

Grand Canyon 5 Year Anniversary *CHALLENGE*

Thursday, October 14th – Sunday, October 17th

MUST BE VACCINATED TO PARTICIPATE



with

pennyappeal usa

About Penny Appeal USA

Penny Appeal USA is a relief and development organization with a really BIG vision for the world. We want to create the best societies we can and to break the cycles of need and poverty for good. That's why we work to turn small change into a BIG DIFFERENCE.

Our vision is a world that's united and strong: communities working together, supporting one another, and leaving need and poverty behind for good.



About Emergency Response | Palestine

Palestinians in Gaza and in the West Bank are facing unimaginable suffering. The situation in Palestine continues to worsen as Palestinians are losing lives, homes, and basic rights. As Palestinians fear for the worst and the violence continues to escalate, emergency support is urgently needed!

Our international emergency response team is on the ground providing support to hospitals and aid to people who have been wounded by the airstrikes. The aim is to support emergency ground operations, to provide first aid and medical services to those injured, and minimize the influx to hospitals. Emergency medical devices are being delivered among the emergency departments at hospitals working in the conflict-affected and no-go-zones of Gaza.



About the Challenge

Adventure is on the Horizon

Challengers will fly in on Thursday, October 14th and fly out on Sunday, October 17th. Penny Appeal USA's Volunteer Coordinator will work with each challenger to accommodate their travel needs.

Lunch and snacks included for both tour days. Breakfast accommodations vary by hotel and you are responsible for your own dinner. The tours are not wheelchair accessible, and not suitable for those with heart conditions, back injuries, or pregnancy. The tours require walking on uneven terrain for up to 12 hours.

In honor of Penny Appeal USA's 5 year anniversary, all funds collected will go towards its Emergency Response efforts in Palestine. To confirm your spot, you will need to pay a \$300 deposit. You then need to raise \$5,000.



Itinerary

Friday, October 15th

This Grand Canyon day trip from Flagstaff or Sedona is limited to no more than 14 people, ensuring you enjoy a more personalized Grand Canyon experience. The tour blends ancient ruins, lava fields, majestic volcanoes, and amazing views throughout Grand Canyon National Park and the remarkable Painted Desert. Highlights include a drive along the South Rim and East Rim; visits to Sunset Crater Volcano National Monument and Wupatki National Monument; and a Southwestern lunch at a historic Navajo reservation. Visit the fascinating ancient Wupatki ruins and Sunset Crater Volcano National Monument Drive along the East Rim and South Rim, stopping to enjoy the views and explore by foot. Enjoy lunch at the historic Cameron Trading Post on a Navajo reservation. Small-group tour limited to 14 people ensures personalized attention from your informative guide.

What To Expect

This tour covers a lot of ground in and around Grand Canyon National Park, so it's an early morning pickup from your Flagstaff or Sedona hotel to kick off your day of travel via mini-coach. Wupatki National Monument is your first major stop. As your guide explains, the ancient Native American civilization of Sinagua lived here for 400 years. Then ancient desert dwellers witnessed the dramatic eruption of Sunset Crater Volcano nearly a millennium ago, which destroyed their homes and forced them out. Your tour includes a visit to the lava fields at Sunset Crater Volcano National Monument. Take a break from touring with a stop for lunch at the historic Cameron Trading Post. The view

of the Little Colorado River Gorge from the deck here is especially striking. After lunch, re-board your mini-coach to head into the Grand Canyon for an afternoon of exploring this magnificent natural wonder. Stop at lookout points along the canyon's East Rim and South Rim for dramatic vistas of gorges below. There's time at leisure for exploring on your own at your own pace. Throughout the entire day, whether you're exploring by foot or on the mini-coach, your expert guide teaches you about the history, archaeology, geology, and flora and fauna of the Grand Canyon and the surrounding area.

Tour begins at 8AM

Grand Canyon South Rim Tour East Rim to South Rim
Duration: 3 hours

Wupatki National Monument Native American Ruins
Duration: 30 minutes

East Rim Drive Tour East Rim to South Rim
Duration: 3 hours

Sunset Crater Volcano National Monument Lava Flow
Duration: 30 minutes

Redstone Tours located in Sedona
Duration: Quick detour

Cameron Trading Post Navajo Nation
Duration: 30 minutes

Stop At: Grand Canyon Village Shopping and Views
Duration: 30 minutes

Additional Information

- Closed-toe shoes, sunscreen and a hat are strongly advised
- Layers are suggested for fall, winter, and spring months
- Not wheelchair accessible
- Service animals allowed
- Not recommended for travelers with back problems
- Not recommended for pregnant travelers
- No heart problems or other serious medical conditions
- Travelers should have a moderate physical fitness level

Tour begins at 6AM

Antelope Canyon
Duration: 1 hour 30 minutes

Oak Creek Canyon
Duration: Quick detour

Horseshoe Bend (*Photo opportunity*)
Duration: 1 hour

Angel's Gate Tours
Duration: Quick detour

Cameron Trading Post | Navajo Nation
Duration: 20 minutes

Glen Canyon Dam Overlook (*Photo opportunity*)
Duration: 20 minutes

Additional Information

- Lunch provided
- Not wheelchair accessible
- Not recommended for travelers with back problems
- Not recommended for pregnant travelers
- No heart problems or other serious medical conditions
- Travelers should have a moderate physical fitness level
- Tour requires walking on unpaved, uneven terrain for 90 minute durations
- Participants must be ambulatory

Itinerary

Saturday, October 16th

Visit a spectacular desert landscape shaped by wind and water on a 12-hour trip from Sedona to Horseshoe Bend and Antelope Canyon. Travel through some of Arizona's most scenic places, shop for Native American art at a historic trading post, and hike through dramatic terrain. This 12-hour desert tour includes pickup and drop-off at Sedona hotels, a boxed lunch, and all entrance fees, and it's limited to 14 people for personal service. 12-hour desert hiking tour from Sedona Travel through Oak Creek Canyon and the Painted Desert Hike at Horseshoe Bend and Antelope Canyon Boxed lunch at Glen Canyon Dam Pickup and drop-off at Sedona hotels.

What To Expect

Meet a driver at your hotel in Sedona for a 6am departure, then board a climate-controlled vehicle for the scenic trip to the Colorado Plateau. The drive itself is a highlight of the trip: you'll pass through Oak Creek Canyon, see the San Francisco Peaks, and travel through the colorful landscape of the Painted Desert. Pause to stretch your legs and shop for souvenirs at the Cameron Trading Post, where Zuni, Navajo, and Hopi artists bring their work, then continue towards the Colorado River. Upon arrival at Horseshoe Bend, join the guide for a 1.5-mile (2.4-km) hike to a cliff top overlook, then enjoy views to the Colorado River far

below, which loops back on its own course to form a dramatic, U-shaped curve. After the hike, continue to Glen Canyon Dam to enjoy a picnic lunch near Lake Powell and Glen Canyon, then join a Navajo guide for a hike into the Antelope Canyon Narrows, with towering stone walls that almost touch above you. The Antelope Canyon hike is roughly 1.5 hours long, and it's the perfect time to learn about the history and ecology of the Arizona desert. This 12-hour desert sightseeing tour concludes with return transfer to Sedona, and drop-off at your hotel in time for dinner.

How we'll help you

We provide dedicated support from the moment you sign up for the challenge right through to when you go on the trip. Once you receive your booking confirmation, you will have access to all the information you need, from fundraising ideas and kit lists to training routines. You'll have the opportunity to connect with fellow fundraisers so you can share tips on training and fundraising. You will also be accompanied by Penny Appeal USA staff and experienced guides during your 4-day trip, so you will always have somebody on-hand to help you every step of the way.

Is this trip for me?

- Not wheelchair accessible
- Not recommended for travellers with back problems
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- Participants must be ambulatory



