



TREASURES OF SANTA FE

MAY 19 - 27, 2018

TRIP SUMMARY

HIGHLIGHTS

- Exploring the natural beauty of northern New Mexico by foot, horseback, raft, and van
- Learning about Native American history at Bandelier National Monument & the Taos Pueblo
- Visiting Santa Fe's many galleries and museums
- Relaxing at a Santa Fe spa
- Savoring New Mexican cuisine
- Optional extension to Acoma Pueblo, Chaco Canyon and kayaking the Rio Grande

TRIP AT A GLANCE

Dates:	May 19 - 24, 2018 (with extension May 19 – 27)
Location:	Santa Fe, NM and surrounding areas
Cost:	\$1895 (extension \$850)
Activities:	Multisport
Arrive:	Arrive at the Albuquerque airport by 1 pm on May 19th
Depart:	You are free to leave anytime on May 24th or if staying for the extension May 27th

TRIP OVERVIEW

Santa Fe, the capital of New Mexico, has long been known for its fascinating history, its stunning natural beauty, its vibrant arts and culture, and its great cuisine. It also provides a comfortable base for exploring other parts of northern New Mexico. On this trip, we've picked a sample of the best that it has to offer for five days of fun and adventure. We'll go hiking, browse Santa Fe's galleries and museums, visit Taos Pueblo, explore Bandelier National Monument, and soothe our muscles at the spa at Ten Thousand Waves. An optional extension includes visits to Acoma and Chaco Culture National Park and kayaking the Rio Grande River. Maximum group size: 12

RATING

This trip is suitable for any active woman who wants a vacation that mixes being active in the outdoors with historical and cultural exploration. A basic level of fitness is needed. A rating of 2 is suitable for any woman who regularly walks at a **brisk** pace 3 to 4 days a week for 35 - 45 minutes. **Rating:** 1 [\[2\]](#) 3 4 5.

WHAT'S INCLUDED

- Experienced guides
- Five nights lodging in double occupancy rooms
- Great meals in wonderful local restaurants
- Whitewater rafting and horseback riding
- Entrance to Taos Pueblo and Bandelier National Monument
- All lodging, meals, and activities on the extension

What's not included: travel to and from Albuquerque, 1 dinner and 1 lunch as specified in the itinerary, guide gratuities, alcoholic beverages, and travel insurance.

OUR ITINERARY

Below is the proposed itinerary for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

MAY 19, SATURDAY



The trip begins at the Albuquerque airport (ABQ) at 1pm. After brief introductions we're off to Santa Fe, one of the most beautiful small towns in the US. While today Santa Fe is associated with art and fashion, it is also a very well preserved Hispanic town. The longest continuously inhabited state capital in the U.S., it was founded 13 years before Plymouth Colony. The city has been the capital for the Spanish "Kingdom of New Mexico," the Mexican province of Nuevo Mejico, the American territory of New Mexico, and, since 1912, the state of New Mexico. Its history, combined with traditional architecture and outstanding natural setting at the base of the Sangre de Cristo mountains, are undoubtedly what drew artists to the area in the early 20th century and transformed Santa Fe into the town we think of today.

We'll start our visit with an historical walking tour of Santa Fe to get us oriented to the city, introduce us to some of its famous sites, and inform us about New Mexican history. Tonight we will get our first taste of New Mexican cuisine at a nearby restaurant. For those who are not too jet-lagged, a stroll up Canyon Road at night is always a pleasant way to end the evening. D

DAY 2

MAY 20, SUNDAY



After a delicious breakfast we'll hike in the mountains and forests north of Santa Fe. The trail is a 4.5 mile loop drips down into a shady valley full of aspen, fir and pine trees. After stopping for lunch and a break at a beautiful spot along Tesuque Creek, we will head back up onto the ridge along sweeping switchbacks to complete the loop. At an elevation of 8,900 feet we will certainly take time to enjoy the flowers! When we return to town you have the rest of the afternoon free to explore Santa Fe's many museums and galleries. We'll gather again in early evening to explore one of Santa Fe's other culinary options. B, L, D

DAY 3

MAY 21, MONDAY



We'll leave early for the drive to Taos Pueblo. Featured in the paintings of many of New Mexico's artists, it has been continuously inhabited for over 1000 years and its multi-storied pueblo buildings are a UNESCO World Heritage Site. After a guided tour and time to look around on our own, we'll head out to the rafting put-in spot for our picnic. We will picnic along the beautiful and graceful Rio Grande river. The river was designated as an American Heritage River in 1998 the 1,800 river is as beautiful and it is long. After a picnic lunch, we will get ready for our incredibly fun whitewater rafting on the class 2 and 3 rapids (possibly higher this time of year) of a section of the Rio Grande called the Racecourse. We will return to Santa Fe in the early evening after having dinner on the way back. B, L, D

DAY 4

MAY 22, TUESDAY



You can't go out west without going for a horseback ride at least once, can you? Of course not! What better way to see the rolling plains than on the back of a horse. We'll go for a 1.5 hour trail ride at a ranch just a short drive from Santa Fe. We will ride in small groups throughout the day and when you aren't riding you can get lunch in town, explore Santa Fe galleries and/or visit the Georgia O'Keefe Museum. The museum has some of O'Keefe's most well-known works, as well as, special exhibits that place her work in a broader context. Finally, in late afternoon, we head for Ten Thousand Waves, a Japanese-style health spa with hot tubs situated on the side of a mountain - a perfect way to soothe any aches we may be feeling from that morning horseback ride. Dinner is on your own tonight and if you've been wanting to try one of the haute cuisine restaurants for which Santa Fe is known, this would be the night. Or if you may want to stay at [Ten Thousand Waves](#) you can enjoy a massage or another treatment and have dinner there. We will coordinate your transportation. B

DAY 5

MAY 23, WEDNESDAY



In the morning, we leave for Bandelier National Monument, which was once home to Ancestral Pueblo from the 12th to the 16th century. We'll start with a hike outside the main canyon, the 1.5 mile Tsankawi Loop trail that goes over the top of an unexcavated large Ancestral Pueblo Ruins site on a mesa top and passes some cliff dwellings along the cliff face. We then continue to the main section of Bandelier, Frijoles Canyon. After stopping by the Visitor Center, we'll follow a paved trail through the middle of Frijoles Canyon that showcases not only several well-preserved easily accessible ruins but also the beauty of this red rock canyon. We will return to Albuquerque, about a 2-hour drive, in late afternoon and share a final farewell dinner together at a nearby restaurant. Overnight Albuquerque B, L, D

DAY 6

MAY 24, THURSDAY



The trip officially ends this morning and you are free to leave anytime today. The hotel provides a shuttle to the airport that begins after 7am, if you leave before 7am the hotel can call a cab for you.

BUT if you have more time and a keen interest in Native American history, then join us for a few more days as we head west. In that case, rather than catching the shuttle to the airport, your next few days will look like this:

After breakfast, we'll start with a visit to the nearby Indian Pueblo Cultural Center. The museum provides a good overview of the history and culture of each of the state's 19 Pueblo Indian tribes. We then go even further back in time with a visit to Petroglyph National Monument, the site of hundreds of petroglyphs that were created by both the earliest and the most recent inhabitants. Our hike on the Mesa Point Trail passes lots of petroglyphs as it winds its way to the mesa top. From here a 360-degree view provides views of Albuquerque and the Sandia mountains to the east, the Sangre de Cristos to the north, and the extinct volcanoes to the west. Finally, we'll visit Acoma Pueblo. Acoma is built on top of a sandstone mesa, rising over 350 feet from its base. Fifty to a hundred people still live on the mesa, making it one of the two oldest continuously inhabited settlements in the US (the other being Taos Pueblo). Our guided tour will give us insight into both the history and present of this beautiful place. After a very full day, we'll spend the night in Grants, NM. Overnight Grants B, L, D

DAY 7

MAY 25, FRIDAY



We get an early start this morning so that we can have a full day at Chaco Culture National Historic Park. Chaco Canyon, the focal point of Ancient Puebloan culture, contains over a dozen major pueblo ruins. While the Ancient Puebloans lived over the entire Four Corners area, their civilization is generally regarded as having reached its pinnacle in Chaco. Advanced building techniques, irrigation systems, and astronomical observations, are all evidence of a very advanced civilization that flourished there around 1000 AD. That civilization collapsed after 1200 AD for reasons that are still unclear and the people dispersed to become the forefathers of today's Rio Grande Pueblo people. The isolation and vastness of the Canyon contribute to its sense of mystery and majesty. We start at the very informative Visitors Center. From there we can visit some of the ruins, possibly including one that is a three mile hike up on the rim. There is more to see than we can fit in, and we'll leave with a much better appreciation of this amazing culture. **Note:** The drive to Chaco Canyon takes about 2 hours each way on rough roads, the reason why it receives few visitors than you would expect Is it worth it? We think so! Overnight Grants B, L, D

DAY 8

MAY 26, SATURDAY



Although we have been in and out of Albuquerque, we haven't really spent any time there. So today we will start with seeing it from the very different perspective of a kayak as we paddle down the Rio Grande. The Rio Grande is the reason Albuquerque is located where it is and our kayak trip (canoes are also available) is down a stretch of river that encompasses the area where the Coronado campaign wintered in 1540. We will put in among a beautiful stand of cottonwoods in Algodones, then traverse approximately 9 1/2 miles of remarkably secluded Rio Grande valley. The upper section of this trip features several interesting ancient volcanic formations and two small, Class I rapids. Further down the river begins to widen and slow, while the Bosque opens regularly to reveal spectacular views of the Sandia mountains. After finishing our trip, we'll have some time free to wander Albuquerque's Old Town. Lastly, we will enjoy our picnic dinner with sweeping views of Albuquerque and finish our trip to New Mexico relaxing and watching the sunset. B, L, D

DAY 9

MAY 27, SUNDAY



Now maybe you're ready to go home? There are so many more things you could do if you have time, but if you don't, you're free to leave anytime. B

ADDITIONAL TRIP INFORMATION

GETTING THERE

Flying: If you are flying plan to be at the Albuquerque airport (ABQ) by 12:30pm to make the 1:00pm meeting time.

Driving: If driving you can park in the Albuquerque airport long term parking. There are also several parking lots located near the airport that tend to be less expensive and offer a free shuttle to the airport.

If you would like help with any travel plans we recommend our travel agent Sara Schuitemaker at sara@scaneastwest.com or call 800/727-2157

ACCOMMODATIONS

We will spend our four nights in Santa Fe at the lovely [Inn on the Alameda](#). This centrally located, locally-owned small hotel is known for its gracious staff, bountiful breakfast, and beautiful architecture. We'll spend the last night in Albuquerque at the [Rio Grande Inn](#), located close to Old Town and a short shuttle from the airport.

WEATHER

The weather in Santa Fe in late May is characterized by cool mornings with temperatures increasing to 75F to 80F. The daily low temperatures range from 40F to 50F. The air is quite dry so temperatures in the 80s are pleasant. Because Santa Fe is at an elevation of 7,000 feet, evening and morning temperatures can be chillier than you would expect.

TRAVEL INSURANCE

WE STRONGLY RECOMMEND TRIP CANCELLATION/TRIP INTERRUPTION INSURANCE, WHICH COVERS YOUR COST IF YOU NEED TO CANCEL OR INTERRUPT YOUR TRIP for medical reasons, trip delay, lost baggage, and other unforeseen emergencies. Adventures in Good Company will send you information about travel insurance with your registration information, or you may purchase coverage through your own insurance company. In order to avoid disappointment and expense in the event that you must cancel your trip we strongly urge you to purchase some type of insurance coverage. You can also sign up for it online at [Travelex Insurance](#). To get the best rates, use 20-0016 as your location number on the Get A Quote page.

PACKING LIST

FOOTWEAR

- 1 pair of lightweight hiking boots/shoes: boots/shoes need to be well broken in and comfortable.
- 1 pair of comfortable athletic shoes (or Teva/Chaco/Keen sandals, esp. for general use - sightseeing, walking,
- 1 pair of sandals (Teva type or water shoes) that can be worn rafting and/or kayaking These can be the same of above if they are not flip-flop type and can be worn in the water.
- 2-3 pairs of socks (1 should be wool or synthetic blend hiking socks)

CLOTHING

- 1 pair lightweight nylon/supplex hiking pants. Zip offs are a good option.
- 1 pair of jeans or corduroy pants for riding
- 1-2 pairs of shorts: one could be a quick-drying nylon for rafting/hiking
- 1 lightweight, light-colored, long-sleeved shirt for sun protection (button up front is a great option)
- 2-3 T-shirts or short-sleeved shirts (synthetic or lightweight wool is recommended for wicking and faster drying)
- 1 fleece jacket or wool sweater
- 1 rain parka / rain pants
- Underwear/nightwear
- Swimsuit (for the hot tub, spa and/or rafting; nylon shorts can substitute for this)
- 1 wide-brimmed or baseball hat for sun
- 1 – 2 changes of comfortable clothes to wear around the hotel and out to dinner (e.g. pants and/or skirt, with a couple of tops)
- A lightweight pair of gloves and hat

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, shampoo, contact lens paraphernalia, and sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, compeed (or blister bandages), ibuprofen, any personal medications

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.

ESSENTIALS

- Sunglasses (100% UV protection)
- Bandanna(s)
- 1 daypack large enough to hold your supplies for the day (water, snacks, raingear, etc.)
- 1 one-quart water bottle or hydration system
- Camera (extra battery/charger) and film/memory card
- Ear plugs (for a good night's sleep!)
- Your favorite snack (snacks will be provided)
- Capability to 'waterproof' your backpack. Either a rain cover or a heavy-duty plastic bag to line your pack.

OPTIONAL

- Book, notebook, journal, pencil/pen
- Binoculars
- Wrist watch with an alarm or travel clock
- Hiking poles
- National Park Pass (annual, golden, or military); These passes may entitle you to additional amenities/perks at parks

NOTES ON PACKING

Adventures in Good Company's packing list covers everything you need to assure your safety and comfort. You may not use everything you bring; however, you need to come prepared for all possible weather conditions. At the same time, you must be able to carry your own luggage, sometimes up and down stairs.

Daypacks: Your daypack should be large enough to hold the following items: 1 – 2 liters of water, rain gear, lunch/snacks (for the day), sun screen, warm layer (fleece pullover or vest), personal first aid kit and personal items such as camera, etc. We recommend a daypack with a capacity of between 1800 and 2400 cubic inches with a hip belt, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry, or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of your items. **Note: Fanny-packs and hydration packs are not large enough to hold all the items you will need for the day.**

Footwear: Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle— you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

Personal First Aid Kit: Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.

Clothing: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your active wear! It should all be made from synthetic/synthetic blends, down/down blends or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your level of activity.

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. The hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots. An inexpensive plastic poncho will both leak and tear easily and is not recommended.

Hydration: Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.

Trekking Poles: Trekking poles are optional for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, read this blog post that addresses the most commonly asked questions:

<http://blog.adventuresingoodcompany.com/blog-women-travel/bid/154714/Trekking-poles-for-hiking-trips-the-4-most-common-questions> .