

# PLAN YOUR TRIP

## YOUR PLANNING TOOL KIT

Photos, itineraries, lists and suggestions to help you put together your perfect trip

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# UNDERSTAND WESTERN USA

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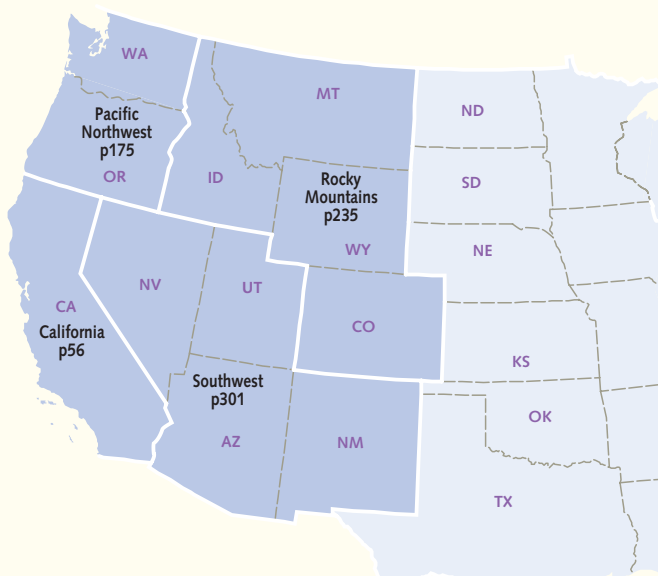
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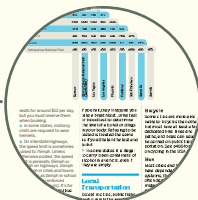
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**Look out for these icons:**



Our author's recommendation



A green or sustainable option



No payment required

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## San Juan Islands

Paddle into the past (p201)

## Seattle

Espresso, microbrews and the Space Needle (p181)

## Glacier National Park

Ice-carved valleys plus grizzlies (p293)

## Yellowstone National Park

Gray wolves and Old Faithful (p276)

## Columbia River Gorge

Greenery, waterfalls and windsurfers (p223)

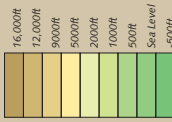
## Rocky Mountain National Park

Trail Ridge Road? Hold tight! (p254)

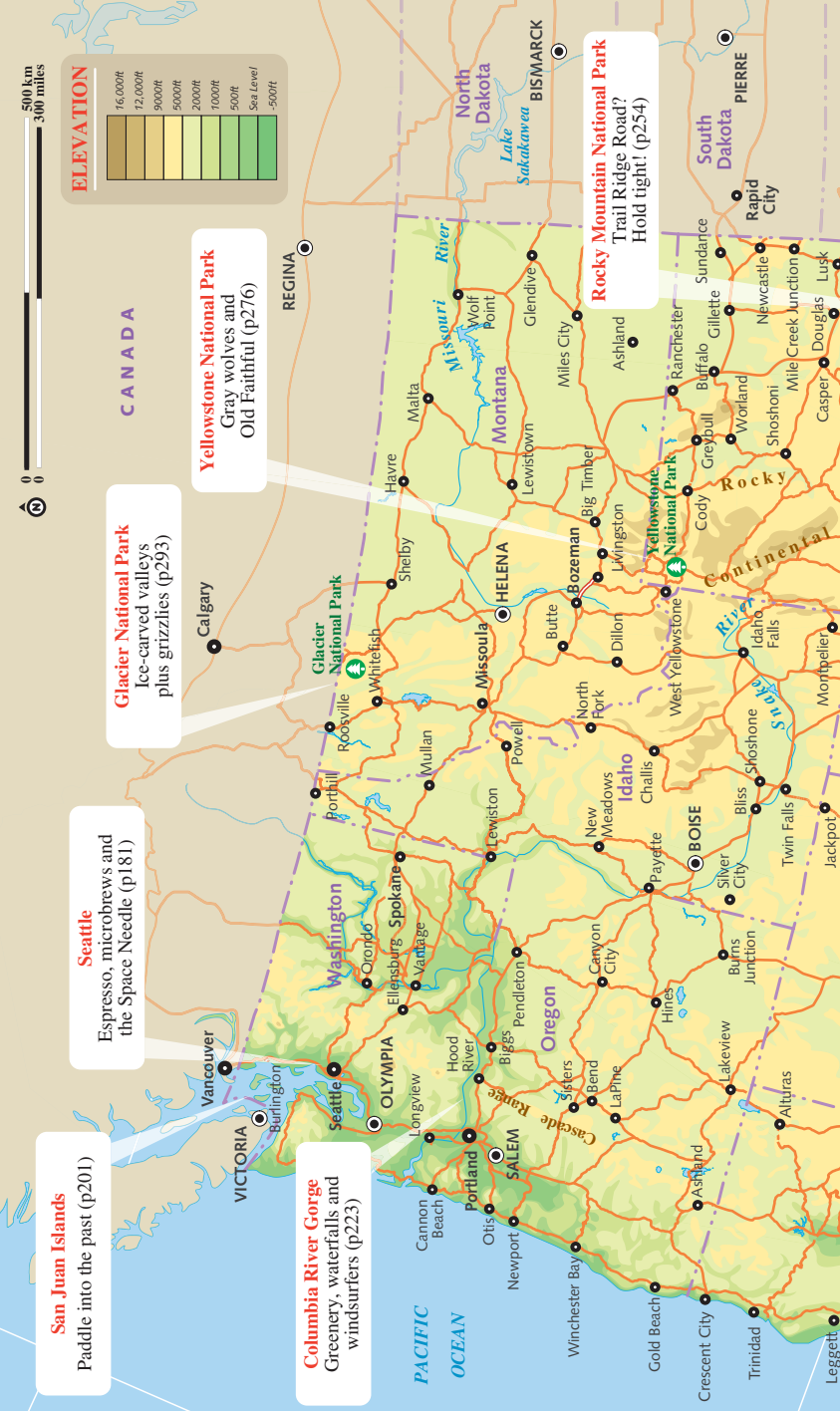
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300 miles

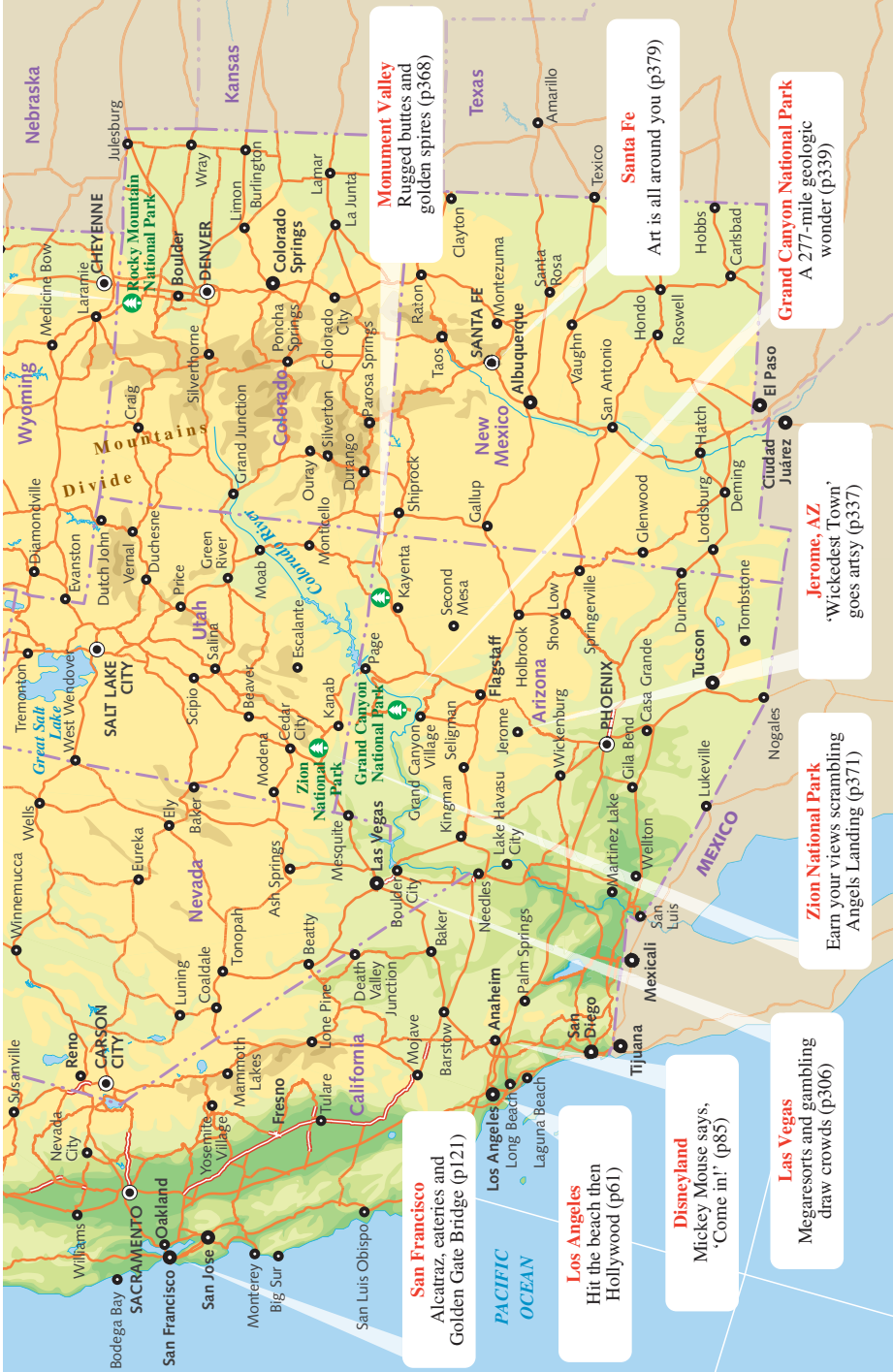


### ELEVATION



CANADA





**San Francisco**  
Alcatraz, eateries and Golden Gate Bridge (p121)

**Los Angeles**  
Hit the beach then Hollywood (p61)

**Disneyland**  
Mickey Mouse says, 'Come in!' (p85)

**Las Vegas**  
Megaresorts and gambling draw crowds (p306)

**Zion National Park**  
Earn your views scrambling Angels Landing (p371)

**Jerome, AZ**  
'Wickedest Town' goes artsy (p337)

**Santa Fe**  
Art is all around you (p379)

**Monument Valley**  
Rugged buttes and golden spires (p368)

**Grand Canyon National Park**  
A 277-mile geologic wonder (p339)



## OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Melbourne, London and Oakland, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

## OUR WRITERS



### Amy C Balfour

**Coordinating Author, Southwest** Amy has hiked, biked, skied and gambled her way across the Southwest, finding herself returning again and again to Flagstaff, Monument Valley and, always, the Grand Canyon. On this trip she fell hard for Bisbee and Chiricahua National Monument. When she's not daydreaming about red rocks and green chile hamburgers, she's writing about food, travel and the outdoors. Amy has authored or co-authored 11 guidebooks for Lonely Planet, including *Los Angeles Encounter*, *California*, *Hawaii* and *Arizona*.

Read more about Amy at:  
[lonelyplanet.com/members/amycbalfour](http://lonelyplanet.com/members/amycbalfour)



### Michael Benanav

**Southwest** Michael came to New Mexico in 1992 and quickly fell under its spell; soon after, he moved to a rural village in the Sangre de Cristo foothills, where he still lives. A veteran international traveler, he can't imagine a better place to come home to after a trip. Aside from his work for Lonely Planet, he's authored two nonfiction books and writes and photographs for magazines and newspapers. Read more about Michael at [www.michaelbenanav.com](http://www.michaelbenanav.com).



### Andrew Bender

**California** Andy is a true Angeleno, not because he was born in Los Angeles but because he's made it his own. Two decades ago, this native New Englander packed up the car and drove cross-country to work in film production, and eventually realized that the joy was in the journey (and writing about it). His work has since appeared in the *Los Angeles Times*, *Forbes* and over two dozen Lonely Planet titles. Current obsessions: discovering LA's next great ethnic enclave, and winter sunsets over the bike path in Santa Monica. Read more about Andy at [www.wheres-andy-now.com](http://www.wheres-andy-now.com).



### Sara Benson

**California** After graduating from college in Chicago, Sara jumped on a plane to California with just one suitcase and \$100 in her pocket. She has bounced around the Golden State ever since, in between stints living in Asia and Hawaii and working as a national park ranger. The author of 50 travel and nonfiction books, Sara dodged avalanches in Lake Tahoe and rockslides along Big Sur's splendid coast while writing this guide. Follow her adventures online at [www.indietraveler.blogspot.com](http://www.indietraveler.blogspot.com) and [www.twitter.com/indie\\_traveler](http://www.twitter.com/indie_traveler).

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OVER MORE  
PAGE WRITERS

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### **Alison Bing**

**California** After 18 years in San Francisco, Alison has done everything you're supposed to do in the city and some things you're definitely not, including falling in love on the Haight St bus and eating a Mission burrito in one sitting. Alison contributes to Lonely Planet's Venice, USA, San Francisco and Morocco guides from home bases in San Francisco and Central Italy. Alison holds degrees in art history and international relations – respectable diplomatic credentials she regularly undermines with opinionated culture commentary for newspapers, magazines, TV, radio and books, including Lonely Planet's *USA Trips*, *California*, *San Francisco* and *San Francisco Encounter* guides.



### **Nate Cavalieri**

**California** A native of central Michigan, Nate Cavalieri lives in Northern California and has crisscrossed the region's back roads by bicycle, bus and rental car on a tireless search for the biggest trees, the best camping and the hoppiest pints of craft beer. In addition to authoring guides on California and Latin America for Lonely Planet, he writes about jazz and pop music and is the Jazz Editor at Rhapsody Music Service. His website is [www.natecavalieri.com](http://www.natecavalieri.com).



### **Sarah Chandler**

**Southwest** Long enamored of Sin City's gritty enchantments, Sarah jumped at the chance to sharpen her blackjack skills while delving into the atomic and alien mysteries of rural Nevada. In Vegas, Sarah learned the secret art of bypassing velvet ropes, bounced from buffets to pool parties, and explored the seedy vintage glamour of downtown. Sarah is currently based between the US and Amsterdam, where she works as a writer, actress, and lecturer at Amsterdam University College. When in doubt, she always doubles down.



### **Lisa Dunford**

**Southwest** As one of the possibly thousands of great, great grand-daughters of Brigham Young, ancestry first drew Lisa to Utah. But it's the incredible red rocks that keep her coming back. Driving the remote backroads outside Bluff, she was once again reminded how here the earth seems at its most elemental. Before becoming a freelance Lonely Planet author 10 years ago, Lisa was a newspaper editor and writer in South Texas. Lisa co-authored Lonely Planet's *Zion & Bryce Canyon National Parks*.



### **Bridget Gleeson**

**California** A journalist who divides her time between California and Argentina, Bridget has written about food, wine, hotels and adventure travel for Budget Travel, Afar, Delta Sky, Jetsetter, Continental, Tablet Hotels and Mr & Mrs Smith. Follow her travels at [www.bridgetgleeson.com](http://www.bridgetgleeson.com).

Read more about Bridget at:  
[lonelyplanet.com/members/bridgetgleeson](http://lonelyplanet.com/members/bridgetgleeson)



### **Beth Kohn**

**California** A lucky long-time resident of San Francisco, Beth lives to be playing outside or splashing in big puddles of water. For this guide, she hiked and biked Bay Area byways, lugged a bear canister along the John Muir Trail and selflessly soaked in hot springs – for research purposes, of course. An author of Lonely Planet's *Yosemite*, *Sequoia & Kings Canyon National Parks* and *California* guides. You can see more of Beth's work at [www.bethkohn.com](http://www.bethkohn.com).



### **Bradley Mayhew**

**Rocky Mountains** An expat Brit, Bradley currently calls southeastern Montana home. Half a lifetime of travels through Central Asia, Tibet and Mongolia has made him feel quite at home in Big Sky country. He is the coordinating author of a dozen Lonely Planet guides, including *Tibet*, *Bhutan*, *Nepal*, *Central Asia* and *Yellowstone & Grand Teton National Parks* and he hikes nearby Yellowstone Park and the Beartooth Mountains every chance he gets. Read more about Bradley at [www.bradleymayhew.blogspot.com](http://www.bradleymayhew.blogspot.com).





**Carolyn B McCarthy**

**Rocky Mountains** Carolyn became enamored of the Rockies as an undergraduate at Colorado College. She studied, skied and hiked her way through the region, even working as a boot fitter. In the last seven years she has contributed to over a dozen Lonely Planet titles and has written for *National Geographic*, *Outside*, *Lonely Planet Magazine* and other publications. You can follow her Americas blog at [www.carolynswildblueyonder.blogspot.com](http://www.carolynswildblueyonder.blogspot.com).



**Brendan Sainsbury**

**Rocky Mountains, Pacific Northwest** UK-born Brendan lives in White Rock in Canada within baseball-pitching distance (well, almost) of the USA and the Pacific Northwest. He has been researching the area for Lonely Planet since 2007 and his forays across the border have included fine-dining in the San Juan Islands, hitchhiking in western Montana and running 100 miles unassisted across the Cascade Mountains in a so-called endurance race. Brendan is also a co-author of Lonely Planet's current *Washington, Oregon & the Pacific Northwest* guidebook.

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[lonelyplanet.com/members/brendansainsbury](http://lonelyplanet.com/members/brendansainsbury)



**Andrea Schulte-Peevers**

**California** Andrea fell in love with California – its pizzazz, people and sunshine – almost the instant she landed in the Golden State. She grew up in Germany, lived in London and traveled the world before getting a degree from UCLA and embarking on a career in travel writing. Andrea has written or contributed to some 60 Lonely Planet books, including several editions of this one as well as the guides to *California* and *Los Angeles & Southern California*.



**John A Vlahides**

**California** John A Vlahides co-hosts the TV series *Lonely Planet: Roads Less Travelled*, screening on National Geographic Channels International. John studied cooking in Paris, with the same chefs who trained Julia Child, and is a former luxury-hotel concierge and member of *Les Clefs d'Or*, the international union of the world's elite concierges. He lives in San Francisco, where he sings tenor with the San Francisco Symphony, and spends free time skiing the Sierra Nevada. Read more about John at [JohnVlahides.com](http://JohnVlahides.com), [Twitter.com/JohnVlahides](https://twitter.com/JohnVlahides).

Read more about John at:  
[lonelyplanet.com/members/johnvlahides](http://lonelyplanet.com/members/johnvlahides)

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