



# TRAVEL TO LEARN

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## Sedona/Red Rock Wilderness

Experience the majestic red rock scenery and evergreen vegetation while you hike a myriad of trails of all levels for outdoor enthusiasts. During summer heat, spend time in the refreshingly cold waters of Oak Creek Canyon or visit more remote swimming holes. Climb challenging Mt. Wilson or the Cockscombs for some of the state's most breathtaking views and at the end of the day camp on a canyon ridge. Sedona is also well known for the power of its Vortex meditation sites that can be easily accessed on short hikes. Find a spot to watch the sunset and be sure to bring your camera as this will undoubtedly become your favorite outdoor haven.

Travel to Learn takes care of all the trip details so you can enjoy your time in nature!

Price is for **each participant** and based on the size of the group.

2 Participants	4 Participants	6 Participants
\$265/each	\$185/each	\$155/each

**DURATION:** 2 nights and 2+ days

**ACCOMODATIONS:** 2 nights camping. Prices are based on 2 people per tent.

**INCLUDED:** camping fees, camping gear (tents, air mattresses, sleeping bags), Personal Chef, 5 Healthy Home-Cooked Meals (all kitchen utensils/gear)

**FOOD:** Dinner Friday through breakfast on Sunday – Carlos cooks meals from scratch using farm-fresh foods or ingredients from local organic retailers. He will share a menu with you before hand but allows you to choose and adapt it (also available: ethnic dishes, organic, wheat-free, and lactose-free meal) Drinks: morning coffee, juice with meals, filtered water

**DATES:** Check web site for dates or pick your own weekend. Trips are done year round, depending on your preferences.

**BOOKING:** Fill out [booking form](#) online. Include number of people in your party and the size of cabin you prefer.

**CAMPING OPTIONS:** You can choose to stay at a campground or dispersed camping.

### **CAMPGROUNDS**

- Campgrounds are maintained facilities with bathrooms and sometimes showers. One or two vehicles can usually fit in a parking area and camping is done near your vehicle.

**PLUS:** It feels safer to many, there are other people, you have access to a bathroom with a door.

**NEGATIVE:** People make noise (sometimes while you try to sleep) little privacy at your campsite, doesn't always feel like you are in nature (depends on the campsite) animals are attracted because people leave food at campsites.

### **DISPERSED CAMPGROUNDS**

- Dispersed campgrounds have no designated camp spots, no fire rings and in many cases there are no facilities (toilets or showers). We can set up a shower bag and toilet with privacy. Tents and camp may have to be set up a short distance from the vehicles but usually not far.

**PLUS:** You are in nature with no distractions from people, you can have a larger fire, privacy

**NEGATIVE:** No access to bathroom or facilities with locking door

### **TOILETS in a DISPERSED CAMPGROUND**

- Dig a hole 6-10 inches deep 200ft from any water, camp or trail. We have a small shovel you can use. Do your thing! Cover the hole back up with dirt, twigs, leaves etc. Paper should be placed in a bag and disposed of.

### **SHOWERS**

- On the way back from your hike on Saturday, you can buy tokens and use the showers at the Cave Springs Campground, 13 miles north of Sedona. We can also set up a shower bag with heated water with as much privacy as possible.

### **FOOD**

- We believe an important aspect of an outdoor experience is to eat healthy, tasty meals. We are prepared to cook complete organic meals using fresh foods from local farmer's markets. All meals are planned ahead of time so participants can give the thumbs up. If you have any special needs, please share them with your guide/planner beforehand.

### **RENTAL GEAR**

- Please treat rental gear as your own. Liners or sheets **must** be used in all sleeping bags.

### **DRINKS**

- 5 gallons of reverse osmosis or structured drinking water will be available at the campsite. However, please bring your own drinking water for hikes. With cooking, cleaning and providing water for tea, coffee and drinking, please bring your own water for hiking.

- Coffee and orange juice will be provided for breakfast. Please plan to bring any other drinks of your choice.

### **GARBAGE**

- If we are in a dispersed camping situation, please leave some room in your vehicle to carry out garbage from the weekend.

## FIRES

- Fires are allowed depending on the weather and restrictions. Please know that there is always a possibility of not being able to make a fire.
- Some firewood will be provided but feel free to bring extra.

## ITINERARY

- Because there are so many options in Sedona, this is a general itinerary. We need to know what you want to do and your level of physical activity. We can then provide options and recommendations to fit your needs.

### 1st Evening

Drive up to Sedona after work and meet at the campground. Depending on your itinerary, you may be in a dispersed camping area or you may be at a campground. In either case, you can expect to have dinner prepared. We will get your gear set up and make sure you are comfortable.

### Day 1: hiking, sightseeing, relaxing

Get up early and watch the sunrise or sleep in, but when you awake, a cup of freshly pressed coffee or hot tea will be waiting. After breakfast, the group will head to the trailhead. Depending on your itinerary today can be spent on one hike or various shorter hikes. You may decide to visit historical sites with 6,000-year-old rock art and cliff dwellings or spend the day hiking upstream to find some swimming holes. Mountain biking is also very popular and Sedona provides excellent opportunities for all levels of bikers as well.

### Day 2: hiking, sightseeing, relaxing

Although the trip officially ends with breakfast, we certainly hit another trail this morning. Again, with so many options in Sedona, we can tailor the hike so that you are done early or so that you get another great workout before heading home or grabbing a great lunch in Sedona. We have great recommendations to make.

## WEATHER

Information taken from <http://www.dreamsedona.com/weather.html>

Month	Average High	Average Low	Month	Average High	Average Low
January	55	29	July	95	61
February	59	32	August	92	63
March	63	35	September	88	51
April	72	42	October	77	45
May	81	49	November	65	36
June	90	57	December	56	30

## PACKING

### Gear we provide

X Cooking and eating utensils kit  
X First-aid

X Food (3 meals per day + some snacks)  
X Camping gear (tent, sleeping bag, air mattress)

### Checklist of what you should bring

- \* Please bring photo ID
- \* The time of year you visit will dictate the type of clothing you take. Please check the weather.
- \* Drinking water

#### Clothing

- \_\_\_ Fleece or wool sweater
- \_\_\_ Hiking pants and hiking shorts
- \_\_\_ T-shirts
- \_\_\_ Hiking socks
- \_\_\_ Liner socks
- \_\_\_ Swim Suit
- \_\_\_ Sun hat

#### Outerwear

- \_\_\_ Lightweight, waterproof rain jacket or poncho
- \_\_\_ Lightweight, breathable, waterproof rain pants

#### Footwear

- \_\_\_ Sturdy hiking boots, broken-in with aggressive tread
- \_\_\_ Water Sandals
- \_\_\_ Camp shoes-tennis shoes, sandals or flip flops

#### Toiletries and Accessories

- \_\_\_ Biodegradable soap/shampoo
- \_\_\_ Toothbrush
- \_\_\_ Toothpaste
- \_\_\_ Sunscreen and lip balm
- \_\_\_ Aloe Vera or Lotion
- \_\_\_ Hand wipes
- \_\_\_ Toilet paper
- \_\_\_ Insect repellent
- \_\_\_ 100oz of water
- \_\_\_ Towel
- \_\_\_ Small personal first aid
- \_\_\_ Ziploc bags
- \_\_\_ Flashlight or headlamp

#### Luggage

\_\_\_ Daypack (2000-2500 cu. in) that can carry at least 100oz of water, lunch and your accessories: camera, sunscreen, extra socks, rain gear, etc.

#### Optional Gear

- \_\_\_ Camera, film and batteries
- \_\_\_ Binoculars
- \_\_\_ Watch with alarm or travel clock
- \_\_\_ Spare contact lenses or glasses
- \_\_\_ Games, toys, Frisbee, cards etc.
- \_\_\_ Reading/writing material
- \_\_\_ Hiking poles