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), take 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
   Explore nine stunning overlooks along the seven-mile (11 km) Hermit Road and perhaps take a stroll between viewpoints. 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, learn about Grand Canyon geology along the Trail of Time, or explore 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. Allow 30 minutes to all day.

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 how plants and animals adapt to winter. Tour ancestral Puebloan ruins or learn about local history. Whatever your interests, you will find a program to suit you on page 2 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 watch 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 and sunset. 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 bookstores 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.
**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.

<table>
<thead>
<tr>
<th>Time</th>
<th>Programs</th>
<th>Meeting Location</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 am</td>
<td>Geology Walk: Discover Grand Canyon’s amazing geologic story. Why is it so deep, wide, and grand? Why does it exist only here? Accessible.</td>
<td>Yavapai Geology Museum</td>
<td>60 minutes, daily</td>
</tr>
<tr>
<td>10:30 am</td>
<td>History Talk: Hear stories of people’s enduring relationship with Grand Canyon. Parking is limited; ride the Village Route shuttle bus to the Train Depot stop. Accessible.</td>
<td>Verkamp’s Visitor Center Porch, program inside or outside.</td>
<td>30 minutes, Sunday to Thursday only</td>
</tr>
<tr>
<td>1:45 pm</td>
<td>Kolb Studio Tour: Step back in time and delve into the lives of the Kolb brothers as you tour their 1904 home and photography studio spilling five levels down into the canyon. Limited to 15 participants. Register at Kolb Studio for the tour prior to that day’s program or by calling 928-638-2771. Be aware of nearby construction at Bright Angel Trailhead.</td>
<td>Kolb Studio</td>
<td>60 minutes, daily</td>
</tr>
<tr>
<td>2 pm</td>
<td>Geo-glimpse: Enjoy a short introductory talk and learn how Grand Canyon formed while you explore the Yavapai Geology Museum. Consider walking the Trail of Time following the program. Accessible.</td>
<td>Yavapai Geology Museum</td>
<td>30 minutes, daily</td>
</tr>
<tr>
<td>3 pm</td>
<td>Rim Walk: Explore the wonders of Grand Canyon on a leisurely walk along the rim. From geology to history to ecology, the stories and views are endless. Topics vary daily. Accessible.</td>
<td>Flagpole at Grand Canyon Visitor Center</td>
<td>60 minutes, daily</td>
</tr>
<tr>
<td>3:30 pm</td>
<td>Geo-glimpse: Enjoy a short introductory talk and learn how Grand Canyon formed while you explore the Yavapai Geology Museum. Consider walking the Trail of Time following the program. Accessible.</td>
<td>Yavapai Geology Museum</td>
<td>30 minutes, daily</td>
</tr>
<tr>
<td>4 pm</td>
<td>Winter Adaptations: Explore how plants and animals adapt to the cold winter months on the canyon rim while you experience early sunsets and possibly a fresh snowfall on the rocks below. Accessible walk or talk.</td>
<td>Flagpole at Grand Canyon Visitor Center</td>
<td>30 minutes, daily</td>
</tr>
<tr>
<td>7 pm</td>
<td>Evening Program: Relax in the warmth of a beautiful auditorium and enjoy a presentation on Grand Canyon’s fascinating natural or cultural history. Check visitor centers for topics. Accessible.</td>
<td>Shrine of the Ages</td>
<td>60 minutes, Friday and Saturday only*</td>
</tr>
</tbody>
</table>

*Additional evening programs will be offered December 23–30.

| Varies; check at visitor centers for times | Full Moon Walks and Star Talks: Discover the mysteries of the night. During nights around the full and new moons, rangers offer special nighttime programs as staffing allows. Accessible.  | Yavapai Geology Museum              | 60 minutes, check at visitor centers for dates |

Special Events and Opportunities

**Enjoy Art**

Grand Canyon hosts a year-round artist-in-residence program that brings a diversity of artists to the South Rim. During their time at the canyon, each artist or group presents free, family-friendly workshops and presentations for the public. Call the South Rim art hotline for specifics about the current artist’s public programs: 928-638-7616.

**December 14–21, 2012**

Special guest, historical architect and writer, Edward Ford from Charlottesville, Virginia. Special evening program December 15 at Shrine of the Ages.

**January 6–31, 2013**

Mixed media sculptor Loren Schwed from New Orleans, Louisiana.

**February 1–28, 2013**

Writer Naseem Rakha from Silverton, Oregon.

**Artists' public programs**

- **January 6–February 28, 2013**: Artist applications open February 1, 2013, deadline March 1, 2013. Visit www.nps.gov/grca/supportyourpark/air.htm for information or write to Rene.Westbrook@nps.gov

**Get Your Badge On**

Children ages four and older can pick up a free Junior Ranger book from any visitor center. Have fun learning about Grand Canyon, complete activities, attend a park ranger program (see list, above), and earn a badge and certificate. Special patches are also available to purchase at Grand Canyon Association bookstores only after completing the program.

Unique Junior Ranger programs are also available at Phantom Ranch, Indian Garden, and more than 250 national parks, seashores, and monuments nationwide. The Junior Ranger program is generously supported by the Grand Canyon Association.

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**Special patches are also available to purchase at Grand Canyon Association bookstores only after completing the program.**

**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 bookstores in seven locations in the park. Bookstore purchases help fund new exhibits, scientific research, trail restoration, wildlife monitoring, ecological restoration, support for the arts, Junior Ranger and education programs, 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. 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/kids/camps.htm

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**The Amazing Kolb Brothers: A Grand Life at Grand Canyon**

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. Daily at Kolb Studio until September 2013. Free.

**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.

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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**

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

**Park Headquarters**

928-638-7888

**Website**

www.nps.gov/grca/
South Rim Services and Facilities

Food and Beverage

**Bright Angel Bicycles near Grand Canyon Visitor Center**

Café at Mather Point 7 am–6 pm

**Bright Angel Lodge**
The Arizona Room 8 am–4:30 pm; no reservations. Closed January 2 to February 14. Beginning February 15, open on Friday and Saturday for dinner. Full service bar during dinner.

**Bright Angel Coffee House** 8 am–10 am

**Bright Angel Fountain** Hours vary; open weather permitting, daily December 22 to January 1 and weekends beginning February 16.

**Bright Angel Restaurant**
Breakfast 6:30–10:45 am; lunch 11:15 am–4 pm; dinner 4:30–10 pm; lounge 11 am–11 pm

**Canyon Village Market**
Canyon Village Deli 8 am–6 pm; closed December 25

**El Tovar Hotel**
El Tovar Dining Room
Breakfast 6:30–10:45 am; lunch 11:15 am–2 pm; dinner 5–10 pm; reservations required 928-638-2631, ext. 6432. 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 Closed through December 23. Open December 24, 3–8 pm; December 25–29, 6:30 am–8 pm; December 30, 6:30–11 am; then closed through February 28.

**Services**

**ATM** Chase Bank and Maswik Lodge

**Canyon Village Market** Through February 3, 8 am–7 pm; beginning February 4, 8 am–8 pm. Closed December 25.

**Chase Bank** Monday to Thursday 9 am–5 pm; Friday 9 am–6 pm. 928-638-2437

**Garage** Emergency repairs 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 Friday, 7:30 am–5:30 pm. 928-638-6333

**Kennel** Dogs and cats need proof of inoculations. 7:30 am–5 pm, 928-638-0534. For retrieval after 5 pm: 928-638-2631

**Laundry and Showers at Camper Services** 8 am–6 pm; last laundry load 4:45 pm.

**Lost and Found** 928-638-7798, 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, post office, Grand Canyon Visitor Center, and Park Headquarters.

**Taxi** 928-638-2822

**WiFi and Public Computer Access** Park Headquarters: 8 am–5 pm daily. Public computer access 8 am–4:30 pm, Monday to Friday except federal holidays. Community Library: Monday to Saturday, 10 am–5 pm.

**Lodging**

**Bright Angel Lodge** $72–350

**El Tovar Hotel** $178–440

**Kachina Lodge** $180–191

**Maswik Lodge** $192–176

**Thunderbird Lodge** $180–191

**Yavapai Lodge** $120–166

Same-day reservations: 928-638-2631

Advance reservations: 888-297-2757 www.grandcanyonlodges.com

**Camping**

**Mather Campground (NPS)** $15/night family site; $30/night group site; $20/night horse site. No hook-ups. Maximum vehicle length 30 feet (9.1 m). Reservations: 877-444-6777 or www.recreation.gov

**Trailer Village (Xanterra Parks & Resorts)** $35/night for two people; $3.50 for each additional person over age 16. Full-through sites with hook-ups. Same-day reservations: 928-638-2631. Advance reservations: 888-297-2757 or www.grandcanyonlodges.com

**Emergencies**

**Dial 911**

From hotel rooms dial 9-911

**North Country Grand Canyon Clinic**
Urgent care available 8 am–5 pm, Monday to Friday, 928-638-2551

**Pennies from Heaven**
Common area for pets: 8 am–6 pm. 928-638-6633

**South Rim Services and Facilities**

Locations shown on the maps on page 5.

South Rim Services and Facilities

Books and Gifts

**Books & More** 8 am–6 pm

**Bright Angel Lodge** 7 am–10 pm

**El Tovar Hotel** 7 am–10 pm

**Hermit’s Rest Gift Shop** 9 am–5 pm

**Hopi House** 9 am–5 pm

**Kolb Studio** 8 am–6 pm

**Lookout Studio** 9 am–5 pm

**Maswik Lodge** 7 am–10 pm

**Verkamp’s Visitor Center** 8 am–6 pm

**Yavapai Geology Museum** 8 am–6 pm

**Yavapai Lodge Curio** 9 am–5 pm

**Paid Activities**

**Transportation Desks** Get help with tours and activities at Bright Angel Lodge, 6 am–7 pm and Maswik Lodge, 8 am–9 pm, 928-638-2631, ext. 6015 or www.grandcanyonlodges.com

**Mule Trips**
Two-day and three-day trips to Phantom Ranch depart daily. A 3-hour forest ride to The Abyss departs once daily.

**Bus Tours**
Daily Desert View, Hermit’s Rest, sunrise, and sunset tours.

**Phantom Ranch**
Dormitory and cabin space located at the bottom of the canyon. Reservations required: 888-297-2757.

Tusayan, Arizona

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

**Tusayan, Arizona**

**Lodging**

Best Western Premier Grand Canyon

Squire Inn 928-638-2681

Canyon Village Resort 928-638-2671; 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, coin-operated showers, laundry, propane, dump station, and store. 928-638-2887 or www.grandcanyoncampervillage.com

**Ten-X Campground (Kaibab National Forest)** Closed for the season, re-opens April 2013. Reserve same individual and all group sites: 877-444-6777 or www.recreation.gov

**Paid Activities**

Fixed-wing and helicopter tours.

**Grand Canyon Airlines** 800-528-2413

**Grand Canyon Helicopters** 800-541-4537

**Maverick Airlines** 800-218-9932

**Maverick Helicopters** 800-962-3869

**Papillon Grand Canyon Helicopters** 800-528-2418

**Vision Airlines** 800-256-8767

**Westwind Aviation** 888-869-0866

**Grand Canyon Dinner Theatre & Steakhouse**
Family-style dining; no winter performance. 928-638-0333, www.grandcanyondinnertheatre.com

**IMAX Theater**
Open 10 am–8 pm. Movie shown every hour on the half hour. First show 10:30 am, last show 6:30 pm. Food and gifts available. 928-638-4629

**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

**Kaibab National Forest** Tusayan Ranger District ranger station, Monday to Friday, 8 am–4:30 pm. 928-638-2443

**Whitewater Raft Trips** See www.rps.gov/trca/ for information about reserving multi-day whitewater raft trips.

The Guide • Winter 2012–2013 3
Getting Around Grand Canyon

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, two 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. All strollers must be collapsed prior to entering the bus. No oversized strollers such as jogging strollers. Baby-back carriers must be removed when seated.
4. Shuttle buses can accommodate two or three bicycles, but not tag alongs or baby trailers. 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 will say the route color and name. How can I tell the difference between shuttle bus routes?

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.

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.

VILLAGE ROUTE—BLUE ON MAP ABOVE
This 50-minute round-trip route provides transportation between Grand Canyon Visitor Center, hotels, restaurants, and campgrounds. Scenic canyon views are a short walk from some stops.

Buses run every:
- 30 minutes 6–8 am
- 15 minutes 8 am–6 pm
- 30 minutes 6–9 pm; visitors dining in Grand Canyon Village need to be at a bus stop no later than 8:30 pm.

KAIBAB/RIM ROUTE—ORANGE ON MAP ABOVE
This 50-minute round-trip route stops at five viewpoints and Grand Canyon Visitor Center. This route and the morning Hiker’s Express shuttle bus offer the only access to South Kaibab Trailhead besides walking or riding a bicycle.

Buses run every:
- 30 minutes 6–6:30 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 8 am and 9 am in December, January, and February.

Explore in Your Car
You can drive anywhere there is a solid black line on the map above.

You cannot drive the 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) or Hermits Rest (above). Use extra caution in winter; park roads may temporarily close during inclement weather.

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.

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

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.
Page 3 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. 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.
Rim Hiking and Biking Explorations

Wander the Rim Trail
The Rim Trail offers a diverse hiking experience along 13 miles (21 km) of the canyon, shown by brown or green dashed lines on the map on pages 4–5. From a short 30-minute sunrise walk to a full afternoon hike, choose your adventure. The Rim Trail is wheelchair accessible from Lookout Studio to South Kaibab Trailhead. Use caution and over-the-shoe traction devices when hiking icy or snowy trails which may or may not be plowed. Distances and times are one way.

EASY, POPULAR HIKES
Wide, paved trail; accessible by strollers and wheelchairs with assistance

Yavapai Geology Museum to Verkamp’s Visitor Center
See and touch canyon rocks along the award-winning Trail of Time
1.3 miles (2.1 km), 1–2 hours

Verkamp's Visitor Center to Kolb Studio
Explore local history in the Village Historic District
0.6 miles (1 km), 20–30 minutes

Yavapai Point to Mather Point
View the Colorado River and Phantom Ranch
0.7 miles (1.1 km), 30–45 minutes

POWDERY PATHS
Discovering snow-covered trails on cross-country skis or snowshoes provides wonderful, solitary views. As you explore these winter paths keep in mind your personal abilities, travel time, and changing weather conditions. Remember to dress in warm layers and bring food and water.

POWDER POINT TO MONUMENT CREEK VIEWISTA
Attraction: An unpaved trail weaves between canyon vistas and forest scenes.
Access: Drive the Hermit Road and park at Powell Point. Inclement weather may temporarily close Hermit Road; snowshoeing and cross-country skiing is still allowed.
Distance: 3.1 miles (5 km) one way.
Note: For a longer adventure, consider trekking another 2.8 miles (4.5 km) one way from Monument Creek Vista to Hermits Rest where a roaring fire invites weary travelers to relax and enjoy a warm treat. Trail may or may not be plowed.

ACCESS PATH TO ARIZONA TRAIL
Attraction: This beautiful trail is sure to be a quiet exploration into the forest.
Access: From Grand Canyon Village, drive 10.7 miles (17 km) east along Desert View Drive. From Desert View, travel 14 miles (23 km) west along Desert View Drive. From either direction look for the gravel parking area to the south of the road, located between Grandview Point and Buggeln Picnic Area.
Distance: 1.3 miles (2.1 km) one way.

BRIGHT ANGEL BICYCLES
Bicycle rentals and guided tours not provided during winter unless weather permits. 928-814-8704 or www.bikegrandcanyon.com

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BRIGHT ANGEL BICYCLES
Bicycle rentals and guided tours not provided during winter unless weather permits. 928-814-8704 or www.bikegrandcanyon.com

Pedal the Greenway Trail
Explore the Greenway Trail on a bicycle; follow the green dashed lines on the map on pages 4–5. Travel along the canyon rim and through ponderosa pine forests. Bicycles are only permitted on the Greenway Trail and on all paved and some unpaved roads open to the public. Watch for ice.

Bicycles are prohibited on the Rim Trail and inner-canyon trails. Bicyclists must obey all traffic regulations. Ride single file with the flow of traffic and wear bright colors and a helmet. On Yaki Point Road, bicyclists must pull to the right shoulder and dismount when buses are attempting to pass.

Bright Angel Bicycles
Bicycle rentals and guided tours not provided during winter unless weather permits. 928-814-8704 or www.bikegrandcanyon.com
**Responsible 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!

### Prepare a Day Pack With:

- **Water** One quart/liter for every two hours. Know your water sources—some water stations are shut off in winter.
- **Food** Bring salty snacks and a full meal. Eat often, even if you are not hungry.
- **First Aid Kit and Survival Tools** Include medications, blister tape, 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—even during winter.
- **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, hats, gloves and over-the-shoe traction devices, which can be purchased at park gift shops.

### Danger!

- **Weather** Snow storms, blustering winds, and freezing temperatures occur during winter. Know the weather forecast and dress for rapidly changing conditions. Snow and ice can make hiking treacherous—use over-the-shoe traction devices and hiking poles.
- **No Day Hikes To the River** Hiking to the river and back in one day is never recommended due to icy trails, long distances, and a near 5,000-foot (1,500 m) elevation change each way.
- **No Swimming** The Colorado River is fast, wide, and cold (4°F / 8°C) year-round. Do not swim in the river—you will perish!
- **Do Not Throw Rocks** Rocks or other objects tossed over the edge or dislodged by taking shortcuts can injure hikers and wildlife below.

### Health Risks

- **Common Challenges** Grand Canyon’s climate can exacerbate all health issues. Even experiencing minor cold symptoms within the past month can make hiking more difficult.
- **Over Exertion** People often have overly ambitious plans and fail to pace and take care of themselves. If you feel unwell, you must rest. Remember it takes twice as long to hike up as it does to hike down.
- **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 warm due to exhaustion and exposure to cold, wet, and windy weather. Put on warm clothing, drink warm liquids, and protect yourself from wind, rain, snow, and cold.

### Hike Smart

- **Plan Knowledge**, being prepared, and a good plan are all keys to success. Grand Canyon is not the place for spontaneity.
- **Eat and Drink** Snack every time you 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. Wear layers to keep you warm while resting.
- **Stay together, follow your plan, and know when and how to seek help.**

### 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 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?

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### Maps do not show all trails; use for trip planning only. Consider purchasing a guide before venturing down the trail. Day hiking trails shown in color. Trails shown in grey are for location only and are not recommended for day hikes. You must obtain a permit from the Backcountry Information Center to camp in the backcountry; a limited number of last minute walk-ups permits available.

### Trail

<table>
<thead>
<tr>
<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>1st Tunnel</td>
<td>0.4 miles (0.6 km)</td>
<td>60 feet (20 m)</td>
<td>20 minutes</td>
<td>no</td>
</tr>
<tr>
<td>2nd Tunnel</td>
<td>1.7 miles (2.8 km)</td>
<td>590 feet (180 m)</td>
<td>1-2 hours</td>
<td>no</td>
</tr>
<tr>
<td>1½-Mile Resthouse</td>
<td>3 miles (4.8 km)</td>
<td>1,120 feet (340 m)</td>
<td>2-4 hours</td>
<td>restrooms,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>emergency phone</td>
</tr>
<tr>
<td>3-Mile Resthouse</td>
<td>6 miles (9.6 km)</td>
<td>2,120 feet (645 m)</td>
<td>4-6 hours</td>
<td>restrooms,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>emergency phone</td>
</tr>
<tr>
<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, restrooms,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>campground, range</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>emergency phone</td>
</tr>
<tr>
<td>Water is not available at the trailhead. Fill water bottles at Yaki Point.</td>
<td>Plateau Point</td>
<td>12 miles (19.3 km)</td>
<td>3,080 feet (940 m)</td>
<td>9-12 hours no</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>no</td>
</tr>
<tr>
<td>South Kaibab Trail:</td>
<td>Doh Aah Point</td>
<td>1.8 miles (2.8 km)</td>
<td>760 feet (230 m)</td>
<td>1-2 hours no</td>
</tr>
<tr>
<td></td>
<td>Cedar Ridge</td>
<td>3 miles (4.8 km)</td>
<td>1,120 feet (340 m)</td>
<td>2-4 hours restrooms</td>
</tr>
<tr>
<td></td>
<td>Skeleton Point</td>
<td>6 miles (9.6 km)</td>
<td>2,040 feet (620 m)</td>
<td>4-6 hours no</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>no</td>
</tr>
<tr>
<td>Hermits Trail and Dripping Spring Trail:</td>
<td>Waldron Basin</td>
<td>2½ mi (4.5 km)</td>
<td>1,240 feet (380 m)</td>
<td>2-4 hours no</td>
</tr>
<tr>
<td></td>
<td>Santa Maria Spring</td>
<td>5 miles (8 km)</td>
<td>1,680 feet (510 m)</td>
<td>4-6 hours treat water</td>
</tr>
<tr>
<td></td>
<td>Dripping Spring</td>
<td>7 miles (11.3 km)</td>
<td>1,040 feet (315 m)</td>
<td>5-7 hours treat water</td>
</tr>
</tbody>
</table>

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Maps show different next time? You hike. Did you follow your plans and have enough food and water? Did you have fun? What would you do different next time?
Staying Safe at Grand Canyon

What Do I Need to Know About Weather and Elevation?
Winter weather varies greatly and can change suddenly. Be prepared with layered clothing for cold, rain, wind, and snow. The Rim Trail and walkways may be icy. Over-the-shoe traction devices recommended for your safety.

Snow and ice present potentially hazardous driving conditions and can temporarily close park roads. Check at National Park Service visitor centers or call 928-638-7888. Please slow down and drive carefully while exploring Grand Canyon in winter.

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 and drink plenty of free Grand Canyon spring water.

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

Bring or buy a reusable water bottle and fill it up for free. You can purchase souvenir water bottles at park retailers and fill them at the following locations:
- Backcountry Information Center
- Bright Angel Bicycles
- Bright Angel Lodge
- Bright Angel Trailhead—under construction
- Canyon Village Market
- Desert View Market
- Desert View Visitor Center
- El Tovar Hotel
- Grand Canyon Visitor Center
- Hermit's Rest
- Maswik Lodge
- South Kaibab Trailhead
- Verkamp's Visitor Center
- Yavapai Geology Museum
- Yavapai Lodge Cafeteria

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

Stay at least 100 feet (30 m), or about six car lengths, away from deer and elk.

Do not feed the squirrels; they will bite and can carry plague. People can get plague from being bitten by an infected flea or by handling an infected animal.

It is tempting to want to get close to animals, but remember they are not pets. Wild animals need space and respect. Please do your part to keep the park’s wildlife wild.

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. Kennel information on page 3.

Books and Gifts
Desert View Trading Post 9 am–5 pm
Desert View Visitor Center 9 am–5 pm
Desert View Watchtower 9 am–4:30 pm
Tusayan Museum and Ruin 9 am–5 pm; located 3 miles (4.8 km) west of Desert View

Food and Beverage
Desert View Snack Bar 9 am–5 pm; located in Desert View Trading Post

Services
Desert View Market 9 am–5 pm; closed December 25.
Gas Station Closed, but fuel is available 24 hours a day with credit card, including diesel.

Camping
Desert View Campground (NPS) Closed for the season; opens mid-May 2013.

Staying Safe at Grand Canyon

WARNING! STEEP CLIFFS

Desert View Watchtower © Shawn Hall