



## Day Hiking the Hermit Trail



### Warning

*Do not use this trail to access the Colorado River for a day hike.*

*Know how to rescue yourself. YOU are responsible for your safety and the safety of your family and friends. Rescue is not guaranteed, and assistance may take hours or days due to weather or other emergencies.*

*Check the Backcountry Information Center for the latest trail conditions prior to starting your hike. Detailed trail information can be found at [go.nps.gov/grcatrails](http://go.nps.gov/grcatrails).*

Built in 1911, this rocky, strenuous trail drops steeply the first 2.5 miles (4.0 km)—use caution. In winter, its southern exposure features less snow and ice, but you should still bring over-the-shoe traction devices.

### Hike Smart

#### Before You Go

- Choose the appropriate trail for your abilities or consider walking the Bright Angel Trail for an easier hike.
- Check the weather and adjust plans; avoid summer heat. Remember, the weather can change suddenly.
- Leave your itinerary with someone who will notice if you are overdue and report it to 911.
- Hydrate, but don't force fluids. Eat a good meal, and get a good night's sleep. If you do not feel well, do not hike.
- Prepare yourself for a faster hike down with high impact on your joints and a slow, strenuous hike out that may take twice as long or longer.

#### 10 Essentials for Your Day Pack

1. Water: bring a sufficient amount and extra in case of emergency; always bring a water treatment method
2. Salty snacks and high-calorie meal(s)
3. First aid kit, prescriptions, blister care, duct tape, and pocket knife
4. Map or trail guide
5. Flashlight or headlamp with spare batteries
6. Sunscreen, wide-brimmed hat, and sunglasses
7. Whistle, signal mirror, and cell phone
8. Lightweight tarp or emergency shelter
9. Broken-in hiking boots with good soles and hiking poles
10. Layers of clothing



For more information about Leave No Trace strategies, hiking tips, closures, roads, trails, and permits, visit [go.nps.gov/grca-backcountry](http://go.nps.gov/grca-backcountry).

### Accessing the Trailhead

*Hermit Road may close, with little notice, due to inclement weather. Trail begins 500 feet (152 m) west of Hermits Rest.*

### Shuttle Bus

March 1 to November 30, Hermits Rest Route shuttle bus provides transportation between the Village Route Transfer and Hermits Rest. For schedules and stops visit: [go.nps.gov/gc\\_shuttle](http://go.nps.gov/gc_shuttle).

### Private Vehicles

December 1 to February 28, Hermit Road is open to private vehicles.

### Additional Information

No drinking water along trail. Bring enough water for entire hike; water at springs must be treated. Drinking water available at Hermits Rest. No restrooms. For experienced desert

hikers. Allow extra hiking time; conditions are more difficult than the Bright Angel and South Kaibab trails. Please leave rocks, plants, wood, and artifacts where you find them.

# Hermit Trail Destinations

