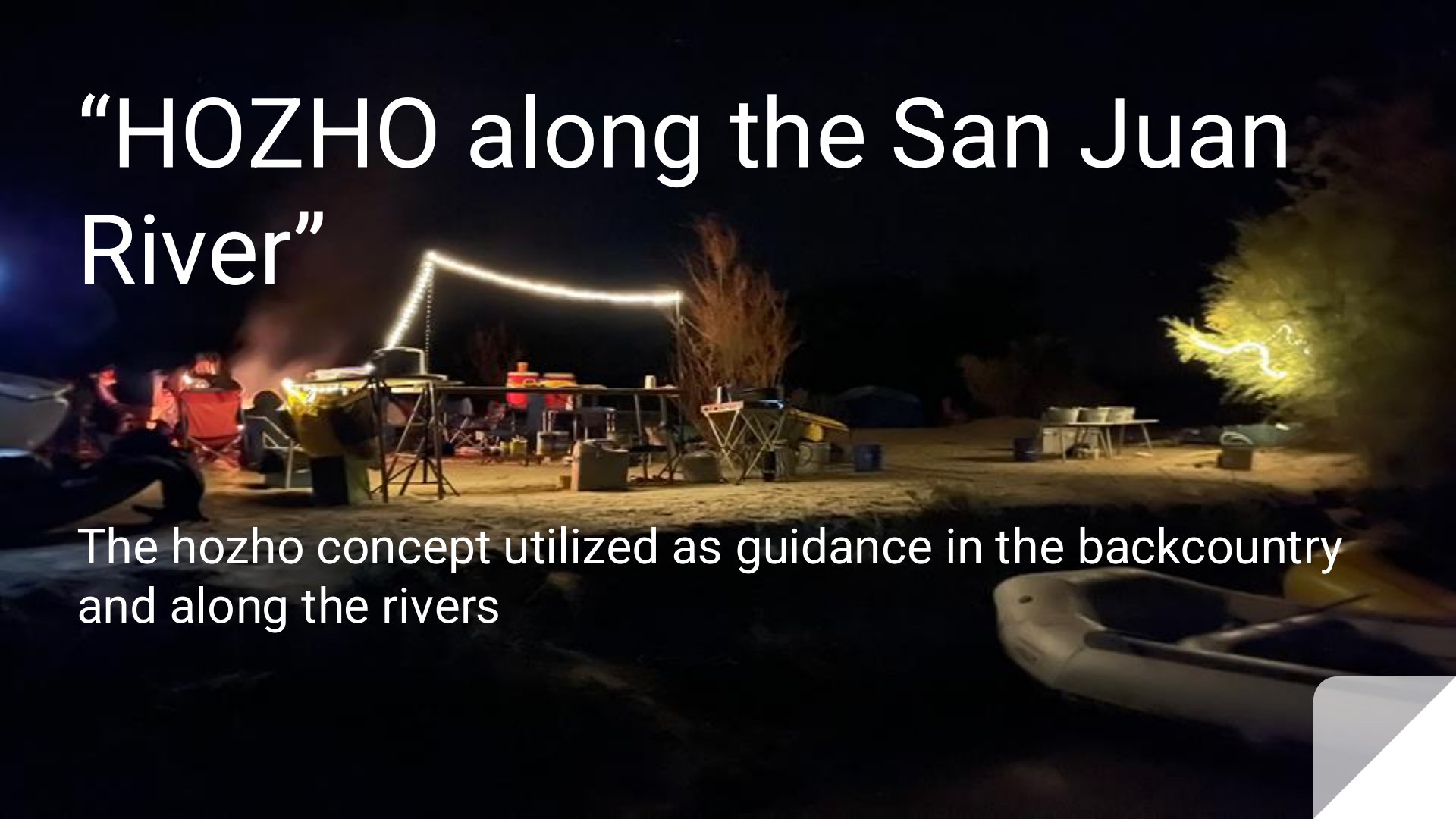


“HOZHO along the San Juan River”

The hozho concept utilized as guidance in the backcountry and along the rivers



The San Juan River

- Exposure of geologic formations
- High velocity of water current
- Rich history of Indigenous people
- Major tributary to the Colorado River

San Juanne river & Utah's canyon country:

- Delicate and beautiful
 - Terrain (microscopic organisms)
 - Vegetation (native, medicinal)
 - Historical (ancestral sites)
 - Water sources (limited)

To keep these special locations pristine, we need to take extra precautions..

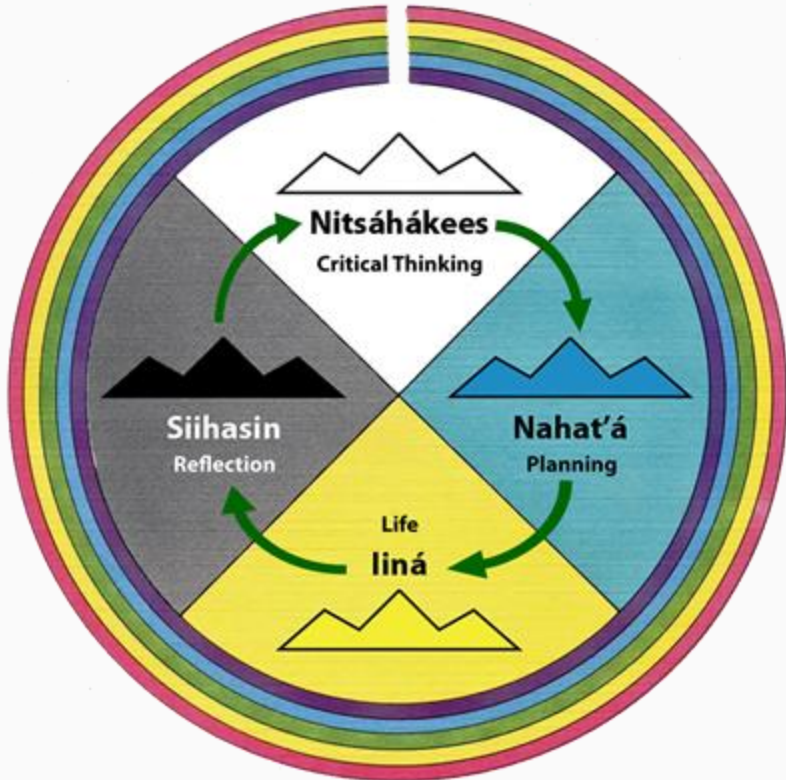
The concept of HOZH0

What is HOZH0?

- Navajo concept that interweaves the four elements: Spirituality, Physical ability, Mentality & Nature...to achieve balance.
- Guidance
- Inspiration

HOZHO in diagram form

Diné S N B H



How does HOZHO help guide us on the river or in the backcountry?

- Critical thinking (Nitsahakees): Keeps us (guides) on top of the day's game plan; How many miles to next camp and will there be any scouting of rapids?
- Planning (Nahat'a): Preparation for the day's activities; (first-aid kits, water, snacks/lunch, i.e.)
- Life (Iina): Respectful visitation to delicate sites; "Leave no trace" style of exploration; Cautiousness all the time to maintain balance (HOZHO)
- Reflection (Siihasin): De-brief of the day where we encourage...preservation, health, teamwork, conservation & education.

HOZHO all day, everyday!

- Tread softly/ “Leave no trace”
- Safety first
- Educate (guests, younger generations, etc.)
- Culture (preservation, promote, i.e.)



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- **Glen Canyon Institute**
- **Returning Rapids Project**
- **Department of Geology & Geophysics at the University of Utah**

Y'all (the Audience)!

Ahe hee'

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