Top 5 Grand Canyon Activities

1. Get Your First Canyon View
   From Grand Canyon Visitor Center, walk a short distance north to Mather Point, the classic first view of Grand Canyon. Then walk the Rim Trail (0.7 mi/1.1 km), ride a shuttle, or drive to Yavapai Point. Visit Yavapai Geology Museum and use the binoculars to look at the Colorado River and Phantom Ranch. See map on page 5. Allow 30 minutes to three hours depending on how much you choose to do.

2. Visit Scenic Overlooks
   Ride the shuttle bus to explore nine stunning overlooks along the seven-mile (11 km) Hermit Road. Take a stroll between viewpoints and ride the shuttle bus when you are tired. See map on page 4; allow a half day. Drive along the 25-mile (37 km) Desert View Drive and enjoy amazing views of the Colorado River as you head east. Visit Desert View Watchtower for 360-degree vistas. See map on page 8; allow all day.

3. Go For a Walk or Hike
   Wander the Rim Trail, explore the Trail of Time, or discover the wonders of the inner canyon. Whatever you decide, taking a walk or hike will give you the opportunity to see some of the park’s hidden gems. See map on pages 4–5 and information on page 6 for walks along the rim; see page 7 for advice about hiking into Grand Canyon.

4. Attend a Free Park Ranger Program
   Learn about Grand Canyon from the park rangers and volunteers who know it inside and out. Hear the dynamic story of how the canyon formed or learn about the majestic California condor’s reintroduction. Tour ancestral Puebloan ruins or learn about local history. Whatever your interests, you will find a program to suit you on page 3 or 8. Allow 30–60 minutes.

5. Enjoy the Sun and Stars
   Grand Canyon’s clean air and expansive vistas offer the opportunity for you to see the sun rise or set and see crystal clear night skies. Mohave, Hopi, Yavapai, and Yaki points provide grand east and west views; perfect for sunrise, sunset, and star gazing. Allow one hour.

Need Information?

Bring this Guide and your questions to a visitor center. Talk to park rangers, view exhibits, and learn about the park. Grand Canyon Association Park Stores and a National Park Service passport cancellation stamp are available at these facilities, except for the Backcountry Information Center. The stamp is also available at Indian Garden and Phantom Ranch.

Table of Contents

| Special Events | 1 |
| Maps and Shuttle Buses | 2 |
| Rim Hiking, Biking, Services | 3, 8 |
| Canyon Day Hiking | 4–5 |
| Desert View, Safety | 6 |

South Rim Village

GRAND CANYON VISITOR CENTER
Plan your visit, see the park film, and learn about Grand Canyon with the park’s newest exhibits. Park Store, bicycle rental, food service, and Mather Point nearby. 8 am–5 pm

BACKCOUNTRY INFORMATION CENTER
Obtain backcountry information and permits for overnight hikes. 8 am–noon; 1–5 pm

KOLB STUDIO
View exhibits in the restored 1904 Kolb brothers’ home and photography studio. 8 am–7 pm

VERKAMP’S VISITOR CENTER
Visit one of the oldest buildings in Grand Canyon Village and explore more than 100 years of community history. 8 am–7 pm

YAVAPAI GEOLOGY MUSEUM
Find answers to your geology questions with 3D maps and exhibits about the geologic story you see through the panoramic windows. 8 am–7 pm

Desert View

DESSERT VIEW VISITOR CENTER
Explore how Grand Canyon inspired artists, writers, musicians, and conservationists. 9 am–5 pm

TUSAYAN MUSEUM AND RUIN
Look into the past and present-day lives of thriving American Indian communities. Museum: 9 am–5 pm

See page 8 to learn why you should keep a safe distance of 100 feet (30 m) from deer and elk in spring.
Special Events and Opportunities

Check at visitor centers and hotels for additional information and special programs.

**Puppet Theater**
March 11–16, 1–2 pm
Shrine of the Ages
Enjoy Canyon Condor, a fun puppet show about the mighty, magnificent condor. Baby Boo hatches from his egg and, as he grows, learns about the life and history of condors at Grand Canyon. Entertaining, musical, and informative!

**Archaeology Day**
March 23
10 am–4 pm
Grand Canyon Visitor Center
Join park rangers for family-friendly activities and learn about the native people that lived at Grand Canyon over the past 10,000 years. Special evening programs highlight the park’s unique cultural heritage on March 2, 9, 16, 22, and 23.

**Junior Ranger Day**
April 20
Location Varies
Attend a park ranger program and receive special recognition as part of this national event. Look for signs at visitor centers.

**Earth Day**
April 21
10 am–2 pm
Grand Canyon Visitor Center
Join Grand Canyon National Park and its partners for unique activities and interactive exhibits to celebrate our beautiful planet.

**Endangered Species Day**
May 17
Grand Canyon Visitor Center
From canyon rim to Colorado River, Grand Canyon National Park protects one of the most diverse habitats in the world. Come learn about the animals and endangered species that live in this special place.

**Celebrate Wildlife Day**
May 18
Grand Canyon Visitor Center

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**Grand Canyon National Park**
Located entirely in northern Arizona, the park encompasses 277 miles of the Colorado River and adjacent uplands. One of the most spectacular examples of erosion anywhere in the world. Grand Canyon is unmatched in the incomparable vistas it offers to visitors on the rim. Grand Canyon National Park is a World Heritage Site.

Superintendent David V. Uberuaga
Grand Canyon National Park
PO Box 129
Grand Canyon, AZ 86023

Park Headquarters
928-638-7888

Website
www.nps.gov/grca/

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**Experience Your America™**

**Grand Canyon Association**

**Inspire. Educate. Protect.**

**Be a Part of Something Grand**
You can make a difference at Grand Canyon National Park!

With your help, the Grand Canyon Association (GCA) supports an impressive variety of projects and programs that help ensure all visitors are able to enjoy the awe-inspiring wonder of Grand Canyon.

As the park’s official nonprofit partner, GCA cooperates with the National Park Service to operate Park Stores in seven locations in the park. Purchases in GCA Park Stores help fund new exhibits, scientific research, trail restoration, wildlife monitoring, Junior Ranger and education programs, ecological restoration, support for the arts, and historic building preservation.

**Discover the Park With the Grand Canyon Field Institute**
From hiking and backpacking to yoga and photography, you can participate in education classes throughout the park. Call 866-471-4435 or visit www.grandcanyon.org/fieldinstitute

**Take Grand Canyon Home With You**
Join the Grand Canyon Association today. Members receive exclusive benefits and discounts. For information, visit a GCA bookstore, call toll-free 800-858-2808, or visit www.grandcanyon.org.

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**The Amazing Kolb Brothers: A Grand Life at Grand Canyon**
March 1 to September 3
8 am–7 pm, daily
Kolb Studio

Come see Grand Canyon through the eyes of the Kolb brothers. Be amazed and inspired by their stories, and view the movie that still remains a true box office hit. Free. Exhibit information: www.grandcanyon.org/amazing-kolb-brothers-grand-life-grand-canyon

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**Enjoy Art**
Few places have provoked as much wonder and creativity as Grand Canyon. Grand Canyon National Park hosts two Artist-in-Residence programs—a seasonal program on the North Rim and a year-round program on the South Rim. Ask in visitor centers about times and locations for a limited number of free, family-friendly programs with the artists or call 928-638-7616 for recorded information. For additional program information and artist opportunities visit www.nps.gov/grca/supportyourpark/air.htm

**March**
Conceptual and visual artist Camelia Caton-Garcia from Portland, Oregon.

**April**
Painter Elizabeth Black and photographer Chris Brown from Boulder, Colorado.

**May**
Poet and conceptual visual artist Rebecca Lowry from Los Angeles, California.

---

**10th Annual Arts for our Park**
March 3–22
8 am–5 pm, daily
Park Headquarters

View drawings, collages, and paintings created by local kindergarten through 12 graders who responded to the theme “Expressing Yourself.” Opening reception and award ceremony 5:30–7 pm, March 5.

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**Endangered species**

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**The Guide**

The Guide is published by Grand Canyon National Park, supported by your user fees; it is available in French, German, Spanish, Italian, Japanese, Chinese, and Korean. An Accessibility Guide is also available.

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Park Ranger Programs

Discover Grand Canyon with free programs given by park rangers and volunteers in or near Grand Canyon Village; see page 8 for Desert View programs. Consider riding the free shuttle buses to program locations. Children must be accompanied by an adult at all times. All program times are mountain standard; Arizona does not recognize daylight-savings time. Spring at Grand Canyon is extremely variable and can still feature snow and ice. You may find walkways and the Rim Trail with icy conditions. Please dress for the weather and consider over-the-shoe traction devices for your comfort and safety. Programs may be cancelled during inclement weather.

<table>
<thead>
<tr>
<th>Time</th>
<th>Programs</th>
<th>Meeting Location</th>
<th>Duration</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 am</td>
<td>Cedar Ridge Hike: Discover the canyon’s beauty while descending 1,120 feet (340 m) on an unpaved trail. This strenuous 3-mile (5 km), round-trip hike is not recommended for people with heart or respiratory problems or difficulty walking. Bring 1–2 quarts (liters) of water, sunscreen, hat, snacks, and sturdy hiking shoes.</td>
<td>South Kaibab Trailhead</td>
<td>3-4 hours; offered in May only</td>
<td>Trailhead closed to vehicles; ride the free Kaibab/Rim Route shuttle bus.</td>
</tr>
<tr>
<td>9:30 am</td>
<td>Fossil Walk: Stroll through an ancient ocean of marine creatures on this moderate 0.5-mile (0.8 km), one-way walk along the rim. Perfect for Junior Rangers.</td>
<td>Hermit’s Rest Route Transfer Shuttle Bus Stop</td>
<td>60 minutes; offered in March and April only</td>
<td>Parking is limited; ride the Village Route shuttle bus.</td>
</tr>
<tr>
<td>10 am</td>
<td>Rim Nature Walk: Explore what lives and grows along the South Rim during a leisurely walk in one of the most biologically diverse parks in the United States.</td>
<td>Yavapai Geology Museum</td>
<td>60 minutes</td>
<td></td>
</tr>
<tr>
<td>11 am</td>
<td>Mather Point Talk: Discover some of the many treasures of Grand Canyon. Topics vary daily. Perfect for Junior Rangers.</td>
<td>Mather Point Amphitheater</td>
<td>30 minutes</td>
<td>Accessible</td>
</tr>
<tr>
<td>2 pm</td>
<td>History Talk: Discover stories of people’s enduring relationship with the canyon and perhaps take a short walk around the village historic district. Perfect for train passengers.</td>
<td>Verkamp’s Visitor Center</td>
<td>45 minutes</td>
<td>Parking is limited; ride the Village Route shuttle bus. Accessible.</td>
</tr>
<tr>
<td>3 pm</td>
<td>Condor Talk: Learn about the majestic and endangered California condor and its reintroduction to northern Arizona.</td>
<td>Lookout Studio</td>
<td>45 minutes</td>
<td>Parking is limited; ride the Village Route shuttle bus. Accessible.</td>
</tr>
<tr>
<td>3:30 pm</td>
<td>Geo-glimpse: Learn how Grand Canyon formed while exploring Yavapai Geology Museum. Consider walking the Trail of Time following the program. Perfect for Junior Rangers.</td>
<td>Yavapai Geology Museum</td>
<td>30 minutes</td>
<td>Accessible</td>
</tr>
<tr>
<td>7:30 pm</td>
<td>Evening Program: Relax in a beautiful auditorium and enjoy a presentation about Grand Canyon’s fascinating natural or cultural history. Check visitor centers for topics.</td>
<td>Shrine of the Ages</td>
<td>60 minutes</td>
<td>Accessible</td>
</tr>
</tbody>
</table>

Inside the Canyon

Going to Phantom Ranch or Indian Garden? Join a park ranger to discover the many wonders of the inner canyon. Programs vary and cover a wide range of natural and cultural history topics. These programs are offered in Grand Canyon’s backcountry and only accessible by a long strenuous hike or mule ride.

Indian Garden, times vary, Friday to Monday
Check the bulletin board for program topics, locations, and times. Wilderness Explorers Junior Ranger booklet available. Accessible only by hiking 4.5 miles (7.2 km) down Bright Angel Trail.

Phantom Ranch, 4 pm and 7:30 pm, Daily
Check bulletin boards for program locations and topics. Phantom Ranch Junior Ranger activity booklet available. Accessible only by hiking or a mule ride to the bottom of Grand Canyon.

Hey Kids!
Children ages four and older can pick up a free Junior Ranger booklet from any visitor center. Have fun learning about Grand Canyon, complete activities, attend a park ranger program, and earn a badge and certificate. Special patches are also available to purchase at Grand Canyon Association Park Stores—after completing the program.

Discover the Canyon by Phone
Enjoy two-minute interpretive park ranger talks at 30 locations throughout the park. Wherever you see a cell phone tour sign, dial 928-225-2907 and enter the stop number. There is no additional charge; standard rates apply. Funded by the Grand Canyon Association.

Learn in an Outdoor Classroom
Teachers: Field Trips, Workshops, and Distance Learning 928-638-7931 or www.nps.gov/grca/forteachers/
Expeditions for Teens www.nps.gov/grca/fo/teens/camp.htm
Getting Around Grand Canyon

Shuttle Bus FAQ
Are the shuttle buses free?
Yes, park entrance fees include shuttle transportation.

How do the shuttle buses work?
Running like a city bus system, three shuttle bus routes stop at shops, visitor centers, and popular viewpoints around the South Rim. Just wait at any bus stop and enjoy the ride.

What are the shuttle bus rules?
1. No eating or open drink containers.
2. No pets, except service animals.
3. Collapse strollers prior to entering the bus. No oversized or jogging strollers. Remove baby-back carriers from the bus. No oversized or jogging strollers. Riders must load and unload bicycles.
4. Shuttle buses can accommodate two or three adult bicycles, but not tag along, baby trailers, or children’s bicycles. Buses run every: 30 minutes 4:30–6:30 am; 15 minutes 6:30 am–7:30 pm; 30 minutes 7:30–10 pm; visitors should be at a bus stop no later than 9:30 pm.
5. Shuttle buses only stop at designated bus stops.

How can I tell the difference between shuttle bus routes?
All National Park Service shuttle buses are white and green, but the front of the bus will say the route color and name.

Will my wheelchair fit on the bus?
The Scenic Drive Accessibility Permit allows visitors with mobility issues entry to some areas closed to public traffic. The permit is available at entrance gates, visitor centers, and hotel lobbies.

Will my bicycle fit on the bus?
Shuttle buses only stop at designated bus stops.

Explore in Your Car
You can drive anywhere there is a solid black line on the maps in this Guide. You cannot drive the Hermit Road or Yaki Point Road; a free shuttle bus provides access. If you would like to explore by vehicle, consider driving to Desert View (see page 8). Use extra caution during inclement weather; park roads may temporarily close during spring snow storms.

Do not park along the roadside, except where signs or lines on the road indicate it is permissible. Use pull-outs and overlooks to take pictures and view wildlife.

Parking
All parking lots in Grand Canyon Village are located near free shuttle bus stops. Parking lots 1–4 are at Grand Canyon Visitor Center. Lot 1 includes auto, RV, and trailer parking. Parking lots A (Park Headquarters) and B (Market Plaza) are large. Parking lot C (near Center Road in Grand Canyon Village) is small; lot D (Backcountry Information Center) offers auto parking in the north end and RV and trailer parking in the south end.

Ride the Free Shuttle Buses
Reducing air pollution and taking nearly a half-million vehicles off park roads each year, shuttle buses offer a hassle-free transportation option.

**HERMITS REST ROUTE—RED ON MAP ABOVE**
- 80 minutes round-trip
- Nine overlooks
- Restrooms at Hopi Point
- Water, snack bar, restrooms, and gift shop at Hermits Rest
- Buses run every:
  - 30 minutes 4:30–7 am
  - 15 minutes 7 am to sunset
  - 30 minutes sunset to an hour after sunset

**VILLAGE ROUTE—BLUE ON MAP ABOVE**
- 50 minutes round-trip
- Scenic canyon views are a short walk from some stops
- Grand Canyon Visitor Center, hotels, restaurants, campgrounds
- Buses run every:
  - 30 minutes 4:30–6:30 am
  - 15 minutes 6:30 am–7:30 pm
  - 30 minutes 7:30–10 pm; visitors should be at a bus stop no later than 9:30 pm.

**KAIBAB/RIM ROUTE—ORANGE ON MAP ABOVE**
- 50 minutes round-trip
- Five viewpoints
- Grand Canyon Visitor Center and Yavapai Geology Museum.
- Access to South Kaibab Trailhead
- Buses run every:
  - 30 minutes 4:30–6:30 am
  - 15 minutes 6:30 am to one hour after sunset

**HIKER’S EXPRESS**
NOT SHOWN ON MAP ABOVE
Service to South Kaibab Trailhead. Bus begins at Bright Angel Lodge, then stops at Backcountry Information Center, Grand Canyon Visitor Center, and South Kaibab Trailhead.

Bus leaves Bright Angel Lodge at:
- March—7, 8, and 9 am
- April—6, 7, and 8 am
- May—5, 6, and 7 am

**LEGEND**
- Drivable park roads
- Village Route and bus stop
- Kaibab/Rim Route and bus stop
- Hermits Rest Route and bus stop
- Arrows indicate direction of travel
- Shuttle bus gate
- Unpaved Rim Trail
- Paved Greenway Trail
- Paved Rim Trail
- Village Route Transfer
- Drinking water
- First aid
- Information
- Parking
- Picnic area
- Restrooms
- Telephone
- Theater
- Trailhead
**Trailhead**
Hermit Rest
1.1mi (1.8km)

**Pima Point**
1.7mi (2.7km)

**Creek Vista**
**Monument**
0.9mi (1.4km)

**The Abyss**
**Hermit Road**

**Unpaved Rim Trail**
**Paved Rim Trail**
**Paved Greenway Trail**

**Hermits Rest Route**

**Hermit Road**

**Kaibab/Rim Route and bus stop**
**Village Route and bus stop**

**Shuttle bus gate**

**Arrows indicate direction of travel**

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**Mohave Hermit Road**

**0.8mi**
**0.3mi (0.5km)**
**0.5mi (0.8km)**

**Point Hopi**

**Powell Point**

**Canyon Village**

**Maswik Lodge**

**Overlook Trailview**
**Maricopa Point**
0.7mi (1.1km)

**Verkamp’s Visitor Center**

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**Grand Canyon Village**

**First aid**
**Parking**
**Picnic area**
**Restrooms**
**Telephone**
**Theater**

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**Grand Canyon Village**

**North**

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**Spring 2013 The Guide**

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**Page 6 lists the specific locations and hours of operation for lodges, restaurants, shops, and services shown on the maps above.**

**Bright Angel Trailhead Note:** Due to parking lot construction, water is not available in this location through mid-spring. Fill your water bottles at Verkamp’s Visitor Center, Backcountry Information Center, Maswik Lodge or Bright Angel Lodge. The trailhead is open; look for detour signs to access the trail.
South Rim Services and Facilities

**Food and Beverage**

**Bright Angel Bicycles Near Grand Canyon Visitor Center**
Café at Mather Point March 1 to April 30, 7 am–6 pm; May 1–22, 6 am–6 pm.

**Bright Angel Lodge**
The Arizona Room Lunch March 8 to May 22, 11:30 am–3 pm; dinner March 1–2 and March 8 to May 22, 4:30–10 pm; no reservations. Lounge 4:30–10 pm.
Bright Angel Coffee House 5:30–10 am
Bright Angel Fountain March 1–31, 11 am–5 pm; April 1 to May 22, 10 am–7 pm.
Bright Angel Restaurant Breakfast March 1–31, 6:30–10:45 am; April 1 to May 22, 6 am–9:45 am; Luncheon 11:15 am–4 pm. Dinner 4:30–10 pm. Lounge 11 am–11 pm.

**Canyon Village Market**
Canyon Village Deli March 1–17, 8 am–6 pm; March 18 to May 22, 8 am–7 pm.

**El Tovar Hotel**
El Tovar Dining Room Breakfast 6:30–10:45 am. Lunch 11:15 am–2 pm. Dinner 5–10 pm. Lounge 11 am–11 pm.

**Hermit's Rest**
Hermit's Rest Snack Bar 9 am–5 pm.

**Maswik Lodge**
Maswik cafeteria 6 am–10 pm.
Maswik Pizza Pub 11 am–11 pm.

**Yavapai Lodge**
Yavapai cafeteria Opens March 8, 6:30 am–8 pm.

**Books and Gifts**
Bright Angel Lodge 7 am–10 pm.
El Tovar Hotel 7 am–10 pm.
Grand Canyon Association Park Stores at the Visitor Center Plaza 8 am–7 pm.
At Kolb Studio 8 am–7 pm.
At Verkamp’s Visitor Center 8 am–7 pm.
At Yavapai Geology Museum 8 am–7 pm.
Hermit’s Rest Gift Shop 9 am–5 pm.
Hopi House 9 am–5 pm.
Lookout Studio 8 am–5 pm.
Maswik Lodge 7 am–10 pm.
Yavapai Lodge Curio 8 am–8 pm.

**Pedal the Greenway Trail**
Bicycle along the canyon rim and through ponderosa pine forests by following the green dashed lines on the map on pages 4–5. Bicycles are only permitted on the Greenway Trail and on roads open to the public. Bicycles are prohibited on the Rim Trail and inner-canyon trails.

On Hermit and Yaki Point roads, bicyclists must pull to the right shoulder and dismount when buses pass. Obey all traffic regulations, ride single file with the flow of traffic, and wear bright colors and a helmet.

**Bright Angel Bicycles**
Bicycle rentals and guided tours, located at Grand Canyon Visitor Center. March 1 to April 30, 10 am–4 pm weather permitting. May 1–22, 8 am–6 pm. 928-638-3055 or www.bikegrandcanyon.com

**South Rim Park and Maps**
Locations shown on the maps on pages 4–5.

**Tusayan, Arizona**
Located seven miles (11 km) south of Grand Canyon Village on Highway 64.

**Lodging**
Best Western Premier Grand Canyon Squire Inn 928-638-2681
Canyon Plaza Resort 928-638-2673; pets ok
Grand Hotel 928-638-3333; pets ok
Holiday Inn Express 928-638-3000
Red Feather Lodge 928-638-2414; pets ok
7 Mile Lodge 928-638-2291

**Camping**
Camper Village (Private) Hook-ups, campground showers, laundry, propane, dump station, and store. 928-638-2287 or www.grandcanyoncampervillage.com

**Additional Resources**
Arizona Highway Information Dial 511 or 888-411-ROAD; www.az511.gov
IMAX Theater Open 8 am–10 pm. Mookie shown every hour on the half hour. First show 8:30 am; last show 10:30 pm. Food and gifts available. 928-638-4629

**Paid Activities**
Fixed-wing and helicopter tours.
Grand Canyon Airlines 800-528-2413
Grand Canyon Helicopters 800-514-4637
Maverick Airlines 800-219-9192
Maverick Helicopters 800-962-3869
Papillon Grand Canyon Helicopters 800-528-2418
Vision Airlines 800-256-8767
Westwind Aviation 888-869-0866

**Grand Canyon Apache Stables**
Horseback riding reservations: 928-638-2981

**Grand Canyon Dinner Theatre & Steakhouse**
Located seven miles south of Grand Canyon Village on Highway 64.

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Arizona Highway Information Dial 511 or 888-411-ROAD; www.az511.gov
IMAX Theater Open 8 am–10 pm. Mookie shown every hour on the half hour. First show 8:30 am; last show 10:30 pm. Food and gifts available. 928-638-4629

**Relax on the North Rim**
Open mid-May to mid-October. Reservations strongly recommended.
Grand Canyon Lodge 877-386-4383 or www.foreverresorts.com
North Rim Campground 877-444-6777 or www.nps.gov/grca
Prepare a Day Pack With:

- **Water** One quart/liter for every two hours. Know your water sources—some water stations are seasonal.

- **Food** Bring salty snacks and a full meal. Eat often, even if you are hungry.

- **First Aid Kit and Survival Tools** Also include medicals, blister care, and duct tape.

- **Map** Many trails are well marked, but some are not. Know your route.

- **Flashlight or Headlamp** You may end up hiking in the dark unexpectedly; cell phones do not provide adequate light.

- **Sun Protection** Sunscreen, hat, sunglasses, and sun umbrella.

- **Communication** Whistle or signal mirror; cell phones are not reliable.

- **Simple Shelters** Emergency tarp with reflective side.

- **Weather-appropriate Clothing and Footwear** Layer for the weather and wear hiking boots with good soles, a hat, and sunglasses. Over-the-shoe traction devices recommended for ice and snow.

**Health Risks**

**Common Challenges** Grand Canyon’s climate can intensify all health issues, including minor colds, making hiking more difficult. Spring can bring snow on the rim and very hot temperatures in the canyon. Be prepared for both; your body may not adjust quickly.

**Over Exertion** People often have overly ambitious plans and fail to pace themselves. If you feel unwell, you must rest. Remember it takes twice as long to hike up as it does to hike down.

**Dehydration and Electrolyte Imbalances** An imbalance of fluids and electrolytes in the body can lead to dangerous medical conditions. Make sure you are eating salty foods while you hike.

**Hypothermia** With this life-threatening condition, the body cannot keep itself warm due to exhaustion and exposure to cold, wet, and windy weather. Put on dry clothing, drink warm liquids, and protect yourself from the weather.

**Heat-related Illness** In spring, be aware of over-exposure to hot, dry weather. Rest in the shade, drink water and sports drinks, and eat high-energy foods.

**Hike Smart**

- **Plan Knowledge**, being prepared, and a good plan are all keys to success. Grand Canyon is not the place for spontaneity. Stay together, follow your plan, and know where and how to seek help.

- **Eat and Drink** Snack every time you hike and drink water or sports drink.

- **Rest Sit down**, prop your legs up, and take a 5- to 10-minute break at least once every hour. If you are not feeling well, rest for at least 30 minutes.

**Danger!**

- **No Day Hikes To the River** Hiking to the river and back in one day is never recommended due to long distances, extreme temperature changes, and a near 5,000-foot (1,500 m) elevation change each way.

- **No Swimming** The Colorado River is fast, wide, and cold. Do not swim in the river—dangerous and life-threatening.

- **Do Not Throw Rocks** Rocks or other objects tossed over the edge or dislodged by taking shortcuts can injure hikers and wildlife below.

**Reflection**

Did you Leave a Trace? Day hikers can leave quite a mark in the canyon—literally. Write a postcard to your friends instead of writing on walls. Take your trash back out with you, including toilet paper. Do not feed the wildlife, and guard your food from food-habituated animals.

**Were you Safe?** Did you follow your plans and have enough food and water? Did you have fun? What would you do different next time?

**Permits Needed for Backcountry Camping**

You must obtain a permit from the Backcountry Information Center to camp in the backcountry. Open daily 8 am to noon and 1–5 pm mountain standard time. A limited number of last minute walk-up permits available.
Staying Safe at Grand Canyon

What Do I Need to Know About Weather and Elevation?
Spring weather varies greatly and can change suddenly. Be prepared with layered clothing for cold, rain, wind, sun, and snow.

Even during spring, snow and ice present potentially hazardous driving conditions and can temporarily close park roads; call 928-638-7496 for information. Please slow down and drive carefully while exploring the park.

At 7,000 feet (2,135 m) elevation, you drive carefully while exploring the park.

Books and Gifts
Desert View Trading Post 8 am–6 pm
Desert View Watchtower 8 am–6 pm
Grand Canyon Association Park Stores
Services
Desert View Market March 1 to April 28, 9 am–5 pm; April 29 to May 22, 9 am–6 pm
Gas Station Limited convenience store opens March 28, 9 am–5 pm; fuel available 24 hours a day with credit card, including diesel
Camping
Desert View Campground (NPS) Opens mid-May; $12/night; no hookups; maximum vehicle length 30 feet (9.1 m); first-come, first-served self-registration

Where Can I Find Free Drinking Water?
In an effort to reduce litter along hiking trails, plastics in the waste stream, and greenhouse gas emissions, Grand Canyon National Park eliminated the sale of water packaged in individual disposable containers—including plastic and glass bottles.

Water bottle filling stations are available: Bring or buy a reusable water bottle and fill it up for free at park visitor centers, lodges, markets, and major trailheads. Reusable souvenir water bottles are available at Park Stores and gift shops.

How Can I Keep Wildlife Wild?
Never approach or feed any animal; it is illegal to do so.

Deer and elk can be aggressive, especially during the fall rut (September and October) and spring calving season (May and June).

Stay at least 100 feet (30 m), or about six car lengths, away from larger animals.

Do not feed the squirrels; they will bite and can carry fleas with the plague.

Keep the California condor flying free.
Never approach a condor and stay at least 75 feet (23 m) away from these critically endangered birds.

It is tempting to want to get close to animals, but remember they are not pets. Wild animals need space and respect.

How Can I View Grand Canyon Safely?
Stay at least 6 feet (2 m) from the edge and hold on to children. Always be aware of your surroundings. Do not back up without first looking where you are going. Never throw anything over the edge.

Where Can I Take My Pet?
Leashed pets are allowed on rim trails in the South Rim developed area, but not below the rim, in buildings, or on shuttle buses. The only exception is service animals. Persons wishing to take a service animal below the rim must check in at the Backcountry Information Center. Kernel information on page 6.

Emergencies Dial 911
North Country Grand Canyon Clinic
Urgent care available: March 1 to April 15, 8 am–5 pm; Monday to Friday; April 16 to May 22, 8 am–6 pm daily; 928-638-2551

Water?
Where Can I find Free Drinking