trips.**

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Grand Canyon South Rim is the meeting point for the Best of the Grand lower canyon trips

### transportation to south rim

#### ~AIR SERVICE~

#### Major airports

**Phoenix Sky Harbor International Airport**  
Phoenix, AZ  
602.273.3300 ~ www.phxskyharbor.com

**McCarran International Airport**  
Las Vegas, NV

#### Minor airports & air service

**Scenic Airlines** (Las Vegas to/fr So Rim)  
800.634.6801 ~ www.scenic.com

**Grand Canyon Airlines** (Las Vegas to/fr So Rim)  
702.835.8484 ~ www.grandcanyonairlines.com

**No Las Vegas Airport** (air hub to GC Airport)  
702.261.3801

**Grand Canyon Airport**  
928.638.2446

#### ~SHUTTLE BUS SERVICE~

**Arizona Shuttle** (Phx to/fr Flag)  
800.888.2749 ~ www.arizonashuttle.com

**Larson's Van Service** (charter shuttle to/fr LV)  
702.456.4791 ~ www.larsonsvanservice.com

**River Runner's Shuttle** (vehicle shuttle service)  
928.564.2194 ~ www.rrshuttleservice.com

#### ~RAIL SERVICE~

**Amtrak** (east-west passenger service to/from Flagstaff)  
800.872.7245 ~ www.amtrak.com

**Grand Canyon Railway** (Williams to Grand Canyon)  
800-843-8724 www.thetrain.com

#### ~RENTAL CARS~

Most all national rental car agencies are available in Phoenix, Las Vegas, and Flagstaff.

#### ~MILEAGE CHART~

Phoenix to South Rim, 220 miles — approximately  
a 4 <sup>1</sup>/<sub>2</sub>-hour drive  
Las Vegas to South Rim, 260 miles —  
approximately a 5 -hour drive  
Albuquerque to South Rim, 405 miles —  
approximately a 7-hour drive  
Los Angeles to South Rim, 495 miles —  
approximately an 8-hour drive

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return to south rim

On the last day of your river trip you will depart at Lake Mead. The departure point will be Pearce Ferry. There you will be met by transportation vehicle(s) to bring you back to the South Rim.

Although we make every effort to keep the scheduled itinerary, due to the nature of the activity, post trip arrival times at the take out point and/or the South Rim cannot be guaranteed. Canyoneers will not be responsible for any outside costs that may be related to such a delay.

Passengers will be dropped at the Maswik Transportation Center. The park's shuttle service is available to transport you to all lodges within the park. Arrival will be approximately 5:30 pm - 7:30 pm at the South Rim Grand Canyon Village, so **we recommend you spend the night and make your return travel plans for the following day.** Call 888.297.2757 to make room reservations.

Many passengers ask if they can be taken to Las Vegas rather than return to the South Rim. We do not provide that service, however, River Runners Shuttle Service (928.564.2194 or info@rrshuttleservice.com) or Larson's Van Service (702.456.4791 or www.larsonsvanservice.com) can provide shuttles to Las Vegas. Call or check website for rate information. Car shuttle service is also available through River Runners Shuttle Service.

If you are going to make arrangements for transportation other than that provided by Canyoneers, **please notify Canyoneers of your plans in advance.**

Canyoneers cannot provide car shuttle service or transport any luggage left at the South Rim.

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## hotel reservations

The cost of the motel for the night prior to your trip is **NOT included** in your fare. Reservations for any lodging facility inside the Grand Canyon South Rim Village can be made by calling the main reservation line for Xanterra — **888.297.2757**. Information on the different facilities can be obtained from the Xanterra web site —[www.grandcanyonlodges.com](http://www.grandcanyonlodges.com). **We highly recommend making the reservations well in advance—do not wait until the last minute!!** Due to the large number of visitors at Grand Canyon National Park, the Grand Canyon Village hotels book far in advance. **We recommend you secure a reservation as soon as possible.**

**Reservations should be made for the night before your trip, as you will get an early start (5am) on your hike into the canyon. We recommend you reserve for the night of your return also — the following Saturday — and make travel arrangements for the following day.**

Dinner Monday night is on your own and you should purchase items for your breakfast and snacks for your hike down to the river. *Get a good night sleep and ask for a 4 am wakeup call.*

### other hotels just outside the South Rim Grand Canyon Village in Tusayan

Rooms are also available in Tusayan, a small town just outside of the National Park.

List online —

<http://www.arizonahotels.com/cities/Tusayan>

Squire Inn - 928.638.2681

Grand Hotel - 928.638.3333

Red Feather Lodge - 928.638.2414

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storage of vehicle & luggage

Canyoneers will not be responsible for storing or transporting any luggage. While you are on the river, your luggage should be left in your vehicle and your vehicle may be left in the long term parking lot across from the Maswik Lodge. Please do not leave items inside in sight. Safety deposit boxes are available at most hotels, please ask the front desk bellman of the hotel where you stay for information on luggage storage if you do not have a vehicle.

Vehicles can be left in the parking lot across from the Maswik Lodge but a fenced area is not available.

money &/or credit cards

Money &/or credit cards should be brought (and kept in waterproof container - baggies, etc.) for the following reason...

- ✓ payment of gratuity to the crew at the end of the trip if desired
- ✓ the purchase of drinks, etc., **if** the bus should stop on the return trip to Flagstaff
- ✓ payment of lodging or transportation if staying an additional night at the South Rim after returning from trip

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## weather

Early May trips are usually very pleasant, but spring rains can occasionally keep the temperatures cooler than normal. June, July, & August are the hottest months. Monsoons occur in July and August.

The clothing list should be followed to be sure that you are prepared for any possible weather situation. (Yes! Fleece should be brought even if expecting hot temperatures!) Rainsuits are used for keeping you dry when going through the rapids as much, if not more, than for occasional rainstorms.

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Average Summer Temperatures

May	days 70°-90°F	nights 50°-70°F
June	days 80°-105°F	nights 70°-90°F
July/August	days 100°-115°F	nights 70°-90°F

fishing

Fishing in the Grand Canyon requires a license and the appropriate "stamps" for anyone 14 years or older, resident or non-resident, issued by the Arizona Game & Fish Department. Canyoneers requires fishing poles to collapse to a maximum of 24", the use of barbless hooks, and the use of the catch and release method. For details on licensing and regulations within the Grand Canyon, contact Arizona Game & Fish Commission, 928.774.5045—www.gf.state.az.us

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## participant list

Unless instructed otherwise, Canyoneers will provide a passenger list with personal and email mailing addresses of all participants to each passenger on the trip.

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equipment we supply

Equipment will be issued to you when you reach the boat.

drybag

A vinyl waterproof drybag (approx 26H x 16 Diam once properly closed) will be provided to each passenger to keep clothing and sleeping bag dry while on the river. The drybag is a soft, pliable vinyl bag and will provide sufficient room for the clothing list we recommend you bring as well as the sleeping bag. During the day, you will not have access to the dry bag or its contents. Due to space restrictions, no additional drybags may be taken. Passengers must use the drybags Canyoneers supplies.

ammo can

An ammo can is also provided for toiletry items, sunscreen, extra film, medication, etc. To insure items stay dry and clean, we recommend putting these items in small ziplock bags. The ammo can is approximately 12x7x6.

camp chairs

Canyoneers now provides camp chairs on our trips.

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**sleeping pad**

The pad is a thick firm foam paco pad — 1.5"x24"x72", waterproof and self-inflating and very comfortable. We suggest you use our pads rather than bringing your own simply for ease of storage and because space is limited. Air mattresses take too much time to fill and empty to be worthwhile — we recommend you do not bring them. The sleeping pad and tent are stored separately on the boat for you.

**sleeping bag**

Sleeping bags are provided for passengers on the partial canyon trips. They are a light to medium weight bag.

The sleeping bag will be packed (in addition to your personal belongings) in the dry bag issued to you when you reach the boat. During the hotter months, it is recommended that you bring a twin-size sheet to use for cover if wishing to sleep on top of the sleeping bag. Pillows take too much room, so bring a pillowcase to fill with clothing instead, or purchase the small pocket pillow listed in our River Trip Supply Catalog.

**tent & ground sheet**

A tent and ground sheet are available to all passengers. The tents are dome tents with a bottom and a zip closing. They sleep two comfortably, but can hold more. If you are traveling alone, you may have a tent to yourself — please request ahead of time so we are sure to have plenty. You will be given instructions on the proper way to set up the tents — assistance is available if needed. The ground sheet may be used under your sleeping bag if you wish to sleep under the stars rather than in a tent.

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electronic equipment

Because of the chance of damage by water and/or the fine sand in the canyon, Canyoneers recommends leaving expensive photographic equipment at home. Waterproof disposable cameras take very good pictures and are inexpensive. If bringing expensive photographic equipment, be sure to have a waterproof case or plenty of zip lock bags.

Cell phones do not work within the canyon. If planning to bring any other electronic device, remember there is a chance of damage by water and/or the fine sand in the canyon. Canyoneers will not be responsible for damage to equipment if brought on the trip.

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**optional additional storage**

Space is limited, so the only additional storage allowed is a small mini drybag (ricksack —maximum size 10"x15") that can be used to store your rainsuit and other small items. For easier access during the day, a sturdy metal carabiner (plastic carabiners break easily) is needed to attach your mini bag to the boat. The ricksack and carabiner set is NOT provided, but is sold in the River Trip Supply Catalog or you can purchase one at most sporting goods stores.

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at end of the trip

At the end of the trip the drybag is left on the boat. You will use the same pack you carried your belongings in on your hike into the canyon to transfer your belongings into at the end of the trip

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## evening before your hike to the boat

**Passengers should prepare for their hike to the river the evening before.**

**1. Purchase items for your breakfast and sack lunch/ snacks for hike.**

The cafeterias do not open until 6 am so you must prepare the evening before. Items may be purchased at the Maswik or Yavapai cafeteria or at the general store. Complex carbohydrates and salty snack items are recommended. (muffins, fruits (banana or apple), crackers, granola bars, energy bars, pretzels, trail mix/gorp, etc.)

**2. Ask for a 4 am wake up call.**

Passengers will hike down to the river with a Canyoneers guide. You will meet the guide at the Bright Angel transportation desk in the Bright Angel Hotel at **5 am**. Please be on time! Be sure to have purchased food for your breakfast and snacks for your hike down to the river. If you do not arrive on time, the hiking guide and group will not wait for you. Canyoneers will consider you as a "no show" and your river fare will be nonrefundable.

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duffel service

You will carry your belongings on your hike into the canyon.

OR use the duffel service

If you do not wish to carry your belongings on your hike to the boat, duffel service is available to anyone hiking into the canyon. It is not part of your river trip package. The cost is \$68.30 **per duffel** (price subject to change without notice.) If you are interested in this service, please call Xanterra at 888-297-2757 to make reservations for the duffel service. **Please be sure to select the "Boat Beach Hitchin' Rail" as the destination point.** They will give you specific instructions and take your credit card information for payment. Please note that there is no secured or weatherproof storage at the Hitchin' Rail where the duffels are unloaded. **You will be hiking to Pipe Springs so you must notify Canyoneers office if you plan to use the duffel service at least one week in advance so the crew will know to pick it up when passing the boat beach.**

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## useful websites

Grand Canyon Trip Planner

[www.nps.gov/grca/parknews/newspaper.htm](http://www.nps.gov/grca/parknews/newspaper.htm)

Grand Canyon information site

[www.nps.gov/grca/planyourvisit/index.htm](http://www.nps.gov/grca/planyourvisit/index.htm)

Grand Canyon weather info

[www.wunderground.com/US/AZ/Grand\\_Canyon.htm](http://www.wunderground.com/US/AZ/Grand_Canyon.htm)

Maps of the Grand Canyon

[www.nps.gov/grca/planyourvisit/maps.htm](http://www.nps.gov/grca/planyourvisit/maps.htm)

Bright Angel Trail & South Kaibab Trail

[www.nps.gov/grca/planyourvisit/day-hiking.htm](http://www.nps.gov/grca/planyourvisit/day-hiking.htm)

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preparing for a safe hike

The Best of the Grand trip requires hiking into the canyon.

Read thoroughly!!

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The following is a **partial** checklist of conditions that **could** prevent you from completing your hike into or out of the canyon. You may have other physical or psychological limitations - you know your body better than we do! If you cannot decide for yourself, we suggest you consult your family physician.

**If you have:**

- \* acrophobia
- \* asthma
- \* angina
- \* emphysema
- \* shortness of breath
- \* diabetes
- \* heart ailments
- \* hypoglycemia
- \* high blood pressure
- \* chronic back problems
- \* hip, ankle, knee, or feet problems
- \* do not get much exercise

**If you are:**

- \* blind
- \* pregnant
- \* taking medications
- \* overweight or underweight
- \* unusually sensitive to the sun, heat, cold, or altitude

**If you:**

- \* smoke
- \* have not hiked long distances up or down hill

## hiking into the canyon

### **The Best of the Grand trip requires hiking into the canyon. Read thoroughly!!**

The hike down to the river is the most strenuous part of this trip. You will be carrying your personal belongings as well as your lunch and water for the hike down to the boat. (Always begin your hike with 3-4 quarts of water per person— occasionally water lines are not functioning properly and water on the trail is not available.) **A soft daypack with no framework is required for carrying your belongings and lunch and water on your hike into the canyon.** Temperatures usually vary by 20°F (7°C) between the top and the bottom. Best of the Grand passengers must be prepared for these changes.

Canyoneers provides a guide and uses the Bright Angel Trail for the hike in. Do not start your hike down without meeting with the guide! Find a comfortable pace for your hike keeping in mind you must be at the boat by 11 am, so this requires a steady pace. Your hike down to the river is approximately 9 1/2 miles long. Due to our schedule, and in fairness to our other passengers, the Canyoneers boat will not wait for late arrivals. Please be certain to read this carefully so you are certain of the timetable of meeting the boat!

Grand Canyon trails are in a dry desert environment and the temperature in the summer can be extremely high. On average, it will take between 4 and 6 hours to hike into the canyon, depending on the individual. The trail begins on the rim at an elevation of 7260 feet above sea level and descends to 2480 feet above sea level at the river, a vertical descent of almost 1 mile. Proper hiking boots (light weight) and 3-4 quarts of water per person (in containers you must carry yourself) are required.

Hiking sticks can be of great assistance to those hiking into or out of the canyon, however, the stick must be able to collapse to a maximum of 24"-26" and be constructed of a water resistant material. Be sure to cut your toenails short!!

Keeping yourself cool **and** hiking into the canyon takes a very large amount of energy (food). You need to make sure that you eat a lot more than you normally do. Eat small amounts of complex carbohydrates (breads, fruits, crackers, grains, nonfat energy bars, etc.) throughout the day (every  $\frac{1}{2}$  hour).

While hiking, you should avoid foods that are high in fats and proteins because these foods take a long

time to digest and will tend to unsettle your stomach in the heat. If you do not eat enough food to meet your energy needs, you end up burning your fat and muscle tissues to meet these needs.

This is very inefficient, and creates a lot of metabolic waste products that are guaranteed to make you feel ill in the heat. Eating adequate amounts of food will also help guarantee that you are replacing the electrolytes (salts) that you are sweating out.

If you replace the water, but not the electrolytes that you have sweat out of your body, then you can develop a serious and dangerous medical condition known as hyponatremia (water intoxication.) If left untreated, hyponatremia can lead to seizures and possibly death. You need to eat at least 2 to 3 times your normal food intake to meet your energy needs while hiking in the canyon.

**Hiking in the canyon, everyone sweats around  $\frac{1}{2}$  to 1 quart of water and electrolytes each and every hour that they are walking in the heat.** This fluid/electrolyte loss can even exceed 2 quarts per hour if you hike uphill in the direct sunlight and during the hottest time of the day. Because inner canyon air is so dry and hot, sweat evaporates instantly, making its loss almost imperceptible. This evaporation allows our bodies to lose heat and keep cool. Do not wait until you start feeling thirsty to start replacing these fluids and electrolytes. By the time you feel thirsty, you are **already** dehydrated. The more dehydrated you become, the less efficient your body becomes at walking and cooling. Carry your water bottle in your hand and drink small amounts often. (The new "camel" packs are **great** for carrying plenty of water with easy access.)

**Note: Mules on the trail have the right of way - please respect them and do your best to allow them to pass.**

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beverages

Canyoneers brings fresh water from Flagstaff — enough for the entire trip. You will be encouraged to drink plenty of water while on the trip!! Canyoneers also serves coffee, tea, juice, punch, and milk with your meals. We do not, however, supply soft drinks, beer, wine, or liquor. So passengers hiking down the canyon to meet the boat do not have to carry their beverages on their hike down, we give you the option to purchase drinks and have them waiting on the boat. Beverage orders **must** be placed directly with the licensed liquor retailer **and** paid in full well in advance of the trip. An order form will be sent to you and should be filled out and returned with full payment to the liquor establishment. (This service is available **only** to those passengers hiking into the canyon!)

DO NOT SEND THE ORDER FORM TO CANYONEERS!!

Order only as much as you feel you can drink during the allotted duration of your trip (there is no set limit on what can be ordered, but space is limited) and remember — **alcohol dehydrates your body!**

If you wish drinks other than what is offered (**no substitutions or additional items are available**) or if you wish to supply your own beverages and do not wish to pack them down the trail, you can bring them to Canyoneers (located at 7195 N Hwy 89, Flagstaff, AZ 86004) **no later than noon the Friday prior to your trip**. All beverages must be in cans or plastic containers—**no glass!** Each container must be plainly marked with your initials on the bottom of the can or container (permanent marker or fingernail polish works best.)

Note: No alcohol is allowed on the bus returning to the south rim at the end of the trip.

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## special occasions

If you or a member of your party has a birthday, anniversary, or any special occasion while on the trip, please let us know in advance so the crew can plan something special.

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meals & special diets

The big western outdoor meals that have been traditional with Canyoneers have gotten even better over the years. Although we are not able to cater to personal dietary likes and dislikes, our menu does provide healthy, hearty, balanced meals that include a variety of fresh fruits and vegetables, beef, chicken, pork, fish, cheeses, salads, snacks, and sumptuous desserts. Please contact us if you would like to review a sample menu. We are able to accommodate vegetarians on our trips. Just complete our form (send well in advance) so we know whether you eat fish, poultry or dairy, and we'll do the rest.

If you have a highly specialized medicinal diet, you may wish to send us your special items in advance, and we will provide storage on the rafts. Please contact us for specifics, and please plan on sending your items to us at least two weeks in advance of your trip departure. Anyone who is highly allergic to specific foods should bring an anaphylactic kit/epi pen with them.

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## gratuities

Our guests often ask us how to handle gratuities for the river crew. If you wish to tip your crew members you may do so by cash or check at the end of your trip, or you may mail a gratuity. If you give the gratuity to your trip leader, the trip leader will divide it equally among all crew. If you send a check to Canyoneers we suggest you either write separate checks, or make the check payable to Canyoneers and indicate the names of your crew in the memo field. We will then divide it equally unless you give us instructions requesting a different distribution.

Customary tip range for Grand Canyon trips is 5-10% of the total fare. An address list for the guides will be included with the participant list of those on your trip and will be sent after the end of your trip.

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