

2015 **GRAND
CANYON**





NOT YOUR TYPICAL FLYOVER FROM VEGAS PHOTO OP

It's 6:30 a.m. and you are at the Grand Canyon. Standing on the rim you can't help but be humbled by its quiet power. Counted among the seven natural wonders of the world, the Grand Canyon is a magnificent place to visit and you're about to step into it.

This 16.8 mile (27km) hike is not for the faint of heart; it's a silent challenge for those determined to step up and be counted among the few who can say they descended the 4500' (1477m) into the canyon to dip their toes in the Colorado River.

Now is your chance to train for and conquer the Grand Canyon.



WITH YOU EVERY STEP OF THE WAY

You won't be tackling this journey on your own; at Pursuit Training your success is our success. With a combined hiking experience of 50 years, our team is fully equipped to ensure a successful, safe, and memorable journey.

We are equipped with first aid/CPR training, emergency communications equipment, and are uniquely qualified to ensure a strong team spirit and high level of motivation.

The goal is not to be the fastest through the hike, it's to get everyone across the finish line, be fully in the moment, and appreciate the beauty all around us.



SIGN-UP FOR THIS TRIP-OF-A-LIFETIME AND RECEIVE:

- A customized pre-training program, including group training pre-hikes, designed to begin in March 2015 to help you achieve optimal fitness to tackle the challenge ahead
- Access to Pursuit Training coaches to:
 - Provide nutritional advice
 - Help you choose the right gear for optimal hiking performance
 - Act as your guides in Arizona during smaller half-day hikes and during the Grand Canyon hiking experience

BASECAMP – SEDONA

Nestled among spectacular rock structures, and midway between Phoenix and the Grand Canyon, Sedona is our pre/post hike base camp. The team will acclimatize to the higher elevation and heat with some short, scenic hikes in one of the most photographed settings in the World.



SLEEP UNDER THE STARS

Join Pursuit Training, and your fellow hikers, while we sleep under stars of one of the world's 7 wonders. Share in an experience that few will ever have the opportunity to be a part of. This once in a lifetime adventure will show you the beauty of the Grand Canyon sunrise, sunset and blanket of stars that won't be forgotten.

DON'T MISS YOUR OPPORTUNITY

"I never thought I would be able to conquer something as physical as hiking the Grand Canyon and I couldn't have done it without the help of Pursuit Training and the amazing group of men and women who hiked alongside me. The red dust still marks the bottom of my running shoes and the memories of that day will be with me always."

Meghan Ney - Grand Canyon 2014



ONE OF THE GREAT ADVENTURES OF MY LIFE

"I wanted to thank you for organizing the Grand Canyon trip. I have some incredible experiential trips in my life... including flying a fighter jet over South Africa, racing a Nascar at Michigan International Speedway, Heli-skiing in the Rocky Mountain and an open water shark dive at 80ft below sea level...and the Grand Canyon hike turned out to be one of the all-time great experiences of my life.

I believe life has a few defining moments where some event/experience changes you for the better forever. Hiking the Grand Canyon has turned out to be one of those. The physical and mental challenge, the opportunity to experience it with my son, the breath-taking views and the team work required that got everyone back to the Rim safely will forever be one of the great adventures of my life."

Richard Robbins - Grand Canyon 2010

DETAILS

To help foster a team atmosphere, we make several villas in Sedona our basecamp for the duration of our adventure.

When hiking the Canyon we will spend one night camping at the bottom of the Grand Canyon.

Unless pre-arranged, all accommodations are double occupancy. Double occupancy entails a shared room and shared queen bed.

MEALS

The majority of meals are prepared at the villas as a group unless pre-arranged and food allergies and considerations will be accommodated.

SAMPLE ITINERARY

Day 1 – Arrive in Phoenix and travel to Sedona

Day 2 – Half Day Hike (Devil's Bridge)

Day 3 – Hike to the bottom of the Grand Canyon

Day 4 – See the sunrise, hike out of the Grand Canyon and return to Sedona

Day 5 – Recovery Day

Day 6 – Early Morning Hike and Group Dinner

Day 7 – Travel back to Phoenix and get our flights home.

THE PACKAGE INCLUDES

- Customized training program (\$900 value)
- Physical evaluation
- Minimum of 12 weeks of training to ensure suitability for the hike
- Local training hikes¹ to gain experience and familiarize team members
- Final assessment of fitness
- Accommodations and most meals

DATES²

Please note, we are limited to 8 participants per trip.

October 11th – 17th, 2015

October 17th – 23rd, 2015

PAYMENT SCHEDULE

Payments will be made:

\$500 non refundable deposit - due upon registration

50% of outstanding balance due June 1st

Final outstanding balance due Sep 1st

PRICES and PAYMENT SCHEDULE

\$5,000 (per pair for double occupancy) or

\$3,500 individual plus taxes

PLEASE NOTE RETURN AIRFARE TO PHOENIX IS NOT INCLUDED

¹ Organized hikes will be local to the Greater Toronto Area, online fitness coaching is also available to all participants.

² Maximum participants: 8/week



EXPERIENCE THE DURHAM REGION

More than 350 kilometres of recreational trails and conservation areas weave through Durham Region; which gives our Pursuit Training team a variety of options to challenge participants as they get ready for the experience of a lifetime.



JOIN US IN THE DURHAM FOR OUR TEAM-BUILDING TRAINING HIKES

Pursuit Training Adventures invites participants at all levels. Become a part of the team and conquer one of the world's seven natural wonders, or join in our training/fitness hikes at a number of Durham Region's awesome hiking trails.

For Information on Trails and Hiking dates/details contact Michael Finigan at michael@PursuitTraining.com