



WILD WOMEN
expeditions

YELLOWSTONE MULTISPORT ADVENTURE

7 DAYS

For more information please contact: adventure@wildwomenexpeditions.com or call 1 (888) 993-1222.



EXPERIENCE YELLOWSTONE

Northwest Wyoming has huge bragging rights. It's home to Yellowstone and Grand Teton National Parks (and the skiing mecca, Jackson Hole). The landscape is classic Wild West: frontier towns, powder-puffed peaks, grazing bison, elk and pronghorn antelope.

Glacier-scraped valleys and volcanic plateaus, fossil forests and eroded basaltic lava flows create an otherworldly region that transitions to serene lakes and fierce rivers that cascade into mighty falls.

Rainbow-hued canyons backdrop the powerful geothermal forces that fuel more than 10,000 natural hot springs, mud pots, and fumaroles in Yellowstone.

On the Yellowstone Active Adventure we'll explore Lamar Valley in the northeastern pocket of Yellowstone. It's often referred to as the "Serengeti of North America" due to its abundance of bison, elk and antelope. And, wolves!

Floating down the snaking Snake River in Grand Teton National Park, we'll learn about the park's 200 miles of trails, alpine history and "mountains of the imagination."

After setting up camp together, we'll sleep under the constellations in tents for four nights at Canyon Campground inside Yellowstone National Park. High-quality camping gear will be provided to ensure a comfortable and authentic experience. Expect an impressive menu of fireside cuisine—it won't be wieners on a stick and a can of cowboy beans (though, those are great too).

The highlight of this itinerary is the horseback ride up into the Absaroka Mountains and an al fresco lunch overlooking Paradise Valley. Later, we will visit the local hot spring where we can soak our muscles after a week of big-sky outdoor exploration. We know, we had you at "hot spring."



Arrive in Jackson Hole (Jackson Hole Airport – JAC). We recommend you choose a flight that arrives by noon (MST) on the first day. An airport transfer will be provided to the first night hotel based on your flight arrival time.

In the early afternoon, rendezvous with your Wild Women wolf pack in the main lobby of the hotel.

Over lunch at a local brewery, you'll have the opportunity to get to know your Yellowstone crew and then we'll crack off on a warm-up hike to take in the unforgettable Teton Mountain views.

In the evening, we'll gather for a welcome dinner in one of Jackson's coolest restaurants and then return to the hotel for a deep and pampered sleep.

Meals Included: Lunch and Dinner

Tonight's Sweet Sleep: Mountain Modern Motel



Grand Teton National Park sits in the mammoth shadows of the Teton Mountains. This morning, we will embark on a half-day wildlife tour in search of grazing elk, small bands of pronghorn antelope (the fastest land animal in North America!) and lurking coyotes. We'll also be on high alert for Northern harriers, American kestrels hunting mice and Uinta ground squirrels. Sage grouse, sage thrashers and sparrows also frequent the area. Your binoculars are going to get a workout!

In the afternoon, we'll spend three hours floating down 10 miles (16km) of the impressive Snake River within Grand Teton National Park. The Snake River is a major tributary of the Columbia River and has its headwaters just inside Yellowstone. Sections of this vital river have had at least 15 different names. The name, which comes from the Snake Nation (Shoshone band), is traced back to 1812, making it one of the oldest place names in the park.

After the float trip, we'll drive to our campsite in Yellowstone National Park. We'll set up camp together in anticipation of a savoury dinner cooked by the guides that we'll enjoy by the crackling campfire. It's time for sharing ghost stories, of course! Insert howling wolf and goosebumps here!

Meals Included: Breakfast, Lunch, Dinner

Tonight's Sweet Sleep: Camping in campground near Yellowstone National Park



Yellowstone is the world's oldest national park (established in 1872) and home to some of the largest and most amazing thermal features. Old Faithful is so popular that virtual visitors can watch livestream webcam footage of it! With nearly 500 active geysers, the park is a geology phenom. For those of us who were introduced to Yellowstone via Yogi Bear's "Jellystone", this experience is a remarkable one to experience in real life.

Today, we'll immerse ourselves in the natural wonders of Yellowstone on foot. We'll visit Old Faithful, Grand Prismatic Spring, the Grand Canyon of the Yellowstone and more! Feel free to quote Yogi at least once! "Hey Boo Boo, let's go get us a pic-a-nic basket."

Meals Included: Breakfast, Lunch, Dinner

Tonight's Sweet Sleep: Camping in campground near Yellowstone National Park



We'll jumpstart our day to take advantage of the opportunity to possibly see the wolves while they are still active. Lamar Valley is known as the "Serengeti of North America" and we'll be on the heels (hooves?) of bison, elk and pronghorn. Just like the African Serengeti, it's always a surprise as to what unfolds in the Valley...that's the magnetic lure of wilderness. Each day is an unmatched, unpredictable and unscheduled adventure in the wild.

We'll indulge in a picnic lunch and then ease into an easy hike (with only a small elevation change) to take in the vistas of the Yellowstone River.

Meals Included: Breakfast, Lunch, Dinner

Tonight's Sweet Sleep: Camping in campground near Yellowstone National Park



Today, we'll head just north of the park to the appropriately named Paradise Valley. Here, we'll meet our expert guide for a half-day horseback ride up into the Absaroka Mountains and enjoy lunch overlooking the Valley. We'll take to the trails like Annie Oakley and Calamity Jane as we explore all the valley has to offer.

Did you know that Oakley could shoot a cigar from the lips of a willing participant?

She was known for her precision in hitting targets over her shoulder using only a mirror to aim! "Little Sure Shot" Oakley was a true pioneer for empowering women and an advocate for women serving in combat. More than 15,000 women learned to shoot from Oakley in her lifetime.

After the ride, if time permits, we may visit the local hot springs for an indulgent soak. Our muscles will be happy for the thermal pampering after a long week.

Meals Included: Breakfast, Lunch, Dinner

Tonight's Sweet Sleep: Camping in campground near Yellowstone National Park



This morning, we'll lace up our trail runners and hikers to explore some of the trails that slice through Yellowstone's enormous 3,500-mile-square wilderness. Depending on the group's interest, pace and skill-level, we can check out backcountry geysers, descend deep into the bellies of rainbow-hued canyons or summit a mountain!

In the early afternoon, we'll make our way back to Jackson for our final evening together and reminisce over our (sigh!) farewell dinner.

Meals Included: Breakfast, Lunch, Dinner

Tonight's Sweet Sleep: Mountain Modern Motel



After a final breakfast with the Wild Women in town, our guide will take us to the Jackson Hole Airport for 11AM. We suggest booking a flight that departs after 2PM.

As you fly out and over the valleys, volcanic plateaus and peaks, there's something you should know: you're bound to come back!

Meals Included: Breakfast

FIELD NOTES

HIKING

The hikes on this itinerary are designated as easy to intermediate.

The majority of the hikes on this itinerary will be less than 5 miles with a maximum elevation change of 150m (500 ft). Depending on the group's comfort and activity level, we can tailor the itinerary to include hikes that are up to 10.5km (6.5 mi) long with up to 450m (1500 ft) elevation change. Yellowstone's average elevation is 2340m (8000ft) above sea level, so this dynamic change is important to keep in mind for women coming from lower elevations!

The hikes will be on established trails with some varied and rugged terrain but no technical aspects. There will be plenty of time for breaks and to absorb the views (with a few snacks, Yogi Bear-style).

The trails curl through lodgepole forests, backcountry thermal features, hug along cascading waterfalls and wind up the mountains. If a longer trail option is chosen, the elevation gain will be spread out gradually with no intensely steep sections.

CAMPING

We will be setting up our tents together at Yellowstone National Park. This is camping, not glamping! Though, it will be a glamorous experience in the company of your fellow Wild Women!

ITINERARY DISCLAIMER

Wild Women Expeditions and our local partners intend to adhere to the described itinerary. This is only a general guide to follow on your tour of the region. Our itineraries are subject to change, as we cannot predict the weather or other environmental conditions. We are continually striving to make improvements to all our trips based on feedback from Wild Women members, guides, partners, and other research. We reserve the right to alter itineraries based on the above at any time.

*Itinerary version as of July 4, 2023.

IS THIS TRIP RIGHT FOR ME?

This is an active multi-activity adventure travel trip. We would like you to be comfortable with the following:

- Hiking over uneven terrain for up to 4 hours, covering up to 10km (~6.5 miles) and gaining up to 450 m (1500 ft) of elevation.
- Tent camping for 4 nights in a public campground
- Horseback riding, suitable for novice riders, for several hours (optional) (Western-style riding)
- The maximum rider weight for this trip is 220 pounds
- Not comfortable swimming in water? Please let us know!
- Physical Rating: 3 of 5. Moderate > Good level of fitness required.

WHAT'S INCLUDED

- All ground transfers from Jackson Hole Airport on Day 1 to return drop-off on Day 7
- All meals from Day 1 Lunch to Day 7 Breakfast
- All accommodation (based on double occupancy) including 2 nights in a Jackson Hole hotel and 4 nights camping in Yellowstone National Park
- Optional single private upgrade, subject to availability
- Medically-trained, naturalist. AWESOME female guides
- Park entry, camping and permit fees
- High-quality camping equipment including tents and sleeping pads (sleeping bags are not included but are available to rent)
- All activities and associated equipment as described in itinerary
- All applicable taxes are included in the trip price