Planning a Visit

Grand Canyon—The most inspiring natural feature on Earth.
A single visit can be life-changing.

Grand Canyon—Overcrowded and couldn’t find a parking spot.
There’s nothing to do.

Which is the Grand Canyon National Park that you will experience? Much depends on your planning. When and where you visit, the activities you participate in, proper preparation for the weather, and your expectations all contribute to a memorable experience.

Most of the 4.5–5 million visitors each year come to the South Rim. The Grand Canyon Visitor Center near Mather Point is a good beginning. Ample parking provides access to the visitor center, Books and More bookstore, rest rooms and Mather Point, many visitors first view of Grand Canyon. Free shuttle buses connect Grand Canyon Visitor Center with many, but not all, other areas of the South Rim.

During the May to September peak season the South Rim can be hectic. To experience the ever-changing canyon in a more peaceful atmosphere walk the Rim Trail, drive to Desert View stopping at the viewpoints along the way, or ride the free shuttle to Hermits Rest and walk east along the rim on the newest section of the Greenway Trail.

If you have cardiac or respiratory problems, you may find the 7000-foot (2100 m) elevation a challenge. Plan your activities to match your abilities. Those with mobility difficulties can obtain an accessibility pass at the visitor center which allows use of areas with restricted vehicular access. Accessible parking is designated in all major parking areas.

The North Rim is more remote with less development and receives fewer visitors. Because of the higher elevation, 8000 feet (2400 m), facilities on the North Rim are open mid-May to mid-October. The scenic road into the North Rim remains open until the first heavy snowfall, usually late November or early December.

Campgrounds and lodging facilities are frequently full during the peak season—May through September. Spring and fall are the most popular seasons for overnight hiking in the backcountry. Plan ahead and make reservations early. Discover and enjoy the splendor of Grand Canyon National Park.

Contact Information

National Park Service–Grand Canyon
www.nps.gov/grca/
(928) 638-7888

Lodging Reservations
South Rim – Xanterra Parks and Resorts
www.grandcanyonlodges.com
(888) 297-2757
North Rim – Forever Resorts
www.grandcanyonforever.com
(877) 386-4383

NPS Campground Reservations
www.recreation.gov
(877) 444-6777

Backcountry Permits
www.nps.gov/grca/planyourvisit/backcountry.htm
(928) 638-7875
1:00 p.m. – 5:00 p.m. Monday – Friday

Use The Guide

When you arrive at the park, obtain a copy of the newspaper, The Guide. This free publication presents the most up-to-date maps, ranger-led activities, special programs, articles of interest, and lists of services. The National Park Service publishes separate issues for the North and South Rims. The Guide is available at all entrance stations, visitor centers, most lodgings, facilities, and the NPS web site.

Look inside for information:
Maps .................. 2, 4, 6, 9
General Park Information ........ 2 – 3
South Rim .................. 4 – 5
North Rim ................. 6 – 7
River Trips ................. 7
Hiking ................. 8 – 11

What Time Is It?

Most of Arizona, including Grand Canyon National Park, remains on Mountain Standard Time year-round. During Daylight Savings Time, Arizona is on the same time as California and Nevada. The rest of the year Arizona is on the same time as Colorado, New Mexico, and Utah.

Thinking of Hiking?

See pages 8–11

Ride the Free Shuttle

If you are on the South Rim, use the free shuttle bus system to travel to the scenic overlooks, visitor centers, lodging and restaurant facilities, and other attractions. It is much easier on you and the environment to ride the shuttles. Check The Guide for shuttle routes and times of operation.

The National Park Service cares for special places saved by the American people so that all may experience our heritage.
Temperatures and Precipitation

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All temperatures in degrees Fahrenheit and precipitation in inches.
How to See the Grand Canyon

### By vehicle

The initial view of Grand Canyon for many visitors is from Mather Point on the South Rim or Bright Angel Point on the North Rim. The views are expansive and unforgettable. But do not stop there. Discover the many other viewpoints on either rim.

On the South Rim, the 26 miles (42 km) from Grand Canyon Village to Desert View offers many pullouts and short drives to other viewpoints. In the winter the seven-mile drive to Hermits Rest is open to all vehicles.

On the North Rim, drive from the developed area at Bright Angel Point out to Point Imperial and Cape Royal. The unpaved road 26 miles (42 km) to Point Sublime should be attempted only with a high-clearance vehicle. For the adventurous, consider the rough 60 miles (100 km) to Tuweep.

### By Bicycle

Bicycles are allowed on all roads open to automobile traffic and on some roads and trails not open to other vehicles. In Arizona bicyclists are subject to the same rules as automobiles. No bicycles are available for rent in the park.

Use extreme caution when riding on park roads. Narrow shoulders and heavy traffic challenge even experienced bicyclists. Always ride on the right-hand side of the road, with the flow of traffic. Just outside of the park on either rim, U.S. Forest Service roads offer adventures for fat-tire riders.

On the South Rim, Hermit Road is open to bicycles year-round and from March through November only the shuttle buses share the road.

The Greenway Trail, a multipurpose paved trail, leads two miles from Grand Canyon Visitor Center west into the historic heart of Grand Canyon Village. The newest segment of the Greenway is the 1.5 mile (2.4 km) section of the Rim Trail heading east from Hermits Rest. All shuttle buses have bicycle racks to transport you to this trail.

### On foot

Perhaps the most memorable way to enjoy the canyon is on foot. Numerous trails wind along the rims or descend into the canyon. Articles on pages 8 – 11 provide information for exploring on foot, both as day hikes and longer overnight trips.

### Ranger Programs

National Park Service rangers present a wide variety of interpretive programs throughout the year on the South Rim and throughout the season on the North Rim. All programs are free and open to the public. Detailed program information is listed in the park’s newspaper, The Guide, or on the web site www.nps.gov/grca/. Participate in a program and learn more about your national park.

### Pets

Pets are allowed in the park, but they must be restrained at all times. Leashed pets are allowed on South Rim trails throughout the developed areas, but not below the rim, in park lodging, or on park shuttle buses. Exceptions are made for certified service animals. Persons wishing to take a service animal below the rim must check in first at the Backcountry Information Center. A kennel on the South Rim handles day and overnight stays, reservations suggested; call (928) 638-0534.

Pets are not permitted on North Rim trails and it is recommended that they be left at home. No kennel is in operation on the North Rim.

### Fishing

In this arid landscape fishing opportunities are restricted to the Colorado River and a few tributaries. Most areas are remote and require a strenuous hike or participation on a river trip. Fishing in the park requires an Arizona state fishing license. Licenses are available at the general store in Grand Canyon Village and at numerous businesses in communities surrounding the park. Licenses are not available on the North Rim.

### Accessibility

Park concessioners and the National Park Service attempt to provide accessible options in all facilities. With the age of some of the buildings, this can be a challenge. The Accessibility Guide provides information about many of the public buildings in the park. Obtain a copy online at www.nps.gov/grca/ or at any visitor center.

TDD calls for park information should be directed to (928) 638-7805.

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**Nearby Areas of Interest**

### Hualapai Indian Reservation

The glass walkway protruding over the rim is on the Hualapai Indian Reservation, not in Grand Canyon National Park. The Skywalk is at the west end of Grand Canyon approximately 250 miles (400 km) from the South Rim or 90 miles (145 km) from Las Vegas, Nevada. Stop by any NPS visitor center for a brochure with map.

The Skywalk is a Hualapai Tribal business. For information or to make reservations: (877) 716-9378 or (702) 878-9378 www.destinationgrandcanyon.com

### Havasu Falls before the 2008 flood

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### Northern Arizona

For information on other attractions in northern Arizona, contact the Flagstaff Visitors Center at (800) 842-7293 or www.flagstaffarizona.org.

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### Other National Park Service Areas

The Four Corners region of Arizona, Utah, Colorado, and New Mexico is home to many national parks and monuments. Include a visit to some of these other areas while seeing Grand Canyon. The colorful sandstone country of Utah, the Native American cultures preserved in Mesa Verde National Park, Chaco Culture National Historical Park and numerous national monuments, the geology of Sunset Crater Volcano, and the history celebrated at Pipe Springs or Hubbell Trading Post may be of interest to you. Discover the possibilities at: www.nps.gov
Visitor Centers
The National Park Service staffs several visitor centers on the South Rim. All are open every day of the year; hours vary seasonally.

Grand Canyon Visitor Center
Near Mather Point
The largest visitor center on the South Rim is a good stop for an introduction to Grand Canyon and for assistance in planning your visit.

Yavapai Observation Station
On Yavapai Point
Displays explain the geology of the area and the formation of the canyon. Memorable views unfold from the picture windows and nearby overlooks.

Verkamp’s Visitor Center
East of El Tovar Hotel
Housed in the former Verkamp’s Curios, displays tell the story of the South Rim community.

Tusayan Museum
Tusayan Ruin, 3 miles west of the East Entrance
Exhibits provide a glimpse of the rich Native American cultures, both past and present. A short trail circles an 800-year-old ancestral Puebloan village.

Hop Aboard the Free Shuttle Buses
For more than thirty years the National Park Service has provided a free shuttle bus system on the South Rim. The buses run on liquefied or compressed natural gas, a clean-burning fuel. All shuttles feature improved accessibility and can accommodate most wheelchairs. Bicycle racks allow visitors to combine a shuttle ride with bicycling. Riding the shuttles makes your stay more enjoyable, while reducing pollution and lessening traffic congestion.

It is easy to take advantage of this free service. Just wait at one of the numerous shuttle bus stops and hop on the next bus. Shuttles run from before sunrise to after sunset, come by frequently, and do not require any ticket or toll. Riders can get on or off at any stop. Ride to a stop, enjoy the view, shop at a gift store, or walk along the rim, and board a later shuttle.

Four shuttle bus routes serve many areas of the South Rim—two operate year-round and two seasonally. When you arrive at the park, look in The Guide for current operating schedules and a map of routes and stops.

Hermit’s Rest Route (red)
The western-most route winds for seven miles along the rim to Hermit’s Rest, stopping at viewpoints along the way. The Hermit Rest Route operates from March through November.

Village Route (blue)
This loop, running year-round, connects visitor centers, lodging, restaurants, gift shops, and campgrounds. It provides the best means for arriving at many of the ranger programs. Canyon views unfold a short walk from several of the stops.

Kaibab Trail Route (green)
Heading east from Grand Canyon Visitor Center, this shuttle takes riders to the South Kaibab Trailhead and other canyon viewpoints. This route runs throughout the year and is the only way to go to the South Kaibab Trail.

Tusayan Route (purple)
During the busy summer season the Tusayan Route runs between Grand Canyon Visitor Center and the gateway community of Tusayan, making four stops in Tusayan including the Grand Canyon Airport.

Enjoying the South Rim
Individual interests, available time, weather, and health considerations can influence your visit to the South Rim. Use the information in this publication and the abundant information available on the web site, www.nps.gov/grca/, to help plan your visit. Once you arrive in the park, read The Guide and talk with the rangers for up-to-the-minute information.

Elevations along the rim vary from 6650 feet (2030 m) at Hermit’s Rest to more than 7400 feet (2260 m) at Desert View near the East Entrance.

Summer temperatures are pleasant along the rim, but increase rapidly as you descend into the canyon. Low humidity causes significant temperature differences between day and night. The low humidity and high elevation also means that it is important to drink water frequently. Afternoon thundershowers are common in July, August, and early September. Windy conditions prevail in April and May. Snow may fall as early as November. Winter snowstorms continue into March. Roads are plowed frequently, so closures seldom last long.

Many miles of roads along the rim feature numerous pullouts to enjoy the views. Hermit Road to Hermit Rest is open to private vehicles only from December through February. The free shuttle bus system provides a worry-free way to explore the developed areas of the rim (see adjacent article).

The Rim Trail winds along the rim for more than 12 miles (19 km), much of it paved and suitable for visitors in wheelchairs. The Greenway, a broad, paved pathway accommodating hikers, bicyclists, and wheelchair users, leads two miles (3 km) from Grand Canyon Visitor Center to Grand Canyon Village. A separate segment heads east from Hermit’s Rest along the rim. The Bright Angel and South Kaibab trails descend steeply into the canyon.

Rangers present programs—walks, talks, and evening presentations—throughout the year. All ranger-led activities are free. Check in The Guide for programs during your stay. Special activities include art displays at Kolb Studio, the Star Party in June, and the Music Festival in September. Watch for announcements of other events posted around the area.
South Rim

Lodging

In the Park
An authorized concessioner provides a variety of lodging options within the park. Reservations should be made well in advance as facilities tend to be full for much of the year. Prices, subject to change, vary from approximately $70.00 to more than $400.00. To make reservations contact:
Xanterra Parks and Resorts
www.grandcanyonlodges.com
(888) 297-2757

Phantom Ranch
Located at the bottom of Grand Canyon, Phantom Ranch offers overnight lodging in dormitories or individual cabins. Advanced reservations are required. Contact Xanterra (see above) for prices and reservations.

Outside the Park—Tusayan

Best Western Grand Canyon Squire Inn
www.grandcanyonsquire.com
(800) 622-6966

Canyon Plaza Resort
www.grandcanyonplaza.com
(800) 995-2521

Grand Hotel
www.grandcanyongrandhotel.com
(888) 634-7263

Holiday Inn Express
www.grandcanyon.hiexpress.com
(888) 473-2269

Red Feather Lodge
www.redfeatherlodge.com
(866) 561-2425

Camping

In the Park
The National Park Service operates two campgrounds on the South Rim.

Mather Campground
Located near Grand Canyon Village, the campground includes a dump station, nearby showers and laundry, but no hook-ups. Open year-round; reservations strongly recommended April through October.
www.recreation.gov
(877) 444-6777
Sites are $15.00 – 18.00 per night depending on season. Operates on a first-come, first-served basis approximately December 1 – March 1.

Desert View Campground
Located 25 miles (42 km) east of Grand Canyon Village near the East Entrance. Open from mid-May to mid-October on a first-come, first-served basis; no reservations. $12.00 per night.

Trailer Village
Operated by Xanterra Parks and Resorts, this year-round campground features hook-ups for RVs. Make reservations through Xanterra (see Lodging: In the Park in the adjacent column).

Outside the Park—Tusayan

Ten-X
This U.S. Forest Service campground, south of Tusayan, is open May 1 – September 30.

Camper Village
A commercial campground in Tusayan offering a variety of services.
www.grandcanyoncampervillage.com
(800) 638-2887

Other Services

A variety of restaurants, gift shops, bookstores, general stores, post office, and a bank offer their services on the South Rim or in nearby Tusayan.

Medical Services
For 24-hour emergency care dial 911 and EMT or paramedic-certified rangers will respond. The well-staffed North Country Grand Canyon Clinic provides medical services during daylight hours. Hours and days vary seasonally.

Automotive Services
Gas stations are located in Tusayan and Desert View, but not in Grand Canyon Village. Basic repairs and emergency towing are available at the garage in Grand Canyon Village. Rental cars are not available in Grand Canyon National Park, Tusayan, nor Grand Canyon Airport.

Scenic Air Tours
Several companies provide helicopter or fixed-wing scenic flights from the Grand Canyon Airport in Tusayan. Cost varies by type of aircraft and duration of flight.

Air Grand Canyon
www.airgrandcanyon.com
(866) 235-9422

Grand Canyon Airlines
www.grandcanyonairlines.com
(866) 235-9422

Grand Canyon Helicopters
www.grandcanyonhelicoptersaz.com
(800) 541-4537

Desert View
For visitors coming into the park via the East Entrance, a stop at Desert View provides the first views of Grand Canyon. Attractions feature some of the finest views of the Colorado River and canyon geology, the Watchtower (above), and the nearby Tusayan Museum highlighting the story of Native Americans at the canyon. Facilities include a bookstore and information station, rest rooms, seasonal campground, service station, gift shop, and general store.

Perched on the rim of the canyon, the Watchtower reflects the architecture of the ancestral Puebloans in the Four Corners region. Climb the stairs for views up and down the canyon.
Getting to the North Rim

Although it lies only ten air miles across the canyon, the North Rim is more than 200 miles (320 km) from the South Rim by vehicle or a strenuous 21-mile (34 km), two- to three-day cross-canyon hike.

Drive U.S. Highway 89A across northern Arizona to Jacob Lake. Turn south onto Highway 67. The two-lane road winds 45 miles (72 km) across the Kaibab Plateau to the North Rim of Grand Canyon National Park. One of the most scenic roads in Arizona, enjoy the aspen and evergreen forests, mountain meadows with deer and turkey, and even the stark reminders of recent fires along the way.

No public transportation serves the North Rim, other than the Transcanyon Shuttle from the South Rim. The closest major airport is Las Vegas, Nevada.

The North Rim sits considerably higher than the South Rim—8200 feet (2500 m) at the edge of the canyon, almost 9000 feet (2700 m) at the entrance station. The road into the North Rim opens in mid-May and remains open until the first heavy snowfall in November. Most facilities are open mid-May to mid-October.

Lodging

Inside the Park

The Grand Canyon Lodge offers a variety of rooms and cabins. It is advisable to make reservations as far in advance as possible.

Forever Resorts
www.grandcanyonforever.com
(877) 386-4383

Outside the Park

Lodging is available seasonally at:

Kaibab Lodge
18 miles (29 km) north of the North Rim
www.kaibablodge.com
(928) 638-2389

And year-round at:

Jacob Lake Inn
45 miles (72 km) north of the North Rim
www.jacoblake.com
(928) 643-7232

A variety of lodging options are available in Kanab, Utah and Page, Arizona.

Camping

Inside the Park

At the North Rim Campground, a National Park Service campground, sites cost $18.00–25.00. A dump station is available, but no hook-ups; laundry and shower are nearby. Reservations are strongly recommended as the campground fills early.

Reserve America
www.recreation.gov
(877) 444-6777

The camping season stretches from mid-May to mid-October. The campground may remain open later, weather permitting, with chemical toilets, but no water.

Outside the Park

The U.S. Forest Service, Kaibab National Forest, has two campgrounds open during the summer only; no hook-ups or reservations.

www.fs.fed.us/r3/kai/

DeMotte Campground
16 miles (26 km) north of the North Rim

Jacob Lake Campground
45 miles (72 km) north of the North Rim

Other Services

A variety of dining experiences are available in the Grand Canyon Lodge complex. A general store, gift shop, post office, and bookstore are located in the area.

Medical Services

EMT-certified rangers respond 24 hours a day. Dial 911 or 9-911 from lodging rooms. A clinic is available in Kanab, Utah and hospitals are in St. George, Utah and Page, Arizona.

Automotive Services

A gas station with diesel fuel, open from mid-May to mid-October, is located along the road to the campground. Fuel is also available seasonally at Kaibab Lodge north of the North Entrance and year-round in Jacob Lake.

Mule Rides

Canyon Trail Rides offers one-hour rides along the rim and half-day rides along the rim or into the canyon. Register at the desk in the Grand Canyon Lodge or contact:

www.canyonrides.com
(435) 678-8665
Adventures on the Colorado River

For many riding down the Colorado River through the Southwestern canyons is the ultimate adventure, a life-changing experience. Several options allow exploring the river on a diversity of time and budgets. For more information: 

One-Day Commercial Trips

Half-day and all day trips from Glen Canyon Dam to Lees Ferry (13 river miles; 24 km) are provided by Colorado River Discovery: 
www.raftthecanyon.com or (888) 522-6644. These smooth water floats are available March 1 – November 30.

Private River Trips

Individuals who have previously acquired the river skills to coordinate and safely lead their own trips through technical, world-class rapids may apply for a permit.

3–18 Day Commercial Trips

The following companies provide trips through Grand Canyon, Lees Ferry to Diamond Creek (226 river miles; 364 km). Each company offers a variety of trips lasting 3 – 18 days in large motorized rafts, oared rafts, paddle rafts, and dories. Contact individual companies for more details.

Aramark-Wilderness River Adventures 
www.riveradventures.com or (888) 522-6644

Arizona Raft Adventures 
www.azraft.com or (800) 992-8022

Arizona River Runners 
www.raftarizona.com or (800) 477-7238

Canyon Explorations/Canyon Expeditions 
www.canyonexplorations.com or (800) 654-0723

Canyoneers 
www.canyoneers.com or (800) 525-0924

Colorado River and Trail Expeditions 
www.crateinc.com or (800) 253-7328

Canyon Dories 
www.oars.com/grandcanyondories.html or (800) 346-6277

Grand Canyon Expeditions 
www.gcexp.com or (800) 544-2691

Hatch River Expeditions 
www.hatchriverexpeditions.com or (800) 856-8966

Moki Mac River Expeditions 
www.mokimac.com or (800) 284-7280

O.A.R.S. Grand Canyon 
www.oars.com or (800) 346-6277

Western River Expeditions 
www.westermriver.com or (866) 904-1160

Enjoying the North Rim

The North Rim offers a singular visitor experience. Solitude, awe-inspiring views, a slower pace, and a feeling of going back in time are a few of the many attributes of the North Rim.

Highway 67 from Jacob Lake, Arizona to the North Rim winds 45 miles through evergreen forests, alpine meadows, and recovering burns. Deer, turkeys, and bison feed in the open meadows. Golden aspen and scarlet maples highlight autumn trips. The highway usually opens in mid-May and remains open until the first heavy snow in November or early December.

The visitor center, open daily 8:00 a.m. to 6:00 p.m. mid-May to November, is the best place to start your visit to the North Rim. After talking with the rangers, walk the half-mile (0.8 km) trail to Bright Angel Point to enjoy expansive views across the canyon.

A paved road leads through miles of forest and meadow to Point Imperial, the highest viewpoint on either rim (8803 feet/2684 m) and Cape Royal with several other intriguing pullouts along the way. Near Cape Royal, a short trail ends atop Angels Window (above).

Hiking is a favored activity on the North Rim with a variety of trails available. Short trails connect Bright Angel Point to the campground area or allow you to explore hidden treasures such as Chiff Springs or Walhalla Ruins. Longer trails follow the rim to solitary viewpoints. The steep North Kaibab Trail heads down Roaring Springs Canyon to Bright Angel Canyon and on to Phantom Ranch near the Colorado River. Backpacking permits are required for overnight hikes and can be obtained at the Backcountry Information Center in the Administration Building.

Other activities on the North Rim include a variety of ranger programs presented throughout the day and into the evening. Mule trips wander along the rim or descend a short distance into the canyon. Watch the changing patterns of sunlight and shadow in the canyon from the patio at the Grand Canyon Lodge or move inside to the Sun Room if a thunderstorm rolls across the canyon.

River Trips

Glen Canyon Dam to Lees Ferry (15 river miles; 24 km) are provided by
Colorado River Discovery: 
www.raftthecanyon.com or (888) 522-6644. These smooth water floats are available March 1 – November 30.

The following companies provide trips through Grand Canyon, Lees Ferry to Diamond Creek (226 river miles; 364 km). Each company offers a variety of trips lasting 3 – 18 days in large motorized rafts, oared rafts, paddle rafts, and dories. Contact individual companies for more details.

Aramark-Wilderness River Adventures 
www.riveradventures.com or (888) 522-6644

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O.A.R.S. Grand Canyon 
www.oars.com or (800) 346-6277

Western River Expeditions 
www.westermriver.com or (866) 904-1160

12–25 Day Trips

Since demand far exceeds supply, Noncommercial River Permits for Lees Ferry to Diamond Creek (226 river miles; 364 km) are dispensed via a weighted lottery. Each February the National Park Service conducts a main lottery to assign the majority of launch dates for the next year. Additional follow-up lotteries occur throughout the remainder of the year to reassign cancelled or left-over trips. To begin the permit process, create a profile on the permit web site: 
https://www.npspermits.us/
Hiking Safety

A Grand Adventure

The Grand Canyon backcountry is incredible to visit—beautiful and rough terrain full of challenges, discoveries, and wonder. Experience the contrasts: harsh yet verdant, merciless yet beautiful, unrelenting yet awe-inspiring.

Fifteen trails and numerous obscure routes descend into the canyon; none easy. Most hikers find that hiking steep, rocky trails at high elevations in high temperatures with low humidity greatly contributes to their fatigue. A few suggestions, especially for overnight hikers:

- Hike in spring and fall for the most enjoyable and safest weather conditions.
- Consider spending at least two nights in the canyon, allowing a rest and recovery day before the hike out and reducing the distance traveled each day.
- Calculate elevation gain and loss, not just mileage, when researching possible itineraries.

Many Grand Canyon trails rapidly descend from the cool shade of the forest rim to the rugged desert below. The easy downhill pace entices hikers to walk farther than they intended. Always plan twice as much time to struggle uphill as it took you to walk down. Turn around before people in your group become tired.

Avoid Trouble by Hiking Smart

- Plan your hike before you start.
- Balance your food and water intake. Eat salty snacks and drink water or sports drinks.
- Go slowly, rest often, stay cool. Allow the weakest hiker to set the pace.
- During the summer, hike during the cooler, shadier times of the day.

Recognize These Health Hazards

Moderation is the key to having an enjoyable hike. Hike within your ability, maintain proper body temperature, balance your food and water intake, and rest often. Emergency situations include:

Heat exhaustion

Heat exhaustion is the result of dehydration due to intense sweating. Hikers can lose one to two quarts (liters) of water per hour. Rangers at both Phantom Ranch and Indian Garden treat as many as twenty cases of heat exhaustion a day in summer.

Symptoms: pale face, nausea, cool and moist skin, headache, and cramps

Treatment: drink water, eat high-energy foods, rest in the shade, cool the body.

Hyponatremia

Hyponatremia is an illness that mimics the early symptoms of heat exhaustion. It is the result of low sodium in the blood caused by drinking too much water, not eating enough salty foods, and losing salt through sweating.

Symptoms: nausea, vomiting, altered mental states, and frequent urination

Treatment: have the victim rest and eat salty foods. If mental alertness decreases, seek immediate help!

Heat stroke

Heat stroke is a life-threatening emergency where the body’s heat-regulating mechanisms become overwhelmed by a combination of internal heat production and environmental demands. Every year two to three Grand Canyon hikers experience heat stroke.

Symptoms: flushed face, dry skin, weak and rapid pulse, high body temperature, poor judgment or inability to cope, unconsciousness. Victim is in danger!

Treatment: find shade, cool victim with water, send for help!

Hypothermia

Hypothermia is a life-threatening emergency where the body cannot keep itself warm due to exhaustion and exposure to cold, wet, windy weather.

Symptoms: uncontrolled shivering, poor muscle control, and a careless attitude

Treatment: put on dry clothing, drink warm liquids, and protect from wind, rain, and cold.

For a Pleasant Hike . . .

Many Grand Canyon trails rapidly descend from the cool shade of the forest rim to the rugged desert below. The easy downhill pace entices hikers to walk farther than they intended. Always plan twice as much time to struggle uphill as it took you to walk down. Turn around before people in your group become tired.

Realize When You Are in the Danger Zone

The Danger Zone is the combination of distanced traveled, elevation, temperature, weather conditions, and direct sunlight that can overwhelm your body’s ability to maintain correct temperature, energy, and hydration. Considering environmental conditions, the summer danger zone may develop between 1.5 and 3 miles (2.5 – 5 km) down canyon trails.

For information on trails, distances, seasonal hiking tips, Frequently Asked Questions, private stock use, and safety tips, please visit the Backcountry Hiking section of our web site:

www.nps.gov/grca/

The Grand Canyon Association offers many pamphlets, books, and maps on trails and hiking. While researching your backpacking adventure, be sure to check their web site:

www.grandcanyon.org

Double Your Calories, Double Your Fun

Salty snacks and water or sports drinks should be consumed on any hike lasting longer than 30 minutes. Food is your body’s primary source of fuel and salts (electrolytes) while hiking in the canyon. If you do not balance your food intake with your fluid consumption, you run the risk of becoming dangerously dehydrated and severely ill. For every hour hiking in the canyon, you should drink ½ to 1 quart (liter) of water or sports drinks. Your best defense against illness and exhaustion is to eat a large breakfast, a full lunch, a snack every time you take a drink, and a rewarding full dinner at the end of the day. This is not a time to diet.

Mules and Hikers

Encounters between hikers and mules have resulted in injuries to packers and the death of some mules. To ensure safety for yourself, other trail users, and mule riders, when encountering mules:

- Step off the trail on the uphill side away from the edge.
- Follow the directions of the wrangler. Remain quiet and stand perfectly still.
- Do not return to the trail until the last mule is 50 feet (15 m) past your position.

Hiking Tips

1. Be Prepared: Know your route. Know the weather forecast. Expect summer thunderstorms. Carry a map, flashlight, and extra clothing including wind and rain protection.

2. Stay Cool: During the summer, hike during the cooler early morning and late afternoon hours. If you hike in the sun, keep your shirt and hat wet to stay cool.

3. Go Slowly: If you can carry on a conversation, you are hiking at the right pace. If you find yourself out of breath, your legs and digestive system are not getting enough oxygen. Lack of oxygen can cause fatigue, heavy legs, and exhaustion.

4. Rest Often: Sit down, prop your legs up, and take a 10-minute break at least once every hour.

5. Eat and Drink Frequently: Balance your food and water intake. Salty snacks help replace electrolytes lost through perspiration. Eat a salty snack every time you drink.
Day Hiking

Permits are not required for day hikes. Rim hikes on either rim, some on paved trails suitable for wheelchairs, feature spectacular views of the canyon. Steep trails descend into the canyon immersing hikers into this fascinating landscape.

Prepare for your day hike as carefully as you would for an overnight hike. Chose a hike suitable for your ability and the weather. With the diverse trails available, day hiking can prove to be an enjoyable choice for a variety of groups. Hiking to the Colorado River and back in one day is beyond the capability of most hikers and is not recommended.

**Warning!** National Park Service rangers recommend that you do not attempt to hike from the rim to the river and back in one day, because of the distance, high canyon temperatures, low humidity, and the steepness of the trails. Few trails form loops; you will be hiking on the same trail in both directions.

You are responsible for the safety of yourself and those in your party!

**South Rim**

<table>
<thead>
<tr>
<th>Destination</th>
<th>Round trip distance</th>
<th>Approximate time round trip</th>
<th>Elevation change</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rim Trail</td>
<td>Follows the rim for 12 miles</td>
<td>Your choice 15 minutes to half-a-day</td>
<td>200 feet 60 m</td>
<td>Mostly paved, except dirt from Monument Creek Vista east to Maricopa Point</td>
</tr>
</tbody>
</table>

**Bright Angel Trail (steep, but popular)**

The most popular trail into the canyon begins west of Bright Angel Lodge. Upper portion has some afternoon shade. Water available year-round at Indian Garden and Plateau Point (subject to line breaks).

<table>
<thead>
<tr>
<th>Destination</th>
<th>Round trip distance</th>
<th>Approximate time round trip</th>
<th>Elevation change</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Columbia Plateau</td>
<td>1 ½-Mile Resthouse</td>
<td>3 miles 4.8 km</td>
<td>1,131 feet 345 m</td>
<td>Rest rooms Water May–October</td>
</tr>
<tr>
<td>Supai Tunnel</td>
<td>3-Mile Resthouse</td>
<td>6 miles 9.6 km</td>
<td>2,112 feet 644 m</td>
<td>Rest rooms Water May–October</td>
</tr>
<tr>
<td>Supai Tunnel</td>
<td>Indian Garden</td>
<td>9.2 miles 14.8 km</td>
<td>3,060 feet 933 m</td>
<td>Rest rooms Water year-round</td>
</tr>
</tbody>
</table>

**North Rim**

**Widforss Trail (rim trail blending forest and canyon scenery)**

Even a short walk along this trail can be very satisfying. Take the dirt road ¼ mile (0.4 km) south of the Cape Royal Road for 1 mile (1.6 km) to the trailhead.

<table>
<thead>
<tr>
<th>Destination</th>
<th>Round trip distance</th>
<th>Approximate time round trip</th>
<th>Elevation change</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Widforss Trail</td>
<td>Widforss Point</td>
<td>10 miles 16 km</td>
<td>200 feet 60 m</td>
<td>No water Self-guiding trail brochure available at trailhead</td>
</tr>
</tbody>
</table>

**North Kaibab Trail (steep, forested on upper section)**

The trailhead is 2 miles (3 km) north of Bright Angel Lodge. This steep trail begins in the forest but descends quickly into the canyon. Mules may be encountered on trail. Trail opening can be delayed by winter damage.

<table>
<thead>
<tr>
<th>Destination</th>
<th>Round trip distance</th>
<th>Approximate time round trip</th>
<th>Elevation change</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>North Rim</td>
<td>Coconino Overlook</td>
<td>1.4 miles 2.3 km</td>
<td>800 feet 245 m</td>
<td>No water Expansive view</td>
</tr>
<tr>
<td>North Rim</td>
<td>Supai Tunnel</td>
<td>4 miles 6.4 km</td>
<td>1450 feet 445 m</td>
<td>Seasonal water</td>
</tr>
</tbody>
</table>

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**Corridor Trails: Bright Angel and South Kaibab**

- **Bright Angel Campground**
- **Bright Angel Trailhead**
- **South Kaibab Trailhead**
- **North Rim**
- **North Kaibab Trailhead**

**Summer Survival**

The National Park Service urges special caution for all hikers during the summer months. Daytime temperatures in the inner canyon potentially reach 120 °F (50 °C) with humidity less than ten percent. **Hikers have died in the heat.**

For your safety:
- Do not attempt long hikes in the lower elevations of the inner canyon during the summer.
- Hike only in the cooler hours of early morning and late evening.
- Have available and drink sufficient liquids, including electrolyte-replacing sports drinks.
- Always balance liquids with salty snacks. Not replacing electrolytes can lead to hyponatremia, a potentially fatal medical situation.
- Cotton clothing absorbs perspiration and allows it to evaporate, cooling your body.
- If possible, wet your shirt and hat.
- Carry a small spray bottle to spray your face and neck.

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**Hiking Chart for a few popular day hike destinations**

**Warning!** National Park Service rangers recommend that you do not attempt to hike from the rim to the river and back in one day, because of the distance, high canyon temperatures, low humidity, and the steepness of the trails. Few trails form loops; you will be hiking on the same trail in both directions.

You are responsible for the safety of yourself and those in your party!
Backcountry Information Centers

South Rim
Open daily 8:00 a.m. – noon and 1:00–5:00 p.m.

North Rim
Open daily 8:00 a.m.–noon and 1:00–5:00 p.m.
Mid-May–mid-October, depending on weather

Contact for both rims:
www.nps.gov/grca/planyourvisit/backcountry.htm
E-mail: grca_bic@nps.gov
Telephone: 928-638-7875
1:00–5:00 p.m. Monday–Friday only
Fax: 928-638-2125
Mail: Backcountry Information Center
P.O. Box 129 Grand Canyon, AZ 86023

Do I Need a Permit?
A backcountry permit is required for all overnight use of the backcountry including:
• overnight hiking,
• overnight horseback riding,
• overnight cross-country ski trips,
• off-river overnight hikes by river trip members, and
• overnight camping at rim sites other than developed campgrounds.

A National Park Service backcountry permit is not required for day hiking, day horseback riding, river trips, mule trips, overnight stays in the dormitories or cabins at Phantom Ranch, or trips on the Havasupai Indian Reservation.

How to Apply
Permits for all overnight backcountry use must be obtained through the Backcountry Information Center at Grand Canyon National Park. Permit requests may be submitted by fax, through the mail, or in-person. See contact information above.

Requests are not accepted by telephone or e-mail.

Fees
There is a non-refundable fee of $10.00 per permit plus $5.00 per person per night camped below the rim or $5.00 per group per night camped above the rim. The park entrance fee is not included in the backcountry permit. Once submitted, the National Park Service cannot refund your money. If you cancel three or more days prior to the start of your trip, you can receive a credit towards a future trip to be reserved within one year.

When to Apply
Because popular use areas and campsites fill up quickly, we strongly recommend you submit your request by fax on the earliest allowed date. The Backcountry Information Center accepts permit applications no earlier than the first of the month four months prior to the proposed start of the trip (see chart below).

<table>
<thead>
<tr>
<th>For hikes with start dates within:</th>
<th>Submit written request on or after:</th>
<th>In-person requests receive immediate response on or after:</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>September 1</td>
<td>October 1</td>
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<tr>
<td>February</td>
<td>October 1</td>
<td>November 1</td>
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<td>March</td>
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<td>April</td>
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<td>June</td>
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<td>July</td>
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<tr>
<td>December</td>
<td>August 1</td>
<td>September 1</td>
</tr>
</tbody>
</table>

Because the Backcountry Information Center needs sufficient time to process and mail responses, only in-person requests are accepted and considered within 21 days of the proposed start date.

Note: The above chart shows a change effective February 1, 2010. Prior to this date, in-person requests receive immediate response, while written requests receive answers some time later, as staffing time allows. This change will streamline the permitting process in anticipation of the future addition of an online permitting system.

Permit Request Form
Either download the permit request form from our web site (above) or create your own by including the following:
1. Trip leader’s name, address, e-mail, and telephone number
2. Credit card number, expiration date, signature, date signed, and largest amount you authorize the NPS to charge
3. Number of people and/or stock in the group
4. License plate numbers of any cars to be left at the trailhead
5. Proposed night-by-night itinerary showing use area codes and dates for each night
6. Organization name, if applicable
7. Alternative proposed itineraries

Permit Responses
All written requests are responded to via mail only. Please allow at least three weeks for processing. When space is available and all fee requirements are met, a permit will be issued and mailed to the trip leader. If you have been denied a permit through the mail, you may want to consider day hikes or attempt to obtain a last minute, walk-in permit in person at the Backcountry Information Center on either rim as appropriate.

Last Minute Permits for Corridor Campgrounds
A limited number of last minute walk-up permits are available at the Backcountry Information Center for corridor campgrounds (Indian Garden, Bright Angel, and Cottonwood campgrounds). These permits are issued in person only, for one or two consecutive nights, and cannot be purchased more than one day prior to the start of a hike.

Once in the park, you can stop by the Backcountry Information Center and request a wait list number. This number is valid for the following morning only and allows you to receive priority service over anyone arriving for the first time. Beginning at 8:00 a.m., Backcountry Information Center staff will call wait list numbers. When your turn comes, you can request a permit, exchange your number for a new wait list number good for the following day, or simply ask questions. You may participate in the wait list for as many consecutive days as is convenient.

Remote Sites
Hikers into more remote parts of the park may find traveling to the Backcountry Information Centers inconvenient for their planned itineraries. Within six days of the start of a hike, permits may be obtained at Pipe Spring National Monument near Fredonia, Arizona or at the BLM Interagency Offices in St. George, Utah.
Permit Considerations

Use Areas
The backcountry is divided into use areas, ranging from several hundred acres to several thousand acres. Each use area has an overnight capacity based on the size of the area, the number of suitable campsites, the area’s ecological sensitivity, its management zoning, and its history. A list of use areas and additional information is posted on our web site.

Length of Stay
During spring, summer, and fall, camping in designated campsites or campgrounds is limited to two nights (consecutive or non-consecutive) per hike. From November 15–February 28, up to four nights will be allowed at Indian Garden, Bright Angel, and Cottonwood campgrounds. Trips are limited to a maximum of seven nights per use area; however, overall trip lengths are not limited.

Group Size
Groups are restricted to eleven or fewer people. More permits are available for small groups (one to six people) than for large groups (seven to eleven people). Because there are only a few large group sites, limiting the size of your group increases the chances of obtaining a permit.

Guided Hikes
A backcountry permit is not required if you participate in a guided hike.

If you would like to join a guided hiking or camping trip that is educational, consider the Grand Canyon Field Institute. GCFI provides multiday learning activities on a variety of levels for both beginning backpackers and those who wish to explore the less frequently visited areas of the park. See the enclosed GCFI Schedule of Classes 2010 or visit www.grandcanyon.org/fieldinstitute.

Many other options exist for guided hiking within the park. A list of companies authorized by the National Park Service can be found at www.nps.gov/grca/planyourvisit/guided-hikes.htm.

Brief Topics . . .

Stock Use
Use of private livestock (horses and mules only) is limited to the Corridor Trails in the inner canyon and selected trails on the rim. A backcountry permit is required for overnight private livestock trips. Application procedures are the same as for backpackers. Trip leaders will be charged $5.00 per stock animal per night.

Other requirements are in the Stock Use handout available from the Backcountry Information Center or online.

North Rim Winter Use
During the winter season (approximately mid-November through mid-May), a backcountry permit is required for overnight use of the North Rim from the north park boundary to Bright Angel Point. Winter access is by hiking, snowshoeing, or cross-country skiing.

Snowmobiling is not permitted within the park.

Havasupai Indian Reservation Permits
Havasu Canyon with its turquoise waters and spectacular waterfalls is on the Havasupai Indian Reservation, not in Grand Canyon National Park. Most hikes into Havasupai Canyon start at Hualapai Hilltop. Hiking is by tribal permit only. The Tribe assesses fees for entering the reservation and for use of the backpacking campground. Inquiries and permit requests should be directed to:

Havasupai Tourist Enterprises
P.O. Box 160
Supai, AZ 86435

The Tourist Office for backpacking permits: 928-448-2141 or 928-448-2141.

Lodging: 928-448-2111 or 928-448-2201

These phones are frequently busy. Keep trying. www.havasupai-nsn.gov.

Day hiking is a rewarding alternative, if you are unable to obtain an overnight permit. Day hiking can be a safer and more enjoyable choice than an overnight trip that is beyond the capability of any single member of your group. Prepare for your day hike as carefully as you would an overnight trip and do not attempt excessive distances. Permits are not required for day hikes. Visit our web site or see the park newspaper, The Guide, for more information.

Phantom Ranch Reservations
Phantom Ranch, in the bottom of Grand Canyon, is a popular destination for both hikers and mule riders. People with reservations at Phantom Ranch do not need to obtain a backcountry permit. Reservations, available up to 13 months in advance, may be difficult to obtain. Reservations are made through Xanterra Parks and Resorts. Contact information is on page 5.

Leave No Trace
Leave No Trace, a nonprofit organization, promotes responsible outdoor recreation through education, research, and partnerships. All Grand Canyon backcountry users are asked to follow the Leave No Trace principles to minimize impacts on the landscape. While enjoying your visit, please consider the following LNT principles to help protect Grand Canyon for future generations.

1. Plan ahead and prepare.
   • Learn the conditions along the route you plan to hike.
   • Know the weather forecast.

2. Travel and camp on durable surfaces.
   • Stay on trails; do not cut switchbacks.
   • Good campsites are found, not made.
   • Altering a site is prohibited.

3. Dispose of waste properly.
   • Bury solid human waste at least 200 feet (60 m) from the water source.
   • Pack out what you bring in, including toilet paper and all trash.

4. Leave what you find.
   • Do not disturb any cultural resources including artifacts or other archeological remains.

5. Minimize campfire impacts.
   • No campfires allowed in Grand Canyon National Park.
   • Do not burn toilet paper.

6. Respect wildlife.

7. Be considerate of other visitors.
   • Let nature’s sounds prevail. Keep loud voices and noises to a minimum.

For more information, visit www.lnt.org.
Support the Park

The Grand Canyon Association (GCA) is a nonprofit organization created in 1932 to inspire and educate people to protect Grand Canyon National Park for the enjoyment of present and future generations. GCA has provided the park more than $31 million in financial support. GCA bookstore are located throughout the developed areas in the park.

When you shop at GCA bookstores, your purchase supports Grand Canyon National Park. Ask how you can support the park’s educational programs and scientific research by becoming a member of the Grand Canyon Association. In addition to supporting the park, you will receive a 15 percent discount at all GCA bookstores, including our online bookstore at www.grandcanyon.org or call toll free (800) 858-2808, ext. 7100.

Member discounts are also available for most classes offered by the Grand Canyon Field Institute, GCA’s outdoor education program. For more information about GCFI, visit www.grandcanyon.org/fieldinstitute.

Teachers can take advantage of GCA’s Travelin’ Trunk program, which brings Grand Canyon to your classroom. For more information contact (800) 858-2808, ext. 7142 or www.grandcanyon.org/fieldinstitute/educators_trunk.asp.

The National Park Service thanks these concessioners for support with this and other publications.

Xanterra South Rim

Xanterra South Rim, L.L.C. is the primary concessioner and the sole provider of in-park lodging at the South Rim, providing quality guest service since the El Tovar Hotel opened in 1905. Xanterra, a company that values an environmental ethic and social conscience for the long term, has implemented comprehensive environmental initiatives throughout all of our operations. Please join us in these efforts to reduce, reuse, and recycle during your visit to this special place. For more information call (928) 638-2631 or visit www.grandcanyonlodges.com.

Forever Resorts

Forever Resorts operates the Grand Canyon Lodge, restaurants, retail, gift and convenience stores, service station, and Grand Canyon Cookout Experience on the North Rim under contract with the U.S. Department of the Interior. Forever Resorts trains and encourages employees to foster a sense of awareness and stewardship in park visitors through an appreciation of park resources. For information on Grand Canyon North Rim Lodge, visit online at www.GrandCanyonForever.com.

DNC Parks & Resorts

DNC Parks & Resorts at Grand Canyon (DNC) operates the general stores at Desert View and Grand Canyon Village under contract with the U.S. Department of the Interior. DNC encourages its associates to develop a strong relationship with the park during their tenure and to be good stewards of its special places in which we operate. For more information please contact: (928) 638-2262.