

READY TO PLAN FOR YOUR TRIP?

The Grand Canyon, Zion & Bryce Canyon

WEATHER & DESTINATION SPECIFIC INFORMATION

Time Zone: Utah and Arizona are in the Mountain Time Zone. Utah observes daylight saving time and Arizona does not. The only exception is the Navajo Nation in northeastern Arizona, where daylight saving time is observed.

Weather: Average High/Low

City	June	Aug.	Sept.	Oct.
Salt Lake City, UT	82°F/61°F	89°F/67°F	78°F/58°F	65°F/46°F
Moab, UT	93°F/58°F	96°F/63°F	77°F/63°F	73°F/41°F
Bryce Canyon, UT	73°F/40°F	74°F/41°F	70°F/42°F	58°F/32°F

Elevation:

Salt Lake City approx. 4,300 ft; Moab approx.. 4,000 ft; Bryce approx 8,000 – 9,000 ft.

Altitude Sickness: Symptoms include a headache, touch of nausea, feeling unusually tired, or experiencing shortness of breath. Please alert your Tour Director immediately if you are experiencing any signs. Altitude sickness can be significantly minimized or even prevented by following these simple guidelines while traveling:

- Two weeks before the trip, start drinking more water than usual and continue while on tour. The low humidity in Colorado keeps the air dry, like the desert. You need about TWICE as much water here as you would drink at home!
- Ascend gradually (our tour will follow this guideline).
- Avoid strenuous exercise the first day.
- Reduce alcohol intake, which has a greater effect at this altitude.
- Avoid salty foods.
- Eat foods high in potassium.
- Broccoli, bananas, avocado, cantaloupe, celery, greens, bran, chocolate, granola, dates, dried fruit, potatoes, and tomatoes will help you replenish electrolytes by balancing salt intake.