



Grand Canyon: Adventure into America's Southwest



LEARN SERVE INSPIRE

5 DAYS

GRAND CANYON: ARIZONA ADVENTURE

Price \$1594
per student

INCLUDED IN PROGRAM FEE:

- 24/7 Tour Manager
- Air/Coach transportation (with seat-belts)
- Quad accommodations in double rooms
- All Gratuities
- All activities
- On-site security guard
- Professional liability insurance
- Illness and accident coverage for all students
- Flexible payment plans
- 24 hour phone support
- Meals (excluding 1st and last lunch)
- T-shirts



The Grand Canyon is considered one of the seven natural wonders of the world. Cleaving a mile deep into the earth and averaging 10 miles across, it compels even the most jaded traveler to pause and draw breath. People flock here in search of the romanticized wilderness ideal and embrace its sublime beauty.

Day 1 • Arrive in Phoenix and Volunteer

After your arrival in Phoenix, you will travel with your Appleseed Expeditions guide to the Dream Center and volunteer at a family homeless shelter. This organization helps families and children in the Phoenix area transition from living on the street to a more stable housing situation. Your group would be involved in feeding programs, mentoring through game events, and help with food preparation. Later, you will enjoy dinner and an orientation as your day draws to a close. Evening reflections.

Day 2 • Adventure in Sedona Arizona

This morning we will continue our volunteer work with the Dream Center. Later in the day we will hike Bell Rock in Sedona. This rock is a famous landmark in the Red Canyonland because of its backdrop to many western movies. Later we will enjoy a natural sandstone water slide at Slide Rock State Park (if time permits). In the evening head to Flagstaff where you will be staying for the remainder of your trip. Dinner and reflections.

Day 3 • Grand Canyon and Survival Skills

Today explore the south rim of the Grand Canyon with your Appleseed guide. Here we will explore the canyon walls and look for fossils as you learn about the natural geology of the earth. In the late afternoon we will have a survival skills course taught by our wildlife expert. Here students will learn about how to build a fire, learn about edible wild plants and use leadership skills that help them survive if they were to be lost in the wilderness. Dinner and reflections.



*"A life isn't significant except for its impact on other lives."
Jackie Robinson*

Day 4 • Volunteer with the Navajo Nation

This morning the group will participate in a volunteer project with children in need at the Navajo Center. Here students will help with activities like tutoring children, light construction, maintenance, youth camps, food bank, or helping out in the community garden. Later learn about the culture and customs of the Navajo by touring the Navajo Cultural Center. Dinner and reflections.

Day 5 • Head Home

After having an amazing journey we will head home.

"Seeding a Revolution of Change Through Service"



www.appleseedexpeditions.com

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