



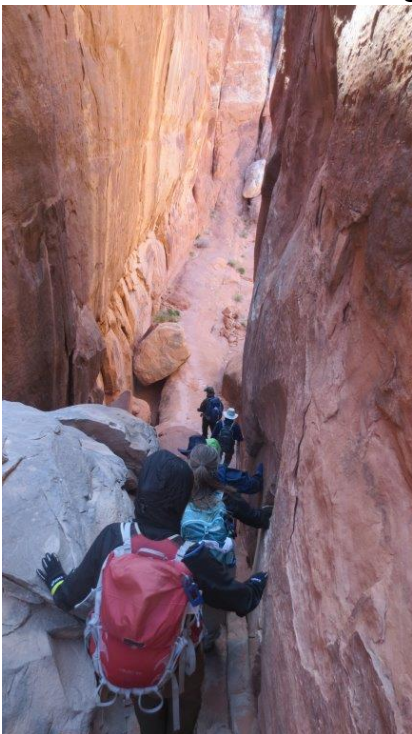
Canyonlands and Arches National Parks Trip Notes April 13 to 20, 2018

Notes

- I did this nearly identical trip in 2014 – so there are very few notes needed in 2018? I hope! Because I'm wanting to lay off notes for a while. Are they too narcissistic? Too much Leo in me?
- Notes from 2014 are at the end, after this 2018 itinerary.
- Best restaurant of the trip: Desert Bistro in Moab. (Favorites are all the many tacos I found at smaller restaurants.)
- Best leaders of the trip: Steve and Nola of www.ParksPlusHiking.com.

Pictures from Nola

First – the 2 mile, 3 hour Fiery Furnace hike or really scrambling for much of it. Then Devil's Garden where the wind blew and we were atop narrow steep drop offs on both sides and it was dramatically beautiful and nervous making all the while.



Canyonlands' Needles District went on and on. I barely did. It was a very long day. Then the Chesler Park Loop.



And here we are on the last day, all together with the Delicate Arch in the background.

Pros and Cons aka why write reports:

Remember all my marathon trip reports with pros and cons of the marathon and of the tourist opportunities? Some thought it odd that I'd tell of any complaints or downsides. I thought it important and fortunately some marathon race directors also appreciated my giving both sides. Well – here is some recently written travel advice. It says: It's time to tell the truth about vacations!



<https://www.usatoday.com/story/travel/advice/2018/04/28/its-time-tell-truth-your-vacations/559594002/>

I so agree and am oftentimes stunned when reports tell me how the vacation was the best ever. I hope they really felt it but somehow such phrases sound more like bragging and less and less realistic. I've had a bunch of trips, and even averaged 26 trip reports a year, but I've never had a 'perfect' trip if I'm really going to be honest about it.

Found by Tom on the web. Would that be sunrise or sunset? I rarely see a sunrise . . .

The only email report sent while away -- Off to hike in Utah

I was starting in Salt Lake City, then being squired off to Moab where I'll renew acquaintances with Arches National Park and Canyonlands National Park. It's likely to be sobering and humbling as even last time my guides had to push and pull me up and down some of the boulders. I'm few years older and much less fit and limber. It's not known as an easy hiking week but it's eased somewhat by being able to stay in the same hotel all week.



I'm again with favorite hiking leaders Steve and Nola of www.ParksPlusHiking.com. Their website description: Boasting five national parks and seven national monuments, Utah is a hiker's paradise! On this tour, we'll get up close and personal with two of them, Canyonlands and Arches National

Parks. In Canyonlands, we explore both the Needles and Island in the Sky Districts, hiking in a wilderness of canyons, buttes, and other rock wonders carved by the Colorado River and its tributaries. In Arches, we see how many namesake formations we can count amidst the splendor of the high desert terrain. The colors will amaze you, the views will astound you, and the experience will leave you wanting more. End.

My email note home from Newark Airport at the start of the trip didn't necessarily bode well, but travelers need to remain adaptable and flexible: Tom, Thanks for the early morning ride. You might have gotten home before I got through TSA pre-check. The line was wrapped around and all the way to the far end of the building. It took about 40 minutes.

No time to go to the club or buy anything. The toilet lines were terrible too.

I really wanted a cup of coffee but what I got was somebody dropping their coffee that splattered down the side of my jeans and coat.

Other than that, all is well. I will avoid these early-morning flights from now on. The airport was a zoo. End.

All was softened by an upgrade to business first (it's rare to have a first class cabin anymore) and a decent meal. I had counted on oatmeal with fresh blueberries and strawberries at the lounge pre-flight but it, nor coffee, was to be. I had dried off from the coffee mishap by the time breakfast was served.

An observation about flight attendants: Do you remember Continental Air? Their super helpful, energetic and professional attendants? In the business world, Continental was the airline of choice as they did pretty much everything right and who more important than the face of the airlines - their attendants. Then came along the merger with United and we held our breath. The United attendants sort of had reason for being surely and unhelpful; they had negotiated for stock, lost salary and some pension, and then lost stock value in a stock fall too. Then suddenly they were merged with higher paid employees. No wonder management ran these two airlines as mostly separate despite the common name.

I had a couple of United Airlines leftover attendants on this flight. Old, lazy, surely and gruff. Fortunately we had a couple young gay guys too. They will soon rule. I hope.

Yet I'm traveling to hike. Not gripe. Hiking and taxing the body is maybe more called for than usual. Am I in a midlife or 3/4 life crisis, soon to be 73? I think the recent loss of sister's eldest, Chad, who was my hiking buddy and had been invited on this exact hike (and with me last year in Yosemite and the year before in Yellowstone and Beartooth), Tom's near week long horrid kidney stone attack, followed by death of a many year co-worker younger than me — and I'm allowed the blahs. Young friend Stephanie has hopefully trained me into a possibility of keeping up with this hike by hiking tough hills with me a few times recently. She certainly put some pep into my step.

What weather should I have expected? I looked at Moab and packed accordingly and then was stunned to hear that they just had 16 inches of snow nearby Salt Lake City and it's about 40°. It will be much warmer in Moab.



I got into the hotel and went immediately for food accompanied by Steve and Nola and then joined them and some of the hiking group later in the evening for barbecue.

I will sleep well because I basically got up at 2:30 AM Salt Lake City time or 4:30 AM New Jersey time. And to that I say “good night”.

Interesting links

Tuesday morning hike with lots of scrambling - <https://www.nps.gov/arch/planyourvisit/fiery-furnace.htm>

More on Tuesday morning – only 2 miles but 3 hours of a tough hike with lots of scrambling -- <https://modernhiker.com/hike/hike-the-fiery-furnace-arches-national-park/>

Devil’s Garden hike - <https://modernhiker.com/hike/hike-the-devils-garden-arches-national-park/>

Pictures (2) thanks to Neil but no thanks to Google Photos since I can’t maneuver them



In my Gonzo Inn room were a series of photos, later also found throughout the hotel. When Nola came to my room she immediately recognized the artwork by Marcus Pierson also known as Coyote Man. They come with a story but one has to have good eyesight to read the story attached. If you Google the artist name and ask for images, you will see a lot of the artwork too.

<http://www.markuspiersonart.com/biography.asp>

Next hike? Camino de Santiago early May. Then a Swiss tourist late May into June trip with Tom which includes a Basel to Amsterdam cruise. Hiking Northern Ireland in July with a few days stop in Republic of Ireland. August again with PPH for Sequoia. September working on the French Alsace/Lorraine region. October into Milwaukee as a tourist then another hike with PPH called the Ice Age Trail. October ends with ice skating spectating out of Everett Washington. November through Puerto Rico to a West Indies small boat cruise of islands. December more skate spectating in Vancouver. Or as Tom says – someone’s got to do it.

Itinerary 2018

Fri Apr 13

8:21am Depart Newark EWR via UA #602 – only direct flight but many connections available
11:44am Arrive Salt Lake City SLC

Hotel Hampton Inn & Suites at SLC Airport
307 North Admiral Byrd Road, Salt Lake City, UT 84116 Tele: (801) 530-0088
www.hamptoninn3.hilton.com

Sat Apr 14

8:00am Start hike

Per www.ParksPlusHiking.com - Boasting five national parks and seven national monuments, Utah is a hiker's paradise! On this tour, we'll get up close and personal with two of them, Canyonlands and Arches National Parks. In Canyonlands, we explore both the Needles and Island in the Sky Districts, hiking in a wilderness of canyons, buttes, and other rock wonders carved by the Colorado River and its tributaries. In Arches, we see how many namesake formations we can count amidst the splendor of the high desert terrain. The colors will amaze you, the views will astound you, and the experience will leave you wanting more.

Sat Apr 14 - Day 1 of hike

Corona Arch - Distance: 3 mi - Difficulty: 3

Lodging: The Gonzo Inn – 1st of 5 nights – arranged for room 206
100 W 200 S, Moab, UT 84532 Tele: (435) 259-2515
www.gonzoinn.com - Yes Keurig coffee in room – Yes WiFi

Following our departure from Salt Lake City, we make our way south into Utah's fantastic canyon country. Stopping for a warm-up hike on the way, we'll make our way to immense Corona Arch, just east of Canyonlands. After hiking, we continue south the short distance to Moab, our home for all five nights of this tour.

Sun Apr 15 - Day 2 of hike

Island In The Sky - Distance: 10 mi - Difficulty: 4

Lodging: The Gonzo Inn – 2nd of 5 nights

In this, our first visit to Canyonlands National Park, we explore the Island in the Sky District on several scenic trails. We'll admire panoramic views at Grandview Point, make the easy walk out to picturesque Mesa Arch and the White Rim overlook, and hike the Neck Springs trail where past cattle ranchers used just one 40' section of fence—across the “neck” —to control 43 square miles of mesa/rangeland.

Mon Apr 16 - Day 3 of hike

Fiery Furnace, Courthouse Wash - Distance: 8 mi - Difficulty: 4

Lodging: The Gonzo Inn – 3rd of 5 nights

Two fascinating hiking opportunities await us today. First, we'll explore the labyrinth of narrow sandstone canyons and puzzle of crevasses, fins, and boulders found in the Fiery Furnace (so named for the furnace-like reddish glow the area takes on at sunset--since it is mostly shaded, this area actually remains fairly cool throughout the day).

Once out of the Furnace, we head back towards Park Avenue where the Courthouse Wash crosses the main park road. Here we hike down the wash as it meanders to the southwest past majestic cottonwoods, inviting pools, and numerous brightly colored cactus blooms.

Tue Apr 17 - Day 4 of hike

Devils Garden, The Windows - Distance: 8 mi - Difficulty: 5

Lodging: The Gonzo Inn – 4th of 5 nights

Today we're headed to the heart of Arches National Park and the longest and possibly most scenic (and adventurous) trail in the park, the Devils Garden Primitive Loop. To name just a few, we will see Tunnel, Navajo, and Double O Arches. At 306', we will also see perhaps the longest stone span in the world, Landscape Arch. Want more? We do! So we'll conclude this day of hiking with the short Windows Loop trail.

Wed Apr 18 - Day 5 of hike

Chesler Park - Distance: 11 mi - Difficulty: 5

Lodging: The Gonzo Inn – 5th of 5 nights

The Needles District of Canyonlands is our destination for Day 5, specifically Chesler Park. Here we spend the day amongst sandstone spires (aka "needles") and stretches of trail entirely on stone (aka "slickrock"). We also hike for nearly a quarter-mile along the Joint Trail, a long crack in the sandstone where tight fits between the rocks come along with welcome relief from the desert sun.

Thu Apr 19 - Day 6 of hike

Delicate Arch - Distance: 3 mi - Difficulty: 3

For our final day in Utah's geologic heartland, we visit Arches one more time and make the pilgrimage to the park's most photographed icon, Delicate Arch. On our way there, we'll divert slightly to check out a Ute petroglyph panel. Along the trail we will also stay alert for collared lizard sightings; these colorful reptiles can run on their two hind feet when pursuing prey. After our hike, we return to Moab for lunch then make the drive back to Salt Lake City to say our goodbyes.

7:00pm End in SLC at Hampton Inn

Hotel Hampton Inn at SLC airport – 1 night

Fri Apr 20

12:37pm Depart Salt Lake City SLC via UA#2391

7:00pm Arrive Newark EWR

Participants:

Bill Meredith

Samuel Feldman

Neil Chapin

Sarah Flosi – leaving early

Karen Paxson, from Indiana, and friend of Kay Wagner who was on recent Yosemite trip



Canyonlands Hike Trip Notes **May 3-10, 2014**

This was my second year to try for this hike as last year we had a medical emergency. I wasn't very nice to the Taurus Birthday Boys about minding their health while I tried for this trip again. Can you imagine that they were found to have purchased a bottle of Johnny Walker (Double Black and Platinum) each for each other? They called via Face Time and caught me just out of the shower, told me about all the booze, and I about jumped out of their cake, a nude mad-woman daring them to let Tom get hospitalized again. I hope they didn't notice. I finally remembered to wish them all a Happy Birthday.



Hikes

They were more challenging than expected. They were also more unique and diversified than I had expected. One has to be in awe of the size and variety of this huge Garden of the Gods. Some of the best can only be accessed by a long drive inwards, followed by an equally long and fairly strenuous hike. In most cases it was totally rewarding though I confess that some scrambling was more than I liked and was on the edge of my ability to scramble.

As in most good national parks, it takes a bit to get there. In this case is about a four hour drive from Salt Lake City. But other treasured parks also require a long drive from any major airport - such as Yosemite, Big Bend, or the Grand Canyon. Our leaders helped by giving us a hike in the in between and a couple of pit stops.

Hotels

If you haven't heard, where I park my junk and where I sleep is very important to me. In this case we had somewhat extreme with a not very nice hotel for the first two nights and then a lovely Inn downtown Moab for the other three nights. In the defense of our leaders there was nothing better in the town of Monticello. Pre and post hotel at the Salt Lake City airport was a nice Hampton Inn.

/

Photos compliments of Nola



Mesa Arch with view of Washer Woman Arch in the background and yes it was very cold and we even saw snow on the windshield this day. Then Chester Park loop – our big day with as much climb as the Grand Canyon and 14 miles of plenty of scrambling taking us over 6 ½ hours. I felt like Superwoman! I was sure this would be the toughest hike of the week – until the next day came and proved that wasn't so.



More in Chester Park loop and a rare portion that was flat.



White Rim from Grandview Trail; Schaefer Trail with a tiny looking but huge dump truck on the trail.



A very windy Canyonlands and another day of scrambling. Superwoman got deflated.

Notes/Emails sent from the trip

Monday in Canyonlands – from the Princess with the Pea

Salt Lake City was a quick stop for me as I only went in one day before the hike. (I've been there a few times recently.). The hotel very kindly gave me a nice upgrade to a suite which I'm much appreciated. It was almost funny in that they apologized that they couldn't find me a refrigerator so would I mind taking a suite that had a built in refrigerator.

It was quite a long drive to Canyonlands but we stopped for a two to three hour hike and then another small hike to view some pictographs. The day gave us quite the surprising panoramas and our drive to our first hotel was filled full of variety from low lands of farmlands, major mountain passes to desert areas to forestry areas. The hike ran along a rushing stream with a blue heron apparently fishing. Now how could you get more variety and all that?

It was supposed to be 90° but oddly the weather report said 90° but feels like mid-70s. I presume that is because of the high winds and a very dry lack of humidity. We would all drink a loss of water but have need for either very few are no pit-stops. We would come in covered with either sand or salt or both. Sink laundry left a lot of red sand.

Into the first hotel for two days has given me the lack of confidence to do their Rogue River wilderness trip. One of the fellow hikers brought his scrapbook of the Rogue River trip and the other fellow had also done it. Everyone seems to love it and it comes highly recommended. But it is back country lodges, it is going along the river and sometimes river-raft, and it is very remote. So being fussy about my hotel room in Canyonlands not having a refrigerator and worst of all not having a coffee pot, put all this into perspective. Like being a city girl or a zoo girl, I feel a need to be in contact and a need to have my coffee in the morning. I did about everything I could to bribe the hotel to find a coffee pot. Steve had already convinced them to find me a refrigerator (which had been promised but who knew to ask for the ever present coffee pot?).

After dinner I figured out that the refrigerator didn't work because the plugs didn't work so I moved it all the way across the room to a working outlet. Even then it took a bit of wiggling to make it work. Then the young gal from the reception showed up with a very ancient coffeepot but no filter and no coffee. Nola to the rescue with instant coffee.

In between these frustrations my room keys wouldn't work so I was back to the reception again. This happened three times in my two days. My trip for a working key card was maybe a good reminder to receptionist that I had bribed her with some cash earlier trying to get a coffee pot. Then the next day my phone was disconnected, reception didn't even answer when Tom tried to call nor for two hours while I tried to get them too, and cell service was non-existent. I don't exactly sound like a good backcountry lodge guest, do I, if I got frustrated over this? The crowning blow to get over in the Rogue River trip was to figure out that I could not take all of my "junk" (only a small pack) and that I would be out of range of the cell phone for three days.

Was the Cheapo hotel mess all worth it?

Even if it weren't, I'm convinced there is nothing better in the area. But think twice before trying Inn at Canyonlands. And Canyonlands Inn looks double awful. Yes, it's two different places.

Wow yes it was worth it just for the one hike. It took a 1 1/2 hour drive in and a 2 hour more hike to see the best on our Monday hike. It took us 14 miles of near 5000 feet up and down climbing for over 6 hours in the Needles District of Canyonlands. Some scrambling was needed. A long narrow slot canyon wouldn't have accommodated anyone with extra weight. It was wonderfully cool.

One hiker went back before we tackled the 5 1/2 mile loop. Maybe he was the smart one?

Picture Garden of the Gods on major steroids. Miles and miles of trails leading through some of the most amazing scenery and unique rock formations that just kept changing and changing dramatically. We couldn't quit taking pictures. Yet it was such a long and strenuous hike that we needed to keep moving and didn't give ourselves very much down time.

Our Tuesday hike is said to be in the second third of Canyonlands. It might be a mere 10 miles and we will see the confluence of the two rivers.

Because the hotel is so simple as is their breakfast, our leaders take us down the road to a quite nice cafe. Gotta start with good fuel. Plus we take a feast of a picnic lunch to eat along the way. My pack

with 90 ounces of water got used up yet never a pit stop was needed. The salt was like sand on our bodies when we came in.

Thursday being the next to last day of a wonderful week in Canyonlands and arches

Yesterday I thought I was absolutely the superwoman par excellence. Today I am down -- either by being old, or far too much Mexican food last night, or just too much hiking. Or all of the above. Most body parts are working just fine but that affected by the overage of Mexican food last night is why I was stationed in my room for much of the fifth hiking day. I'm sure they will tell me it was the best of the best and I will believe them because I'm stuck in my childhood when that was the story of my life. Either that or they had the best of the best because I left the party early.

Our four hikes have been absolutely amazing if not pretty much unbelievable. These canyons and hoodoos with their surprising Canyon and Desert features just never stop. Huge and expansive. If you didn't believe in a God, this place would do it.

There is so much! While I laugh about those who say they saw the parks, folks like leader Nola who has backpacked in multiple times must laugh at my thinking I saw it in a week. Most all the goodies we saw could only be seen on foot or from a helicopter.

On Today's hike the group will be looking at a number of arches including Landscape Arch said to be the longest stone span in the world. We saw one called mesa arch yesterday. It could be seen by an average tourist in a car and able to walk a mile. Grand View was a short one miler too though lots of steps. All the other views took sweat and muscles and for some of the hikers it meant big blisters and/or lots of moleskin. (My feet fortunately and so far haven't failed me and I've not blistered since I got orthotics in 2002 nor lost a toenail. Touch wood!)

Here is Landscape Arch with a 306 foot span with photo taken by Nola.



We have hiked extensive trails and cliffs into two of the three regions of Canyonlands. Both reminded me of the challenges, if not more so, of the Grand Canyon. They are separated by two rivers and we climbed a hilltop one day to see the confluence.

The Needles District might as well have been 100 times bigger and more extensive than Bryce Canyon. The Island in the Sky area made me think we really did have to climb to the sky to get to it. Both took plenty of scrambling and each had near 4000 and 5000 feet of elevation up and down, and each took about 6 1/2 hours to traverse the 10 to 14 miles per hike. The third section of Canyonlands called the Maze is pretty much inaccessible and closed off by the rivers. Not that I didn't think the first two were inaccessible enough also. Smile.

Note that even the leaders would now rate most of the hikes as a number 5 (top strenuous). Scrambling and more scrambling. I'd bet they soften it the next time they offer this tour yet it was doable if I made it.

Hotels. What a difference a city makes. We left Monticello and that junkie little hotel and moved to Moab after two nights. We were in the best Monticello had to offer but that wasn't saying much.

Three of the five days had us in Moab at a Best Western Plus which was very nice in all ways. If the price was triple, which I doubt it was, it was worth it.

Food stuff. I probably enjoy our lunches as much as anything but restaurants are in big supply in Moab and we did well if you don't count the Mexican restaurant having bitten me. I enjoyed it last night and maybe far too much. The economy is doing well here as all the restaurants have a long wait list. The huge numbers of customers at the T-shirt shops appeared to be doing fine too.

The area is well known for rock/crack climbing and we saw some climbers hanging cliff side. Moab is probably the center of jeep tours and ATV outings. We see a lot of motor bikes and bicycles. It was also likely the creation of the red dirt T-shirts which I have seen in other states.

The old hiking/ biking company I used for years called Timberline are in Moab with a bicycle tour. I am so sorry that they screwed up the hiking side of the business and that our favorite leaders were somewhat forced to create their own company. For hiking, Timberline simply doesn't exist as it used to and now parksplushiking.com is the same as the old Timberline for hiking. So many troubles at the old Timberline.

By mid-afternoon I was able to leave my room and wandered the town and took in the national parks visitor's center. They always have an educational theatre. Plus a few things to purchase.

Our last day or sixth hiking day will take us to Delicate Arch which is said to be the park's most photographed icon. We get another petroglyph and we've also seen pictographs. Carving vs painting. One wall we saw was called newspaper wall for all the messages left. Or so they thought. Maybe there was simply graffiti in those Indian days too.

Delicate Arch photos taken by Nola. Chuck and I are buried in there under the arch with our arms in superman pose which we felt like after such a week.



The End

Saturday I'm heading home but too late to get anything done in preparation for our Tuesday departure to first a house/apartment in Avignon then a hike in the Provence and Luberon areas. Is it possible to turn around in two days? Only if the laundry dries fast.

What a Great Trip! And I'm Not Even There Yet

MAY 7, 2014 New York Times

Wish you were on vacation right now? Don't. Taking a vacation won't necessarily make you happier. But anticipating it will.

I first explored this idea while reporting an article about happiness in 2010, the same year that a psychological study about the connection between anticipation and happiness was published online in a journal called *Applied Research in Quality of Life*. The authors of the study, researchers from the Netherlands, interviewed more than 1,500 people, including 974 vacationers, and found that the vacationers felt most happy before their trips.



As anyone who has taken a vacation knows, they can be rife with complications: flight delays, illness, family squabbles. And when you get home you have to catch up on all the work you missed. That's not to suggest that vacations don't bring us joy, but social scientists have been saying for years that we get an extra happiness boost if we consciously delay any type of pleasure — be it booking a trip to Bali months in advance or eating that sliver of chocolate cake tomorrow instead of today. Doing this allows us to build up positive expectations, to relish how enjoyable the experience might be.

But what I really wanted to know was whether the pleasure derived from anticipation is something that just magically happens after you book an airline ticket. Or can it be consciously increased by, for example, talking with friends about the trip, making an iTunes playlist or learning the local language?

Turns out, there is an art to anticipation. Savoring, said Elizabeth Dunn, an associate professor of psychology at the University of British Columbia and a leading happiness researcher, is an active, not passive, process. "It's better to immerse yourself," she said. Reading novels and poetry, watching films and television programs, browsing fashion and design blogs that are either from or about the place you plan to visit encourages you to not only learn about your destination, but to dream, providing some concrete details for your mind to latch on to. It may sound counterintuitive, but this building up of positive expectations and excitement actually helps our minds smooth over any minor discrepancies if reality doesn't quite measure up to the fantasy. "We're less likely to be bothered by these little holes if we build up our expectations ahead of time," Professor Dunn said. "So go ahead and assume it's going to be wonderful."

This advice is problematic only if there is a chasm between expectations and reality. But even then, anticipation is still important — because that's the part of the vacation that you were free to see however you wanted. Take, for example, the trip Professor Dunn took to Oahu, Hawaii. She spent plenty of time anticipating how wonderful it would be, which was a good thing because when she was at long last in Oahu she was attacked by a 10-foot tiger shark. The shark bit her leg to the bone but not into the bone, leaving her with scars though no physical impairments. It was, to state the obvious, her worst vacation ever. Yet Professor Dunn nonetheless pointed out that, "At least looking forward to it was still great." Lesson: even if your vacation is terrible, nothing can take away the enjoyment you felt when you were simply fantasizing about it.

Another advantage to delving into relevant books and photos before a trip is that it provides novelty as an antidote to everyday routines. Not only do we build anticipation for the trip, but we also learn something new. We humans adapt quickly to our circumstances, but that also means we get bored easily too. Counteracting

adaptation increases happiness, according to research by scholars including Sonja Lyubomirsky, a psychology professor at the University of California, Riverside.

Before a recent [trip to Paris](#) I watched classic films by Albert Lamorisse, Jean-Luc Godard and Éric Rohmer — but also hours of [France 24](#), the television news channel, and online videos like the splendid [tutorial](#) from Cosmopolitan France that demonstrates 25 ways to tie a scarf. There was the 2012 French television series “Les Revenants” (“The Returned”) that won an International Emmy award for best drama; the freewheeling “[Absolutely Fabulous](#)” episode (season 4) set in Paris; and documentaries including “[Mademoiselle C](#),” about Carine Roitfeld, the former editor in chief of French Vogue, and “[Diana Vreeland: The Eye Has to Travel](#),” about the bon vivant fashion editor and special consultant to the Metropolitan Museum of Art’s Costume Institute. Coincidentally, Professor Dunn co-writes in her latest book, “Happy Money,” that the French verb — *se réjouir* — is used to “capture the experience of deriving pleasure in the present from anticipating the future.”

For my trip, I re-read French history, philosophy, fiction and poetry while also combing through fashion, food and technology blogs like [Paris by Mouth](#) and [Rude Baguette](#). Consider creating music playlists as well. Make one called “Rome,” “Vegas,” or wherever you’re headed, and add songs that conjure those cities. Many nights before my trip I went to bed listening to an eclectic mix that flitted from Charles Trenet to MC Solaar to the score of an opera I planned to see in Paris. (Incidentally, Professor Dunn said you’ll be happier if you wait a few days before listening to your downloads because even if you don’t like what you bought, you’ll still enjoy the time when you thought you might.) If you are visiting a foreign country, use your commute to listen to language podcasts or recordings, or try a foreign language smartphone app.

Agreed-it's more fun to plan a trip (and book air and accommodations, which can be stressful) early. Then one has time to prepare for it by...

I sort of didn't read this too carefully, either. I'm going someplace this fall and what I like about traveling is I'M NOT GOING TO TAKE MY...

This is a great read. I'm going somewhere in the Fall and I'm sort of looking forward to it (both). The anticipation is definitely a part...

To store and organize any articles and images that catch your eye while you surf the web you’ll probably want to use a tool like [Dropbox](#) or [Pocket](#), which is what I’m using right now. With the click of the button I installed on my browser, I can save whatever I find online — articles, videos, images — to a minimalist interface that stores my digital clippings, allowing me to read them later, without an Internet connection. To keep track of inspiring design and fashion photos, Pinterest is helpful (examples from some French fashion blogs are on my Style board at [Pinterest.com/StephRosenbloom](#)). And if you want to count the minutes until your trip, you can download an app like [Vacation Countdown Free](#).

Among the most effective methods for increasing happiness is talking with friends about your coming travels. As happiness scholars attest, being social is a fundamental way to feel happier. I asked friends who lived in, or regularly traveled to, Paris about the places that had meaning for them — so not only did I build a private guidebook with chapters that I named for each friend, but I had long meals and coffees with people at home who are important to me. And, as it happens, simply chatting about travel can boost happiness. “People like each other better when they talk about experiential purchases,” Professor Dunn said, as opposed to talking about material things.

But what about the joy of reminiscing? Doesn’t that also create happiness? Researchers say yes, but anticipating the future delivers more happiness than reflecting on the past. One study, by Leaf Van Boven of the University of Colorado at Boulder and Laurence Ashworth of Queen’s University published in *The Journal of Experimental Psychology* in 2007, found that students felt happier while anticipating a vacation than while reminiscing about the vacation.

Certainly I enjoy reflecting on my time in Paris. But was my pre-trip immersion — books, blogs, movies, conversations — even more pleasurable than looking back over my shoulder?

Oui.

Itinerary 2014

Sat May 3

9:05am Depart Newark EWR via UA#1711
11:54am Arrive Houston IAH Bush for plane change

12:45pm Depart Houston IAH Bush via UA#294
3:02pm Arrive Salt Lake City SLC

There is a fail safe 8:18pm arrival to SLC flight as back up

Hotel has airport shuttle

Hotel Hampton Inn & Suites SLC Airport – 1 night
307 North Admiral Byrd Road, Salt Lake City UT 84116 Tele: 801 530 0088

Sun May 4 – Day 1

8:00am Start tour meeting in hotel lobby

Summary from www.ParksPlusHiking.com - Boasting five national parks and seven national monuments, Utah is a hiker's paradise! In our inaugural season, we'll visit the state twice during our Bryce/Zion Canyon National Park Hike and this trip-- Canyonlands/Arches National Park Hike. In Canyonlands, we explore both the Needles and Island in the Sky Districts, hiking in a wilderness of canyons, buttes, and other rock wonders carved by the Colorado River and its tributaries. In Arches, we see how many namesake formations we can count amidst the splendor of the high desert terrain. The colors will amaze you, the views will astound you, and the experience will leave you wanting more.

Courthouse Wash - Distance: 3 mi - Difficulty: 2

Lodging: Inn at the Canyons – 1st of 2 nights
533 N Main St, Monticello, UT 84535 Tele: (435) 587-2458

Following our departure from Salt Lake City, we make our way south into Utah's fantastic canyon country. Stopping for a warm-up hike on the way, we'll explore lovely cottonwood-filled Courthouse Wash along the southwest boundary of Arches National Park. After hiking, we continue south to Monticello, our home for the next two nights.

Mon May 5 - Day 2

Chesler Park Loop - Distance: 11 mi - Difficulty: 5

Lodging: Inn at the Canyons – 2nd night of 2 nights

The Needles District of Canyonlands National Park is our destination, specifically Chesler Park. Here we spend the day amongst sandstone spires (a/k/a "needles") and stretches of trail entirely on stone (a/k/a "slickrock"). We also hike for nearly a mile along the "Joint," a long crack in the sandstone where tight fits between the rocks come along with welcome relief from the desert sun.

Tue May 6 - Day 3

Confluence Overlook - Distance: 10 mi - Difficulty: 4 but I call it a 5

Lodging: Best Western Plus Canyonlands Inn – 1st night of 3 nights
16 S Main St, Moab, UT 84532 Tele: (435) 259-2300

We're back to the Needles District to visit the source of the sandstone wonders all around us—the mighty Colorado River. Our best view of the river is actually at the turnaround-point of our ten-mile hike at the aptly named Confluence Overlook. Here we'll pause for lunch as we gaze down hundreds of feet to the famed junction of the Colorado and Green Rivers. After retracing our steps to the trailhead, we'll make our way to Moab for the final three nights of the tour.

Wed May 7 - Day 4

Island In The Sky - Distance: 10 mi - Difficulty: 4

Lodging: Best Western Plus Canyonlands Inn – 2nd night of 3 nights

One last visit to Canyonlands as we explore the Island in the Sky District on several short scenic trails. We'll admire panoramic views at Grandview Point, make the easy walk out to picturesque Mesa Arch and the White Rim overlook, and hike the Neck Springs trail where cattle ranchers used just one 40' section of fence—across the “neck” —to control 43 square miles of mesa/rangeland.

Thu May 8 - Day 5

Devils Garden, The Windows - Distance: 8 mi - Difficulty: 4 (I missed this day.)

Lodging: Best Western Plus Canyonlands Inn – 3rd night of 3 nights

The heart of Arches National Park is our destination as we hike the longest and possibly most scenic trail in the park, the Devils Garden Primitive Loop. To name just a few, we will see Tunnel, Navajo, and Double O Arch. At 306', we will also see perhaps the longest stone span in the world, Landscape Arch. Want more? We do! So, we'll conclude this day of hiking with the short Windows Loop trail.

Fri May 9 - Day 6

Delicate Arch - Distance: 3 mi - Difficulty: 3 (I call it a 2)

For our final day in Utah's geologic heartland, we visit Arches one more time and make the three-mile pilgrimage to the park's most photographed icon, Delicate Arch. On our way there, we'll divert slightly to check out a Ute petroglyph panel. Along the trail we will also stay alert for collared lizard sightings; these large reptiles can run on their two hind feet when pursuing prey. After our hike, we return to Moab for lunch then make the drive back to Salt Lake City to say our goodbyes.

Fri May 9

Eve End of tour

Hotel Hampton Inn & Suites SLC Airport – 1 night
307 North Admiral Byrd Road, Salt Lake City UT 84116 Tele: 801 530 0088

Sat May 10

10:16am Depart Salt Lake City SLC via UA#5506
2:20pm Arrive Chicago ORD O'Hare for plane change

4:31pm Depart Chicago ORD O'Hare via UA#1582
7:46pm Arrive Newark EWR

<https://heritage.utah.gov/tag/klondike-bluffs>

Klondike Bluffs



Arches National Park, early 1930s to mid-40s

Richard A. Firmage - History of Grand County

Aside from the hoped-for oil gusher or other major economic stimulus, there was one thing that farsighted boosters began to promote as a growth industry [in 1930]---tourism. The area's scenic attractions were unparalleled, and in the decades just past they had begun to be more appreciated by Grand County residents and others in the world outside the county's boundaries. The economic potential of the fact that the Windows area northwest of Moab had just been officially designated Arches National Monument was not lost on community leaders, and moves were already being made both to attract visitors to the area and to increase the size of the monument. Moab's newly formed Lion's Club was instrumental in both efforts. The club was organized in July 1930 and aggressively campaigned to bring increased tourism to the region while it lobbied for an enlargement of the new attraction and better access to the area.

The Times-Independent was already a force in those efforts. The newspaper had periodically mentioned the scenic attractions of the region in years past, but there is the suspicion that sometimes these articles also served as convenient "filler" material for the overworked editor. Many in the area were inclined to ignore its natural beauty and unusual scenic wonders in their concern to wrest a livelihood from the land. It is reported that when local rancher Marvin Turnbow led Michigan geologist Lawrence Gould to the Windows area of Arches, his response to Gould's enthusiasm was, "I didn't know there was anything unusual about it." In a sense, the rancher was right: in a region of surpassing wonder, that area was not too unusual; yet, as Jos?nighton has exclaimed, "Only a stunted soul could be so dulled to glory." Loren Taylor had a greater appreciation of some of the area's natural wonders. On 9 March 1917, long before it was given its current name, Delicate Arch was featured on the front page of the local newspaper, where it was called a "gigantic window" and headlined as a "Scenic Wonder Near Moab."



Delicate Arch

The prime mover in the establishment of Arches as a national preserve was Alexander Ringhoffer, an immigrant who was born in Hungary in 1869. He came to the United States as a young man and moved to southeastern Utah about the year 1917 to try his luck at mining and prospecting. He traveled throughout the region and was especially impressed by the beauty of the Klondike Bluffs area of what is now Arches National Park when he first saw it in late 1922. He called the area Devil's Garden and was so enthusiastic about it that he was able to convince D&RGW railroad officials to look the area over. Tourism was big business to the nation's railroad companies, and they were on the lookout for areas near their routes that they could promote in the hope of attracting tourists to travel to the locale. One railroad officer, Frank Wadleigh, was also impressed---so much so that he wrote to National Park Service (NPS) director Stephen Mather to suggest that it be made a national monument.



Double Arch

A survey was made for the Park Service from 12 to 14 July 1924; but the surveyor was misdirected by Heber Christensen of Moab, and so the survey was made of what is now known as the Windows area instead of the Klondike Bluffs area. Wadleigh saw the report in the Times-Independent of 17 July 1924 and noticed the discrepancy. He wrote Mather, and a new survey was conducted in June 1925.

Doctor J. W. Williams had often traveled on horseback through the Arches country to avoid difficult Hell Canyon on his rounds north of Moab, and he came to love the area passionately. After his retirement in 1919, he more actively began to promote the region. Dr. Lawrence Gould, a geologist from the University of Michigan, came to southeastern Utah in 1921 to study the La Sal Mountains. He was introduced by Williams to the Arches area and returned in 1924. That winter he wrote to Utah senator Reed Smoot urging that the Windows area be made a national monument. Smoot, in turn, began to pressure Stephen Mather of the Park Service, which had already conducted its preliminary investigation.

Although in 1924 the Moab newspaper had proclaimed upon the strength of the survey that the area was to become a national monument, and despite the fact that the creation of the monument had the support of NPS officials, D&RGW officials, Smoot, Gould, and others, the political climate in Washington for such a move was not favorable. The Secretary of the Interior, Herbert Work, had expressed opposition to more national monuments and was even considering downsizing or eliminating some that were already in existence. Park Service officials countered by going to the New York Times Magazine, trying to drum up public support, which began to materialize when a feature article on Arches was published on 9 May 1926.

When Herbert Hoover was elected president in 1928, the new Secretary of the Interior, Ray L. Wilbur, was favorably disposed toward Arches. President Hoover signed an executive order on 12 April 1929 creating Arches National Monument. The new monument consisted of two separate sections---the Windows and Devils Garden---yet comprised only 4,520 acres. Ironically, Klondike Bluffs, which had so inspired Ringhoffer, was not included in the monument at the time of its creation. The Devil's Garden name he used for the Klondike Bluffs area was applied to the area so named in the present park. Frank Pinkley, superintendent of the Southwestern National Monuments division, gave the name for the monument. Pinkley was appointed first superintendent of the monument, serving until his death in 1940.

An official expedition was sent to Arches in 1933--34 to prepare a map of the area from a more accurate survey and to also conduct an archaeological investigation of the new monument. The expedition's leader was Frank Beckwith, a newspaper editor from Delta, Utah. Beckwith was a good choice for the task. His group of about fifteen trained scientists and assistants completed their work by the end of March 1934 at a cost of less than \$10,000. They named many of the landforms---including Landscape Arch and Delicate Arch (which previously had had a variety of names, including the Schoolmarm's Bloomers and the Chaps)---and discovered dinosaur bones near Wolfe Ranch (a homestead established in 1898 by Civil War veteran John Wesley Wolfe and his son Fred which was sold by the Wolfe family in 1910). Beckwith published an official report and also wrote several articles publicizing the area. Maps and a geologic survey were also published as a result of the expedition. J. Marvin Turnbow, who bought the 150-acre Wolfe Ranch (not then a part of the national monument), was a member of the expedition and was named first custodian of the monument.

Though the monument had been created, much to the delight of its supporters, there was opposition to the general movement to withdraw lands from potential private entry and use. Grand County had its share of such opponents who resented the creation of the monument and who, in the years that followed, opposed attempts to enlarge it and to reclassify it as a national park (for example, such an attempt was reported in the 29 May 1934 issue of the Times-Independent). With the support provided by Taylor and his newspaper, boosters of an enlarged monument had a powerful ally.

Much of Arches National Park is located on a partially collapsed salt anticline called Salt Valley, approximately two miles wide and eighteen miles long. Though it was only a few miles from Moab, access to the monument in its first years was difficult and was generally from the northwest, crossing Courthouse Wash, or from the north along Salt Valley or Courthouse Wash. Improving roads to and within the monument was one of the primary goals of Taylor and other park boosters who reasoned that the attraction needed to be easily accessible to large numbers of tourists. In May 1931 a gravel road was completed with federal assistance between Moab and Grand Junction, Colorado. Highway 6/50 was built

in 1934, providing a reliable east-west route near the railroad line in the northern part of the county. The Moab--Thompson road, present-day federal Highway 191 (formerly Highway 160), was first paved in the late 1930s, greatly facilitating access to the monument and to Moab itself.

The first recorded automobile trip to the new monument was by Harry Goulding, who drove to the Windows area on 15 June 1936. Others followed, but many were intimidated by the difficulty. In September 1937 Harry Reed, the monument's custodian, reported a decline in visitation, which he attributed to the poor quality of the area roads. His successor, Henry G. Schmidt, endeavored to repair roads in the monument, but floods regularly caused damage, particularly where the entrance road from the west crossed Courthouse Wash. The main entrance route to the monument, used until 1958, left Highway 191 along Willow Springs Road, traveled to Balanced Rock, and then continued into the Windows area. Plans periodically were made to improve access to the area; however, with the country in the midst of the Depression, money was tight. During the 1930s the government focused its attention on more limited projects within the monument. Still, the decade would have to be considered a most successful one by supporters of the monument, who were rewarded on 25 November 1938 for their efforts to promote the area. On that day, President Franklin D. Roosevelt enlarged the monument from 4,520 acres to 33,680 acres---a tremendous gain that included Courthouse Towers and Delicate Arch, which were made part of Beckwith's survey at the urging of J. W. Williams. The enlargement received surprisingly little negative commentary in the local paper, as most area residents came to favor the idea after the Times-Independent publicized the area with a series of articles by Beckwith and others. Advocates of unbridled free enterprise and no government interference were in a definite minority at the time in the county as in the country. The president wrote Dr. Williams on 15 December 1938 thanking him for his support and ardent campaigning on behalf of the enlarged monument.