



U.S. National Parks for Solo Travelers: The Grand Canyon to Zion

9 days | 11 days with Las Vegas extension

Lace up your walking shoes and explore the American Southwest on foot. You'll set off on this group tour made for solo travelers to discover places like Bryce Canyon National Park and Valley of Fire State Park—and find that there's a lot to love in your own backyard. From valley vineyards to scenic hiking trails, this solo trip in the U.S. will show you there's really no place like home.



Your tour package includes

- 8 nights in a private room at handpicked hotels
- 8 breakfasts
- 1 lunch
- 3 dinners with beer or wine
- 1 wine tasting
- 8 sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach

Included highlights

- Montezuma Castle National Monument
- Verde Valley wine tasting
- The Grand Canyon
- Lake Powell
- Zion National Park
- Bryce Canyon National Park
- Valley of Fire State Park
- Las Vegas Strip

Tour pace

On this guided tour, you'll walk for at least 2.5 hours daily across mostly flat terrain, including paved trails and dirt paths, with some hills. Some activities will take place at high altitudes.

Group size

15–28

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Phoenix Region, Arizona → 1 night

Day 1: Arrival in Phoenix Region

Included meals: welcome dinner

Welcome to Arizona! Settle in to your hotel. Then, gather with your Tour Director and fellow group members at a mixer before enjoying a welcome dinner.

Grand Canyon, Arizona → 2 nights

Day 2: The Grand Canyon via the Verde Valley & Sedona

Included meals: breakfast, wine tasting, lunch

Start your exploration of the Southwest among the landscapes of Arizona.

- Stop at Montezuma Castle National Monument to view cliff dwellings of the Ancestral Puebloans, an ancient culture with ties to the Hopi and Yavapai tribes.
- Visit a vineyard along the Verde Valley wine trail, an area known for producing flavorful red wines including Zinfandel, Syrah, and Merlot.
- Sample some of the signature sips during an included wine tasting and lunch.
- Make photo stops at the majestic rock formations surrounding Sedona, including Cathedral Rock, Bell Rock, and Courthouse Butte.
- Continue on to the South Rim of the Grand Canyon for your first glimpse at the legendary fissure and admire its colorful rock walls at sunset.

Day 3: The Grand Canyon

Included meals: breakfast

Set out to explore the Grand Canyon, one of the most-visited national parks in the U.S.

- Join your Tour Director on a hike along the South Rim to Shoshone Point.
- Walk through a ponderosa pine forest and admire panoramic views of the sandstone landscape from a plateau at the end of the trail.

Enjoy a free afternoon to hike along South Kaibab Trail to Ooh Aah Point or add an excursion.

Later, meet back up with your Tour Director for a guided sunset hike.

+ Grand Canyon Helicopter Ride

Lake Powell, Arizona → 2 nights

Day 4: Lake Powell via Cameron Trading Post

Included meals: breakfast

Continue on to the Lake Powell region, stopping to visit the Cameron Trading Post for a chance to browse the selection of Native American crafts. Continue on to Lake Powell and enjoy a free evening or add an excursion.

+ Upper Antelope Canyon & Navajo Nation

Day 5: Free day in the Lake Powell Region & Navajo Red Heritage center

Included meals: breakfast, dinner

Spend a free day in the Lake Powell region or add an excursion.

Tonight, head to the Navajo Red Heritage center for an evening featuring authentic Native American dancing, flute playing, drumming and singing while enjoying a culturally inspired dinner.

+ Monument Valley Jeep Ride

Zion National Park, Utah → 2 nights

Day 6: Zion National Park via Bryce Canyon National Park

Included meals: breakfast

Make your way through scenic southwestern Utah to tour Bryce Canyon National Park by bus and on foot.

- Take in up-close views of the distinctive pink limestone and sandstone formations.
- See the awe-inspiring arches, bridges, and pinnacles known as *hoodoos*.

Then, continue on to your hotel near Zion National Park and enjoy a free evening.

Day 7: Zion National Park

Included meals: breakfast

Take a tour of Zion National Park, which is located at the intersection of the Great Basin, the Colorado Plateaus, and the Mojave Desert.

- View the yellow- and orange-hued rocks during an open-air tram ride.

- Hear commentary on the surrounding landscape from a local guide.
- Join your Tour Director for a walk along Pa'rus Trail, one of the park's newest trails, which offers views of the colorful scenery and babbling rivers.
- Enjoy free time to continue exploring the park on foot by hiking the Lower Emerald Pool Trail, Riverside Walk, or Watchman Trail.

Las Vegas, Nevada → 1 night

Day 8: Las Vegas via Valley of Fire State Park

Included meals: breakfast, farewell dinner

Stop in Valley of Fire State Park, Nevada's first state park, before continuing on to Las Vegas. Tonight, join your Tour Director on an evening walk along the Las Vegas strip. You'll see the area's bright neon lights, iconic hotels, and famous casinos before heading to a local restaurant for a farewell dinner.

Flight Home

Day 9: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the airport for your flight home or extend your stay in Las Vegas.

+ Las Vegas extension

Continue your trip to try your luck in Las Vegas, and enjoy free time in Sin City to soak in the excitement that this gaming hub is known for.

Las Vegas → 2 nights

Day 9: Free day in Las Vegas

Included meals: breakfast

Spend a free day in Las Vegas or add an excursion.

+ Hoover Dam & Lake Mead

Day 10: Free day in Las Vegas

Included meals: breakfast

Enjoy a free day in Las Vegas or add an excursion.

This evening, raise a glass and toast to your trip with a farewell drink.

+ Food of Las Vegas Walking Tour

Flight Home

Day 11: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the airport for your flight home.

Customize your experience

Customize your tour by adding excursion options. Excursions offered on the same day will occur at different times, so there's no need to choose. Save \$10 when you book your excursion up to three days before your tour departs.* Excursions requiring advance reservation only list this discounted price. Call or go online to customize your tour: goaheadtours.com/SW6 | 1-800-597-0350

Day 3: Grand Canyon Helicopter Ride

\$259/\$269* (30 minutes, departs in the morning)

Enjoy a bird's-eye view of the Grand Canyon aboard a thrilling half-hour-long helicopter ride. Soar over the massive canyon, taking in a unique perspective of the striated terrain far below. From high above the canyon rim, you can begin to fully appreciate the immense scale of this natural wonder. Please note: This excursion is weather-dependent.

Day 4: Upper Antelope Canyon & Navajo Nation

\$135 (2 hours, departs in the afternoon)

Journey by truck through the Native American territory known as Navajo Nation, a historic area that covers over 27,000 square miles, as you make your way to Upper Antelope Canyon. This breathtaking slot canyon is nicknamed "Corkscrew Canyon" and has been created by the forces of wind and water over thousands of years. It's considered one of the most stunning natural structures in the American Southwest, and you'll learn more about the sandstone formation and its spiritual importance to the Native Americans in the area on a tour with a local Navajo guide. Please note: This excursion is weather-dependent and will not run in the event of rain, due to the danger of flash floods. Tripods, monopods, selfie sticks, and backpacks are not allowed in the canyon. Depending on group size, travelers may be required to travel in separate trucks. Bottled water and comfortable shoes are recommended. Travelers must be able to walk 3/4 of a mile through sand/foot bridges and climb the 128 stairs when entering and exiting Antelope Canyon. This excursion requires advance reservation and must be booked at least 20 days prior to departure.

Day 5: Monument Valley Jeep Ride

\$159/\$169* (9 hours, departs in the morning, lunch included)

Stop for lunch at the Goulding's Trading Post, one of Monument Valley's iconic, western-style buildings that was used to shoot the film "Stagecoach," starring John Wayne. Enjoy free time to explore the Gouldings Trading Post Museum and learn more about Hollywood's connection to the area. Then, climb aboard a jeep to zip through the valley's stunning red-sand scenery and pass towering sandstone buttes. Make photo stops along the way to capture iconic monuments like the Mittens, Elephant Butte, and the Three Sisters. Please note: This excursion requires a two- to three-hour bus transfer in each direction.

Extension excursion options

Day 9: Hoover Dam & Lake Mead

\$85/\$95* (4 hours, departs in the afternoon)

Depart from Las Vegas and make your way to the Hoover Dam, an iconic American landmark that separates the states of Nevada and Arizona. This engineering marvel was built during the Great Depression as a means to hold back the Colorado River

and irrigate nearby communities, which in turn created Lake Mead. It was distinguished as the largest dam in the world after its completion in 1935, and today, has earned a designation as a National Historic Landmark. On this excursion, you'll join a local guide and learn more about the dam's fascinating construction and history. Explore the Hoover Powerplant, which produces a massive amount of hydroelectric power, and then stroll through passageways within the dam itself. End your visit in the visitor center before making your way back to Las Vegas. Please note: On this excursion, you will walk for over a mile on concrete and similar hard surfaces.

Day 10: Food of Las Vegas Walking Tour

\$185 (3 hours, departure time varies)

If there's anything Las Vegas takes more seriously than casinos, it's food. From all-you-can-eat buffets to celebrity-chef restaurants to over-the-top gastronomic affairs, Sin City's got options to satisfy every appetite. Join a local guide and spend the day savoring some of the city's finest foods with a stop at Gordon Ramsay's restaurant, a taste of Giada De Laurentiis's home recipes, a slice of gourmet pizza by Andrew Weil, and desserts by Cake Boss. Plus, enjoy a glass of wine and Prosecco along the way. This excursion requires advance reservation and must be booked at least 20 days prior to departure.

*Optional excursions may be purchased up to three days prior to departure or while on tour. Pre-purchased optional excursions cannot be canceled within three days prior to departure or while on tour. Select optional excursions require advance booking and cannot be purchased or canceled after the advanced reservation deadline. GAT accepts payment by cash, Visa or MasterCard for optional excursions purchased on tour. Additional fees may apply for optional excursions purchased on tour. Excursions require a minimum number of participants to operate. Details and prices are subject to change. Due to seasonal hours of operation and availability, some excursions may not operate. If this occurs, you will be refunded any payments made for that excursion post-tour. Learn more at goaheadtours.com/terms