



## TRIP NOTES 2014 LAKE POWELL ARIZONA

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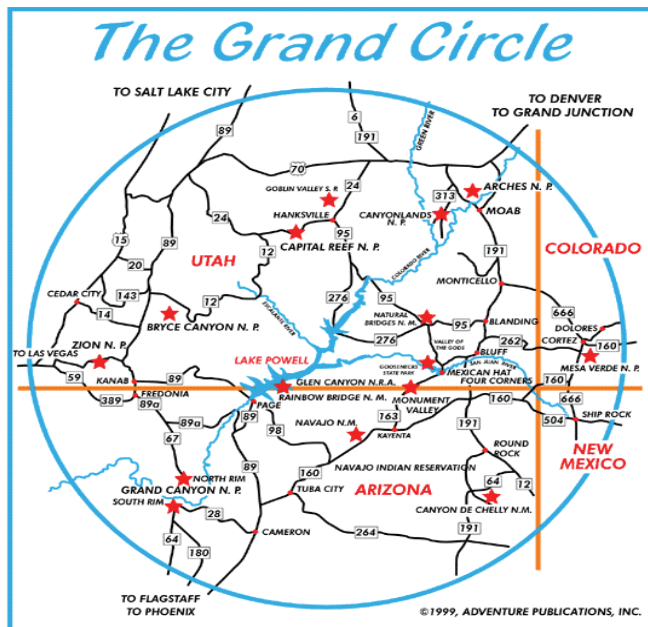
### Basic information

Lake Powell's geological formations in the South-Western region of the United States are about as magnificent as anyone can imagine. This second largest man-made reservoir on the Colorado River, straddling the border between Utah and Arizona is surrounded by the beautiful red rocks, sandy beaches and clear blue water.

Lake Powell makes an excellent playground for safe adventurous swimming and exploration. Imagine swimming within the scenic canyons, and looking at the painted sky that changes from mesmerizing sunset to a star-filled sky by the end of the day. Join us as we set out for this very special swimming vacation tour.

This unique tour appeals to all levels of swimmers, looking for swimming adventure surrounded by spectacular scenery. Different escort boats provide safety and enjoyment to all our guests. Non-swimmers or friends are welcome to join the group and we are happy to honor a discount.

### Map



### Summary

**Country:** Arizona (USA)  
**Duration:** 4 Days (3 Nights)  
**Tour Type:** Lake and Canyon Adventure Swims  
**Accommodation:** Hotel on the land (Page, AZ)  
**Average Daily Distance:** 3 miles (5 km)  
**Level:** All level swimmers (\* you are expected to swim the distances on our itinerary)  
**Escort:** 2-3 boats, 3-4 guides  
**Water:** 68-75F/20-24°C **Air:** 75-85F / 24-30°C

### Highlights

- Swimming in Lake Powell's warm waters through scenic canyons, surrounded by the dramatic landscape of the Glen Canyon National Park,
- Hiking and exploring the Navajo Indian trails,
- Enjoying the clear sky with magical sunsets,
- Visiting the Rainbow Bridge, world's largest natural bridge (weather permitted),
- Meeting and swimming with the legendary swimmer Martin Strel (Big River Man).

### Included in the price

Fully guided swimming adventure tour with comprehensive safety escort, video technique & stroke analysis, 3-night accommodation, national park and river usage fee, all transfers from/to hotel, breakfasts and lunches are included.

**Accommodation Note:** This tour is sold per twin share accommodation with an option to book single occupancy. If you are a single coming to the trip and we are unable to match/find the guest of your sex to share a room, then you will be charged the single supplement.

**Extra equipment:** Each guest receives a complimentary T-shirt and swim hat and our drink bottles to share.

### Additional cost

Transportation to and from Lake Powell, evening meals, any additional tours or attractions. Optional trip while on our tour (weather permitted) to the **Rainbow Bridge**, the world's largest natural bridge. Cost \$40 USD.

## Itinerary

### Day 1

6.30pm get together in the hotel lobby where you will meet the rest of the group and receive comprehensive tour briefing by your guiding team. For those who arrive late in the evening, we will do a briefing next day in the morning.

### Day 2

Following our morning breakfast we will gather all our swimming gear and head out for our first day on the lake. After 15 minute drive we will stop at the Antelope Point Marina (a daily routine) where we are going to board our powerboats. From there we will head towards North-East to Utah's Lake Territory until we reach the Last Chance Bay. There we will start with a short "acclimatization" swim followed by our first 1 mile coastal swim. We are going to swim around the high red cliffs of Entrada Sandstone following the inlet's northern shoreline. Our escort boats will pick us up and we will travel to a hidden and peaceful spot in the West Canyon for lunch.

The early afternoon will be devoted to a short hike in the West Canyon which is known as one of the best all-around canyons on the Colorado Plateau. You will see some amazing high rock formations and narrow parts formed by the power of natural water. After our hike, we will head back to the lake. This part of the swim will be dedicated to your stroke improvement. Everyone will get a chance to be filmed individually for later stroke analysis. Water in the bay is super clear which will allow us to capture your stroke from a few different angles. After our video session we are going back in the water, swimming our next mile and a half straight south into the West Canyon Inlet where you are going to swim by serrated sandstone formations of unusual shapes and colours. When we are finished with swimming, our powerboats will take us back to the marina and to our hotel transportation. After the dinner in Page, we will review your stroke on the screen and give you our recommendations in order to help you improve your technique and get ready for the next day.

### Day 3

Powerboats will take us 15 miles up the lake into the historic Padre Bay which was named after the famous Colorado River expedition »Crossing of the Fathers« back in 1776. The Padre Bay area is considered to be one of the most scenic spots on Lake Powell. Our first swim will be on the northern side of Utah Bay from The Cookie Jar Point towards the Gunsight Butte where you will enjoy scenic rock formations, sandstone hills and flat clear waters sheltered from all sides.

When we are finished, we are going to board our boats again and head south across the bay towards our afternoon base in the Labyrinth Canyon.



While we are going to enjoy the stunning views and the fresh air on our powerboats, our chef will serve us a well deserved lunch. Before we are going to jump back in the water we will stretch out our legs with a short hike to the Boundary Butte (border Utah-Arizona). This will represent a wonderful opportunity to take some great pictures of the Padre Bay and surrounding sandy beaches and slots. Our second swim will take place in Arizona waters at the southern part of the Labyrinth Canyon. Depending on the water level, this unique inlet offers stunning views of sandy beaches and several coves. We are going to swim the canyon shoreline from one sandy beach to another until we tire! Transfer to the hotel. Dinner option at the World's Largest Floating Restaurant at Antelope Point Marina.

**P.S.** We often offer an alternative plan to this day to go to Rainbow bridge (weather permitted).

### Day 4

On our final day we will travel for a swim and exploration of the Navajo Canyon which is known as the longest tributary of the Lake Powell and home of the Navajo Indian Reservation. Lake Powell is adjacent to the Navajo Nation, the United States' largest Native American Tribe. Our base will be in the middle of the canyon surrounded by the sandy beaches and Navajo trails. We are going to do a morning swim around one of the canyon's meanders and walls which reach up to 600 feet high.

Before the lunch we are planning to hike up one of the oldest Indian routes called the First Navajo Trail. You are going to see a number of finely cut steps in the slickrock as the trail emerges from the water. Once we reach the rim, we will have the entire view of the inlet. After lunch in the canyon, we head back to our marina. Transfer to the hotel. Trip finishes around 1pm.

### Itinerary changes

Please note that our swims are carried out in the natural environment and we rely on the current weather conditions. As a consequence, sometimes on-trip changes in the planned itinerary are required.

If you have extra time to spend in the area, here are some other tourist attractions: Rafting the Colorado river, Horseshoe Bend, Antelope or Navajo Nation.

## General Information

**Start Point:** Hotel Holiday Inn Express lobby

<http://www.ihg.com/holidayinnexpress>

**Start Time:** 6.30pm on 1st Day

**Finish Point:** Hotel Holiday Inn Express lobby

**Finish Time:** 2pm on 4th Day

### Passports and Visas

If you travel from outside of United States, please check with your authorities if and what type of Visa/permit do you require to enter U.S. border. Visa regulations do change, so be aware of this.

### Vaccinations

There are no specific vaccination requirements for this trip, but you should ensure that your tetanus and polio are up to date.

### Extra Expenses

You will need enough money to cover the evening meals which are not included in the tour price. An average dinner (including a glass of wine) costs around 150 Kuna (20 Euro).

### Currency

You should bring extra money with you to cover such items as dinners, entertainment, souvenirs, and gratuities. The local currency is US Dollar and ATMs are widely available.

### Accommodation

We stay at Holiday Inn Express which provides excellent amenities, quality service and a great location for the hotel's guests. Page, Arizona offers stunning mountain vistas and canyons, lush hanging gardens and gorgeous Lake Powell. Guests enjoy complimentary high-speed, wireless Internet access, an outdoor pool and a hot, full American breakfast.

### Extended stay

If you arrive earlier or want to stay longer, please contact the hotel directly by visiting

<http://www.hiexpress.com/hotels/us/en/page/pagaz/hoteldetail> or Ph: +1-928-6459-000.

### Swimming awareness

Your safety is of utmost importance to us. In the event of adverse weather conditions at any of our swimming locations, we may need to adapt our itinerary. Our team always includes local guides who know the safest and most picturesque places to swim, so rest assured you won't be missing out! Swimming in the lakes and canyons is a unique and safe experience, but you may come across certain life such as fish and insects. If you suffer from Anaphylaxis or any other allergic reactions, it is important to inform us at the time of booking. Also, please bring with you any personal medical supply you may need while on the trip.

### Group Size

Up to a maximum of 15 people with 2 swimming guides, 1 local boat pilot.

### Swimming Information

Month	Water Temp. (F/°C)	Air Temp. (F/°C)
May	68/20	80/26
June	73/23	90/32
July	76/24	98/36
August	79/26	96/35
September	76/24	88/31
October	72/22	80/26

### Swim location

Swim location	Distances
Last Chance Bay	1.5 miles (2.5 kms)
West Canyon	1.5 miles (2.5 kms)
Cookie Jar - Gunsight Butte	2 miles ( 3.2 kms)
Labyrinth Canyon	1.5 miles (2.5 kms)
Navajo Canyon Swim 1	1.5 miles (2.5 kms)
Navajo Canyon Swim 2	1 mile (1.6 kms)

Keep in mind that you can skip any of the swims you want and relax on our escort boats.

### Walking Conditions

In order to enjoy your walks in the canyons and mainland, we advise you to bring comfortable walking shoes for summer temperatures.

### Essential Equipment

In addition to normal items, we recommend the following: at least 2 swimming costumes, at least 2 pairs of swimming goggles (one clear and one tinted or anti glare), sweater/fleece/windstopper, towel, sun hat, sun glasses, small daypack, water bottle, waterproof sun cream, walking shoes and sandals or aqua shoes.

We provide water bottles while swimming, swim hats, t-shirts and some other limited equipment to use, such as fins, wetsuits, rash vests, if required.

If you know in advance that you will need to use some additional equipment, please bring it with you.



## Travel

**Page, Arizona** is centrally located to many of the spectacular National Parks, Monuments, Historical sites and Indian ruins in the Grand Circle region.

To get to Page, you can fly daily straight into Page airport (PGA) with Great Lakes Airlines - [www.greatlakesav.com](http://www.greatlakesav.com) from Denver (DEN), Las Vegas (LAS), Phoenix (PHX), Los Angeles (LAX) or use any of the surrounding airports and then drive. There are some private landing strips at Page (AZ), Bullfrog (UT), and Halls Crossing (UT). Here is the entire Great Lakes flight timetable.

Once at the Page airport, you can take a taxi to the hotel for \$5 USD (the distance is less than a mile). Contact Destination Services - Mr. Drew Schmidt at 928 645 2789.

AVIS Rent a Car service (ph: 928 645-2024) is available at the airport and in town, walking distance from the hotel.

You can also fly into a nearby town Flagstaff. Flagstaff Pulliam Airport (FLG) provides air service from/to Phoenix via U.S. Airways. Several flights leave Pulliam Airport to Phoenix Sky Harbor International Airport on a daily basis. Once at Flagstaff airport, you can rent a car and drive to Page (Lake Powell) in 2 hours.

## Directions

### From Phoenix, Arizona

From Sky Harbor Airport in Phoenix, AZ, there is a 4.5 hour drive to Lake Powell. This drive allows you to experience a diverse landscape through the Sonoran Desert, up into the Colorado Plateau, the Painted Desert, and Glen Canyon as you enter Page, Arizona

[ALERT ROAD DETOUR! ROAD US 89 Closed South of Page Due to Landslide](#)

### From Las Vegas, Nevada

From Las Vegas (Nevada) McCarran Airport, there is a 4.5 hour drive to Lake Powell. This drive will take you out of the bright lights of Las Vegas and through beautifully diverse landscape towards Glen Canyon National Park. You will travel through the Virgin River Gorge and the Grand Staircase before entering Page, AZ.

### From Sedona, Arizona

Sedona is located approximately 3 hours from the Lake Powell. Driving this stretch is a great way to experience the landscape of the Colorado Plateau through Flagstaff and the Navajo Nation/Painted Desert.

### From the Grand Canyon

Lake Powell and Page, AZ are located about 2.5 hours from the south rim and 2 hours from the north rim of the Grand Canyon.

### From Salt Lake City, Utah

Lake Powell is located at the southern border of Utah-Arizona, so you will travel south on I-15 for about 6 hours passing by beautiful Bryce and Zion National Parks. Enjoy!

### See you on Lake Powell, open water paradise!

Updated: Dec, 2013

