As you cross into the invisible boundaries of the Navajo Nation, the barrenness of the desert fixates your attention. You wonder how anything or anyone can survive in the sea of nothingness. You watch the bright orange sun set over steep canyon walls and feel the warmth of the earth penetrate your soul. You begin to notice life: insects working tirelessly, plants growing creatively. You see people dressed in jeans and t-shirts, not like the Indians in the movies. Fast food restaurants line the streets, wrappers and bottles are scattered across the sacred land. Stray dogs fight for food scraps and ravens caw in the distance. Towering sandstone spires hold stories of life hundreds of years ago. You see surprising beauty. You see scarceness. You see economic hardship and injustice. And you've only just arrived. You decide you want to understand. You decide you're ready to unleash your potential and discover the power you have to make a difference.

• **RUGGED WILDERNESS**
• **NATIVE RIGHTS**
• **POWERFUL CONNECTION, WITH THE LAND AND ITS PEOPLE**

The stunning scenery of the desert never fails to awe and inspire those who take the time to discover its riches. This region showcases dramatic geologic formations and sits at a crossroads of American Indian, Spanish and American cultures. As a testament to the unique combination of natural and cultural history in the region, the Colorado Plateau boasts the country's highest concentration of National Parks and Monuments. Raft the San Juan River, explore spectacular National Monuments, and visit the Navajo Nation, the largest American Indian reservation in the country. There's no better place to contemplate your place in the universe than under the desert sky's magnificent canvas of stars. **NO ONE COMES HOME UNCHANGED.**
Day 1: Travel to the Southwest
Today you travel to the desert southwest. Most groups arrive in Albuquerque, NM and spend the night at a modest hotel.

Day 2: Canyon de Chelly National Monument
Today you travel to the Navajo Nation, specifically Chinle, Arizona - the gateway city to Canyon de Chelly National Monument. You get your first taste of Navajo culture and watch the sun set from an overlook on the rim of spectacular Canyon de Chelly. Tonight you camp at a campground on the rim.

Days 3 & 4: Hiking, Service & Navajo Culture
Before you hike down into the dramatic red rock walls of Canyon de Chelly, a Navajo Park Ranger introduces you to the challenges of protecting an area that's been inhabited by humans for over 5,000 years. After a beautiful hike down into the canyon, you are welcomed to a local Navajo resident's homestead where you spend the rest of the day participating in service. You spend one night at the homestead and early in the morning of day 4 participate in a sunrise session learning about traditional Navajo culture. You hike out of the canyon before it gets too hot and travel a couple hours towards the San Juan River. You spend the night at a campground.

Days 5-7: Raft San Juan River
Today you join our partner nonprofit, Grand Canyon Youth, and begin your journey down one of our country's most beautiful rivers, the San Juan. You may hike to some ancient cliff dwellings, float down the river in your life jackets, have a mud fight or simply enjoy the solitude and beauty of the southwest. The desert sky comes alive as you sleep on a sandy beach under the stars for three nights. Over 4 days you travel 27 miles from Bluff, UT to Mexican Hat, UT. You enjoy a few fun small rapids, but an otherwise flat-water float trip.

Day 8: Finish River Trip, Transition
Today you spend your last morning on the river and then help your guides unload all the boats and pack up the gear around lunch-time. From the “take-out” in Mexican Hat, UT you drive to Gallup, New Mexico. Here, you enjoy a much-deserved shower at your motel, participate in a closing ceremony and make your No Barriers Pledge.

Day 9: Travel Home
You travel a short distance back to Albuquerque, NM to catch your flight home.

This is a SAMPLE of some activities your group may be doing. Each itinerary is constructed with care and intention for all students to have the best possible experience. Your final itinerary may not match exactly what's described here, but you will certainly have an incredible experience. Groups who drive to this region will usually have a slightly different itinerary.
No Barriers Youth has been using transformative travel to change the lives of students and their educators since 2003 (previously known as Global Explorers). No Barriers Youth has a continuum of ways for schools, educators and students to engage in our programming, including multi-year school partnerships, online curricula, the NBY Expedition program, short-term local retreats, one-day events, and on-site school-based activities.

NBY Expeditions provide transformative experiences in some of our planet’s most inspiring classrooms that stretch comfort zones, inspire possibilities, and ignite action. We inspire and equip middle and high school youth and their educators to live a No Barriers Life through a educational three-phased travel program. Much more than just cool trips, our program provides a comprehensive approach to interdisciplinary experiential education through:

**Phase One:** Thoughtful preparation

**Phase Two:** Transformative expedition

**Phase Three:** Meaningful action

Activities on NBY expeditions vary by destination, but each itinerary includes these common elements: self-awareness & team development activities, structured reflection, student-driven learning, activities that foster connection to place, a focus on interconnectedness of systems, exposure to people/ways of life different than your own, service projects, stretching comfort zones, and FUN!

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