

The Grand Canyon



Directions to The Grand Canyon
(South Entrance)

- 89A North through Oak Creek Canyon
- I-17 North to Flagstaff
- I-40 West (Exit #340B)
- Right onto AZ-64N to Grand Canyon

Directions to Sedona from Canyon
(Start: East Entrance)

- AZ-64 East
- Right onto US-89 South (46.7 miles)
- Left on Country Club Dr
- Right on I-40W toward I-17s
- I-17 South (40 miles)
- Right on AZ-179 to Sedona

- What you will need:
- ☑ Map or Guidebook (James Kaiser recommended)
 - ☑ Hydration! Hydration! (1 liter per hour)
 - ☑ Hiking Footwear (Lugs)
 - ☑ Wicking Socks (Cotton...Enemy of Hiking)
 - ☑ Hiking Stick/Poles
 - ☑ First Aid Kit
 - ☑ Blister Kit (2nd Skin)
 - ☑ Sun Coverage (long sleeve, hat, sunscreen)
 - ☑ Food Supply (double your calories..salty)
 - ☑ Ice Trekkers/Yaktrax- seasonal

Helpful Hints:

- Stick to well established trails
- Leave what you find
- Pack it in...Pack it out
- Camp on durable surfaces
- No campfires at Grand Canyon
- Be considerate of other:
 - limit group size
 - keep voices down
 - yield to "up hikers"
- Dispose of waste properly

Please visit www.LNT.org for additional information and classes.



- 8 Key Strategies for Hiking the Grand Canyon
- ◆ Always check on weather and trail conditions before starting your hike.
 - ◆ Proper hiking boots/shoes with LUGS and PROPER Spacing.
 - ◆ Hiking Poles/Stick to increase stability, confidence and safety.
 - ◆ Double your calories. Consume salty snacks and water for ANY hike over 30 minutes.
 - ◆ For every hour hiking the canyon, drink one-half to one quart/liter of water.
 - ◆ Layer apparel: base, mid (insulate) and shell (significant temperature variances in the canyon)
 - ◆ Rest often: 5-10 minute break for every hour of hiking
 - ◆ Hiking to the river and back in one day is dangerous and is not recommended by the National Park Service.