

ZION FALL 2023

November 4 - November 11



Trails *of*
Transformation



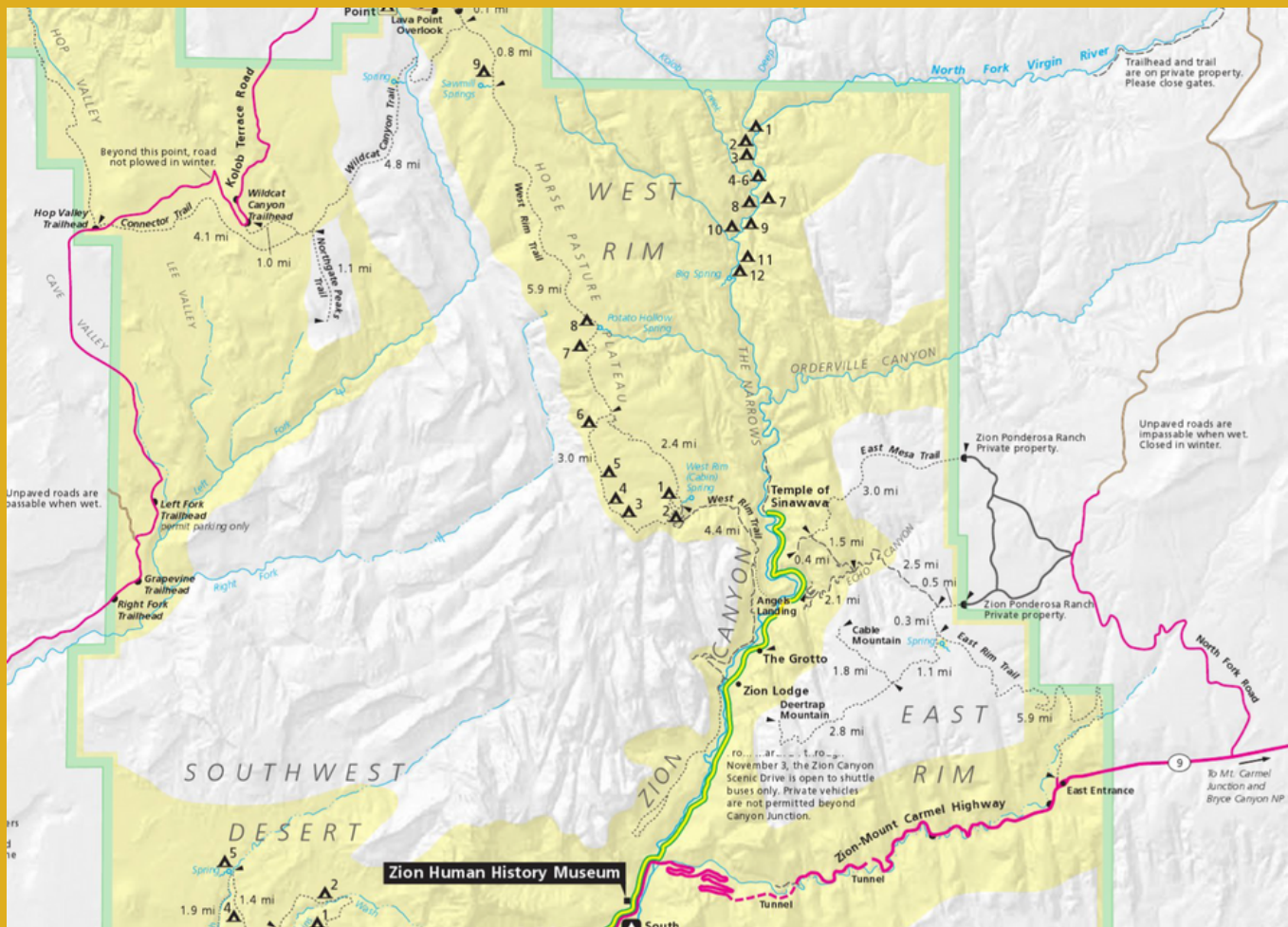
ZION NATIONAL PARK



The red and white sandstone cliffs of southwestern Utah tower hundreds of feet above the Virgin River, which meanders through their network of narrow canyons. The heart of Zion National Park is a secluded canyon that lies amidst this striking landscape. It includes lands originally protected by Mukuntuweap National Monument and Zion National Monument. The soaring sandstone cliffs, the deep ravines, and the seemingly hidden river valleys have been important to both Indigineous people and European American settlers for thousands of years.



ZION'S WEST RIM



West Rim Trail

Distances:

- West Rim Trailhead to The Grotto via Rim Trail: 14.2 miles
- West Rim Trailhead to The Grotto via Telephone Canyon Trail: 13.6 miles
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Elevation Change: 3,400 feet (1063 m)

Water Sources: Sawmill Springs (seasonal), Potato Hollow Spring (seasonal), Cabin Spring

Trailheads: West Rim Trailhead (near Lava Point), The Grotto. West Rim Trailhead (near Lava Point) may be inaccessible during winter due to snow.

Other trails accessible by West Rim Trail are Wildcat Canyon, Telephone Canyon, and Angels Landing.

Description: The trail starts at the West Rim trailhead near Lava Point and traverses across the high alpine elevation with sweeping views out into the Wildcat Canyon area for the first 6.5 miles as you drop into Potato Hollow. Next the trail climbs out of Potato Hollow before it splits into the Telephone Canyon Trail and the West Rim trail. The West Rim Trail follows along the rim with views of Phantom Valley and the canyons to the south. The Telephone Canyon Trail provides a shortcut between Potato Hollow and Cabin Spring or a possible loop for hikers entering and exiting the same trailhead. At Cabin Spring the trail begins a steep drop in elevation and descends 2,500 feet over 4.7 miles ending at the Grotto Picnic Area. Camping Options: Camping is permitted in designated sites only. There are 9 backpacking sites along the West Rim.

WEEK ITINERARY

SATURDAY NOVEMBER 4	Travel Day - Fly into Las Vegas - Uber to Hotel - Check-in at Hotel - Dinner at a local favorite restaurant.
SUNDAY NOVEMBER 5	Breakfast at Hotel - Morning Prep & Gear-check meeting. Drive to Zion and enjoy lunch along the way. Camp in the front country - Watchman Campground - including a fresh cooked meal.
MONDAY NOVEMBER 6	Fresh cooked breakfast. Shuttle to the Grotto and enjoy a day hike at Angel's Landing. Lunch at Angel's Landing. Hike into back-country 7-8 mile day. First night camping in the back country.
TUESDAY NOVEMBER 7	Enjoy your second day immersed in the back country hiking along the West Rim Trail. 7-8 mile day of backpacking. Hike up to Lava Point Overlook.
WEDNESDAY NOVEMBER 8	Enjoy your third full day immersed in the back country exploring the West Rim. Another 7-8 mile day of backpacking.
THURSDAY NOVEMBER 9	Hike out of the back country in the morning back towards the Grotto. Potential day hike at the Narrows. Camping in the Front Country at Watchman or South Campground.
FRIDAY NOVEMBER 10	Fresh Cooked Breakfast at the front country campsite. Explore the narrows if not done on Thursday. Drive to Las Vegas in the afternoon. Check-in to the Hotel. Enjoy final dinner out in Vegas.
SATURDAY NOVEMBER 11	Final Breakfast together - if travel plans allow. Travel day back home! Uber to airport & fly home.

BACK COUNTRY GEAR



GEAR INCLUDED:

- Backpacking Backpack
- Sleeping Bag
- Backpacking Pillow
- Tent & Footprint
- Rain Fly
- Sleeping Pad
- Water Filtration
- Water Bottle x2
- Headlamp
- Kitchen & Food Supplies
- Kitchen Utensils, Bowl & Cup
- Stove & Fuel
- First Aid Kit
- Shovel & Wipes
- Waterproof Bag & Cover



GEAR REQUIRED TO BRING:

- Hiking Shoes
- Rain Jacket
- Cold Weather Jacket
- Hiking Poles - Optional
- Multiple Pairs of Socks (1 per day)
- 4 Outfits for the Backcountry
- Layers for warmth
- Personal Hygiene and Medications
- Towel or Wash Cloth if you'd like to have one.
- Optional - Sandals/Camp Shoes, Hat, Beanie, Bandana or Buff
- Sunscreen & Sunglasses
- Bug Spray
- Biodegradable Soap

MEALS & MRE'S



MEALS INCLUDED DURING THE TRIP

- Meals provided on hotel days & travel days.
- Freshly cooked meals while camping in the front country.
- Trails of Transformation is not responsible for meals dining out. We will dine out a few times during our trip.



MEALS INCLUDED IN THE BACKCOUNTRY

- Coffee, Tea, and Cacao will be provided.
- 2-3 MRE's per day in the back country
- An assortment of backpacking friendly snacks
- You may bring a few specialty snacks - anything you're willing and able to carry.

THE BACKCOUNTRY EXPERIENCE



THE CHALLENGE

- Simplify your way of living to the bare essentials
- Carry everything you bring on your back, over challenging terrain
- You will be pushed out of your comfort zone physically, mentally, and emotionally
- Embrace deeper levels of presence
- Leave behind normal means of distraction and entertainment
- Sleep outside, swim in cold water, push up steep elevation climbs



THE EXPERIENCE

- Unplug from the matrix and immerse in nature with others through genuine connection to each other and your environment
- Strip down to your raw and natural self, by removing most vehicles of distraction
- Encouraged to embrace your authentic, wild, and playful self
- Push on your edge and through discomfort
- Experience what it means to be free



THE SIMPLICITY

- Bring only what you can/want to carry
- Embrace the art of living simply. Explore what that means to you?
- Your central nervous system will slow down, and your sensory inputs will look much different than your normal day. Play with this, and explore the deeper levels of presence.
- During long hikes, let your mind wander to uncomfortable places

CORE VALUES



FREEDOM

Break free from your routine and explore the unknown or forgotten places within your wild heart. Push your limits as you ascend mountains, bathe in glacial fed rivers, activating potential that is waiting to come alive. Remember or familiarize yourself with what it means to simply be free. Give yourself permission to leave all your responsibilities behind and embrace presence.



SIMPLICITY

By stripping down to your raw, natural self, and removing most vehicles that typically distract you...and things of comfort... things become simple. Being in nature, while in this state, provides room for a perspective shift or expansion. A contemplative state ensues on what matters and is important to you. This space is potent and powerful for personal insights.



RESILIENCE

On these trips, you will be pushed out of your comfort zone. Explore what you are capable of, how this feels, and if this builds trust within yourself. This space is where growth can breathe. While we encourage personal reflection, there is also an element of communal connection and witnessing that encourages vulnerability. This allows you to be your most raw and authentic self.

YOUR GUIDE



JOHN THOMAS DI BARI

Born and raised in Austin, Texas, I grew up swimming in Barton Springs and running barefoot through the greenbelt. My affinity for nature is rooted in my being and always has me seeking out my next adventure in the wilderness. Throughout my young adulthood I was fortunate enough to embark on several pivotal backpacking experiences that changed my perspective on life. These experiences included backpacking solo through eastern Europe & the U.S., adventuring with my closest friends yearly at America's National Parks, and traveling through Southeast Asia on a motorbike. These trips led me to feeling the most alive I had ever felt, closer to myself, and left me with a profound sense of presence. I began to crave these trips more and more & felt a calling to share these transformational experiences with others. As your guide, I am honored to offer you the same invigorating back country experiences that have shaped who I am today.



- Wilderness First Responder Certified
- CPR & Epinephrine Certified
- 3 Years Guiding Experience
- 10 Years Backpacking Experience
- 17 Backpacking Trips Logged
- 30+ State & National Parks / Forests Visited

INVESTMENT

All trips require a \$500 non-refundable deposit to solidify your spot.
Pay in full or first payment is due upon contract.



PAY IN FULL

1 PAYMENT OF

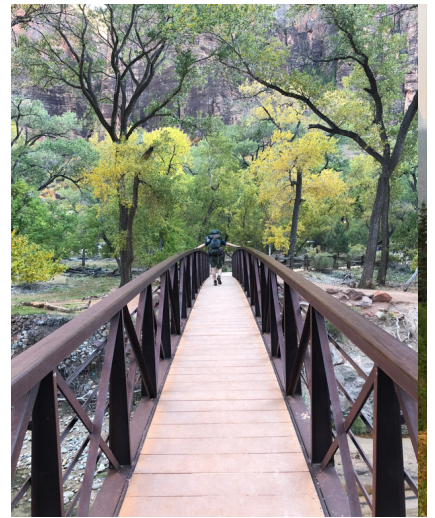
\$3333



2X PAYMENTS

2 MONTHLY
PAYMENTS OF

\$1833



3X PAYMENTS

3 MONTHLY
PAYMENTS OF

\$1222

Flights and transportation to and from the airport not included in the cost of the trip.
Meals dining out will not be included in the cost of the trip.

WE'D LOVE TO EXPLORE WITH YOU!



NEXT STEPS:

- FILL OUT OUR INQUIRY FORM
- ASK US ANY QUESTIONS VIA EMAIL
- SIGN OUR CONTRACT & SEND US YOUR DEPOSIT + FIRST PAYMENT
- RECEIVE YOUR WELCOME PACKAGE
- RECEIVE A CUSTOM DASHBOARD WITH ALL OF THE INFORMATION ABOUT YOUR UPCOMING TRIP

INQUIRE
HERE