How much time do you have?

1–2 hours
- Walk five minutes from Grand Canyon Visitor Center to Mather Point to see Grand Canyon. Continue along the Rim Trail as time allows.
- Ride the Kaibab/Rim Route (orange) shuttle bus to view Grand Canyon.
- Explore exhibits at Grand Canyon Visitor Center and see the park movie, A Journey of Wonder.

2–4 hours
- Attend a park ranger program.
- Walk 2.4 miles (3.9 km) from Grand Canyon Visitor Center to South Kaibab Trailhead and ride the Kaibab/Rim Route (orange) shuttle bus back.
- Hike into Grand Canyon along Bright Angel Trail to the Lower Tunnel.

All Day
- Drive the 2.5-mile (40 km) Desert View Drive. Stop at viewpoints, learn about ancestral Puebloan people at Tusayan Museum, and visit the historic Desert View Watchtower (above).
- Pick up and complete a Junior Ranger booklet from any park visitor center.
- Hike into Grand Canyon on the South Kaibab Trail to Cedar Ridge or prepare for a longer day hike on the Bright Angel Trail.

Multiple Days
- Hike 7.8 miles (12.6 km) on the Rim Trail from the Village to Hermits Rest and return via the Hermits Rest Route (red) shuttle bus.
- Explore Grand Canyon’s rich history in Verkamp’s Visitor Center, Kolb Studio, and the Bright Angel History Room at Bright Angel Lodge.

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Emergencies
If parking is full at Grand Canyon Visitor Center, use lots A, B, C, or D in the Village. See map on pages 4–5.
Special Opportunities

Archaeology Day
March 28
Locations Vary
Learn about the park’s archaeological and cultural heritage with scheduled programs at Tlaquepaque, Shrine of the Ages, and Verkamp’s Visitor Center. Additional information available at Grand Canyon Visitor Center or Tusayan Museum.

Earth Day Festival
April 19, 10 am–2 pm
Grand Canyon Visitor Center
Join Grand Canyon National Park with special exhibitions and unique, interactive activities to celebrate the environment and all nature has to offer.

Discover the Canyon With Your Phone
Enjoy two-minute park ranger talks about the park’s natural and cultural history at 30 different locations. Look for cell phone tour signs, dial 928-225-2907, and enter the stop number. Hosted by the Grand Canyon Association.

Explore Virtual Caches
Discover EarthCaches™ specifically tailored to geology, educational experiences, modern technology, and outdoor adventures. Stop by Grand Canyon Visitor Center or visit nps.gov/grca/planyourvisit/virtual-caching.htm to get EarthCache™ information and start your adventure today. You will need your own GPS device to participate.

The Sun and Moon

<table>
<thead>
<tr>
<th>Date</th>
<th>Sunrise</th>
<th>Sunset</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 1</td>
<td>7:00 am</td>
<td>6:22 pm</td>
</tr>
<tr>
<td>March 15</td>
<td>6:40 am</td>
<td>6:35 pm</td>
</tr>
<tr>
<td>April 1</td>
<td>6:16 am</td>
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<tr>
<td>April 15</td>
<td>5:56 am</td>
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<tr>
<td>May 1</td>
<td>5:37 am</td>
<td>7:15 pm</td>
</tr>
<tr>
<td>May 15</td>
<td>5:23 am</td>
<td>7:26 pm</td>
</tr>
<tr>
<td>June 1</td>
<td>5:13 am</td>
<td>7:39 pm</td>
</tr>
</tbody>
</table>

The North Rim

Grand Canyon’s North Rim provides visitors with a tranquil experience. Open mid-May through the end of October, the North Rim is a four-hour, 215-mile (346 km) drive from Grand Canyon Village. Accommodations fill in advance; reservations strongly recommended.

Grand Canyon Lodge
877-386-4383 or www.foreverresorts.com

North Rim Campground
877-346-4777 or www.recreation.gov

Bike the Park Week
May 18–22
Locations Vary
Join the Grand Canyon community for an hour, a day, or the entire week. In an effort to reduce automobile traffic and the park’s environmental footprint, Grand Canyon’s Green Team and partners offer special bicycle tours and other bike-related activities. Bring your own or rent a bicycle.

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 ensure all visitors will 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. GCA Park Store purchases help fund new exhibits, scientific research, trail restoration, wildlife monitoring, ecological restoration, art programs, Junior Ranger and education programs, and historic building preservation.

Explore Grand Canyon’s Wonders with the Grand Canyon Field Institute
Learn about geology, archaeology, photography, yoga, and more, during fun and informative education classes. Activities include rim walks, backcountry, and river trips. Call 866-471-4435 or visit grandcanyon.org/fieldinstitute

Take Grand Canyon Home with You
Join GCA today. Members receive exclusive benefits and discounts. For information, visit a GCA Park Store, call toll-free 800-838-2808, or visit grandcanyon.org.
Park Ranger Programs

Discover Grand Canyon with free programs given by park rangers and volunteers in or near the Village. For Desert View programs, see page 8. Since parking is limited, park rangers recommend you ride the free shuttle bus to program locations. Children under age 16 must be accompanied by an adult.

Outdoor programs may be cancelled or moved inside during inclement weather. Times are mountain standard. Check at visitor centers and hotels for additional program offerings.

Inside the Canyon

Programs begin early March

Going to Phantom Ranch or Indian Garden? Join a park ranger to discover the hidden secrets of the inner canyon. Programs cover a wide range of natural and cultural history topics. Programs are only accessible by a long, strenuous hike or mule ride.

Check visitor centers for information


Check visitor centers for information

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. Accessible.

Check visitor centers for information

Ranger Rendezvous Discover Grand Canyon in the evenings! Explore some of the park’s lesser-known stories and facts. Programs include star talks, night hikes to the rim, cemetery tours, and more. Dress warmly.

Check visitor centers for information

Saturday to Tuesday, Times Vary

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

Day Camps

Phantom Ranch Check bulletin boards for program locations and topics. Phantom Ranch Junior Ranger activity booklet available. Accessible only by hiking 9.5 miles (15.3 km) or riding a mule to the bottom of Grand Canyon.

Learn in an Outdoor Classroom

Teachers

Field Trips, Classroom Rangers, Distance Learning, and Teacher Workshops

Using Grand Canyon as a teaching tool, park rangers conduct curriculum-based field trips, in-class presentations, and distance learning programs for grades K–12. Students engage in real-world exploration of concepts related to geology, ecology, and human history. 928-638-7911 or nps.gov/grca/forteachers/

University Students

Grand Canyon Semester

Grand Canyon National Park partners with Northern Arizona University and Prescott College to offer a unique, semester-long program. Grand Canyon Semester immerses students in a place-based learning experience using Grand Canyon as a classroom and laboratory. Classroom academics combine with field opportunities to create an unparalleled learning environment.

nau.edu/Grants/UCS/ or prescott.edu/learn/non-degree/grand-canyon-semester.html

Middle and High School Youth

Canyon Field Schools

Deepen your connection to Grand Canyon National Park. Spend one to two weeks exploring the trails, running the rapids, and camping under the stars. Canyon Field Schools is currently accepting applications from middle and high school youth for summer 2015.

928-638-7924 or nps.gov/grca/forteachers/day-camps.html

Youth Ages 7–14

Day Camps

April 17, 18, 24, 25, and May 1 and 2

8:30 am–2 pm

Spend a day with a park ranger learning about Grand Canyon’s rocks, plants, animals, and people. This program invites visiting and local youth to explore the rim of Grand Canyon by foot and bus while being guided through fun activities. Drop off and pick up children at Park Headquarters. Bring lunch, water bottle, snacks, and sunscreen; wear sturdy shoes.

To register: 928-638-7924

Earn Your Junior Ranger Badge

Children ages four and older can pick up a free Junior Ranger booklet from any visitor center. Have fun learning about Grand Canyon by completing at least four activities and attending a park ranger program. Turn in the completed booklet at any visitor center and earn a badge and certificate. Special patches are also available for purchase at Grand Canyon Association Park Stores.

Find Junior Ranger programs at more than 250 national parks, seashores, and monuments nationwide. The Junior Ranger program is generously supported by the Grand Canyon Association.

Junior Ranger Day

April 28

Information at Grand Canyon Visitor Center

Attend a park ranger program and receive special recognition as part of this national event.

The Guide • Spring 2015 3
Take the Shuttle Bus to Your Destination

HERMITS REST ROUTE— RED ON MAP ABOVE
- 80 minutes round-trip
- Nine overlooks
- Toilets at Hopi Point
- Water, snack bar, toilets, and gift shop at Hermits Rest
- Schedule
  - Every 30 minutes 4:30–6:30 am
  - Every 15 minutes 6:30 am to sunset
  - Every 30 minutes sunset to an hour after sunset
  - For the last bus, be at a bus stop no later than 30 minutes after sunset. See sunset times on page 2.

VILLAGE ROUTE— BLUE ROUTE
- 50 minutes roundtrip
- Stops at Grand Canyon Visitor Center, hotels, restaurants, and campgrounds
- Grand Canyon views are a short walk from some shuttle bus stops
- Schedule
  - Every 30 minutes, 4:30–6 am
  - Every 15 minutes 6 am–8:30 pm
  - Every 30 minutes, 8:30–10 pm
  - For the last bus, be at a bus stop no later than 9:30 pm.

KAIBAB/RIM ROUTE— ORANGE ROUTE
- 50 minutes roundtrip
- Stops at several viewpoints, Grand Canyon Visitor Center, and Yavapai Geology Museum.
- Access to South Kaibab Trailhead
- Schedule
  - Every 30 minutes, 4:30–6 am
  - Every 15 minutes 6 am to one hour after sunset
  - For the last bus, be at a bus stop no later than 30 minutes after sunset. See sunset times on page 2.

Hikers’ Express
Express service to South Kaibab Trailhead. Shuttle bus starts at Bright Angel Lodge, then stops at the Backcountry Information Center, Grand Canyon Visitor Center, and South Kaibab Trailhead. Bus leaves Bright Angel Lodge at:
- 7 am, 8 am, and 9 am in March
- 6 am, 7 am, and 8 am in April
- 5 am, 6 am, 7 am in May

Common Shuttle Bus Questions

Are the shuttle buses free?
Yes, your entrance fee includes shuttle bus transportation—a great way to start your Grand Canyon experience.

How do the shuttle buses work?
Running like a city bus system, three shuttle bus routes access view points, trails, visitor centers, lodges, restaurants, and gift shops. Just wait at any bus stop and enjoy the ride. Shuttle buses do not drive to Desert View.

How can I tell the difference between shuttle bus routes?
The front of the free, green and white shuttle bus displays the name of the route and its color.

Why is the shuttle bus not full?
To ensure room for passengers waiting at the next stops, shuttle buses do not fill at their first stop.

What are the shuttle bus rules?
- No eating or open drink containers.
- No pets. Service animals permitted.
- Collapse strollers before entering the shuttle bus. No oversized or jogging strollers. Remove baby-back carriers when seated.
- Shuttle buses can accommodate two or three bicycles, but not tag alongs, baby trailers, or children’s bicycles with wheels less than 16 inches (41 cm). Riders must load and unload their bicycles.
- Shuttle buses only stop at designated bus stops.

Will my wheelchair fit on the bus?
Shuttle buses are equipped with ramps to accommodate wheelchairs smaller than 30 inches wide by 48 inches long (76 by 122 cm). Most motorized scooters will not fit on shuttle buses.

To ensure room for passengers waiting at their first stop.

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Will my wheelchair fit on the bus?
Shuttle buses are equipped with ramps to accommodate wheelchairs smaller than 30 inches wide by 48 inches long (76 by 122 cm). Most motorized scooters will not fit on shuttle buses.
Find food, lodging, restrooms, free drinking water, gift shops, GCA Park Stores, and an ATM in those areas, ride the free shuttle bus.

Where can I drive my car?
You can drive roads indicated by a solid black line on the maps in this newspaper. Yaki Point and Hermit roads are closed to private vehicles. To reach new newspaper. Yaki Point and Hermit roads.

What else do I need to know about driving?
A Scenic Drive Accessibility Permit allows visitors with mobility issues entry to some areas closed to public traffic. Obtain a permit at entrance gates and visitor centers.
**Protect the Park, Protect Yourself**

Please report any concerns to a park employee.

**Elevation** Use sunblock, stay hydrated, take your time, and rest to reduce the risk of sunburn, dehydration, nausea, shortness of breath, and exhaustion. The South Rim's high elevation (7,000 feet/2,135 m) and dry climate affects you differently than your home environment.

**Drinking Water** Free Grand Canyon spring water is available from bottle filling stations at major trailheads, visitor centers, grocery stores, and lodges. Bring your own or buy a reusable water bottle at Park Stores or gift shops. Stay hydrated and reduce your environmental footprint.

**View Grand Canyon Safely** Stay behind railings and safety walls or at least six feet (2 m) from the edge. Hold on to children. Always be aware of your surroundings. Look first where you are stepping before backing up.

**Watch Out Below** Rocks, coins, and trash tossed over the edge of Grand Canyon, and rocks dislodged by walking on trail, can injure hikers and wildlife below.

**Bring Your Leashed Pet** Leashed pets are allowed on rim trails. Pets are not allowed below the rim, in buildings, or on shuttle buses. These limits do not apply to service animals. Anyone wishing to take a service animal below the rim must check in at the Backcountry Information Center.

**Protect and Respect Wildlife** Approaching or feeding any animal is dangerous—both to you and the animal—and illegal.

**Deer and Elk** Keep a safe distance of at least 75 feet (23 m) or about six car lengths.

**Squirrels** Do not feed the squirrels. They will bite and can possibly carry fleas with the plague.

**California Condor** Stay at least 75 feet (23 m) away from these endangered birds.

**No Unmanned Aircraft** Launching, landing, or operating an unmanned aircraft is prohibited inside Grand Canyon National Park.

**Leave Everything You Find** Grand Canyon National Park—A World Heritage Site—belongs to everyone. Please leave rocks, plants, wood, and artifacts where you find them.

**Protect the View** The walls of Grand Canyon tell an amazing story. That story can be altered when you leave graffiti.

**Dispose of Your Litter** Help keep Grand Canyon clean by recycling and using trash receptacles.

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**Visitor Services**

**Locations shown on the maps on pages 4-5. Core operating hours listed; hours may be extended.**

**Food and Beverage**

<table>
<thead>
<tr>
<th>Location</th>
<th>Food and Beverage Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hermits Rest Gift Shop</strong></td>
<td>Hermits Rest Gift Shop</td>
</tr>
<tr>
<td><strong>El Tovar Hotel</strong></td>
<td>Hermits Rest Gift Shop</td>
</tr>
<tr>
<td><strong>Yavapai Canyon Cafe</strong></td>
<td>Hermits Rest Gift Shop</td>
</tr>
<tr>
<td><strong>Yavapai Lodge</strong></td>
<td>Hermits Rest Gift Shop</td>
</tr>
<tr>
<td><strong>Kaibab Lodge</strong></td>
<td>Hermits Rest Gift Shop</td>
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</table>

**Services**

<table>
<thead>
<tr>
<th>Service</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td><strong>ATM</strong></td>
<td>Chase Bank and Maswik Lodge</td>
</tr>
<tr>
<td><strong>Canyon Village Market</strong></td>
<td>General Store</td>
</tr>
<tr>
<td><strong>Canyon Village Garbage</strong></td>
<td><strong>ATM</strong> Chase Bank and Maswik Lodge</td>
</tr>
<tr>
<td><strong>Chase Bank</strong></td>
<td>Monday to Thursday 9 am–9 pm; Friday 9 am–6 pm</td>
</tr>
<tr>
<td><strong>Garage</strong></td>
<td>Emergency repair and tow service</td>
</tr>
<tr>
<td><strong>Kaibab Learning Center</strong></td>
<td>Day care for one to 12 year olds; immunization records required. Monday to Thursday 9 am–9 pm; Friday 9 am–6 pm</td>
</tr>
<tr>
<td><strong>Kennel</strong></td>
<td>Dogs and cats need proof of vaccinations</td>
</tr>
<tr>
<td><strong>Lost and Found</strong></td>
<td>928-638-2631, ext. 6622</td>
</tr>
<tr>
<td><strong>Post Office</strong></td>
<td>Monday to Saturday 9 am–4:30 pm; Sunday 11 am–1 pm; closed Sunday and federal holidays</td>
</tr>
<tr>
<td><strong>Religious Services</strong></td>
<td>See schedules at Mather Campground</td>
</tr>
<tr>
<td><strong>Taxi Service</strong></td>
<td>Village and Tusayan</td>
</tr>
<tr>
<td><strong>WiFi and Public Computer Access</strong></td>
<td>Park Headquarters; free WiFi 9 am–5 pm; Monday to Friday, except federal holidays</td>
</tr>
<tr>
<td><strong>Yavapai Museum</strong></td>
<td>Arizona Geology Museum 8 am–7 pm</td>
</tr>
<tr>
<td><strong>Hermit’s Rest Gift Shop</strong></td>
<td>9 am–5 pm</td>
</tr>
<tr>
<td><strong>Hopi House</strong></td>
<td>9 am–5 pm</td>
</tr>
<tr>
<td><strong>Lookout Studio</strong></td>
<td>9 am–5 pm</td>
</tr>
<tr>
<td><strong>Maswik Lodge</strong></td>
<td>7 am–10 pm</td>
</tr>
<tr>
<td><strong>Yavapai Gift Shop</strong></td>
<td>Opens approximately March 11, 8 am–8 pm</td>
</tr>
</tbody>
</table>

**Lodging**

- **Bright Angel Lodge**, El Tovar Hotel, Kachina Lodge, Maswik Lodge, and Thunderbird Lodge Prices range from $96–446; same-day reservations: 928-638-2631; advance reservations: 888-297-2757 or grandcanyonlodges.com
- **Yavapai Lodge** Opens March 6, pets range from $142–178; reservations: 928-638-2631; advance reservations: 888-297-2757
- **Bright Angel RV Park** $36 per night for two people; $12.50 for each additional person over age 16; full hook-ups; dump station nearby; Maximum vehicle length: 30 feet (9.1 m); Reservations: recreation.gov or 877-444-6777.
- **Yavapai RV Park** $36 per night for two people; $12.50 for each additional person over age 16; full hook-ups; dump station nearby; Maximum vehicle length: 30 feet (9.1 m); Reservations: recreation.gov or 877-444-6777.
- **Laundry and Showers at Camper Services** 6 am–6 pm, last laundry wash 4:45 pm
- **Xanterra Mule Trips** Overnight trips to Phantom Ranch depart daily. A two-hour Canyon Vista ride along the rim departs twice daily. Inquire at Bright Angel or Maswik transportation desks or call 928-638-3023.

**Services**

- **ATM** Chase Bank and Maswik Lodge
- **Canyon Village Market** General Store* 
  - Groceries, supplies, and gifts. 8 am–8 pm
- **Chase Bank** Monday to Thursday 9 am–5 pm; Friday 9 am–6 pm, 928-638-2437
- **Garage** Emergency repair and tow service. 8 am to noon and 1–5 pm, 928-638-2631
- **Kaibab Learning Center** Day care for one to 12 year olds; immunization records required. Monday to Thursday 7 am–3:30 pm, 928-638-6333
- **Kennel** Dogs and cats need proof of vaccinations. 7:30 am–5 pm, 928-638-0534
- **Lost and Found** 928-638-2799, 928-638-2631
- **Post Office** Monday to Friday 9 am–4:30 pm; Saturday 11 am–1 pm; closed Sunday and federal holidays, 928-638-2512
- **Religious Services** See schedules at Mather Campground. Shrine of the Ages, Grand Canyon Post Office, Grand Canyon Visitor Center, and Park Headquarters
- **Taxi Service** in Village and Tusayan, 928-638-2822
- **WiFi and Public Computer Access** Park Headquarters; free WiFi 9 am–5 pm, Monday to Friday, except federal holidays. Computers available in the research library 8 am–4:30 pm, Monday to Friday, except federal holidays.
- **Community Library** Free WiFi and computers available, 10:30 am–5 pm, Monday to Saturday. Hotel Lobbies: WiFi 24 hours a day, fees may be charged
- **Canyon Village Market**: WiFi, see hours above

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- **Canyon Village Market**: WiFi, see hours above

**Food and Beverage**

- **Bright Angel Bicycles**: Bicycle, wheelchair, and stroller rentals, guided tours twice daily, and repairs: 9 am–5 pm, 928-638-3055 or bikegrandcanyon.com

**River Rafting**

**OUTSIDE THE PARK**
- **Colorado River Discovery**: 888-522-6644 or www.raftthecanyon.com

**Inquire at Bright Angel or Maswik transportation desks, 928-638-2631, or grandcanyonlodges.com.

**Xanterra Mule Trips**: Overnight trips to Phantom Ranch depart daily. A two-hour Canyon Vista ride along the rim departs twice daily. Inquire at Bright Angel or Maswik transportation desks or call 928-638-3023.

**River Rafting**

**SMOOTH-WATER RAFT TRIPS OUTSIDE THE PARK**

**White Water Rafting**

**INSIDE THE PARK**

**Colorado River Discovery**: 888-522-6644 or www.raftthecanyon.com

**Additional Resources**

- **Arizona Highway Information Dial 511 or 888-411-ROAD or visit ar511.gov**
- **Grand Canyon Chamber of Commerce** 844-638-2951, www.grandcanyonco.org
- **Kaibab National Forest** Tusayan Ranger District range station, 8 am–4:30 pm, Monday to Friday, 928-638-2443

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Day Hikes Below the Rim

A day hike into Grand Canyon affords an unparalleled experience. Knowledge, preparation, and a good plan are all keys to success. Consider purchasing a trail guide at a GCA Park Store before venturing down the trail. Gauge your fitness levels, be honest about your health, and don’t compare yourself to five years ago. Know your limits and avoid spontaneity—Grand Canyon is an extreme environment!

Park rangers say “going down is optional, but coming up is mandatory.” Plan to take twice as long to hike up as it took to hike down. Stay together, follow your plan, and know where and how to seek help.

Backcountry Camping Permits
You must obtain a permit from the Backcountry Information Center to camp anywhere in the park other than in a developed campground on the South Rim. A limited number of last minute walk-up permits are available.

For additional information about day and overnight hiking, visit the Backcountry Information Center or nps.gov/grca/planyourvisit/backcountry.htm.

<table>
<thead>
<tr>
<th>Trail</th>
<th>Destination</th>
<th>Distance Roundtrip</th>
<th>Difficulty</th>
<th>Elevation Change From the Rim</th>
<th>Time Roundtrip</th>
<th>Facilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bright Angel Trail:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Upper Tunnel</td>
<td>0.4 miles (0.6 km)</td>
<td>easy</td>
<td>60 feet (20 m)</td>
<td>20 minutes</td>
<td>none</td>
<td></td>
</tr>
<tr>
<td>Lower Tunnel</td>
<td>1.7 miles (2.8 km)</td>
<td>moderate</td>
<td>590 feet (180 m)</td>
<td>1–2 hours</td>
<td>none</td>
<td></td>
</tr>
<tr>
<td>1½-Mile Resthouse</td>
<td>3 miles (4.8 km)</td>
<td>moderate</td>
<td>1,120 feet (340 m)</td>
<td>2–4 hours</td>
<td>toilets, seasonal water, emergency phone</td>
<td></td>
</tr>
<tr>
<td>3-Mile Resthouse</td>
<td>6 miles (9.6 km)</td>
<td>difficult</td>
<td>2,120 feet (645 m)</td>
<td>4–6 hours</td>
<td>toilets, seasonal water, emergency phone</td>
<td></td>
</tr>
<tr>
<td>Indian Garden</td>
<td>9 miles (14.4 km)</td>
<td>very difficult</td>
<td>3,040 feet (925 m)</td>
<td>6–9 hours</td>
<td>water, toilets, ranger station, camping, emergency phone</td>
<td></td>
</tr>
<tr>
<td>Plateau Point</td>
<td>12 miles (19.3 km)</td>
<td>very difficult</td>
<td>3,080 feet (940 m)</td>
<td>9–12 hours</td>
<td>seasonal water</td>
<td></td>
</tr>
<tr>
<td>South Kaibab Trail:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ooh Aah Point</td>
<td>1.8 miles (2.9 km)</td>
<td>moderate</td>
<td>760 feet (230 m)</td>
<td>1–2 hours</td>
<td>none</td>
<td></td>
</tr>
<tr>
<td>Cedar Ridge</td>
<td>3 miles (4.8 km)</td>
<td>difficult</td>
<td>1,120 feet (340 m)</td>
<td>2–4 hours</td>
<td>toilets</td>
<td></td>
</tr>
<tr>
<td>Skeleton Point</td>
<td>6 miles (9.6 km)</td>
<td>very difficult</td>
<td>2,040 feet (620 m)</td>
<td>4–6 hours</td>
<td>none</td>
<td></td>
</tr>
<tr>
<td>Hermit Basin</td>
<td>2.8 miles (4.5 km)</td>
<td>difficult</td>
<td>1,240 feet (380 m)</td>
<td>2–4 hours</td>
<td>none</td>
<td></td>
</tr>
<tr>
<td>Santa Maria Spring</td>
<td>5 miles (8 km)</td>
<td>very difficult</td>
<td>1,680 feet (510 m)</td>
<td>4–6 hours</td>
<td>must treat water</td>
<td></td>
</tr>
<tr>
<td>Dripping Spring</td>
<td>7 miles (11.3 km)</td>
<td>very difficult</td>
<td>1,040 feet (315 m)</td>
<td>5–7 hours</td>
<td>must treat water</td>
<td></td>
</tr>
</tbody>
</table>

9 Essentials for Your Day Pack
Water At least two liters of water depending on hike intensity and duration. Eat and drink while resting; sip fluids while hiking. Always bring a method to treat water.

Food Salty snacks and a full meal. Eat often, even if you are not hungry. Snack every time you hydrate.

First Aid Kit and Survival Tools Also include medications, blister care, and duct tape.

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

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 a sun umbrella.

Communication Whistle or signal mirror; while cell phones are not reliable, they may be helpful.

Simple Shelters Emergency tarp with reflective side.

Weather-appropriate Clothing and Footwear Layer for the weather, protect yourself from the sun, and wear hiking boots with good soles. Remember that the weather can change suddenly.

4 Dangerous Health Risks

Common Challenges Any activity at high elevation and in a dry environment can bring your body past its limits, exacerbate medical conditions or current illnesses, and harm you due to a lack of regular exercise.

Heat-related Illnesses Beware of over-exposure to hot, dry weather. Rest in the shade, hydrate, and eat high-energy foods. If the weather is hot, start and finish your hike before 10 am or after 4 pm. Do not hike during the heat of the day.

Hypothermia This common hiking illness occurs from overhydration and low salt ingestion during a strenuous hike—a deadly condition if ignored. Balance hydration with salty snacks, eat a well-rounded lunch, and rest frequently.

Over Exertion When looking from the rim into Grand Canyon everything looks close—but it is not! Know your limits, pace yourself, and take a 5- to 10-minute break every hour. If you are not feeling well, rest at least 30 minutes. Turn around on your hike before you feel tired.

Warning! Hiking to the river and back in one day is not recommended due to long distances, extreme temperature changes, and a near 5,000-foot (1,500 m) elevation change each way. If you think you have the fitness and experience to attempt this extremely strenuous hike, please seek the advice of a park ranger at the Backcountry Information Center.

No Swimming The Colorado River is fast, wide, and a cold 46°F (8°C) year-round. Do not swim in the river—you will perish!
**Desert View**

**Books and Gifts**

Desert View Trading Post 9 am–6 pm  
Grand Canyon Association Park Stores

Desert View Watchtower 8 am to 9:30 pm before sunset. See page 2 for sunset times.

**Food and Beverage**

Desert View Market

**Services**

Desert View Service Station

**Camping**

Desert View Campground (National Park Service) April 19, 5 pm; located in Desert View.

**Park Ranger Programs**

Enjoy special programs at Tusayan Museum as staffing allows. Check at museum for information.

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**Walk the Rim Trail**

The Rim Trail stretches from South Kaibab Trailhead to Hermit Rest. It offers a diverse hiking experience along 13 miles (21 km) of the canyon, shown by brown and green dashed lines on the map on pages 4–5. Choose your adventure, from a short sunrise walk to a full afternoon hike. The Rim Trail offers wheelchair-accessible from Lookout Studio to South Kaibab Trailhead. Ride the free shuttle bus and add variety into your Rim Trail adventure by walking one way and riding back. Distances below are one way.

<table>
<thead>
<tr>
<th>Difficulty</th>
<th>Start</th>
<th>Finish</th>
<th>Distance</th>
<th>Attraction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Easy, popular Wide, paved path; accessible for strollers and wheelchairs with assistance</td>
<td>Mather Point</td>
<td>Yauapi Point</td>
<td>0.7 miles (1.1 km)</td>
<td>View of Colorado River and Phantom Ranch</td>
</tr>
<tr>
<td>Easy, less popular Little elevation gain</td>
<td>South Kaibab Trailhead</td>
<td>Mather Point</td>
<td>2.1 miles (3.4 km)</td>
<td>Great views of a trail going down into Grand Canyon; paved</td>
</tr>
<tr>
<td>Moderate Same elevation gain and/or rough terrain</td>
<td>Monument Creek Vista</td>
<td>Hermit Rest</td>
<td>2.8 miles (4.5 km)</td>
<td>Quiet and less crowded with forest and canyon views; paved</td>
</tr>
<tr>
<td></td>
<td>Hopkins Point</td>
<td>Powell Point</td>
<td>0.3 miles (0.5 km)</td>
<td>Expansive east and west views of Grand Canyon; unpaved</td>
</tr>
<tr>
<td></td>
<td>Mohave Point</td>
<td>Monument Creek Vista</td>
<td>2.0 miles (3.2 km)</td>
<td>Unpaved trail with great views</td>
</tr>
<tr>
<td></td>
<td>Hermit Rest</td>
<td>Trailview</td>
<td>0.7 miles (1.1 km)</td>
<td>Views of the Village and Bright Angel Trail; paved, steep grade</td>
</tr>
</tbody>
</table>

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**Pedaling the Park**

Bicycle along the canyon rim and through peaceful forest scenery by following the green dashed lines on the map on pages 4–5. Bicycles are only permitted on the Greenway Trail, paved roads, and dirt roads open to vehicles. Bicycles are prohibited on the Rim Trail and trails down into Grand Canyon. Consider riding your bicycle one way and riding the shuttle bus back.

Obey all traffic regulations, ride single file with the flow of traffic, and wear bright colors and a helmet. Watch for ice on all roads and trails. On Yaki Point and Hermit roads, bicyclists must pull to the right shoulder and dismount when a shuttle bus passes.

Did you know? A four-mile (6.4 km) bicycle trip keeps approximately 15 pounds (6.8 kg) of vehicle pollutants out of the air we breathe.