



# Trip Planner

Information to plan your visit to Grand Canyon National Park



## Are You Planning a Trip?

Grand Canyon — The most awe-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 you will experience? Much depends on your planning. When and where you visit, the activities you do, and your expectations all contribute to a successful experience.

Most of the 4 1/2-5 million visitors each year come to the South Rim. The new visitor center at Canyon View Information Plaza is a good beginning. This facility, with a bookstore and restrooms, is not reachable by car. Use the free shuttle buses instead.

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 numerous viewpoints along the way; or ride the shuttle toward Hermit Rest and sit on a rock to watch the sunset.

If you have respiratory or cardiac problems, you may find the 7000-foot (2100-meter) elevation a challenge. Plan your activities to match your ability. Those with mobility difficulties can obtain an accessibility pass at entrance stations or visitor centers. This allows use of areas with restricted vehicle access.

The North Rim is more remote with less development, and receives fewer visitors. Because of the higher elevation, 8000 feet (2400 meters), this area is open mid-May to mid-October, depending on the weather.

Campgrounds, lodging facilities, and backcountry campsites are frequently full during the peak season. Make reservations early. Come and enjoy the splendor of Grand Canyon National Park.



## What Time Is It?

Arizona remains on Mountain Standard Time (MST) year-round. Daylight Savings Time is not observed, except on the Navajo Reservation.

## Inside:

- General Information . . . . . 2
- Camping and Lodging . . . . . 3-4
- South Rim . . . . . 3
- North Rim . . . . . 4
- Mule Trips . . . . . 4-5
- River Trips . . . . . 5
- Maps . . . . . 6-7
- Mail Order Information . . . . . 8

## On the Net

Information about Grand Canyon National Park is available online at: [www.nps.gov/grca](http://www.nps.gov/grca)  
Information about other national parks is also available at the National Park Service website: [www.nps.gov](http://www.nps.gov)

## When You Arrive...

Obtain a copy of the park newspaper, *The Guide*. This free publication contains the best maps, a listing of ranger activities and special programs, articles of interest about the park, and all available services. There are separate issues for the North and South Rims. *The Guide* is available at all entrance stations and visitor centers throughout the park.

If you are visiting Grand Canyon Village on the South Rim, check into your lodging or campground or find a parking space. Use the free shuttle bus system to get around to the scenic overlooks, Canyon View Information Plaza, and other attractions. It is much easier on you and the environment to use the shuttles. Check *The Guide* for shuttle bus routes and times of operation.

## Weather

**Summer:** Summer temperatures on the South Rim at 7000 feet (2100 meters) are relatively pleasant — 50s to 80s°F (10-30°C). North Rim temperatures are a few degrees cooler due to the higher elevation, 8000 feet (2400 meters). Inner canyon temperatures are extreme. Daytime highs at the river, 5000 feet (1500 meters) below the rim, often exceed 105°F (40°C). Thunderstorms frequently occur during July, August, and early September.

**Winter:** Winter conditions on the South Rim can be extreme. Be prepared for snow, icy roads and trails, and possible road

closures. Canyon views may be obscured by fog during passing storms. Entrance fees are not refunded because of weather conditions. The road into the North Rim is closed from the first heavy snow in November or early December to mid-May.

**Spring and Fall:** Come prepared for a variety of conditions during these changeable seasons. May and October can be some of the driest months, although snowstorms may occur. Late April and May can be windy. These can be the best times to be hiking in the canyon.

## Temperatures and Precipitation

	South Rim			Inner Gorge			North Rim		
	MAX*	MIN*	PRECP	MAX*	MIN*	PRECP	MAX*	MIN*	PRECP
January	41	18	1.32	56	36	0.68	37	16	3.17
February	45	21	1.55	62	42	0.75	39	18	3.22
March	51	25	1.38	71	48	0.79	44	21	2.63
April	60	32	0.93	82	56	0.47	53	29	1.73
May	70	39	0.66	92	63	0.36	62	34	1.17
June	81	47	0.42	101	72	0.30	73	40	0.86
July	84	54	1.81	106	78	0.84	77	46	1.93
August	82	53	2.25	103	75	1.40	75	45	2.85
September	76	47	1.56	97	69	0.97	69	39	1.99
October	65	36	1.10	84	58	0.65	59	31	1.38
November	52	27	0.94	68	46	0.43	46	24	1.48
December	43	20	1.62	57	37	0.87	40	20	2.83

Averages measured in Fahrenheit and inches

# General Information

## Entrance Fees

Entrance to the park is \$20 per private vehicle, \$10 per pedestrian or cyclist. Fees for commercial bus passengers vary. Admission is for seven days and includes both rims. There are no refunds due to inclement weather. U.S. residents aged 62 or older may obtain a Golden Age Passport for a one-time fee of \$10, which grants them free admission for life to all National Park Service sites. Persons holding a current National Park Pass or Golden Eagle Passport are admitted free. Annual Grand Canyon Passports, valid for the calendar year, are available for \$40. U.S. residents who have a permanent physical, mental, or sensory impairment may apply in person for a Golden Access Passport, which provides the same privileges as the Golden Age Passport.

## Accessibility

Not all park facilities meet the accessibility standards that have been set in recent years, and many of the buildings in the park are historic. A park *Accessibility Guide* is available at the Visitor Center or upon request (P.O. Box 129, Grand Canyon, AZ 86023; (928) 638-7888). TDD calls should be directed to (928) 638-7805.

## Medical Services

A walk-in medical clinic is open all year on the South Rim, (928) 638-2551. Emergency medical services are provided by rangers and clinic staff. A dentist serves the South Rim by appointment only, (928) 638-2395. North Rim emergency medical services are provided by rangers on duty.

## Ranger Programs

National Park Service (NPS) rangers offer a wide variety of interpretive programs throughout the year on the South Rim and throughout the season on the North Rim. All NPS programs are free and open to the public. Detailed program information is listed in the park's newspaper, *The Guide*, which is available at the entrance station.

## Transportation

**Park Shuttle:** The park operates a free shuttle bus system on the South Rim in Grand Canyon Village and along Hermit Road. These shuttles provide transportation; they are not tour buses. You must get off the bus to see the canyon. Most shuttles are inaccessible to wheelchairs. However, accessible accommodations can be made with advance notice (at least 48 hours) by calling (928) 638-0591. An accessibility pass for your car is available at park entrances or Canyon View Information Plaza.

**Hiker Shuttle:** A free hiker shuttle operates to the South Kaibab trailhead from the Bright Angel Lodge and Backcountry Information Center (Maswik Transportation Center). There is no private automobile access to the South Kaibab trailhead most of the year.

**Airport Tusayan Shuttle:** A shuttle service between Tusayan and the South Rim is available for a nominal fee and operates year-round.

**Rim-to-Rim Shuttle:** A shuttle service is provided seasonally between the North Rim and the South Rim for a fee by Trans Canyon Shuttle, (928) 638-2820.

**Taxi:** Taxi service is also available through Grand Canyon National Park Lodges, (928) 638-2631.

**Bus Tours:** Persons wishing to take a guided bus tour may make arrangements through Grand Canyon National Park Lodges [(303) 297-2757 or write AmFac Parks & Resorts, 14001 E. Iliff, Ste. 600, Aurora, CO 80014]. Visitors arriving in the park should proceed to the Bright Angel Lodge Transportation Desk to make arrangements. A variety of different tours are available throughout the year.

**Air Tours:** All scenic air tours operate from outside Grand Canyon National Park. Local commercial air tour operators are located in Grand Canyon

Airport (just south of Tusayan). For a list of air tour operators, write Grand Canyon Chamber of Commerce, P.O. Box 3007, Grand Canyon, AZ 86023.

## Fishing

Fishing in the park requires an Arizona state fishing license. Licenses are available at the general store in Grand Canyon Village on the South Rim and at Marble Canyon Lodge (2 1/2 hours from the South Rim, near Lees Ferry). They are not available at the North Rim. Make sure you know the regulations before you fish. Most fishing opportunities are along the Colorado River and require an overnight backcountry permit.

## 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 in the park, but not below the rim, in park lodging, or on park buses. The only exception is for certified service animals. Persons wishing to take a certified service animal below the rim must check in first at the Backcountry Information Center (located in Maswik Transportation Center). There is a kennel at the South Rim; call (928) 638-0534. Reservations are suggested. Pets are not permitted on North Rim trails and it is recommended that they be left at home. No kennels are available on the North Rim.

## Havasupai Indian Reservation

The Havasupai Indian Reservation is in a large tributary canyon on the south side of the Colorado River. This land lies outside the boundary and jurisdiction of the park and is administered by the Havasupai Indian Tribe. The village of Supai is accessible only by foot (an 8-mile hike) or horseback. Inquiries should be directed to Havasupai Tourist Enterprises, Supai, AZ 86435 [(928) 448-2141 for the tourist office, (928) 448-2111 for lodging].

## How to See the Canyon By Vehicle

The initial view of the Grand Canyon for many visitors is from Mather or Yavapai Point (see map on page 15). Mather Point is the first rim overlook on the South Entrance Road. The view is expansive and unforgettable. Canyon View Information Plaza is a short walk from Mather Point. This, the newest visitor facility on the South Rim, includes a visitor center, bookstore, and restrooms.

Yavapai Point is just west of Mather Point. Yavapai Observation Station, featuring geology displays, a bookstore, and views of the Colorado River, is just a short walk from the parking area.

Both Mather and Yavapai Points are extremely popular stops. For less crowded views of the canyon, the 25 miles along Desert View Drive between Grand Canyon Village and Desert View offer numerous pullouts and viewpoints.

During the winter (December 1 - February 28), Hermit Road heading west from Grand Canyon Village is open to all vehicles. Along the eight miles to Hermits Rest there are numerous pullouts and short side trips to viewpoints. Some think that the sunset views from these points are the most beautiful.

## By Shuttle

For over twenty-five years the National Park Service has offered free shuttle bus service on the South Rim. These shuttles, many operating on alternative fuels or electricity, cover the main roads and viewpoints from Hermits Rest, through Grand Canyon Village, to Yaki Point. Shuttles are available from before sunrise to several hours after sunset and stop at most points of interest. Many visitors find it much easier to park their vehicles and use the free shuttles to explore the area. Check the park newspaper, *The Guide*, for current routes and times.

## On Foot

Perhaps the most memorable way to enjoy the canyon is on foot. A short walk from most parking areas will bring you to the rim of the canyon. The Rim Trail follows the edge of the canyon from Hermits Rest to near Yaki Point. This mostly level trail provides an opportunity to watch the ever-changing Grand Canyon at a quieter, slower pace. In the Grand Canyon Village area the Rim Trail is wide and paved. As you walk further west it becomes narrower, with a dirt surface. Numerous connections make it easy to walk the Rim Trail and then ride the shuttle to other areas or back to your vehicle.

For the more adventurous there are several trails that head into the canyon. Refer to page 5 for additional information on hiking and backpacking.

## By Bicycle

Bicycles are allowed only on those roads open to automobile traffic. If you plan to bring one, remember that in Arizona bicycles are subject to the same traffic rules as automobiles.

Use extreme caution when riding on park roads. Shoulders are narrow and vehicle traffic is heavy. Always ride with the flow of traffic on the right-hand side of the road. Hermit Road is open to bicycles throughout the year, but during the summer months there is heavy bus traffic on this road.

On the South Rim a new Greenway trail for both bicyclists and pedestrians leads from Canyon View Information Plaza to Grand Canyon Village near the train depot. A bicycle trail from Canyon View Information Plaza to Tusayan should be open sometime in 2002.

Bicycles are not available for rent in the park.

# South Rim Information

## Getting to the South Rim

Grand Canyon National Park (South Rim) is located 60 miles north of Williams, Arizona, (via Highway 64 from Interstate 40) and 80 miles north of Flagstaff (via Highway 180). Grand Canyon lies entirely within the state of Arizona. Commercial airlines serve Phoenix, Flagstaff, and Las Vegas. There is limited air service into Grand Canyon Airport (just south of the park) from Las Vegas. Greyhound provides bus service to Flagstaff; Amtrak provides rail service to Flagstaff with connecting bus service to the canyon. Grand Canyon Railway offers train service from Williams; for additional information call: 1-800-THE-TRAIN. Automobile rentals are available at the Grand Canyon Airport from Enterprise. Rent-a-car April 1 - October 31, (928) 638-2871.



Photo: GCNP Museum Collection

## Northern Arizona

For information on other attractions, contact the Flagstaff Visitor Center, 101 W. Route 66, Flagstaff, Arizona 86001, (928) 774-9541 or (800) 842-7293.

## Desert View



Photo: GCNP Museum Collection

As Highway 64 enters the park at the East Entrance, stop at Desert View. The attractions here include one of the finest geological views of the canyon, the Watchtower, and a nearby museum highlighting the story of Native Americans at the canyon.

The canyon vista at Desert View features some of the best views of the Colorado River. Notice the curving layers of rock across the canyon. This is an excellent example of the uplift that went into forming the Kaibab Plateau. Imagine the time and volume of water that went into carving a canyon through this plateau.

Perched on the canyon rim, the Watchtower was designed to reflect the architecture of the ancestral Puebloans as preserved at Hovenweep National Monument in the Four Corners region. If you climb the several flights of stairs to the top of the tower, you can view the canyon from the highest vantage point on the South Rim.

Facilities at Desert View include a bookstore and information station, gift shop, general store, restrooms, campground, and seasonal service station.

A few miles west of Desert View is Tusayan Ruin. This small ancestral Puebloan village was last occupied more than 800 years ago. The museum features artifacts reflecting Native American occupation of this area from 4,000 years ago to the present.

## Lodging

### Inside the Park

Lodging on the South Rim is booked well in advance. Be sure to make reservations as far ahead as possible.

A variety of lodging facilities are available and reservations are handled by AmFac Parks & Resorts. Call (303) 297-2757, fax: (303) 297-3175, or write to: AmFac, 14001 E. Illiff, Ste. 600, Aurora, CO 80014.

Prices range from \$51 to \$289 per night for two people (all rates are subject to change). There is no youth hostel in Grand Canyon National Park.

### Outside the Park

The following accommodations are available in Tusayan, 7 miles south of the South Rim.

**Grand Canyon Squire Inn**  
(928) 638-2681

**Grand Canyon Suites**  
(928) 638-3100

**Holiday Inn Express**  
(928) 638-3000

**Quality Inn**  
(928) 638-2673

**Red Feather Lodge**  
(928) 638-2414

**The Grand Hotel**  
(928) 638-3333

Additional lodging is available in Williams, 60 miles south on Highway 64, and Flagstaff, 80 miles south on Highway 180.



Photo: GCNP Museum Collection

## Camping

### Inside the Park

Camping in the park on the South Rim is restricted to established campgrounds, although a few remote sites are available with a backcountry permit.



### Mather Campground:

Operated by the National Park Service and located in Grand Canyon Village, this campground offers tent and RV camping (no hook-ups). Reservations are strongly recommended mid-March through October. Call Spherics at (800) 365-2267; outside the U.S. call (301) 722-1257. Sites may be reserved up to five months in advance.

Fees are \$10 to \$15 per site depending on the season. Maximum of two vehicles and six people per site. Mather Campground is on a first-come, first-served basis from approximately December 1 to March 1 of each year.

**Trailer Village:** Trailer Village (adjacent to Mather Campground) offers RV sites with hook-ups; reservations may be made by calling (303) 297-2757. Cost: \$24 per site.

A dump station is located adjacent to Mather Campground and Trailer Village (closed during the winter months).

### Desert View

**Campground:** (25 miles east of Grand Canyon Village; no hook-ups) is open mid-May through mid-October and operates on a first-come, first-served basis only. Cost: \$10 per site (maximum of two vehicles and six people per site).

## Camping

### Outside the Park

**Ten-X Campground:** The U.S. Forest Service operates this public campground 2 miles south of Tusayan. Open May through September. No hook-ups or showers; pit toilets and cold water faucets are available. Campground operates on a first-come, first-served basis and rarely fills. Cost: \$10 per vehicle per night (maximum of two vehicles per site). Group site is available for groups of up to 100 people, reservations required. Call (928) 638-2443.

**RV Campground:** Camper Village is a commercial RV campground (with hook-ups) in Tusayan. Call (928) 638-2887. Fees: \$15-\$23 per night.

## Services

A variety of services is available in Grand Canyon Village on the South Rim and in Tusayan, 7 miles south of the rim.

**Dining:** Many restaurants are available in the park from formal El Tovar Hotel to cafeterias at Yavapai and Maswik Lodges. Tusayan offers both fast food and more formal dining.

**Fuel:** Gas, diesel, and propane are available at Desert View and in Tusayan.

**Showers and Laundry:** Located adjacent to Mather Campground in Grand Canyon Village and in Tusayan.

**Groceries:** Available at the general stores in Grand Canyon Village, Desert View, and Tusayan.

**Camping Equipment:** Sales and rentals at the general store in Grand Canyon Village.

**Other:** Post office, bank, automatic teller machine (ATM) in Grand Canyon Village. Telegraph in Tusayan.

# North Rim Information

## Getting to the North Rim

Although it is only 10 air miles across the canyon, the North Rim is over 200 miles away from the South Rim by car or a strenuous 21-mile, two- to three-day cross-canyon hike. The park boundary is 30 miles south of Jacob Lake on Highway 67; the canyon rim is an additional 14 miles south. Jacob Lake, which consists of a lodge and gas station, is located in northern Arizona on Highway 89A, not far from the Utah border. It is possible to fly into Las Vegas and drive from there (263 miles, one-way).

There is no public transportation to the North Rim other than the Trans Canyon Shuttle from the South Rim (see Transportation section on page 2 for detailed information). The North Rim is open from mid-May through mid-October, weather permitting. Services are limited on the North Rim. The National Park Service maintains a visitor center and interpretive programs are offered seasonally.

Weather permitting, the North Rim is open for day use only following the close of facilities in mid-October. During this time there are no services or overnight facilities available inside the park. The road from Jacob Lake to the North Rim (Highway 67) is subject to closure with little or no notice during this interval and then remains closed until mid-May.



Photo: GCNP Museum Collection

## Lodging

### Inside the Park

**Grand Canyon Lodge:** Reservations for Grand Canyon Lodge are handled through AmFac Parks & Resorts; call (303) 297-2757. Prices range from \$65 to \$105 per night for two people (subject to change). Lodging is booked well in advance, make reservations as far ahead as possible.

### Outside the Park

Lodging is available seasonally outside the park.

**Kaibab Lodge:** 18 miles north of the North Rim: (928) 638-2389 from May 15 - October 30; Off season: (928) 526-0294 or (800) 525-0924.

**Jacob Lake Inn:** 45 miles north of the North Rim: (928) 643-7232.



## Camping

### Inside the Park

**North Rim Campground:** Operated by the National Park Service, campsites are \$15 to \$20. A dump station is available, but there are no hook-ups. Reservations are strongly recommended; call Spherics: (800) 365-2267; outside the U.S. call: (301) 722-1257. Reservations may be made up to, but not more than, five months in advance.

### Outside the Park

**DeMotte Campground:** Operated by the U.S. Forest Service, 16 miles north of the North Rim, summer only, no hook-ups or reservations.

**Jacob Lake Campground:** Operated by the U.S. Forest Service, 45 miles north of the North Rim, summer only, no hook-ups or reservations.

**Dispersed Camping:** Camping "at large" is permitted in the national forest outside the park; there are restrictions, however. Contact the North Kaibab Ranger District, Kaibab National Forest, P.O. Box 248, Fredonia, AZ 86022 or call (928) 643-7395 for information.

**Kaibab Camper Village:** A commercial campground located 1/4 mile south of Jacob Lake on Highway 67, hook-ups available, reservations may be made by calling (928) 643-7804 in summer or (928) 526-0924 in winter.



Photo: GCNP Museum Collection

## Services



A variety of services are available at the North Rim and between the park and Jacob Lake.

**Dining:** Grand Canyon Lodge has a dining room and snack bar. Kaibab Lodge and Jacob Lake Inn, 18 and 45 miles north of the rim respectively, have restaurants.

**Fuel:** Gas and some minor auto repairs are available on the North Rim. Gas, diesel, and auto supplies are available 18 and 45 miles north of the rim.

**Showers/Laundry:** Located adjacent to the North Rim Campground.

**Groceries/Camping Supplies:** Located adjacent to the North Rim Campground and 18 miles north of the rim at the Country Store.

**Post Office:** Located adjacent to the gift shop in Grand Canyon Lodge.

## Mule Trips

Mule trips are available from the North Rim (one-day and half-day trips), but do not go all the way to the river. Call Grand Canyon Trail Rides for reservations, (435) 679-8665.

## Pets

Pets must be physically restrained at all times. Pets (except certified service animals) are not allowed on trails, with the exception of the bridge path that connects the lodge with the North Kaibab Trail. Bringing pets is not recommended.



Photo: GCNP Museum Collection

# Additional Information

## Camping in the Backcountry

All overnight camping below the rim requires a permit from the Backcountry Information Center. This is true for undeveloped areas on the rim, as well. Camping in developed areas is restricted to existing campgrounds. Permits can be obtained in person, by mail, or by fax. Telephone or e-mail requests are not accepted. A permit request form is available in the Backcountry Trip Planner or on our website at [www.nps.gov/grca](http://www.nps.gov/grca). Applying well in advance is recommended, although a small number of same day permits are sometimes available. There is a fee of \$10 per permit plus a fee of \$5 per night per person.

Mail requests for backcountry permit information, including the permit form, to Backcountry Information Center, Grand Canyon National Park, P.O. Box 129, Grand Canyon, AZ 86023, or telephone: (928) 638-7875, from 1:00 to 5:00 p.m. MST.

For persons arriving without permits who wish to put their names on a waiting list for cancellations, go to the Backcountry Information Center upon arrival at the park. The Backcountry Information Center is open 8:00 a.m. to noon and 1:00 p.m. to 5:00 p.m. MST. Names are accepted for the waiting list in person only.

## Inner Canyon by Mule

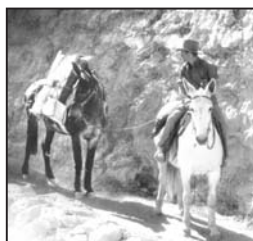


Photo: GCNP Museum Collection

Mule rides from the South Rim are arranged through AmFac Parks & Resorts (303) 297-2757. It is a two-day round-trip to the Colorado River at the canyon floor. A one-day trip, which goes part way to the river, is also offered. Overnight riders stay and eat at Phantom Ranch.

Mule trips may be booked eleven months in advance and fill up early. A waiting list is maintained for cancellations, but chances of obtaining reservations on the waiting list are slim. If you wish to make a trip into the canyon on mule, plan ahead! There are restrictions: mule riders must be over 4 feet 7 inches (140 centimeters) in height, weigh less than 200 lbs (90 kilograms), and cannot be visibly pregnant. Mule riders must be able to understand English. See adjacent page for mule trips on the North Rim.

## Inner Canyon on Foot

Hiking below the rim requires preparation. Learn the trails, know the seasonal hazards, bring plenty of food and water, and always hike within your capability.

Permits are not required for day hikes. There are several trails leading into the canyon, all of them steep. The Bright Angel, South Kaibab, and North Kaibab Trails are the most popular. These trails are well maintained and easy to follow, but hikers share them with mules. Other trails are not maintained and are recommended for more experienced hikers.

The elevation and steepness of the trails makes it much easier to go down than to come up. Plan 1/3 of your time for hiking down and 2/3 for walking back up.

Summer hikers will experience temperatures in excess of 100°F (40°C) near the bottom of the canyon. Due to the heat and the length and steepness of the trails, attempting to hike to the river and back in one day is not recommended.

Winter hikers may find the trails very icy. The use of instep crampons may be necessary to ensure safe footing. Wear layers of clothes that can be removed as the temperature rises.

All hikers should be equipped with clothing suitable for the season, sturdy footwear, plenty of water — a gallon (4 liters) per day in the summer, food (especially salty snacks), and plenty of time. Before starting, always check trail conditions at a visitor center, backcountry office, or the information line: (928) 638-7888.

Overnight hikers must obtain a backcountry permit (see adjacent article). This allows you to stay in one of the many backcountry campsites. Hikers may also stay overnight at Phantom Ranch. Reservations are required at the ranch and should be made early—call (303) 297-2757.

## River Running

For many rafting down the Colorado River through the Grand Canyon is the ultimate adventure. There are many ways to ride the river. Private parties must be experienced on rivers comparable to the Colorado. The wait for private parties is long. For information about a private permit contact the River Permits Office at (800) 959-9164 or (928) 638-7884. Commercial outfitters offer a variety of trips. Most trips take 7-18 days involving a variety of craft—paddle rafts, motorized rafts, and dories. Please contact the companies directly for more details. The following concessioners have been permitted to operate in Grand Canyon by the National Park Service.

**Aramark-Wilderness River Adventures**  
P.O. Box 717, Page, AZ 86040  
(800) 992-8022; (928) 645-3296; [www.riveradventures.com](http://www.riveradventures.com)

**Arizona Raft Adventures, Inc.**  
4050 E. Huntington Drive, Flagstaff, AZ 86004  
(800) 786-RAFT; (928) 526-8200; [www.azraft.com](http://www.azraft.com)

**Arizona River Runners, Inc.**  
P.O. Box 47788, Phoenix, AZ 85068-7788  
(800) 477-7238; (602) 867-4866; [www.raftarizona.com](http://www.raftarizona.com)

**Canyon Explorations / Expeditions**  
P.O. Box 310, Flagstaff, AZ 86002  
(800) 654-0723; (928) 774-4559; [www.canyonexplorations.com](http://www.canyonexplorations.com)

**Canyoneers, Inc.**  
P.O. Box 2997, Flagstaff, AZ 86003  
(800) 525-0924 outside Arizona; (928) 526-0924;  
[www.canyoneers.com](http://www.canyoneers.com)

**Colorado River & Trail Expeditions, Inc.**  
P.O. Box 57575 Salt Lake City, UT 84157-0575  
(800) 253-7328; (801) 261-1789; [www.crateinc.com](http://www.crateinc.com)

**Diamond River Adventures, Inc.**  
P.O. Box 1300, Page, AZ 86040  
(800) 343-3121; (928) 645-8866; [www.diamondriver.com](http://www.diamondriver.com)

**Grand Canyon Dories**  
P.O. Box 216, Altaville, CA 95221  
(800) 877-3679; (209) 736-0805; [www.oars.com/gcdories](http://www.oars.com/gcdories)

**Grand Canyon Expeditions Company**  
P.O. Box 0, Kanab, UT 84741  
(800) 544-2691; (435) 644-2691; [www.gcex.com](http://www.gcex.com)

**Hatch River Expeditions, Inc.**  
P.O. Box 1200, Vernal, UT 84078  
(800) 433-8966; (435) 789-3813; [www.hatchriver.com](http://www.hatchriver.com)

**High Desert Adventures, Inc.**  
P.O. Box 40, St. George, UT 84771-0040  
(800) 673-1733; (435) 673-1733; [www.boathda.com](http://www.boathda.com)

**Moki Mac River Expeditions, Inc.**  
P.O. Box 71242, Salt Lake City, UT 84171-0242  
(800) 284-7280; (801) 268-6667; [www.mokimac.com](http://www.mokimac.com)

**O.A.R.S**  
P.O. Box 67, Angles Camp, CA 95222  
(800) 346-6277; (209) 736-2924; [www.oars.com](http://www.oars.com)

**Outdoors Unlimited**  
6900 Townsend Winona Road, Flagstaff, AZ 86004  
(800) 637-7238; (928) 526-2852; [www.outdoorsunlimited.com](http://www.outdoorsunlimited.com)

**Tour West, Inc.**  
P.O. Box 333, Orem, UT 84059  
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**Western River Expeditions, Inc.**  
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## Hiking Tips

**1 Be Cool.** Hike during the cooler hours of the day. Soak down your hat and shirt at every water source that you walk past.

**2 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.

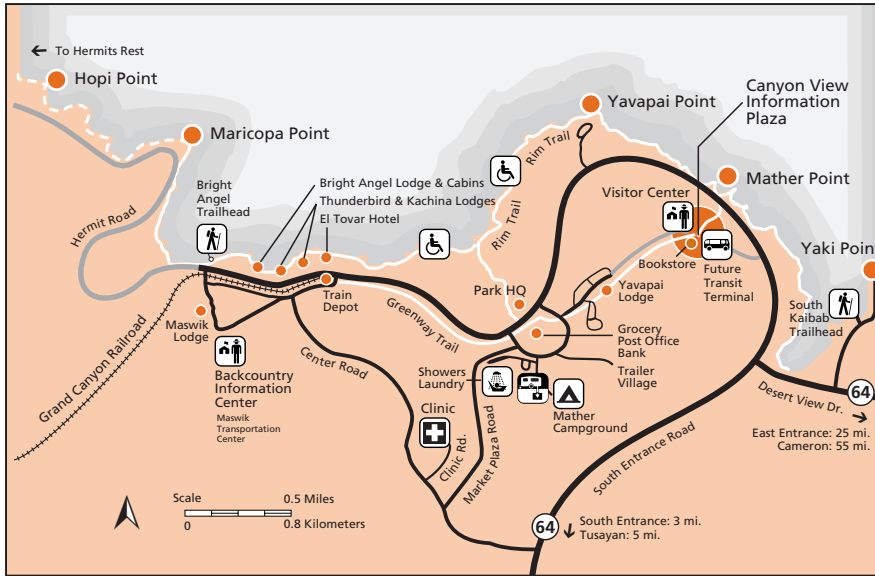
**3 Rest Often.** Find shade, sit down, prop your legs up, and take a 10-minute break at least once every hour.

**4 Eat and Drink Frequently.** Your body needs food and water to keep going.

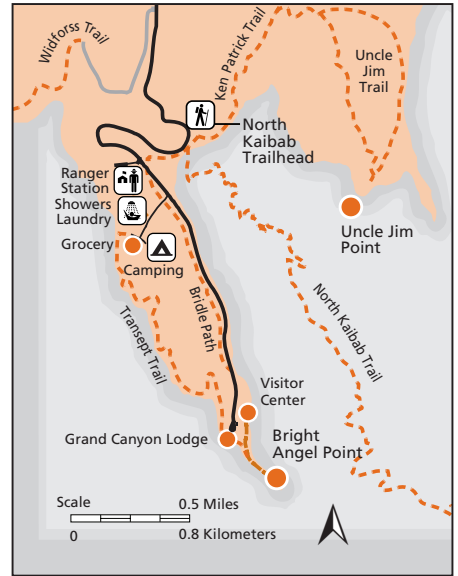




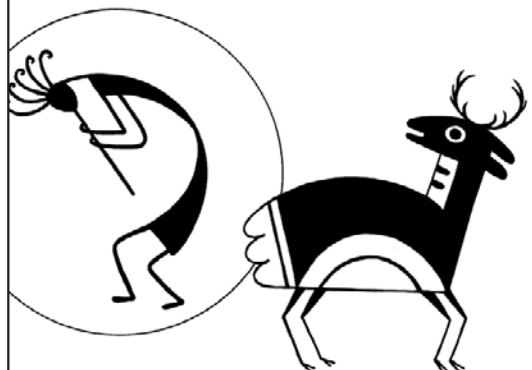
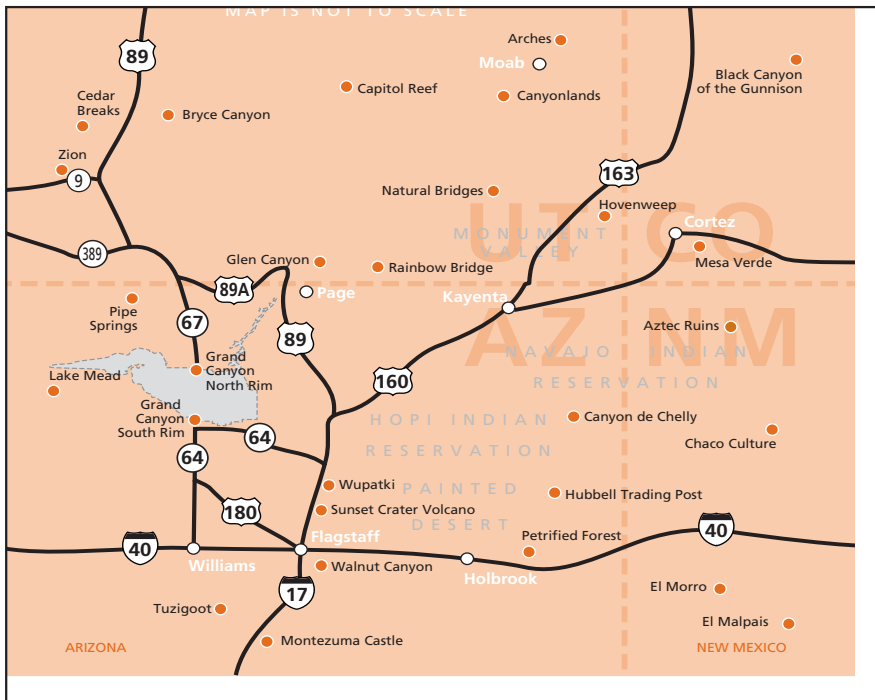
### South Rim Detail



### North Rim Detail



### National Park Service Areas in the Four Corners Region



The Trip Planner is published by Grand Canyon National Park in cooperation with Grand Canyon Association.

# Mail Order Publications from Grand Canyon Association

The following publications have been selected for their usefulness in trip planning and en route to Grand Canyon National Park. Items may be ordered by telephone, mail, or fax from Grand Canyon Association. For a more complete listing of titles, please visit [www.grandcanyon.org](http://www.grandcanyon.org)

## Books

### Trip Planning

Trip Planning Package. This set answers the questions most often asked by visitors to Grand Canyon National Park. Complete set (\$30.70 value) just \$25.00.

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### Geology

Volcanoes of Northern Arizona, Duffield. Provides a popular look at the fiery origin of a range of volcanic mountains just south of Grand Canyon. 72 pages PB \$9.95

An Introduction to Grand Canyon Geology, Price. The perfect introduction to one of the most significant geologic features on our planet. 64 pages PB \$9.95

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NEW! Introduction to Grand Canyon Set. Three books provide a great introduction to the natural, geologic, and human history of Grand Canyon. (\$25.85 value) \$19.95

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## Human History

An Introduction to Grand Canyon Prehistory, Coder. This overview of Grand Canyon prehistory takes a popular look at the people who have inhabited the Grand Canyon region for the past twelve thousand years. 56 pages PB \$8.95

Exploration of the Colorado River and Its Canyons, Powell. Major J.W. Powell's account of his historic expeditions on the Colorado River through the Grand Canyon in 1869 and 1871. 397 pages PB \$10.95

## Hiking/Backpacking

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