



Cardinal Excursion Utah, Fall 2020

The Fall 2020 Cardinal Excursion will feature a trip to Ogden, Utah! Ogden is located approximately one hour north of Salt Lake City, and has been named by *Rock and Ice Magazine* as one of the top 10 climbing towns. We'll be staying in a beautiful, modern A-frame cabin that's nestled as close to the mountains as possible. The wrap-around porch features a view of the mountain face on one side, and the city lights below on the other. This trip is an ideal combination of peaceful tranquility and rugged excursion!

Arcadia Guided Outdoor Education will be our partner outfitter for this trip; their guides and instructors are qualified and certified to meet all your hiking and climbing needs. I will facilitate one group coaching session during the trip, as well as individual sessions per request.

Breakfast and dinner will be provided each day; basic lunch provisions are on hand but will be the personal responsibility of each participant based upon the day they scheduled. [Note: snack/nutrition items and sufficient hydration for hikes/climbs are also the personal responsibility of each participant.]

This will be an unforgettable experience, one that will both accelerate the growth and learning on your journey as well as leave you with a deep, rich reservoir from which to draw upon in your future!

C'mon.


Let's go get lost.

LET'S GET YOU GOING!



DETAILS:


- Where
 - Ogden, Utah
 - Approximately 1 hr. north of Salt Lake City
- When
 - Register by – **August 1st**
 - Group sessions – **Thursdays 7-830pm ET**
 - **9.10, 24, 10.8, 10.29, 11.12**
 - Excursion – **October 15-18**
 - Final session – **November 12**
- What
 - Hiking, climbing, relaxing, coaching
- Package (not including personal travel)

	Cost	Duration 9.10- 11.12	Trip 10.15-18	Meals	Group Sessions	Individual Sessions	Guided Hikes/Climbs
Cardinal Excursion	\$3,960	12 weeks	3 nights	Brkfast & Dinner	6	6 available	1 hike 1 climb

+ Non-guided/solo hikes are readily available at no charge. All rock climbing gear provided by Arcadia Guided Outdoor Education.

- Packing list:
 - Day pack
 - Navigation
 - Essential first aid on solo hikes
 - Nutrition and Hydration during trips
 - Illumination (head lamp, flash light)
 - Hiking shoes
 - Sun protection
 - Rain jacket/wind breaker



	Thur 10.15	Fri 10.16	Sat 10.17	Sun 10.18
Schedule	* Arrive 5pm * Dinner served at 6pm	* Guided Hike * Dinner served at 5pm	* Guided Climb * Dinner served at 5pm	* Depart

+ Participants are responsible for their own transportation to and from airport.
 + Breakfast will be served every morning. Basic lunch items will be on site, but participants are responsible for nutrition and hydration on hikes and climbs.

REGISTER TODAY!

