CANYONEERS
GRAND CANYON ADVENTURES
SINCE 1938

BRIGHT ANGEL TRAIL STRENUOUS HIKE INFO
— UPPER CANYON PARTICIPANTS —

The Bright Angel Trail is steep and very long. It covers one (1) vertical mile in elevation change between rim and river. It is a 7.5 mile long hike. The trail is a well-maintained and wide trail that does not contain any difficult "hiking moves".

Conditions that significantly increase the difficulty of this hike:

a) Extreme temperatures (Summer temps exceed 100^{O} F and sometimes exceed 115^{O} 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
d) Exerting yourself at elevation (elevation at the river is 2800'; elevation at the south rim is 7,200')
e) Prolonged exposure to desert sun

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 more 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 doing something 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: Upper canyon participants hike uphill from the Colorado River to the South Rim of the Grand Canyon. You will have all day to hike out.