



Erin Leider-Pariser



## SPRING INTO MOAB

April 3-7, 2014



**Over 2,000 stone arches “miracles of nature” grace the land in Moab, Utah. Arches and Canyonlands National Park have Mother Nature to thanks for its prominence as a mountain biking and hiking Mecca. We’ll be staying tucked away at the Sorrel River Ranch guarded by red rock bluffs and the roaring Colorado River. The landscape is filled with canyons carved by wind, water, and time, allowing for bracing ascents and thrilling descents. Let the games begin!**

### April 3

We’ll arrive into Grand Junction, Colorado (or for some of us Moab) in the late morning/early afternoon and drive together for an hour and a half to Moab. After settling into our little oasis tucked among sheltering trees and flowering gardens, we’ll meet our wonderful hosts, get settled and head out for a sunset hike around the property. We will meet for cocktails and enjoy our first toast to Sherry’s 60th year. A special welcome dinner has been arranged on the veranda.

### April 4



After our morning yoga and delicious breakfast, we will shuttle to the Moab Brands Trail Head for some mountain bike refresher skills and then ride the vast array of trail options such as Rusty Spur, Lazy and Easy that are all here. We can split the group if there are widely different abilities and everyone should be able to ride at the challenge they are looking for. After riding we’ll shuttle into Arches National Park, have lunch at a scenic

viewpoint and then hike through Park Avenue and to some lesser known arches with still spectacular places to avoid the crowds.

After a totally active day defying Sherry's old age, we'll have an opening ceremony followed by a specially prepared dinner with lots of entertainment. One of our hosts is a professional wild animal trainer who has lots of stories to share with us since exploring every inch of the red rock country surrounding their desert hide-a-way.

### **April 5**

The sun rises colorfully in these mountains... especially in downward facing dog. Enjoy a morning cup of coffee on the deck. After breakfast, the options are endless! We'll meet our guides and enjoy a full day hike through Moab's backcountry with some strenuous climbing up to Hidden Valley. Once we reach the top we'll tour some beautiful rock art and then make our way through the red rock fins to the Moab Rim and descend down to the Colorado River. We'll carry our lunch to enjoy along the way as we take in the breathtaking scenery of this Wilderness Study area. Arriving back at our awesome retreat in the late afternoon, you can indulge in some quiet time or a massage. I have arranged for a sunset camel trek. HA! We are not in Kansas anymore. At our evening meal, we'll recap the activities of the day with lots of good cheer.



### **April 6**

Another beautiful sunrise inspires our morning yoga practice. Our final day begins with a shuttle up to Dead Horse Point State Park for a morning mountain bike ride on the Intrepid Trail, an introductory singletrack trail with fantastic views out into the Canyonlands region. After riding we'll have lunch at the Point and then a short drive into Canyonlands National park brings us to our hike around Upheaval Dome, an interesting geologic feature with quite the story behind it. A late afternoon massage can be arranged to work out those sore muscles or perhaps you prefer some shopping time in town with nothing to buy! Tonight, in celebration of this month's new moon and our last night together, we will be participating in a sweat lodge. It's a special spiritual ceremony that you will never forget...quite the experience.



### **April 7**

Breakfast at the Inn is once again a tasteful work of art. Angel cards will be drawn and bags will be packed. We go home with gratitude for friends and lots of memories of all of the fun, laughter, and stories we created.

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