

# Red Rock Vistas and Vortices

## Hiking in Sedona, AZ

An Appalachian Mountain Club Adventure Travel Trip October 13-21, 2018



*“What makes the desert beautiful is that somewhere it hides a well.”*

*~Antoine de Saint-Exupery*

*Come hike with us among the spectacular sandstone formations that have drawn nature lovers, artists, spiritual seekers, and even movie directors to the Red Rock area of Sedona. We'll walk in the footsteps of John Wayne and Jimmy Stewart, discover the ruins of ancient cliff dwellers, and explore the vortices that many believe are centers of the earth's energy. You don't need to be a mystic or a fan of Westerns to be amazed by the beauty of Cathedral Rock, charmed by the whimsical Coffee Pot Rock, and energized by the variety of hikes and vistas.*

*We'll explore Sedona's deep canyons, soaring mesas, and gentle streams. The area was created over millions of years, as water carved out a natural corridor between Arizona's northern plateau and the southern desert. This corridor is known as Oak Creek Canyon and the mouth of this canyon is home to Sedona and the wilderness of Coconino State Forest.*

*Our daily hikes will provide an opportunity to expand our knowledge of this area's vortex sites, geologic features, and culture – both historic and current. In addition to hiking, we plan to visit two native American historic sites, explore the thriving local art and “mystic crystal” scene and enjoy companionable meals with our fellow travelers while sharing the days' exploits. The final night of our trip will be spent in Phoenix in anticipation of early morning flights; leaders are keeping our options for the drive-to-Phoenix day open at this time to allow for possible hikes en route or attractions in Phoenix itself to explore.*



## Trip Overview

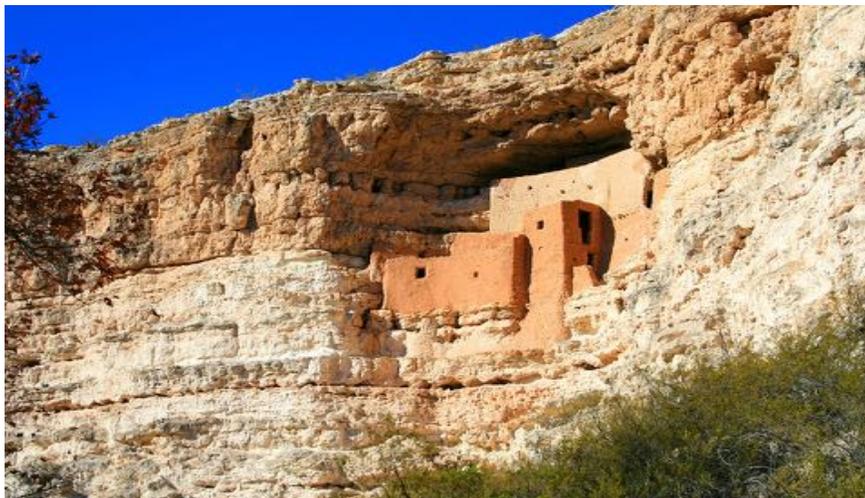
We will take one or two hikes per day, depending on length and weather conditions. Each night, the trip leaders will describe the next day's hike(s) and/or cultural activity. Hikes will be mostly moderate, from 5 to 8 miles with elevation gains averaging from relatively flat to ~700 feet being offered. At least one, more difficult, hike will be offered as a second hike option for those who desire more of a challenge. We anticipate some hikes with water crossings and spots with exposure to wind and steep drop-offs. Due to the nature of the terrain, as shown below, many trails will be over bare rock for at least a portion of the hike. Participants should be in good physical condition and able to hike up to 8 miles over irregular terrain without fear of heights or exposure.

This trip is designed so that everyone may experience our adventure in Sedona through shared participation in activities in an organized group environment. AMC travelers are known for their cooperative and helpful spirit and enjoyment of the company of others who enjoy the outdoors. Leader expectations are that all participants will be considerate of others sharing this AMC Adventure Travel experience.



## Archeological Points of Interest

Arizona was inhabited by a number of indigenous peoples, including the Sinagua. An excellent example of the sites we may visit is Montezuma Castle. The Castle is one of the last sites the Sinagua occupied before they mysteriously vanished about 600 years ago. The five-story dwelling contains 17 rooms overlooking Beaver Creek and the Verde Valley. Construction began in the early 1100s and was expanded in the 1200s.



**Montezuma Castle National Monument**

## Vortices



A vortex is a place said to be a center of the earth's electromagnetic energy – either inbound or outbound; a place that will heighten whatever emotions the visitor brings with them. We'll have the opportunity to make up our own minds from our personal experience.

Vortices have been identified in places such as Machu Picchu, Stonehenge, and the Great Pyramid. In Sedona some of them are said to be located at:

- Airport Mesa
- Bell Rock
- Spaceship Rock
- Cathedral Rock
- Munds Trail

## Arriving and Departing

This trip begins in Phoenix on October 13, 2018. Leaders will assist you with information on non-stop flights from Boston, NYC, and other points on the East Coast that arrive on or around noon. For anyone wishing to arrive a day or more in advance we will work with you to select good flights and a convenient meet-up point. At the airport, we will gather and pile into vehicles for the ~2 ½ hr. drive to Sedona with a stop along the way at Montezuma Castle national monument, built by the Sinagua people more than 600 years ago.

The trip ends in Phoenix the morning of October 21, 2018. We anticipate most flights will depart early morning, and therefore we will spend our final night of the trip – and have our final group dinner – in Phoenix.

## Accommodations, Meals, and Transportation in Sedona

Our accommodations will be in one of the many good quality hotels or condominiums in and around Sedona, 2 persons to a room. All breakfasts and a minimum of 5 group dinners are included in the trip price. Leaders will take participants shopping at the start of the trip to purchase the fixings for make-your-own trail lunches. On nights when we do not have group meals, leaders will drive participants into town and join you in exploring

and finding fun places to try local cuisine or just grab a burger and a brew – there are many options and your leaders are flexible.

Local transportation will be in rental vehicles driven by the trip leaders and volunteer participants. All drivers, including leaders, are screened in advance by AMC to confirm their safe driving records.

## Experience

Participants on this trip must have previous hiking experience at the intermediate level or higher. Although hikes will be moderately paced over moderate terrain, this is not a hike for beginners or for anyone who has not hiked in the past year. Prior to acceptance on this trip, you will have a phone call with the trip leader to discuss and agree that you meet the trip criteria.

## Risks & Safety Considerations



Merriam Webster defines adventure as an exciting or “remarkable experience” but also “an undertaking usually *involving danger and unknown risks.*”

So, by definition, **Adventure** Travel involves risk.

As a participant, you are expected to be aware of the risks involved, assume personal responsibility, and conduct yourself accordingly as well as following leader instructions.

By the time you arrive in Phoenix you should be physically conditioned, mentally prepared, and equipped with fully functional travel and hiking gear.

Common weather and environmental hazards may include thunderstorms, heat, lack of shade, and flash floods. There are also indigenous biting, stinging and venomous creatures which must be avoided. Some hikes will include steep and rocky sections with potential for loose stone and slippery areas. Slippery rocks, lack of shade, unexpected severe weather (rain or heat) and avoiding wildlife are the most likely issues we will face. Leaders will select trails on a daily basis with these factors in mind, and provide guidance in avoiding potential hazards.

## Being a Team Player

Trip leaders will play many roles during our group adventure: guide, host, caretaker, trouble-shooter, and fellow club member. Our goal is to make you feel comfortable, smooth the way with trip logistics, and help you navigate through any unexpected situations. Your role is to be a good team player, stay flexible, and support the overall group experience of your fellow club members.

## Leaders’ Right to Change Itinerary

While the itinerary in this prospectus is what the leaders have planned at the time of writing, various factors may require changes for reasons of safety, transportation or lodging availability, and unforeseeable circumstances (such as weather considerations, natural disasters in areas to be visited, or recommendations of governmental agencies). The leaders reserve the right to make such changes as necessary, both before and during the trip.

## Trip Leadership



**Merri Fox** is a software specialist at a major CT aircraft engine company. Because she loves sharing her favorite outdoor destinations, over the past 22 years she has led hiking, snorkeling and cultural excursions in Belize, Paris, Hawaii, Arizona, the Tetons, Switzerland, California, Utah, New Zealand, Italy and the Virgin Islands. Merri leads local hikes in CT, participates in training programs for new leaders, and serves as secretary for the AMC's Adventure Travel Committee. Merri lives with husband Rance in NW Connecticut, where she enjoys gardening, cooking, and entertaining guests.



**Bonnie Riedinger**, also from northwestern Connecticut, is director of eLearning at a university. Her travels have taken her to Italy, France, Switzerland, Costa Rica, Canada, the Azores, and Antigua, as well as quite a bit of the U.S., including St. John. When she's not traveling or working, she plays tennis, gardens, writes, sculpts, swims, snowshoes, paddleboards, reads, cooks, rides horseback, volunteers at a horse rescue farm, and, of course, hikes. She's always pleased when she can combine some of these interests with travel.

## Trip Cost and Exclusions

The cost for this trip is \$2,225 pp and includes double-occupancy lodging, vehicle rentals, park entrance fees, all breakfasts and 5 group dinners from arrival day to breakfast on departure day. This price does not include airfare (~\$350-450), lunches, extra snacks, dinners on nights when there are no group meals, and items of a personal nature. We will take up to 14 participants plus 2 leaders.

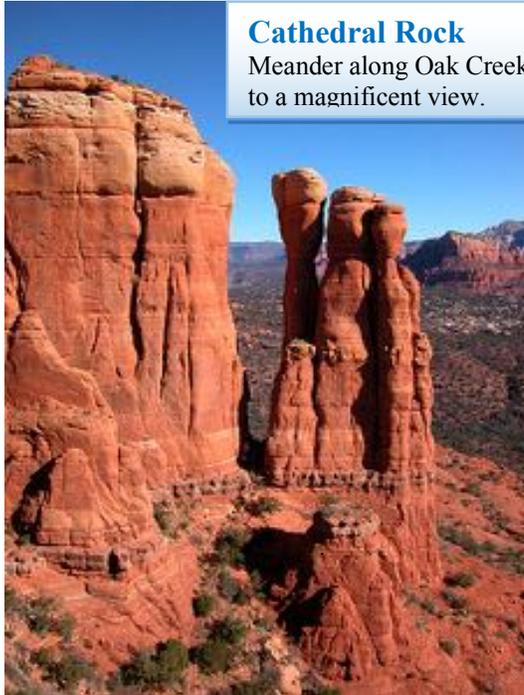
In accordance with AMC policy, you are subsidizing some of the leaders' costs. Beyond this, the leaders are not allowed to realize any profit from this excursion and unused funds will be refunded after the trip. The trip price also includes an AMC overhead fee to cover administrative expenses of offering these excursions, as well as emergency medical and evacuation insurance coverage, which is required by the AMC. It does not include insurance for travel delay, interruption, or cancellation, or for baggage loss. If these possibilities concern you, individual travel insurance is recommended. More information about included emergency medical and evacuation insurance, as well as about optional and recommended travel insurance, will be provided to participants in their formal acceptance letters, which will be sent out when the trip has the required number of accepted applicants.

## Should you have to Cancel

The AMC Adventure Travel cancellation policy is based on the fact that your cancellation may not raise the cost to the other participants or to the leaders. There is **no** cancellation fee if you change your plans before leaders officially announce, via email, that trip is full and all participants are officially accepted. After that, a \$100 fee will be charged if a participant cancels before 2/1/2018. After February 1 and until June 1, if expenses already incurred on your behalf and any unavoidable future expenses that will be incurred as a result of your registration are higher, they will be assessed instead, unless another acceptable participant takes your place. Cancellations after 6/1/2018 will receive no refund unless we are able to secure another acceptable participant to take your spot. If we are able to secure a replacement, the \$100 cancellation fee still applies (as long as the cancellation does not raise the trip cost to other participants).

## Possible Hikes and Sights

There are *many, many* options for hikes in the area, of all lengths and difficulty. Leaders will choose what we believe are the best for the weather and the group, with the possibility of having 2 options some days depending on group desires. Here are just a few we are looking at to whet your appetite.



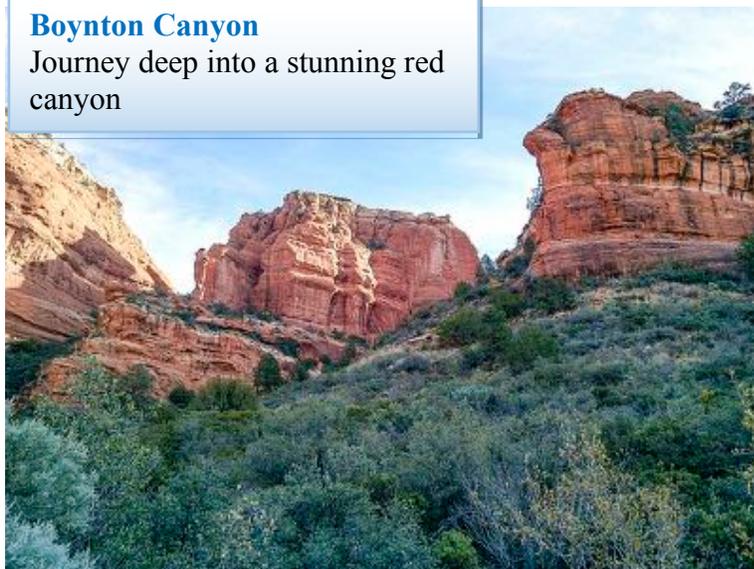
### **Cathedral Rock**

Meander along Oak Creek to a magnificent view.



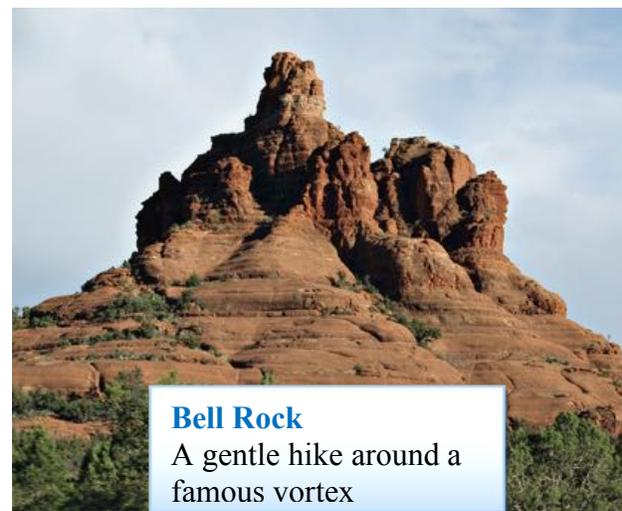
### **Brins Mesa**

A great ramble with above-it-all vistas



### **Boynton Canyon**

Journey deep into a stunning red canyon



### **Bell Rock**

A gentle hike around a famous vortex



**West Fork Oak Creek  
Canyon – walk in and  
along creek thru  
sculpted canyon**

**Munds Wagon Trail**  
Lifts you above it all for  
spectacular views



## Next Steps

Ready to take the next step? Please call or send us an email. We will send you an application, a confidential health questionnaire, and a release form. Complete the documents and return to the address on the form with a \$1,000 deposit made out to The Appalachian Mountain Club. After we receive your application, we'll give you a call to discuss any questions the leaders or **you** have about the trip.

Upon acceptance, you will be notified by email and your check will be deposited into the trip account to start covering expenses incurred on your behalf. A final payment of \$1,225 is due by May 1, 2018. After May 1, 2018, any new participant pays full price of \$2,225.

### **Call or send us an email:**

Merri Fox, Leader  
(860) 485-1697

Bonnie Riedinger, Co-Leader  
[HikeCT2017@gmail.com](mailto:HikeCT2017@gmail.com)