



2024 Grand Canyon

SUMMER

Xtreme Hike

June 7 – 9, 2024



The Cystic Fibrosis Foundation - Arizona Chapter is proud to host the

**2024 Grand Canyon SUMMER Xtreme Hike
North Rim to South Rim**

Our Xtreme Hike is a three-day destination experience that includes one full day of hiking. It is a fundraising event that challenges people to test both their fitness and philanthropic capacity.

fightcf.cff.org/2024SummerGrandCanyon





Hello Xtreme Hiker,

Thank you for joining the **2024 Grand Canyon Summer Xtreme Hike**. Congratulations on taking the first step on your journey to an amazing life achievement. The Cystic Fibrosis Foundation's Xtreme Hike is about reaching new heights. It's a journey of passion, determination and personal triumph as much as it is an opportunity to make a difference in the lives of people living with cystic fibrosis.

Our Xtreme Hike promises to be an extraordinary experience. You will make new friends while traversing one of the world's natural wonders, raise awareness, and help us in our mission efforts to find a cure for all with cystic fibrosis.

Xtreme Hike is a challenge of monumental proportions. It is a physical and philanthropic commitment unlike any other, and our staff and volunteers are here to ensure you receive the support you need.

Your Xtreme Hike begins with the enclosed packet. It includes important information to help you prepare for this one-of-a-kind hike. Topics include:

- Fundraising Minimums and Strategies
- Hike Itinerary
- Lodging and Meal Information
- Hike Gear and Trail Supply Recommendations
- Training Hike Guide
- Hydration and Nutrition Information
- Trail Information and Maps
- Frequently Asked Questions and Answers

Please contact me with any questions or if you require any assistance leading up to the hike. I am here to support you.

Toni Bauman
Senior Development Director
tbauman@cff.org

Arizona CFF Office: 602-224-0068
Direct Office Line: 623-259-4867

FOR YOUR SAFETY AND THE SAFETY OF OTHERS

The CF Foundation is committed to ensuring the health and wellbeing of individuals attending Foundation events. Individuals attending CF Foundation events must abide by the Foundation's Event Attendance Policy (www.cff.org/attendancepolicy), which includes guidance for event attendees living with cystic fibrosis.

Fundraising Checklist: 8 Steps to Success

✓ 1. Set your fundraising goal

- Log in to your personal webpage and select your personal fundraising goal.
<https://fightcf.cff.org/2024SummerGrandCanyon>
- **The fundraising minimum for the Grand Canyon Xtreme Hike is \$4,000 per hiker.** On average, hikers raise \$5,000 for this Xtreme Hike.

✓ 2. Set up your personal web page

- It only takes a few minutes to set up a personalized Xtreme Hike web page. Use your own story and photographs to inspire family and friends to support your fundraising efforts.
- Those who want to support you can donate online, join your team virtually (to help you fundraise!) or forward your page on to their friends.

✓ 3. Write a fundraising email

- Inform your family, friends and colleagues that you have signed up and made a commitment to help find a cure for all with cystic fibrosis.
- Tell them why you are hiking and ask for their support.
- Use your participant center to manage your fundraising emails and donor 'thank you' notes.

✓ 4. Go Mobile

- Download the **Fight CF** mobile application to fundraise on the go! You can download the app from the Apple or Android store.

✓ 5. Invite your friends to be virtual hikers on your team

- Everything is more fun with friends! Ask a friend, or two, or more to join you in the fight against CF. Anyone can sign up as a virtual hiker, set up their own web page, and ask their friends and family to support our search for a cure.

✓ 6. Follow up with the people you asked

- Most people donate within three days of receiving your email.
- If one of your prospective donors doesn't reply to your email, send out a reminder and ask again.

✓ 7. Ask your employer about matching gifts – (and ask your donors to do the same!)

- Find out if your employer has a matching gift program and ask if they will match the total you raise. Many Xtreme Hikers have doubled their fundraising in this way!

✓ 8. Thank your donors and tell them about the event

- Share the fun and challenge you experience at the event. Tell them how much you raised. Those who support you will appreciate knowing their contribution made a difference.

Mission of the CF Foundation:

The mission of the Cystic Fibrosis Foundation is to cure cystic fibrosis and to provide all people with CF the opportunity to lead long, fulfilling lives by funding research and drug development, partnering with the CF community, and advancing high-quality, specialized care.

LET'S GET STARTED!

Set a Fundraising Goal

Decide how much you are going to raise and make it known to your family, friends and colleagues. People are eager to support you reaching your goal.

Hikers are asked to raise a minimum of \$4,000. Many hikers raise more than the minimum.

CF Foundation staff are here to help you succeed. Please reach out if you have questions!



Set up your Hike page

Upon registration, you received your own Xtreme Hike fundraising page. Your page is most effective when customized with your own story and pictures. Use it to start fundraising now! Each registered Xtreme Hiker has access to the Participant Center. The Participant Center tools assist you in sending emails and texts to friends and family and editing your personal page. This is also where you track your fundraising progress.

Get Social!

One of the easiest ways to gain support and increase donations for Xtreme Hike is to share your personal web page link with friends and family. Use your social media accounts to post about your participation in Xtreme Hike and include your web page link to make it easy for your followers to donate. You can now use Facebook Fundraising! Log into your Participant Center, click 'Fundraise on Facebook', then invite your Facebook friends to donate. It's fun to watch your progress and spread awareness about our Xtreme Hike.



Fundraising Materials

To assist you in raising awareness and promoting your fundraising efforts, materials are available to download from the hike website or through your local chapter.

Need help? Contact us at our office:
tbauman@cff.org or 602.224.0068.

Event Information:

HIKER AGE POLICY

Safety on the trail for the day of the Xtreme Hike is the CF Foundation's number one concern. Please help us maintain a safe environment for all registered participants. **All participants must be registered and at least 18 years of age (16 with a parent/guardian).**

- Restrictions are imposed by the trail authorities on the number of event participants allowed on the trail on the day of the hike (including our hikers, volunteers, and staff). Fees could be assessed against the CF Foundation for exceeding the number of event participants, volunteers, and staff allowed.
- For safety concerns, we ask that 'guests' or unregistered participants NOT be invited to join registered hikers during the Xtreme Hike. Additional unregistered hikers could compromise safety resources on the trail and diminish the experience for registered Xtreme Hike participants.
- Please note that the CF Foundation has the right to ask any participant to leave the event at any time if this policy or other CF Foundation policies are not followed.

Our staff is happy to answer any questions you may have regarding this policy.

TRANSPORTATION TO THE GRAND CANYON

Our Xtreme weekend begins on Friday morning as our entire group boards the motorcoach and departs for the North Rim. Our staff and team of Hike Guides cover important information during the ride and you'll have time to get to know your fellow Hikers. It's an added benefit to get up and move during the drive and alleviate pre-Hike anxiety by speaking with our Guides. We HIGHLY encourage all Xtreme Hikers to experience this part of the event.

TENTATIVE ITINERARY

Friday, June 7

- | | | |
|------------------------|---|---|
| 7:30 - 8:00am | - | Check in, load the bus- light breakfast available CFF Office – 2777 East Camelback Road, Suite 330 Phoenix, AZ 85016 |
| 11:00 - 11:30am | - | Lunch stop in Flagstaff - hop off the bus, grab lunch, back on the bus to eat |
| 3:30pm | - | Check in at North Rim Lodge |
| 4:30pm - 5:45pm | - | Pack checks and hike day breakfast distribution |
| 6:00pm - 8:00pm | - | Pre-hike dinner, North Rim Lodge Restaurant Hikers, guides, and volunteers will share their CF connection |

Saturday, June 8

- | | | |
|---------------|---|--|
| 4:15am | - | Hike check-in on the bus – North Rim Lodge |
| 4:30am | - | Transportation to North Kaibab Trailhead – Group Photo |
| 5:00am | - | Hike begins |

3:00 - 9:00pm - Hike concludes - Celebrate at the Bright Angel Trailhead!
Post hike dinner on your own at the South Rim

Sunday, June 9

7:00 - 8:00am - Breakfast at your leisure - vouchers provided - Yavapai Lodge

8:30am - Recognition Ceremony – outside room block

9:30 - 9:45am - Load bus then depart for Phoenix

1:30pm - Bus arrives at CFF office in Phoenix (time approximate)

LODGING

Due to limited lodging availability, we request that you room with family or friends when possible. Please contact Toni Bauman at tbauman@cff.org to provide your lodging details. Lodging is reserved on a first come basis.

Friday, June 7 North Rim Lodge, Grand Canyon
AZ-67, North Rim, Fredonia, AZ 86022
(877) 386-4383

Saturday, June 8 Yavapai Lodge, South Rim
Grand Canyon, AZ 86023
(928) 638-4001

MEALS

Light breakfast items and snacks are available at registration and on the bus to the Grand Canyon. Lunch is on your own at our Flagstaff stop. Several options are available where we stop. Dinner is provided Friday evening at the Grand Canyon North Rim Lodge.

Day-of-hike breakfast and select trail food will be distributed prior to the hike. No food will be distributed to hikers on the trail. All hikers will carry their own food items into the canyon. The Phantom Ranch Canteen offers limited food items for purchase.

Given the varied finish time of hikers, there is no organized group dinner on Saturday evening. Hikers may enjoy dinner at the Yavapai Lodge Dining Hall, Yavapai Tavern, or the Canyon Village Market & Deli. Please note: Restaurants close between 9pm and 10pm. Train and prepare to finish the Hike by 7pm. We will provide an option for Hikers who do not finish in time to get dinner at the Lodge.

Hikers receive vouchers for Sunday morning to eat breakfast at their leisure. A Recognition Ceremony will be held Sunday morning before we load the bus and travel back to Phoenix.

If you have any dietary restrictions, please contact our chapter office before April 1, 2024.

STAFF AND VOLUNTEERS

We are very proud of our team of **volunteer Hike Guides** who provide support and guidance to our Xtreme Hikers in the Grand Canyon. They are experienced Hikers who know the terrain and how to successfully conquer the Canyon. They are available leading up to Xtreme Hike weekend and throughout the Hike to answer questions and provide individual support.

Our 'Top of the Rim' team (staff and volunteers) are a small but mighty group who handle the logistics of the weekend and ensure an enjoyable experience for all. Please think of them when you are packing. This team personally lifts and delivers your luggage from the bus to your room at the South Rim. **This is not the trip to overpack or travel with your largest, heaviest suitcase!** If you plan an extended stay in Phoenix, you may leave additional luggage in our office over the weekend.

Xtreme Hike is a unique experience in our mix of CF Foundation events. Each Grand Canyon Xtreme Hike provides the opportunity to share your story, bond with others, and experience a mental and physical challenge unlike any other. Many of our Xtreme Hikers say it is the perfect metaphor for the daily fight of those with cystic fibrosis.

XTREME HIKE DAY SCHEDULE

The schedule below is intended to provide hikers with a general overview of what can be expected on the hike. It is not intended to be used as a definitive schedule.

Some hikers will move through the hike faster than what is outlined, while others will take longer to accomplish the hike. The estimated times account for breaks, pictures and general sightseeing.

While it is always great to hike with a close friend or family member, it is important to hike at your own pace. A slower hiker will quickly tire trying to keep pace with a faster hiker. It is also true that a faster hiker will tire when moving at a slower than optimal pace.

| <u>Time</u> | <u>Location/Activity</u> | <u>Miles</u> | <u>Restroom</u> | <u>Water</u> |
|----------------|---|--------------|-----------------|--------------|
| 5:00am | North Kaibab Trailhead Elevation – 8241 Feet | N/A | X | X |
| 5:40am | Supai Tunnel Elevation – 6800 Feet | 2.0 | X | X |
| 7:30am | Cottonwoods Campground Elevation – 4080 Feet | 6.9 | X | X |
| | Turnaround Point | | | |
| 10:00am | Phantom Ranch Elevation – 2546 Feet | 13.7 | X | X |
| | CFF Check Point | | | |
| 10:15am | Bright Angel Campground | 14.1 | X | |
| 10:25am | Silver/Bright Angel Bridge | 14.3 | | |
| 11:05am | River Rest House | 15.6 | X | X |
| 1:30pm | Havasupai Garden Elevation – 3,800 Feet | 18.8 | X | X |
| | CFF Check Point | | | |
| 3:00pm | Three Mile Rest House | 20.9 | X | X |
| 4:30pm | Mile and Half Rest House | 22.4 | X | X |
| 6:15pm | Bright Angel Trailhead Elevation - 6,860 Feet Exit | 23.9 | X | X |

There will be several checkpoints along the trail. The checkpoints are noted above and will be discussed during our pre-hike conversations on Friday. As hikers reach the checkpoints, they will be required to provide the designated Hike Guide with their name as they **enter AND exit** the checkpoint.

Hikers who have physical difficulties or equipment problems will report issues to hike guides along the trail and at checkpoints.

As hikers exit Cottonwood Campground and Phantom Ranch, Hike Guides will account for all participants before moving onto the next check point.

Upon reaching the South Rim of the Canyon, hikers will be greeted by the 'Top of the Rim' team and a Trailhead Celebration. Hikers may stay to enjoy post-hike snacks and beverages and cheer on additional Hikers as they ascend. Hikers will receive their room keys prior to heading to their South Rim rooms. The trailhead is approximately 1.5 miles from Yavapai Lodge. Transportation from the trailhead to the Yavapai Lodge will be provided.

All hikers will be checked into their hotel rooms by the 'Top of the Rim' team prior to their arrival at the trailhead. Luggage and personal items will be in your room. There are no formal activities planned for Saturday night. Hikers are on their own for dinner.

HIKE PREPARATION AND SUGGESTED TRAINING SCHEDULE

The Grand Canyon Rim to Rim hike is more difficult than most marathons. Therefore, careful preparation and extensive training is required to successfully complete the hike. Do not underestimate the Grand Canyon! Training is mandatory to complete this Xtreme Hike.

Below is a hike training schedule that has been used by Grand Canyon Rim to Rim hikers in the past.

Additional training information will be sent to all registered hikers in a separate document.

All hikers are strongly encouraged to consult with their physicians prior to training and participation in the hike.

| Weeks until Grand Canyon Hike | Miles / Per Hike | Assent Elevation Change |
|-------------------------------|------------------|-------------------------|
| 12 | 5-6 | 500 ft. |
| 11 | 5-6 | 500 ft. |
| 10 | 6-8 | 500 ft. |
| 9 | 6-8 | 700 ft. |
| 8 | 6-8 | 900 ft. |
| 7 | 8-10 | 1,200 ft. |
| 6 | 8-10 | 1,500 ft. |
| 5 | 10-12 | 1,500 ft. |
| 4 | 12-15 | 2,000 ft. |
| 3 | 12-15 | 2,500-3,000 ft. |
| 2 | 6-8 | 500 ft. |
| Hike Week | No Training Hike | N/A |

Elevation change during training hikes is critical. **While miles are important, it is necessary to incorporate elevation gain in your training.**

If mountain training is not available, the number of miles per hike should be increased by at least 50% for Weeks 8-12 and 25% for weeks 2-7. Also, those who cannot train with elevation change are strongly encouraged to incorporate stair climbing in their preparation.

Additional smaller hikes in between the main training hikes are very helpful; inclined miles on the treadmill (speed is not important; distance and incline will build the necessary stamina) or flights of stairs on the stair master will also greatly enhance your Xtreme Hike experience.

XTREME HIKE FAQs... AND ANSWERS

How many miles is the Xtreme Hike?

23.9 miles

I am new to hiking. Can I still participate?

Yes, with proper training this hike can be accomplished by people of all skill levels. Typically, a person who is relatively active and can walk/hike 5-6 miles on level ground at a brisk pace with little effort can train with a program of 8-10 hikes with increasing levels of distance and elevation. If you are not able to perform as described above, a more rigorous training program is necessary. Do not underestimate the Grand Canyon!

How fast should I hike?

Hikers move at different speeds due to physical abilities, physical size and terrain. Hikers generally cover between 2-3.0 miles per hour over mixed terrain. Individuals hike downhill at a rate between 2.5-3.5 mph and uphill at a rate between 1-2.5 mph.

What type of hiking gear do I need?

Below you will find suggested gear for the hike. Please reach out to your Hike Guide, local hiking community or the CFF office for additional information. **BOLD** items are critical for this hike.

- | | |
|--|--|
| <input type="checkbox"/> Shorts or Convertible pants | <input type="checkbox"/> Medication |
| <input type="checkbox"/> Hiking boots/Trail Shoes | <input type="checkbox"/> Moleskin |
| <input type="checkbox"/> Over-the-ankle gaiters (highly recommended) | <input type="checkbox"/> Tissue/Wipes |
| <input type="checkbox"/> Wool socks (2 pair) | <input type="checkbox"/> Hard candy |
| <input type="checkbox"/> Liners (2 pair) | <input type="checkbox"/> Electrolyte replacement |
| <input type="checkbox"/> Shirt | <input type="checkbox"/> Snacks/Food |
| <input type="checkbox"/> Fleece | <input type="checkbox"/> Lip protection |
| <input type="checkbox"/> Water proof shell/light rain jacket | <input type="checkbox"/> Suntan lotion |
| <input type="checkbox"/> Brimmed hat | <input type="checkbox"/> Bandana |
| <input type="checkbox"/> Hydration pack/bladder – 3 Liters | <input type="checkbox"/> Gloves (optional) |
| <input type="checkbox"/> Headlamp | <input type="checkbox"/> Pocket knife (optional) |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Extra cotton t-shirt (optional) |
| <input type="checkbox"/> Cash | <input type="checkbox"/> ID e.g. driver's license |
| <input type="checkbox"/> Trekking poles | <input type="checkbox"/> Plastic water bottle for electrolyte powder/drink |

Where should I go to get the proper hiking gear?

Any reputable outdoor retail store will have the necessary gear for the hike. Many specialized stores (like REI) have experienced hikers employed as sales associates and they can assist you.

Do I need hiking boots, or will tennis/running shoes suffice?

Hiking boots or trail shoes are the gold standard. **Tennis shoes are not recommended.**

I do not have a backpack; can I use a school back pack/book bag?

No, a typical back pack/book bag is not designed for hiking. A pack is an important piece of hiking equipment. You will need to ensure whatever you use is correct for hiking and sized to fit you.

Do I need a hydration pack?

YES! Dehydration is a real danger on this hike. The heat in the Grand Canyon will be a factor on this Xtreme Hike. **YOU ARE REQUIRED TO HAVE A 3L PACK FOR THIS HIKE.**

I have some older, hand-me-down gear; will that work?

Gear that meets your needs and fits properly is most important. Your hike training should provide you with enough information to direct your equipment choices.

I have seen people using trekking poles and hiking staffs. Do they help?

Yes, they provide hikers with additional balance and support which is helpful when stepping up or down. They also help absorb some of the impact when walking downhill and provide added thrust (via use of upper body) when going uphill. Trekking poles are highly suggested.

Do I need any technical gear to hike into the Grand Canyon?

No technical climbing gear is required.

Do I need to bring any sort of ID, cash or credit card?

It is recommended to always carry some sort of identification. There is a store at Phantom Ranch at the bottom of the Canyon that offers snacks and small commemorative items. They accept cash and credit cards. There are stores on both rims of the canyon that have other items for purchase as well.

Are the trails well marked?

The trails selected for this hike are "corridor" trails. They are well-traveled trails within the park. Additionally, hike personnel will be stationed along the trail to provide guidance. All hikers have access to canyon trail maps. **Note: you must stay on the hike trails and continue along our designated course.**

What is the condition of the trail?

Our route is well maintained but does follow wilderness trails. Trail conditions do vary and can be impacted by mother nature.

When hiking and running in the past my legs and arms have gotten chafed. What can I do to prevent this?

There are several products on the market that can minimize chafing. They are applied to the body similarly to stick deodorant. There are also several undergarment products that are designed to minimize chafing.

I am an avid runner. Can I run the hike?

Trail running is common in the canyon. However, CFF requires all participants to hike the canyon instead of running the canyon. Our check points and safety plan are designed for a hike, not a run.

Do I need a permit to hike in the canyon?

Yes, CFF has applied for the group permit needed for the hike.

What happens if I am struggling on the hike? Can I request assistance from the Park Service to get out?

The National Park Service **does not** assist hikers out of the canyon. The only viable way out is to hike. Only on **VERY RARE** occasions can a mule ride can be arranged. This occurs only in medical emergencies. Fatigue is not a medical emergency. Helicopters are **not** used to ferry weary or challenged hikers out of the canyon.

What if I get hurt on the hike?

Our Hike Guides have an emergency plan in place for the hike. Each guides carries a first aid kit and can provide band aids, moleskin, wipes, etc. Additionally, the National Park Service can conduct search and rescue, should it be needed.

Will we be hiking in the dark?

Our projected departure time is before sunrise. Most hikers will complete the hike during daylight, but at each hike we have had hikers finishing after sunset. A headlamp with fresh batteries is required for this hike.

Are there rest stops along the trail?

There are many places to stop along the trail. These are **NOT** CFF designated rest stops! Hikers are encouraged to rest as often as necessary along the trail. Do not stop for too long, however. Muscles tend to cramp if you sit for too long.

Will water be available along the trail?

There are several rest areas along the trail that have potable water for your consumption. **DO NOT** drink water from the Colorado River or from any of the streams.

Do we need to treat the water at the water stops in the Grand Canyon?

No, the water provided at designated spigots is pre-treated, potable water.

What type of food should I bring on the hike?

Food is an important topic for a hike such as this. **Please refer to page 19.**

Can I swim in the Colorado River?

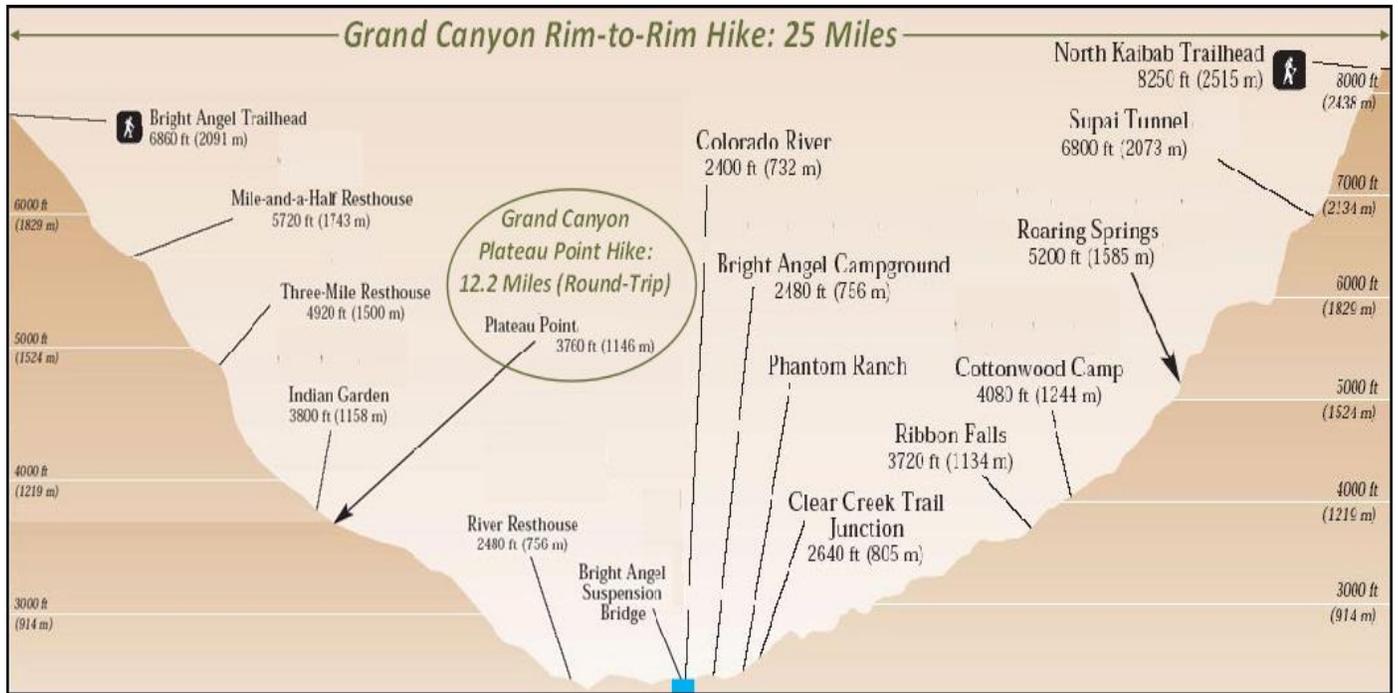
We recommend that no one swims in the river. The Colorado River is cold and deceptively swift.

What If I don't meet the fundraising minimum?

We are confident that you will reach the minimum fundraising goal. Start NOW to reach your goal before Xtreme Hike weekend. If you do not reach the minimum fundraising level prior to Xtreme Hike weekend, CFF staff will assist you to create a post-hike plan to reach your goal. Each hiker is encouraged to continue fundraising after the hike. **All hike contributions are due by December 15, 2024.**

NOTES AND/OR QUESTIONS FOR HIKE GUIDES:

TRAIL/HIKE OVERVIEW



North Rim to Phantom Ranch North Kaibab Trail

Distance-Elevations:

- Miles (8,241 ft.) - North Kaibab Trailhead (R, W)
- 1.8 Miles (6,800 ft.) - Supai Tunnel (R, W)
- 6.9 Miles (4,080 ft.) - Cottonwood Camp (R, W)
- 13.7 Miles (2,546 ft.) - Phantom Ranch (R, W)

Notes: R - Restrooms, W - Water

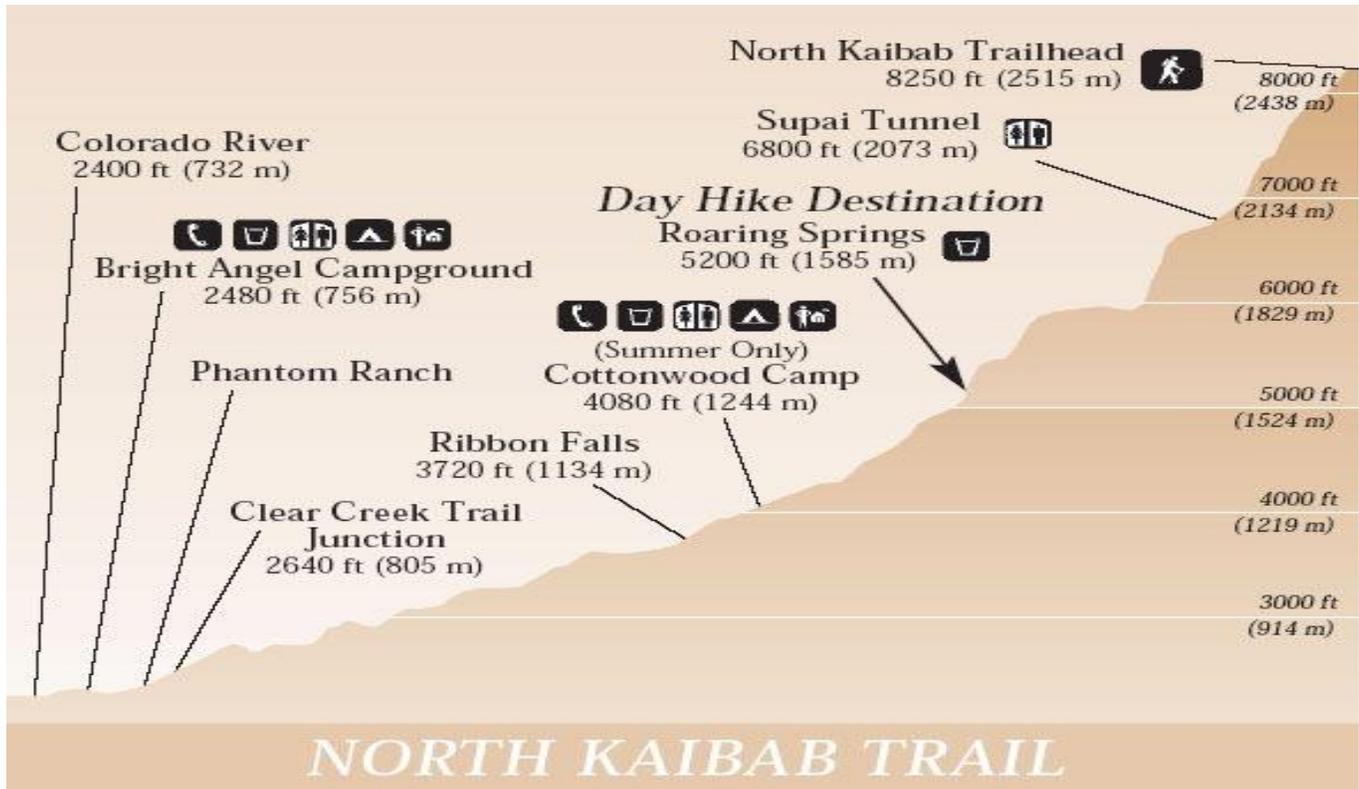
Phantom Ranch to South Rim Bright Angel Trail

Distance-Elevations:

- 0.0 Miles (2,546 ft.) Phantom Ranch CG (R, W)
- 0.4 Miles (2,480 ft.) Bright Angel CG (R, W)
- 1.9 Miles (2,480 ft.) River House (W)
- 5.1 Miles (3,800 ft.) Havasupai Garden (R, W)
- 6.8 Miles (4,920 ft.) 3 Mile Rest House (R, W)
- 8.3 Miles (5,729 ft.) Mile & Half Rest House (R, W)
- 9.9 Miles (6,792 ft.) Bright Angel Trailhead (R, W)

NOTES:

NORTH KABAB TRAIL

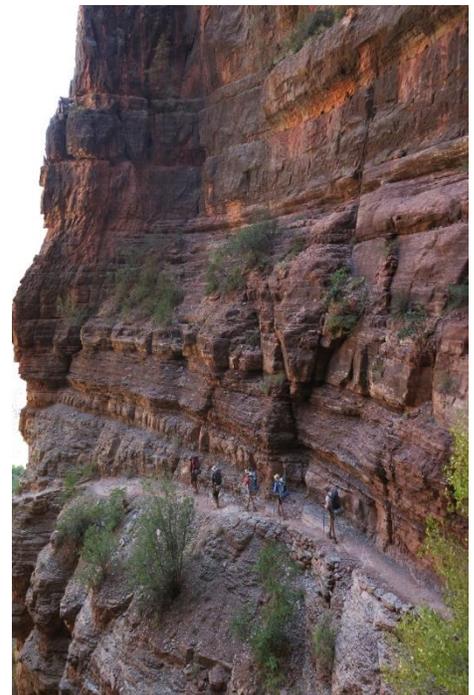


The North Kaibab Trail begins at the North Kaibab Trailhead on the North Rim of the Grand Canyon. Hikers begin their descent at 8241 ft. of elevation. From the trailhead, hikers will pass through two of our three check points, Cottonwood Campground and Phantom Ranch before reaching the Colorado River. There are ample water and restroom stops along the North Kaibab Trail from the Trailhead to Phantom Ranch.



NORTH KAIBAB TRAILHEAD

The North Kaibab Trailhead is approximately 2 miles from the North Rim Lodge. The trailhead has water and restroom facilities. Hikers begin their descent traveling through lodge pole pine forest into Bright Angel Canyon.



THE DESCENT

Hikers descend more than 4000 feet over the first 7 miles of trail as they move through Supai Tunnel, past Roaring Springs to Cottonwood Campground. As temperatures begin to rise, the trail begins to narrow. There are several places where the trail is 4-8' wide with a rock face towering 1,000' above and below the trail.



COTTONWOOD CAMPGROUND

Cottonwood Campground is approximately 7 miles below the North Rim. It is the first official checkpoint of the hike. The campground has potable water, restrooms, and emergency phone services. Be sure to refill your water and use the restroom before leaving Cottonwood.

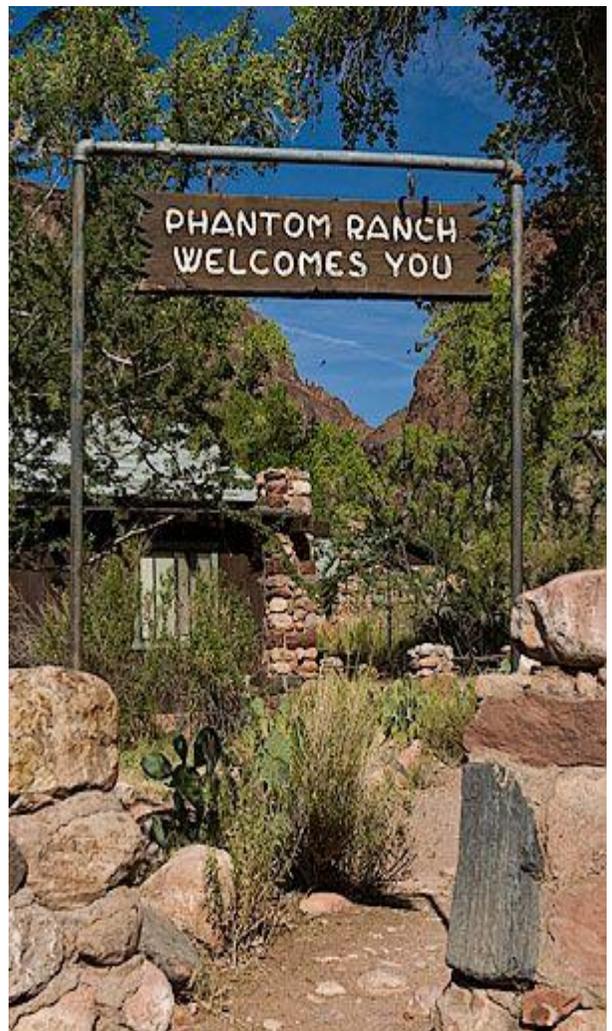
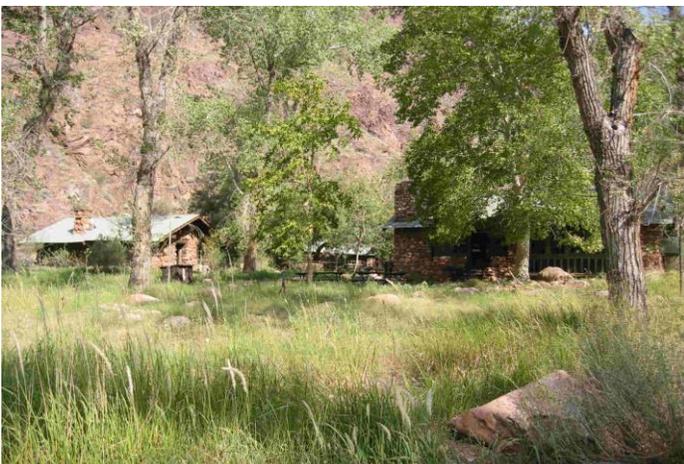
After leaving Cottonwood, hikers enter “The Box”. “The Box” is the inner gorge of Bright Angel Canyon. The narrow canyon follows Bright Angel Creek descending another 1500 feet over approximately 7 miles to Phantom Ranch. **This seven-mile section of trail is the longest stretch with no water and no restrooms.** Depending upon the time you pass through the canyon, it can be the warmest part of the hike.

Left: “The Box” Canyon

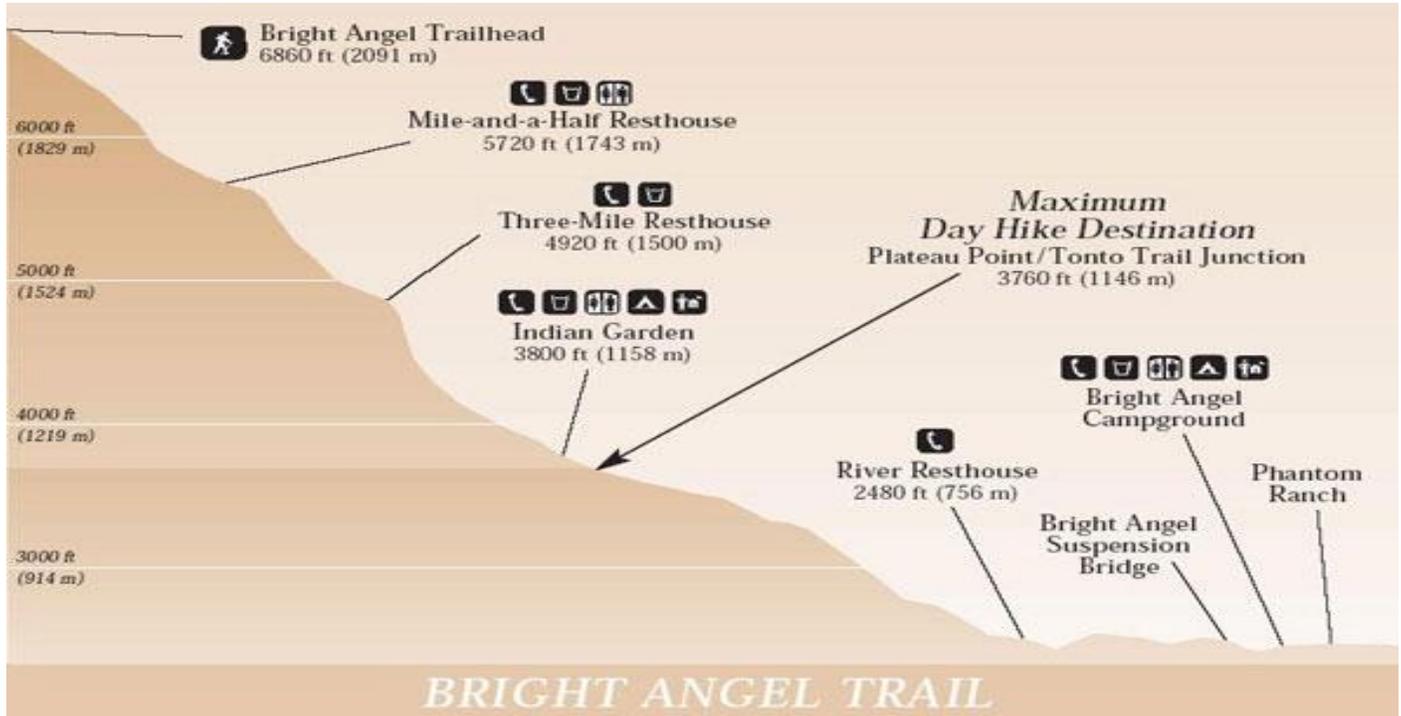
PHANTOM RANCH

Phantom Ranch (right and below) is another formal hike check point. It is wonderful place to get off your feet for a few minutes, relax under the cottonwood trees and prepare to cross the Colorado River and ascend Bright Angel Trail.

Open to the public, the Phantom Ranch Canteen provides a small variety of snacks, beverages, t-shirts, and other trail necessities. Leaving Phantom Ranch begins the 10-mile ascent up Bright Angel Trail. Be sure to take on water at Phantom Ranch. After crossing the Colorado River, you will not have access to drinking water until you reach Havasupai Gardens (approximately 5 miles).



BRIGHT ANGEL and RIVER TRAILS



The Bright Angel Trail is one of the two superhighways on the south rim of the Grand Canyon, the other being [South Kaibab Trail](#). Both trails are well maintained and offer spectacular views of the Canyon. Bright Angel Trail has the advantage of offering a considerable amount of shade (depending on the time of day).

RIVER TRAIL

Hikers begin their ascent of the South Rim by transitioning from the North Kaibab Trail to the River Trail. The River Trail (right) begins at the Colorado River offering several miles of scenic river views. It takes hikers down the Colorado River towards the junction of the Bright Angel Trail. If you are interested in dipping your feet into the Colorado, you need only walk on another mile to the River Rest House.

Although the river appears to be running slowly, the current is much stronger than it appears. Please use caution as you approach the water. Swimming in the Colorado River is **strongly discouraged**.

BRIGHT ANGEL TRAIL

Bright Angel Trail is a ravine trail that travels down the canyon's natural drainages. It is the heaviest traveled of the Grand Canyon corridor trails and has ample restroom and water stops.





The ascent up Bright Angel Trail begins shortly after the River Rest House when hikers take on the Devil's Corkscrew (left), a series of challenging switchbacks on their way to Indian Garden.

HAVASUPAI GARDEN AND THE ASCENT

Havasupai Garden (formerly Indian Garden-below) has ample shade, picnic benches, water and restrooms and is our hike's last formal checkpoint. There is a US Park Service ranger station where rangers are often available to provide insight into the history, geology, plant life and animals of the Grand Canyon.

On Bright Angel Trail you will ascend 4,380 feet in 9.3 miles from the River Trail to the South Rim. Veteran hikers insist the hike truly begins when you leave Havasupai Gardens.



While there are only 5 miles of trail remaining, hikers gain almost 3000 feet in elevation over that distance. There are 2 formal rest stops along the way – Three Mile and One and a Half Mile rest houses. Both have water and restroom facilities.

*Right:
Three Mile
House rest stop*

*Left: Looking
down from the
south rim onto
the upper
portions of the
Bright Angel
Trail. The
Cottonwood
grove in the
distance is
Indian Garden.*



WEATHER

June weather in the Grand Canyon is slightly unpredictable and often windy. Showers are possible.

| Location | June Low Average Temperature | June High Average Temperature | June Monthly Precipitation |
|-------------|------------------------------------|-------------------------------------|----------------------------------|
| South Rim | 43 | 82 | .42" |
| North Rim | 40 | 73 | 1.17" |
| Inner Gorge | 72 | 101 | .3" |

Prior to the hike updated weather reports will be sent to Hikers. Given the unpredictability of the weather, hikers are encouraged to pack gear to accommodate a variety of weather conditions. The flexibility will enable hikers to make necessary gear changes the night before the hike.

** Temperatures in the inner gorge can reach 100 degrees at the hottest time of the day. It is our goal to be through the inner gorge (box canyon) well before the hottest part of the day.

EQUIPMENT AND GEAR

FOOTWEAR

Hikers are encouraged to wear hiking boots or trail shoes. **Tennis shoes are not proper footwear for this hike.** Boots or trail shoes should be well worn and in good condition. Good aftermarket insoles, while not required, are good options for hikers.

Socks are very important. A medium weight wool sock with a thin liner is the most common combination worn. The wool sock will provide added cushion and wick moisture from your feet. The liner will act as a barrier between your feet and the socks, limiting chafing that can cause blisters. Use of Glide, Vaseline, or a similar product on toes and heels is recommended and may help to avoid blisters.

Hike in your boots and socks prior to the hike. Using them on training hikes prior to the Xtreme Hike will allow you to fine tune your footwear combination prior to the hike. Keep your shoe snug and laced properly, especially when going downhill. Downhill hiking pushes your feet towards the front of your shoe. Too much forward movement can cause blisters and damage to your toe nails.

A change of socks along the trail can be a treat for your feet. A quick soak in the Colorado River or Bright Angel Creek can be as well. If you feel a hot spot or blister forming, stop and address it immediately.

CLOTHING

There are many great clothing options. Dressing in layers is the best approach for this hike. Doing so allows you to easily adjust your body temperature. Man-made synthetic materials may offer UV protection and advanced moisture wicking properties. Cotton retains moisture from perspiration and rain, is slow to dry when wet, and does not retain heat well. In the heat of the Canyon, experienced hikers recommend cotton as it may keep you cooler. If you prefer to wear a synthetic material as your first layer, an extra cotton t-shirt in your pack may be worthwhile.

For your upper body, a light weight short or long sleeve sun shirt should suffice as a first layer. A light weight fleece over the sun shirt should provide ample insulation for the cooler morning air. A lightweight shell (waterproof is preferred) will provide protection from the wind and/or rain. As you warm up, simply remove a layer.

One or more of your layers may become damp during the hike. If this occurs and you want to wear the piece again, do not put it in your pack. Drape it over the top of your pack, secure it, and allow it to dry while continuing to hike. With the low humidity in the canyon, the piece will dry quickly and be ready to put in your pack or on your body before long.

Convertible pants are a common choice for Rim to Rim hikers. This option allows you to wear long pants for the first few miles of the hike and shorts as the temperature rises. When you begin the ascent in the afternoon, the temperature will begin to drop. Switching back to pants will provide you with additional warmth.

A hat is a critical piece of apparel. A brimmed hat is recommended to keep the sun off your face, ears and neck.

Some hikers wear gloves. Gloves not only provide warmth, but also protect your hands from blisters.

PACK/HYDRATION PACK

Backpack design and fit varies widely. Your pack needs to be comfortable and appropriately sized for your personal needs. A pack that is too large or too small will make the hike more difficult. If you are not familiar with how to select a pack, do some research online and go into a local retailer that specializes in hiking and camping gear. Buying your pack without doing research may result in problems on the trail.

Key considerations for a selecting a pack include:

- Correct fit
 - large or small framed person
 - male or female.
- Size of hydration bladder. **We require a 3L pack.** Dehydration is a serious risk in the Grand Canyon. It is easier to carry less water in a larger bladder (100 oz.) than add a water bottle to a pack with a smaller bladder (50 oz.).
- Ample room and side pockets for additional items, e.g. food, clothing, first aid kit, camera.

Our Rim to Rim hike is more than just a day hike. Consequently, what and how you pack is very important. There is a fine line between being well prepared and being over prepared. Hike guides can provide direction for you leading up to the hike.

Readily accessible items such as snacks, tissue, and suntan lotion, should be packed in the side pockets or near the top of your pack. Heavier items such as additional water, should be packed close to your back and if possible, near the middle of the pack. Do not allow any gear to hang loose on the outside of the pack. Items such as a jacket, canteen, or camera, should be placed inside your pack. Fighting the side to side inertia generated from the swinging motion will consume extra energy as you hike.

TREKKING POLES

Trekking poles provide additional balance and more secure footing, especially on downhill portions of the trail, which decreases stress on your legs and joints. On uphill climbs, poles transfer some of your weight to your shoulders, arms and back, which can reduce leg fatigue and assist in your ascent. Poles also help hikers navigate loose rocks and slippery surfaces more safely.

Trekking poles are required on this hike.

PRE-HIKE FOOD AND HYDRATION

Prior to the hike weekend, hikers should try to build up energy stores the body will use during the hike. A day or two prior to the hike, add additional carbohydrates to your diet. Your body will store these additional calories and use them when you are on the trail. On the morning of the hike, eat a well-balanced meal. Do not experiment with new foods.

Unlike energy derived and stored from food, your body cannot store vast amounts of extra water. “Over” hydrating several days before the hike will not benefit a hiker. The majority of what you take in flows out within a few hours.

It is proper to increase your water consumption the day before the hike. The night before the hike, drink 16-24 oz. of water more than you would normally drink. The morning before the hike, again drink an additional 16-24 oz. of water or sports drink prior to hitting the trail.

TRAIL HYDRATION STRATEGY

It is important to drink small amounts at regular intervals during the hike. Never allow yourself to become thirsty. If you become thirsty you are already starting to become dehydrated.

A few general thoughts regarding hydration for the hike:

- If you normally urinate once every 90 minutes during a regular day, drink enough water that you continue with this schedule. Since you are perspiring and losing water as you hike, your water intake should increase to allow for the additional loss of moisture from your body.
- If your urine is darker than the color of lemonade, you should increase your water intake.
- Even when it is cool, you will perspire. The low humidity of the Grand Canyon (10-25%) will mask the loss of body moisture. You may not feel yourself sweating due to rapid evaporation.
- Do not be stingy with your water; drink. Water in your pack does not help you. It needs to be in your body. There is ample water along the trail. Filling up is easy.
- Drinking water flushes electrolytes from your system. Ensure your hydration and electrolyte strategy are aligned.

While there is ample water along the trail, you should avoid arriving at the next water stop with no water in your pack. It is far better to carry a bit extra than to run out along the trail.

TRAIL FOOD AND SNACKS

Keep it simple. Do not over think what you are eating along the trail. Never “experiment” with new food and beverages on the trail. Eat on practice hikes and determine what you like and what works best for you.

Eat throughout the hike, snacking as you go. If you get “hungry” you have waited too long to eat. When you eat, you must drink. **Your body cannot process food without water.** If you stop and have a sit-down lunch, do not over eat. Your body may become sluggish as it focuses on processing the food you have eaten. Digestion draws blood away from other parts of your body.

Trail mix, a combination of nuts, seeds, dried fruit, M&Ms and other related items are good choices for the trail. The bulk food aisle of your local grocery store gives you the opportunity to mix your own recipe and will possibly save you money. Don't forget **salty snacks**. They help replace salt lost due to perspiration.

There are many different philosophies (and options) regarding the use of energy boosting products and electrolyte replacements on the trail. These types of supplements are not required if a hiker plans food intake properly, however. Items such as Cliff Bars, Honey Stingers, and Power Bars, are a pleasant change and can provide a boost along the trail. Bars formulated for dieting e.g. Atkins, Weight Watchers, Jenny Craig are **not** recommended.

If you choose to use supplements, review the sugar content to avoid getting too much of a sugar “high” when consuming your chosen electrolyte replacement. Gatorade is an excellent product (providing electrolytes and salt) but has relatively high sugar content. Pedialyte may be a better option for some hikers.

If you choose to bring a sports drink, in either powdered or pre-made liquid form, keep it in a separate bottle. **Do not** add it to your hydration pack. Adding sports drinks to your hydration pack limits the waters use. Wetting down a bandana or cleaning a wound with Gatorade is not ideal!

PREVENTIVE MEDICINE

To inhibit some soreness that comes from extended physical exercise, people often take anti-inflammatory medication such as aspirin or ibuprofen prior to exercising. If this practice has worked for you in the past, consider using the same practice. If you have not utilized this practice, it is not recommended that you begin the morning of the Hike. Please contact your physician for guidance.

POST HIKE

Many hikers will walk off the trail and feel energized to do it again. For other hikers, the experience will be more of a physical strain and the recovery process will need to be more formalized.

There are several actions a hiker may want to take to expedite the recovery process.

Immediately after you complete the Xtreme Hike:

- Get into dry clothes if they are damp from sweat or rain.
- Lay down or sit down, propping your feet up above your heart for 10-15 minutes. This will reduce swelling in your feet.
- Eat something. Focus on protein more than fats or carbohydrates.
- Attend to your body
 - Address blisters or chafing

When you get to your room:

- Get cleaned up. A shower will do wonders for you.
 - If you can handle cold water, the colder the better.
- Have a hearty meal, drink lots of water.
- Celebrate, but avoid drinking too much alcohol.
- Get a good night’s sleep.
 - You may quickly fall asleep but may not sleep well.
 - It is common to toss and turn through the night.
 - A quick snack and additional hydration before bed may help you sleep.

The day(s) after:

- Stay active. Keep moving.
- Eat whole foods and drink plenty of water.
 - Avoid processed foods
- Get a massage.

MULE TRAINS AND WILDLIFE

There are no roads into the Grand Canyon. Most inner canyon services are supported via mule trains. Mules have been traveling up and down canyon trails for over 100 years. Care must be taken when mules are encountered on the trail.

When meeting pack animals on the trail, keep in mind:

- Pack animals have the right of way... always!
- Mules are unpredictable. Do not attempt to touch or pet a mule.
- Mule trains can be seen from quite a distance away.
 - When you see a mule train, find a location off the trail to wait for the mule train to pass. Remember, the best place may be behind you.
- If possible, get off the downhill side of the trail. Spooked mules tend to bolt uphill.
- Mules are used to hikers and most often do not pay attention to the travelers on the trail.
- As the mule train approaches, quietly ask the mule handler if you are OK where you are.
- Stand silently as mules are passing; do not make any sudden sounds or movements.

There is a wealth of wildlife within the Grand Canyon: deer, elk, mountain goats, raccoons, squirrels, hawks, California condors, snakes, lizards, insects and much more. Much of the wildlife is accustomed to living near people.

Snakes are a common site in the canyon in the warm summer months. In the spring and fall, they are less active. Should you see one, simply walk around it.

GEOLOGY

As hikers move down through the canyon, they will pass through millions of years of geological history. Take a few minutes to learn about the canyon.

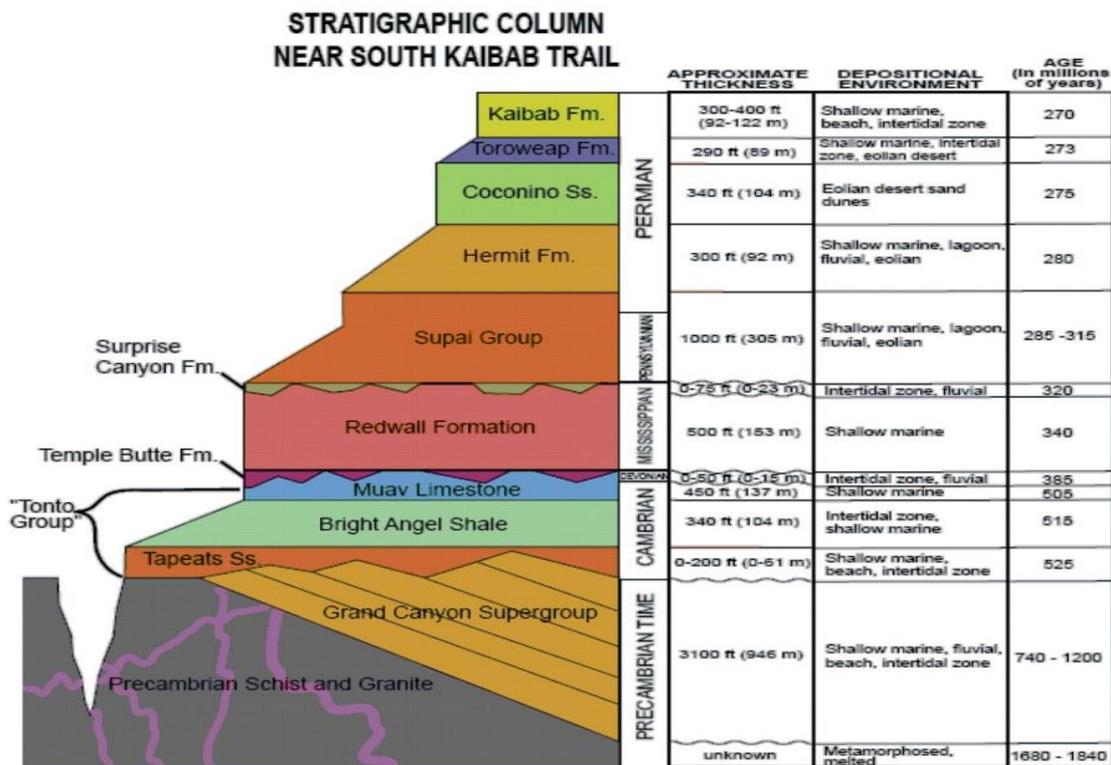


Abb.3: zeitliche Abfolge (rechts) und stratigrafischer Querschnitt (links) der Grand Canyons am südlichen Kaibab Trail, (nach S. S. Timmons, nps.gov)

GRAND CANYON FACTS AND STATS

- The Grand Canyon is 277 miles long, up to 18 miles wide and approximately one mile deep.
- It was formed by the Colorado River, which flows west through the canyon. The river averages 300 feet in width, 100 feet in depth and flows at an average speed of four miles per hour.
- It took between 3 and 6 million years to form the Grand Canyon. Erosion continues to alter its contours each year.
- More than 350 species live in the Grand Canyon: 70 mammals, 250 species of birds, 25 reptiles, 5 amphibians and countless insects.
- The canyon was made a national monument in 1908 and became a national park in 1919.
- Grand Canyon National Park covers an area of 1,900 square miles and is approximately 190 miles long.
- More than 5,000,000 people visit the park annually.
- The Grand Canyon and the surrounding area is populated by five Indian tribes: Hopi, Navajo, Havasupai, Paiute and Hualapai.

Seasoned canyon hikers will quickly tell you each hike into the canyon is a new experience. Each experience is impacted by the season, weather, time of day and the company you keep on the trail.

A Rim to Rim Grand Canyon hike can be daunting for any hiker regardless of one's experience. Of the millions of visitors to the park each year, less than 1% will hike to the Colorado River. Even fewer traverse the Canyon in one day.

Remember proper hiking etiquette:

- Leave no trace.
- Pack out any trash; pack it in, pack it out.
- Stay on posted trails, do not cut switchbacks or take shortcuts.
- On wider trails stay to the right, pass on the left.
- Hike single file.
- Downhill travel yields to uphill travel.
- Hikers yield to horses.
- When coming up behind slower hikers, announce yourself prior to attempting a pass e.g. "Coming up behind you, passing on the left".
- When hiking in a group, yield to single hikers, pairs or smaller groups.
- Do not feed wildlife.
- Do not disturb or remove wildlife.
- Leave what you find, only take away photographs and memories.
- When taking a break, move off trail so you do not inhibit the movement on the trail of others.
- Speak softly, cell phones in silent mode, music via headphones only, allow others to enjoy nature.

Links to Additional Information About the Grand Canyon

<https://www.nps.gov/grca/index.htm>

<https://www.grandcanyon.org>

<https://www.nationalparks.org/explore-parks/grand-canyon-national-park>

<http://www.bobspixels.com/kaibab.org/bc/suffer.htm>

http://en.wikipedia.org/wiki/Grand_Canyon

<https://www.cntraveler.com/gallery/best-grand-canyon-hikes>

<https://www.doi.gov/blog/13-things-you-didnt-know-about-grand-canyon-national-park>

<https://explorethecanyon.com/explore-learn/grand-canyon-facts/>