

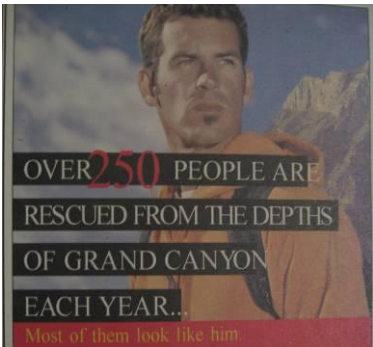
Trip Report - Grand Canyon Hike Dec 12-17, 2007



Whose idea was this? A shocking one to come from neighbor Kathy! And yet as I think of it, it's entirely possible that Maricar started the process when she pressed Kathy to do something major in honor of her upcoming (in 2 years?) 60th birthday. It was just after we'd run the Staten Island half-marathon and Kathy was feeling like a super woman, having PR'd and feeling good. Apparently while on a Canyons trip with husband Gary she'd considered such a hike but was doubtful that Gary would agree. So she wrote to ask me "about hiking the Canyon" to which I reminded her that Gary

had hated me even when I caused a hike up to Griffin Observatory in L.A. She quickly said, "I know he wouldn't do it. I meant YOU." Those who know me will not be surprised that it only took me a second to say YES! Then it took many more days of wondering if I really could manage it. For many more days Kathy and I jointly obsessed about how we'd do it, if we could do it, what we'd wear, how we'd pack, how long it would take, should we take our make up, and close to the trip we wondered if we might freeze to death in the 11 degree low temperatures. I think we both have an obsession gene and we fueled each other.

I won't keep you in suspense. To those who said it couldn't be done, WE DID IT! To those who said we were crazy to try, WE'RE GLAD WE DID IT! To those who want to do it themselves, YOU CAN DO IT! (And please take me along.) In terms of a marathon, it's something akin to doing 2 or 3 in sequence. One hike down for 5 ½ hours, (our time instead of the expected 7-8 hours descent to Phantom Ranch via the snow covered South Kabib trail.) One more hike up in 6 ½ to 7 hours (instead of the expected 10-12 hours ascending Bright Angel Trail.) Those times included stops to take a zillion pictures, eat, drink, find toilets that didn't exist, put on crampons, picnic 45 minutes at Indian Gardens, and plenty of stops to look behind us to marvel at how we quickly became super women (at least in our view.) Don't lose track of the fact that the Canyon is one vertical mile down.



To put this hike into perspective, posters abound on the rim that read "**Over 250 people are rescued from the depths of Grand Canyon each year. Most of them look like him**" and there it shows a young hunk of a guy. I didn't see the other poster but apparently there was a female Boston Marathoner, young, that was known to have died attempting the hike (it was said from dehydration). I worried that it could be an ominous sign that I chose to wear my Boston Marathon jacket.

People. We met a ton of lovely people. Some that you'd never expect would make such a hike (were we also among those who looked unlikely?) and some who were making a life-altering adventure. A group of women who were honoring the death of a fellow hiker, a group of men who had ventured down 15 times, and an 81 year old (Maverick) who was guiding down a newbie but who himself had traversed rim-to-rim 104 times in one year in honor of his 80th birthday. (The newbie had just accomplished a cross country bicycle ride pulling a 160 pound trailer.) A forest ranger who used his three months of vacation (that's what he said!) hiking difficult trails. There was even an older father accompanied by his two young teenage daughters plus their young friend. He was celebrating a "very, very serious illness" and apparently a return to life. (For support he'd brought along a friend who had run the rim-to-rim marathons many times in the past.) There was a lovely and outgoing lady of Japanese descent who anybody would want to keep in touch with. Another lovely lady of Canadian descent who had married a man when 18 days later in an electrical accident he lost all his limbs and yet they proceeded to have four children and he was currently trying to figure a way to get to the bottom of the canyon on his own. (I asked her what he couldn't do and only zippers came to mind.) We not only felt surrounded by special folks but we marveled at how healthy and glowing they all appeared.

Trail. You know this is one vertical mile down? That they suggest it takes double the time to go up than to go down, but that going down is really the most difficult on the muscles? That there are warnings all over not to try to go down and up the Canyon in one day?

The first day descending was started with a shuttle bus ride to the trail head and saw me strapping on crampons for the first 1 ½ to 2 miles of snow packed and icy trail that was said to be by far the steepest trail. The South Kaibab trail goes rim-to-rim but we would only take it to the Phantom Ranch bunk-house. The trail (a better description would be obstacle course) is full of huge steep stair-steps either placed in switchbacks or along the top rim of canyons. One was called Skeleton Ridge for all the mule bones to be seen over the edge. (We didn't see any but we were pretty busy looking at our own feet to keep from falling over.) These steps were much wider than regular steps so you couldn't step from one to another. You couldn't step in the center of them because of the deeply worn gullies (and you wouldn't want to anyway since some had what we called Mule Swamps.) It wasn't uncommon that they were far too steep to manage without the use of poles or arms. Where there weren't these steps formed into the steep terrain, there were huge boulders to negotiate. (Example – if I can run a mile in 10 minutes, some of these took one hour to traverse one mile.)



The second day ascending via the Bright Angel Trail started with a 7am very hearty breakfast (5:30am was the other option) and saw us leaving around 7:45am. We didn't get very far due to picture taking and looking around the camp so we think we left the camping area around 8:30am. We arrived into Indian Gardens close to 11am and despite that representing half of the mileage, we were told that it represented only one-third of the effort. Thus, thinking we had two-thirds of the effort and time left to hike, we chose to rest a half to three-quarters of an hour. We then proceeded to do better than expected and crested the rim by 3:15pm, well before the anticipated 6pm, and thankfully so because it gets dark at 5:15pm sunset. The last 1 ½ to 2 miles again were snow and/or ice covered so I'm thankful to have not been negotiating the trail in the dark. We did have flashlights and headlamps just in case. (In the summer heat it's not unusual for hikers to choose the darkness.)

Accommodations. Kathy gets an A+ for choosing the accommodations. The famous and historic landmark hotel called El Tovar that sits on the Grand Canyon's South Rim and is generally booked a year in advance but she got us two nights on the way in and one night on the way out. (There are often last minute cancellations and that's apparently what we got.) Accommodations at the bottom in Phantom Ranch's bunkhouse couldn't have been more extreme. We went from a 5-star to the opposite end of the scale: a 10-person tiny cabin with bunk beds where there was one toilet, one sink and one shower, all to share. (Luckily our bunk house was partially reserved by some campers who reserved a bunk in order to hedge their bet against the cold and most stayed at the campground in their tent. How I can't imagine since it was a low of 27 degrees.)



Roommates. Kathy was an excellent roommate, full of good humor and willingness to try anything and never complaining. I've had a few roommates lately and they all have no problem referring to me (and I fully agree) as a bathroom-hog. Kathy had warned me that was equally the case for her and we expected we'd need two bathrooms but would have to practice patience. We did fine though it was interesting, and the subject of many giggles, to find that Kathy is even more of a bathroom hog. Honest! My other recent roommates will find this hard to believe but I swear on a

stack of *Marathon & Beyond* magazines that it's true. But with this in mind, you can imagine my trepidation at sharing a bunkhouse bathroom with 10 women. We both took make-up down to Phantom Ranch, the subject of more giggles. She took her own brand of soaps and lotions and used them all. Well, at least she didn't take her hair dryer.

Weather. We'd both been exceedingly spooked by the weather reports. The week prior was a serious rain and snow storm with high and dangerous winds. We still had the single-digit low temperatures with highs not above freezing but had expected 20-25 degree warmer temperatures down below. Down below didn't get over 48 degrees and that would have been before we arrived at 3:15pm. Was it our obsession, studying the climate, or just luck, but we in fact did dress properly and were proud of ourselves for our multi-layers of which came on and off continuously during the hike depending on the wind and sun. Our first tourist day at the Canyon didn't start until late afternoon and it prepared us for dressing in 20-25 degree dry weather. Our first full day of touring was between 11 and 32 degrees and gave us total cloud cover all morning. Thus we felt very fortunate to have sun and only a whisper of clouds for both our hiking days. We felt even luckier to have no precipitation, limited wind, and only the remaining results of snow. I am sure that we were luckier yet to have not gone in the summer when temperatures in the Canyon can reach 120 degrees.

Food and drinks. El Tovar is said to be a true 5-star restaurant experience and while I don't disagree that it's possible, I don't think I'd rate my only dinner consumed there as that high. The menu was tops and classy, interestingly different, the décor unique, the surroundings historically significant, and it was an experience that probably should be way up there on everyone's list. The food was just pretty good. We started with cocktails in the bar our first night but eventually learned to prefer the bar at Bright Angel Lodge, and I can attest to the fact that we had a lot of experience with cocktails this trip. In the afternoon, in the evening, and at dinner, need them or not, we had reinforcements. I guess when you hike up from the bottom of the canyon and go direct to the bar despite being covered with sweat and red dirt, it's bound to be good. El Tovar's breakfast our last (and 3rd day) was outstanding and the menu was so unique that I might should have taken breakfast there each and every day. Plus you could see the view during breakfast. (There are no street lights in the canyon for a dinner view – smile.) Our last night, and the night we had ascended from the Canyon, was taken at Bright Angel's Arizona Room which was fine but not particularly anything to write home about either. Could it be that the Canyon, being full of people vacationing and exercising, gets a major advantage when people rate the restaurants? I liked the deli at the General Store.

At Phantom Ranch it's hard to imagine how they can feed the masses as well as they do. They have a 5pm seating for steak dinner and a 6:30 seating for beef stew. Their stew is famous and apparently rated by Emeril the Chef. The method of feeding the hikers is brilliant: Reserve and pay as much as a year ahead, show up 5 minutes early, and when your name is called you're told which of three tables (for 10 or 12) to sit at. Their food is served family style and empty serving containers get passed to the end of the table for refill. Drinks plus wine (from a box) can be purchased. One hour and ten minutes after being called to dinner, you're excused and expected to leave in preparation for the next seating. At 8 to 10pm the canteen opens again for drinks, games, and product sales. (Buy your compressed t-shirt, hat or bandana that can only be purchased at Phantom Ranch.) For breakfast, which is served at 5:30 or 7am, is a massive amount of eggs, bacon, pancakes, juice, coffee, tea, and canned peach halves.

Ordering a sack lunch for the day's hike out seemed like a good idea but was not. We should have simply used our own granola bars or purchased their Cliff Bars. We didn't want their summer sausage, electrolyte replacement powder, or pretzels, but might have eaten the raisins, apple, and oreos, and certainly didn't like the white bagel with cream cheese and jelly.

As evidence that one will even consider eating road-kill when exercised and hungry enough, I even tried eating the awful white bagel while sitting mid-point in Indian Gardens. At least the squirrel thought he'd like it because he jumped on the bench and grabbed my remaining three-fourths of it and ran off. It was laying there against my leg and wrapped in first saran wrap and secondarily within folds of a plastic bag, but he managed to grab it and run. Within a moment, one of the huge Ravens that live on the Canyon bottom then stole it from the squirrel and flew off with it to a point where I took a picture of the Raven enjoying MY lunch which suddenly looked better than it had earlier. We aren't supposed to feed the animals but obviously they have learned to fend for themselves.

Equipment. Prior to the trip, we'd understood the need for trekking poles and even practiced with them, but decided against them knowing they'd be in our way of carrying a water bottle, a camera, and while on the flats (turned out there weren't any). Once in the Canyon and quizzing people (and we did quiz everybody we could which got to be a joke and the subject of even more giggles with paranoia that the thought that the front desk folks were hiding from us) it was the consensus that we needed them. (Protesting note from Kathy: "No...YOU quizzed everyone...remember, I was your silent partner!!!) Trekking poles and crampons. Thus we rented poles for two days from the General Store (at a total cost of \$16) and would say that the trip would have been next to impossible without them. The trails are so steep, the steps so deep and wide and the boulders so large and common, to say nothing of the ice and snow, that poles are absolutely a necessity. (Good thing I quizzed so many people – right?) We met big boys who went without poles but said they'd never do so again. Our joints were tender enough from the first day's downhill that we worked more diligently trying to lean on the poles during our upward journey. So frequent were the deep steps that we had to use both poles to pull ourselves up then add a big heave to get to the next one. Obviously, this caused a bit of upper body soreness.

For clothing, I layered a long-sleeve light-weight tech shirt, then a hooded heavy-weight winter Sugoi, followed by my nylon Boston jacket, with another nylon jacket that I rarely used. I had a hat plus a Buff then with the hood over all. I had two pair of gloves and hand warmers but my fingers still stung much of the trip due to holding the poles. Under hiking pants was a mid-weight pair of Patagonia running pants. When I got into the bunk house I climbed into bed under the covers with all my clothes on plus my double gloves with the hand warmers and there I stayed for at least an hour until I felt warm enough.

Kathy was much more of a super woman than I was. She was up ahead much of the time and that despite a much heavier pack. It was full of make up and also full of other things collected that I won't mention. In addition she'd shopped for t-shirts and hats that can only be purchased at Phantom Ranch and that I too might have wanted were I not lazy about carrying it up. We had also studied and tried many packs, finding that as smaller women we were hard to fit. As training we'd carried very full packs on our 3-hour practice hikes, knowing that we were to carry at least 2-liters of water.

Water? There's no water in the winter except at Indian Gardens. Nothing. No toilets either (and don't forget the rule is carry-in and carry-out.) One can carry 2 1-liter bottles half way up, one empty, and fill both at Indian Gardens. Thus you've consumed 1 liter up to the mid-way or easiest portion and then 2 liters more making a total of 3 liters. That is for winter. In the 100-120 degree summers there are some available water locations as hugely more water will be needed. No matter, everyone has to carry a lot of extra weight in water.

Itinerary suggestion. Were I making this trip again, I'd do the trails in reverse (no, I don't mean walking backwards) but I totally agree with the direction we hiked them for a first time hiker. I would stay a second night in Phantom Ranch and take in some of the supplemental hikes, the river, the waterfalls, star gazing, lectures, and generally rest up. Resting up would allow for the optional hike to Plateau Point out of Indian Gardens. Kathy however says she'd still stick with the one night stay over. It was very difficult for me to leave in the morning and that was after a long and good night's rest. I might reserve some fake names in the bunkhouse so there wouldn't be a full 10 person contingent and it's cheap enough to do so. I would be careful in reserving a cabin because they only have a cold water sink and thus one has to walk to the bath house and toilets. (Don't forget that there are no street lights down below and it can be very dark in the Canyon.)

Camera. I don't imagine that anyone uses any kind of camera other than a small automatic one. It's just not convenient. We also found that the Canon battery acts dead when in these low temperatures but recovers when warmer. Canon's adjustment knob from automatic to video is too easy to brush and thus change when going in and out of the backpack. I probably took hundreds of pictures and suggest that hikers take all the pictures they can at the first part of the trip because for the last 3-4 miles you just don't give a damn, you're doing dumb things, and all you can think of is watching your feet, not falling, and trying hard to keep enjoying it. You're not only entering the snow and ice zone but the altitude nearing

7700 feet is getting to you, to say nothing of two long days of fatigue and carrying a pack that seems to have gotten heavier.

Thank You. Our husbands are jewels. They supported us, encouraged us, transported us to the airport, checked on our progress, and sounded very proud of our accomplishment(s). Our friends not only gave us encouragement, send offs and are now asking how it went, but many of them also came to the rescue with our questions. Laura of *Marathon Charms* sent an email to her Antarctic Marathon friends and their return emails were treasures, with Walter spending an inordinate amount of time answering questions for us, total strangers, and even forming our packing list. Marathoner Tracy gave encouraging advice and reminded us to not only look at where we were going but to look back and appreciate where we'd been. She's admitted that the hike was more effort than any marathon. Running BFF Maricar, mentioned before, might have been the impetuous to this whole idea. Dave and Dana had just been in the Canyon and though didn't hike to the bottom, they were helpful and encouraging. Jess and Nani were at the Canyon just a few days before and found a friend who'd hiked the whole trail and who offered us advice. Running Coach Jon put it into perspective and reminded us that the most dangerous thing about the Canyon was staying out of the way of the mules and that after all, people run a marathon rim to rim. There are so many friends who we owe thanks for their part in encouraging and advising us. I hope some of them will find this report interesting and consider it themselves.



Sedona. I think it prudent to save this story for another report. It might be worthy of one of its own anyway. We did take the Broken Arrow Pink Jeep tour, two different town trolley tours in separate directions, and then the second day we had a private vortex tour with a new age spiritualist gal who has her degree in Indian studies and used to teach Reiki. We hurried off to the Phoenix airport for our 5:20pm flight which was canceled and now we are sitting in the airport hoping for the 11:40pm red eye home.



The End. At the end of most trips, I'd generally think something along the lines of "Wow, these days really passed quickly." In this case we both had the feeling that it had been a very long time ago that we had arrived. A very long time ago that we weren't Canyon hikers. So much had happened and there were many experiences in the Canyon and many long conversations and thoughts about what we wanted to do next. After seeing the Canyon, close up and personal, life just changes. We're just now fully taking it in that we accomplished our goal and yet at the same time I understand that this isn't "the end" but rather the beginning. We will find another goal.

Any ideas? (Has anyone climbed Half Dome?)

The Itinerary and Working Papers

Wed, Dec 12

4:45am Depart home via Tom
6:45am Depart EWR – Continental #1535 (Presidents Club open at 5am)
10:25am Arrive Phoenix

Rental Car Alamo

Drive 4 ½ hours to Grand Canyon

Hotel El Tovar Hotel on South Rim of Grand Canyon National Park
See <http://www.grandcanyonlodges.com/el-tovar-409.html> (1)

Dinner: El Tovar

Thu, Dec 13

Breakfast Bright Angel Lodge

9:00am Tour of Desert View and Hermit's Point to 1:15pm

Lunch General Store

Dinner Bright Angel Lodge Restaurant

Fri, Dec 14

9:00am Shuttle to South Kaibab trail head for the descent

3:15pm Arrive Phantom Ranch at bottom of Canyon (2)

4:00pm Lecture by Maverick

Sat, Dec 15

7am Breakfast plus bag lunch before hiking via Bright Angel Trail for ascent

Dinner Arizona Room at Bright Angel Lodge

Sun, Dec 16

Breakfast El Tovar

9:00am Depart to Sedona - 2 to 2 ½ drive via Oak Creek Canyon

12:00pm Pink Jeep "Broken Arrow" premier tour

3:00pm Trolley tour(s) including stop at Chapel and covering the south side of Sedona. The Seven Canyons out of town to Dry Creek Valley, Boynton Canyon and Long Canyons.

Dinner Dahl & DiLuca Italian Restaurant

Hotel Southwest Inn at Sedona

Mon, Dec 17

9:00am Vortex private tour with Linda Sommers for 2 ½ hours

12:30pm	Depart to Phoenix airport – 2 ½ to 3 hours
1:15pm	Received notice that 5:20pm flight was canceled
Tour	Jerome and adjoining Ghost Mining Town
Lunch	Haunted Hamburger Restaurant in Jerome
11:40pm	Depart Phoenix
6:00am	Arrive EWR with pick up by Gary

See www.nps.gov Q&As on hiking, trails, history, maps.

The Trails to Phantom

Bright Angel

The Bright Angel Trail is wide and maintained. This begins in Grand Canyon Village above the West Rim Shuttle stop. There is water in the two rest-houses during the hotter parts of the month (usually May through September). There is always water at Indian Gardens. Garden Creek below Indian Gardens runs all year round.

Goal	Distance (one way)	Time (down)*	Elevation	Etc.
1 1/2 mile resthouse	1.5 mi.	.75 to 1.5 hrs	1140 ft	Restroom; seasonal water
Three mile resthouse	3 mi.	1.5 to 3 hrs	2140 ft.	Seasonal water
Indian Gardens	4.6 mi.	4 to 6 hours	3060 ft.	Restroom, water, picnic area, campground
Plateau Point	1.6 mi. from Indian Gardens	one to 2 hours to lookout	3080 ft.	Three mile side trip with fantastic view
Colorado River	7.7 mi.	Five to ten hours	4460 ft.	No water except in River
Phantom Ranch	9.8 mi.	Seven to twelve hours	4620 ft.	You made it!

*(Times are very generous: if you travel faster than this congratulate yourself, but don't email me about it. Usually traveling out takes one and one half to three times as long)

The Mile-an- a-Half rest-house has seasonal water (usually May through September) and a toilet. I refer to this as the Woodruff Memorial Outhouse, because I once had my three-year-old at Mile-an- a-Half, and he hiked up behind the building. Upon chasing him, I discovered that the entire hill was one big latrine. I wrote a letter to the Park Service regarding same, and the very next time I went hiking on the Bright Angel, they were building that bathroom. If that isn't service, I'd like to know what is.

The rocks along the trail are beautiful, but due to the fact that the trail follows a canyon, there are no sweeping views. There are Indian pictographs as soon as you go through the first tunnel, and above the trail between mile and a half and two mile corner. I am not going into more detail, because there are persons out there you would paint over them (you know who you are).

The Three mile rest-house has seasonal water. If one walks out behind the resthouse there is a nice view down the Redwall cliff.

Indian Gardens has a campground, a picnic area, water, bathrooms, and many, many signs informing hikers that if they continue to the River on a dayhike, they may abandon all hope. My personal favorite is the one that states: "Hiking in the Canyon is not a test of your physical fitness, it is a test of your intelligence".

If one has the time and the energy, there is a three mile round trip jaunt out to Plateau Point for a sweeping view of the Colorado River. Personally I think this is one of the greatest views in the Canyon. In a spectacular area, Plateau Point is double plus spectacular. One is perched on an isolated, cantilevered slab of shale that juts out dramatically over the raging waters. There are fossils of jellyfish, worm tunnels, and trilobite tracks. Ravens float overhead contemptuous of those of us who have to utilize our nether limbs to get in and out of their playground. I highly recommend Plateau Point for a side trip.

Below Indian Gardens, the trail descends through a truly lovely section of Tapeats with Garden Creek sparkling through a narrow slot just below. One of the most beautiful sections of trail in the whole Canyon. Hiking down to the Colorado River, one will descend steeply through the Devil's Corkscrew (now, why do you think they call it that?), and eventually meet the Colorado at the mouth of Pipe Creek.

From here the River Trail picks up along the river (where else?) for about two miles along the River and another mile to Phantom Ranch. You have to climb a stinking 400 feet that you promptly lose at the other side of the cliff.

South Kaibab

The South Kaibab is wide and maintained. This begins off the road to Yaki Point. This road is closed to private vehicles and access is via shuttle. You are not allowed to drive into this trailhead even to drop people off and doing so can result in a fine. The cars you see at the trailhead belong to rangers and the employees at Phantom Ranch. If the car doesn't have a "resident" sticker, it will be towed.

This trail is shorter than the Bright Angel, but despite its reputation, really not much steeper in most parts. The Bright Angel is three miles longer, but much of that is almost flat. There is no water and no shade on the South Kaibab. However since it was built on a ridge rather than in a canyon, it has spectacular views. It often has spectacular winds as well. The Park Service recommends that hikers do not come out the South Kaibab in summer, since there is no shade and no water.

Goal	Distance (one way)	Time (down)*	Elevation	Etc.
Cedar Ridge	1.5 mi.	.75 to 1.5 hrs	1500 ft.	Restroom
Skelton Point	3 mi.	1.5 to 3 hrs	2670 ft.	First view of River
Tonto Point	4.6 mi.	4 to 6 hours	3260 ft.	Restroom. No Camping (though someone always tries)
Colorado River	6 mi.	Five to ten hours	4860 ft.	No water except in River
Phantom Ranch	6.9 mi.	Six to twelve hours	5020 ft.	You made it!

*(Times are very generous: if you travel faster than this congratulate yourself, but don't email me about it. Usually traveling out takes one and one half to three times as long)

Cedar Ridge is an exposed butte with great views. There is a fossil fern exhibit on the west side of the butte. There is a pit toilet and no water. It is steep and exposed to get to Cedar Ridge. On the west side

of the ridge, one can see switchbacks of the Bright Angel Trail Devil's Corkscrew, far, far below. On the east side, one can see switchbacks down the Redwall, not quite as far below.

There is a view of the River at Skeleton Point, just below the Redwall. There is a sitting and stopping place atop the Redwall: Skeleton Point is exposed and usually windy.

The Tonto Plateau has a rest-house, but no view. One switchback down is a good spot to sit and look at the River.

The trail below the Tipoff (where the Tonto Plateau ends) is really spectacular and one of my favorite spots anywhere. It cuts through red Hakatai Shale and has great views of the River, still more than one thousand feet below. At the bottom, one hits the junction of the River Trail, which leads two miles over to the Bright Angel Trail. Here there are two bridges: the Black Bridge built in 1928 and the only one the mules will condescend to cross, and the Silver Bridge, built to carry the water pipeline from Roaring Springs to the South Rim. I like the Silver Bridge: it is possible to get vertigo standing in the middle of the bridge and watching the Colorado rush between your feet through the metal grating. Many people do not share my enthusiasm for this activity.

North Kaibab

The North Rim is only open during the snow-free months, usually mid May through mid October. The North Rim gets about one tenth of the visitation of the South Rim, though these numbers go up every year.

The North Kaibab offers a different experience than the South Kaibab. It is more wooded and shadier. It is a long, long 14 miles to Phantom, so get an early start.

Goal	Distance (one way)	Time (down)*	Elevation	Etc.
Supai Tunnel	2 mi.	.75 to one hour	1440 ft.	Restroom, seasonal water
Roaring Springs	4.7 mi.	4 to 8 hrs	3040 ft.	Seasonal water: spring water all year
Cottonwood Campground	6.9 mi.	7 to 10 hours	4240 ft.	Restroom. Seasonal Water. Campground
Ribbon Falls	8.2 mi.	eight to twelve hours	4520 ft.	Side trip to gorgeous waterfall
Phantom Ranch	14 mi.	ten to fourteen hours	5680 ft.	You made it!
Colorado River	14.6 mi.	ten to fifteen hours	5841 ft.	

*(Times are very generous: if you travel faster than this congratulate yourself, but don't email me about it. Usually traveling out takes one and one half to three times as long)

The Supai Tunnel has nice flat rocks for a rest, but you are pretty close to the rim for resting. The water is turned on here when it is warm enough. There are no sweeping views because the trail is built in a canyon. You can, however, see a good bit of the trail below you here. The route through the Redwall is steep, exposed, and spectacular.

Roaring Springs is the water source for the South Rim. There is water here during some months, and spring water all year (though it should be treated before drinking). There is also water at the pumphouse, about a mile from Roaring Springs. From here on you will hike along side Bright Angel Creek.

Cottonwood Campground has seasonal water and restrooms. You need a permit to camp here. A bit below is the side trail to Ribbon Falls: well worth the stop to cool off and marvel.

A couple of miles below Ribbon you enter the Inner Gorge. Even though these spectacular cliffs provide shade, you are not always cooler because the black rocks collect heat and radiate it back. This part of the trail is dramatic, with granite and schist walls rising ever higher overhead as Bright Angel Creek dashes over small waterfalls and deep pools.

(1) **El Tovar Hotel**, the premier lodging facility at the Grand Canyon, opened its doors in 1905 and was most recently renovated in 2005. In the past, the Hotel has hosted such luminaries as Theodore Roosevelt, Albert Einstein, Western author Zane Grey, and many others.

Today, El Tovar retains its elegant charm. Located on the Canyon rim, it features a fine dining room (open for breakfast, lunch, and dinner), lounge and curio shop with newsstand. El Tovar offers its guests Concierge, turn-down and room service and is a Registered National Historic Landmark.

El Tovar Hotel has 78 rooms and suites, all with cable television, telephone, full bath and air conditioning. Standard rooms have one double, one queen, or two queen beds. Deluxe rooms have either two queens or one king bed. Suites have a bedroom with either two queens or one king bed, and a sitting room, and some of the suites have a porch or balcony.

(2) **Phantom Ranch** is a comfortable oasis nestled at the bottom of the Grand Canyon. It is tucked in beside Bright Angel Creek on the north side of the Colorado River and is the only lodging facility below the Canyon rim.

The Ranch can only be reached by mule, by foot, or by rafting the Colorado River and is a popular stop-over point for hikers and mule riders traveling to the bottom of the Canyon via the famous Bright Angel or Kaibab trails. Open year-round.

The ranch was designed by architect Mary E. J. Colter and completed in 1922. The rustic cabins and main lodge are built of wood and native stone and do not intrude on the natural beauty and solitude of the setting. Overnight accommodations at Phantom Ranch consist of dormitory spaces and cabins. Cabins and dormitories are heated and utilize evaporative cooling during the summer months. Dormitories are separate for women and men -- each has ten bunk beds, a shower, and restroom.

Phantom Ranch offers eleven unique, rustic cabins. Each is furnished with a set of bunk beds, all bedding, cold water sink, toilet, liquid soap, and towels. Showers are provided at a central location. Cabin accommodations at Phantom Ranch are included with the overnight mule trips, while dormitory-style lodging is available to backpackers.

Also popular is the **Phantom Ranch Canteen** where meals, beverages, and sundries are available for adventurous travelers who journey to the bottom of the Canyon. Meals **MUST** be reserved well in advance of your descent. Mule trips do include a lunch on the way down, steak dinner that night and a breakfast the next morning before the ride out.

Note: The great depth of the Grand Canyon produces a variety of conditions between the South Rim and Phantom Ranch. Temperatures usually vary by 20°F (7°C) between the top and the bottom. Phantom Ranch visitors must be prepared for these changes.

Weather

Winter (December - February) - From the snow at the South Rim to the pleasant desert temperatures at Phantom Ranch, a winter trip in the canyon is an unbelievable experience. Average temperatures on the rim range from a low of 20°F to a high of 43°F. Average temperatures at Phantom Ranch, range from a low of 38°F to a high of 58°F.

From Trip Advisor reader who's made the trip twice:

1. Preparation

First a **WARNING** - This trip is **INTENSE**. It should only be attempted by people in good physical condition. The conditions inside the canyon are harsh. The terrain is hazardous and steep. Training before you go is highly recommended.

PLANNING - The accommodations at Phantom Ranch are **VERY** limited. Reservations can be made up to 2 years in advance through Xanterra. Last minute openings do occur due to cancellations, but if you

have a big party, or want to guarantee your dates, you should plan as far in advance as possible. The best time of year to hike the canyon is spring (Feb or March) or fall (Oct) when the temperatures are cooler. The weather at the rim is similar to Flagstaff (7000 ft elevation) but at the bottom, the weather is like Phoenix (HOT!). You don't want to do this trip in the summer! There is camping available at the bottom, but that requires packing a lot of extra gear. To make this adventure more enjoyable, pay for a bed and all of your food at Phantom Ranch. The portions are generous, their food is delicious, and the accommodations are amazingly nice considering the location. Plan to spend at least 2 nights at Phantom Ranch. Also reserve dinners and breakfasts during your stay.

2. Grand Canyon South Rim

Plan to stay at the South Rim on the night before your hike. There is lodging just outside the entrance or inside the park. We usually stay at Maswik Lodge. Get up early, have a good breakfast, check-out and move your vehicle near Bright Angel Lodge. Catch the hikers shuttle bus to Yaki Point to start your hike on the South Kaibab Trail.

WHAT TO WEAR:

Hiking boots (be sure they are well broken-in)

Socks - many people like to wear 2 pair (1 wool & 1 thin)

Leg coverings (lightweight layers are best. I like wind pants with thin pants under.)

T-shirt or turtleneck

Sweatshirt or sweater

Jacket (lightweight but WARM and wind-proof - like fleece or a wind jacket)

Hat or bandana - optional if jacket has a hood

Gloves (knit or fleece ones work well. Ski gloves are too thick - makes zippers difficult.)

Headband, earmuffs, or anything that will keep your ears warm

Long underwear (optional)

Watch

Plan to be flexible depending on the weather. Weather can change quickly so lots of layers are best.

WHAT TO BRING IN YOUR PACK:

Extra Clothes & PJs

Toiletries (shampoo & soap provided at PR)

Chapstick

Sunglasses

Flashlight

Rain Poncho

First Aid supplies (Tylenol, Band-Aids, Blister protection, etc.)

ID & Medical Insurance Card (just in case)

car keys

camera

3. South Kaibab Trail

This trail is approx. 7 miles with a 5000 ft elevation loss. There are 2 toilet stops (only in the summer) but NO WATER available on the trail. Bring plenty of water or Gatorade, trail mix, energy bars, and a sack lunch. Your pack should be as light as possible. Remember - whatever you take into the canyon, you have to pack back out. Also, don't trivialize the hike down. Most people think that hiking down is the easy part, but a LOT of people have more trouble hike down than up. Knees in particular take a lot of abuse hiking down. So take your time and be careful. Helpful hint: Cut your toenails REALLY short before the hike so that they won't jam on the end of your boots, get bruised, and fall off.

4. Phantom Ranch

There are 2 dinner seatings at Phantom Ranch (PR). Plan your hike to be sure you won't miss your seating. The dinner menu alternates between steak at the early seating and stew at the late seating. Both are great -- especially since you won't have to cook or clean up after your long hike. After dinner, people gather in the dining hall (Canteen) to talk, play cards, etc. Beer and boxed wine are available for

purchase. There is a land-line phone at PR for calling home. (Note: there is no cell phone coverage in the canyon.) Also, you can buy special t-shirts that are ONLY sold at PR. Be sure to bring addresses for you friends and family. You can mail letters and postcards from PR that get a special "Mailed by Mule" stamp. After a good nights sleep, you can spend the next full day relaxing, fishing, day hiking, etc. Bring a comfortable pair of shoes to wear this day instead of your hiking boots. Your feet will love you! Helpful Hint: Bring a flashlight for getting around PR at night. The views from the bottom of the canyon are AMAZING. Not many people get to see the canyon this way. It gives you an entirely different appreciation for the massiveness and beauty of the canyon.

5. Bright Angel Trail

Start you last day with the EARLY breakfast at PR. Then gather your belongings and hit the Bright Angel Trail for your hike out of the canyon. Bring plenty of water or Gatorade, trail mix, energy bars, and a sack lunch (available for purchase at PR). This trail is almost 10 miles with a 5000 ft elevation gain. There are several bathrooms along the way (but only one at Indian Gardens in winter.) Water is available at Indian Gardens (half-way). During certain times of the year, there are other water stops too, but check with the ranger before hiking. This hike will take from 3-10 hours depending on your physical stamina. You may want to bring walkie-talkies to keep in touch with others in your group that hike at a different pace. NEVER leave the slowest hiker alone. The top of the trail is near Bright Angel Lodge so you will end-up near your vehicle. When you all reach the top, clean-up in the bathroom at the Bright Angel Lodge. I usually leave a bag of supplies in my car including a washcloth, snacks, and a fresh change of clothes to wear home. Congratulations -- you've just completed a once-in-a lifetime adventure!

How it all started

----- Forwarded message -----

From: "Kathy Kestler" <KKestler@clarkest.com>

To: "Diana E Burton" <dianab@juno.com>

Date: Tue, 16 Oct 2007 14:50:35 -0400

I was thinking of the south rim...there are accommodations ...something "ranch"...there are more fires on the north rim...and forget Gary doing it...I was thinking more of a Diana thing!

-----Original Message-----

From: Diana E Burton [mailto:dianab@juno.com]

To: Kathy Kestler

Dana was just there and might have done so. We hiked around the rim and a little ways down. It was off the north rim. Sometimes there are fire alerts and you can't go down at all which was the case while we were there. I think the usual is to go down and up via burro and a guide. If you go all the way down, you reserve a bunk at the bottom for the night.

Gary won't like it at all. It's very dusty and easy to go down and hard to go up. There is a marathon that goes down on rim and up the other side.

Better hiking in Bryce Canyon.

On Tue, 16 Oct 2007 08:50:55 -0400 "Kathy Kestler"

<KKestler@clarkest.com> writes:

> Sure!

> Question: Have you ever hiked down the Grand Canyon? I've always wanted to do that and you are the only person I could think of that would possibly entertain the thought...

>

From: sturckecpa@juno.com
To: dianab@juno.com
Cc: ido26.2@earthlink.net,wpheeney@twmi.rr.com,
Date: Wed, 24 Oct 2007 13:46:26 -0400
Subject: Re: Grand Canyon hike?

Diana,

We did the trip in May, when there was still snow on the North Rim, but no snow on the trails in the Canyon. The temperature was in the 40's or 50's at the top when we started, but it quickly warmed up as we descended into the Canyon. At the bottom (Phantom Ranch) it was 125 degrees - rather hot - so hydration and electrolytes, as well as nutrition, were all important. By the time I reached the top of the South Rim, it was starting to cool off again. During the entire time in the Canyon, I cooled my body off by soaking my shirt in cold water and putting it back on.

One of our members went to the hospital that night (I am at a loss at the moment to think of the word, but it may have been hypothermia) and others had a variety of minor injuries to their feet, etc. I wore trail shoes, I think, and was fine the next day (in fact, I ran the Wyoming Marathon the following weekend). Others wore hiking boots; some may have worn regular running shoes. Again, Walt would be more informative than I as he did the trip several times.

If you can finish a marathon, you should have no problem going from the top of the South Rim down to the Ranch and back up in one day. Yes, it may take you all day, but it is lovely way to spend a day. My only question would be making the trip in December. It can get cold out there that time of year.

Good luck! Carl Sturcke

From: "Walter Pheeney" <wpheeney@twmi.rr.com>
To: "Laura" <ido26.2@earthlink.net>, <sturckecpa@juno.com>,
Date: Wed, 24 Oct 2007 14:07:00 -0400

Laura - let me take a shot at answering this.....

First of all, hi to you Laura and all the Antarctica '03 crew - I continue to marvel at how this group remains in contact with one another and we all support each other's adventures as they unfold whether in Antarctica, the Peruvian Andes (Machu Picchu), Pikes Peak or numerous marathons throughout the world.

Diana: The Grand Canyon is truly one of the world's great places to visit. I am truly an aficionado of the grandeur it holds. Next May I will be taking my 9th trip into the Canyon (I call them GCQs - Grand Canyon Quests). My previous trips have mostly been overnight trips to Phantom Ranch with family and friends but 2 trips have been single day rim to rim runs (North rim to South Rim).

I understand you will be descending and returning to the South Rim with at least one night at Phantom Ranch, thus here are several random thoughts:

December can be quite cold at the top and you can expect to encounter snow (remember the S. Rim is at 7400 feet). I've been there in Dec. The Bright Angel Trail is the most traveled and easiest trail (in or out). If you feel adventurous take the South Kaibab trail for the descent and Bright Angel for ascent - that way you'll see more views.

Bring a camera and film.

Plan on a lunch stop both ways at Indian Gardens which is about 1/2 way. Assuming you are in reasonable condition, figure 4-5 hours for descent and double for trip out. I recommend starting now to do stair or step workouts several times/week. In general concentrate on your quads.

The Bottom @ Phantom will be about 20d. warmer than the Rim.

Dress in removable layers since hiking (up or down) will generate body heat.

Plan on a wind and water proof outer lightweight jacket to cover wicking inner layers.

I always wear good fitting ankle length hiking boots although I wore running shoes for the rim to rim runs. Your boots should be worn several times before the hike -get boots that breathe since your feet will get hot.

Don't worry about waterproof boots - in my opinion waterproofing makes boots hot and although you'll encounter small streams your feet will dry quickly.

Wear double layer of socks and plan to change them at least once in and out.

Bring first aid kit with emphasis on foot care (Vaseline, moleskin etc for the inevitable blisters and hot spots.)

Bring water - even though it will be cool you will need to hydrate.

Bring some nutrition for the hike down (you will receive a box lunch for the hike out.)

Food at Phantom is plentiful - you'll not go hungry.

Bring a pen and your friends' addresses to mail a postcard from the bottom which are marked "delivered by mules from Phantom Ranch".

Bring a credit card and some cash. A souvenir shirt from the bottom is a must - as is a beer or glass of wine w/dinner.

Bring a phone credit card since there is a pay phone you can use - cell phones do not work well in Canyon,

Bring a light flashlight.

Bring plastic bags for any trash (leave nothing behind but footprints. Also bring T.P.

Feel free to contact me with any questions you have regarding your trip. If you are staying more than one night at Phantom I will pass on to you some fantastic side canyon trips at the bottom you can take on the middle day of the trip.

Most of all savor memories of the trip and enjoy every minute.

Walt Pheeneey

38734 Plumbrook Dr., Farmington Hills, MI 48331

(248)-489-8619 (734)-678-7500 [cell] wpheeneey@twmi.rr.com

2nd response from Walter to Diana's questions:

Is there any concern that this is too hard a trip for us? My friend is younger at 58 and has done half marathons as a walker/runner. Though I've done marathons (plus a Goofy), I'm older. Do we worry about completing this trip? [Walter Pheeneey] It sounds to me like you are all set physically for your trip - the hike is not a timed competition but rather an enjoyable descent and ascent you can do at your leisure. You will have no problem. For what it is worth I am about to be 65 and two years ago when we did the rim to rim run, two of the other participants (one male, one female) were 60. Adopt the Peter Pan syndrome and ask yourself "how old would I be if I didn't know how old I was?"

It's my understanding that there are at least a couple port-a-potty stops on both the Bright Angel and South Kaibab trails. Yes? [Walter Pheeneey] The basic answer is yes however, be prepared to take an immodest trip off the trail if the exact locations of the port-a-potties aren't in sync with your bladder.

Is there water on the way up on Bright Angel Trail in the winter or do you know? One Parks service list said yes, but on the phone they said no. I was tentatively only carrying about 2 liters of liquid. Any guess if that's sufficient even if there's no water and presuming it's not hot out? [Walter Pheeneey] It really depends on what time of December you go. They do shut off the water (which is pumped from Roaring Springs on the North face) to prevent the exposed pipes from freezing. Two liters are 64 oz and at the low end of safe. Even when it is cold you will use far more water than you think. I would bring an extra water bottle and ask them at the top just before you start the descent if the water is off. If it is off bring the extra bottle (you can always dump it out part way up the ascent if not needed).

Do people need or use trekking poles? I have used them effectively but I have found them to be irksome when they're not needed but maybe they're needed on these elevation changes. [Walter Pheeneey] I have never used them and feel they are more effort to carry around than necessary

Do we need shoes for the bunk house or can we pad around in socking feet? (I'm trying to reduce the weight of my pack.) [Walter Pheeneey] I would bring a pair of sandals (like Texas). You are going to want to take your boots off as soon as you get to Phantom to let them dry and to do your feet a favor. You will need something besides socks to walk to dinner and breakfast.

Are there plenty of blankets and a pillow in the bunk house? (In part so I don't need to bring warm jammies.) [Walter Pheeneey] Yes a pillow and I remember ample blankets but to avoid "warm jammies" you may want to sleep in layered shirts etc that you plan to wear the next day.

What kind of stuff is available at the ranch canteen? I'm told there's beer. Is there wine?[Walter Pheeneey] They have an assortment of candy bars, health food, postcards, shirts, first aid things etc. Yes they sell beer and wine at certain times in afternoon and at dinner - bring singles - you need to treat yourselves to a glass after the descent.

I know what the dinner is, but what kind of food do they give us for breakfast? [Walter Pheeneey] You will not go hungry - eggs, bacon, pancakes, coffee, juice, toast jam

I should have an extra day before hand (2 nights at El Tovar) -- any suggestion on what activity is best for the day before we start our hike?[Walter Pheeneey] The village outside of the Grand Canyon is Tusayan and it doesn't have much but I would highly suggest making a point of going to the IMAX theatre in Tusayan. They have a great movie on the history of the Grand Canyon. Inside the Grand Canyon park I would recommend taking the trolley (bus) that will take you out to various viewing spots. Incidentally that trolley is the same one you will need to take to get to the trail head for the South Kaibab trail on the morning of your descent.

When we're done, we have an overnight at El Tovar then heading to an overnight in Sedona, before catching a 5pm flight out of Phoenix the next day. Any special knowledge on what 'should' be done in

Sedona during 2 partial days? Or should I stay in the Grand Canyon area instead? [Walter Pheeneey] No. Don't stay in GC- be sure to visit Sedona. It is one of my favorite places. Make sure you check out the road map and plan to drive to Sedona via Oak Creek Canyon. A fantastic winding road with great views (stop at the pull out at the top). While in Sedona you may want to take one of the jeep tours if it is not too cold.

Thanks again Walter. I hope I haven't overstepped your friendship with Laura. I doubt I can repay you, but hopefully I can help another runner or hiker someday myself. [Walter Pheeneey] Enjoy the adventure and feel free to ask any other questions.

-----Original Message-----

From: Laura [mailto:ido26.2@earthlink.net]

Sent: Tuesday, October 23, 2007 6:35 PM

To: Walter Pheeneey; sturckecpa@juno.com; antarctica03@yahoogroups.com

Walt or Carl or anyone else, if you can advise my friend Diana that would be great. I have not done this yet - on my list of to do's but not there yet.

Laura www.marathoncharms.com

Businesswoman Extraordinaire

Mother of 6 - 3 with 2 legs, 3 with 4

Traveller of the World

Finisher of a marathon in all 50 states and on all 7 continents

Packing list:

Cash (especially singles), ID, credit card, insurance card

Water - 2 each 700 ml water bottles full plus one smaller for hand carrying. Verify that we can refill on the way up on Bright Angel at 4.5 miles even in winter and if not, take a 3rd 700 ml bottle.

Clothing: 1 pr Patagonia stretch pants for cabin (could double for hiking), 1 long sleeve shirt for next day and/or for cabin, 1 short sleeve shirt for under layer and for sleeping (enough?), 1 Sugoi winter biking shirt, 1 light weight windproof jacket, undies, 1 pair extra thick socks, more? Check weather at the last minute

Shoes: 1 pr slip-ons that I could walk in with socks if needed

Snacks - 1 quart size zip bag stuffed with bars and gatorade mix; include one gel with caffeine, mints

Yak Traks for ice or snow

Toiletries - 1 quart size zip bag with foil samples of sunscreen, lotion, make-up, toothpaste, pills; bandaids, moleskin, earplugs, comb/brush combo from airline bag; add from regular toiletry bag deodorant, toothbrush, dental floss, bar soap, chapstick, Vaseline, tissues, eyemask

In case cold: buff, velour hat, hand warmers(s), gloves, maybe thermal leggings – check weather and maybe 2 pair of gloves

Plastic rain cover with hood; 2 black 30 gallon plastic bag for sitting on &/or wearing for warmth

Camera and charger

Zip lock bags for foodstuff and for carry out; TP

Washcloth

Glasses case(s)

Address labels ready for post cards; pen, business cards

Small flashlight or headgear light

Take coffee pot, instant coffee and oatmeal – no coffee service in room

From Elena of webshots elenanorthroup@hotmail.com>

I think there are port-a-potties on both these trails, maybe 2 or 3 stops on each. Yes? A. I remember nice bathrooms on both Kaibab and Bright Angel Trail, I cannot say how many, but both trails had bathrooms

Is there water on the way up on Bright Angel Trail? I was tentatively only carrying about 2 liters of liquid. A. There is a spot (~ half-way) called Indian Gardens: it has water.

If you hiked Bright Angel going up, how long did it take you? -I hiked Bright Angel down(6 hours to Phantom Ranch, but I did lots of photo stops), and Kaibab Trail up (8 hours: shorter but more strenuous trail)

Do people need or use trekking poles? A. I personally did not use poles, but most people in my group did: they are great if you need to take pressure from your knees.

Do we need shoes for the bunk house or can we pad around in socking feet? (I'm trying to reduce the weight of my pack.) A. I think socks will be just fine. I did not take any extra shoes with me, but I was jealous of other girls who did: it is really homey and relaxing at the ranch, I am pretty sure you will go to Cantine, and it is nice to not wear heavy hiking boots out there ... By the way, did you reserve the food at the Cantine? You have to make food reservations...

Are there plenty of blankets and a pillow in the bunk house? -Yes

What kind of stuff is available at the ranch canteen? I'm told there's beer. Is there wine? A. Yes: beer and boxed wines are available. The food at the Canteen was awesome! They also have lots of games.

I know what the dinner is, but what kind of food do they give us for breakfast? A. Omelet, very thick bacon, cottage cheese, coffee and orange juice. Plenty of fruit at every meal. They have Starbuck's Tazo teas.

Any other words of advice?

A. You can purchase and mail postcards directly from the Ranch with a stamp "carried by the mule from the bottom of Grand Canyon". I wish I had addresses of my friends so I could mail the card to everybody. You might want to take your address book with you!

A. If you look at my photo album - you will see that we hiked "Ribbon Falls" trail. This was very beautiful trail, and not difficult, almost no elevation. If you have an extra day, I would recommend you to hike it - even if you're tired.

Sedona Tourist Ideas by Kathy:

Phoenix to Sedona (2 hours)

- Camp Verde
- Montezuma Castle/Well

Sedona to Clarkdale

- Coffee Rock
- Tuzigoot (Route 260)
- Clarkdale
 - Railroad Ride (4 hour ride) – *need to make reservation*
(see brochure for Wilderness Train – Verde Canyon Railroad – 1-800-293-7245 – departs @ 1:00 pm and returns @ 5:00 pm) \$39.95 Coach class [*cost is less with AARP*]
- Jerome
- Mingus Mountain

Sedona to Flagstaff, etc.

- Route 89A from Sedona to Oak Creek is very scenic
- Slide Rock
- Oak Creek Canyon
- Flagstaff
- Snow Bowl (do ski lift; has great views)
- Sunset Crater
- Road or Trail to Painted Desert

From the Parks website:

Phantom Ranch Hiking Groups

Hiking is one of the most rewarding ways to see the Grand Canyon, and is also the most difficult. The walk to phantom ranch is approximately 7.3 miles down the south Kaibab trail (average hiking time is 3-4 hours down) and 10.3 miles on the bright angel trail (average hiking time down is 4-6 hours, average hiking time up is 6-10 hours). Transportation to the south Kaibab trailhead is available year-round. Hiker shuttle schedule to the south Kaibab trail head may be obtained at any transportation desk. Taxi service is available 24 hours a day by calling 928-638-2822.

Summer temperatures can reach 120 F (49 degrees C) Winter conditions can be icy & treacherous.

Water must always be carried. There is no water source at the Kaibab trailhead and no shade on the south Kaibab trail. This trail is not recommended for hiking out of the canyon.

Accommodations

Overnight accommodations at phantom ranch consist of dormitory spaces and cabins. Cabins and dormitories are heated and have air conditioning. Bedding, soap, towels, shampoo, and showers are provided for overnight guests. Washcloths are not provided.

Dormitory space: \$34.16 (approximate due to tax rates) per bunk.

Dormitories are separate for women and men. Each has 10 bunk beds, a shower, and restroom. Children must be at least 6 years old to stay in a dormitory. No meals are included. **Ten person cabin:** \$195.33 has 10 bunk beds, a cold water sink, and toilet. Showers are provided at a central location. Maximum occupancy 10 people, no age limits. No meals are included.

Rates are subject to change without notice-prepayment guarantees space not rate. Rates above include tax.

Meals

Note: a limited number of dinners and breakfasts are served family style at set times in the phantom ranch dining hall.

Meals must be reserved in advance. Please check meal times prior to hiking in to phantom ranch as times are subject to seasonal changes. Persons staying at the bright angel campground may also reserve meals.

Breakfast: \$17.50 Includes scrambled eggs, pancakes, bacon, fruit, orange juice, coffee or tea. [times vary]

Sack lunch: \$10.14

Ready to hit the trail with you; includes bagel with cream cheese and jelly, sausage, apple, peanuts, raisins, pretzels, cookies and apple juice. Substitutions may occur when shipment of supplies is interrupted due to weather, trail conditions, or availability. Sack lunches are available for pick-up at breakfast sittings, or night before.

Dinner

Dinner is served at 5:00 p.m. Sharp.

12 oz New York steak dinner: \$35.61

Served with baked potato, corn, mixed vegetables, garden salad, cornbread, cake and coffee, tea and iced tea.

Vegetarian-style dinner: \$22.60

5oz. Serving of lentil loaf (contains egg whites), baked potato, garden salad, corn, mixed vegetables, cornbread, cake, coffee, tea and iced tea.

Hiker's beef stew dinner: \$22.60

Served with garden salad, cornbread, cake, coffee, tea and iced tea.

Usually served at 6:30 p.m. sharp, subject to change during winter-you'll be advised of your mealtime when you check in at least one day prior to your hike.

Duffel service

- In/out of the canyon \$60.83 each way.
- 30 pound/36"x20"x13" weight/size limit per duffel.
- No outside attachments.
- No external frame packs.
- Duffels can't be tied together.
- We do not provide duffel bags.

- You can reserve service in advance.

Group reservations

All phantom ranch reservations must be made in advance. Space is extremely limited. You can't have extra people stay under your reservation. People may not double-up in the bunks or sleep on the floors. A camping permit is required to stay at any of the inner canyon campgrounds. This may be obtained by writing to:

Grand Canyon National Park Backcountry Reservations Office
 PO Box 129
 Grand Canyon, AZ 86023

Take a Hike . . . But Be Prepared

A prepared hiker is one who has researched the hiking itinerary and knows that the key to survival in the canyon is water and high-energy food. Desert hiking will dehydrate an individual quickly. Possible heat exhaustion and sunstroke symptoms include fatigue, dizziness, vomiting, disorientation and heart palpitations. To help prevent such symptoms from occurring, hikers should drink water and electrolytic replacement sports drinks, and eat high-energy foods. If you drink without eating, you may become sick with "water intoxication" which can be even harder on your body than dehydration.

Food & Beverages on the Trail

Those hiking to phantom ranch are reminded that there is no water available on the south Kaibab trail or at it's trailhead, but there are three potable water stops on the bright angel trail in the summer [only one, at Indian Garden, is available during the winter].

This is the backcountry, so do not expect to see restaurants, grocery stores, or luxury hotels on the trail.

Our cabins & dorms do not have phones, televisions, or room service.

Children are welcome at phantom ranch; however, we discourage young children due to extremes in temperatures in the summer and winter, the remoteness of our location and the limitation on entertainment. Families with children 5 years of age or younger are limited to cabin use only.

From experience, we suggest the following:

- Always make advance reservations for all meals, including sack lunches.
- Fill your backpack with lightweight and compact items.
- Water should be your heaviest item.
- There is one pay telephone at phantom ranch that is credit card and phone card accessible.
- Safeguard your feet by wearing solid footwear and clipping all your toenails.
- Bring moleskin, band-aids and a change of socks.
- Put moleskin on "hot spots "before blisters form.
- In the winter, in-step cramp-ons are recommended - as the trails may be icy.
- Hiking sticks are also helpful any time of year.

Phantom ranch canteen

Phantom ranch is located at the base of the Grand Canyon, just $\frac{3}{4}$ of a mile north of the Colorado River. If you will be hiking or riding a mule into the canyon, please be aware that you will be staying at a dude ranch deep inside a remote wilderness area. Therefore, goods and services are minimal and run along the lines of necessities, not luxuries. The following food and retail items are delivered by Grand Canyon pack mules and are not always available. If you require items beyond what is listed here, please plan accordingly.

First Aid Items	Sundries
Band-Aids	Print Film for 35mm
Moleskin	Kodak Disposable Cameras
Ace Bandages	AA, AAA & 9 Volt batteries
Muscle-easing Salve	Flashlights
Roloids	Bandanas
Advil and Aspirin	Exclusive Phantom Ranch Hats
Sun block	Postcards
Lip balm	T-shirts
Tampons	
Skin Lotion	
Pepto Bismol	

Fishing licenses & tobacco products are not available at Phantom Ranch.

Snacks	Beverages
Peanuts	Coffee
Oreo Cookies	Hot Cocoa
Fig Bars	Herbal Teas
Plain & Peanut M&Ms	Iced Tea
Snickers	Lemonade
Chewing Gum	Tecate & Budweiser Beer
Lifesavers	Wine
Trail Mix	
Apples	
Cliff Bars	
Summer Sausage	
Bagels	

Canteen Hours of Operation

April 1 – October 31: 8 a.m.-4 p.m. & 8-10 p.m.

November 1 – March 31: 8:30 a.m.-4 p.m. & 8-10 p.m. (winter hours may vary)

No sales during meal times. Last call for alcohol is at 3:30 p.m. and ½ hour before closing for the evening. We accept major credit cards, traveler's checks and cash. No personal checks.