

BIG BEND NATIONAL PARK FALL 2023

January 10 - January 14



Trails *of*
Transformation



BIG BEND NATIONAL PARK



Solitude is practically guaranteed at Big Bend National Park, as are dark nights bursting with desert-kissed stars. On the northern edge of the arid Chihuahuan Desert in southwest Texas, the Chisos Mountains of Big Bend provide a diverse oasis in a land of tremendous contrasts. Up on 7,825-foot Emory Peak, mountain lions stalk javelina through aspen and Douglas fir, while below cacti dominate the undulating desert terrain that seems to sprawl to the edge of the earth. Big Bend National Park is larger than Yosemite or Great Smoky Mountains, but sees a fraction of the visitors of those big-name parks.



BIG BEND NATIONAL PARK



What should I expect?

The South Rim is an all day or overnight trip. We will be doing the trip over 3 days, 2 nights. We will be also going up to Emory Peak. At 14 miles (22 km) in length, give yourself at least eight hours to complete it. You can make it a loop or take the same trail up and back. If you're making a loop, ascend the Laguna Meadow Trail in the morning then hike to the south rim and back along the Boot Canyon Trail leading to a descent on the Pinnacles. Laguna Meadow is very open to the afternoon sun and can be warm. Either trail will take you through a dry oak forest filled with junipers, piñon pine, oaks and maples. This forest provides excellent bird-watching opportunities with a chance to see the Colima warbler, the endangered black-capped vireo, the racous Mexican jay, and numerous other songbirds. The Boot Canyon trail will take you along the edge of a slickrock canyon at times filled with running water. It will also give you a chance to see the well-known "Boot Rock" formation. The South Rim is an area where the trees meet the grassland. Here there are numerous sightings of Carmen Mountain white-tailed deer, and sometimes black bear.

What will I need?

You will need water (1 gallon (4 l) per person per day), sturdy shoes, food, a trail map, sunscreen, and a hat. Don't forget your camera and binoculars.

WEEK ITINERARY

WEDNESDAY
JANUARY 10

Travel Day - Drive from Austin to Big Bend (about 8 hrs) - Check in at Chisos Mountain Visitor Center - Set up camp at Chisos Basin Campground- Cook fresh front country meal

THURSDAY
JANUARY 11

Fresh cooked breakfast - Start backcountry trek from Chisos Mountain to South Rim - Eat lunch on trail along the way - Set up camp at South Rim - Hike to sunset spot for dinner and activities

FRIDAY
JANUARY 12

After breakfast and coffee @ overlook, hike to Emory Peak with day pack - Lunch at Emory Peak - Hike back to South Rim campsite - Hike to sunset spot for dinner and activities

SATURDAY
JANUARY 13

Enjoy breakfast and coffee @ overlook - Pack up camp at South Rim - Hike out of backcountry - Set up camp at Chisos Basin Campground - Go to Hot Springs for relaxing day - Dinner @ camp

SUNDAY
JANUARY 14

Travel Day - Breakfast and coffee @ Chisos Basin Campground - Pack up camp - Head back to Austin - Grab lunch along the way - Arrive back in Austin



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 travel days.
- Freshly cooked meals while camping in the front country.
- Trails of Transformation is not responsible for meals dining out.



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 everyday routine and explore the unknown or forgotten places within your wild heart and soul. 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

\$2499



2X PAYMENTS

2 MONTHLY
PAYMENTS OF

\$1395



3X PAYMENTS

3 MONTHLY
PAYMENTS OF

\$915

All trips require a \$500 non-refundable deposit upon contract to solidify your spot.
First payment is due within 24 hours of 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