



BRIGHT ANGEL TRAIL STRENUOUS HIKE INFO — LOWER CANYON PARTICIPANTS —

The Bright Angel Trail is steep and very long. Its 7.5 miles long and covers one vertical mile in elevation change between rim and river. The trail is wide and well maintained. Please consider how this hike will impact how you will feel at the start of your river trip.

CONDITIONS THAT SIGNIFICANTLY INCREASE THE DIFFICULTY OF THIS HIKE:

- a) Extreme temperatures (Summer temps exceed 100° F and sometimes exceed 115° F)
- b) Carrying the extra weight of your backpack/clothing and water significantly increases the stress and amount of effort exerted
- c) Dry, desert conditions that can result in serious water depletion requiring you to carry and consume lots of water and snack regularly to avoid electrolyte depletion.
- d) Exerting yourself at elevation (elevation at the south rim is 7,200'; elevation at the river is 2800')
- e) Prolonged exposure to desert sun
- f) Going downhill with a back pack is very hard on hips, knees and ankles. Additionally, the steepness of the hike necessitates constant "braking" and significant impact to muscles you may not use a lot.
- g) There is a time limit for completing the hike down to the river: you'll begin at first daylight and must arrive at the river by no later than 10:30 a.m.

Conditioning: It is essential that you take time to condition for your trip. Serious pre-trip conditioning is essential for you to have a safe, comfortable and enjoyable journey. We suggest training with a weighted backpack on a stair-master, treadmill (set on incline), or a set of stairs (go to a local stadium or tall building). However, any exercise that builds cardiovascular and lower body muscle strength will help. Please start conditioning right away.

Medical concerns: If you have asthma, high blood pressure, or a heart condition, attempting this hike puts your health at serious risk. If you have any of these conditions or are unsure whether you are in good enough shape for this hike, we strongly urge you to get your physicians (1) approval for this trip. Please call us if you have any questions or concerns about the canyon's environment and how we deal with the sometimes extreme conditions.

When you consult your physician, please take a copy of this sheet so that she/he is advised of the conditions that you will experience during the hike.

Logistics: You are hiking downhill from the South Rim of the Grand Canyon to the Colorado River. You will meet and start your hike down as a group at first light (as early as 4:30 a.m. to 6:30a.m. depending on time of year). You have a limited time window to complete this hike. We ask you to meet the boats at Pipe Creek Beach at 10:30 a.m. due to the fact that we can not camp near the hike in point and must travel through several big water rapids before reaching a stretch where we can begin to look for campsites.

Lower Canyon trip logistics involve serious consequences if travel delays cause you to miss our orientation/transport to the south rim: there are no shuttles, buses or flights available between Phoenix or Flagstaff and the rim at that time of day. Options include hiring a taxi or renting a car for 9 days as the car agencies have no "drop-off" at the rim. The rim is a 4 hour drive from Phoenix and an 1.5 hour drive from Flagstaff. Please note also that flying dehydrates and is often exhausting; a day to rest, to adjust to the dry climate and altitude and to pre-hydrate prior to doing your hike down to the trip can make a big difference in how well you will feel when your arrive at the river. Please consider arriving a full day before the orientation to avoid complications due to cancelled/delayed flights.

PLEASE NOTE: we cannot accommodate personal gear that is carried into or out of the Grand Canyon by the Fred Harvey mule/duffle service. The associated logistics negatively impact the experience of other trip participants.