



Hiking the Grand Canyon

Jim Day

June 13, 2014



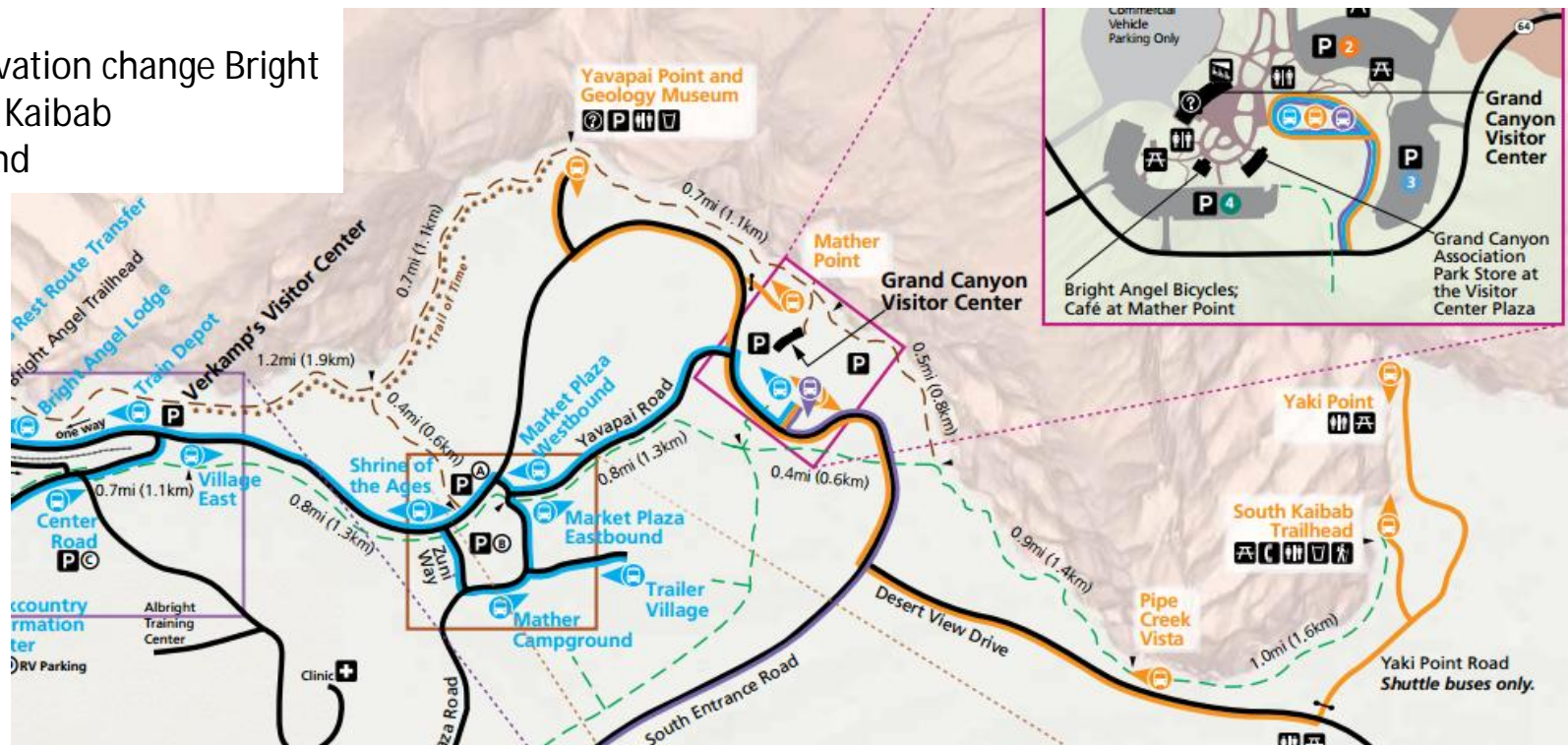
Jim Day bio

- Hometown – Grand Blanc, Michigan
- BSME – Michigan Technological University
- MSME – Western Michigan University
- 31 year pro, currently design release engineer at GM Powertrain – Reciprocating Components
- Hiking Grand Canyon since 1998
- Other Hiking experience:
 - Isle Royale, Michigan
 - Porcupine Mountains, Michigan
 - Great Smokey Mountains, Tennessee
 - Zion National Park, Utah
 - Bryce Canyon, Utah
 - Yosemite National Park, California

Easy Hikes: Rim Trails

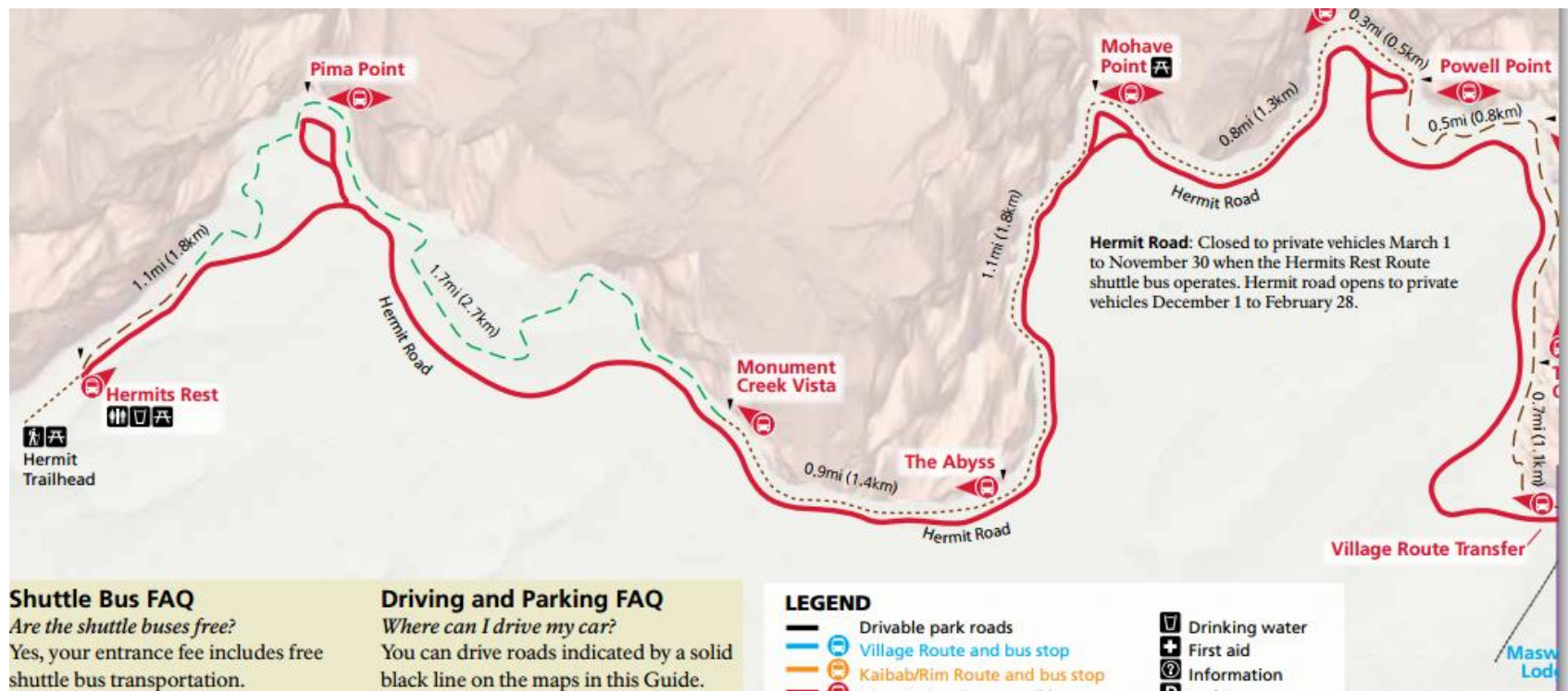
South Rim, Visitor center approximately 7000 ft. elev., South Kaibab Trail Head 7300 ft.

- Main Tourist destination
- Trails go close to rim for great views
- App. 400 ft elevation change Bright Angel to South Kaibab
- Open Year round



Easy Hikes: Rim Trails

South Rim, West of Bright Angel Trail Head



Easy Hikes: Rim Trails

South Rim, Visitor center approximately 7000 ft. elev., South Kaibob Trail Head 7300 ft.

View from South Rim Lodging Area



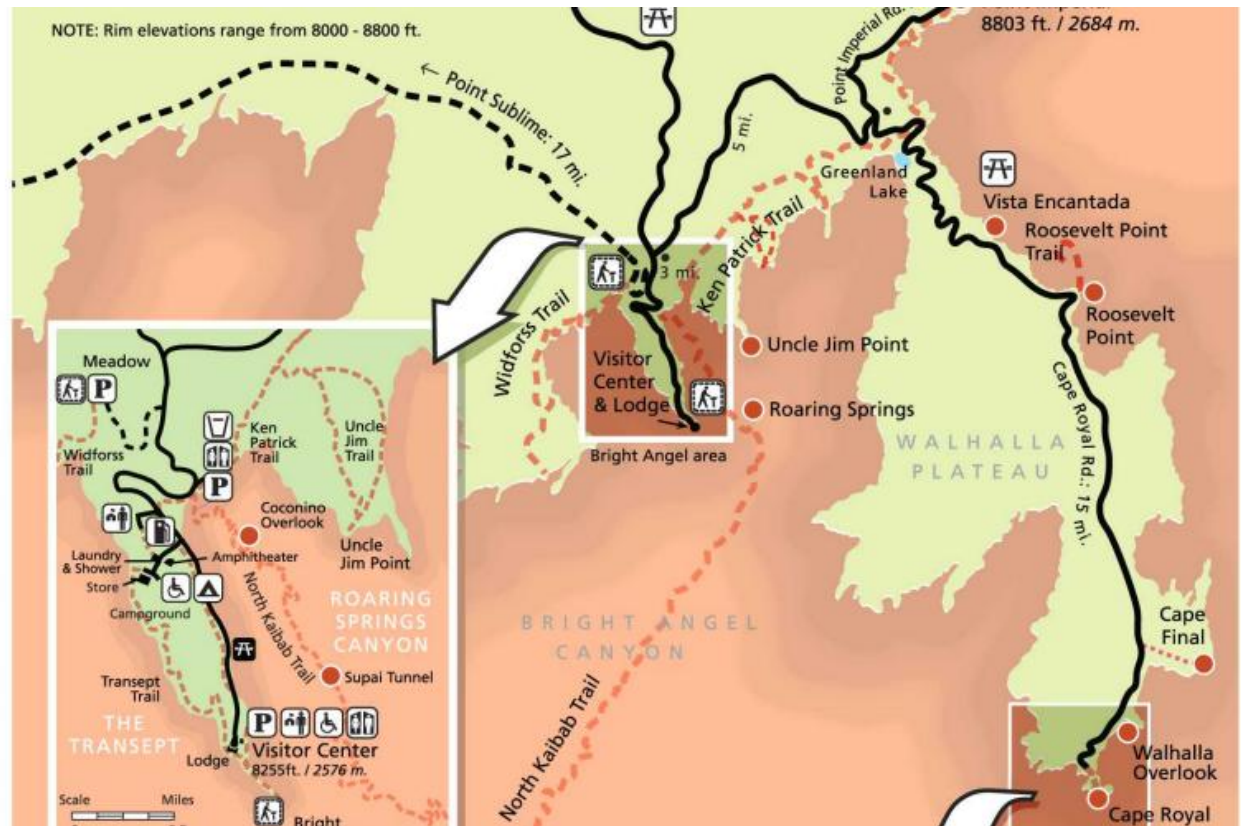
Mather Point (source: NPS website)



Easy Hikes: Rim Trails

North Rim, Elevation App. 8200 ft.

- Not many people visit North Rim, 4hr drive from South Rim
- Should plan overnight stay if visiting
- Only open Mid May to Mid October (snow)
- Rim trails are shorter
- Great place to visit if you want to get away from crowds.



Easy Hikes: Rim Trails

North Rim, Elevation App. 8200 ft.

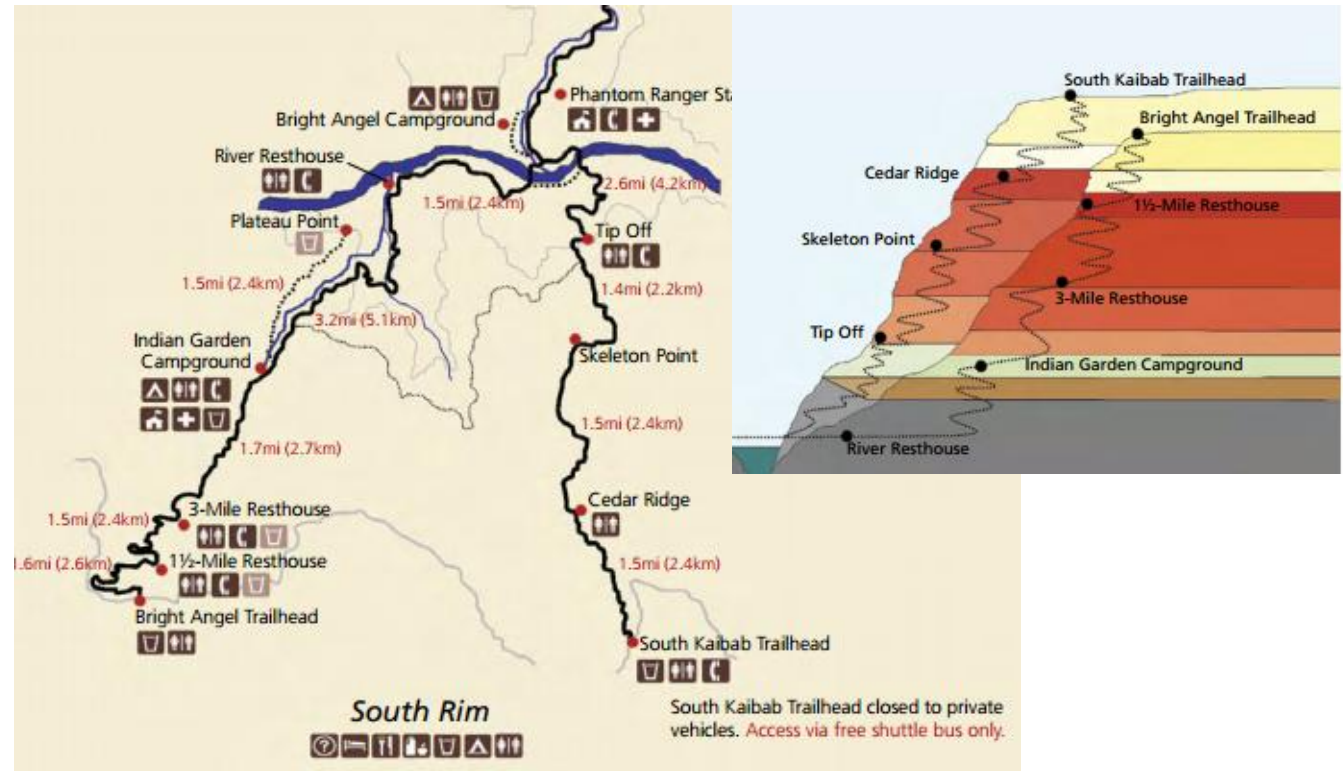
View from North Rim Lodge Patio



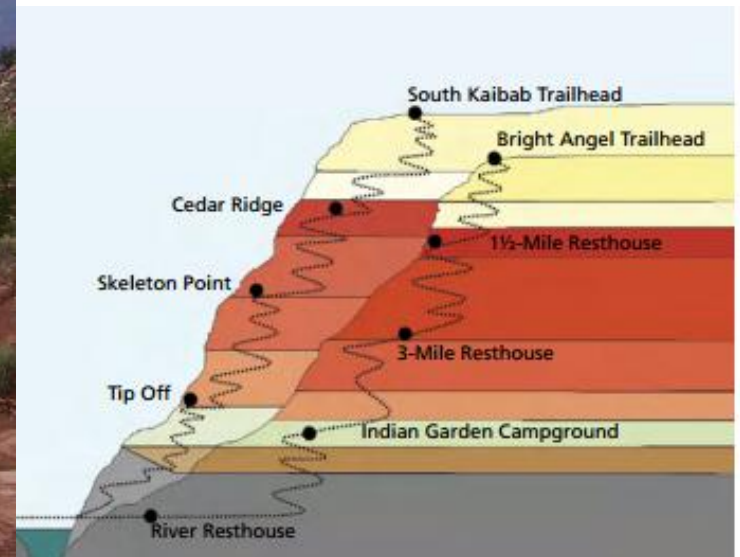
Moderate to Strenuous Hikes: Part way down and back up.

Things to consider:

- Return trip up will take twice as long to go down (2 – 3 mph, downhill)
- Bring water, no water on South Kaibab trail
- Trails are not paved and very rough
- Mules have right of way
- Can get very hot on trail
- South Kaibab offers best views!
 - Great sunrise from Cedar Ridge

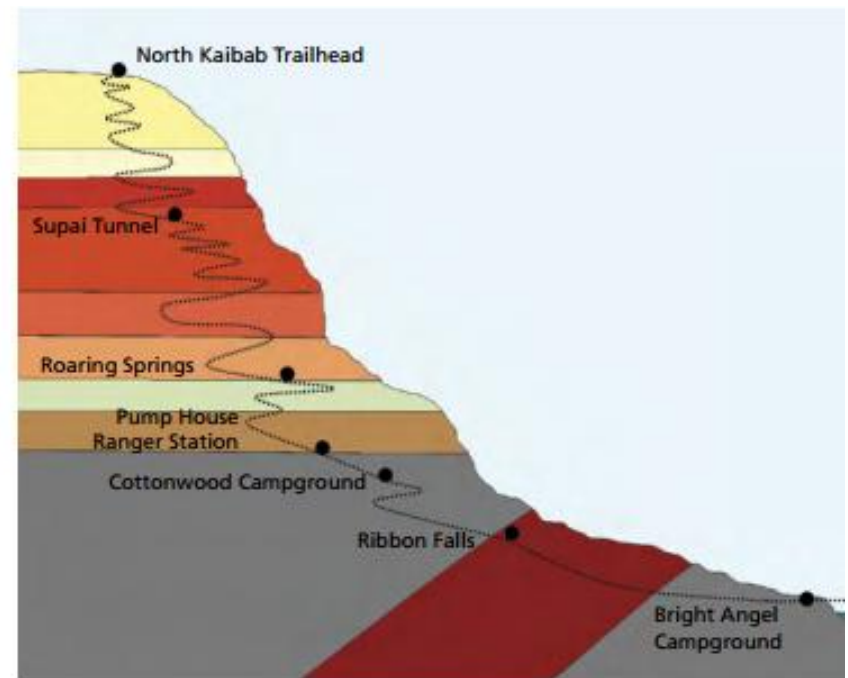
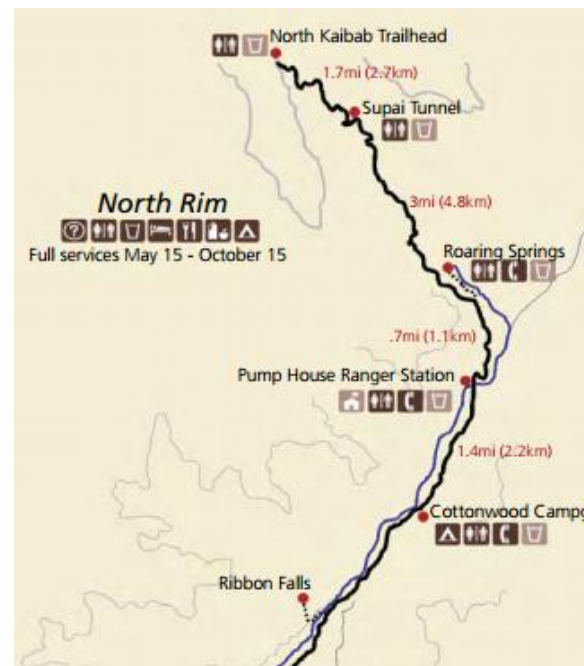


Moderate to Strenuous Hikes: Part way down and back up.



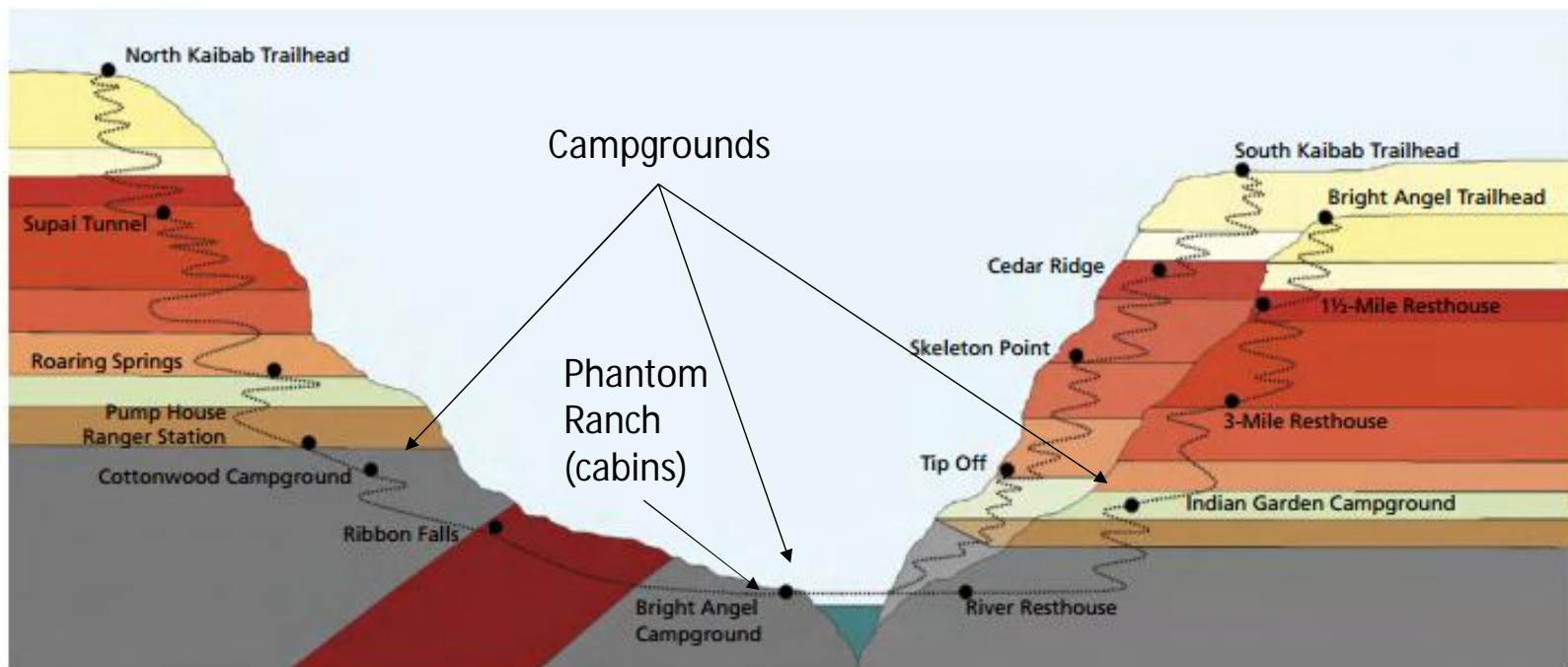
Moderate to Strenuous Hikes: Part way down and back up.

- North Kaibab is at 8200 ft and colder with trees at top, very different trail conditions at top as compared to South Rim.



Very Strenuous Hikes: Hiking/Backpacking/Camping Rim to Rim

- Typical trip takes 3 – 4 days.
- Campground reservations are required (and enforced) and difficult to get (lottery system)
- Need to find arrange transportation back to starting point (shuttles available)
- There are guide services who will take care of logistics for you.
- Need to be in very good physical shape and have proper equipment



Extremely Strenuous Day Hikes: River and back or “Rim to Rim”

- Not recommend by Park Service!
- However, during Mid May to Mid October people who are very well trained do these hikes.
 - Hikes take anywhere from 6 – 12 hrs depending on trails taken
 - Very hot at base of Canyon
 - Must take sufficient food and water
 - Must be in very good physical condition
 - Going down is very hard on knees and quadriceps (thighs).
 - No “bailout” or rescue unless extreme injury or health issue (broken bones, heart attack)
 - If rescue warranted then very expensive helicopter ride out of Canyon to Flagstaff



Weather

Grand Canyon has significant temperature extremes rim to base and is desert conditions in the Canyon

Very hot in summer months and conditions are difficult

Best Months for going into the Grand Canyon are May and October

Rims are very cold in winter and comfortable during summer months

Rain is possible but rare, no place to seek shelter on trails when it rains

Average Temperatures at the South Rim

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
High (F)	41	45	51	60	70	81	84	82	76	65	52	43
Low (F)	18	21	25	32	39	47	54	53	47	36	27	20
High (C)	5	7	10	15	21	27	29	28	24	18	11	6
Low (C)	-8	-6	-4	0	4	8	12	12	8	2	-3	-7

Average Temperatures in the Inner Canyon

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
High (F)	56	62	71	82	92	101	106	103	97	84	68	57
Low (F)	36	42	48	56	63	72	78	75	69	58	46	37
High (C)	13	17	22	28	33	38	41	39	36	29	20	14
Low (C)	2	6	9	13	17	22	26	24	21	14	8	2

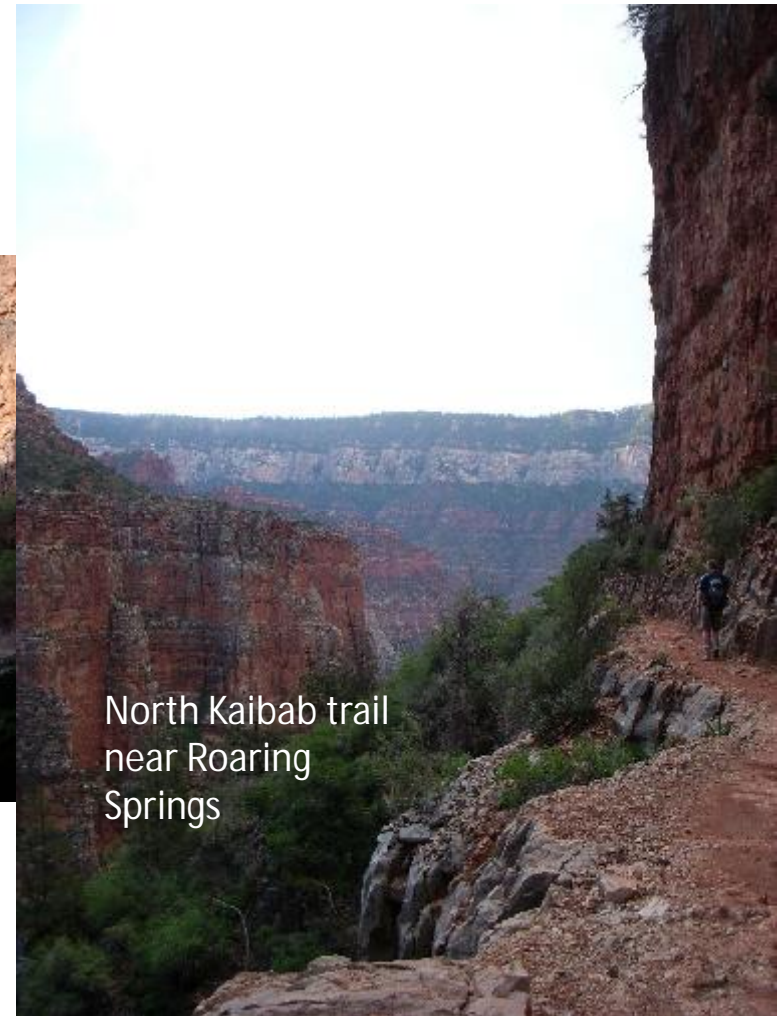
Average Temperatures at the North Rim

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
High (F)	37	39	44	53	62	73	77	75	69	59	46	40
Low (F)	16	18	21	29	34	40	46	45	39	31	24	20
High (C)	3	4	7	12	17	23	25	24	21	15	8	4
Low (C)	-9	-8	-6	-2	1	4	8	7	4	-1	-4	-7

North Kaibab



Ribbon Falls



North Kaibab trail
near Roaring
Springs

South Kaibab/Bright Angel



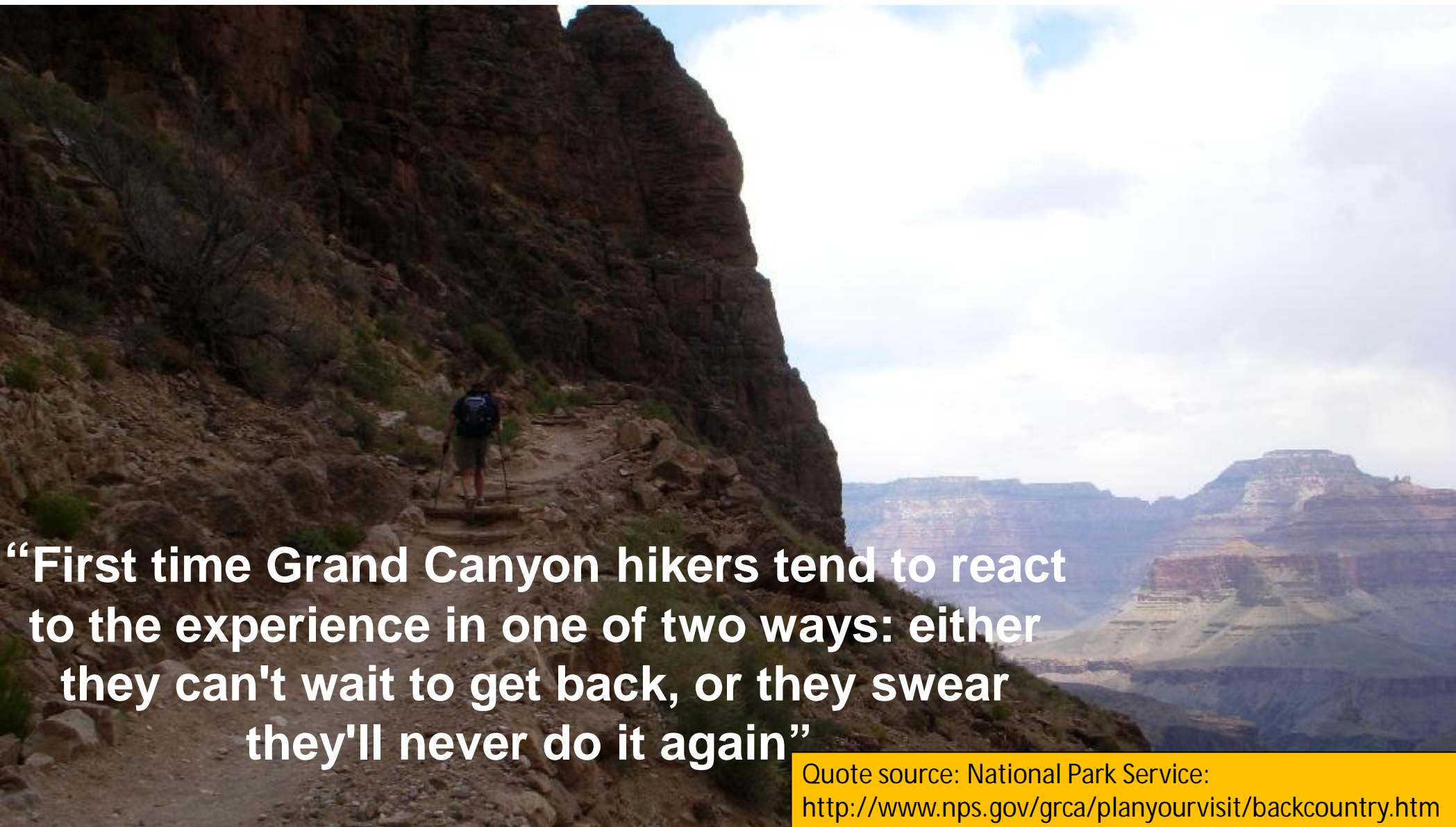
View from South Rim looking at
Bright Angel Trail and Indian
Gardens Campground



South Kaibab Trailhead



Foot (and mule)
bridge across
Colorado River



“First time Grand Canyon hikers tend to react to the experience in one of two ways: either they can't wait to get back, or they swear they'll never do it again”

Quote source: National Park Service:
<http://www.nps.gov/grca/planyourvisit/backcountry.htm>

Useful Websites:

Private Guide service (one of many):

www.wildlandtrekking.com

National Park Service, Grand Canyon (Lots of excellent information):

<http://www.nps.gov/grca/index.htm>

<http://www.nps.gov/grca/planyourvisit/backcountry.htm>

Weather (site with conditions at Canyon Rims and Base):

<http://www.nps.gov/grca/planyourvisit/weather-condition.htm>

Background Information

Potential Equipment List (Strenuous hikes):

- Day Pack with water bladder (CamelBack)
- Good shoes/hiking boots
- Good hiking socks
- Hiking poles
- Loose fitting clothing
- Sun Hat
- Sun Glasses
- Sun Screen
- Variety of foods (salty foods, high energy content)
- Electrolyte drinks (Gatorade, Powerade, etc)
- First Aid kit
- Snake bite kit
- Towel/Wash cloth
- Small Flashlight or head lamp (hopefully you won't need!)
- Chapstick
- Camera