

“Meet the Canyon”

Itinerary & Topics



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Thank you for choosing GCFI to share the Grand Canyon with your party. Please meet your instructor/guide near the concierge/activities desk in the lobby of the **Maswik Lodge** (see the accompanying map for directions) at 8:30 a.m. (Mountain Standard Time), for a full day of learning and adventure.

After a brief introduction and safety talk you proceed to the nearby Bright Angel Trail. This historic rim-to-river trail has a great deal to offer the inquisitive hiker. Ancient rocks and fossils, prehistoric Indian inscriptions, amazing plants and animals, and some of the most breathtaking views in North America will be yours to enjoy.

How far you descend will be determined by the group's hiking strength, interests, and the prevailing weather conditions.

Once back on the rim, your instructor will introduce you to an array of historic buildings (each with an amazing story to tell) and the sweeping views that are to be found nearby. The day will end in the late afternoon, and will afford you some free time to shop or relax before the dinner hour.

Note: Please bring a sack lunch (sandwich, piece of fruit, and salty snacks) and two quarts of water for each person in your group. Lunch will be consumed either on the trail or upon returning to the South Rim.

RECOMMENDED READING

The following books provide an excellent overview of Grand Canyon National Park.

- *Grand Canyon Bright Angel Trail Guide*
- Anderson, Michael F., *Living at the Edge: Explorers, Exploiters and Settlers of the Grand Canyon Region*, 1998.
- Coder, Chris, *An Introduction to Grand Canyon Pre-History*, 2000.
- Houk, Rose, *An Introduction to Grand Canyon Ecology*, 1996.
- Price, L. Greer, *An Introduction to Grand Canyon Geology*, 1999.
- Ranney, Wayne, *Carving Grand Canyon*, 2005.
- Sadler, Christa, *Life in Stone*, 2005.
- Thayer, David, *An Introduction to Grand Canyon Fossils*, 2010.
- Thybony, Scott, *The Official Guide to Hiking Grand Canyon*, 1997 Second Edition.

Most of these books may be purchased over the phone through the Grand Canyon Association (GCFI's parent organization) at 800-858-2808 or online at www.grandcanyon.org. GCA members receive a 15% discount.

Grand Canyon Day Hiker's Recommended Clothing & Gear List



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The non-backpacking day hikes that GCFI leads are designed to introduce individuals and families to the rich interpretive themes of Grand Canyon National Park. In the company of your instructor/guide, you will embark on one or more moderate-intensity hikes along the rim and down one or more of the canyon's scenic trails. The instructor/guide will do his or her best to make sure the level of physical challenge is within the comfort level of **everyone** in the group. How far or fast the group hikes will depend heavily upon the fitness level of the individual participants.

Training The best way to prepare for the physical challenges of day hiking in the canyon is to focus on cardiovascular exercises such as bicycling, brisk walking, and stair climbing. As with any exercise regimen it is always a good idea to consult your doctor before beginning. *It is imperative* that you alert your instructor/guide during orientation to any medical conditions, allergies you suffer from, or medications that you are taking.

Weather The weather in Grand Canyon is notoriously fickle. With an average elevation of 7,000 feet above sea level on the rim we receive a variety of weather patterns throughout the year. Summers are hot (90s day; 50s night; dry with scattered afternoon showers). Winters are cool (40s day, teens night; frequent snow & rain). Spring and Fall are moderate (70s day, 30s night; occasional rain & snow). During your class we will take our cues from the weather when determining what activities to include on any given day.

Clothing & Equipment Bringing the appropriate clothing and equipment is as important as your training. Dress in layers, and be sure to bring a rain jacket or poncho. Footwear is probably the most

critical item. Hiking boots or “cross-trainers” and true hiking socks are critical pieces of gear. Cotton socks as they are inappropriate for Grand Canyon hiking. Please consult the list below as you plan your attire:

- ❑ **Sack lunch** including salty snacks (you may purchase a box lunch – min. 24 hours ahead of time - at the Maswik Lodge in Grand Canyon Village by calling (928) 638-2631), or visit the Grand Canyon Village Market grocery store to buy items.
- ❑ **Sturdy hiking shoes (winter) or sneakers (summer)** which are well broken in (buy them ½ to one-size larger than your street shoes to allow for swelling and thick socks). Footwear must have a good treaded sole suitable for hiking on steep, rocky and seasonally muddy/icy/snowy conditions. If trails are icy/snowy your instructor will have traction devices for your shoes.
- ❑ **Brimmed hat**
- ❑ **T-shirt** and long-sleeved shirt for protection from the sun
- ❑ **Shorts**
- ❑ **Long pants** such as leggings or lightweight trousers (no jeans) to block sun and give warmth
- ❑ **Warm top** such as a sweater, fleece jacket and/or down jacket (**Oct to May**)
- ❑ **Hiking socks** such as Thor-Lo® or similar padded socks (wearing thin liner sock under your hiking socks is highly recommended. Thin polypropylene socks are one type). *No cotton socks!*
- ❑ **Rain shell**, Goretex® jacket or equivalent (**esp. Oct to May**)
- ❑ **Day pack**
- ❑ **Water bottles** (two liter capacity per person)
- ❑ **Sunglasses, Sunscreen & lip balm**
- ❑ **Warm hat and gloves (Oct to May)**
- ❑ **Binoculars, camera**
- ❑ **Hiking Sticks** (optional)