



Hiker's Special 7 Day Motor w/ Hike In 2019 Itinerary

Travel Insurance

We strongly advise that you protect your river trip investment by purchasing travel insurance. Contact Travelex at 800-228-9792 GCW Code: 03-0146

Pre-Trip

The day before your hike in, drive or fly to the South Rim in Grand Canyon Village. You will need to stay the night at the South Rim. For South Rim lodging information, go online to www.grandcanyonlodges.com. Multiple shuttles depart daily for Grand Canyon Village from Flagstaff, AZ. A shuttle from Sky Harbor Airport in Phoenix to Flagstaff is also available. For a schedule and shuttle rates, visit www.arizonashuttle.com or call 800-888-2749.

First Day

Our hiking guide will meet you in the Bright Angel Lodge lobby at 5:45 a.m. After orientation, you will begin your strenuous 10-mile hike into Grand Canyon on Bright Angel Trail. The hiking guide will follow the group on the trail, but will not expect everyone to hike together. Once everyone reaches the river, the river guides will provide a brief river orientation, dry bags and life jackets before heading down the Colorado River.

On The River

You will be traveling 135 river miles on your journey through the Grand Canyon. An information packet will be sent closer to the trip and will have more specifics about how to prepare for your rafting and hiking adventure.

Final Day

On the final morning of your whitewater adventure, you will rise to a last river breakfast before boarding the rafts. You will quickly arrive at Diamond Creek, river mile 225. A Hualapai bus will carry you for about an hour along a dirt road to Peach Springs, AZ, where you'll transfer to a GCW charter bus and head back to Flagstaff or the South Rim. You will arrive in Flagstaff by mid-afternoon or the South Rim by late afternoon.

Included Transportation:

Return shuttle from the take-out point to Flagstaff or South Rim

MULE DUFFEL INFO

Xanterra's mule duffel service may be available to carry your bags into the Canyon. Call 888-297-2757 to check availability. Make sure to let us know if you have booked the service so that we know to pick up your bag(s). While the mule duffel service can be helpful, if you believe you cannot make this hike without that service, this trip probably is not the best fit for you.



135 RIVER MILES



Lake Mead

Diamond Creek

Bar 10 Ranch

Whitmore Wash

Bright Angel Trail

South Rim

Boat Beach

Marble Canyon

Lees Ferry

Lake Powell

Shop for GCW Gear





The Hike In

Train, train and train!

We encourage everyone to watch this video on the strenuous 10-mile hike on Bright Angel Trail in the Grand Canyon.



The Hike

You will be hiking Bright Angel Trail from South Rim to the river, a distance of about 10 miles with a 4,400 ft. (1,340 m) loss in elevation. The hike typically takes a prepared hiker 4-6 hours (or more). You must provide a hiking backpack to carry your gear, at least 2 liters of water, a breakfast for the morning and snacks for along the trail. There are 3 rest houses, where you can re-fill water and use the restroom, along the trail. We think a hydration bladder is best for the hike, while an additional Nalgene-style water bottle is best while on the river.

When You Book

We strive to book experienced backpackers with similar ability levels on these trips, so it is important for you to be honest with yourself about your ability level. We don't want you to begin your awesome rafting trip with a bad hike in to the Canyon. This will negatively affect you AND the rest of the group. When you book, we will ask you specific questions about your relevant hiking experience, weekly exercise regiment and physical ability. If you are dependent on using the mule duffel service, this trip probably is not the best fit for you.

Prepare For The Hike

It is impossible for us to estimate how long the hike in will take, as each person's time needed is different. The best way to determine how long it might take you is by training for this trip with practice hikes. **It is very important that you exercise and prepare for this hike.** The trail is well maintained, but it is a long hike and ALL DOWNHILL, which puts a lot of strain on your muscles and joints. There are many big steps which increase the difficulty. Don't forget, Arizona is a desert and the temperatures can be extremely hot and dry.





Hiker's Special 7 Day Motor w/ Hike In

2019 Packing List

Special Note:

It is important to keep your weight to a minimum to make the hike in less difficult. You may not need all the items listed below. If you use Xanterra's mule duffel service, you must let us know so that we know to pick up your bag, or else your bag will not make it to the trip.

Required

- Small internal-frame backpack (35-44 liters or smaller) with hip belt to carry your personal gear and water (2 liters) during the hike in to the Grand Canyon
- [Waterproof rain jacket with hood and rain pants](#) – a poncho is not effective
- [Nalgene-style water bottle](#) to use on the boats and side hikes

Suggested Clothing

- 1-2 swimsuits: 2-piece for women is easier, or sports bra and quick-dry shorts
- Fleece jacket/sweatshirt
- 1 pair long pants: lightweight, quick-dry for sun protection
- 2 pairs of shorts: quick-dry material
- 1 camp skirt/dress: may be comfy choice for women
- 3-4 shirts: quick-dry, at least one [long sleeved for sun protection](#)
- Underwear
- Socks: several pairs for sun protection and to prevent/heal blisters
- River sandals with heel strap
- Bandana and/or [sarong](#): for dipping in the river to keep cool and to cover up
- Hiking shoes
- Hat with retention strap and good brim
- Polypropylene or capilene long underwear (top and bottom)
- Wool hat/ski beanie
- Wool or polypropylene socks
- Gloves: wool gloves are nice for evenings; neoprene gloves work well on the rafts
- 1 pair fleece/warm pants

Optional Extra Items

- Alcohol
- [Belknap Grand Canyon River Guide book](#): highly recommended by past guests
- Hiking poles, book, playing cards, small musical instrument, Frisbee, small pillowcase, fishing gear, etc.

Suggested Personal Items

- Small towel and wash cloth
- Toothbrush and toothpaste
- Biodegradable soap and shampoo, like Ivory bar soap and Johnson & Johnson's baby shampoo
- Deodorant
- 3-4 Ziploc bags: gallon size for storing wet items and keeping things dry
- Headlamp or flashlight
- Fanny pack or small backpack: for hikes and to store extra things on the raft
- Medications or personal first-aid items
- Backup pair of prescription glasses
- Sunglasses with [retention strap](#): may be wise to bring a spare pair
- Insect repellent: small size
- Chapstick with SPF
- Sunscreen: large size or more than one; be prepared for very strong sun
- Body moisturizer: large size for dry air
- Personal & feminine hygiene products (remember to pack for the unexpected)
- Baby/wet wipes for easy bathing
- 2 carabiners: handy for clipping day bags and water bottles to raft
- Kleenex in small packs
- Camera with a lot of memory storage, spare batteries and a USB or wall charger unit (may want a waterproof camera for shots in the rapids)
- Cash or blank check for gratuities at the end of the trip and credit/debit card for small purchases before/after the trip

Please don't hesitate to call or email us if you have any questions.

800-343-3121 / info@grandcanyonww.com