

AZRA
GRAND CANYON

Bright Angel Trail
READ NOW
Upper 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.**



Your trip will end with a hike on the Bright Angel Trail. **The hike is very doable for most people if you take it 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.**

The trail is **7.5 miles long and almost a mile (4,460 vertical feet) in elevation between the river and the South Rim.** While the trail is well-traveled and maintained, it is a difficult hike which include challenges such as elevation gain, steep drop offs, uneven footing, large steps, rocks, and slippery surfaces. During the summer, temperatures can easily be over 100° F (38° C) and in the early spring, there could still be ice on the trail. The average hiker takes 6-8 hours to hike out of the Bright Angel Trail.

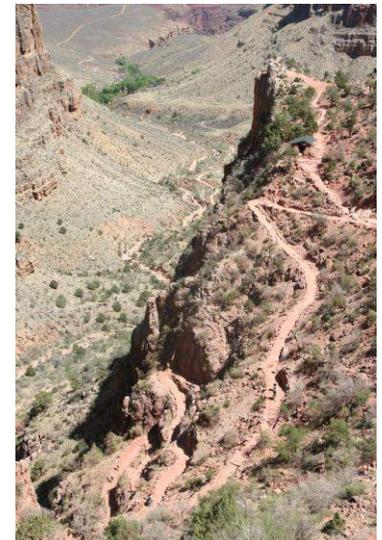
We feel it is best to be physically fit enough to backpack your personal gear out of the Grand Canyon. However, arranging a mule to carry your gear may be an option. This service is **not operated** by Arizona Raft Adventures. The logistics may or may not work with your travel plans, as you have to arrange the duffel for the **DAY AFTER YOUR HIKE. You will be able to retrieve your duffel the following day between 3-4 pm at the South Rim.** If you arrange this service, 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 out of the canyon. Contact Xanterra Parks and Resorts directly for more information:

<http://www.grandcanyonlodges.com/lodging/phantom-ranch/duffel-services/> or 888-297-2757. **Please inform our office if you set up this service so we can notify your guides ahead of time.**

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. Keep in mind, 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

"The hike out the Bright Angel Trail was my favorite part of the trip. Truly awesome... and a great sense of personal accomplishment." Eric P., Morristown, NJ



**Arizona Raft Adventures
Grand Canyon**

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