



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

9 days | 11 days with Las Vegas extension

From valley vineyards to scenic hiking trails, this active solo trip will show you that you don't need to go far to experience a lot. Each day displays a new destination—and with it, new landscapes swathed in dusty oranges, sherbet pinks, and gemstone greens. You'll set off on this group tour made for solo travelers to discover places like Zion National Park and the Grand Canyon—and find that there's a lot to love in your own backyard.



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

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

9 days | 11 days with Las Vegas extension

Phoenix Region, Arizona → 1 night

Day 1: Arrival in Phoenix Region

Included meals: welcome dinner

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

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 by journeying into the landscapes of Arizona.

- Stop at Montezuma Castle National Monument to view cliff dwellings built by the Sinagua people around the 11th century. Nestled into limestone cliffs, the rooms resemble a high-rise apartment complex. Interestingly, despite its name, the monument has no connection to the Aztec emperor Montezuma, but was rather misattributed by early European settlers.
- Visit a vineyard along the Verde Valley Wine Trail, an area known for producing flavorful red wines, including zinfandels, syrahs, and merlots. Sample some signature sips during an included wine tasting and lunch.
- Make photo stops at the whimsical red rock formations surrounding the town of Sedona, including Cathedral Rock, Bell Rock, and Courthouse Butte.
- Continue to the South Rim of the Grand Canyon for your first glimpse at the legendary fissure. Take a moment to admire its colorful rock walls at sunset and feel the anticipation build for the awe-inspiring spectacle that awaits tomorrow.

Day 3: The Grand Canyon

Included meals: breakfast

After arriving at the South Rim, set out on a scenic hike to Shoshone Point guided by your Tour Director, who'll illuminate the geological wonders and natural splendor of the landscape.

- Marvel at towering rock formations that bear witness to millions of years of geological evolution, their striated layers revealing the passage of time in hues of red, orange, and ochre.
- Walk along a trail through a ponderosa pine forest and end on a plateau to take in panoramic vistas that stretch to the horizon. Sigh as the vast expanse of the Grand Canyon unfolds endlessly before you.

To fully appreciate the enormity of the Grand Canyon—it's not just a name after all—add an optional helicopter tour to your itinerary and take to the skies for an electrifying perspective. Prefer to explore the Grand Canyon on terra firma? Use your free afternoon to hike along the South Kaibab Trail to Ooh Aah Point, where a steep descent along the canyon walls is punctuated by ancient rock formations and a view of the snaking Colorado River.

Later, meet back up with your Tour Director for a guided sunset hike. As the sun descends below the horizon, it bathes the canyon walls in a warm, golden light. When it fades, the canyon takes on a mystical quality, with the silhouettes of rugged cliffs and spires standing in stark contrast against the darkening sky.

+ Grand Canyon Helicopter Ride

Lake Powell, Arizona → 2 nights

Day 4: Lake Powell via Cameron Trading Post

Included meals: breakfast

Begin your day with a stop at the Cameron Trading Post, a historic outpost that has served travelers and locals alike for more than a century. Browse a curated selection of Navajo artwork, jewelry, and crafts, and learn about the time-honored traditions of the artisans who created them.

Continue to Lake Powell and enjoy a free evening or add an Upper Antelope Canyon adventure to your growing camera roll. As sunlight filters down between these towering sandstone walls in the heart of Navajo Nation, ethereal beams of light illuminate the canyon's smooth walls, creating an ever-changing pattern of light and shadow.

+ Upper Antelope Canyon & Navajo Nation

Day 5: Free day in the Lake Powell Region &

Red Heritage dinner theater

Included meals: breakfast, dinner

If you're up for a thrill with a side of Monument Valley vistas, join today's optional Jeep ride and rumble through the park where iconic rock formations like Mexican Hat, Three Sisters, and Elephant Butte capture imaginations with their playful shapes.

If you'd rather spend your free day on your own, the calm, clear waters of Lake Powell are the perfect setting for paddleboarding or kayaking. Tonight, head to the Navajo-owned Red Heritage center for an evening filled with authentic Native American dancing, flute playing, drumming, and singing, all served with a traditional 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 southwestern Utah to tour the surreal landscapes of Bryce Canyon National Park. Long before the arrival of European settlers, Indigenous people inhabited the area; the Paiute tribe had a deep connection to the lands that now constitute the park. The Paiute referred to Bryce Canyon's hoodoos—huge rock pinnacles—as “Legend People,” believing them to be ancient beings transformed by Coyote, a prominent figure in their mythology.

- Enjoy a guided exploration of the park by bus and on foot. You'll learn about its unique formations, sculpted over millions of years through the process of erosion. The park sits atop the Paunsaugunt Plateau, where the forces of wind, water, and ice gradually carved out the intricate maze of canyons, fins, and spires that we see today.
- Feast your eyes as you get up close and personal with Bryce Canyon's iconic rock formations. Watch as arches, bridges, and spires made of pink limestone and sandstone change with the shifting light in a bewitching display of color and contrast.
- Keep your camera ready as you encounter

the park's famous inhabitants—the hoodoos. These whimsical rock formations, shaped like totems and towers, create a surreal and otherworldly atmosphere that's unlike anything you've ever seen.

Continue to your hotel near Zion National Park and enjoy a free evening to rest and unwind.

Day 7: Zion National Park

Included meals: breakfast

Continue your scenic journey through this rough-hewn portion of the Southwest as you reach Zion National Park. Here—at the intersection of the Great Basin, the Colorado Plateau, and the Mojave Desert—the earth's rich tapestry flashes hues of yellow and orange as deeply eroded sedimentary rocks rise majestically into the azure sky.

- Delve into the history of Zion National Park, named by 19th-century Mormon settlers who were awestruck by its otherworldly beauty and reminded of their heavenly city.
- Experience the park from a unique vantage point aboard an open-air tram, where a local guide will unravel the park's geological wonders, diverse flora and fauna, and cultural heritage.
- Enjoy the sway of winding roads and watch as each bend reveals a new panorama of sandstone monoliths, green valleys, and waterfalls. You may also spot one of the park's many sheep, goats, and deer.
- Join your Tour Director for a walk along the paved Pa'rus Trail, which offers views of the colorful scenery and babbling rivers.
- Enjoy free time to continue exploring the park on foot: Hike the Lower Emerald Pool Trail for a short but rewarding outing; take the Riverside Walk to follow the Virgin River; or tackle the more challenging Watchman Trail for a view of Watchman Peak's soaring rocky spire.

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 to Las Vegas. Here, fiery red sandstone outcroppings surround petrified trees and 2,000-year-old petroglyphs. As the road stretches ahead of you, look for rock formations swirling in shades of white, yellow, pink, and grey.

As the desert scenery gives way to the bright

lights of the big city, 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, served with beer or wine.

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 for gaming under glittering neon lights or relaxing in this desert oasis.

+ Las Vegas extension

Extend your trip to try your luck in Las Vegas and enjoy free time for fun and gaming, a high-flying show, or some well-earned poolside R&R. You can also add handpicked excursions to see—and savor—more of this corner of Nevada. (And remember: It's pronounced “Ne-VAD-uh,” not “Ne-VAH-duh”!)

Las Vegas → 2 nights

Day 9: Free day in Las Vegas

Included meals: breakfast

Add a trip to the Hoover Dam to your itinerary for a close-up look at the massive engineering marvel, completed at the height of the Great Depression in 1935.

If you've opted to stay in town, the Las Vegas Strip's glittering four-mile stretch is at your disposal. Unpack your swimsuit for a splashy day at one of Vegas' pool parties or enjoy one of the city's unique—and climate-controlled—museums and experiences. Indoor skydiving, anyone?

+ Hoover Dam & Lake Mead

Day 10: Free day in Las Vegas

Included meals: breakfast

While gaming and glitzy hotels are a perennial draw for visitors to Las Vegas, the city is also home to innovative restaurants and culinary experiences. For a taste of the Vegas food scene, join the optional food tour for celebrity chef-inspired snacks and sips.

Prefer to spend the day exploring the Las Vegas

Strip on your own? Catch a show, opt for some retail therapy in some of the Strip's designer boutiques, or head downtown to “Old Vegas” to explore vibrant street art and the local restaurant scene.

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