CANYONEERS
GRAND CANYON ADVENTURES
SINCE 1938

BRIGHT ANGEL TRAIL STRENUOUS HIKE INFO
— LOWER CANYON PARTICIPANTS —

The Bright Angel Trail is steep and very long. It is 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 100º F and sometimes exceed 115º 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.

** These logistics require that you be in shape to maintain a pace to arrive on time and in good health at the river. Your hike guide will be monitoring your progress in the initial few miles and if you are not able to maintain an appropriate pace or are unsteady on your feet - for your health and safety you will be turned around, will have to hike back up hill to the rim, and will miss your trip and forfeit your trip fare. Please take time to condition for the specifics of this hike. **

* We make every effort to utilize Pipe Creek beach instead of Phantom Ranch for our hike exchanges but water levels at some times of year will require hiking to Phantom Ranch, adding an extra 1.5 miles of flat trail to the hike.