

Grand Canyon

National Park Service
U.S. Department of the Interior
Grand Canyon National Park
Arizona



The Guide

South Rim: Dec. 1, 2006–Feb. 28, 2007

Also available in Deutsch, Español, Français,
Italiano, and 日本語

Welcome to Grand Canyon National Park



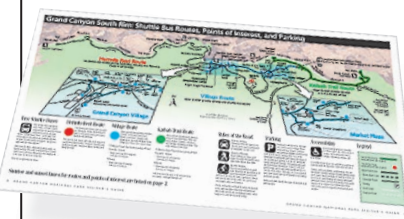
The Grand Canyon is more than a great chasm carved over millennia through the rocks of the Colorado Plateau. It is more than an awe-inspiring view. It is more than a pleasuring ground for those who explore the roads, hike the trails, or float the currents of the turbulent Colorado River.

This canyon is a gift that transcends what we experience. Its beauty and size humble us. Its timelessness provokes a comparison to our short existence. In its vast spaces we may find solace from our hectic lives.

The Grand Canyon we visit today is a gift from past generations. Take time to enjoy this gift. Sit and watch the changing play of light and shadows. Wander along a trail and feel the sunshine and wind on your face. Attend a ranger program. Follow the antics of ravens soaring above the rim. Listen for the roar of the rapids far below Pima Point. Savor a sunrise or sunset.

As the shadows lengthen across the spires and buttes, time passing into the depths of the canyon, understand what this great chasm passes to us: a sense of humility born in the interconnections of all that is and a willingness to care for this land.

We have the responsibility to ensure that future generations have the opportunity to form their own connections with Grand Canyon National Park.



Maps on pages 6–7,
9, and 12

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Where's the Visitor Center?

The Visitor Center is just south of Mather Point, but you cannot drive to the Visitor Center. Canyon View Information Plaza, including the new Visitor Center, was designed as the terminus for a mass-transit system that is not yet in operation. To get to the Visitor Center:

- **Park Your Vehicle**
Parking lots are shown on the map on pages 6–7.
- **Ride the Free Shuttle Buses**
Shuttle bus routes are shown on the map on pages 6–7.
- or
- **Park at Mather Point**
Walk the 300 yards (275 meters) to the Visitor Center.
Accessibility shuttle available. See page 7.



Hiking: The Winter Challenge



For many a hike along the rim or into the canyon is a highlight of their visit. Winter weather, icy trails, and some of the most rugged terrain on Earth make hiking both a challenging and a rewarding experience.

The weather changes quickly at this time of the year. A blue-sky day becomes a chilling snowstorm. The easy downhill walking entices hikers to venture further than they should on these short days.

Successful hikers:

- **Plan ahead.** Know the trail conditions and weather forecast before starting.
- **Go prepared.** Icy trails may require the use of instep crampons and hiking poles. Carry a flashlight.
- **Maintain body temperature.** Dress in layers, including a hat. Be able to protect yourself from wind and precipitation.
- **Balance your food and water intake.** Food provides fuel to keep walking and stay warm. Even in winter, liquids are needed to replace perspiration loss.



Footing can be dangerous.
Watch for snow and ice.

Emergency • 911

24 hours-a-day dial
911 from any phone,
9-911 from hotel phones.















Information 3
Route Map and Times . . . 6–7




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

Ranger Programs

The National Park Service invites you to enjoy the free programs below. We hope that learning about Grand Canyon and its resources will lead to a greater appreciation of your national park. Some programs require riding the free shuttle bus to get to the meeting location. Plan sufficient time to arrive before the start of the program.

Grand Canyon Village

Activity	Location	Time	Duration	Frequency
Introduction to Grand Canyon Geology  				
Why is the Grand Canyon so deep, wide, and grand? Why does it exist only here in the world? Come and participate in this fascinating talk to learn how Grand Canyon was formed. Program may include a short walk on a paved path. Plan sufficient time to arrive at the Visitor Center by the free Village Route shuttle bus.	Visitor Center at Canyon View Information Plaza	10:00 a.m. and 1:30 p.m.	30–45 min.	Daily
Human History at Grand Canyon 				
Humans have been part of Grand Canyon's story for almost 12,000 years. The beauty that draws people to the canyon today also brought American Indians, prospectors, entrepreneurs, and the National Park Service to this special place. Depending on weather, be prepared for either a short walk along the rim or an indoor program in the Bright Angel History Room.	Patio on the rim side of Bright Angel Lodge	11:00 a.m.	45 min.	Daily
Kolb Studio: Images of the Past (by reservation only)				
Kolb Studio, built in 1904, spills five levels down the canyon wall. The Kolb brothers played an integral role in the early years of development at Grand Canyon. From the studio they photographed countless visitors as they began their mule trips. Join a ranger for a closer look at Kolb Studio and the fascinating time in which the Kolb family lived here. Limited to 12 participants. Register at Kolb Studio for the tour prior to that day's program or by calling (928) 638-2771.	Kolb Studio	2:00 p.m.	30–45 min.	Daily
Nature Walk  				
Learn more about the complexity and diversity of nature with a short hike along the rim. Topics vary and may include: animals and plants adapting to changing seasons, human impact on nature, how nature inspires writers and poets, rare and endangered species, or Native American use of plants and animals. Walks may be canceled during inclement weather.	Bicycle rack at Yavapai Observation Station	3:00 p.m.	45–60 min.	Daily
Call of the Canyon  				
Are you a first time visitor to Grand Canyon? Feeling a bit overwhelmed by the call of a canyon that stretches hundreds of miles and descends nearly a mile to the river below? Join a ranger for a short orientation to the canyon, why it is here, and some ways to enjoy it in the time that you have. Plan sufficient time to arrive at the Visitor Center by the free Village Route shuttle bus.	Visitor Center at Canyon View Information Plaza	3:30 p.m.	20 min.	Daily
Evening Program  				
The perfect way to end your day at the Grand Canyon! Enjoy a ranger presentation on a significant aspect of the canyon's fascinating natural or cultural history. For this evening's topic check the schedules posted around the park or call (928) 638-7610. Arrive by walking, driving, or riding the free Village Shuttle Bus. No program December 20.	Shrine of the Ages auditorium (parking lot A, next to Park Headquarters)	7:00 p.m.	1 hour	Daily
Full-Moon Walks and Star Talks  See page 3 for sunset times.				
During evenings around full moon and new moon, rangers will offer moon walks and star talks as staffing and weather permit. Check bulletin boards at the visitor centers and campgrounds to see if these events are scheduled.	Eastern-most promontory at Mather Point	One hour after sunset	1 hour	As staffing permits
Special Programs				
Additional programs may be presented when staffing and weather permits. Check park bulletin boards for announcements or inquire at the Visitor Center at Canyon View Information Plaza for upcoming events.	Check park bulletin boards or at the Visitor Center at Canyon View Information Plaza			
Desert View–Tusayan Museum (3 miles/5 km west of Desert View Point)				
Glimpses of the Past  				
Consider the ancient people who called Grand Canyon "home" 800 years ago. How did they thrive in this environment? Join a ranger for a walk on a 0.1 mile flat, paved trail and see the remains of an ancestral Puebloan village.	Tusayan Museum, 23 miles east of Grand Canyon Village	11:00 a.m. and 1:30 p.m.	30 min.	Thurs. through Mon.

All children must be supervised and accompanied by an adult on all programs.  All outdoor programs are subject to cancellation due to inclement weather or when lightning danger is present.  These programs are wheelchair accessible with assistance. Wheelchairs are available for loan at the Visitor Center at Canyon View Information Plaza. For programs meeting at the Visitor Center, handicap access is by wheelchair or accessibility shuttle bus from Mather Point parking lot.  These family-oriented programs are ideal for meeting the ranger program requirement for the Grand Canyon's Junior Ranger award. However, any ranger program may serve the requirement on page 2 of the Junior Ranger Activity Booklet.

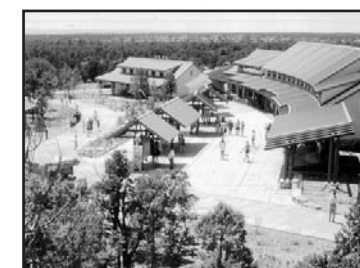
Enjoying Grand Canyon

Information Centers See page 2 for ranger programs at these locations.



Kolb Studio

Once the home and business of the Kolb brothers, pioneering photographers at Grand Canyon, this building has been restored. Visit the free art exhibits in the auditorium and shop in the bookstore. Kolb Studio is located in the Village Historic District, at the Bright Angel Trailhead. Open daily from 8:00 a.m. to 5:00 p.m.



Canyon View Information Plaza

Don't forget to visit the Visitor Center and bookstore at the Canyon View Information Plaza. Reachable by free shuttle bus, a one mile walk or bicycle ride from Market Plaza on the Greenway Trail, or a short walk from Mather Point. The Visitor Center is open daily from 9:00 a.m. to 5:00 p.m., and the bookstore is open daily from 8:00 a.m. to 5:00 p.m. You may view the outdoor exhibits anytime.



Yavapai Observation Station

Yavapai Observation Station, located one mile (1.6 km) east of Market Plaza, features exceptional views of the canyon. Educational materials about the park and region are sold in the bookstore which is open daily 8:00 a.m. to 5:00 p.m.



Tusayan Museum

A visit to Tusayan Ruin and Museum provides a glimpse of ancestral Pueblo life 800 years ago. The museum is located three miles (5 km) west of Desert View. Open Thurs.–Mon. from 9:00 a.m. to 5:00 p.m., weather permitting. Closed Tues.–Wed. Admission is free. A self-guiding trail leads through the adjacent 800-year-old ruin.



Desert View Bookstore/Park Information

Orientation, park information, and books are available at Desert View Bookstore/Information, located near the park's east entrance. Open daily from 9:00 a.m. to 5:00 p.m. as staffing permits.



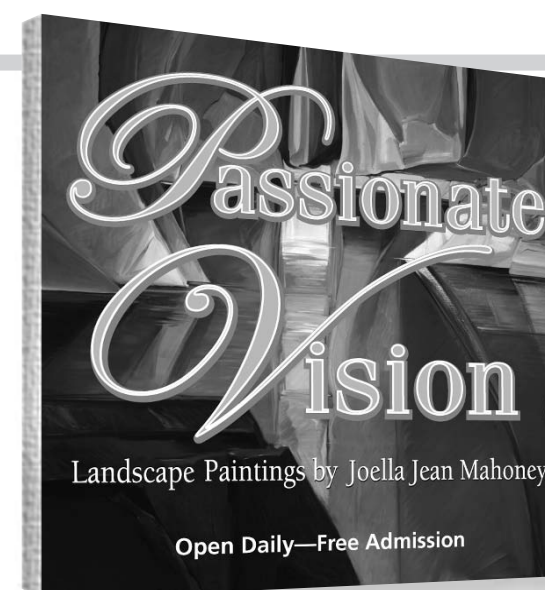
The Canyon's Best Bargain—the Free Shuttle Bus System

For more than 30 years the National Park Service has provided a free shuttle bus system on the South Rim. Visitors and residents have made 80,000,000 boardings. Many of the buses use compressed or liquefied natural gas, a much cleaner burning fuel. Some of the buses have provisions for improved accessibility. Riding the shuttles makes your stay more enjoyable, while reducing pollution and decreasing traffic congestion.

How do I use the free shuttle buses?

The map on pages 6–7 is the key. The map shows routes, stops, operating times, and route lengths. Park your vehicle in one of the parking areas, walk to the nearest bus stop, and board the next bus. It is that simple. The buses come by every 15–30 minutes. There are no tickets to obtain, and you are free to get on and off at any stop. The routes are designed so you can ride to a stop, enjoy the view, shop at a gift store, or walk along the rim and then hop on a later shuttle.

See pages 6–7 for a map with routes, stops, and times.



Kolb Studio Art Exhibits

Through February 18, 2007:
Joella Jean Mahoney: 50-year Retrospective

For half a century Joella Jean Mahoney has captured the expansive landscapes of northern Arizona and southern Utah on canvas. Her colorful landforms and skies are illuminated by the intense light of the high desert. Often abstract, these paintings convey a powerful sense of place and connection to the land. Sponsored by the Grand Canyon Association and the National Park Service. Admission is free.

Sunrise & Sunset

Date	Sunrise	Sunset
Dec. 3	7:23 a.m.	5:14 p.m.
Dec. 10	7:28 a.m.	5:14 p.m.
Dec. 17	7:33 a.m.	5:16 p.m.
Dec. 24	7:37 a.m.	5:20 p.m.
Dec. 31	7:39 a.m.	5:24 p.m.
Jan. 7	7:40 a.m.	5:30 p.m.
Jan. 14	7:39 a.m.	5:37 p.m.
Jan. 21	7:36 a.m.	5:44 p.m.
Jan. 28	7:32 a.m.	5:51 p.m.
Feb. 4	7:27 a.m.	5:58 p.m.
Feb. 11	7:20 a.m.	6:06 p.m.
Feb. 18	7:13 a.m.	6:13 p.m.
Feb. 25	7:04 a.m.	6:20 p.m.

Moon Phases

New Moon	Full Moon	Moon Rises
	Dec. 4	4:48 p.m.
Dec. 20		
	Jan. 3	5:35 p.m.
Jan. 18		
	Feb. 1	5:33 p.m.
Feb. 17		

Enjoying Grand Canyon

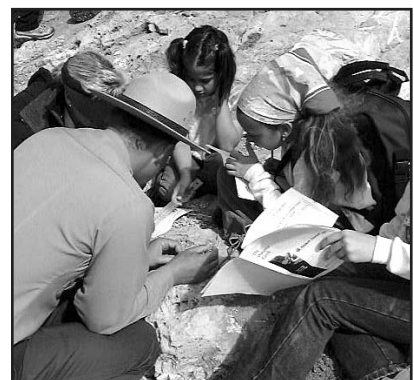
Park News



Personalize Your Grand Canyon Experience

Individual interests, available time, and the weather can all influence a visit to Grand Canyon. The following list of activities can help you personalize your Grand Canyon experience. To locate places mentioned below, refer to the maps on pages 6-7 and 12. An *Accessibility Guide* for visitors with limited mobility is available at the Visitor Center at Canyon View Information Plaza and Park Headquarters.

- | | |
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| <p>Activity</p> <p>Attend free ranger programs</p> <p>Visit scenic Hermit Road
7 miles one-way. Allow at least 2 hours round trip.</p> <p>Explore Desert View Drive
25 miles one-way</p> <p>Visit an information center or a museum</p> <p>Exploring on foot:</p> <p>Walk part of the Rim Trail</p> <p>Day hike into Grand Canyon</p> <p>Backpack in Grand Canyon</p> | <p>Option</p> <ul style="list-style-type: none"> Listed on page 2 Junior Ranger program described below Views of river at Hopi, Mohave, and Pima Points Visit Hermits Rest—historic landmark with river view Open to private vehicles during winter months Tour by private vehicle or commercial bus Views of river at Moran Point, Lipan Point, Desert View Road may be closed by inclement weather A variety of museums and visitor centers house exhibits and provide park information See page 3 for more information See map pages 6-7; described on page 8 Trail may be accessed at many locations along rim Watch for snow and icy spots See pages 8-9 for information on trails and safety It will take twice as long to hike up as it does to hike down Do not attempt to hike to the river and back in one day Trails may be very icy and require the use of instep crampons Permit and fees required (see page 9) Inquire at Backcountry Information Center (8:00 a.m.–noon and 1:00–5:00 p.m.) |
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Environmental Education Class Field Trips and Teacher Workshops

The Environmental Education staff invites teachers and students to take advantage of our free educational resources. We offer six ranger-led field trip programs at the canyon covering geology, ecology, and history topics. Programs are designed for grades 3-6, are curriculum based, and address Arizona academic standards. Advanced reservations are required. These programs are popular, so contact the park as soon as possible to schedule your trip. Rangers may be available for pre-visit classroom presentations.

Free teacher workshops cover suggested pre- and post-visit activities, as well as walk-throughs of the programs at the canyon. Park staff conducts workshops several times each year. For more information or to make reservations for either a park visit or a teacher workshop call (928) 638-7662 or visit www.nps.gov/grca/.



Grand Canyon Semester: The West as Image and Reality

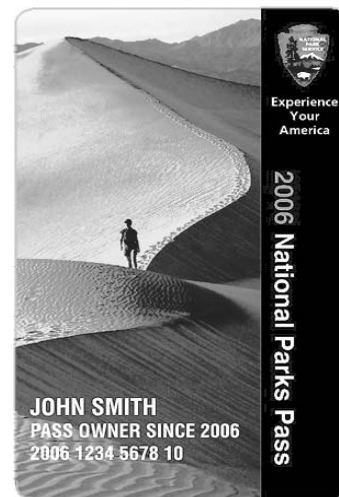
Northern Arizona University, in cooperation with the National Park Service at Grand Canyon National Park and the Museum of Northern Arizona, offers an unforgettable undergraduate learning experience. On backcountry field trips, in traditional classroom settings, around campfires, and floating down the Colorado River through Grand Canyon, students confront current issues of the American West. Earn 18 semester credit hours while immersing yourself in experiential learning that could change your life. For more information visit www.grandcanyonsemester.nau.edu.

National Parks Pass . . .

Good at All National Parks

The National Parks Pass admits the pass holder and any accompanying passengers in a private vehicle to all National Park Service areas for one year.

The National Parks Pass can be purchased for \$50.00 at park fee stations, by calling 1-888-GO-PARKS, online at www.nationalparks.org, or through cooperating associations, such as the Grand Canyon Association (800-858-2808). You can apply your park entry fee toward the National Parks Pass. A new interagency pass is available beginning January 1, 2007.



Winter Wildlife Warning

Early winter is a time of great activity for the animals at Grand Canyon National Park. Many are feeding as much as they can or are storing food for later use. For deer it is the time of the rut and they may show aggressive behavior.

Winter snow and cold place different demands on our wildlife. Food becomes scarce, just as the need for body warmth increases. Many animals reduce their activity to conserve their energy resources. Some, like the rock squirrels that are so common in summer, are now in hibernation. Deer and elk are not moving about as much. If you attempt to approach these animals, they may run away, wasting precious energy. Always observe and photograph wildlife from a distance without disturbing them.



It is dangerous, and illegal, to feed wild animals in a national park. Violators will be fined. Wildlife can become dependent upon handouts and lose their ability to hunt and forage. Such animals lose their fear of humans. They can become aggressive and bite, kick, or gore. Many are struck by cars while searching for handouts. Help us keep wildlife wild. Never feed or approach wildlife.

Would you like to be a Junior Ranger?

Grand Canyon National Park offers a Junior Ranger program for children ages 4 and older.

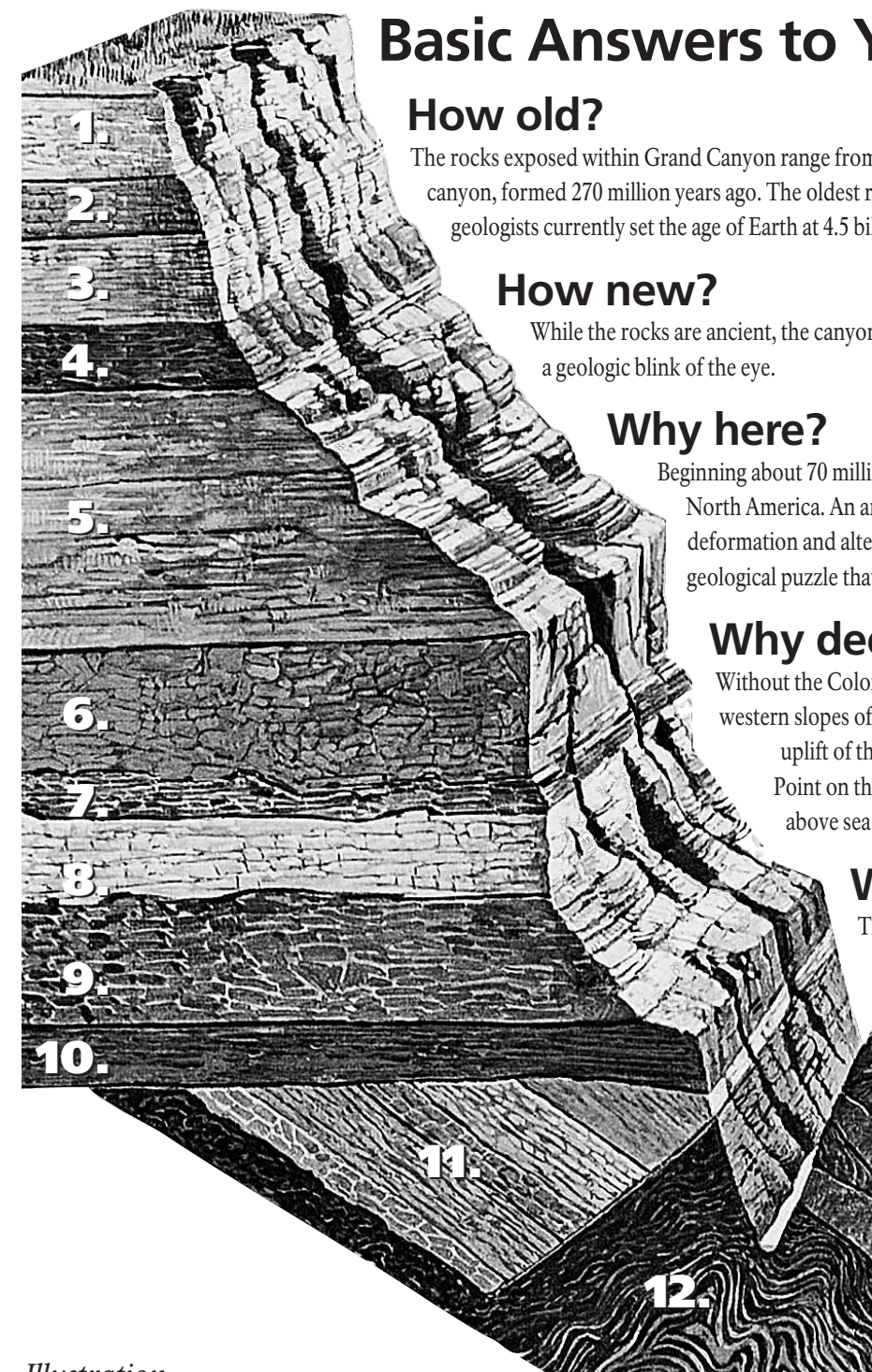
To take part in the program, pick up a Junior Ranger booklet at the Visitor Center at Canyon View Information Plaza or Tusayan Museum information desk and complete the activities listed for the appropriate age level.

Once completed (don't forget attendance at one or more ranger programs) bring the booklet back to the Visitor Center at Canyon View Information Plaza or Tusayan Museum to receive an official Junior Ranger certificate and badge.



There's Only One Grand Canyon

Basic Answers to Your Geologic Questions



How old?

The rocks exposed within Grand Canyon range from the fairly young to the fairly old (geologically speaking). Kaibab limestone, the caprock on the rims of the canyon, formed 270 million years ago. The oldest rocks within the Inner Gorge at the bottom of Grand Canyon date to 1.84 billion years ago. For comparison geologists currently set the age of Earth at 4.5 billion years.

How new?

While the rocks are ancient, the canyon is young. Geologists generally agree that canyon carving occurred over the last 5-6 million years—a geologic blink of the eye.

Why here?

Beginning about 70 million years ago, heat and pressure generated by two colliding tectonic plates induced mountain building in western North America. An area known as the Colorado Plateau was raised more than 10,000 feet (3,000 m), but was spared most of the deformation and alteration associated with the uplifting of strata. This high plateau, so critical to Grand Canyon's story, is a geological puzzle that researchers still seek to understand.

Why deep?

Without the Colorado River, a perennial river in a desert environment, Grand Canyon would not exist. Water draining off the western slopes of the southern Rocky Mountains carried sand and gravel, cutting down through the layers of rock. Without the uplift of the Colorado Plateau, there would not have been the thousands of feet of topography to sculpt. From Yavapai Point on the South Rim to the Colorado River is a change of 4,600 feet (1,400 m), yet the river still flows 2,450 feet (750 m) above sea level.

Why wide?

The width results from the rock layers collapsing around the river and its tributaries combined with the "headward erosion" of these side streams. Softer, weaker layers erode faster, undermining the harder, stronger layers above them. Without adequate support, the cliffs collapse. The relentless river carries this eroded material to the Gulf of California. Much of what is now southeastern California and southwestern Arizona is covered with material eroded from Grand Canyon.

Over its 277 river miles (446 km), the jagged Grand Canyon varies in width. Along the South Rim, it ranges between 8 and 16 miles (13-26 km) depending upon where you choose to measure.

Why Grand?

Often described as Earth's greatest geological showcase, the ensemble of stunning dimensions—the melding of depth, width, and length—sets Grand Canyon apart. Nowhere else features such a dazzling variety of colorful rock layers, impressive buttes, and shadowed side canyons. Grand Canyon is the canyon against which all other canyons are compared.

Illustration:

1. Kaibab Formation270 million years
2. Toroweap Formation273 million years
3. Coconino Sandstone275 million years
4. Hermit Formation280 million years
5. Supai Group315-285 million years
6. Redwall Limestone340 million years
7. Temple Butte Formation385 million years
8. Muav Limestone505 million years
9. Bright Angel Shale515 million years
10. Tapeats Sandstone525 million years
11. Grand Canyon Supergroup1.2 billion-740 million years
12. Vishnu basement rocks1.84-1.68 billion years

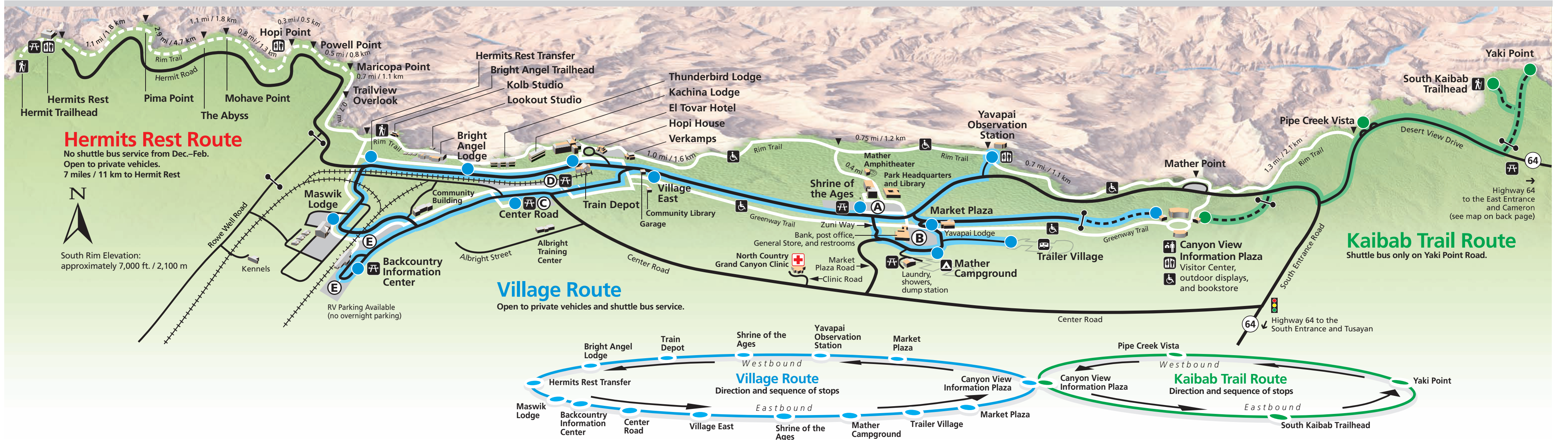
Want to know more?

The geologic story is rich in detail and mystery. Attending a free ranger program may move you from wonder to comprehension. Programs are described on page 2.

Grand Canyon Association bookstores offer many geology related titles. Bookstore hours and locations are listed on page 3. To learn more about geology at Grand Canyon, take a look at:

- *Yardstick of Geologic Time*
- *Introduction to Grand Canyon Geology*, Greer Price
- *Carving Grand Canyon*, Wayne Raney
- *Grand Canyon: Solving Earth's Grandest Puzzle*, James Powell

Grand Canyon Village Shuttle Bus Routes, Points of Interest, and Parking



Legend

- Shuttle Bus Routes (Indicated in blue or green)
- Shuttle Bus Stops (Indicated in blue or green)
- Major Park Roads (All vehicles)
- Secondary Roads (All vehicles)
- Shuttle Buses Only
- Parking
- Picnic Tables
- Paved Trails
- Unpaved Trails
- Distance between points on Rim Trail
- Map is not to scale.

Free Shuttle Buses

During winter at Grand Canyon National Park, free shuttle buses operate on two routes: Village Route (blue) and Kaibab Trail Route (green). No tickets are required, and bus stops are clearly marked throughout the park by signs with the above symbol.

Buses may be white, white with a green stripe, or brown and tan. The route is indicated by a colored square near each door. Many buses also display the route name on the front of the bus.

Pets are not permitted on buses.
Shuttle service may be suspended during inclement weather.

Note: Sunrise and sunset times are listed on page 3.

Hermits Rest Route

The Hermits Rest Route does not operate during the winter. Hermit Road is open to all vehicles during December, January, and February.

This narrow road winds seven miles past numerous overlooks to Hermit's Rest. It may be closed during inclement weather. Watch for hikers and bicyclists along the road.

No shuttle bus service on the Hermits Rest Route from December through February.

Village Route

Buses provide transportation between Canyon View Information Plaza, Yavapai Point, hotels, restaurants, campgrounds, parking lots, and other facilities in the Village area.

This is not a scenic route, but rim views are available a short walk from many stops.

60 Minutes Round Trip (without getting off bus)
December-February

- 6:15 a.m.-8:00 a.m. buses run about every 30 minutes.
- 6:15 a.m.-6:00 p.m. buses run about every 15 minutes.
- 6:00 p.m.-9:00 p.m. buses run about every 30 minutes.

Kaibab Trail Route

Buses provide transportation between Canyon View Information Plaza, South Kaibab Trailhead, Yaki Point, and Pipe Creek Vista. This is the shortest scenic route.

30 Minutes Round Trip (without getting off bus)
December-February

- 6:15 a.m.-5:00 p.m. buses run about every 15 minutes.
- 5:00 p.m.-7:15 p.m. buses run about every 30 minutes

Hikers' Express
An early morning Hikers' Express leaves from Bright Angel Lodge and the Backcountry Information Center and goes directly to the South Kaibab Trailhead daily at 8:00 and 9:00 a.m.

Rules of the Road

- Motorist Warning**
Pedestrians have the right of way. Vehicles must stop for pedestrians in crosswalks. It is the LAW.
 - Pedestrian Warning**
Avoid walking on narrow park roads. Use trails that parallel most park roads. Always face traffic.
 - Bicyclist Warning**
Bicycles are permitted on all paved and unpaved park roads and the Greenway Trail. They are prohibited on all other trails, including the Rim Trail. Bicyclists must obey all traffic regulations. Always ride single file with the flow of the traffic. See and be seen: wear bright colors and a helmet.
- On the narrow Hermit Road bicyclists should pull to the right shoulder of the road and dismount when large vehicles are attempting to pass. Never hang onto a shuttle bus while riding.

Parking

Parking is available in lots throughout Grand Canyon Village. Please avoid parking along the roadside except where signs or lines on the road indicate that it is permissible. Locations of the parking lots are indicated on the map above.

- Lot A:** Near Park Headquarters (administrative offices). A large lot that frequently has available spots.
- Lot B:** Near the businesses in Market Plaza. This is the largest lot, but tends to fill early.
- Lot C:** This small lot near the intersection of Center and Village Loop Roads may have sites when others do not.
- Lot D:** Unpaved lot along the railroad tracks in the middle of the Grand Canyon Village Historic District.
- Lot E:** Near the Backcountry Information Center. The southern portion of this lot has large, pull-through spaces for RVs and vehicles with trailers.

Easily accessible shuttle bus stops are located in or near all parking areas.

Accessibility

An accessibility permit, allowing access to some areas closed to public traffic, is available at entrance gates, the Visitor Center at Canyon View Information Plaza, Park Headquarters, Kolb Studio, El Tovar concierge desk, and the Bright Angel Lodge, Yavapai Lodge, and Maswik Lodge transportation desks.

Accessible shuttle buses are available in response to requests made the day prior. Call (928) 638-0591.

Visitors with accessibility considerations may use the shuttle that operates between Mather Point and Canyon View Information Plaza 7:30 a.m. to 5:15 p.m. The shuttle stops at the east end of Mather Point and both sides of Canyon View Information Plaza. Shuttle service may be suspended during inclement weather.

Day Hiking



Before You Go . . .

Plan Ahead

No permits are required for day hikers. You are entirely on your own. Your descent into the canyon, however brief, marks your entry into a world in which preparation, self-reliance, and common sense are crucial.

Winter Weather

On the South Rim, snow storms, blustery winds, and freezing temperatures may occur throughout winter. At Phantom Ranch rain can make your visit miserable, if you are not prepared. Learn the weather forecast. Hope for sunny skies, but go prepared for the worst conditions.

Double Your Calories, Double Your Fun

Even in winter, 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 fluid consumption, you run the risk of becoming dangerously debilitated and severely ill. For every hour hiking in the canyon, you should drink 1/2 to 1 quart (0.5-1 liter) of water or sports drinks.

Your best defense against illness and exhaustion is to eat a healthy breakfast, 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.

Watch Your Time

Plan on taking twice as long to hike up as it took to hike down. Allow 1/3 of your time to descend and 2/3 of your time to ascend.

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 on the trails:

- Step off the trail on the uphill side away from the edge.
- Follow the directions of the wrangler. Remain completely 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. The weather can change dramatically. Carry a map, flashlight, and extra clothing including wind and rain protection. Instep crampons may be necessary on icy trails and can be purchased at the General Store.
- 2 Stay Comfortable:** Dressing in layers is the key to comfortable hiking. This allows you to adjust to changing conditions as you go up and down the trail. As Mother always said, "Don't forget your hat!" It is important to stay dry and protected from the wind.
- 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 may 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. No matter what the temperature, you need water and energy to keep going.



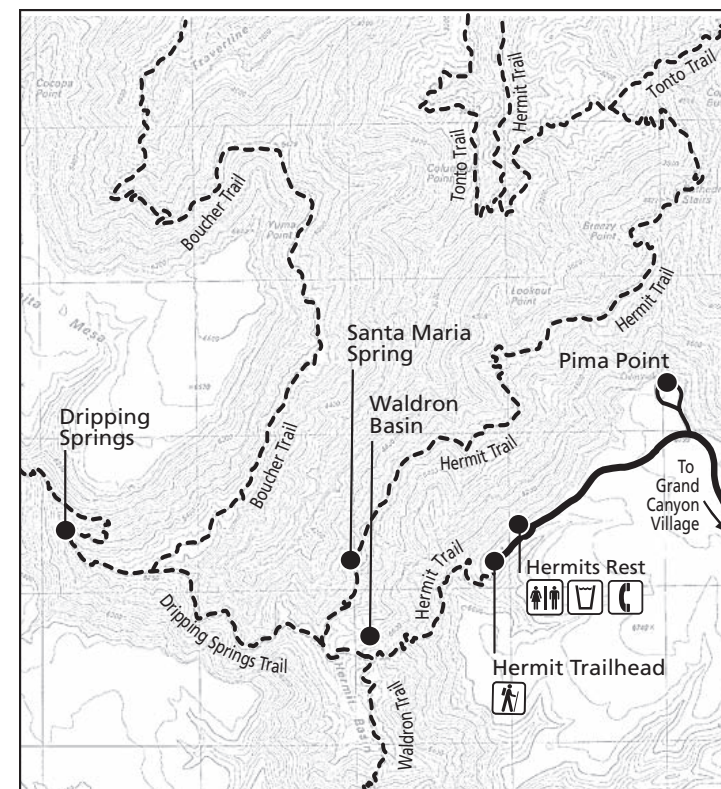
Hiking Chart

WARNING: It is recommended that you do not attempt to hike from the rim to the river and back in one day. There are no loop trails for day hikes; you will be hiking on the same trail in both directions. **Remember! You are responsible for your own safety and the safety of those in your party.**

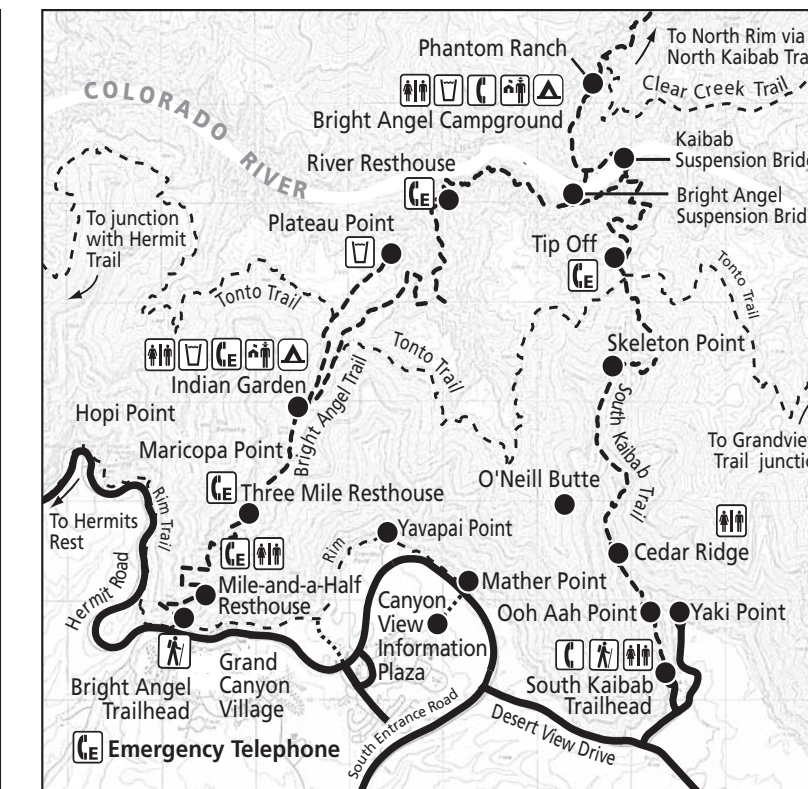
Trails	Destination	Distance Round Trip	Approximate Time Round Trip	Elevation Change	Notes
Rim Trails					
Along the Village Rim	Along the Village Rim	Your Choice	15 min. to 1 1/2-hours	200 feet (60 m)	Paved. Best easy walk. Passes historic buildings.
Along Hermit Road	Along Hermit Road	Your Choice	15 min. to all day	200 feet (60 m)	Becomes unmarked dirt path west of Maricopa Point.
Bright Angel Trail (Steep)					
Trail begins just west of Bright Angel Lodge. Some shade, seasonal water subject to pipeline breaks; check at the Visitor Center or Backcountry Information Center for status. Upper portion of the trail may be extremely icy. Use crampons for safe walking.	1 1/2-Mile Resthouse	3 mi. (4.8 km)	2-4 hours	1,131 feet (345 m)	Restrooms. No water in winter.
	3-Mile Resthouse	6 mi. (9.6 km)	4-6 hours	2,112 feet (644 m)	No water in winter.
	Indian Garden	9.2 mi. (14.8 km)	6-9 hours	3,060 feet (933 m)	Restrooms. Water.
Plateau Point is extremely strenuous.					
	Plateau Point	12.2 mi. (19.6 km)	8-12 hours	3,195 feet (974 m)	View of river. 1 1/2-mile beyond Indian Garden.
South Kaibab Trail (Steep)					
Trail begins south of Yaki Point on Yaki Point Road. Best views for a relatively short hike. Steep trail, no water. Access trailhead via shuttle bus. Upper portion of the trail may be extremely icy. Use crampons for safe walking.	Ooh Aah Point	1.8 mi. (2.9 km)	1-2 hours	600 feet (183 m)	No water. First view east.
	Cedar Ridge	3 mi. (4.8 km)	2-4 hours	1,140 feet (347 m)	Restrooms. No water. First hitching rail.
	Skeleton Point	6 mi. (10 km)	4-6 hours	2,040 feet (622 m)	No water. Second hitching rail. First view of river.
Express Hikers' Shuttles depart daily at 8:00 and 9:00 a.m. from Bright Angel Lodge and the Backcountry Information Center and go directly to the South Kaibab Trailhead.					
Hermit Trail (Steep)					
Unmaintained steep trail requires caution. Begins 500 feet west of Hermits Rest. Water from springs must be treated before drinking. For experienced desert hikers. Hiking boots recommended. May be icy in spots.	Waldron Basin	3 mi. (4.8 km)	2-4 hours	1,240 feet (378 m)	No water.
	Santa Maria Spring	5 mi. (8 km)	5-8 hours	1,760 feet (536 m)	Treat water.
	Dripping Springs	7 mi. (11 km)	6-9 hours	1,400 feet (430 m)	Treat water. Use extra caution along narrow sections.
Grandview Trail (Very Steep)					
Unmaintained steep trail requires caution. Begins on canyon side of retaining wall at Grandview Point on Desert View Drive (12 miles east of village). For experienced desert hikers. Hiking boots recommended. May be icy. Use crampons.	Coconino Saddle	2.2 mi. (3.5 km)	1-2 hours	1,190 feet (360 m)	No water. Use extra caution along narrow sections.
	Horseshoe Mesa	6 mi. (9.6 km)	6-9 hours	2,600 feet (793 m)	Restrooms. No water. Use extra caution along narrow sections.

Hiking and Camping Below the Rim

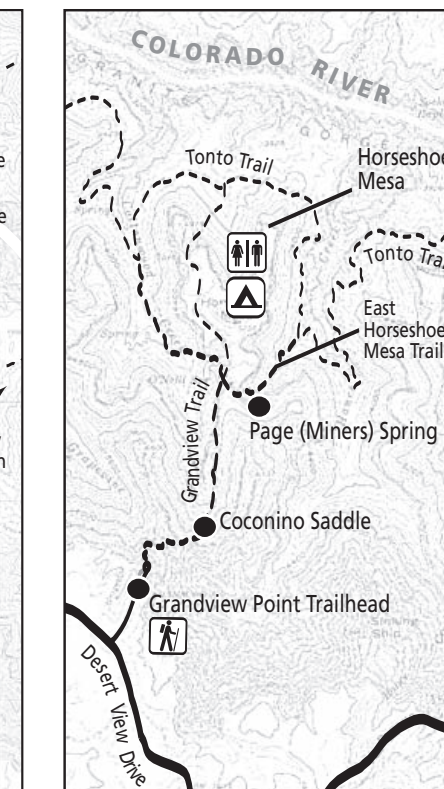
Hermit Trail



Corridor Trails



Grandview Trail



Health Hazards

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

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, put victim in sleeping bag if available, and protect from wind, rain, and cold.

Hyponatremia 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!

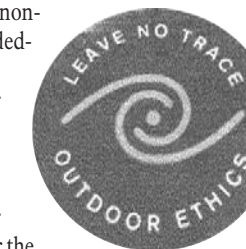
Want to know more?

Grand Canyon Association bookstores offer many books and maps on hiking. Bookstore hours and locations are listed on page 3. A few items to consider include:

- *Official Guide to Hiking Grand Canyon* by Scott Thybony
- The Grand Canyon Trail Guides series: Bright Angel, Grandview, Havasu, Hermit, North Kaibab, South Kaibab, South and North Bass
- *Grand Canyon National Park Trails* topographic map

Leave No Trace

Leave No Trace is a non-profit organization dedicated to promoting responsible outdoor recreation through education, research and partnerships. While enjoying your visit, please consider the following principles to minimize your impact and help protect Grand Canyon for future generations.



- 1. Plan ahead and prepare**
 - 2. Travel and camp on durable surfaces**
 - 3. Dispose of waste properly**
 - 4. Leave what you find**
 - 5. Minimize campfire impacts**
No campfires in Grand Canyon National Park backcountry.
 - 6. Respect wildlife**
 - 7. Be considerate of other visitors**
- For more information visit www.lnt.org

Camping Below the Rim

Permit & Fees Required

Overnight backpacking in Grand Canyon provides a degree of solitude, wildness, and silence that is increasingly difficult to find. In the 1970s, overcrowding and environmental degradation made it necessary to institute a set of rules and regulations to which all backpackers are subject.

A backcountry permit is required for all overnight backpacking. The majority of available permits are reserved up to four months in advance.

A fee of \$10 per permit and \$5 per person per night is charged. The permit process allows the National Park Service to control the number of people in each use area daily, thereby limiting resource impact and impact from human waste and litter. The program allows backpackers to enjoy a greater degree of solitude in experiencing the wilderness of Grand Canyon.

Obtaining a Permit

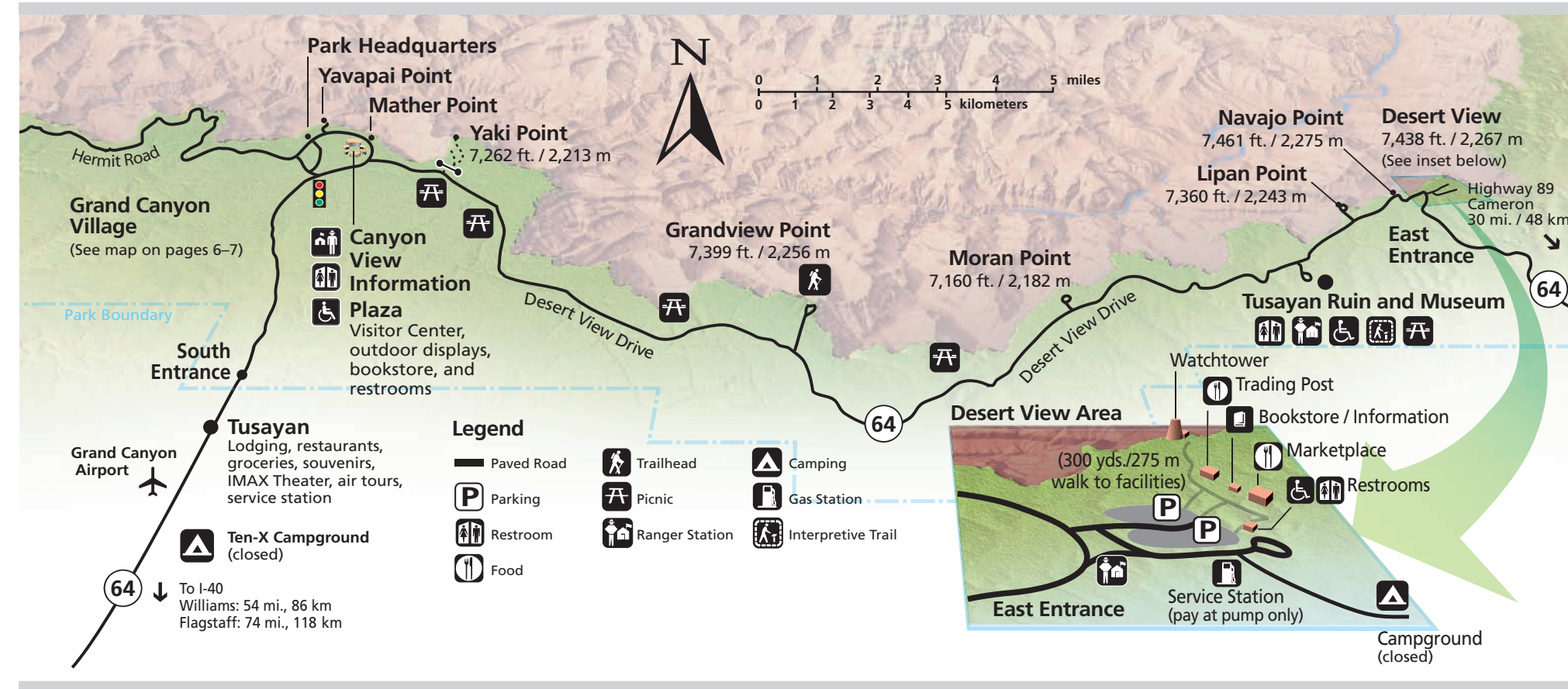
Individuals arriving in the park without a permit may be able to obtain one by participating in a day-by-day waiting list process for last-minute space. Interested hikers should inquire at the Backcountry Information Center (located in Parking Lot E) which is open daily, 8:00 a.m.-noon and 1:00 p.m.-5:00 p.m. Guests of Phantom Ranch Lodge who have advance reservations do not need backcountry permits.

For more backpacking information, pick up a *Backcountry Trip Planner* at the Backcountry Information Center or the Visitor Center at Canyon View Information Plaza or contact:

Backcountry Information Center
P.O. Box 129
Grand Canyon, AZ 86023
Open daily: 8:00 a.m.-noon and 1:00 p.m.-5:00 p.m.
Telephone: (928) 638-7875
Mon.-Fri.: 1:00 p.m. to 5:00 p.m.

www.nps.gov/grca

South Rim



Bookstores



GRAND CANYON ASSOCIATION

A nonprofit park partner since 1932

When you shop at Grand Canyon Association (GCA) bookstores your purchase supports Grand Canyon National Park. GCA is a nonprofit organization created in 1932 to cultivate knowledge, discovery, and stewardship for the benefit of Grand Canyon National Park and its visitors. Since then, GCA has provided more than \$23 million in financial support.

When you visit our bookstores, ask about becoming a Grand Canyon Association member to receive a 15% discount at GCA stores and how to receive reciprocal discounts at stores in other national parks. See page 3 for GCA bookstore locations and hours of operation.

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.

Shop online: www.grandcanyon.org or call toll free (800) 858-2808, ext 7030.

North Rim



The average distance across Grand Canyon "as the raven flies" is ten miles. However, getting from the South Rim to the North Rim by automobile requires a five-hour drive of 215 miles.

During winter months, highway AZ 67 to the North Rim entrance is closed due to snow. Lodging and camping are available at the canyon's North Rim from mid-May through mid-October. Reservations are strongly recommended. Winter facilities are available at Jacob Lake.

A separate issue of *The Guide* is published for the North Rim and includes details about facilities and services, as well as program and hiking information. Inquire at the visitor center at Canyon View Information Plaza on the South Rim. The North Rim issue of *The Guide* for the 2007 season will not be published until May, 2007.

Desert View Services

Chevron Service Station	24-hour credit-card access year round	
Desert View Marketplace	Open Daily	9:00 a.m.-5:00 p.m.
Bookstore / Park Information	Daily as staffing permits	9:00 a.m.-5:00 p.m.
Trading Post Snack Bar	Open Daily	9:00 a.m.-4:00 p.m.
Trading Post Gift Shop	Open Daily	9:00 a.m.-5:00 p.m.
Watchtower Gift Shop	Open Daily	9:00 a.m.-5:00 p.m.
Watchtower Stairs	Open Daily	9:00 a.m.-4:30 p.m.
Desert View Campground	Closed	Re-opens in May.

**National Park Service
U.S. Department of the Interior**

Grand Canyon National Park
Post Office Box 129, Grand Canyon, AZ 86023

For the latest information updates, visit Grand Canyon National Park's website at: www.nps.gov/grca



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