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## Grand Canyon

### Rim to Rim Backpacking

*"A world-famous hike offering incredible geology, waterfalls, hanging gardens and views usually only seen in postcards."*

#### At a Glance

**Type of Tour:** Backpacking

**Number of Days:** 4

**Distance:** 30 miles

**Difficulty:** Intermediate

**Pack Weight:** 30 to 35 pounds

**Origin:** Flagstaff, AZ

**Orientation Time/Location:**

4:30pm, day before departure

Embassy Suites

Flagstaff, AZ

#### Highlights:

- *A classic hiking tour in Grand Canyon and one of the finest hikes in the world!*
- *Experience the canyon's beauty from both North and South rims.*
- *Well-maintained trails and comfortable campgrounds with basic amenities.*
- *A chance to visit the historic Phantom Ranch along beautiful Bright Angel Creek and a short walk from the Colorado River.*

# Grand Canyon: Rim To Rim Backpacking

A classic hike across one of the Seven Wonders of the World

## Overview

The most classic hike in Grand Canyon! This tour offers the best overall views of the Canyon because it allows one to truly see the diversity of the North Rim vs. the South Rim. We begin the hike in the cool spruce forests of the North Rim via the North Kaibab Trail. As we descend this wide and well-maintained trail, the dramatic views unfold with every turn. About 5.5 miles into the hike, we pass Roaring Springs, an idyllic watery oasis bursting from the canyon walls. From here, we follow Bright Angel Creek to our first camp at Cottonwood Campground. Next, we follow Bright Angel Creek, with a detour to check out the famous Ribbon Falls. The trail leads us to Phantom Ranch and Bright Angel Campground, our second campsite. The next day, we continue our journey across the Colorado River and up to Indian Garden Campground. We spend our last night here and enjoy a late afternoon stroll out to Plateau Point to take in a spectacular sunset. The last day we hike to the South Rim on the Bright Angel Trail.



## ***General Itinerary***

### **Day 1:**

Depart Flagstaff early for an enjoyable drive through the Navajo Reservation & Painted Desert, across the Colorado River and along the Vermillion Cliffs and Kaibab Plateau to our starting point 8000 feet above sea level. We descend the spectacular North Kaibab Trail to Cottonwood Campground. Enjoy stunning canyon scenery as you traverse along towering cliffs and dramatic gorges, past Roaring Springs and Bright Angel Creek. The evening skies are magical as the sunset colors fade to night and an unimaginable number of stars take their place.

**Drive Time:** 3.5 hours

**Distance & Elevation:** 7 miles, 4160 foot descent

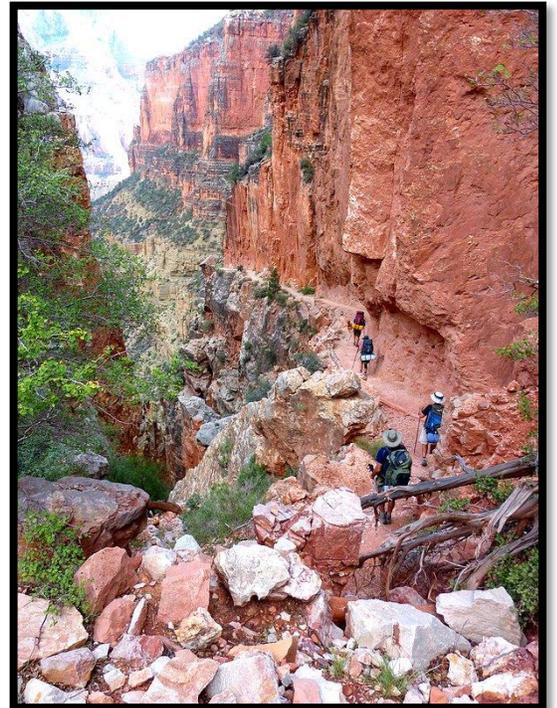
**Light Breakfast, Lunch, Dinner**

### **Day 2:**

We rise with the sun, enjoy a tasty breakfast and head back out on the trail. Tonight's home will be Bright Angel Campground, a short stroll from Phantom Ranch and the Colorado River. But along the way we'll stop to admire the remarkable Ribbon Falls, tucked away in a beautiful little alcove off the main trail. Continuing on, the wide open views we've been enjoying give way to the sinuous narrows of The Box. This fabulous stretch of trail follows the creek closely as the black cliffs of the Vishnu Schist rise immediately beside us, a thousand feet overhead, eventually opening up as we approach camp. Enjoy a cold lemonade or frosty beer in the late afternoon at the Ranch followed by a delicious dinner prepared by your guide.

**Distance & Elevation:** 7 miles, 1600 foot descent

**Breakfast, Lunch, Dinner**



**Day 3:**

After breakfast we will begin our trek up to Indian Gardens with side hiking options and some beautiful pools to cool off in. Enjoy stunning views along the Colorado River before heading up Pipe Creek and the famous Bright Angel Trail. Late in the afternoon, enjoy a leisurely 1.5 mile hike out to Plateau Point, the finest place in Grand Canyon to watch the sunset.

**Distance & Elevation:** 4.5 miles, 1500 foot ascent

**Breakfast, Lunch, Dinner**

**Day 4:**

After packing up camp we begin our final ascent, 4.5 miles and 3000 feet to the South Rim. This stretch of trail offers some of the best chances to see the endangered California Condor, the largest bird in North America (10ft wingspan). A big, tasty lunch and some time on the rim will allow you to celebrate your accomplishment before our shuttle driver brings us back to Flagstaff.

**Drive Time:** 1.5 hours

**Distance & Elevation:** 4.6 miles, 3000 foot ascent

**Breakfast, Lunch**

**\* Final itinerary may change due to weather or any unforeseen circumstances.\***



## Is this hike for me?

This is a backpacking trip. It is intended for active people who exercise regularly, maintain a healthy weight, and do not have any chronic knee issues. You will be carrying a tent, sleeping bag, sleeping pad, all of your personal clothing/toiletries/gear, up to 3 liters of water at a time, and a share of the group food. Each participant is expected to be able to carry 30 to 35 pounds on steep canyon trails, descending more than 4000 feet or ascending 3000 feet in a single day. It is each participant's responsibility to ensure they possess the level of physical fitness required to complete the hike. [Do not take this lightly or fail to properly prepare for the hike.](#)

## What's Included:

- All necessary backpacking gear: backpack, tent, sleeping bag, sleeping pad, trekking poles
- All necessary cooking/eating gear: bowls, cups, utensils (your guide will prepare all meals)
- All meals from a light breakfast on the first day through lunch on the last day + trail snacks
- Roundtrip transportation from your hotel in Flagstaff, AZ to Grand Canyon
- Entrance fees and backcountry permits

## What's Not Included:

- Transportation to/from Flagstaff, AZ
- Lodging the night before/after the trip
- Clothing, raingear, and footwear
- Personal toiletries, sunscreen
- Water bottles/hydration bladder
- headlamp or flashlight
- Guide gratuity (suggested 15% of trip cost)

## Where does the trip begin/end?

This trip will begin/end in Flagstaff, AZ. You will want to fly into either Phoenix (2 hour drive) or Flagstaff.

## **Where do you meet our guides?**

We will hold a pre-trip orientation at 4:30pm the evening prior to your trip's departure at the **Embassy Suites hotel** in Flagstaff. Departure times and logistics for the following morning will be discussed at the orientation. Trips depart early in the morning so it is required that you stay in Flagstaff the night prior to departure.

## **What do we do with our car and extra stuff?**

We will provide all transportation to/from trailheads for the duration of the trip. We will pick you up at your hotel in Flagstaff and return you there at the trip's conclusion. Guests staying at the **Embassy Suites** (recommended) or **Hampton Inn & Suites** can leave their cars at the hotel. Please check with your hotel about the availability for luggage storage. Most hotels will accommodate this for a nominal fee. Many guests leave extra luggage in their rental cars.

## **Food Provided by FSG:**

We recognize the need to be well-fed in the backcountry and take great pride in our culinary creations! We provide a variety of meals that are hearty, filling, and abundant, as well as being nutritionally well-balanced. With that in mind, we must also use foods that are lightweight and travel well in the backcountry. We tend to use a combination of rice, pastas, beans, granola, oatmeal, cereals, bagels, pita bread, tortillas and more. Staple ingredients are complimented with fresh vegetables, meats, and tasty sauces. Lunches and dinners typically include appetizers and desserts. In short, you will not be hungry! Your guide will do all the cooking and cleaning, so you will have more time to soak up the beauty.

If you have any dietary restrictions or food allergies, please let us know at the time of booking. We will do everything we can to accommodate your request. We regularly accommodate vegetarians, dairy-free, and wheat/gluten-free guests. We will work closely with you to ensure your dietary needs are met. On occasion, special dietary needs may incur an additional fee.

## **How do I make a reservation?**

In order to confirm a reservation, we require an initial deposit of \$250 per person, with the final balance due 90 days prior to the trip's departure. If you book a trip within 90 days of the trip's scheduled departure, then full payment is due at the time of booking.

Your deposit is payable over the phone by Visa, MasterCard, AmEx, or Discover. Checks by mail are fine as well, as are PayPal payments (1.5% surcharge). Call our office Monday to Friday, 9am to 4pm Arizona time.

***Thanks so much for your interest in Four Season Guides. We look forward to sharing some time with you in the backcountry.***