

AZRA
GRAND CANYON

Bright Angel Trail
READ NOW
Lower Canyon

You have signed up for a trip that involves hiking the Bright Angel Trail. **IT IS IMPERATIVE YOU READ THROUGH THIS ENTIRE DOCUMENT UPON RESERVATION TO ENSURE YOU HAVE CHOSEN A TRIP WITHIN YOUR ABILITIES AND THE ABILITIES OF EVERYONE IN YOUR PARTY.** Many guests have a preconceived assumption that hiking down is easier than hiking out. It is less of a cardiovascular workout but hiking down often has a longer lasting physical impact, and muscle fatigue and joint pain can negatively impact your trip.



Your trip will begin with a hike descending the Bright Angel Trail. **The hike is very doable for most people if you take the hike seriously, are in good physical condition (both healthy and fit), pack lightly, stay cool, and eat and drink properly.** Although many of our guests understand the seriousness of choosing to hike the Bright Angel Trail, we have at least one guest every year evacuated via helicopter during or after the hike. We also have a few guests every year who take upwards of 12 hours to complete the 7.5 mile hike, becoming extremely sore, dehydrated, and sometimes injured in the process. **Most of those who have trouble on the hike overestimate their ability and/or underestimate the strenuous nature of the hike.** If you have a pre-existing condition that mildly irritates you, it will be significantly amplified on the Bright Angel Trail.

The trail is **7.5 miles long and descends almost a mile (4,460 vertical feet) in elevation between the South Rim and the River.** While the trail is well-traveled and maintained, it is a difficult hike which include challenges such as elevation change, steep drop offs, uneven footing, large steps, rocks, and slippery surface conditions. During the summer it can easily be over 100° F (38° C) and in the early spring there could still be ice on the trail. **You should plan on making the hike in 6 hours or less.**

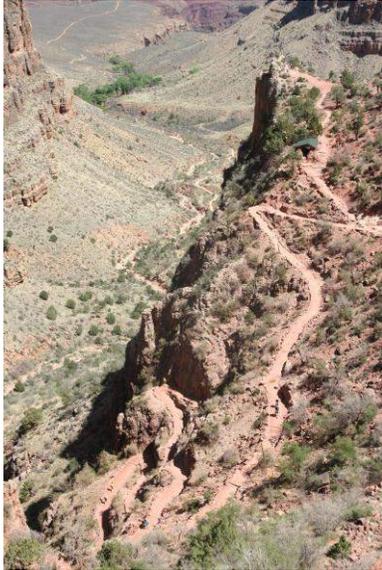
We feel it is best to be physically fit enough to backpack your personal gear into the Grand Canyon. However, arranging a mule to carry your gear may be an option. This service is **not operated** by Arizona Raft Adventures. The logistics may or may not work with your travel plans as **you have to drop your gear by 3 pm the day before the hike** at the South Rim. From there, the mules will carry your duffel down the trail and drop it off at the Phantom Ranch Boat Beach. **It is imperative that we know you have arranged this service so that we stop to pick up your bag.** You still need to carry a small daypack with **2-3 liters of water**, snacks/lunch, a rain jacket, a polypropylene top or fleece (spring or fall trips) and non-replaceable items (**medications**, sunscreen, etc.), for your hike into the canyon. Contact Xanterra Parks and Resorts directly for more information: <http://www.grandcanyonlodges.com/lodging/phantom-ranch/duffel-services/> or 888-297-2757.

Ask yourself and everyone in your group the following questions:

- Do you live an active lifestyle?
 - Do you vigorously exercise at least three times per week?
 - Do you participate in some sort of strength training exercise?
- Do you have experience carrying a backpack weighing 20-30 lbs?
 - Do you think the Bright Angel Trail sounds like fun?

THE ANSWER TO ALL OF THESE QUESTIONS SHOULD BE YES!

The following conditions may not exclude you or a member of your party from making the hike but can pose complications and merit additional thoughtful consideration: • asthma (exercise and dust induced) • history of heat related problems (heat exhaustion or stroke) • pregnancy • taking prescription medications which might increase your susceptibility to dehydration or hyponatremia • heart disease • vertigo, balance issues or unusual fear of heights • foot, ankle, knee, hip or back issues • a generally sedentary lifestyle • more than a few pounds overweight • smoker • out of shape • age (*be honest with yourself about your current physical capabilities*)



There are other options. You can sign up for a full Canyon trip that does not involve hiking the Bright Angel Trail. It is often best to choose the trip that fits the fitness level of the person in your group with the least ability rather than to oblige someone to do something above their capabilities. ***If you are having serious doubts about the Bright Angel Trail at this time, contact our office immediately so we may discuss your concerns and consider other trip options if needed.***

For photos of the Bright Angel Trail, see our Facebook page at <http://www.facebook.com/pages/Arizona-Raft-Adventures/> or read more on the AzRA website at http://www.azraft.com/gc_brightangel.cfm.

"Your information should stress the need to bring less stuff for those who are hiking into or out of the Grand Canyon. It is surprising how little you need. Many in our group woefully over packed." John O., Phoenix, AZ

"After hiking down the Bright Angel Trail my muscles ached for 3 days, making all the other hikes more difficult. I wish I had gotten in better shape before the trip." Diane M., Metacher, NJ



**Arizona Raft Adventures
Grand Canyon**

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