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**Menopause, Andropause And Other Hormone Imbalances**  
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**Grand Canyon Tour – Puts A Different Perspective On Life**

**By Ciara McGrath**

The Grand Canyon National Park is deservedly classed as a World Heritage Site. It has an area of 1,218,375 acres, 1,904 square miles. Most of the park is maintained as wilderness. It can be seen from the moon and is something that everyone should experience at least once in their lifetime.

The Grand Canyon lies on the Colorado Plateau in northwest Arizona.

The Canyon, carved over millions of years by the Colorado River, is immense. It averages 4,000 feet deep for its entire 277 miles. It is 6,000 feet deep (a mile is 5,280 feet) at its deepest point and up to 15 miles wide.

The Grand Canyon National Park is a rich and varied biological habitat with 75 species of mammals, 25 species of fish, 50 species of reptiles and amphibians, 25 species of fish, and over 300 species of birds. These include some species that are not found outside the Park at all.

Human activities have impacted on the Grand Canyon National Park in many ways. These include the introduction of non-native plants and animals, the contamination of streams with fecal bacteria, haze caused by air pollution and worst of all by the construction of the Glen Canyon Dam in 1963. Our aircraft, quad bikes and automobiles disturb the tranquillity of the Park.

You can see the Grand Canyon on foot, horseback, mule, quad bike, kayak, helicopter ride or in a small plane. The temperature in the canyons gets very high during the day, and hikers should take advice from rangers on water supplies, necessary food and avoiding dehydration and heat stroke.

If you are hiking, camping or riding off the main trails, in the backcountry, you will need a permit. Permits can be obtained through the Backcountry Information Center. Rangers patrol and inspect camps they find for permits and to check that campers are adhering to the conditions laid down in the permit

Ciara McGrath is a full time mother to four teenage daughters. She travels widely. Find more articles at

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<http://grand-canyon-services.info>

and

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## **Arizona Limousine Tours Can Take You Anywhere**

### **By Night Life Limo Bus**

If you're planning a trip to Arizona limousine tours are definitely one unique way of seeing all that this state has to offer. When visitors think of Arizona, most think about the Grand Canyon. And while it's true that the Grand Canyon National Park is the state's most popular and most frequently visited tourist attraction, there is plenty more to see and do in the Grand Canyon State. And when you rent an Arizona limo, you're able to see it all in style.

The first thing to know about Arizona is that there are a number of other natural wonders worth visiting. Besides the Grand Canyon, there's also the Grand Canyon Caves, Havasu Canyon, Sedona Oak Creek Canyon, Salt River Canyon, the Petrified Forest, the Painted Desert, Lake Powell, Sunset Crater, Meteor Crater, Superstition Mountains, Saguaro National Park, Monument Valley, Chiricahau National Monument, Picacho Peak State Park, and the banks of the Colorado River.

After checking out Arizona's natural wonders, you may want to spend some of your time indulging in the states many cultural destinations. You'll find more cultural in the bigger cities such as Phoenix, Chandler, Flagstaff, Tucson and Sedona. If you're staying at any of the finer hotels throughout the state, all you have to do is check with the Concierge Desk to find out details about Arizona limousine tours to any of these incredible cultural destinations.

If you're interested in lining up an Arizona limousine rental, take time to check out the details so that you end up with the best deal. The companies that specialize in transportation understand that Arizona is a major tourist destination and many of the Arizona limo agencies have created package deals that they know their out-of-town clients will enjoy.

For example, one Phoenix limousine service offers a one-hour champagne tour of the city. The tour takes guests to such grand attractions as the Phoenix Symphony Center, the Arizona Science Center, the Biltmore Resort, and the home of the Arizona Diamondbacks, the Bank One Ball Park. Included in this grand tour is a complementary bottle of champagne. The Phoenix limo picks guests up at any hotel in the city and will safely return guests when the tour is over.

Another Phoenix limousine service offers an 8-hour tour to Sedona. This tour takes guests to see the breathtaking scenery that only Sedona can offer. There will be plenty of photo opportunities along the

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way with stops at Red Rock Canyon and Oak Creek Canyon. And the tour even includes stops at several of the area's finer resorts for shopping and dining. This type of Arizona limo tour should definitely be on every visitor's "Must Do" list.

One of the best things about Arizona limo rental services is that it doesn't really matter where you want to go. Their job is to get you to your destination in comfort and style, because that's what matters most. You definitely won't have any regrets when you opt to see the sights while driving around in an Arizona limousine!

<http://www.nightlifelimobus.com>



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