

MIGHTY 5 FAQ

What type of clothing should I wear?

Layers! Light-weight layers made of technical fabrics are best. Pants that convert into shorts also work well in the desert. Brimmed hat and sunglasses will add additional protect from the sun.

What type of footwear should I bring?

We suggest light-weight, breathable, flexible hiking boot with ankle support. Additionally, you will want to add several pairs of socks, designed for desert hiking; breathable, wicking, technical fabrics work best.

What type of luggage should I bring?

We recommend soft-sided, light-weight suit case, convertible duffle, or backpack. Also, consider bringing camera bag, small day pack, or fanny pack as well.

How many miles do we hike per day?

We walk approximately 3 miles per day, not necessarily consecutively. There are elevation changes and there is uneven ground on some of the trails.

Do we have to hike with the group?

No, hiking with the group is not mandatory.

Can we do longer hikes if we wanted to?

Yes, just speak with your guide and they can make recommendations. They may not be able to accompany you but they can advise you where/when to hike if you want further.

How much time do we spend in each National Park?

You will spend a minimum of 5-6 hours in each park, on average 6-8 hours.

Does Southwest Adventure Tours have any age restrictions?

We do not have any age restrictions for our tours, however we ask that parents know their children's hiking abilities. If children are able to hike and keep up with the group they are welcome to on tour.

What's the typical age range of the group?

It varies. We have had young children to seniors join us.

Can you provide special dietary options; vegetarian, gluten free, diabetic, Kosher?

Yes, we can provide vegetarian options. Vegan, gluten free, kosher options cannot be guaranteed.

Does Southwest Adventure Tours have a Smoking Policy?

Yes, we have a no-smoking policy.