

ROAD SCHOLAR

Elderhostel, Inc.

11 Avenue de Lafayette
Boston, MA 02111-1746
(617)426-7788 tel
www.road scholar.org

Dear Participant,

Road Scholar is the name for the programs developed and offered by Elderhostel, Inc., the not-for-profit world leader in lifelong learning since 1975.

As explained in your enrollment notice, we work with institutions and organizations we call Program Providers who live and work in the communities where they provide programs so that those programs, coordinated under our guidelines, can be as informative as possible. We are delighted to provide this introduction to your upcoming Road Scholar program, which is being offered by Eastern California & Nevada Education Programs (ECNEP)/gohike.org.

Eastern California & Nevada Education Programs is dedicated to providing enriching hiking and outdoor programs for adults who have a zest for learning, a quest to experience new adventures, and a desire to discover rich and diverse history, geology and abundant natural splendors.

Enclosed in this mailing you will find important information about your program. Please keep in mind that circumstances may occasionally necessitate adjustments in the program. However, we will make every effort to notify you of any significant changes as soon as possible.

If you have questions about your payments or enrollment status, then please contact Road Scholar Participant Services toll free at (877) 426-8056. If you have any questions about your program after reading this information, please feel free to contact ECNEP directly.

Best wishes for a rewarding Road Scholar learning adventure.

Sincerely,



James A. Moses
Road Scholar President

Dear ROAD SCHOLAR Participant:

You have enrolled in the "Hiking Death Valley Program" and I congratulate you on your decision to attend this exciting program and look forward to a week of discovery in Death Valley National Park. *This program is designed for experienced hikers, and is a Level 5 program (formerly a level 4; a new program rating is available at www.exploritas.org). It is important that all participants who attend are able to hike 4-6+ miles per day on a wide variety of terrain.*

All of us on staff work hard to insure your safety and I ask that you be honest in communicating your medical information, hiking skills and abilities on the attached forms. This will help us prepare for your week. Please, be specific thorough, and complete in your answers.

This program will keep you busy while you experience the wonders and magnitude of this spectacular region known as Death Valley! This is the largest National Park in the "lower 48" and is the hottest and driest place in the Western Hemisphere.....it's allure is matched only by its vast and unique splendor. The itinerary includes some optional evening programs which are kept short to allow for rest each evening and preparation for the next day's hikes. Hiking is the main focus of this program. Experienced guides lead you through discoveries of geology and natural history, as well as the region's intriguing and colorful human history. Programs consist of approximately 15-27 participants.

Please read the enclosed pages, complete all of the forms and return them to me as quickly as possible. If you have any questions or concerns, please contact me immediately so we can discuss them.

SUNDAY'S ARRIVAL

Meet in the SAGE ROOM at 5:30 pm

(located at the end of the hallway behind the Stagecoach Hotel/Casino Lounge)

Here, you will sign into the program and meet others during our Welcome Reception,
followed by Dinner and your Program Orientation

We look forward to meeting you and we welcome you to Death Valley National Park! We all hope that you will have a memorable week of hiking in this unforgettable and spectacular setting!

Sincerely,

Janice Darling-Zech,
Road Scholar Program Administrator

Program Provider: Eastern California & Nevada Education Programs

775-835-8708 ▪ 775-223-9298 cell

Call or email to request fax number

www.gohike.org



Janice Darling-Zech,
ROAD SCHOLAR Program Administrator
Eastern California & Nevada Education Programs
1950 Three Iron Court Fernley, NV 89408-6621

OR (seasonally)
P. O. Box 21 Beatty, NV 89003-9921
www.gohike.org

PROGRAM #6120: Hiking Death Valley National Park

CONGRATULATIONS on your decision to attend this exciting program! I am very pleased to welcome you to a program that explores the unique and varied landscape of Death Valley National Park. Its history is rich and the scenery dramatic! I believe you will have a unique and memorable experience.

Participant Forms are enclosed in this packet requesting important information needed prior to your arrival. PLEASE take a few moments to complete and return them immediately so I can complete advanced preparations.

Program: Diverse hikes may include locations such as alluvial fans, mud playas, scenic canyons, ancient lake deposits, and crystallized salt pans. You'll explore the geology and history of Death Valley along the hikes throughout the week. Moderate to strenuous hikes are 4 to 6+ miles and could have elevation gains up to 1,500 feet. We'll depart immediately after breakfast and return in the late afternoon, planning for a short "down time" prior to dinner. 15-Passenger vans are provided for daily transportation to and from hikes; please note that stepstools are not provided due to safety reasons, but assistance is provided! If you wish to drive your own vehicle, please arrange that with me at least 2 weeks prior to the program date. Weather and other conditions could dictate last minute changes to the itinerary; you'll receive an updated and detailed program itinerary at the Orientation Program on Sunday evening.

Accommodations: You'll stay at the Stagecoach Hotel/Casino in Beatty, NV (elev 3,300') located approx 135 miles from the Las Vegas airport (about 3 hours from Las Vegas). Telephone numbers are: 1-800-424-4946 or 1-775-553-2419. You may drive to Beatty via Highway 95 (check your road atlas for directions!), or you may arrange for transportation via shuttle from Las Vegas at a cost of \$75.00 pp/round trip. (Shuttle reservations must be made at least 3 weeks in advance by completing your forms, and/or by contacting me directly. Read the attached "PROGRAM SHUTTLE Information" sheet thoroughly for directions.) The hotel offers a pool and hot tub; you may wish to bring a bathing suit, cover, towel, etc. Frequently, participants meet there to relax and "socialize" after a day of hiking.

Dining: Breakfasts are served in Rita's Cafe in the main Casino area. Lunches are prepared by the hotel and picked up by program staff daily and dispersed at trail heads or at lunch locations in the Park. They include wheat bread sandwiches (meat and cheese, or optional pb&j on prior request), fruit, water, along with additional items. Dinners are served buffet-style in our meeting room to provide group dining. They include a protein, carbohydrates, vegetables, salad and soup. *While attempting to provide hearty and enjoyable meals, the hotel cannot prepare specialized diets. You will need to bring necessary items for your specialized diets with you, in addition to the meals provided. Your hotel room includes a mid-sized refrigerator. We suggest you bring fruit, trail snacks, special cereals, cheeses, etc. if you desire mid-morning or afternoon snacks during hikes. If you have a vegetarian, vegan or other specialized diet, contact me immediately so we can discuss meal options.*

Death Valley Weather: Be sure to review the "Weather and Climate" insert from the Park Service included in this packet for the varied weather conditions. Death Valley National Park is located in the southwestern area of the Great Basin and weather can vary greatly from still, clear and sunny.... to windy and stormy.... and it can change quickly! That's another part of what makes this such a great learning experience! For more information: www.nps.gov/deva.

Evening Programs: Evening programs are after dinner and kept short to allow for plenty of rest. We ask that everyone attend the debrief of the day, and the preparation for the next day's hikes before each evening program.

Clothing and Equipment: The more comfortable, the better! See "What to Bring to Death Valley" for details about 'recommended' and 'required' items. Tennis shoes are OK for in-town; hiking boots or hiking shoes with heavy-terrain tread are required for hikes. Bring a day pack that can carry at least two liters of water, plus personal items.

Arrival and Registration:

- Please check in at the hotel prior to 4:30 pm in order to unpack and be ready for the Welcome Reception
- Program Check-In and Welcome Reception will begin at 5:30 pm in the Sage Rm. behind the Casino Lounge
- Dinner is served at approx 6:15-7:00 pm, followed by the Orientation Program (a must for everyone, please)
- Alcoholic Beverages may be purchased at the Casino Lounge and are in addition to program costs. Some participants enjoy bringing wine, beer, etc. to the program to enjoy in their room on return from the hikes, or they can be brought to the meeting room for you to have along with your dinner, if desired. Optional wine is provided for you on Sunday evening, only.

Travel Instructions:

- If you are flying and want to register for the shuttle from Las Vegas, see the "PROGRAM SHUTTLE Information" page included for detailed information and make sure you register well in advance. Follow the detailed instructions on that page and keep it with you as you travel.
- If you are driving to the program, be sure to consult your road atlas. Beatty is located on Highway 95 in the State of Nevada. It is approximately 2.5-3 hours north of Las Vegas and about 4 hours from Los Angeles and San Diego and a minimum of 8 hours from Sacramento or the Bay Area. There are several routes you can take that will get you to the Highway 95 corridor, which is the main highway from Las Vegas, NV to Reno, NV. Be sure to carry plenty of drinking water when traveling through the Mojave Desert and near or through Death Valley National Park.

NOTE: If you have available space and you like having coffee/tea in your hotel room, you may wish to bring an electric coffee or tea pot, cup(s), and accessories with you. There are no microwaves in the rooms, but the hotel does offer a minimal & small one-cup coffee pot.

Additional Preparation: If you wish to read material about the area, some people have enjoyed the following books:

- "Geology Underfoot in Death Valley and Owens Valley", by Robert P. Sharp and Allen F. Glazner
- "Desert Dancing", by Len Wilcox
- "Death Valley National Park", by Lynn Wilson
- "Death Valley Ghost Towns, Volumes I & II", by Stanley W. Paher
- "Death Valley, A Scenic Wonderland", by Steven L. Walker & Dorothy K. Hilburn
- "Geology of the Great Basin", by Bill Fiero
- "Death Valley in '49", by William Lewis Manly
- DVD: "Life in Death Valley", Nature Video Library, produced for PBS by Thirteen/WNET, New York 2006
- Go to www.nps.gov/deva for specific information about Death Valley National Park

Some situations and locations of hikes may change due to weather or other circumstances beyond our control. Please be flexible and be assured that we will all do our best to provide a great experience. Feel free to contact me if you have any questions or need to discuss your program for any reason. I look forward to welcoming you to a wonderful week!

Sincerely,
Janice Darling-Zech,
ROAD SCHOLAR Program Administrator

Program Provider: Eastern California & Nevada Education Programs

775-835-8708	▪	775-553-9993 (Beatty phone)	▪	775-223-9298 cell
jan@gohike.org		janice50@sbcglobal.net		www.gohike.org

Some Places We May Visit in the Park

The Furnace Creek Visitor Center
Badwater, 282' below sea level
Natural Bridge Hike
Artist's Palette
Furnace Creek Ranch
The Borax Museum
Harmony Borax Works
Salt Creek Hike

Mosaic Canyon Hike
Mesquite Flat Sand Dunes Hike
Stovepipe Wells Village
Scotty's Castle
Ubehebe Crater & Little Hebe Crater Hikes
Golden Canyon Hike
Zabriskie Point Hike
Gower Gulch Hike

There are many places and sites to see and hike in at Death Valley National Park. We may add other locations, or delete some, due to weather and other conditions beyond our control. Death Valley is a vast National Park and we will be able to fill your week during your stay. Please be flexible. You will receive a detailed itinerary at your Orientation Program on Sunday evening. You may wish to visit some of the other locations in Death Valley NP that are not listed here if you are planning on driving into the area before the program, or staying after its conclusion. If you have any questions, feel free to give me a call.

Other nearby areas available to you, exclusive of the program may include:

(on your own time, before or after the program dates; check road atlas for all road conditions; carry plenty of water)

- Stovepipe Wells
- Titus Canyon (weather permitting) (this is a 28-mile dirt road, high clearance required)
- The Charcoal Kilns near Wildrose Peak (weather permitting)
- Panamint Springs
- Amargosa Valley & city of Pahrump, NV
- Devil's Hole Pupfish
- Amargosa Opera House at Death Valley Junction
- Tecopa Hot Springs
- China Ranch (home of the Date Milkshake)
- The Highway 395 corridor & historic Owens Valley, including Lone Pine, Independence, Big Pine and Bishop, CA (north to Mammoth Lakes, CA). Visit the Eastern California Museum in Independence)
- City and surrounding areas of Las Vegas, NV (check their website for more information)

VISIT www.mccarran.com FOR INFORMATION ABOUT THE McCARRAN RENT-A-CAR-CENTER IN LAS VEGAS, NV

If you have free time and are looking for activities around the Las Vegas area
(Red Rock Canyon, Hoover Dam.....just to mention a couple) go to

www.lasvegas.com

For additional information about Death Valley National Park, go to

www.nps.gov/deva

For photos of our previous programs, go to the Photo Gallery at

www.gohike.org

MENU INFORMATION

Of course, most of us like to know about menu choices available during a program. For that reason, I've provided a general summary of the meals you can expect to receive during your program. The hotel has been very cooperative with our plans for hearty and fulfilling meals. Although this is not a culinary program, you can expect that the meals will be satisfying and plentiful.

Please bear in mind that the Hotel/Casino is not equipped to provide special dietary meals. We have worked with the kitchen to prepare hearty, healthy and substantial meals that work for the majority of people attending the programs. If the meals described below are not sufficient for your special dietary needs, you will need to bring necessary foods with you that can be stored in your in-room refrigerator. There are no markets in Beatty.

If you have any questions or concerns, please contact me via email or by phone at (775-835-8708 or 775-223-9298-Cell) to discuss menu options in detail, at least 3 weeks prior to your program date.

BREAKFASTS consist of one of the following choices: (all have coffee, tea, milk or juice)

Please, no substitutions

- 1) Two eggs any style with hash browns and bacon or sausage, and your choice of toast, biscuit, or biscuit and gravy.
- 2) Two pancakes with bacon or sausage
- 3) French toast (3 slices) topped with powdered sugar
- 4) Oatmeal (w/brown sugar & raisins) & toast, with yogurt or small bowl of canned fruit.
- 5) Cold cereal with toast and yogurt or small bowl of canned fruit.

LUNCHES consist of a Sack Lunch (all have water, fruit, snack treat and "accompaniments" daily)

- 1) Whole Wheat Bread with Meat and Cheese sandwiches, including separately packed lettuce/tomato, mayonnaise/mustard, etc. daily; or Peanut Butter & Jelly on request on the evening prior.
- 2) Meats include: Turkey, Ham, Roast Beef, or Pastrami (tuna/egg salad sandwiches are too messy for packs)

DINNERS consist of a salad bar, soup, main course, carbohydrate (rice/potatoes/pasta), bread/roll, vegetables.

Please, no substitutions

- 1) Dinner meals are served buffet style in the meeting room so the group can dine together, rather than at smaller separate tables in the dining room.
- 2) Dinner main courses consist of: Chicken, Beef, Pork, Fish, or Pasta dishes; when serving pasta, meats are provided, but served on the side for those who do not include meats in their diet, yet providing for those who do. Some (but not all) soups might be vegetarian. Accompaniments may include rice, pasta, salsas, etc.
- 3) Dinner beverages include: De-caf Coffee, hot Tea*, Milk, Soda, Iced Tea. Alcoholic beverages may be purchased individually from the Casino Lounge, or you may bring them with you to the program, store in your room and bring them to dinner nightly.
- 4) The Death Valley Nut and Candy Store has a variety of ice creams and candies for purchase. Their hours are 5:00 am to 10:00 pm daily. They have a limited supply of beer, milk, and other beverages for sale, but do have plenty of water & snack items for your program needs should you desire to have snacks with you on the hikes.

* The hotel provides tea; if you desire a particularly special tea, please bring it with you to the program.

All menu items and locations may change dependent on supplies or other conditions.

CONTACT ME WITH ANY CONSIDERATIONS

WEATHER and CLIMATE

Death Valley National Park

- Death Valley is famous as the hottest, driest place in North America
- Higher elevations are cooler than the low valley. Temperatures drop 3° to 5°F with every thousand vertical feet.
- Sunny skies are the "norm" in Death Valley, but winter storms and summer monsoons can bring cloud cover and rain.
- Wind is common in the desert, especially in the Spring. Dust storms can suddenly blow up with approaching cold fronts.
- Weather data was compiled from park and National Weather Service record summaries for the years 1911-1999 for Furnace Creek in Death Valley, California.

TEMPERATURES and PRECIPITATION

Daily High and Low Temperatures are "Averages"; Temperatures are "degrees Fahrenheit".

	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC	Year
Daily High	65 F	72 F	80 F	90 F	99 F	109 F	115 F	113 F	106 F	92 F	76 F	65 F	90 F
Daily Low	39 F	46 F	53 F	62 F	71 F	80 F	88 F	85 F	75 F	62 F	48 F	39 F	62 F
Record High	89 F	97 F	102 F	111 F	122 F	128 F	134 F	127 F	123 F	113 F	97 F	88 F	134 F
Record Low	15 F	25 F	30 F	35 F	42 F	49 F	52 F	64 F	41 F	32 F	24 F	19 F	15 F
Precipitation	.26"	.35"	.25"	.12"	.08"	.04"	.11"	.10"	.15"	.11"	.18"	.18"	1.92"

Changing Rainfall Pattern

Rainfall is 50% higher now than in the past. Yearly precipitation consistently averaged about 1.6" of rain for the first 60 years of record keeping. The last 30 years has seen an increase, averaging 2.5" of rain per year.

Longest Summers

The greatest number of consecutive days with a max. temperature of over 100°F was 134 days in the summer of 1974. The summer of 1996 had 40 days over 120°F, and 105 days over 110°F. The summer of 1917 had 43 consecutive days with a high temperature of 120°F, or above.

Highest Ground Temperatures

The highest ground temperature recorded was 201°F at Furnace Creek on July 15, 1972. The maximum air temperature for that day was 128°F. Ground temperature on the valley floor is about 40% higher than the surrounding air temperature.



PROGRAM SHUTTLE Information

Keep this page with you while traveling. It has vital information that you may need en route to the OFF-AIRPORT LOCATION.

The program shuttle Pick-Up location is at the McCarran Rent-A-Car-Center facility at 7135 Gillespie (near Warm Springs Road) in Las Vegas. My cell phone number is 775-223-9298 should you need it during your travels. If you are planning to arrive in Las Vegas earlier than Sunday, you can obtain hotel information at www.lasvegas.com They have a full listing of hotels, prices etc. Ask if they have an airport shuttle service to return to the airport on Sunday to proceed with the following instructions, saving cab fares through town.

ON SUNDAY, THE START DATE OF YOUR PROGRAM

Arrive in Las Vegas' McCarran International Airport, de-plane, proceed to Baggage Claim for your bags, then go outside to the curbside area where you will see busses labeled "McCarran Rent-A-Car-Center" (ask any airport employee for directions, if needed). Board that free bus before 12:45 pm and ride to the rental center which houses a variety of auto rental companies. PRIOR to 1:00 pm, please be outside in front of the main doors with your luggage (this is in the area where you disembarked the bus). The program vans will arrive and be located in front of the Taxi area (across the driveways). If you are arriving in Las Vegas on an earlier date, you will need to get to the above address at 7135 Gillespie on your own. Some people stay at hotels with an airport shuttle and use that to return to the airport on Sunday morning and proceed as if they had just arrived by air (see above).

- The vans will arrive at approximately 1:00 pm; they will be located across the driveways that are in front of the building (on the farthest row) and to the right, or in front of the Taxi area.
- You will "check-in" with the shuttle drivers, and your non-refundable fee of \$75.00 per person/round trip will be paid in cash at that time; please do not send it in advance.
- As soon as everyone has arrived, checked in and boarded, we'll leave for Beatty.....the earlier, the better. Please be aware that we cannot wait past 2:00 pm for late flights or cancellations. If you arrive after that time, you will need to rent a vehicle for the week and drive to Beatty at your own expense. *Please be sure to book early flights to allow for plenty of time. Travelers from the East Coast often arrive a day early to ensure times; more importantly, to be rested for the week ahead.*
- If time permits, having lunch at the airport or other location is suggested. The drive to Beatty is about 2.5-3 hours with a short stop for refreshments/snacks/restroom near Creech AFB at Indian Springs, NV approximately 45 minutes from Las Vegas en route to Beatty, NV.

ON FRIDAY AT THE CONCLUSION OF YOUR PROGRAM

You will be driven back to the McCarran Rent-A-Car-Center and will arrive at approximately 4:00 pm (or earlier!). You'll then board the bus to the airport. We cannot drop you at hotels or the airport on your return to Las Vegas. McCarran Airport requires a minimum of 1-hour pre check-in for security, etc.

Please book your departing flight from Las Vegas at 6:00 pm, or later. Friday traffic is unpredictable, however we do our best to have you arrive on time, or early!

IF YOU HAVE ANY QUESTIONS AT ALL, PLEASE CONTACT ME AT

775-835-8708 775-223-9298 cell
janice50@sbcglobal.net or jan@gohike.org

"WHAT TO BRING"

Although you are an experienced hiker, PLEASE review the **required** and **optional** items below. Following these guidelines for Death Valley National Park will enhance your experience. Use back of page for additional items on your list.

REQUIRED CLOTHING ITEMS

<input type="checkbox"/> Comfortable hiking pants (long/short, or both)	<input type="checkbox"/> Rain Jacket (lightweight, waterproof)
<input type="checkbox"/> T-shirts or Shirts (long/short sleeve, or both)	<input type="checkbox"/> Wool or fleece hat
<input type="checkbox"/> Hiking socks (and liners, if desired) for week	<input type="checkbox"/> Wide-brimmed Sun Hat
<input type="checkbox"/> Sturdy Hiking Boots or Hiking Shoes with aggressive tread for varied terrain (tennis shoes are not acceptable or allowable for safety reasons on hikes)	<input type="checkbox"/> Sunglasses
<input type="checkbox"/> Lightweight thermal underwear, seasonal	_____

NOTE: Cotton is good in warmer weather climates, but if it is wet, it can reduce your body heat. It's wise to substitute with wool or synthetics, dependent on the season.

REQUIRED ACCESSORY ITEMS

<input type="checkbox"/> Bandana	<input type="checkbox"/> Extra Skin Moisturizer
<input type="checkbox"/> Several plastic zip-lock bags (paper waste)	<input type="checkbox"/> If contact lens wearer: bring extras & solution
<input type="checkbox"/> Lip Balm/Protection	<input type="checkbox"/> Handy-Wipes (very useful)
<input type="checkbox"/> Sunscreen	_____

REQUIRED GEAR ITEMS

<input type="checkbox"/> Daypack to carry minimum of 2 liters water and personal items, + lunch, per participant	<input type="checkbox"/> Basic First Aid Kit (at least one Ace Bandage) or Advanced First Aid Kit (your preference)
<input type="checkbox"/> Minimum of two (2) 1-liter water bottles, canteens, or hydration pack, per participant	<input type="checkbox"/> Moleskin, or equivalent (for blisters, if needed)
<input type="checkbox"/> Minimum 2-day additional supply of prescription medications. No nearby pharmacy.	_____

OPTIONAL ITEMS:

<input type="checkbox"/> Camera (film, batteries, chargers, etc.)	<input type="checkbox"/> Personal Shampoo, Soap, Toiletries (hotel provides small items, only)
<input type="checkbox"/> Water Additive: Gatorade or like product	<input type="checkbox"/> Blow dryer and curling iron, if desired
<input type="checkbox"/> Knee Supports, if needed	<input type="checkbox"/> Bathing Suit and towel for pool/spa
<input type="checkbox"/> Mosquito Repellent if prone to bites	<input type="checkbox"/> Gloves: some like protection from rocky terrain
<input type="checkbox"/> Small Binoculars or Monocular	<input type="checkbox"/> Trekking Poles are highly recommended!
<input type="checkbox"/> Gators for Sand Dunes and Volcanic Hikes	<input type="checkbox"/> Mosquito Repellent (if susceptible to bites)
<input type="checkbox"/> Tennis/Casual shoes for non-hiking events	

Cash or Credit Cards are good to have on hand for stops we make at Park facilities. ATM machines are located at the Stagecoach Hotel/Casino and Bank of America, in Beatty. There is NO CELL PHONE Service in the Park. Pay phones are available at concession areas.

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT ME.