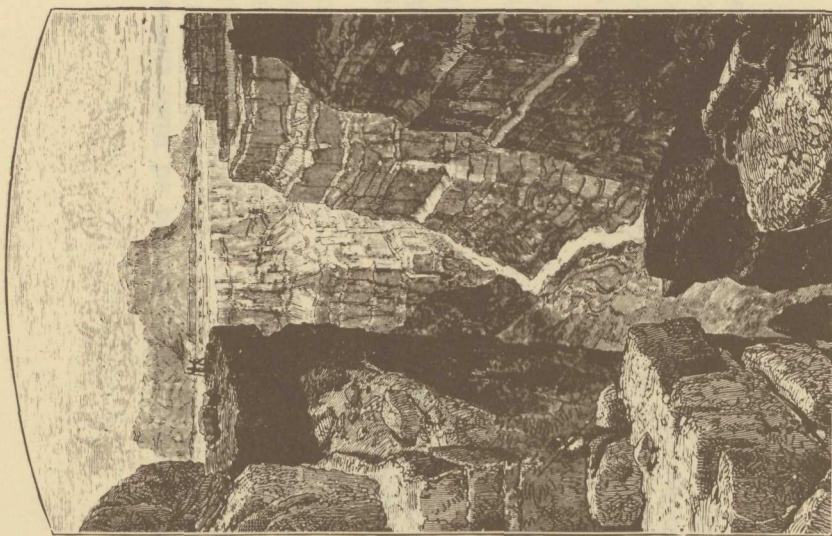


# Hiking the Bright Angel & Kaibab Trails



Grand Canyon hiking is the reverse of mountain climbing. First the descent, then the climb out, when one is tired – (exhausted). When you hike down into Grand Canyon you are entering a desert area where shade and water are scarce and where summer temperatures often exceed 41 C (105 F) and drop below freezing in winter. **PLAN AHEAD!**

Allow at least 3 km (2 mi) per hour to descend and 2½ km (1½ mi) per hour to ascend.

## ARE WE THERE YET ?? DISTANCES:

### FROM BRIGHT ANGEL TRAILHEAD TO:

|                   |         |          |
|-------------------|---------|----------|
| Indian Gardens    | 7.4 km  | (4.6 mi) |
| Colorado River    | 12.5 km | (7.8 mi) |
| Bright Angel Camp | 14.9 km | (9.3 mi) |

### FROM SOUTH KAIBAB TRAILHEAD TO:

|                    |         |          |
|--------------------|---------|----------|
| Cedar Ridge        | 2.4 km  | (1.5 mi) |
| Tonto Trail Junct. | 7.1 km  | (4.4 mi) |
| Bright Angel Camp  | 10.8 km | (6.4 mi) |

### FROM BRIGHT ANGEL CAMP AT RIVER TO:

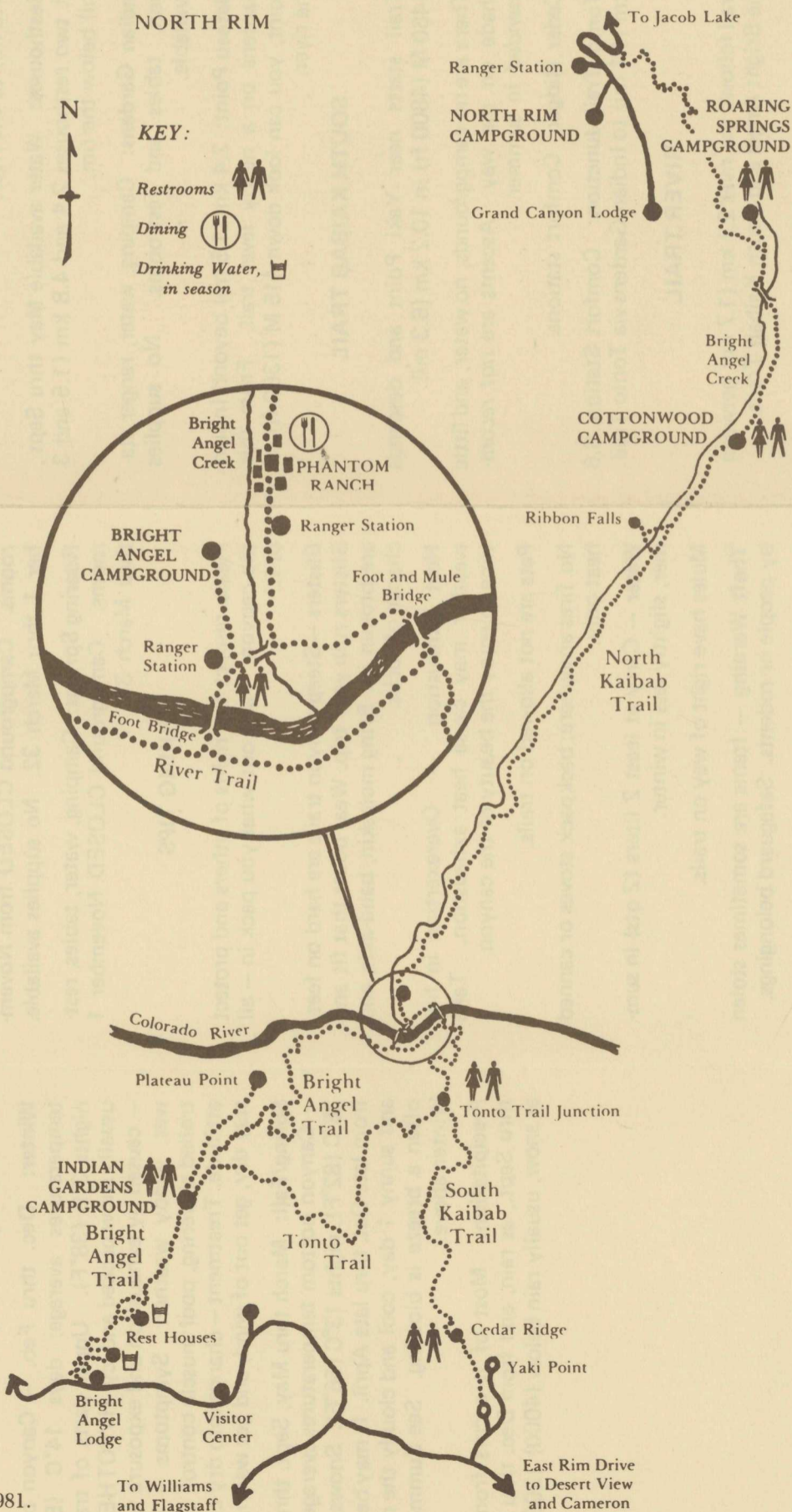
|                        |         |           |
|------------------------|---------|-----------|
| Ribbon Falls           | 9.3 km  | ( 5.8 mi) |
| Cottonwood             | 11.7 km | ( 7.3 mi) |
| Roaring Springs        | 15.3 km | ( 9.5 mi) |
| North Kaibab Trailhead | 22.8 km | (14.2 mi) |

### FROM INDIAN GARDENS CAMP TO:

|   |        |          |
|---|--------|----------|
| Bright Angel Camp                         | 7.5 km | (4.7 mi) |
| Plateau Point                             | 2.4 km | (1.5 mi) |
| S. Kaibab Trail<br>Junct. via Tonto Trail | 6.6 km | (4.1 mi) |

## ELEVATIONS

|                                  |       |           |
|----------------------------------|-------|-----------|
| Bright Angel Lodge,<br>South Rim | 2091M | (6860 ft) |
| Yaki Point                       | 2213M | (7260 ft) |
| Indian Gardens                   | 1160M | (3800 ft) |
| Plateau Point                    | 1150M | (3760 ft) |
| Bright Angel Camp                | 730M  | (2400 ft) |
| Cottonwood                       | 1220M | (4000 ft) |
| Roaring Springs                  | 1580M | (5200 ft) |
| N. Kaibab Trailhead              | 2512M | (8241 ft) |



Courtesy of the Grand Canyon Natural History Association, February 1981.

## BRIGHT ANGEL AND KAIBAB TRAILS

In order to allow use of the delicate Canyon environment and yet protect it from over use, the National Park Service limits the numbers of campers in the Inner Canyon.

## HOW TO MAKE BACKPACK RESERVATIONS

**Camping Reservations Are Suggested** and must be obtained from the Backcountry Reservations Office (BRO) — South Rim Visitor Center. Contact the BRO, Grand Canyon National Park, Grand Canyon, AZ 86023 (602-638-2474) for reservation information.

**Permits must be picked up in person** at the BRO-South Rim Visitor Center, or the North Rim NPS Information Desk **by 9 a.m.** on the day you are entering the canyon. Notify the park of your arrival time and your reservations will be held for you beyond 9 a.m.

## NO GROUP LARGER THAN 15 PERSONS WILL BE ALLOWED TO CAMP BELOW THE RIM.

No camp may be occupied more than 2 nights. Camping limit — 7 nights.

If you are hiking from the South Rim to North Rim, reservations will not be issued for Roaring Springs or Cottonwood unless reservations for Bright Angel Camp or Phantom Ranch can be obtained for the night before.

**Phantom Ranch:** Meals, cabins, and dormitory accommodations (by reservation only) are available by mail: Reservations Dept., Grand Canyon Nat'l. Park Lodges, Grand Canyon, AZ 86023; by phone (602-638-2401); or in person at the El Tovar or Bright Angel Lodge Transportation Desk. The Snack bar open daily. From April 1 through October 31, and holiday periods make reservations at least 6 months in advance.

## BRIGHT ANGEL TRAIL

Trail starts just west of Bright Angel Lodge and descends 1360 M (4460 ft) in 12.5 km (7.8 mi) to the river.

**Resthouses:** Water available May thru Sept., at two resthouses 2.4 and 4.8 km (1.5 and 3 mi) below the rim.

**Indian Gardens:** Camping, water, ranger station, tables and restrooms. No supplies available.

**Plateau Point:** 2.4 km (1.5 mi) beyond Indian Gardens on a nearly level trail. From this point, you can look down 415 M (1360 ft) to the river.

## SOUTH KAIBAB TRAIL

Trail starts near Yaki Point and descends 1460 M (4800 ft) in 10.2 km (6.3 mi).

There are no campgrounds, no water, and little shade on the way. Ascents are *not recommended* in summer.

**Cedar Ridge:** Comfort stations.

**Tonto Trail Junction:** Comfort Station, 6.6 km (4.1 mi) to Indian Gardens via Tonto Trail.

## RIVER TRAIL

Trail follows the river 2.7 km (1.7 mi) between the Bright Angel and South Kaibab Trails.

## NORTH KAIBAB TRAIL

Trail starts at the head of Roaring Springs Canyon and descends 1780 M (5840 ft) in 22.8 km (14.2 mi) to the river.

From Roaring Springs to the river the trail follows *Bright Angel Creek*.

**Bright Angel Campground:** Camping, water, tables, restrooms and ranger station.

**Phantom Ranch:** See section at left. No camping supplies available.

**Ribbon Falls:** Cool water falls. Day use only, no camping.

**Cottonwood:** Camping, water, tables, restrooms. Campground CLOSED from November 1 thru March 32. No supplies available.

**Roaring Springs:** Camping, water, tables, restrooms. Campground CLOSED November 1 thru March 31.

## HIKING TIPS

Please respect the rights of others and protect the canyon. Pack out what you pack in — all of it!

**Blisters** — Steep canyon trails are hard on feet. Blisters ruin your trip. Wear boots that fit and are broken in. Bring moleskin, band-aids, and change of socks.

**Heat Exhaustion** — Overexertion in hot weather may cause heat exhaustion. Take time to enjoy the beauty of the canyon.

**Pets** are not allowed on trails.

No fires anywhere; backpack stoves or canned heat only.

**Water** — Carry at least 2 liters (2 qts) in summer, slightly less in winter.

Mules have right of way on trails.

**Theft Warning** — Items are sometimes stolen by people or rodents. Safeguard belongings.

**Summer:** June thru August — Canyon bottom temperatures average; days 40°C (103°F), nights 24°C (75°F). Wear clothing on head, body, arms, and legs to prevent excessive water loss and sunburn. **WATER** — carry at least 2 liters (2 qts) per person per day. Travel light.

**Heat Exhaustion** — Caused by strenuous exercise in hot weather. Symptoms — nausea, cool and moist skin, headache, cramps. Treatment — find shade, drink water, cool the body, rest.

**Heat Stroke:** Symptoms — dry skin, weak and rapid pulse, high body temperature, unconsciousness, **VICTIM IS IN EXTREME DANGER!** Treatment — find shade, cool victim with water, go for help.

**Winter:** Dec. thru Feb. — Canyon bottom temperatures average; days 14°C (58°F), nights 3°C (38°F). Upper parts of trails are usually snow packed and icy. **HYPOTHERMIA** — caused by exhaustion and exposure to cold, wet, windy weather. Symptoms — uncontrolled shivering, poor muscle control, careless attitude. Treatment — change into dry clothes, stay dry, get out of wind, and get *warm!*

**Spring/Fall:** March thru May, Sept. thru Nov. — Canyon bottom temperatures average; days 28°C (82°F), nights 13°C (56°F). Snows occur from late Oct. thru late April. It may be warm and sunny 1 day, cool and cloudy the next — often a breeze is blowing. See Summer and Winter above.

**Precipitation:** Most of it occurs from July thru Sept., as rain, and from Dec. thru March as snow, usually rain below (4000) 1200 M.