

Journeys of Discovery Travel

“Spirits of the Southwest”

May 1 – 7, 2018

With Gayle Lawrence - Journeys of Discovery and Susan Duval - Susan Duval Seminars

Canyon de Chelly AZ - Chaco Canyon NM - Mesa Verde CO and other Native American sites



Join Gayle Lawrence and Susan Duval as we expand our Hearts, Souls and Spirits on a magical adventure to the American Southwest and the Navajo culture. Exploring these mystical places takes you deep into that inner landscape that affirms we are all part of something much greater than ourselves. The expansive vistas from atop a mesa that appear to stretch to the edge of the earth take us back to a time when living on the land was the Ancient Anasazi peoples way of life. The Navajo Nation covers over 27,000 square miles of unparalleled beauty, is home to more than a dozen national monuments, tribal parks, historical sites, and is peppered with lakes and ponds. The Navajo people, or Diné, relate to the land as their mother and believe they're an extension of Mother Earth and a part of her beauty. Because of this belief, the Diné treat the land with the utmost respect. We will be captivated by the Navajo stories of creation, the animals as spirit messengers and their reverence and deep personal bond with all life.

Millions of geological years unfold as your eye follows a canyon wall downwards and the howl of a coyote confirms you are in a sacred place alive with the Spirits of the Ancestors. Navajo guides will help interpret petroglyphs, ancient messages left in stone and the true history of the American Indian culture which is very different than traditional history books tell us. Mystical beauty, fantastical rock formations, adventure and exploring an ancient way of life in the great houses of remote Chaco Canyon, the cliff dwellings at Mesa Verde and the magical natural beauty of Canyon de Chelly will surely have you falling in love with the land of the Navajo Nation and her people. Join Gayle and Susan for a spiritual odyssey in the American Southwest!

Tour Itinerary:

May 1, 2018: Arrive in Durango, CO and transfer on your own to Strater Hotel / check in.

Where Old West meets Southwest, Downtown Durango is a Nationally Registered Historic District and home to historic boutique hotels, award winning restaurants, fabulous art galleries, museums, and shops.

Strater Hotel: one of the West's iconic hotels and a prominent downtown Durango landmark deep in the heart of the San Juan Mountains where mineral hot springs abound. The hotel is adorned with beautiful handcrafted woodwork, period wallpaper and American Victorian walnut antiques which are used to decorate the hotel and guestrooms. <http://strater.com>

Day 2: May 2 Depart Durango, CO for Canyon De Chelly, AZ (4 Hours)

After an early breakfast, we'll board our private bus and depart for Canyon de Chelly in Chinle, Arizona. We arrive at the Thunderbird Lodge late morning and enjoy lunch. Our adventure begins in Canyon de Chelly as we

explore the North and South rims of the canyon, offering stunning views of the canyon floor. We return to Thunderbird Lodge mid-afternoon and you are free to enjoy optional activities such as a horseback ride into the canyon, hiking or exploring museums and other nearby attractions. After dinner at Thunderbird, we will spend time with a local Navajo couple as they share stories about their culture and spiritual beliefs and lead us in a Navajo blessing ceremony. Overnight Thunderbird Lodge Meals B, L, D

Thunderbird Lodge Canyon de Chelly is operated by the Navajo Nation:

Yá'át'ééh, we are privileged to welcome you to a sacred place for our people, the Diné. As Navajo we believe that our people journeyed through three worlds in various forms before emerging from Mother Earth into this world, the Sparkling World. <http://thunderbirdlodge.com>

Canyon de Chelly: Nowhere in Navajo land is the blend of past tradition and present culture more evident than at Canyon de Chelly National Monument. The Navajo people still have a mystical bond to this red stone canyon that cuts an almost tropical path of trees and flowers through the desert. Canyon de Chelly is home to several periods of Indian culture dating from 350 A.D. to 1300 A.D., and the 26-mile canyon's sheer cliffs range from 30 ft to more than 1,000 ft, providing a spectacular backdrop for hundreds of Anasazi ruins, ancient petroglyphs as well as modern Navajo homes and farms. We will visit the canyon's many world-famous sites, including Spider Rock, White House Ruins and Canyon del Muerto.



Day 3: May 3 Full Day Tour of Canyon de Chelly with Navajo guide

Today is full of adventure as we explore the floor of the canyon with our Navajo guide who will share his knowledge of the Navajo ancient ways and beliefs. The sheer beauty of this remarkable place is humbling and overwhelming. Our guide will make some stops for quiet reflection to absorb the energy of this sacred space and connect with the Spirits of the Ancestors who still watch over their ancient homeland. Then we will enjoy a tasty picnic lunch at a lovely spot in the canyon. After a full day of exploring amazing ruins, non-stop stunning views of natural beauty and feeling the energetic presence of the Ancient Ones, we return to Thunderbird Lodge for dinner and a relaxing evening of discussion and star-gazing. Meals: B, L, D

Day 4: May 4 Drive from Canyon de Chelly to Farmington, NM

Another day of discovery and adventure waits as we depart for Farmington, NM making stops along our way at some other world famous places within the Navajo Nation. Part of any unique travel adventure has to be shopping for unique artisan crafts and treasures and our first stop will be the Hubbell Trading Post about an hour away. Then on to Window Rock, Spider Rock and the Salmon Ruins Pueblo and Museum.

Hubbell Trading Post: Began in 1876 and is the oldest continuously run trading post in the Navajo Nation. The Site's beauty is derived not from its rather drab exterior but from its remarkable traded goods and wares. Artists and weavers come from all over to sell and trade their crafts for household items, groceries and cash.



Window Rock Tribal Park and Veterans Memorial: Window Rock is the capital of the Navajo nation and this small park near the Navajo Administration Center features the graceful red sandstone arch for which the capital is named – Window Rock. Here the Navajo built a memorial to the famous Navajo Code Talkers who used their language to provide unbreakable radio communications during WW2. They exemplify the unequalled bravery and patriotism of the Navajo people as depicted in the 2002 film “Windtalkers”.

We hope to have a meditation at the site with a local Navajo guide to honor and show our respect to these brave men and their service to our country. Lunch in Window Rock. We will also visit the giant monolith, Shiprock, which rises over 7,000 ft into the heavens. This huge stone tower is a sacred place to the Navajo.

Salmon Ruins Pueblo and Museum: a 2.5 hr drive takes us to our final stop at this ancient Chacoan Pueblo site in the northwest corner of New Mexico; situated on the bank of the San Juan River. It hosts an elevated tower kiva in its central portion and a great kiva in its plaza. A 20 minute drive takes us to our hotel in Farmington, NM where we check in and then enjoy a great dinner at one of the best restaurants in Farmington. Overnight Fairfield Inn Meals: B, L, D



Day 5: May 5 Full day tour Explore Chaco Canyon

After breakfast we head out for a full day to explore the very mystical and remote Chaco Canyon. Chaco Canyon, is the largest excavated prehistoric ruins in North America and was the center of the ancestral Puebloan culture from AD 850 to 1200. Ancient sites within the park include Chacoan great houses, kivas, rock art and stunning vistas . The geometric layout of structures captivates visitors from around the world. Getting to Chaco is part of the adventure as the dirt entry road off the highway is a bumpy washboard ride. The remote location of Chaco adds to the mystical beauty and adventure of visiting this National Tribal Park. Picnic lunch in Chaco Canyon Overnight Farmington Meals: B, L, D

Day 6: May 6 AM Visit to Aztec Ruins NM / Drive to Mesa Verde, CO

Before heading west for a 2 hour drive to Mesa Verde, Colorado we'll visit the Aztec Ruins National Monument just outside of Farmington. Here we find a monumental great house, 3 stories high and longer than a football field, with perhaps 500 rooms including a ceremonial great kiva over 41 feet in diameter. A short trail winds through this massive site offering a surprisingly intimate experience. Along the way we discover roofs built 880 years ago, original plaster walls, a reed mat left by the inhabitants, intriguing T shaped doorways, provocative north-facing corner doors, and more. The trail culminates with the reconstructed great kiva which we are allowed to enter. The kiva inspires contemplation, wonder, and an ancient sense of sacredness.



We continue to Mesa Verde, CO and the Far View Lodge located within the park boundaries and enjoy lunch. We spend the afternoon exploring this other-worldly site which offers much more than a piece of history, nature and beauty. This peaceful place lends a tranquil atmosphere and deeper connection with each other and the powerful majesty of Mother Earth. Mesa Top Loop Road winds past archaeological sites and overlooks, including Sun Point Overlook with panoramic canyon views.

Petroglyph Point Trail has rock carvings and the Cliff Palace Loop Road takes us past Cliff Palace, Balcony House, and overlooks to other cliff dwellings.

Know Before You Go: Getting into a cliff dwelling can be strenuous and they are at 7,000 feet elevation. Please consider your physical health before hiking or going on tours. Trails are steep and uneven, with steps and ladders. Visiting cliff dwellings or hiking is not recommended for those with mobility issues, fear of heights, heart or respiratory problems. During our tour, those who choose “not” to hike, climb ladders etc. to enter a cliff dwelling will have the option to view these sites on the overlooks on a vehicle driven tour.



Cliff Palace: The largest cliff dwellings, is viewed as one of the top ten places to visit in a lifetime and has over 150 individual rooms and more than 20 kivas for spiritual rituals. This one-hour, ranger-guided tour involves climbing five, 8-10 foot ladders, on a 100 foot vertical climb. Walking distance is about 1/4-mile round-trip

Balcony House: The tunnel, passageways, and 32-foot entrance ladder make this the most adventurous cliff dwelling site to explore in the park. This ranger-guided tour involves climbing a 32-foot ladder, crawling through a 12-foot tunnel, and climbing up a 60-foot open rock face with two 10-foot ladders to exit the site.

We return to Far View Lodge for our farewell dinner in the Metate Room. After dinner, those who are eager to spend more time in this sacred place can explore more of Mesa Verde with our guide. Or enjoy your last evening relaxing on the balcony at sunset, awed by the natural beauty surrounding you.



Far View Lodge: The Far View Lodge is a peaceful retreat that sits on a high shoulder of the mesa. This is the perfect place to sit outdoors on peaceful evenings and watch the sunset or hawks circling a darkening sky. The lodge is located 15 miles inside Mesa Verde National Park, at 8200 feet elevation. The road to the lodge is a series of switchbacks through lush valleys and canyons displaying spectacular views and photo opportunities of snowcapped peaks and wildlife. Purposely the lodge does not have in room televisions or phones to preserve the tranquility of this natural setting. All rooms have balconies with views into three states and awesome stargazing opportunities. <http://www.visitmesaverde.com>
Meals: B, L, D

Day 7: May 7 2018 Transfer from Mesa Verde to Durango, CO (1 Hour)

If you are an early riser, enjoy breakfast as you watch a beautiful sunrise over Mesa Verde. Early morning there will be some time for a final adventure with our guide visiting other sites before we must say farewell and depart for Durango. Flight reservations home should not be booked until the afternoon.

Meals: Breakfast

Spirits of the Southwest Tour Cost:

\$2,499.00 Per Person

Based on 12 guests in double room / Single Supplement \$425.00

What's Included:

- ✓ Professional Tour Guide escort
- ✓ Modern, air-conditioned private bus
- ✓ 6 Night's accommodations at noted lodges and hotels
- ✓ 6 Breakfasts
- ✓ 5 Lunches
- ✓ 5 Dinners
- ✓ Full Day Tour of Canyon de Chelly with private Navajo guide / Lunch Included
- ✓ Bottled Water on the bus
- ✓ All National Park Entrance Fees and tours as noted in the itinerary
- ✓ Special arrangements for ceremony and meditation time with local Navajo
- ✓ Applicable Taxes and Fees

What's Not Included:

- ✓ Airfare to Durango, CO / transfer from airport to Strater Hotel upon arrival
- ✓ Tips and gratuities to tour group escort
- ✓ Tips to individual tour guides at specific National Parks
- ✓ Anything not specifically noted in the tour itinerary
- ✓ Alcoholic beverages

Tour Registrations handled by:
Journeys of Discovery Travel

Contact Gayle Lawrence to register
or for more information

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