We would like to make you aware of a great job opportunity available to DPT graduates of your program. We are a 25-bed Critical Access Hospital in Page, Arizona, with a free-standing Outpatient Physical Therapy Clinic on the hospital campus. The hospital provides a range of medical services that include Emergency services, Surgery, Medical, Imaging, Obstetrics, Cardiopulmonary, Acute Care and Rehabilitation. We currently have a full time PT position open and would like to invite anyone interested in the position to apply on Banner Health Careers. Our clinic accepts new graduates with initiative to both learn and share as part of our team. We have a wide variety of diagnoses we treat in our clinic including general orthopedics, wound care, hands, women’s health, back to sports, and neuro. Our caseload is ~90% outpatients, and ~10% inpatients. Our therapists provide patient care on a 1:1 basis. It’s a great position that allows therapists to develop their clinical skills. We have included the job posting and description with this email and ask that you might share it with outgoing classes and alumni. Thank you for your time and consideration. There is also an attachment about the Page area and housing information as we are in the heart of the Grand Circle of national parks.
Exploring Page and Surrounding Areas

Purpose

The purpose of this document is to give you a head start in planning all your adventures in and around the Page area. This was compiled from many PT explorers before you. If you find something great to do that is not included, let me know and I will add it so others can enjoy.

Local Page Area: things to do in and around the town

Page is a small town, but we have some amazing hiking, biking, rock hounding, camping, climbing and just all around exploring.

Known as the Heart of the Parks or the Heart of the Grand Circle since we are an hour from so many National Monuments, Parks, and Recreation areas, it is hard not to be awestruck by what is out your front door. There are many other things to do besides traditional hiking and biking, and here are a few:

Page Balloon Regatta: up to 50 balloons mass in Page on or just after Halloween annually. Lift off is about 7am Thurs and Fri, and there is a street fair on Saturday that is capped off by a Balloon Glow. Get up early to crew on a balloon (which usually results in a free balloon ride!)

Glen Canyon Dam Tours: a $5 tour that allows you access to the panoramas of Lake Powell and the Colorado River bridge, insights into Dam construction, area history, a great overview of the Heart of the Parks and Grand Circle area that is Page AZ.

There are many guided tours of varied costs, or you can explore on your own. Some location (like those on Navajo lands) require permits or guides, but some of the best area attractions do not.

Some Guided tours:
- Upper antelope Canyon $55
- Lower Antelope Canyon $28
- Canyon X
- Mountain Sheep Canyon
- Secret Canyon
- Owl Canyon
- Rattlesnake Canyon
- Cathedral Canyon
- Hummer Tours

A town of about 8,000 in the winters, we experience an influx of tourists in the summer month and more than 3 million people stop in the area to enjoy the sights, sun, sand and the lake. Lake Powell has abundant water sports available from great fishing, jet skiing, house boating, and wakeboarding to paddle boarding and kayaking.

Here are a few websites to check out:
http://pagechamber.com/
http://www.page-lakepowell.com/
http://www.cityofpage.org/
Welcome to the desert southwest. Why think about water trips and exploration here? Why not, since Lake Powell has more shoreline than the entire West coast of the US? Glen Canyon leads to the Grand Canyon as well for float trips, and fishing is excellent!

Colorado River Raft Float Trip through Glen Canyon with Colorado River Discovery on half day tours leaving from the downstream side of the dam. A half day trip can be combined with Grand Canyon rafting for a multiday float. Their River’s End Café is great as well.

Paddle boarding: Grab a board and your shorts and head out on the lake for some fun. Paddleboards can be rented from Lake Powell Paddleboards, allowing you to explore the canyons of the lake in peace and quiet. If the water is high, you may even be able to paddle right up to Rainbow Bridge!

Kayaks: you can rent Kayaks from Lake Powell Kayaks or Hidden Canyon Kayaks and wind your way back to some excellent camping spots. Lone Rock beach is the best for launching boards and kayaks as it is a sloped sandy bottom.

Jet Skis: Need some speed or thrill in your world? Rent a jet ski from Wahweap or Antelope Marina or one of the varied jet ski rental places in town. Explore more of the lake and take a trip up to the floating restaurant at Dangling Rope Marina or go all the way to Bullfrog.

Houseboats: need a weekend get away? Rent a houseboat and relax on the back porch in style. Most houseboats also can include a runabout smaller boat, allowing you to explore canyons as well.

Boat tours to Rainbow Bridge: A must see by water, and getting there is half the fun. Rent a boat or take the tour. A 50 mile boat ride (about 4 hrs round trip) on one of the most beautiful lakes in the world and then one of the best known natural stone bridges. What’s not to love? Take a lunch and make a day of it. Hike in neighboring canyons, or pack what you need to camp overnight from your boat.

Swimming: Pick a spot. The Chains (see Local Area Hikes) and Lone Rock are two of the most popular spots to enjoy a refreshing plunge or an after work float. Lone Rock requires a permit (see Glen Canyon Dam Recreation Area. Head north on Hwy 89. Just past the community of Greenehaven on the right you will see the Lone Rock entrance. Park and walk down to the beach or enjoy a bonfire on a weekend.
Other Sports

Fishing:
Fly fishing at Lee’s Ferry, pole fishing for striped, small mouth, or large mouth bass in Lake Powell, or trout fishing in nearby streams... you can’t beat a place where you can pull a 20 pound fish out of the water as fast as you can bait your line when the stripers are biting in early spring! The Utah border is just 10 miles outside of Page, and nearby Utah streams and ponds are the place for trout. Stix hunting store is the best place to get your AZ or UT license. Make sure if you are on Lake Powell to get the correct licenses as the lake exists within two state boundaries.

Golfing:
The 18-hole "Lake Powell National" course in Page, Arizona features 7,064 yards of golf from the longest tees for a par of 72. The course rating is 73.9 and it has a slope rating of 139 on Blue grass. Designed by William Phillips, the Lake Powell National golf course opened in 1995 and is a beautiful as it is challenging. The course features 4 sets of tees for different skill levels.

Marathons: The Lake Powell half Marathon occurs each October. The Antelope Canyon Ultra-marathons (50mi, 55km, and half marathon trail runs) wind through Antelope Canyon and Horseshoe bend areas. There are also numerous 5 and 10K opportunities throughout the year.

Bike Races/rides:
Get out and pedal past petroglyphs on the Parowan Ride the Gap Century, take a gamble on the Mesquite Madness in March, or join the classic Tour de St. George in the spring or fall. There are Grand Fondos in Moab and Salt Lake, overnight rides in Salt Lake and on Antelope Island and a grueling 150 miler at the Desperado Duel, not to mention the three mountain passes in the Lotoja—a grinding 206mi, one day ride from Logan UT to Jackson Hole WY. Ride slick rock, sand, mountain or road—it is up to you
Local Area Hikes

The Rim View Trail: you don't have to go far for a hike that will give you vistas that can change with the light and will take your breath away. The 10.3 mile rim trail runs around the town perimeter and can be a great place for a morning or after work hike/bike/or dog walk. Park at the end of Navajo Street, and you will find the trailhead just off the parking area at the end of the street before you head off the mesa.

Horseshoe Bend: Perhaps one of the best known destinations, and a must see. Head south on Hwy 89 just 3 miles. The parking area is on the right but currently there are no facilities. It is a 0.5 mile hike to the rim through thick sand and no shade. Once you arrive at the rim, your breath will be taken away! There is plenty of room for the crowds to spread out along the rim to enjoy the view, so don't be put off by a full parking lot. A word: be careful of sandstone edges that are undercut.

Lower Antelope Canyon: Narrow, deep, with colorful water and wind sculpted walls. Excellent Native American guides who help with camera angles. You may even get lucky and your guide may play the flute, which was surreal bouncing off the walls of the canyon. Try to go between 10 & 2 to catch shafts of sunlight bouncing off the rock formations. Lower Antelope Canyon is less crowded than Upper Antelope Canyon. Beware: you must take a guided trip and rains will close the canyon due to risks of flash floods. Cost is $28.

Upper Antelope Canyon: equally as beautiful, sometimes a bit crowded, but you needn't be there at a particular time of day to get great photos. There are many tour companies operating, and it costs about $55. Some tour companies offer Navajo Hoop Dancer demonstrations while you wait for your tours.

Glen Canyon Dam Recreation Area: Lake Powell is currently about 100' below capacity, yet the lake and its environs are still spectacular and inviting. A $25 pass will get you into all area National Parks for a week, so plan to abuse your pass.

Hanging Gardens: a short interpretive trail leading to an impassibly green riparian oasis of ferns tucked under a row of buttes overlooking Lake Powell. Head towards the Dam from town and you’ll find the parking lot on the right. Park and cross over the cable lines, following the rock cairns down the old jeep trail. Keep following the cairns, hiking across a small butte with panoramic views of the area, to reach this peaceful place. Hangout for a while. This is best enjoyed at sunset. Park Rangers lead interpretive hikes in the later afternoons—just show up when they put the board out.
The Chains: A great place for a short hike leading to one of the most known local swimming areas. Park at the same place as the Hanging Gardens, cross over the cable lines and head down towards the water. This is a short hike, but a treat leading to the bathtub temperature lake for a cool down at the end of a day or on a weekend.

Water Holes Slot Canyon: A peaceful hike without the crowds into a slot canyon just 3 miles farther along Hwy89 from Horseshoe Bend. Water Holes is not as impressive as Antelope Canyons, but is cheaper ($12 permit) and still gorgeous.

- Getting a Permit:
  Head south out of Page along Coppermine Road until you see Lechee Chapter House on the right (about 3 or so miles). Instead of going into the main building that’s ahead of you, take a hard right and then bend to the left to drive around the building. Across the parking lot you’ll see a small trailer where you can purchase a day permit.

- Finding the Trailhead
  Head south on Highway 89 past Horseshoe Bend. Just under 3 miles from that point you’ll come to a little bridge on 89. Instead of crossing, pull off into the dirt parking lot. Do not use the gate in the parking area - instead walk right along the fence and you’ll see the entrance to the land. No need to jump the fence.

- Getting into the Canyon:
  Keep walking along the canyon ridge looking for piled rock cairns (about 10 minutes or so). The cairns show the way into the canyon. Be sure to wear shoes with solid tread. It’ll make getting in and out of the canyon a lot easier. Once you’re down in the canyon it’s a pretty flat hike along a sandy floor for the most part.

- Once Down, Go Right Then Reverse It
  Once you’re down into Water Holes, I’d recommend taking a right. It only takes about 45 minutes roundtrip (with plenty of stopping to take photos) to hit the bridge and get back to where we came into the canyon. If you’re pressed for time, take a left as you enter the canyon. The most beautiful parts are a couple of miles up.

Scenic Overlooks: There are many scenic overlooks nearby that don’t require much hiking, but provide a great starting point to explore from. As always in the desert, take lots of water with you as you visit or head off the beaten trail. Try these overlooks as starting points:

- Denny’s overlook: head down off the Page town Mesa to the Denny restaurant. Gaze and wander to your heart’s content.
- Wahweap overlook: head north on Hwy 89 from town. Just past the ADOT scale on the right is the Wahweap overlook with grand vistas of the lake.

Stateline Slot Canyon, Blue Pools Wash, & Blue Pools Arch:
The wash passes under highway 89 in Utah between mileposts 3 and 4. Park on the southwest side. Stateline Slot canyon is towards the lake, Blue Pools Arch is away from the lake.
Local Area Hikes

Buck tank Draw and Birthday Arch: Take Hwy 89 to between mile marker 9 and 10. Park on the south side of 89 just at the west end of the metal rail. Head down the sandy slope, through the gate and hike 1.5 miles from the road towards the western cliffs to see the horizontal arch. The slot canyon is easy to spot from the arch and worth the short cross-country trek.

Wahweap Ghost Hoodoos: More impressive than the toadstools, but a longer wash hike (9 miles round trip—with little shade). Head out of town on Hwy 89 towards Kanab. Turn in at Big Water and park just past the fish hatchery. Cross Wahweap Creek and hike up the creek bed for 4 to 4.5 miles. There are three successive hoodoo clusters on the left, the farthest ones are the most impressive and worth the hike.

Cottonwood Canyon: Great slot canyons, a 4WD cut through to Escalante, and lots of hiking. Take Hwy 89 out of town towards Utah to mile marker 18. Cottonwood Canyon connects to Hwy 12 and winds 46 miles though Grand Staircase Escalante. Check out Yellow Mountain, Hackberry canyon, Cottonwood Narrows, the Coxcomb, Round Valley Draw, and Grosvenor Arch. Road is not passable when wet.

Paria Rim Rock Toadstool Hoodoos: a short 1.5mi hike round trip to see balanced rocks or hoodoos. Head north out of town on Hwy 89. Just past mile marker 19, you will see a parking area on the right. Parks and follow the posted marks. Take plenty of water on hot days!

Nautilus Rock: Nautilus Rock is another unique formation in a region of unique geology. It can be easily accessed from the White House Trailhead on the Paria River. Or it can be a nice gentle hike south from the Toadstools Trailhead on highway 89.

Cat stair canyon: this is a great place to see 6000 year old Anasazi petroglyphs, and more recent “cowboy glyphs inscribed by early settlers in the region. Take Hwy 89 out of town toward Utah. Pass the communities of Greenehaven, Big Water and Church Wells. On the right you will see markings for Cottonwood Canyon. Stay on Hwy 89 as it drops down and you cross the Paria. Just before House Rock Valley Road, you will see a dirt road on the left of the Hwy. Take this dirt road. Open the gate and close it behind you vehicle after you have passed through. Park at the parking area and hike the wash until you enter the gorge. The petroglyphs and pictographs are located on the south wall near a cave-like shelter.

Starting Water Wash: Take Hwy 98 out of Page and drive 9 miles north along the dirt track by Kaibito Creek. This is best explored with a Navajo friend as there is no canyon access without one.
Local Area Hikes

Buckskin Gulch (also called Kaibab Gulch on some maps): the longest and deepest slot canyon in the Southwest. While others are narrower, prettier or more challenging to explore, the length and variety of the terrain in the gulch still makes it the best overall. The canyon is narrow for 12 miles; the cliffs become steadily higher downstream, reaching a height of 500 feet above the streambed at the end, where Buckskin Gulch meets the Paria River which also flows through a deep canyon for several miles either side of the confluence. Follow Hwy 89 west towards Utah. Turn Left onto House Rock Valley Road near mile marker 26. You can hike into the Buckskin from either the Buckskin Trailhead (4 miles down House Rock Valley Road), or the Wire Pass Trailhead (another 3.5 mi farther down). Day use is $6, camping $5, overnight trips must be booked in advance and are restricted to 20 people per day, though this limit is rarely reached.

The Wave and North Coyote Butte Area: Internationally known lottery hike that requires a 4WD to access. Apply early and often for permits or go through a company. You are most likely to get a permit if you apply in person for the next day’s hiking, hike on a weekday, and hike in the winter. Access The Wave via Wire Pass (WP) Trailhead: take Hwy 89 north to House Rock Valley Road on the left between mile marker 26 and 26. Take House Rock Road for 8.4 miles to the Wire Pass parking area on the right. There is dry camping available here with a toilet, or drive 1 mi farther to Stateline Campground. Park and hike about a mile through sand. WP wash feed into Buckskin Gulch, the longest slot canyon in the North America. Turn right at the Coyote Butte sign about 0.5mi on. Hike south across a sage field for 0.65 mi, and ascend the slick rock to the saddle. Head south to the twin buttes, and continue south. You will cross a wash, in about 0.8mi. Keep heading for the crack in the wall and go up the sand dune. The Wave is about 2.8mi from WP trailhead. If you have time, visit the second wave formation about 0.3mi south from The Wave, or see Top Rock, Top Rock Arch, and Melody Arches (two arches within a grotto). Look for the Maze petroglyphs and dinosaur tracks in the area as well.

South Coyote Buttes and White Pockets (4WD required): not to be considered a consolation for those not winning The Wave Lottery, this area is just as amazing. A $5 permit, and you have access to landscapes equally as amazing. From House Rock Valley Road, take BLM 1017 (Pine Tree Road). After about 3mi, bear right and carry on for approx. another 3mi. Go through the gate, continue 3.9mi and bear left. Drive an additional 5.4mi and you’ll see White Pockets parking on the left.
Local Area Hikes

Alstrom Point: Beautiful at sunset, sunrise, or by the light of a full moon, this is another Don’t Miss. Take 89 west 14.4 miles from the Glen Canyon Visitor’s Center. Turn right on Ethan Allen Way into Big Water UT. Cross Wahweap creek and follow the gravel road 13.1 miles to the Smoky Mountain Road intersection. Turn right onto Rec Road 230 and travel 4.2 miles. Turn right on Rec Road 264 and follow the rock cairns at the end of Rec Road 264. On the way back, take a trip up to Smoky Mountain (follow the signs) to see smoke and smell the aroma of a long burning, underground coal seam fire. If you want a thrill, take Kelly’s grade up or down—Kelly is a local who was told he couldn’t build a road up the side of a cliff, and he proved everyone wrong. Just hope you don’t meet too much traffic headed in the opposite direction as this is a steep and very narrow road that has a sheer drop on one side.

Reflection Canyon: Accessible by both water and hiking, choose carefully....the hike is a 20 mile round trip with very few markers. Make sure you are good with your map and compass or GPS unit before considering this difficult terrain hike. Take plenty of water as well—there are no springs between you and the lake. Or better yet, take a boat tour and enjoy the scenery all the way up and back.

Cathedral Wash: this three-mile round-trip hike requires a bit of scrambling. The trailhead is on the Lees Ferry access road, which curves around Cathedral Rock. Narrow passageways lined by limestone and sandstone cliffs that have eroded into all manner of formations—arches, alcoves, overhangs, muddy pools, and dry waterfalls. Do not hike during or after a rain. In the heart of the canyon, hikers must make their way along ledges and ease themselves down drop-offs. Finally the trail opens up and reaches the Colorado River, which signals an about-face for the return hike.

Lees Ferry & Lee’s Fort is an historic ferry service site on the Colorado and is the starting place of many Grand Canyon rafting tours down the Colorado River. 42 miles (61 km) from Page via Hwy 89 south and Hwy 89A west, and just one mile past the Navajo Bridge and roughly 3 miles from the Marble Canyon Lodge is the turnoff to Lees Ferry, the gateway to Echo and Vermillion Cliffs. Named for John D. Lee, a Mormon with 17 wives who established a ferry service in 1871 at the request of the Mormon Church. Because Lee was wanted for his role in the Mountain Meadow Massacres of 1857 of 120 emigrants, he moved around considerably and the ferry was run by one of his 17 wives, Emma. The law caught up with Lee in 1877, however, and he was executed. A few years later, Emma Lee sold the ferry service to the Mormon Church and it continued to be the only way of crossing the river for nearly 60 years. Lee’s Ferry is the end point for the 38 mile Paria River Narrows hike and has a scenic campground.

Spencer’s Trail: At the north end of Lees Ferry Road, just beyond the Grand Canyon raft launching area is the trailhead for this 2 mile hike that gains 1600 feet in elevation. While affording great views, it can be a strenuous hike that can take 2-3hrs round trip.
**Kanab Area**

To get to Kanab, take Hwy 89 out of town towards Utah. Once you leave Page, it's pretty simple. Turn right at the first stop light (about 50 miles away from Page). The first place to stop in Kanab is the funky little coffee shop on the right side after you turn right at the stoplight. Willow Canyon café and Outdoors—they have the best lattes, the low down on area hiking, and camping/hiking/climbing gear.

Coral Pink Sand Dunes: Venture onto a shifting sea of red sand. Changed by winds, these mountains and hills of sand can move as much as 50 feet per year. With areas for off-highway vehicle enthusiasts, camping, and quiet corners for those with non-motorized pursuits, the dunes offer adventures for all. The fascinating saltation patterns are a daily art display. Turn right at the stoplight in Kanab and follow 89 west for about 20 miles. Turn on Sand Dunes Road and follow it to the state park.

Kanab has its own Balloon and Tunes Festival at the end of February and has a street fair with music right off main street at the same time. Don't miss the chance to crew a balloon, listen to some local musical talent, or go to the night balloon glow.

Peek-a-boo Slot Canyon (also called Red Canyon) is a 0.7mi hike, but don't be fooled by the short distance. Accessible year-round, watch the weather. Hiking in slot canyons is a unique experience, but also presents a very real danger from flash flooding. Do not hike this trail if it is raining. Remember a storm far off can trigger a flash flood. From the stoplight in Kanab, turn right and take HWY 89 6.6 miles west out of town. Turn right onto the paved road heading east (this is the back entrance to Best Friend’s Animal Sanctuary). Follow the paved road for 0.25 mi, and take the left turn onto the sand road just prior to the group of buildings. Be warned: this can be a deep sandy path—out it in 4WD or hike from here. Rest your trip odometer. Take the right hand fork after the cattle guard (this is now road 102). At the next fork, take the right hand side to remain on 102 (don't take 102L). At almost the 3 mile mark the road passes through an open fence, stay right and 30 yards farther the road intersects with a wide wash. Turn left and follow the dry creek bed for a mile to arrive at the mouth of "Peek-a-boo" slot canyon. Look for a small wash—there is a short 100m hike to the Shaman’s Needle. Peek a boo is the slot canyon entrance you see from the parking area.

Another Not-To-Miss is Forscher’s Bakery and Cafe. From the stoplight in Kanab, turn right. Stay on Hwy 89, and you’ll see this amazing German bakery on the right side of the highway about 20 miles up the road. Get there early to beat the tour buses!
Zion

To get to Zion, Travel US-89A through Fredonia, Arizona and Kanab Utah. Follow US-89 to Mount Carmel Junction. Take SR-9 to the east park entrance. Stop at the park entrance for the trails map.

Best hikes/climbs in Zion:

Lady Mountain: Historic, challenging, un-maintained - there needs to be at least one experienced rock climber in the group. The 360° view at the end is a showstopper.

Parunuweap: My favorite—only for experienced hikers and those with strong route finding /GPS/map and compass skills (few to no trail markers, little traveled route). Begin at Checkerboard Mesa and travel across slick rock to the East Fork of the Virgin River. You will probably not see another soul during this entire hike.

Zion Narrows: The well traveled route through the North Fork of the Virgin River is incredible and easy to visit. Hike the Riverside Walk then drop into the North Fork of the Virgin River. Short exploration is permitted from Zion Canyon without a permit. For a full dose of the Zion Narrows, obtain a permit and head to Chamberlain’s Ranch in East Zion to begin the trail. The full Narrows hike is a rushed one day trip or a relaxed two day backpack.

Angels Landing: This busy trail is one you will not want to miss. Begin in Zion Canyon and hike up the West Rim Trail to find the half mile Angels Landing Trail that traverses a narrow fin above Zion Canyon. If you want more, return along the half-mile fin from Angels Landing and continue up the West Rim Trail to Cabin Spring then turn around and hike downhill back to the Grotto.

West Rim - Start in the Kolob Terrace and end in Zion Canyon. This trail is often done as a long day trip, but it makes an outstanding backpack. The winding switchback section called Walter’s Wiggles is a dizzy path leaving Scout Lookout just below the junction of the West Rim Trail and Angels Landing Trail.

Lower Emerald Pool: Make sure to take the Lower Emerald Pool Trail and not bypass it by going up the more obvious trail to the Middle Emerald Pools. The middle pool and upper pool can be accessed once at the lower pool.

Many Pools - If it’s been raining and the potholes are filled with water it makes this route all the more special, in fact, don’t hike it unless there has been precipitation recently.

Subway Hike: the second most sought after permit in the are, only 80 per day are available. Apply online or at the station desk. Swimming and rope scrambles are all party of this 9.5 mile hike. Dangerous in high runoff, best hiked May through September.

Other Great Zion Hikes: Cable Mountain, Progeny Peak, Deertrap Mountain, Clear Creek, Riverside Walk, Canyon Overlook, Weeping Rock, Pine Creek Waterfall, East Rim.
Bryce

Getting to Bryce is a short trip from Zion, or from Page, turn R at the stoplight in Kanab and take US-89 to UT-12. Go east on UT-12 to UT-63. Take UT-63 south to Bryce Canyon National Park. The visitor center sits 1 mile inside the park boundary. There is a free shuttle in the park that goes to all the most popular points.

Navajo Loop/Queen's Garden Trails: To truly experience magical Bryce Canyon, you should hike down into it. The Queen’s Garden/Navajo Loop is a not-too-difficult, 3-mile combination of trails—the perfect way to go. Start at Sunset Point and get the steepest part out of the way first. You'll see Thor’s Hammer, the towering skyscrapers of Wall Street, and some of the park's most fanciful formations, including majestic Queen Victoria. This hike is amazing on a full moon.

Queens Garden/Peekaboo figure-eight loop (6.5 miles) winds past the hoodoos clockwise from Sunset Point. Descend into Bryce Amphitheater on the Queens Garden Trail into hoodoo land. Then pick up the Peekaboo Trail to crisscross a hoodoo ridge and climb out via Wall Street's towering sandstone spires.

Fairyland Loop: This loop loses and gains 2,309 cumulative feet as it navigates first a hoodoo graveyard of stumpy towers, then a forest of tall hoodoos that rise to the canyon rim.

Rim Trail: This underrated trail is full of splendid views down into Bryce Amphitheater from a variety of vantage points over its 5 1/2-mile length. More walking than hiking, the Rim Trail includes a half-mile section between two overlooks -- Sunrise and Sunset -- that is suitable for wheelchairs. Best seen at sunrise so you can watch the changing light on the red rocks below.

Kodachrome Basin

Located at the North end of Cottonwood Road, Kodachrome is known for its 67 monolithic stone spires, called sedimentary pipes. The multihued sandstone layers reveal 180 million years of geologic time. The spires either originated as injections of liquefied sand triggered by earthquakes, or as remnants of ancient springs, depending on which geologist you ask. The color and beauty found here prompted a National Geographic Society expedition to name the area Kodachrome, after the popular color camera film, in 1948. Full of shorter hikes, enjoy the Sentinel Trail, Grand Parade Trail, Nature Trail, Eagle’s View Trail, and Angel’s Palace Trail.

Panorama Trail: A definite don’t miss—the length of this trail depends on how many of the side trips you feel like taking. If you take them all you'll hike about 5 miles (about 21/2 hrs). While they take some time, the side trips give you close up views of some interesting geysers (sand pipes), rock formations, hand prints, box canyons, deep, dark, undercut alcoves and view points. Be aware that the main section of this trail is multiple use and sees traffic from horse drawn carriages and bicycles.
**Grand Canyon: South Rim**

Founded in 1919, the Grand Canyon is one of the oldest National Parks in the US. Be warned: take plenty of water as they are no easy hiking routes into or out of the canyon and little chance to fill water bottles. The Park service discourages rim to rim hiking n one day for good reason.

**South Rim:** Open year round. There are numerous camping opportunities and amazing day hikes.

Great South Rim Day Hikes:

**Rim Trail:** The Rim Trail extends from the village area to Hermits Rest. Begin from any viewpoint in the Village or along Hermit Road. The Rim Trail offers excellent walking for quiet views of the inner canyon and for visitors who desire an easy hike. No water west of Bright Angel Lodge. By using the shuttle buses, you can customize your hike to meet your needs. Part of the trail is paved and accessible.

**Bright Angel Trail:** (Steep) The Bright Angel Trail begins just west of Bright Angel Lodge and offers day hikes that range in distance up to 12 miles (round trip). Some shade. Seasonal water subject to pipeline breaks. Check at the Visitor Center or Backcountry Information Center for water status. Upper portion of the trail may be extremely icy in winter or early spring.

**South Kaibab Trail:** (Steep) The South Kaibab Trail begins south of Yaki Point on Yaki Point Road. Access to the trailhead is by shuttle bus (Kaibab Trail Route). Offers day hikes that range in distance up to 6 miles (round trip). Best views for a relatively short hike. Steep trail, no water, little shade. Water available seasonally at the trailhead. Upper portion of the trail may be extremely icy in winter or early spring.

**Hermit Trail:** (Steep) The Hermit Trail offers hikes to Santa Maria Spring, 5 miles (round trip), and Dripping Springs, 7 miles (round trip). Trail conditions are tougher than the Bright Angel and South Kaibab Trails. Unmaintained steep trail requires caution. Begins 500 feet west of Hermits Rest. Water from springs must be treated before drinking. For experienced desert hikers. Hiking boots recommended.

**Grandview Trail:** (Very Steep) The Grandview Trail offers hikes to Coconino Saddle, 2.2 miles (round trip), and Horseshoe Mesa, 6.4 miles (round trip). Trail conditions are tougher than the Bright Angel and South Kaibab Trails. Unmaintained steep trail requires caution. Begins on canyon side of retaining wall at Grandview Point on Desert View Drive (12 miles east of village). For experienced desert hikers. Hiking boots recommended.

**Grand Canyon Railway:** Today, Grand Canyon Railway provides a historic and fun journey to the canyon with the help of authentic western characters who bring the Old West to life. It travels 65 miles from the William Depot (about 30 miles west of Flagstaff) to the Grand Canyon Depot at the South Rim and is well worth the price for all train buffs, especially in the spring or fall.
Grand Canyon: North Rim

North Rim: open May 15 to Oct 15 with limited amenities until Oct 31. Head toward Kanab on Hwy 89. Turn left at the stoplight in Kanab onto Hwy 89A. Follow the signs to Jacob's Lake. Turn onto Hwy 67 and stop at the historic Jacob’ Lake campground to have an old fashioned milkshake and eat homemade cookies the size of your face. Continue on Hwy 67 for 30 miles to the entrance to the North Rim of Grand Canyon National Park. Just outside the park entrance, keep an eye out for the buffalo herd and the wild turkey flock that hangs around the entrance. Carry on another 14 miles to get to the actual North Rim. Watch out for Kaibab Squirrels—they only inhabit this 20-40 mile area and you won't find them anywhere else in the world.

North Rim Grand Canyon Lodge: perched on the edge of the 1 mile deep gorge, the lodge was originally built in 1927-28 by Union Pacific Railroad and was rebuilt in 1936-1937 as part of the See America campaign. It is a designated National Historic Landmark and sits at the end point of Bright Angel Trail.

Great North Rim Day Hikes:
Bright Angel Point Trail: 0.5 mi. / 0.8 km round-trip; 30 minutes approximate round-trip hiking time. A short walk on a paved trail to a spectacular view of the canyon. The trail begins at the log shelter in the parking area by the visitor center or at the corner of the back porch behind the lodge. Self-guiding nature trail pamphlets are available from a box along the trail.
North Kaibab Trail: Distance and hiking times vary. This is the only maintained trail into the canyon from the North Rim. Even a short hike to Coconino Overlook (1.5 miles / 2.4 km round-trip) or Supai Tunnel (4 miles / 6.5 km round-trip) can give you an appreciation for the canyon's rich natural beauty and immense size. A hike to Roaring Springs and back is extremely strenuous and takes a full day (7-8 hours). Roaring Springs lies 3,050 feet / 930 m below the canyon rim and is 9.4 miles / 15 km round-trip. A day hike beyond Roaring Springs is not recommended. This trail is also used by mules. NOTE: Round trip to the Colorado River is 28 miles / 45 km and trail descends almost 6,000 ft. / 1,800 m.

Widforss Trail: 10 mi. / 16 km round-trip; 6 hours approximate round-trip hiking time. Blends forest and canyon scenery. Even a short walk can be very satisfying. Take the dirt road 1/4 mile/0.4 km south of Cape Royal Road for 1 mile / 1.6 km to the Widforss Trail parking area. Self-guiding trail brochure available at trailhead.
Arizona Trail: The Arizona Trail is an ambitious project that traverses the length of Arizona from the Utah border to Mexico. A section of this trail enters the park near the North Entrance and roughly parallels the highway until it connects with the North Kaibab Trail, a distance of approximately 10 miles / 16 km.

Cape Royal Trail: 0.6 mi. / 1.0 km round-trip; 30 minutes approximate round-trip hiking time. An easy walk on a flat, paved trail providing views of the canyon, Angels Window, and the Colorado River. Markers along the trail interpret the area's natural history. Trail begins at the southeast side of the Cape Royal parking area.
Cliff Springs Trail: 1.0 mi. / 1.6 km round-trip; 1 hour approximate round-trip hiking time. Meanders down a forested ravine and ends where a chest-high boulder rests under a large overhang. The spring is on the cliff side of the boulder. Please do not drink the water as it may be contaminated. Trail begins directly across the road from a small pullout on a curve 0.3 miles / 0.5 km down the road from Cape Royal.
Roosevelt Point Trail: 0.2 mi. / 0.3 km round-trip; 20 minutes approximate round-trip hiking time. This trail is a short, secluded woodland loop with spectacular views. Offers
Flagstaff

At an elevation of 7,000 feet (2,135 m), in the midst of the world’s largest ponderosa pine forest, Flagstaff is a four season hub of activity - an eclectic mix of small town charm and endless outdoor adventure beckons. A rugged pioneer past blends with modern-day innovation to create a destination full of activities to keep you busy both inside and out. Whether your suitcase holds hiking boots and trekking gear or loafers and the latest novel you will find a way to feel right at home. Located in the San Francisco Peaks, there is plenty of hiking, biking and camping in summer and snow sports in winter.

History buffs will delight in the Route 66 nostalgia and the museums and attractions dedicated to Flagstaff’s Native American culture and old west legacy. Those who like to hit the town will have a hard time choosing between all of the locally-owned shops, restaurants and galleries in historic downtown.

Sunset Crater and Wupatki National Monument: Take U.S. 89 south towards Flagstaff from Page, and just 12 miles (19km) north of Flagstaff, turn left onto the Sunset Crater - Wupatki Loop road and continue 2 miles (3km) to the visitor center. This 34 mile scenic loop road takes you from open meadows and beautiful Ponderosa pine forests surrounding Sunset Crater, through Juniper grasslands and view of the Painted Desert, to the open red rock landscape of the Wupatki Basin and Wupatki National Monument. Drive time along the Loop Road is about 1 hour. Roughly 900 years ago, a volcano erupted, reshaping the surrounding landscape and forever changing the lives of people, plants and animals and leaving the Sunset Crater. Hike the trail through the lava flow and cinders and you’ll likely discover colorful, ruggedly dramatic geological features coexisting with twisted Ponderosa Pines and an amazing array of wildlife. Wupatki National Monument, about halfway from the north entrance is an extremely interesting and wonderfully preserved/restored example of how the ancient people lived here. There are many places to stop and do a short walk to a special site. The walking tour of the monument itself is very worth the time.

Elden Pueblo: on the right side of HWY 89 as you drive into Flagstaff is a prehistoric Native American village located at the foot of Mount Elden. The Pueblo is thought to have been part of a major trading system.[1] Various trade items such as macaw skeletons from Mexico as well as shell jewelry from the coast of California have been found throughout the site.

Phoenix

While phoenix, 1 5 hr drive away, has many big city attractions, there is one must see if you are an architectural buff: Taliesin West in Scottsdale, a Phoenix suburb. One of the most know Frank Lloyd Wright buildings, it is still a functioning architecture school, and gave rise to his use of breezeways to cool a desert home to comfortable temps.
Sedona:

Energy Vortexes: Sedona is known worldwide for its energy vortexes, swirling centers of subtle energy rising from the earth. That leave a low grade measureable magnetic field in the area. There are 4 main vortexes and all are easily reachable. Don’t sell the area short, though. There are numerous more challenging hikes to be had.

Cathedral Rock Trail is a 2.9 mile loop trail located near Sedona, Arizona that offers scenic views and is rated as moderate. The trail is primarily used for hiking & mountain biking and is accessible year-round. Start at the Back of Beyond Road just south of town. As you climb up the trail and you'll come to a large slick rock area. When you reach the Templeton Trail, turn right to the beginning of the Cathedral Rock Trail on your left. The trail is well marked with cairns and is very steep -- good hiking boots required! At the top of the trail there are wonderful views in all directions. The Cathedral Rock vortex is also located in the "saddle" at the top. Don't forget to visit the nearby Chapel of the Holy Cross, an architectural site of note.

Bell Rock: Bell rock is the centerpiece of the Sedona landscape. From easy to strenuous, there are hikes for the casual walker and for the ardent rock climber. You can lay down on a beautiful smooth rounded red rock and sink into the magnetism of the site very easily and rest and rejuvenate. Bathrooms are located in the parking lot and don't forget your Red Rock Pass which is available for day or week purchase at the parking lot. Or you can stop in at the nearby ranger station to purchase one. Courthouse butte is next to Bell rock and provides additional hiking opportunities. Park in the Courthouse Rock Vista parking lot—its easier access to both sites.

West Fork Oak Creek Trail (6 mile out and back trail) located near Sedona, features a river and is good for all skill levels. The trail is primarily used for hiking, trail running & walking and is accessible year-round. Dogs are also able to use this trail but must be kept on leash. Drive south 17.5 miles south from Flagstaff or north 9.5 miles from Sedona to about halfway between milepost 385 and 384. The trailhead is on the west side of the highway down a paved lane that leads behind a few creek side houses. The best place to park is at the Call O' The Canyon day area about a quarter mile north of the trailhead.