

• MOAB •

ADVENTURE

CENTER

MOAB,
UTAH

“BE ONE WITH
MOAB”

A GUIDE FROM THE INSIDE

Making the decision to vacation in Moab is the easy part, knowing what to do when you get there and how to prepare, well now, that part gets a little trickier—and yes trickier is a word. This guide was designed with you in mind...assuming that you are planning, have already planned, or have thought about planning a vacation to Moab.



ADVENTURE IS A
MINDSET OF THE
WELL PREPARED

PREPARATION AND POINTERS 101

Welcome to Moab, Utah and the desert we call home! The purpose of this Insider's Guide is to help you plan, prepare and save precious time wondering what's next! Even as locals, we still haven't crossed our own footsteps exploring this wild, fragile and stunning landscape, but we have learned a few things along the way. We're so happy to share.

DRINK LOTS A WATER One thing you can depend on in the desert is dehydration. **This easily overlooked habit of keeping the gullet wet can be the difference between the time of your life and, frankly... the time of your death!** Not joking, dehydration can be deadly in the desert if you don't give it the proper respect. Make sure to drink plenty of water. Hold on to your bladder because by plenty, we're talking a gallon per person per day. Which, of course, we do not advocate drinking all at once as that would be counterproductive. To help you regulate your water intake, make sure you have a good water bottle or hydration pack that won't puncture if it happens to take a tumble and roll across the red rock. This one is so important to us that when you book a rafting, hummer, arches, climbing, canyoneering or SUP adventure with us, we'll GIVE you a stainless steel insulated water bottle and the wherewithal to keep it filled!



BOOK TODAY
GET A FREE \$14
26oz TRITAN BOTTLE
ON ALL RAFTING, HUMMER, ARCHES, CLIMBING, CANYONEERING & SUP ADVENTURES

HAPPY FEET, HAPPY SOLES Having the right shoes to go with your outfit can be a high priority to some. This sometimes complicated conundrum can get a little more problematic in Moab because there's a pretty good chance you'll be spending time both in the water and on the trails. Never fear, some smarty pants once came up with the idea to take a trail shoe and a water sandal and mash them together. Seemed like such a good idea that others followed suit. Now, there's a whole world of hiking sandals out there; many of

them can be quite fashion forward. In order to avoid packing a whole suitcase full of footwear, may **we suggest that you consider buying a pair of Keen, Teva, Columbia or Chaco sandals?** One last note on footwear: We love flip flops in Moab, but unless you are a skilled flip flop hiker wearing professional hiking flip flops, we advise you reserve your flops for dining (flops are perfectly acceptable in Moab restaurants - Isn't that great?) and pool activities. There's a wide selection of sandals in our retail area if you can't decide before arriving in town.

SUN IS HOT IN SUMMER but your skin and temperature don't have to be! There are so many "cool" ways to avoid sunburn, and overheating. (See what we did there?) Obviously it's important to have plenty of **sunscreen** on hand, but you might also consider a new high-tech **long sleeve**, light weight UV/UPF protected shirt AND a good **quality hat with a brim** to protect the neck and ears There's also neck "buffs" that can be worn a number of ways for protection. Here's an insider tip: If you want to spend less on the duds (and save more for the adventures), buy a long sleeve cotton button-up from your local thrift store. You just might stay cooler than the foks with quick-dry fabrics! (After all, wet burlap in the Navajo hogan windows was the original air-conditioning). Don't forget to cover your peepers with UV protection too! That means **quality sunglasses**. They're for seeing good, not just for looking good. Wise adventurers keep a backup pair of sunglasses handy.

PACKS AND BAGS Once you're ready to start exploring Moab and the surrounding national parks, you'll be surprised at how much stuff you'll need to carry. That's why it would make sense to bring something in which to tote the contents of your Moab survival kit; water bottles, snacks, sunscreen, camera, maps, etc. Your Louis Vuitton bag will work in a pinch, but it's not really desert friendly. **We recommend a stuffable "string" daypack.** Cheap and cheesy is no problem, just as long as you can sling it on your back and keep your hands free for scampering along the rocky trails.



PACK LIST SUMMARY

- Water Bottle or Hydration Pack
- Hiking/Water Friendly Shoes
- Sunscreen Hat Sunglasses
- Lightweight, Long Sleeve UV Protected Shirt
- Daypack/Backpack
- Light Jacket (We didn't mention it specifically, but it's not a bad idea for the evenings and shoulder seasons)

EVERYTHING TASTES BETTER AFTER AN ADRENALINE SURGE! Moab Restaurants



Moab, like any other place in the world, offers an abundance of great and not so great dining options. In a town as small as this, advocating restaurants can be a political process that is best avoided. However, **recommending dishes that have been known to inspire and dazzle taste buds is perfectly acceptable** and if it happens to be mentioned where these dishes can be had, so be it!

MOAB BURGER & ATOMIC LOUNGE Double Cut Cowboy Pork Chops These things are spiced, rubbed, grilled, AND topped in barbecue butter. Barbecue butter! What will they come up with next? If you're game for Elk, Duck or Rabbit the Atomic might be a hit! ➡ 1393 US - N. Highway 191

DESERT BISTRO Bistro Gyozas filled with smoked tofu, tahini, Anasazi bean hummus & roasted garlic, served with a chipotle pepper, soy & maple sauce. Aren't fancy dishes always a mouthful to say? Well, start practicing because this appetizer is delicious. Try complementing it with the Gorgonzola Beef Tenderloin- Just the menu description will make you salivate: Gorgonzola crusted filet of Beef Tenderloin with roasted tomato demi-glaze, roasted garlic mashed potatoes and sautéed vegetables. ➡ 36 S. 100 W.

SABAKU SUSHI • FIERY FURNACE • DELICATE ARCH • DEVILS' GARDEN • DREAM ROLL • MANGO ROLL • GRILLED CHICKEN OR SIRLOIN ENTRÉE
Besides being 'must see' stops in Arches National Park, any sushi lover will love these specialty rolls. ➡ 2445, 90 E. Center St.

98 CENTER PHO, Sandwiches Vietnamese, Moab style.
➡ 98 E. Center St.

MIGUEL'S BAJA GRILL Baja Fish Tacos Who would have imagined fresh seafood in the desert? Breaded Mahi-Mahi= Yummy yummy. ➡ 51 N. Main St.

MOAB BREWERY Onion Rings What do all brew pubs have in common? ... The best onion rings ever! ➡ 686 S. Main St.

MILT'S STOP & EAT Shakes, Burgers and Fries Hand cut fries, hand ground beef and buffalo, old fashion shakes... just like back in 1954, in the same location too! ➡ 356 S. Mill Creek Dr.

JAILHOUSE CAFE Southwestern Eggs Benedict Hi-Yah!
This breakfast only restaurant will serve you up eggs Benedict that packs a punch...but only a delicious kind of spicy, as opposed to the burn your face of kind of punch. ➡ 101 N. Main St.

MOAB DINER Cream of Tomato Soup (Tuesdays Only) Even though it only comes available once a week, it needed to be mentioned-it's that good. ➡ 189 S. Main St. (North of Moab Adventure Center)

ANTICA FORMA Pizza.. Duh! Wood fired pizza, need we say more? The atmosphere here is almost better than the gluten-free crust! ➡ 267 N. Main St.

EKLECTICAFE Cute, cozy, and tasty Cinamon Rolls! The Huevos Rancheros are bon appetite! ➡ 352 N. Main St.

PASTA JAYS Chicken Juliana Chicken stuffed with broccoli, capocollo and artichoke hearts, baked in alfredo sauce, served over a bed of pasta. So, right now you're probably thinking what the heck is capocollo? ➡ 4 N. Main St.

SINGHA THAI Mango Sticky Rice The best thing about Thai food in Moab? ...Having the Mango sticky rice for dessert. It's mango, it's sweet and it's sticky-nuf said. ➡ 92 E. Center St.

*Want some quick food to hit the trails and go?
Here's a little insider scoop:*

SWEET CRAVINGS DELI & BISTRO - These nice people can whip up the best sandwiches and wraps for a sit-down meal or lunch on the go. And their baked goods are Scrrruuumptious.
➡ 397 N. Main St.

LEGER'S SANDWICHES - Yes, it's in located inside the Chevron gas station, but that just makes it all the more convenient. Don't underestimate the yumminess, there's a reason it currently has 4.5 stars on Tripadvisor. ➡ 817 S. Main St.

VILLAGE MARKET DELI With a little bit of notice, these nice people will happily whip up a few sandwiches and sides for a tasty lunch on the go. ➡ 702 S. Main St.

➡ UNDERSTANDING STREET ADDRESSES IN UTAH

"Two-hundred thirty three north, four-hundred fifteen east" is a mouthful for Siri, but it's quite simple once you understand the "Grid System", originated by Mormon pioneer-prophet Brigham Young. Of course there are rogue streets that don't conform, just like any good counter-culture should.

200 N. 400 E. = 2 blocks NORTH of Center, and 4 blocks EAST of Main

HERE'S THE F.Y.I. ON MOAB R&R



Moab Accommodations

Lodging can be one of the most difficult and important pieces of a vacation to nail down, and get right for your needs. Do you want convenient walking distance to dining and shopping? Or is an eclectic local flavor more important? Luxury and reliable service? You'll find you are spoiled for choice in Moab. *See the map (or moabadventurecenter.com/lodging) for a more complete listing.*

DOWNTOWN & CLOSE THEREUNTO

GONZO INN This eclectic and one-of-a-kind property is everything you need, with a little southwestern flair. (If you want to really appreciate the door handles, towel racks, bed frames and showers in your hotel room, you will love the Gonzo Inn).

Gonzo Inn is close to all the shopping and eating in downtown Moab without feeling like it - which can be a thing when you want some quiet space away. Their king suites, breakfast, and lounge area are top notch - and a great pool. Honestly, we would recommend the Gonzo Inn, even if it wasn't the **closest walking distance to the Moab Adventure Center**, which it is!!
☛ 100 W. 200 S.

57 ROBBERS ROOST With modern flair and accommodations for adventurers on the move,, Robber's Roost is hiding in plain sight barely off Main, just like Butch Cassidy would have wanted it. ☛ 57 East Main St. & Center

TWO BEST WESTERNS With the familiar Best Western name known for quality, you have two very popular choices: The Greenwell Inn ☛ 105 S. Main St.
Canyonlands Inn ☛ 16 S. Main St.

THE HILTON HOODOO Among the newest arrivals to Moab, among many others that are new, the HooDoo is fairly spectacular and charming at the same time. A good fit for Moab. Located just one block west of Main Street.
☛ 51 N. 100 W.

BIG HORN LODGE The standard motel rooms are everything you'd expect with the word standard. This property is near the largest grocery store in town, and a tolerable walking distance from Moab Adventure Center. ☛ 550 S. Main St.

MAIN, FURTHER FROM DOWNTOWN

MARRIOTT SPRINGHILL & FAIRFIELD There are so few things you can count on in life, fortunately there's the Marriott hotels - and a block of rooms set aside just for you*. ***The SpringHill Suites lobby is where all Moab Adventure Center and Western River multi-day river trips meet - and the Southwest Sampler Package Trip.** Marriott is located 1 minute from Arches National Park, barely inside the town limits along the Colorado River, so you'll want a car. But get this: If you rented with Canyonlands Jeep & Car, you may leave your car for pickup right there in the Marriott while you go away on your river trip, then pickup the contract and car upon your return to town. Just like Marriott we've thought of everything! ☛ 1863 N. Hwy 191

AARCHWAY INN Great big pool and a pirate's playground for the kids. Big parking lot for those with trailers. ☛ 1551 N. 100 W.

HOLIDAY INN EXPRESS Pretty cool pool! ☛ 1515 N. Main St.

HYATT PLACE Among the newest arrivals in Moab and almost within walking distance to downtown. ☛ 890 N. Main St.

HAMPTON INN Reliably classic hotel placed right on the edge of downtown shopping and dining. ☛ 488 N. Main St.

MOAB VALLEY INN Local style and elegance ☛ 711 S. Main St.

LA QUINTA Wake up happy with an indoor pool. The Moab LaQuinta is dog friendly. ☛ 815 S. Main St.

GONZO INN



Call **866-904-1163**
Click **MoabAdventureCenter.com**
Or stop in at **225 S Main Street**



THE REST OF RELAXATION

Moab Accommodations

RANCHES, LODGES & INNS

SORREL RIVER RANCH If you want to be fluffed and pampered while you're in Moab, this quiet riverside Utopia is designed to cater to your every whim. Spa treatments, scenery to die for, and a four diamond rating, It's fabulous, dahling, just fabulous.

RED CLIFFS LODGE About 20 minutes east of town, this historic movie site was once just a ranch, now it's as close to a resort inside a National Park surroundings as you'll ever find.

Bundle a stay here for three nights with our "Westwater Multi-sport" 4 day vacation package. That includes a few meal tickets for the on-site restaurant. **This is also home to the Moab Movie Museum** and Castle Creek Winery.



SUNFLOWER HILL B&B A luxury Inn is what they call themselves and they're not kidding. Secluded yet close to town the Sunflower Hill offers robes (we love fluffy hotel robes), spa amenities, and 24 hour beverage service and snacks-homemade ones! ...Oh yeah and there's the pool, the hot tub, the spacious gardens and the swanky four diamond rating too.

KICKIN IT CONDO STYLE

Looking for that home away from home experience or want to try living like a Moab local for a few days or a few weeks? Perhaps your idea of heaven is being a brisk walk from the golf course? Or maybe you're travelling as a group? Whatever your situation, it might be a great idea to consider renting a condo or guest house.

CAMPING WITH CONVENIENCES

Sure the idea of camping out under the stars and being at one with nature has its appeal, but you want some comforts too. Established commercial campgrounds can sometimes make family vacations a heck of a lot easier and more pleasant.

UP THE CREEK CAMPGROUND Camping right downtown? Get out of here, I don't believe it! ...It's true! You can pitch your tent right by a creek under the shade of tall, leafy the trees, have the convenience of restrooms and showers, and still be a mere two minute walk from the business district. Talk about the best of both worlds!

CANYONLANDS CAMPGROUND Cabins, tents and R.V.s- it's like a smorgasbord for campers. It's right in town, so, if you've got feet, you're set for transportation. Oh, and the best thing, it has a pool!

MOAB UNDER CANVAS Located on the western border of Arches National Park, this place rocks some serious views - and the quiet luxury of these cabin-style tents is probably unlike anything you've ever imagined. There's a whole new word for it: Glamping.

Visit www.moabadventurecenter.com/lodging for links and more information on all these lodging options.



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WHAT ELSE YOU GONNA DO IN THE ADVENTURE CAPITAL OF THE WEST?

Moab Adventures

If you're the type of person who can't resist a challenge, then we defy you to find a better value in Moab than the Moab Adventure Center. By value we don't mean cheaper prices, we're talking the quality of the experience you get for your dollar. Nowhere else can you find our caliber of service, our quality equipment, our impeccable safety record, and our unparalleled guide service all wrapped up in one classy package. **(We work really hard to find the most charismatic, knowledgeable, and professional guides this side of Fantasy Island).**

COLORADO RIVER RAFTING Moab is lucky enough to have a river running through it, and if you're a smart vacation-to-Moab planner, the river will run somewhere through your itinerary too! Moab is THE home-base for all Utah multi-day rafting trips either on the Colorado River through Canyonlands and Cataract Canyon (2 or 4 day trips), or on the Green River through Desolation Canyon (5 day trip). You'll be glad to have a nice place to hang your hat when you come off the river.

Day trips on the river abound in Moab: Morning trips, Mid-day trips, or Full day trips - No matter how long you decide to float your boat, the scenery will inspire, the guides will delight, the rapids will invigorate. The hot barbecue lunch on the river is exclusive to Moab Adventure Center guests on the Mid-Day and Full Day rafting trips. Moms, dads, kids, grandparents and the French alike flock to beat the heat on these popular adventures.

WESTWATER CANYON ONE DAY RAFTING Popular as the "best short whitewater trip in the west" This can be the tumultuous class IV, spine tingling, heart in your throat whitewater. Make your reservations early for this one, because it fills up fast.

HUMMER SAFARIS Not even Hollywood could simulate this incredible experience. You'll be thrilled by the rugged terrain, impressed by the skillful guides, awed by the fantastic scenery, and wowed by the capabilities of the beefy Hummer H1. If you think you have a fairly good mental picture of this adventure in your mind, enhance it by a thousand times- this trip is that cool. You just have no idea until you get out there and experience it for yourself.

ARCHES NATIONAL PARK TOURS The Arches Morning Van Tour is for those who want to get an excellent overview of the park, with a little more hiking than the Sunset Tour offers later that evening. The Arches Sunset Tour - Sunset is the best time for that "golden hour" of sunlight in the park. Red rock and sunsets are made for each other. And, sure you could explore Arches National Park on your own. ... But why? It's so unpleasant to drive and rubberneck at the same time. Get an expert guide to chauffeur you around and feed you snacks!

Continued on next page...



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HANG OUT IN ALL THE
COOLEST PLACES.

Moab Adventures



...Continued from previous page

EPHEDRA'S GROTTTO CANYONEERING 'I hike, I explore, I rappel from enormous sandstone arches'. That could be your new online profile once you've done the Ephedra's Grotto adventure. Professional, safety conscious guides make this a truly unforgettable experience that is suitable for all skill levels. Some can be faint of heart, or fearful of heights, but nothing puts the teeter in your totter like altering your relationship with gravity!

MOAB ROCK CLIMBING Beginners, intermediates, and experts are all welcome; we'll make sure we harness you to the right wall. Desert rock climbing is much different than you might expect, but don't worry, we'll show you the ropes (literally!) so you can scamper, scurry, scratch, climb, crawl or dangle from a cliff with confidence. The Moab area is known the world over for excellent rock for climbing.

HOT AIR BALLOON RIDES 'Up, up and awaaay in my beautiful, my beautiful ballooon'. ...Come on, don't be ashamed if you can't get the song out of your head either. The other thing you won't be able to clear from your mind is the breathtaking perspective as you witness the artistry of the sunrise as it paints brilliance onto the sandstone canyons below.

SCENIC FLIGHT Realistically, Tom Cruise will not be piloting the airplane, but if you use your imagination as you buzz over Canyonlands and the Colorado and Green Rivers on a one hour tour, you can't help but feel a little Top Gun-ish ...or maybe you can. Either way, seeing the rugged river-cut canyons by air is unbelievable! Plus, every flight guarantees an aisle AND a window seat.



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JOHN WAYNE ONLY WISHES
HE HAD ALL THESE OPTIONS

Moab Adventures

...Continued from previous page

HALF DAY BIKING ADVENTURES Anyone who knows anything about Moab, knows that it's the mountain biking Mecca of the universe. Whether you're a bad apple mountain biker, or barely off training wheels, there's a perfect trail out there, just hoping for you to conquer it. We especially recommend the guided Dead Horse Point trail.

JETBOAT EXPERIENCE Oh, the wonders to behold on this lazy stretch of river! You'll be zooming fast, but not too fast to miss the beautiful arches, petrified forest, the restroom stop, Native American rock art and some fossils. Whether you choose a four hour adventure or a shorter sunset tour complete with a tasty dutch oven dinner, or the fast and furious Splash & Spin, you can't possibly come away without wearing a big fat cheesy grin.

MOAB ZIPLINE What goes up must come down, so first you gotta go up via 4x4 into the eastern rim of the Moab valley, a fun ride and view all it's own. After a brief orientation on the rim, you will hook in and glide over sandstone cliffs and fins with the same ease and grace of a raven on the breeze. It's really, really fun!

PADDLEBOARDING THE COLORADO RIVER Want to cool down on a hot day but avoid the larger groups on the rafting trips? Oh man have we got an idea for you. There's perhaps no place on earth better suited to stand-up paddleboarding on a river. Don't worry, it's waaay easier than it looks.

ROPES CHALLENGE COURSE A fun team-building and/or family challenge, the Moab ropes challenge course will test your strength and your courage to try new things. Find out just what you're made of!

HORSEBACK RIDING Yippee Ki-Yay! Riding horses through Moab's exquisite valleys is reminiscent of going back into the old west and isn't an experience only John Wayne should enjoy. If you like horses and you like phenomenal scenery, you'll love this adventure!

JEEP RENTAL Millions of people flock to Moab just to get behind the wheel of a Jeep. There's no reason you can't live the dream of being a rock crawling, 4x4 trail-tamer too.



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THE BEST OF MOAB
HAPPENS ON OVERNIGHTERS.

Moab Multiday Adventures (2-5 days)



WESTWATER MULTI-SPORT 4 DAY Ready for some adrenaline on your full day rafting adventure? **Westwater Canyon**, upstream of the other day rafting adventures, is Class IV whitewater. Couple that with **3 nights in the luxury and peace of the Red Cliffs Lodge**, add a **Hummer Safari**, and BAM! You've got an adventure vacation that's hard to beat.

SOUTHWEST SAMPLER 4 DAY This is the age of doing it all. So we did it all for you! Your summer vacation is planned and you're very welcome. Start with **two nights at the Marriott SpringHill** (where we pick you up for every adventure on the list): a **guided hiking tour through Arches National Park** and a **Hummer Sunset Safari**. Then, you'll top off the experience by allowing our wonderful, charming, fantastic guides to escort and entertain you on a **Two Day Raft and Camp adventure down the Colorado River**.

CATARACT CANYON EXPRESS 2 DAY Wahoo Doggie! Hold on tight! This is one fast-paced, action-packed trip! This trip only runs during the high water season, giving you the opportunity to experience some of the biggest whitewater in North America. In just two days we guarantee to give you thrills that will last a lifetime.

CATARACT CANYON CLASSIC 4 DAY This Cataract Canyon adventure is for those who want to space out their adrenaline intake and also have time to enjoy the incredible canyon scenery, the abounding Native American history, and savor the whole amazing experience. Taking four days away from cell phones, internet, and civilization to enjoy nature at its finest will change your life and give you the opportunity to develop friendships that will last forever.

GREEN RIVER DESOLATION CANYON 5 DAYS We feel passionate about all of our trips, but this one holds a special place in our hearts. Not many people have the opportunity to experience a canyon so pristine and seldom visited as this one. The rapids are just enough to put a smile on your face, but not so much as to have you calling upon saints and angels. Fascinating geology and rich with outlaw history, this river experience is perfect for families and anyone who wants to find a unique and tranquil respite outdoors.



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THERE'S NO ESCAPING
THE LAW OF THE LAND

Moab Mandates

PET PROTOCOL Nobody will ever love your pet as much as you: but you can give your pooch a fighting chance to earn, if not the love, then the respect and gratuitous pats from would be passersby by keeping to a few simple courtesies. Take a few minutes to learn of the many pet friendly venues in addition to respecting the wishes of those unwelcoming of domesticated critters. Keep your dog on a leash in places where you are likely to meet other hikers. And for goodness sake, wherever you are, if your dog makes a number two near a trail, please clean it up. Poop is not pristine and there's nothing worse than landing in the squish of a canine landmine.

BE A CRUSADER FOR THE SAKE OF HISTORY

Thousands of years ago, ancient Native American people roamed all over these lands. We are fortunate that evidence of these cultures still exist. It's not uncommon to happen upon a rock art or ruin site and find that some graffiti artist has been there first. Not only is this tragic, but it's downright infuriating. A lot of damage is caused by arrogance, but much is also done in ignorance. Be aware that oils on your skin cause damage to rock art; so please look but do not touch. Also, carving your name, birth date, significant other's name, etc, over, near or around these sites is also considered juvenile, damaging and highly illegal.

TO TIP OR NOT TO TIP Just to address the awkward question, yes, tipping your tour guide is customary but certainly not mandatory. Sometimes just getting to go on a vacation is a luxury that breaks the bank and those situations are certainly understandable. However, most guides rely on gratuities to get by; it's how they make a living. While anything is appreciated, guides often gauge their performance based on the tips they receive. An average tip in this area is 10% of the trip cost. If your guide gave you average service 10% would be appropriate. However, if your guide displayed skill, knowledge, charisma, a bit of that old savoir faire, in some cases, lots of patience and gave you an unforgettable experience, then maybe you would want to give more than an average tip. Likewise, if you had a poor experience, that should also reflect in your tip.

YOUR MOM'S NOT HERE, SO TAKE CARE OF YOUR OWN TRASH People come from far and wide to see the beauty of Moab—not your discarded trash. Be respectful and hold onto your garbage until you find a suitable trash can.

DON'T BE AFRAID TO LOOK LIKE A TOURIST

Wear that trusty 35 millimeter camera with pride! Moab is too spectacular not to be documented--Kodachrome or not!

KNOW THE WEATHER CONDITIONS AND BE PREPARED

The thing about weather in the high desert is that there's always a 100% chance of it. Check the weather forecast before you come. If it decides to finally rain while you're in town, you'll definitely want to be prepared. Likewise, you'll be sorry if you only have a suitcase full of denim and sweatshirts if the sun is out in full force.

LEAVE YOUR GRUMPY PANTS AT HOME Travel days can be stressful. The crowds, the pushing and shoving at the airport, the checking and double checking of your luggage, the frenzied feeling of trying to be on time...

You can relax now, take a deep breath, and smile.

You're in Moab!



Call **866-904-1163**

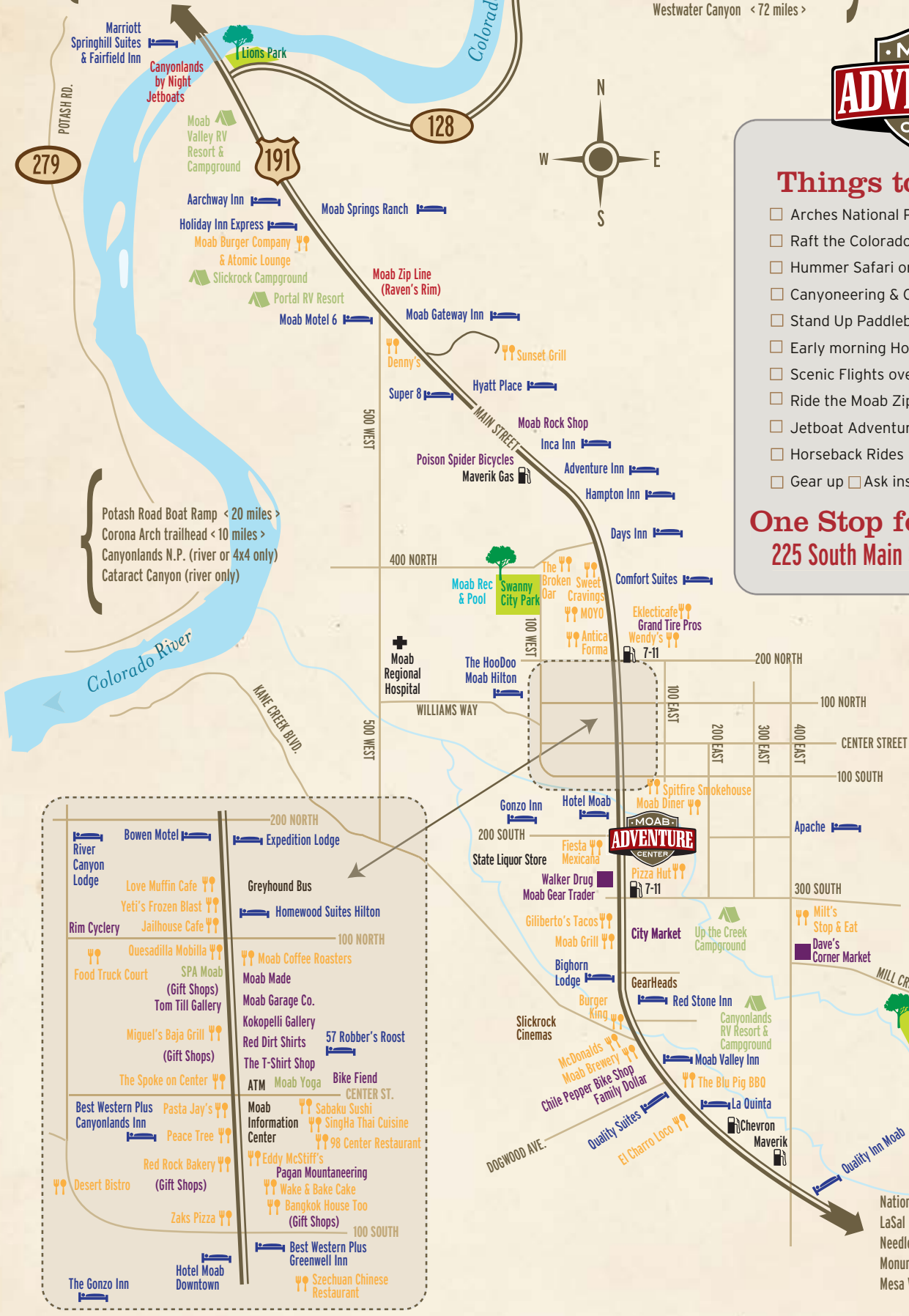
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(All distances measured from Colorado River bridge/Lion's Park)

- Arches National Park Entrance < 2.4 miles >
- Canyonlands Field Airport < 16 miles >
- Dead Horse Point State Park < 32 miles >
- Archview Campground Schoolhouse < 11 miles >
- Klondike Bluffs & Brand Trails
- Canyonlands N.P. Overlooks < 44 miles >

- Grandstaff Canyon < 3.2 miles >
- TakeOut Beach < 10.3 miles >
- Red Cliffs Lodge < 15.2 miles >
- Sorrel River Ranch < 18 miles >
- Hauer Ranch < 22.6 miles >
- Hittle Bottom Boat Ramp < 23.4 miles >
- Fisher Towers < 24 miles >
- Westwater Canyon < 72 miles >



Things to do in Moab:

- Arches National Park Guided Bus/Hiking Tour
- Raft the Colorado River (Full/Half Day)
- Hummer Safari on Hell's Revenge (AM and PM)
- Canyoneering & Climbing (Guided)
- Stand Up Paddleboarding on Colorado River
- Early morning Hot Air Ballooning
- Scenic Flights over the Parks
- Ride the Moab Zip Line Rent a Jeep!
- Jetboat Adventures on Colorado River
- Horseback Rides Mtn Biking Tours
- Gear up Ask insider info Buy souvenirs

One Stop for Adventure:
 225 South Main Street | 435-259-7019

| | |
|---|---|
| <ul style="list-style-type: none"> River Canyon Lodge Love Muffin Cafe Yeti's Frozen Blast Rim Cyclery Jailhouse Cafe Quesadilla Mobilia Food Truck Court SPA Moab (Gift Shops) Tom Till Gallery Miguel's Baja Grill (Gift Shops) The Spoke on Center Best Western Plus Canyonlands Inn Pasta Jay's Peace Tree Red Rock Bakery (Gift Shops) Desert Bistro Zaks Pizza The Conzo Inn Hotel Moab Downtown | <ul style="list-style-type: none"> Bowen Motel Expedition Lodge Greyhound Bus Homewood Suites Hilton Moab Coffee Roasters Moab Made Moab Garage Co. Kokopelli Gallery Red Dirt Shirts The T-Shirt Shop ATM Moab Yoga Bike Fiend Moab Information Center Sabaku Sushi SingHa Thai Cuisine 98 Center Restaurant Eddy McStiff's Pagan Mountaneering Wake & Bake Cake Bangkok House Too (Gift Shops) Best Western Plus Greenwell Inn Szechuan Chinese Restaurant |
|---|---|

- National Forest < 18 miles >
- LaSal Loop < 60+ miles >
- Needles District, Canyonlands N.P. < 68 miles >
- Monument Valley Tribal Park < 120 miles >
- Mesa Verde National Park < 150 miles >



KNOW THE LAND LIKE A LOCAL,
(IT MAKES YOU COOL).

Ssshhh!! Secrets Ahead!

LA SAL MOUNTAIN LOOP

Everyone thinks Moab is all desert and red rock- that is just so not true. A completely different Moab experience would be to spend the day in the La Sal Mountains, Utah's second highest mountain range. It's where the locals go to beat the summer heat. You could spend half your life hiking these forested mountains and never tire of the unfathomable beauty. Unfortunately, who has half a lifetime to putter away in the Mountains? So, we suggest you put aside a day to follow the La Sal loop trail, make a little hiking and picnic stop at Oowah Lake before continuing on into Castle Valley and Moab. Directions: Six miles south of Moab make a turn towards Kens Lake and follow the paved road up, up, around and back down.

MORE DRIVES WITH THE AC ON HIGH

Mid-day drives with the AC cranked high may as well include an awesome view. Here is a list of nice "sunday drives" you may want to consider:

Highway 128 is rated among the top 5 most scenic drives in America. It is the same drive you'll take up the Colorado River if you do a day rafting trip, horseback ride, or paddleboarding excursion.

Potash Road, Highway 278 heads west through "The Portal" along the Colorado River. It's the same road you would take on the way to the 2 or 4 day Cataract Canyon rafting expeditions. This is where one might find awesome crashing waterfalls after a heavy desert rainstorm. This highway also leads the way to the Schafer Trail into Canyonlands National Park - only if you've got a 4x4 Jeep.

Kane Creek Road is a short stretch of pavement on the opposite side of the river from the Potash Road. But the little wonders along the way like petroglyphs and Moonflower canyon, make it another cool place to explore from the car.

MID-DAY MOAB SHADE: MILLCREEK PARKWAY

Millcreek Parkway veining throughout the heart of Moab is a nifty little walking or biking trail. Starting at Rotary Park, a cool natural play place for kids... and adults, and meandering far beyond, this always shady walk can be accessed from many different points around town. It's definitely worth taking a ramble- you'll get the Alice in Wonderland experience of having wandered into a whole new world, but have the security of knowing you can jump out at anytime. **You can jump onto the trail at the end of the road behind the Moab Adventure Center** or right after a nice picnic in Rotary Park. Any local can show you the way.

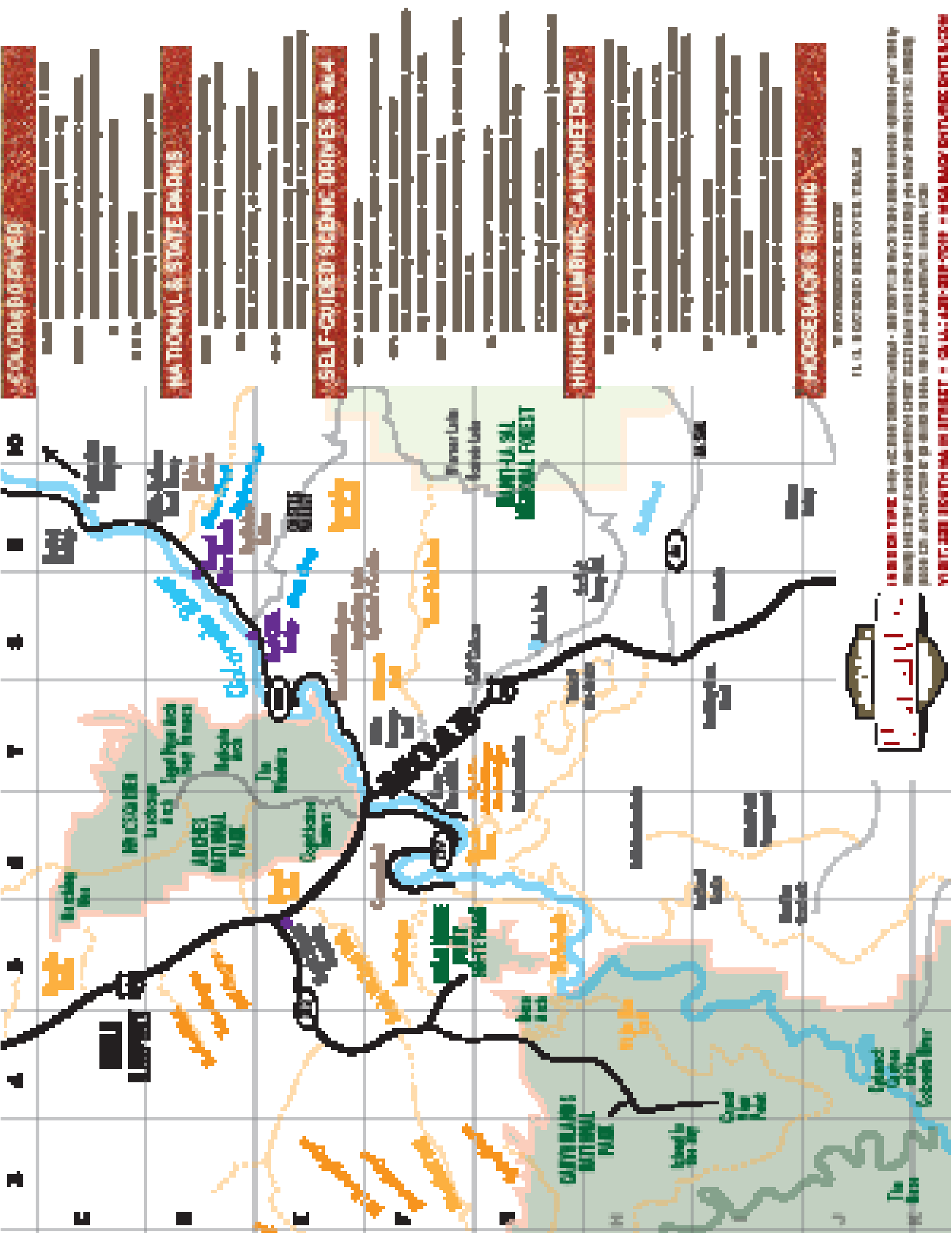
SUNRISE & SUNSET ARE MAGIC HOURS IN MOAB

Nocturnalism isn't what we recommend, but the moments when the light and the temperatures hang low, are highly recommended in the desert. The desert colors come alive in the setting or rising sun. It's REALLY worth the time spent in the dark. If you sleep in, don't feel bad. You're just helping to keep the crowds down for the rest of us! Here are the best places to be for these "magic hours" of sunrise or sunset:

- **Arches National Park** (sunrise or sunset)
- **Hummer Sunset Safari** (sunset)
- **Dead Horse Point** or nearby **Mesa Arch** in Canyonlands
- **Fisher Towers** (especially sunset)
- **Cataract Canyon** or **Desolation Canyon** on an epic, life-changing multi-day rafting trip (sunrises AND sunsets)
- **Hot Air Ballooning** over canyon country (sunrise)
- **Southwest Sampler** (one spectacular night and morning on the Colorado River is included in this 4 day package)



Call **866-904-1163**
Click **MoabAdventureCenter.com**
Or stop in at **225 S Main Street**



COLORADO RIVER

• The Colorado River flows through the region, providing water for irrigation and hydroelectric power.
 • Key features include the Glen Canyon Dam and the Navajo Dam.
 • The river is a vital water source for the surrounding communities and agriculture.

NATIONAL & STATE PARKS

• **Capitol Reef National Park:** Known for its unique sandstone formations and desert wilderness.
 • **Glen Canyon National Recreation Area:** Offers scenic views, boating, and fishing opportunities.
 • **Grand Staircase-Escalante National Monument:** A vast area of desert plateaus and canyons.

SELF-GUIDED SCENIC DRIVES & 4x4

• **Scenic Drives:** Routes like Highway 89 and Highway 12 offer breathtaking views of the desert landscape.
 • **4x4 Trails:** Numerous trails are available for off-road enthusiasts, including the Escalante Loop and the Cannonville Loop.

HIKING, CLIMBING, CANYON REEFING

• **Hiking:** The region is a hiker's paradise with trails ranging from easy walks to challenging mountain ascents.
 • **Climbing:** The sandstone cliffs provide excellent opportunities for rock climbing.
 • **Canyon Reefing:** A unique activity involving rappelling down sandstone canyons.

HOOPERBARK & BIRCH

• **Hooperbark:** A traditional craft made from the bark of the Gambel oak tree.
 • **Birch:** The region is known for its high-quality birch wood, used in various crafts and furniture.



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