

Plan your Hike

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 8240ft (2511m)
Good shade and cover from wind and lightning; seasonal water.

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

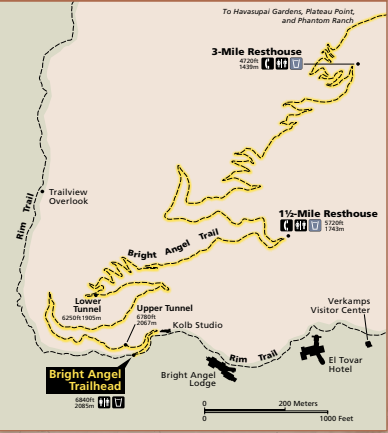
South Kaibab Trail: Trailhead elevation 7200ft (2195m)
Follows an exposed ridgeline with no shade; no water.

Destination	Elevation change from top	Distance one-way	Time round-trip
Ooh Aah Point	790ft 230m	0.9mi 1.4km	1-2 hours
Cedar Ridge	1120ft 340m	1.5mi 2.4km	2-4 hours
Skeleton Point	2040ft 620m	3.0mi 4.8km	4-6 hours
The Tipoff	3280ft 1000m	4.5mi 7.2km	6-9 hours
North Kaibab Trail junction	4700ft 1430m	6.8mi 10.9km	2 days
Bright Angel Campground	4700ft 1430m	7.0mi 11.3km	2 days

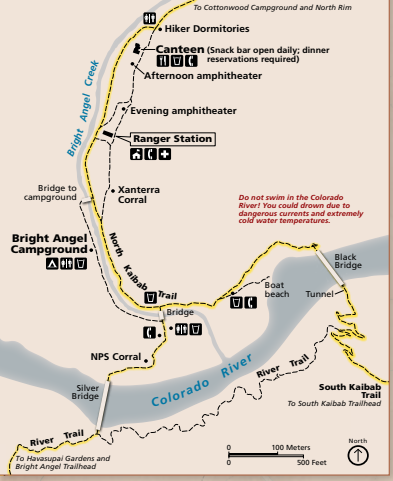
Bright Angel Trail: Trailhead elevation 6840ft (2085m)
Some shade and cover from wind and lightning; seasonal and year-round water.

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

Upper Bright Angel Trail



Phantom Ranch



Legend:

- Drinking Water: Year-round
- Drinking Water: Seasonal; check availability
- Emergency phone
- First aid
- Food service
- Red shuttle route
- Orange shuttle route
- Featured trail
- Other trail
- Road
- Ranger Station: Year-round
- Ranger Station: Seasonal
- Toilet
- Campground
- Camp in designated sites only; permit required
- Blue shuttle route
- Purple shuttle route

Scale: 0 0.5 1 Kilometer / 0 0.5 1 Mile