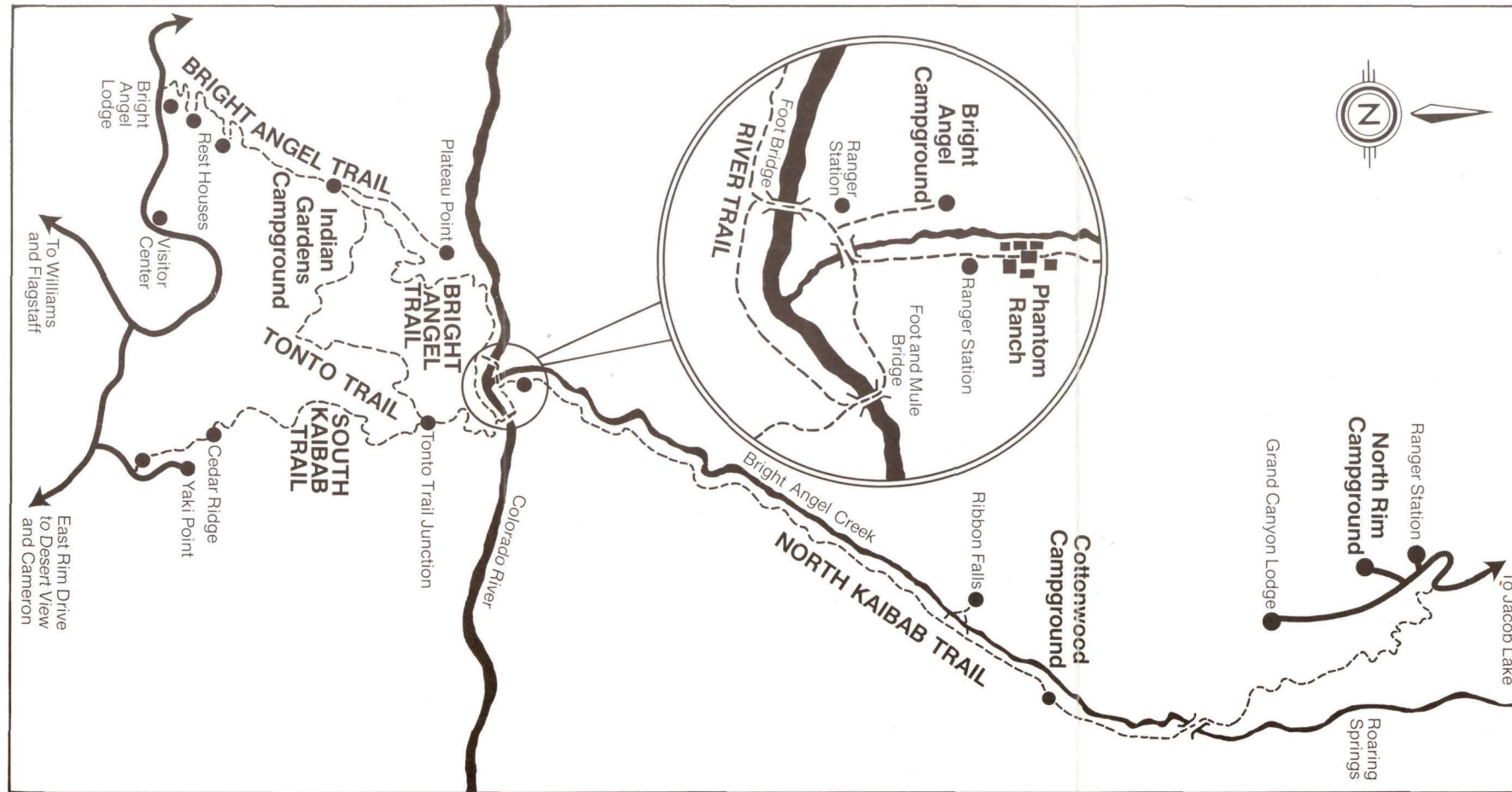


HIKING THE BRIGHT ANGEL AND KAIBAB TRAILS



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 Junction	7.1 km	4.4 mi
Colorado River		
Bright Angel Camp	10.3 km	6.4 mi

FROM COLORADO RIVER AND BRIGHT ANGEL CAMP 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

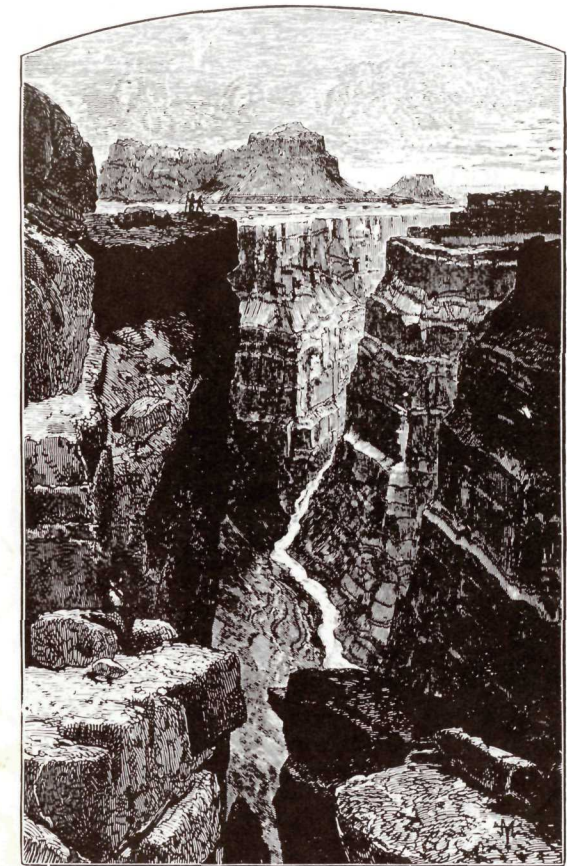
FROM INDIAN GARDENS CAMP TO:

Bright Angel Camp	7.5 km	4.7 mi
Plateau Point	2.4 km	1.5 mi
South Kaibab Trail Junction via Tonto Trail	6.6 km	4.1 mi
Colorado River	5 km	3.1 mi

ELEVATIONS:

Bright Angel Lodge, South Rim	2091 m	6860 ft
Yaki Point	2213 m	7260 ft
Indian Gardens	1160 m	3800 ft
Plateau Point	1152 m	3781 ft
Bright Angel Camp	730 m	2400 ft
Cottonwood	1220 m	4000 ft
Roaring Springs	1580 m	5200 ft
North Kaibab Trailhead	2512 m	8241 ft

This publication was provided by Grand Canyon Natural History Association at the request of, and for distribution by, Grand Canyon National Park. Information contained herein was approved by the Park. 2-88



HOW TO OBTAIN BACKPACKING PERMITS AND RESERVATIONS

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

A Backcountry Use Permit is required for all overnight use of the backcountry except hiking down to stay in the dorms or cabins at Phantom Ranch. Permits are not necessary for day hiking. Advanced reservations are suggested to ensure that you may hike where you want and when you want. Reservation requests for backcountry hiking and camping are accepted by mail or in person only. Beginning on October 1 of each year, reservation requests will be accepted for the remainder of the current year and for the following calendar year.

To make reservations, visit or write:
Backcountry Reservations Office
P.O. Box 129
Grand Canyon, AZ 86023

This office is open seven days a week from 7 a.m. to 5 p.m. in summer and 8 a.m. to 5 p.m. in the winter. The Backcountry Office maintains an Information Line to answer your questions concerning trip planning, trail and weather conditions and water sources. The Backcountry Information Line is open from 11 a.m. to 5 p.m. Monday through Friday; call (602) 638-2474 Mountain Standard Time.

Permits must be picked up in person at the Backcountry Reservations Office on the South Rim or at the North Rim Ranger Station (summer only) by 9 a.m. on the day your hike begins.

NO GROUP OF MORE THAN 16 PERSONS WILL BE ALLOWED TO CAMP BELOW THE RIM.

Camping at Bright Angel, Indian Gardens or Cottonwood is limited to two nights per campground per hike.

PHANTOM RANCH—Reservations for accommodations at Phantom Ranch from April 1 through October 31 or for holiday periods should be made six to twelve months in advance.

Mail or phone reservations may be made by contacting:

Reservations Department
Grand Canyon National Park Lodges
P.O. Box 699
Grand Canyon, AZ 86023
(602) 638-2401

Phantom Ranch has a snack bar which is open daily.

BRIGHT ANGEL TRAIL—The 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: There are resthouses 2.4 and 4.8 km (1.5 and 3 mi) below the rim. Water is available May through September.

INDIAN GARDENS: From the trailhead to Indian Gardens is 7.4 km (4.6 mi). Water, tables, toilets, ranger station and camping space are available. There are no supplies.

PLATEAU POINT: The Point is 2.4 km (1.5 mi) beyond Indian Gardens on a nearly level trail. From here you can look down 415 m (1360 ft) to the river.

SOUTH KAIBAB TRAIL—The trail starts near Yaki Point and descends 1460 m (4800 ft) in 10.2 km (6.3 mi) to the river. There are no campgrounds, no water, and little shade on the way. Ascents in the summer are not recommended.

CEDAR RIDGE: Toilet.

TONTO TRAIL JUNCTION: Chemical toilets at the junction. It is 6.6 km (4.1 mi) via Tonto Trail to Indian Gardens where there are restrooms and water.

RIVER TRAIL—The trail follows the river 2.7 km (1.7 mi) between the Bright Angel and South Kaibab trails.

NORTH KAIBAB TRAIL—The 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 are available.

PHANTOM RANCH: See section at left. No camping supplies available.

RIBBON FALLS: Day use only. No camping. Cool waterfalls.

COTTONWOOD: Camping, water, tables and restrooms are available. Campground is closed from November 1 through April 30. No supplies available.

HIKING TIPS

Please protect the rights of others and protect the Canyon. *Litter* has become a problem along many trails. Please carry out all trash and deposit it in a trash receptacle. Remember, cigarette butts are litter too! Pack out what you pack in — all of it.

Pets are not allowed on the trails.

No fires are permitted anywhere; use backpacking stoves or canned heat only.

Mules have the right of way on the trails.

Theft warning—Items are sometimes stolen by people or rodents. Safeguard your belongings. Hang your pack off the ground to keep out the rodents.

SEASONS

SUMMER: June through August — Inner Canyon temperatures average 40°C (103°F) in the daytime and 24°C (75°F) at night. To prevent sunburn and excessive water loss wear a hat and clothing that covers legs, arms, and body. Carry at least 4 liters (4 quarts) of water per person per day. Travel light.

SPRING/FALL: March through May/September through November — Inner Canyon temperatures average 28°C (82°F) during the day and 13°C (56°F) at night. Snows occur from late October through late April. It may be warm and sunny one day, cool and cloudy the next. Often a breeze is blowing.

WINTER: December through February — Inner Canyon temperatures average 14°C (58°F) during the day and 3°C (38°F) at night. Upper parts of the trails are usually snow packed and icy.

PRECIPITATION: Most of the rain falls from July through September. From December through March snow may fall; below 1210 m (4000 ft) it may rain during these months.

MEDICAL TIPS

BLISTERS: Steep canyon trails are hard on the feet. Blisters ruin your trip. Wear boots that fit and are broken in. Bring moleskin, band-aids and a change of socks. Put moleskin on “hot spots” before a blister is formed.

HEAT EXHAUSTION: Overexertion in hot weather may cause heat exhaustion. Symptoms—very pale face; nausea; cool, moist skin; headache; cramps. Treatment — find shade, drink water, cool the body, rest.

HEAT STROKE: Symptoms — flushed and red face, dry skin, weak and rapid pulse, high temperature, inability to cope, unconsciousness. **VICTIM IS IN EXTREME DANGER!** Treatment — find shade, cool victim with water, **GO FOR HELP.**

HYPOTHERMIA: Caused by exhaustion and exposure to cold, wet, windy weather. Symptoms — uncontrolled shivering, poor muscle control, careless attitude. Treatment — put on dry clothes; give warm drinks and warm by body contact with another person; protect from wind, rain and cold. Hypothermia can occur when the temperature is as warm as 10°C (50°F).

Grand Canyon hiking is the reverse of mountain climbing. The descent is made first and the climb out is made when you are tired. When you hike down into the Inner Canyon you are entering a desert environment where shade and water are scarce. Summer temperatures often exceed 40°C (103°F) and drop below freezing in the winter. **PLAN AHEAD!**