

BRIGHT ANGEL TRAIL

HIKING ACKNOWLEDGEMENT OF RISK

PLEASE READ THE FOLLOWING INFORMATION CAREFULLY! If you feel that you are unable to safely complete the hike, please contact our office immediately. *Consider bringing these recommendations with you as you prepare for your hike.*

WARNING: Bright Angel Trail sees [more rescues and 911 calls than any other trail in the state.](#)

Hiking in the Grand Canyon is a strenuous and potentially dangerous activity suitable for only those in excellent physical condition. If you have any history of ankle, knee, hip or other joint problems, asthma or heart-related problems, or have recently undergone surgery, please consult your physician before attempting hiking into – or out of – the Canyon.

SERIOUSLY CONSIDER whether or not you are physically capable of hiking in/out of the Grand Canyon. Excellent physical condition *AND* endurance are critical to completing this hike safely. Remember, you must be able to carry **ALL** of your own gear for the hike.



PHYSICAL TRAINING BEFORE YOUR TRIP IS ESSENTIAL! Given that this is a group activity, it is important that you are physically able to participate with the group and be on time. Remember that your actions can affect the group experience and an inability to complete the hike in a reasonable amount of time can set the rest of the group back.

[Temperatures can reach 120 degrees Fahrenheit in the summer months]

With an elevation change of 4,440ft from rim to river, the Bright Angel Trail is equivalent to going up the Eiffel Tower (1,083 ft) nearly 4 times!!

TIPS FOR A BETTER HIKE:

EAT SALTY SNACKS almost as often as you drink. Balance your food intake with your fluid consumption so that your electrolyte levels stay within a normal range.

DRINK AT LEAST THREE LITERS of water and electrolytes while on the hike. Do not wait until you feel thirsty to start drinking and replacing electrolytes. By the time you feel thirsty, you are already dehydrated. Bladder hydration packs (ex., Camelbak) work great, plus two backup 1L water bottles (ex., Nalgene). Note that disposable water bottles are not sold in the park - you must bring refillable bottles with you.

REST at every opportunity. Three developed shade areas are located on your hike into or out of the Canyon. **KEEP** your hat, bandana and long-sleeved shirt **WET** at water stations.

Wear a **WIDE-BRIMMED HAT** for sun protection. Consider sun shirts with a UPF rating.

PACK LIGHT. Take only what you truly need. Water and food should be your heaviest items. Consider using Hatch's duffel service.

REMEMBER that the guides are there to assist guests in completing the trail safely, but each guest is responsible for carrying ALL of their own gear and water.

PACE YOURSELF. A steady pace will not only prevent you from tiring too quickly, but allow you to enjoy the scenery.

RESEARCH your trip. A Grand Canyon hike is not suitable for everybody. However, we encounter more difficulties with people hiking *into* the Canyon than out. Make sure you read the summer hiking information on the Grand Canyon National Park's website. <http://www.nps.gov/grca/planyourvisit/hike-smart.htm>

PREPARE for your hike by getting a good night's rest the night before, eating a good dinner, and avoiding alcohol and other diuretics.

PRE-HYDRATE in the days before the hike by drinking lots of **WATER.**

Wear **COMFORTABLE SHOES** and clip your toenails to avoid "black toe" and blisters. Prepare to have **SORE MUSCLES** the day after your hike.

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TRIP SPECIFIC INFORMATION:

FOR UPPER CANYON TRIPS:

- Upper Canyon passengers are REQUIRED to hike 9.5 miles out of the Grand Canyon on the last day of their trip.
- Follow ALL guide instructions the evening before and the morning of the hike.
 - This includes packing your lunch for the hike out and ensuring you have enough water prepared.
- If you have any questions or concerns, speak with your guides prior to the hike.
- Most hikers take 6-8 hours to hike out on Bright Angel Trail.
- Hydrating throughout your trip will make a big impact on your hike out.
- Keep in mind that this hike is happening AFTER your rafting trip, so you'll start out more tired than usual.
- Have a safe hike!

FOR LOWER CANYON TRIPS:

- Lower Canyon passengers will be REQUIRED to hike 9.5 miles into the Grand Canyon on the first day of their trip.
- To beat the heat you will meet your hiking guide at 5:00am in front of the fireplace at the Bright Angel Lodge.
 - It doesn't hurt to arrive a bit early!
- Come packed and ready to go. Take the time to organize and prep your pack the night before.
- Restaurants in the park will NOT be open that early in the morning so pack or buy breakfast ahead of time.
 - You'll need all your energy, so eat a hearty breakfast.
- Your Hatch hiking guide will supply a small bag of snacks, such as nuts and a granola bar, prior to the hike.
- Most hikers take 5-6 hours to get down Bright Angel Trail. Go at a comfortable pace, but please keep in mind that an inability to complete the hike in a reasonable amount of time can set the rest of the trip back.
 - If you are concerned about your ability to do this, please call our office to consider other trip types.
- You will arrive at the boats around lunch time at a beach near Phantom Ranch and will meet your crew. This is where guides will explain vital information about safety on the river and introduce you to our rafts. Do not enter the river at Pipe Creek Beach due to strong currents.
- Have a safe hike!

Points Along Bright Angel Trail	Elevation	Distance Down from South Rim	Distance Up from Pipe Creek Beach
Bright Angel Trailhead	6840 ft	0 mi	7.8 mi
Mile-and-a-half Resthouse	5720 ft	1.5 mi	6.3 mi
Three-Mile Resthouse	4720 ft	3 mi	4.8 mi
Havasupai Garden (formerly Indian Garden)	3800 ft	4.6 mi	3.2 mi
River Resthouse	2480 ft	7.7 mi	.1 mi
Pipe Creek Beach	2400 ft	7.8 mi	0 mi
<i>In very rare instances, you may be required to hike to/from the Phantom Ranch Boat Beach which adds 1.6 miles to the hike. On an Upper Canyon trip, guides will let you know at Havasupai Garden if that is required.</i>	<i>2431 ft</i>	<i>+1.6 mi</i>	<i>+1.6 mi</i>

PLEASE READ THE ATTACHED HIKING WAIVER CAREFULLY, sign, date, and return to our office **within 14 days of making the initial reservation** for your trip. If you feel that you are unable to safely complete the hike, please contact our office immediately. *Consider bringing these recommendations with you as you prepare for your hike.*



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PLEASE READ THE FOLLOWING STATEMENT CAREFULLY. If you feel that you are unable to safely participate in the hike into or out of the Canyon, please contact our office immediately.

I understand I am responsible for my own evacuation expenses and that my trip fare is not refundable if I am unable to complete the Bright Angel hike into or out of the Grand Canyon.

Furthermore, I am aware that if medical evacuation becomes necessary, efforts to assist me may be delayed during the summer months due to limited National Park Service (NPS) staff, the number of rescue calls, NPS employee safety requirements, and limited helicopter flying capability during periods of extreme heat or inclement weather.

I also understand hiking in the Grand Canyon is a strenuous and potentially dangerous or deadly activity suitable for only those in excellent physical condition. I have consulted my physician about any underlying medical conditions including but not limited to: ankle, knee, hip or other joint problems, asthma or heart-related problems, and have been deemed by my physician to be healthy and able to participate in this activity.

I am aware that temperatures typically exceed 100 degrees Fahrenheit in the summer months, and heat exhaustion, heatstroke, and hyponatremia are real and potentially deadly risks when hiking into or out of the Grand Canyon.

I also understand this is a group activity, and it is important that I am physically able to participate with the group and be on time.

I have read the above information and I am physically capable of hiking 9.5 miles in extreme conditions.

Printed Name of Guest

Signature of Guest or Guardian

Date Signed

Date of Trip