Top Grand Canyon Activities

Canyon Rim Activities

VIEW THE RIVER
The Colorado River, flowing 1,400 miles (2,250 km) from Colorado to the Gulf of California, carved Grand Canyon 5-6 million years ago. Visit Lipan Point on Desert View Drive for an amazing river view. In addition to plants, animals, and rocks, Grand Canyon National Park also protects natural quiet. Travel to Pima Point on Hermit Road to hear the rapids roaring far below you.

SEE SUNSET OR STARGAZE
Let changing light in the canyon inspire you as you stroll 0.3 miles (0.5 km) between Powell and Hopi points. Begin an hour before sunset for the best views and stay past sunset to gaze at the millions of stars above. Grand Canyon National Park protects dark skies to limit the impact of light and air pollution on your view.

WALK THE TRAIL OF TIME
Stroll 1.3 miles (2.1 km) between Yavapai Geology Museum and Verkamp’s Visitor Center along this award-winning trail. Use signs along the trail to learn geology and locate the rocks in the canyon walls. Touch samples from the different layers and look for fossils as you explore the trail.

LOOK FOR CONDORS
California condors symbolize what national parks embody: preservation of the earth’s wonders. Their reintroduction motivates us to protect this important landscape for future generations. Look for condors near Bright Angel Lodge, Pipe Creek Vista, and along the Bright Angel and South Kaibab trails. Please stay 75 feet (23 m) away from these critically endangered birds.

Inner-Canyon Activities

HIKE BRIGHT ANGEL TRAIL
Venture partway into the canyon. As you descend, climate and habitat change from mountain to desert conditions. Look for plants and animals from different life zones as you travel from pine trees to cactus through this outdoor biological museum. Follow the hiking safety information on page 7.

Indoor Activities

EXPLORE HISTORY
Discover the people and events that helped shape the development and protection of Grand Canyon at the Bright Angel Lodge History Room and Verkamp’s Visitor Center.

Travel to Desert View where you can tour Desert View Watchtower, a recreation of ancestral Puebloan towers in other Southwest locations. View murals and paintings as you climb 85 steps to the top for 360-degree views of Grand Canyon and the Painted Desert.

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 stamp for your Passport® to Your National Parks are available at these facilities, except for the Backcountry Information Center. The stamp is also available at Indian Garden and Phantom Ranch.

Grand Canyon Village

GRAND CANYON VISITOR CENTER
Plan your visit, see the park film Grand Canyon: A Journey of Wonder, and learn about Grand Canyon with the park’s newest exhibits. Park Store, bicycle rental, food service, and Mather Point nearby. 8 am–6 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–8 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–8 pm

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

Desert View

DESERT VIEW VISITOR CENTER
Discover how Grand Canyon continues to inspire a variety of people. Document a Grand Canyon memory by writing or drawing in the visitor journal. 8 am–6 pm

TUASAYAN MUSEUM AND RUIN
See original artifacts, including split twig figurines and ancestral Puebloan pottery. Gain insight into local American Indians. Museum: 9 am–5 pm

Lightning poses a serious threat to visitors standing on the canyon’s rim. If you see lightning, immediately seek shelter inside.

See page 8 to learn about important summer safety precautions.
Special Events and Opportunities

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

**Grand Canyon After Dark**

**23RD ANNUAL SOUTH RIM STAR PARTY**

**June 8–15**

Grand Canyon Visitor Center

Free telescope viewing starting at dusk; best after 9 pm. Slide show 8 pm in theater; limited capacity; arrive early. Constellation tours at 9, 9:30, and 10 pm. Bring flashlight for arriving and departing; no white lights allowed in telescope lot. Dress warmly. Wheelchair accessible.

**SPECIAL NIGHT PROGRAMS**

Explore Grand Canyon in the dark with full moon walks, star talks, cemetery walks, or a special Twilight Zone program for families and children. Offered as staffing allows.

**THE SUN AND MOON**

**Date**  |  **Sunrise**  |  **Sunset**
--- | --- | ---
May 15 | 5:22 am | 7:28 pm
June 1 | 5:13 am | 7:40 pm
June 15 | 5:11 am | 7:47 pm
July 1 | 5:15 am | 7:49 pm
July 15 | 5:23 am | 7:46 pm
August 15 | 5:36 am | 7:34 pm
August 15 | 5:47 am | 7:19 pm
September 1 | 6:00 am | 6:57 pm

Full moon: May 24 | 6:35 pm
June 23 | 8:06 pm
July 22 | 7:34 pm
August 20 | 6:48 pm

Step Back in Time

**THE AMAZING KOLB BROTHERS: A GRAND LIFE AT GRAND CANYON**

Daily

Kolb Studio

Come see Grand Canyon through the eyes of photographers Emery and Ellsworth Kolb in this free exhibit. Be amazed and inspired by their stories, and view the movie that remains a box office hit.

**ECHOES FROM THE CANYON**

**June 24, July 6, August 10**

McKee Amphitheater

Experience Grand Canyon’s rich past as historical characters come to life and share stories about building the foundations of the village historic district.

**PRESIDENT THEODORE ROOSEVELT SALUTES THE NATIONAL PARK SERVICE**

**June 23, 8:30 pm**

McKee Amphitheater

Join Joe Wiegand, the world’s premire Theodore Roosevelt impersonator, for a living history presentation portraying the 26th President of the United States. For information about Mr. Wiegand, visit www.teddyrooseveltshow.com.

**Fun for Kids**

**JUNIOR RANGERS**

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, and attend 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.

Unique Junior Ranger programs are also available on the North Rim (May to October) and at more than 250 national parks, seashores, and monuments nationwide. The Junior Ranger program is generously supported by the Grand Canyon Association.

**DISCOVERY PACK**

Borrow a backpack filled with naturalist tools to explore many of Grand Canyon’s riches with your family. Complete four or more activities in the journal to purchase the Discovery Pack patch. Parents sign out packs and return them to Grand Canyon Visitor Center within 24 hours. Pick up your Discovery Pack between 8 am and noon at Grand Canyon Visitor Center.

Beyond the South Rim

**VIRTUAL CACHING**

Grand Canyon National Park introduces a Virtual Cache program that allows a new way to explore the park. The first series of caches will be EarthCaches, which are specifically tailored towards geology, educational experiences, modern technology, and outdoor adventures. Stop by Grand Canyon Visitor Center or visit www.nps.gov/grca to get your EarthCache information and start your adventure today. You will need your own GPS-enabled device to participate.

**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 calling rates apply. Funded by the Grand Canyon Association.

**LEARN IN AN OUTDOOR CLASSROOM**

**Teachers: Field Trips, Workshops, and Distance Learning**

For information, call 828-638-7931 or www.nps.gov/grca/teacher.htm

**Expeditions for Teens**

www.nps.gov/grca/kids/camp.htm

**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. Offered in Grand Canyon’s backcountry, these programs are 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 topics, times, and locations. Phantom Ranch Junior Ranger activity booklet available. Accessible only by hiking or a mule ride to the bottom of Grand Canyon.

**RELAX ON THE NORTH RIM**

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

**Grand Canyon Lodge**

877-386-4183 or www.foreverrosetours.com

**North Rim Campground**

877-444-6777 or www.recreation.gov
Discover Grand Canyon with free programs given by park rangers and volunteers. Parking is limited in Grand Canyon Village. Park rangers recommend you ride the free shuttle buses to program locations. All program times are Mountain Standard; Arizona does not recognize daylight-saving time. Outdoor programs may be cancelled during inclement weather or when lightning danger is present.

Children must be accompanied by an adult at all times. Dress warmly and bring a flashlight for programs after 6 pm. **For all hikes, bring 2 quarts (liters) of water, sunscreen, hat, snacks, and sturdy hiking shoes. Programs in blue take place 25 miles (40 km) east of Grand Canyon Village in the Desert View area.

**Designed for families with children

<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>Adventure Hike Explore the inner canyon on this strenuous, 2-mile, round-trip hike on the Hermit Trail designed for families. This hike is not recommended for people with heart or respiratory problems or difficulty walking.**</td>
<td>Hermit Rest (at the bell)</td>
<td>2–3 hours</td>
<td>Starts June 9; for ages 9 and older</td>
</tr>
<tr>
<td>8:30 am</td>
<td>Guided Hike Hike a less-traveled route along the rim. You may choose to return hike, continue on to Hermit Rest, or ride the shuttle bus.**</td>
<td>Hermit Rest Route Transfer Stop</td>
<td>2 hours</td>
<td>Accessible</td>
</tr>
<tr>
<td>8:30 am</td>
<td>Ranger on the Rim: Climate Change and Fire Ecology Stop by anytime between 8:30 am and 10:30 am to learn about park science and current research.</td>
<td>Pipe Creek Overlook</td>
<td></td>
<td>Parking ranger present for 2 hours</td>
</tr>
<tr>
<td>9 am</td>
<td>Natural Wonders Discover what makes Grand Canyon one of the seven natural wonders of the world during this exciting program designed for families.</td>
<td>Grand Canyon Visitor Center (flagpole)</td>
<td>30 minutes</td>
<td>Starts June 9</td>
</tr>
<tr>
<td>9:30 am</td>
<td>Fossil Walk Stroll through an ancient ocean of marine creatures on this 0.5-mile (0.8 km), one-way walk along the rim.</td>
<td>Bright Angel Lodge (rim side patio)</td>
<td>1 hour</td>
<td>Parking is limited</td>
</tr>
<tr>
<td>10 am</td>
<td>Walk on the Wild Side Explore the natural world of Grand Canyon during this 0.5-mile (0.8 km) walk through the forest to the canyon rim aimed at families. Rocky, uneven terrain; sturdy shoes advised.</td>
<td>Shrine of the Ages</td>
<td>1 hour</td>
<td>Starts June 9 and ends August 10</td>
</tr>
<tr>
<td>11 am</td>
<td>Geology Walk Discover Grand Canyon’s amazing geology story. Why is it so deep, deep, and wide? Why does it exist only here and nowhere else in the world?</td>
<td>Tusayan Geology Museum</td>
<td>1 hour</td>
<td>Accessible</td>
</tr>
<tr>
<td>11 am</td>
<td>Ancestral Puebloan Walk Learn how ancient residents found everything they needed to live.</td>
<td>Tusayan Museum</td>
<td>30 minutes</td>
<td>Accessible</td>
</tr>
<tr>
<td>1 pm</td>
<td>Ranger on the Rim: California Condor Stop by anytime between 1 pm and 3 pm to learn about park science and current research.</td>
<td>Hopi Point</td>
<td></td>
<td>Park ranger present for 2 hours</td>
</tr>
<tr>
<td>1 pm</td>
<td>Storytime Adventure Hear children’s books about Grand Canyon with props and interactive games that bring the stories to life.</td>
<td>El Tovar Porch (rim side)</td>
<td>30 minutes</td>
<td>Starts June 9; for ages 2–6</td>
</tr>
<tr>
<td>1:30 pm</td>
<td>Ancestral Puebloan Walk Learn how ancient residents found everything they needed to live.</td>
<td>Tusayan Museum</td>
<td>30 minutes</td>
<td>Accessible</td>
</tr>
<tr>
<td>1:30 pm</td>
<td>Geo-glimpse Learn how Grand Canyon formed while exploring Yavapai Geology Museum. Consider walking the Trail of Time following the program.</td>
<td>Lipan Point</td>
<td>20 minutes</td>
<td>Parking is limited</td>
</tr>
<tr>
<td>1:30 pm</td>
<td>History Walk Discover stories of people’s enduring relationship with the canyon and take a short walk around the village historic district. Perfect for train passengers.</td>
<td>Verkamp’s Visitor Center</td>
<td>1 hour</td>
<td>Parking is limited</td>
</tr>
<tr>
<td>2 pm</td>
<td>Critter Chat Come learn about Grand Canyon’s cute, fuzzy, scaly, and venomous wildlife. Perfect for train passengers and families.</td>
<td>Verkamp’s Visitor Center</td>
<td>30 minutes</td>
<td>Starts June 9 and ends August 10</td>
</tr>
<tr>
<td>2.30 pm</td>
<td>Rails, Trails, and Tall Tales Hear tales of early park visitors’ adventures getting to Grand Canyon by horseback, stagecoach, train, mule, and car. Perfect for train passengers.</td>
<td>Train Depot</td>
<td>30 minutes</td>
<td></td>
</tr>
<tr>
<td>3 pm</td>
<td>Ranger on the Rim: Colorado River Stop by anytime between 3 pm and 5 pm to learn about park science and current research.</td>
<td>Hopi Point</td>
<td></td>
<td>Park ranger present for 2 hours</td>
</tr>
<tr>
<td>3 pm</td>
<td>Geo-glimpse Learn how Grand Canyon formed while exploring Yavapai Geology Museum. Consider walking the Trail of Time following the program.</td>
<td>Yavapai Geology Museum</td>
<td>30 minutes</td>
<td>Accessible</td>
</tr>
<tr>
<td>3:30 pm</td>
<td>Natural Wonders Discover what makes Grand Canyon one of the seven natural wonders of the world during this exciting program designed for families.</td>
<td>Grand Canyon Visitor Center (flagpole)</td>
<td>30 minutes</td>
<td>Starts June 9</td>
</tr>
<tr>
<td>3:30 pm</td>
<td>Snapshot Talk Explore a moment in time and learn about Grand Canyon’s immense natural and cultural resources.</td>
<td>Tusayan Museum</td>
<td>20–30 minutes</td>
<td>Accessible</td>
</tr>
<tr>
<td>4 pm</td>
<td>Kids Rock Join in on fun games and activities exploring Grand Canyon’s natural world with programs about fire ecology, water, inacts, bats, people of the past, and much more.</td>
<td>Shrine of the Ages</td>
<td>1 hour</td>
<td>Starts June 9</td>
</tr>
<tr>
<td>4:30 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</td>
</tr>
<tr>
<td>4:30 pm</td>
<td>The Canyon in Focus Walk along a less-traveled section of the canyon rim. Experience how this incredible landscape inspired American Indians, explorers, scientists, and artists.**</td>
<td>South Kaibab Trailhead</td>
<td>1 hour</td>
<td>Trailhead closed to vehicles; use Kaibab/ Rim Route shuttle</td>
</tr>
<tr>
<td>6 pm</td>
<td>Ranger on the Rim: Grand Canyon Sunset Stop by anytime between 6 pm and 8 pm to enjoy the beauty and tranquility of Grand Canyon with a park ranger.</td>
<td>Hopi Point</td>
<td></td>
<td>Park ranger present for 2 hours</td>
</tr>
<tr>
<td>6 pm</td>
<td>Active Trails Stretch your legs, have some fun, and explore some less-visited areas of the South Rim while learning about the Grand Canyon community.**</td>
<td>Park Headquarters</td>
<td>2–4 hours</td>
<td>Mondays only; bring a flashlight</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Campfire Program Experience a traditional family campfire program and learn what Grand Canyon offers.</td>
<td>Mather Campground Sage Loop Campfire Circle</td>
<td>1 hour</td>
<td>Starts May 23 and ends August 10</td>
</tr>
<tr>
<td>8:30 pm</td>
<td>Twilight Talk Discover more about one of the canyon’s extraordinary features. Wear weather-appropriate clothing. See page 2 for sunset times.</td>
<td>Desert View Point</td>
<td>45 minutes</td>
<td></td>
</tr>
<tr>
<td>8:30 pm</td>
<td>Evening Program Relax beneath the stars and enjoy a presentation about Grand Canyon’s fascinating natural or cultural history. Check visitor centers for topics.</td>
<td>Mather Amphitheater</td>
<td>1 hour</td>
<td>Trails to the amphitheater are paved; short sections exceed 5% grade.</td>
</tr>
</tbody>
</table>
Getting Around Grand Canyon

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 BELOW**
- 80 minutes round-trip
- Nine overlooks
- Toilets at Hopi Point
- Water, snack bar, toilets, and gift shop at Hermits Rest
- Buses run every:
  - 30 minutes 4–6:45 am
  - 15 minutes 6:45 am–7 pm
  - 30 minutes from sunset to an hour after sunset
- First bus leaves Hermits Rest Trailhead at 6:30 am; last bus leaves at 9:45 pm

**VILLAGE ROUTE—BLUE ON MAP BELOW**
- 50 minutes round-trip
- Grand Canyon Visitor Center, hotels, restaurants, campgrounds
- Scenic canyon views are a short walk from some stops
- Buses run every:
  - 30 minutes 4–6:15 am
  - 15 minutes 6:15 am–7 pm
  - 30 minutes 7–11 pm; visitors should be at a bus stop by 10:30 pm
- First bus leaves Village Route bus stop at 6:30 am; last bus leaves at 10:30 pm

**KAIBAB/RIM ROUTE—ORANGE ON MAP BELOW**
- 50 minutes round-trip
- Five viewpoints
- Grand Canyon Visitor Center and Yavapai Geology Museum
- Access to South Kaibab Trailhead
- Buses run every:
  - 30 minutes 4–6:30 am
  - 17 minutes 6:30 am to sunset
  - 30 minutes from sunset to an hour after sunset
- First bus leaves South Kaibab Trailhead at 6:30 am; last bus leaves at 9:30 pm

**TUSAYAN ROUTE—PURPLE ON MAP BELOW**
- 40 minutes round-trip
- IMAX, Best Western Grand Canyon Squire Inn, Grand Hotel, Big E Grand Canyon Steakhouse and Saloon, Grand Canyon Visitor Center
- Buses run every 20 minutes:
  - First bus leaves IMAX at 8 am; last bus leaves at 9:45 pm
  - First bus leaves Grand Canyon Visitor Center at 8:25 am; last bus leaves at 9:30 pm

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**Car and Driving FAQ**

*Where can I drive my car?*
You can drive anywhere there is a solid black line on the maps in this Guide. Hermits Road and Yaki Point Road are closed to private vehicles; a free shuttle bus provides access.

*Where can I park?*
All parking lots in Grand Canyon Village are located near free shuttle bus stops.

- **PARKING LOTS**
  - **1–4**: Grand Canyon Village Visitor Center
  - **5**: Lot 1 includes auto, RV, and trailer parking.
  - **6**: Parking Lot A, Park Headquarters
  - **7**: Parking Lot B, Market Plaza
  - **8**: Parking Lot C, near Center Road in Grand Canyon Village
  - **9**: Parking Lot D, Backcountry Information Center. Lot D includes auto parking in the north end and RV and trailer parking in the south end.

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*Where is the best place to see views of the canyon using my car?*
Consider driving Desert View Drive, a 25-mile (40 km) road with many viewpoints. Don’t forget to stop at Desert View Watchtower; see page 8 for information.

*What else do I need to know about driving?*
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. Do not stop in the road.

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.
Shuttle Bus FAQ

Are the shuttle buses free?
Yes, park entrance fees include shuttle bus 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. Note: During the busy part of the day, buses fill quickly, and you may have to wait for two or three shuttle buses to board.

What are the shuttle bus rules?
1. No eating or open drink containers.
2. No pets. Service animals permitted.
3. Collapse strollers before entering the bus. No oversized or jogging strollers.
4. 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.
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?
Buses are equipped with ramps to accommodate passengers in wheelchairs smaller than 30 inches wide by 48 inches long (76 by 122 cm). Most motorized scooters will not fit on buses.


**South Rim Services and Facilities**

**Food and Beverage**
- **Bright Angel Bicycles Near Grand Canyon Visitor Center**
  - Café at Mather Plaza: 8 am–6 pm

**Bright Angel Lodge**
- The Arizona Room: Lunch 11:30 am–3 pm; Dinner 4:30–10:45 pm

**Bright Angel Coffee House**
- 4:30–10 pm

**Bright Angel Lodge**
- Maswik Cafeteria: 6 am–10 pm

**Canyon Village Market**
- Canyon Village Deli: 7 am–8 pm

**EL Tovar Hotel**
- El Tovar Dining Room: Breakfast 6:10–9:45 am; Lunch 11:15 am–4 pm; Dinner 4:30–10 pm; Lounge: 11 am–11 pm

**Hermits Rest**
- Hermits Rest Snack Bar: 8 am to sunset

**Maswik Lodge**
- Maswik Cafeteria: 6 am–10 pm
- Maswik Pizza Pub: 11 am–11 pm

**Yavapai Lodge**
- Yavapai Cafeteria: 6 am–9 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–8 pm
- At Kolb Studio 8 am–8 pm
- At Verkamp’s Visitor Center: 8 am–8 pm
- At Yavapai Geology Museum: 8 am–8 pm

**Hermits Rest Gift Shop**
- 8 am to sunset

**Hopi House**
- 8 am–8 pm

**Lookout Studio**
- 8 am to sunset

**Maswik Lodge**
- 7 am–10 pm

**Yavapai Lodge Curie**
- 7 am–10 pm

**Biking Explorations**

**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, paved roads, and dirt roads open to the public. Bicycles are prohibited on the Rim Trail and trails down in to Grand Canyon.

**South Rim (15 miles)

**Bike rental**
- Bright Angel Bicycles: 8:30 am–6 pm

**River Rafting**
- Smooth-Water Raft Trips Outside Park: 888-522-6644

**Whitewater Rafting Trips in Park**
- See www.nps.gov/grca/ for information about reserving multi-day whitewater raft trips.

**Tusayan, Arizona**

**Located seven miles (11 km) south of Grand Canyon Visitor Center 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

**Hitchhiking**
- 7 Mile Lodge 928-638-2291

**Camping**
- Mather Campground (GPS): $18/bright family site; $5/vehicle group site; $25/bright home site.

**Horseback Riding**
- Reservations: 877-444-6777 or www.recreation.gov

**Tours and Trips**
- Mule Trips Two-day trip to Phantom Ranch: depart daily. A 3-hour rise forest ride to The Abyss departs twice daily.

**WiFi and Computers**
- WiFi available 24 hours a day; führen

**Additional Resources**
- Arizona Highway Information Dial 511 or 888-411-ROAD; www.az511.gov
- Grand Canyon Chamber of Commerce 888-472-2696, www.grandcanyonchamber.com

**Contact Information**
- Grand Canyon National Park – South Rim

**Difficulty**

<table>
<thead>
<tr>
<th>Start</th>
<th>Finish</th>
<th>Distance</th>
<th>Attraction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mother Point</td>
<td>Yavapai Point</td>
<td>0.7 miles (1.1 km)</td>
<td>View the Colorado River and Phantom Ranch</td>
</tr>
<tr>
<td>Yavapai Geology Museum</td>
<td>Verkamp’s Visitor Center</td>
<td>1.3 miles (2 km)</td>
<td>See and touch canyon rocks along the award-winning Trail of Time</td>
</tr>
<tr>
<td>Verkamp’s Visitor Center</td>
<td>Kolb Studio</td>
<td>0.6 miles (1 km)</td>
<td>Explore local history in the village historic district</td>
</tr>
<tr>
<td>South Kaibab Trailhead</td>
<td>Mather Point</td>
<td>2.1 miles (3.4 km)</td>
<td>Great views of an inner-canyon trail, paved</td>
</tr>
<tr>
<td>Monument Creek</td>
<td>Hermit’s Rest</td>
<td>2.8 mile (4.5 km)</td>
<td>Quiet and uncrowded with forest and canyon views, paved</td>
</tr>
<tr>
<td>Hopi Point</td>
<td>Powell Point</td>
<td>0.3 miles (0.5 km)</td>
<td>Expansive east and west views of the canyon, unpaved</td>
</tr>
<tr>
<td>Mohave Point</td>
<td>Route Transfer</td>
<td>2.0 miles (3.2 km)</td>
<td>Unpaved trail with great views</td>
</tr>
<tr>
<td>Hermits Rest</td>
<td>Monument Creek</td>
<td>0.7 miles (1.1 km)</td>
<td>Overlooks Grand Canyon Village and Bright Angel Trail, paved, steep grade</td>
</tr>
</tbody>
</table>

**Food Options**
- Bright Angel Lodge: 7 am–10 pm
- El Tovar Hotel: 7 am–10 pm
- Grand Canyon Association Park Stores: 8 am–8 pm
- Yavapai Lodge Curie: 7 am–10 pm

**Bicycle Rentals**
- Bright Angel Bicycles: 8:30 am–6 pm

**Tours and Trips**
- Mule Trips Two-day trip to Phantom Ranch: depart daily. A 3-hour rise forest ride to The Abyss departs twice daily.

**WiFi and Computers**
- WiFi available 24 hours a day; führen

**Additional Resources**
- Arizona Highway Information Dial 511 or 888-411-ROAD; www.az511.gov
- Grand Canyon Chamber of Commerce 888-472-2696, www.grandcanyonchamber.com
Day Hiking Below the Rim

Day hiking into the canyon affords an unparalleled experience. For an enjoyable hike you must prepare for extreme conditions. Gauge your fitness level, be honest about your health, and don’t compare yourself to five or 10 years ago. Know your limits and average walking distance and time. Grand Canyon is an extreme environment! For additional information about day and overnight hiking, visit: www.nps.gov/grca/planyourvisit/backcountry.htm.

<table>
<thead>
<tr>
<th>Trail</th>
<th>Difficulty</th>
<th>Destination</th>
<th>Distance Round-Trip</th>
<th>Elevation Change One Way</th>
<th>Time Round-Trip</th>
<th>Facilities</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bright Angel Trail:</strong> Follow the Bright Angel Fault down Garden Creek Canyon on a maintained trail. Plan to park at Grand Canyon Visitor Center and ride the Village Route shuttle bus to the Hermit's Rest Route Transfer stop or park at the Backcountry Information Center and walk to the trailhead. Water available at trailhead; water occasionally not available at Indian Garden and resthouses due to pipeline breaks. Always bring a method to treat water.</td>
<td>easy</td>
<td>1st Tunnel</td>
<td>0.4 miles (0.6 km)</td>
<td>60 feet (20 m)</td>
<td>20 minutes</td>
<td>none</td>
</tr>
<tr>
<td></td>
<td>moderate</td>
<td>2nd Tunnel</td>
<td>1.7 miles (2.8 km)</td>
<td>590 feet (180 m)</td>
<td>1–2 hours</td>
<td>none</td>
</tr>
<tr>
<td></td>
<td>difficult</td>
<td>1½-Mile Redhouse</td>
<td>3 miles (4.8 km)</td>
<td>1,120 feet (340 m)</td>
<td>2–4 hours</td>
<td>toilets, water, emergency phone</td>
</tr>
<tr>
<td></td>
<td>very difficult</td>
<td>Indian Garden</td>
<td>9 miles (14.4 km)</td>
<td>3,040 feet (925 m)</td>
<td>6–9 hours</td>
<td>water, toilets, ranger station, camping, emergency phone</td>
</tr>
<tr>
<td><strong>South Kaibab Trail:</strong> Follow an exposed ridge line on a maintained trail for the best views for a relatively short hike. Ride the Kaibab/Rim Route or Hikers' Express shuttle bus to the South Kaibab Trailhead. Water, toilets, and pay phone located at trailhead. For Skeleton Point start before 6 am to avoid hiking in mid-day heat.</td>
<td>moderate</td>
<td>Ooh Aah Point</td>
<td>1.8 miles (2.9 km)</td>
<td>760 feet (230 m)</td>
<td>1–2 hours</td>
<td>none</td>
</tr>
<tr>
<td></td>
<td>difficult</td>
<td>Cedar Ridge</td>
<td>3 miles (4.8 km)</td>
<td>1,120 feet (340 m)</td>
<td>2–4 hours</td>
<td>toilets</td>
</tr>
<tr>
<td></td>
<td>very difficult</td>
<td>Skeleton Point</td>
<td>6 miles (9.6 km)</td>
<td>2,040 feet (620 m)</td>
<td>4–6 hours</td>
<td>none</td>
</tr>
<tr>
<td><strong>Hermit Trail and Dripping Spring Trail:</strong> Gives intimate views of a long side canyon; rough and unmaintained—for experienced hikers. Begins west of Hermit's Rest; water and toilets available at Hermit's Rest.</td>
<td>difficult</td>
<td>Hermit Basin</td>
<td>2.8 mi (4.5 km)</td>
<td>1,240 feet (380 m)</td>
<td>2–4 hours</td>
<td>none</td>
</tr>
<tr>
<td></td>
<td>very difficult</td>
<td>Santa Maria Spring</td>
<td>5 miles (8 km)</td>
<td>1,680 feet (510 m)</td>
<td>4–6 hours</td>
<td>treat water</td>
</tr>
<tr>
<td></td>
<td>very difficult</td>
<td>Dripping Spring</td>
<td>7 miles (11.3 km)</td>
<td>1,040 feet (315 m)</td>
<td>5–7 hours</td>
<td>treat water</td>
</tr>
</tbody>
</table>

**Prepare a Day Pack With:**
Water One quart/liter for every two hours, or drink to thirst. Know your water sources.
Food Bring salty snacks and a full meal. Eat often, even if you are not hungry.
First Aid Kit and Survival Tools Also include medications, 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 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 and wear hiking boots with good soles, a hat, and sunglasses.

**Hike Smart**
Plan Knowledge, being prepared, and a good plan are all keys to success. Grand Canyon is not the place for spontaneity. Good plans are all keys to success. Grand Canyon is an extreme environment! For additional information about day and overnight hiking, visit: www.nps.gov/grca/planyourvisit/backcountry.htm.

**Health Risks**

Common Challenges Grand Canyon's climate and elevation can intensify all health issues, including minor colds, making hiking more difficult.

**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.

**Opunatremia** Results from low sodium in the blood from drinking too much water, not replacing that loss through salty food intake, and losing salt in the blood from drinking too much water, not replacing that loss through sweating. Symptoms include nausea, vomiting, altered mental status and frequent urination. Have the patient rest in shade for a long period of time and eat salty foods. If the person's mental alertness decreases seek immediate help.

**Heat Illness** Heat exhaustion can rapidly progress into heat stroke which may result in death. Avoid heat illnesses by taking preventative measures: eat plenty of salty foods, rest often, seek shade, and keep clothing wet. If a person becomes mentally altered, seek immediate help and cool the patient.

**Reflection**

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

Maps do not show all trails; use for trip planning only. Consider purchasing a trail guide at Park Stores before venturing down the trail.

**Day Hiking to the Colorado River**

Day hiking to the Colorado River is not recommended due to long distances, extreme temperature changes, and a near 5,000-foot (1,500 m) elevation change each way.

**Do Not Swim in the Colorado River**

Diving and swimming in the Colorado River have caused numerous deaths. River currents are fast and the water is a dangerously cold 46°F (8°C).

Pay Attention to National Weather Service Red Flag Warnings When hiking trails reach 99°F (35°C), consider shortening your plans. Hike before 10 am and after 4 pm.

The Guide • Summer 2013
Desert View

Staying Safe at Grand Canyon

What Do I Need to Know About Elevation and Weather? At 7,000 feet (2,135 m) elevation, you may feel short of breath, nauseous, or tire easily. Direct sun can cause dehydration and sunburn. Use sunblock or tire easily. Direct sun can cause dehydration and sunburn. Use sunblock

Monsoon storms are common during summer. When you hear thunder, move back from the canyon rim. Do not stand under a tree. Seek shelter inside a vehicle, shuttle bus, or building; note that shuttle buses only stop at designated bus stops. Be aware of possible flash floods and falling rocks during and after storms.

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.

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

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 spring calving season (May and June) and fall rut (September and October).

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.

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. These limits do not apply to service animals, but anyone wishing to take a service animal below the rim must check in at the Backcountry Information Center. Kennel information on page 6.

Books and Gifts
Desert View Trading Post 8 am to sunset
Desert View Watchtower 8 am to sunset
Desert View Watchtower Stairs 8 am to one half hour before sunset.

Grand Canyon Association Park Stores
at Desert View Visitor Center 8 am–6 pm
at Tusayan Museum and Ruin 9 am–5 pm

Food and Beverage
Desert View Snack Bar 8 am to sunset; located in Desert View Trading Post

Services
Desert View Market 8 am–7 pm
Gas Station 9 am–5 pm; fuel available 24 hours a day with credit card, including diesel

Camping
Desert View Campground (NPS) $12/night; no hookups; maximum vehicle length 30 feet (9.1 m). First-come, first-served self-registration.

Park Ranger Programs
See page 3 for program locations, times, and descriptions.

Emergencies
Dial 911 or from hotel rooms dial 9-911
North Country Grand Canyon Clinic Urgent care available. 8 am–6 pm daily. 928-638-2551

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