



# Utah Canyonlands, Arches & Monument Valley Multi- Adventure

7 Days



*The Adventure Company* | EST. 1969

**MT+SOBEK**<sup>TM</sup>  
MOUNTAIN TRAVEL SOBEK


**CELEBRATING 50 YEARS**  
AS THE PIONEER OF ADVENTURE TRAVEL

# ➤ Utah Canyonlands, Arches & Monument Valley Multi-Adventure

Visit the three "must-see" landmarks of Utah's memorable parks three different ways: Monument Valley by air, Canyonlands National Park by water, & Arches National Park by trail. The scenery is nothing short of spectacular, from the ever-changing colors of the sandstone rock formations to the sweeping views of otherworldly landscapes. Take a birds-eye view, raft through Cataract Canyon on the Colorado River, and hike among canyons, spires, and sandstone rock formations thousands of years in the making.

[Getting to Moab, Utah](#)

## Details

Arrive:	Moab, Utah
Depart:	Moab, Utah
Duration:	7 Days
Group Size:	5-16 Guests
Minimum Age:	10 Years Old
Activity Level:	

## Testimonials

*"We have traveled throughout the world, but never experienced a level of service and attention to detail as we did with MT Sobek."*

Dennis G.

*"I've taken six MT Sobek trips and they have all exceeded my expectations. The staff, the food, the logistics and the communications have always been exceptional. Thank you for being my "go to" adventure travel company!"*

Margaret I.

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✉ [info@mtsobek.com](mailto:info@mtsobek.com)

## Why Take This Trip With Us?

### REASON #01

MT Sobek has been rafting the world's greatest rivers since 1973 and is a trusted river operator with special permits to run the Colorado River.

### REASON #02

Our Cataract Canyon operation is based in Moab and our river adventure is led by the best river guides in the business.

### REASON #03

Along the way, professional naturalist guides offer insights into the region's incredible geology and diverse flora and fauna.

## What to Expect



### ACTIVITIES

Rafting Class III to V rapids (depending on season), scenic hikes, swimming, and fun games and feasts at camp.



### LODGING

A full-service hotel in Moab to kick off and end the adventure, with two nights at riverside camps in between.



### CLIMATE

Dry desert environment with spring/fall temps from 65°-85°F and 55°F at night. Summer temps from 85°-100°F and 65°F at night

## Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Kevin McDermott—a.k.a. "Thirsty"—has been guiding since he was 17 years old and has been an integral part of MT Sobek's Arctic rivers program for decades. His laid-back manner puts everyone at ease, and he has a wealth of knowledge about Arctic rivers. Although he normally spends his winter months in Colorado's Telluride ski area, he has climbed Denali three times, reaching the summit in 2000. Thirsty is a legend in the MT Sobek circle and endears himself to travelers with his expertise, calm demeanor, and sense of humor.

**Kevin McDermott**

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# Itinerary

## DAY 1

### ARRIVE IN MOAB

Arrive in the charming town of Moab, Utah at our host hotel. Enjoy an orientation and dinner with the group at one of many celebrated downtown restaurants in Moab.

**Meals:** D

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## DAY 2

### EXPLORE MONUMENT VALLEY BY AIR

This morning, catch your chartered flight to go adventure exploring over the desert southwest. Fly from Moab to the Navajo Tribal Park of Monument Valley. During your flight, delight in countless photo ops as you pass over Canyonlands National Park, Dark Canyon Wilderness Area, Natural Bridges National Monument, Cedar Mesa/Grand Gulch, and Valley of the Gods. The 1,500 miles of the Colorado Plateau known as the "Grand Circle" will form the core of your expedition. This massive desert landscape is covered in canyons, mesas, and riparian zones which have been home to generations of Native American tribes. Your pilot will share with you the rich history of this region.

The afternoon is free to explore the town, pack your MT Sobek dry bags for your 3 day rafting adventure, or simply relax and take in the surrounding views.

**Meals:** B, L

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## DAY 3

### CATARACT CANYON RAFTING ADVENTURE THROUGH CANYONLANDS NATIONAL PARK

Ride our shuttle to the Cataract Canyon put-in at Potash Boat Ramp. Meet your guides by the river and receive a safety briefing before the journey begins. Adjust to the pace of the warm Colorado River as you paddle past spectacular scenery. Stop to explore Native American ruins and learn about the flora and fauna of this fragile desert environment. Upon arrival at camp, join the guides in setting up tents and play fun river games like horseshoes and bocce ball. After dinner, watch the sunset to the chirp of the canyon wren.

**Activity:** 6 hours/30 miles rafting

**Meals:** B, L, D

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## DAY 4

### TACKLE CATARACT CANYON'S BIG DROP RAPIDS

After breakfast, pack up and motor past the confluence of the Green and Colorado Rivers. Accessibility through this stretch allows for perhaps the Loop Hike — a short, steep 1-mile hike with majestic vistas. Meanwhile, the rafts continue downriver to prepare your post-hike lunch by the river. Prepare to face some of the best rapids in the world! Known as "the Big Drops," these classic rapids, including Satan's Gut and Little Niagara Falls,

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provide heaps of adrenaline-fueled fun. This evening, camp on a sandy beach under a rich blanket of stars — Canyonlands National Park is recognized as one of the few Dark Sky Parks in the world. Let the guides surprise you with riverside festivities.

**Activity:** 6 hours/30 miles rafting, 1.5 hours hiking

**Meals:** B, L, D

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## DAY 5

### FLOAT TOWARDS THE GRAND CANYON & SCENIC FLIGHT OVER CANYONLANDS

Awake for your last day on the river: 30 miles through one of the most spectacular canyon stretches. Towering walls rise higher as you get deeper and approach Lake Powell, just upstream of the Grand Canyon. Enjoy lunch on the river before take-out where you will transfer to your charter flight that whisks you up and over Canyonlands National Park and the Colorado River, then back to Moab.

**Activity:** 4 hours/30 miles rafting

**Meals:** B, L, D

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## DAY 6

### EXPLORE ARCHES NATIONAL PARK BY TRAIL

Take in the sights of Arches National Park often referred to as a 'Red Rock Wonderland'. Along with your river guides, explore 2-3 trail options for a full day hiking adventure through spectacular geologic formations. Perhaps the trail to Delicate Arch — an icon of Utah, or Landscape Arch — North America's longest natural arch, or a visit to Spires and Fins will make you fall in love with the desert Southwest.

**Activity:** Multiple hiking options

**Meals:** B, L, D

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## DAY 7

### DEPART THE SOUTHWEST

After breakfast, say goodbye to your guides and transfer to the airport for flights home.

**Meals:** B

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## Dates

For full terms and conditions please visit [www.mtsobek.com/terms](http://www.mtsobek.com/terms). Please note that our itineraries may be subject to change.

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## Inclusions & Exclusions

### PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portorage

### PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses

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## ➤ Rafting & Kayaking with MT Sobek

At MT Sobek, we take you to premier wilderness rivers and beautiful island locations to experience some of the most breathtaking rafting and kayaking on the planet. In addition to our world-class guides who offer entertaining experiences, you'll enjoy comfortable camping and delicious meals. Here are the key things that set us apart:

- **Expert Guides** ~ Our professional guides are the best in the business. From the first safety briefing to the final high five, you'll be led by experienced guides who have made trip leading their profession.
- **Small Groups** ~ We are proud of our commitment to small group sizes, which don't exceed 20 guests. Our guide to client ratio on river trips is 1:4.
- **Special Permits** ~ With special permits, we are able to gain access to less-traveled regions, far off the beaten path, including the Arctic National Wildlife Refuge and the Salmon-Challis National Forest.
- **Comfortable Camping** ~ After a day of thrills on the river, take it easy as guides cook up tasty meals at your comfortable camp. Enjoy creature comforts in the wilderness!
- **Range of Trip Levels** ~ Our rafting and kayaking trips range from easy to moderate-strenuous, so there is something to suit every level.
- **Sterling Safety Record** ~ We have a sterling safety record on our rafting and kayaking trips and all guests are required to attend mandatory briefings.



**Sobek Expeditions** was founded in 1973 by Richard Bangs (*left*) and John Yost. Named after the Egyptian River God, Sobek ran more than 40 first descents on some of the world's most famous rivers, including the Bio Bio and the Omo. In 2022, Richard Bangs was named one of the 100 Greatest Explorers of the Last 100 Years by [explorersweb.com](https://explorersweb.com/)! Sobek Expeditions will celebrate 50 years of intrepid rafting in 2023.

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## ➤ A Day on the River

Many guests ask us “what’s a typical day on the river like?” Other than being super fun, here’s what you can expect. On Day 1, you’ll either meet your group and guide in town or on the riverbank, depending on your itinerary. After introductions and a thorough safety briefing, you’ll receive your personal floatation device and step into your raft or kayak. The first stretch of the river is usually gentle and you’ll arrive at camp in the late afternoon. Once you’ve found your tent and settled in, enjoy games and drinks by the river while your guides prepare a delicious dinner. The evening winds down with stories and laughs around the camp fire.

In the morning, awake to the soothing sounds of the river and savor a warm breakfast before setting out for an exhilarating day of rafting and kayaking—led by your expert guiding team. Along the way you’ll have plenty of rest stops and time to explore historic or natural sites along the river’s edge. Then it’s back in the raft for epic rapids and more fun on the water!

### River Rafting Terminology



#### Oar Boat

Classic inflatable raft, equipped with two long oars rowed forward-facing by the guide. Accommodates gear and 2-3 passengers. Perfect for relaxing.



#### Inflatable Kayak

“Duckies” are your chance to get intimate with the river. Paddle or sit at river level with a double-bladed paddle and be in charge of your own destiny!



#### Paddle Boat

Up to 6 passengers sit on the perimeter of the raft with legs inside and paddle under the direction of the guide, who sits in the stern of the raft.



#### Stand-Up Paddleboard

Balance on these surprisingly stable craft, also known as SUP, and propel yourself downstream with a single-bladed paddle.



#### Gear Boat

Also called the sweep boat, the gear boat carries all the camp necessities, plus all our waste—ensuring that we leave the river as pristine as we found it.



#### Portage

When rivers become un-navigable, the gear has to be taken out and carried to the next navigable stretch. This is known as portage.

### River Rafting Classification

#### Class I-II Rapids

Sit back and enjoy the scenery. Experience placid river conditions with interspersed wave trains and enjoyable splashes.

#### Class III-IV Rapids

Things are getting exciting! Begin to see more frequent irregular waves. This level requires a good response to guide commands and efficient team paddling.

#### Class V Rapids

The highest level of rafting difficulty, likely involving long, continuous rapids. Successful navigation requires great physical fitness and precise paddling.

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**TWO HUNDRED ADVENTURES.**

**SEVEN CONTINENTS.**

**A WORLD OF DISCOVERY.**

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