

Hiking into Grand Canyon—how far should you go?

- Have fun
- Be careful
- Seek advice

Use the charts below to plan a safe hike below the canyon rims. Remember that every exhilarating step you take downhill means twice as much work to hike back up. Day-hiking from the rims to the “red zone” destinations shown in the charts below is for experienced hikers only. Hiking to the river and back in one day is

not recommended due to long distance, extreme temperature changes, and an approximately 5,000-foot (1,500-meter) elevation change each way. If you think you have the fitness and expertise to attempt this extremely strenuous hike, please seek advice from a park ranger at the Backcountry Information Center.

North Kaibab Trail: Trailhead elevation 8240 ft (2511 m)
Good shade and cover from wind and lightning; seasonal water.

| Destination | Elevation change from top | Distance one-way | Time round-trip |
|------------------------------|---------------------------|------------------|-----------------|
| Coconino Overlook | 790 ft 240 m | 0.7 mi 1.1 km | 1–2 hours |
| Supai Tunnel | 1400 ft 425 m | 2.0 mi 3.2 km | 2–4 hours |
| Redwall Bridge | 2200 ft 670 m | 2.6 mi 4.2 km | 4–6 hours |
| Roaring Springs Day Use Area | 3280 ft 1000 m | 4.7 mi 7.6 km | 6–9 hours |
| Manzanita Rest Area | 3840 ft 1170 m | 5.1 mi 8.2 km | 7–10 hours |
| Cottonwood Campground | 4200 ft 1280 m | 6.5 mi 10.5 km | 2 days |
| Ribbon Falls | 4480 ft 1365 m | 7.9 mi 12.7 km | 2 days |
| Phantom Ranch Ranger Station | 5740 ft 1750 m | 13.6 mi 21.9 km | 3–4 days |
| Bright Angel Campground | 5740 ft 1750 m | 13.7 mi 22.0 km | 3–4 days |

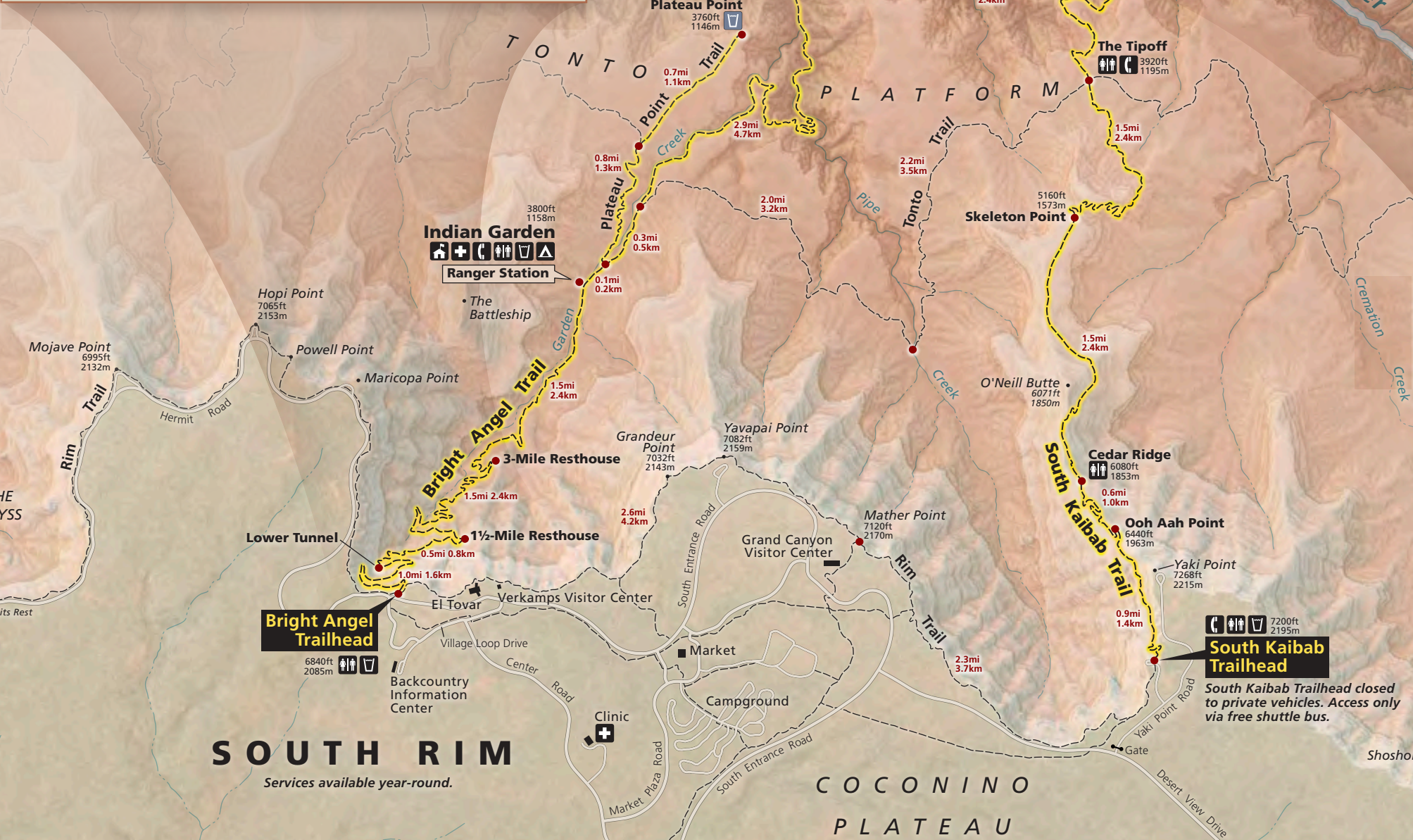
South Kaibab Trail: Trailhead elevation 7200 ft (2195 m)
Follows an exposed ridgeline with no shade; no water.

| Destination | Elevation change from top | Distance one-way | Time round-trip |
|-----------------------------|---------------------------|------------------|-----------------|
| Ooh Aah Point | 790 ft 230 m | 0.9 mi 1.4 km | 1–2 hours |
| Cedar Ridge | 1120 ft 340 m | 1.5 mi 2.4 km | 2–4 hours |
| Skeleton Point | 2040 ft 620 m | 3.0 mi 4.8 km | 4–6 hours |
| The Tipoff | 3280 ft 1100 m | 4.5 mi 7.2 km | 6–9 hours |
| North Kaibab Trail junction | 4700 ft 1430 m | 6.8 mi 10.9 km | 2 days |
| Bright Angel Campground | 4700 ft 1430 m | 7.0 mi 11.3 km | 2 days |

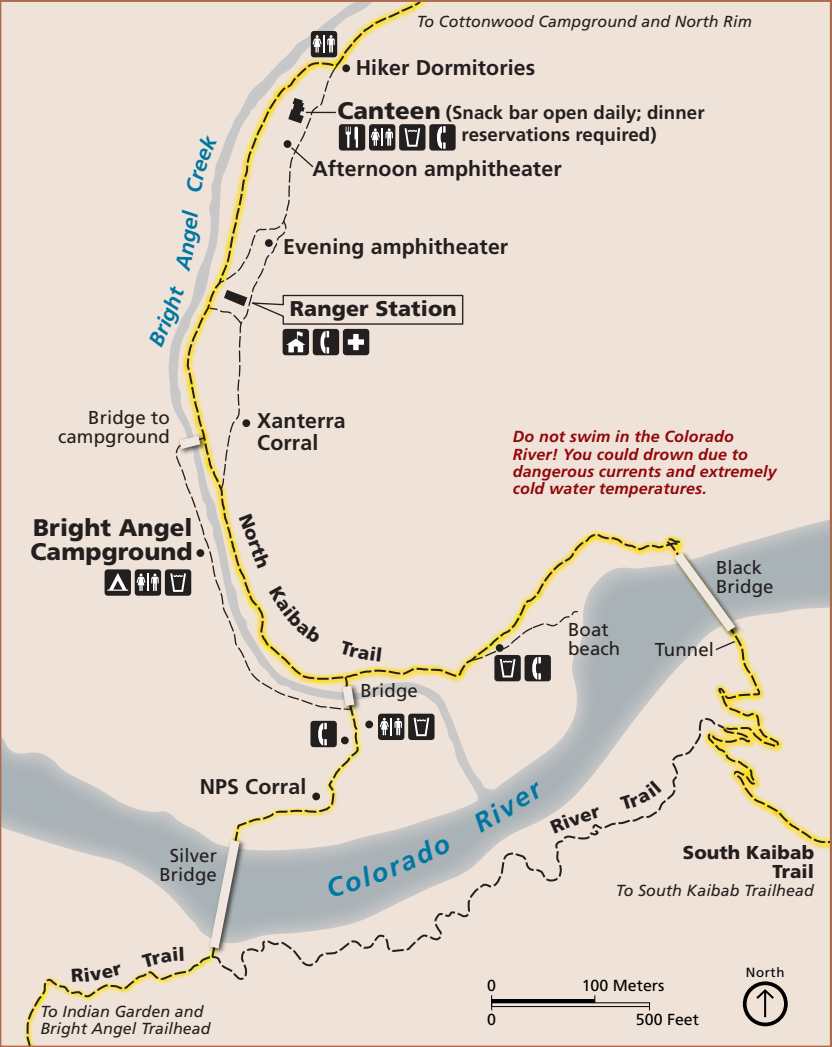
Bright Angel Trail: Trailhead elevation 6840 ft (2085 m)
Some shade and cover from wind and lightning; seasonal and year-round water.

| Destination | Elevation change from top | Distance one-way | Time round-trip |
|-----------------------------|---------------------------|------------------|-----------------|
| Lower Tunnel | 590 ft 180 m | 1.0 mi 1.6 km | 1–2 hours |
| 1½-Mile Resthouse | 1120 ft 340 m | 1.5 mi 2.4 km | 2–4 hours |
| 3-Mile Resthouse | 2120 ft 645 m | 3.0 mi 4.8 km | 4–6 hours |
| Indian Garden Campground | 3040 ft 925 m | 4.5 mi 7.2 km | 6–9 hours |
| Plateau Point | 3080 ft 940 m | 6.1 mi 9.8 km | 9–12 hours |
| River Resthouse | 4340 ft 1320 m | 7.8 mi 12.6 km | 12+ hours |
| North Kaibab Trail junction | 4340 ft 1320 m | 9.3 mi 15.0 km | 2 days |
| Bright Angel Campground | 4340 ft 1320 m | 9.5 mi 15.3 km | 2 days |

Upper Bright Angel Trail



Phantom Ranch



Drinking Water: Year-Round
Always carry backup water purification

Drinking Water: Seasonal; check availability

Emergency phone

First aid

Food service

Ranger Station: Year-round

Ranger Station: Seasonal availability

Toilet

Campground
Camp in designated sites only; permit required

Featured trail

Other trail

Road

North

00.51 Kilometer

00.51 Mile

NORTH RIM

Full services May 15 to October 15; located 1.7 miles (2.7 km) from trailhead.

KAIBAB PLATEAU

