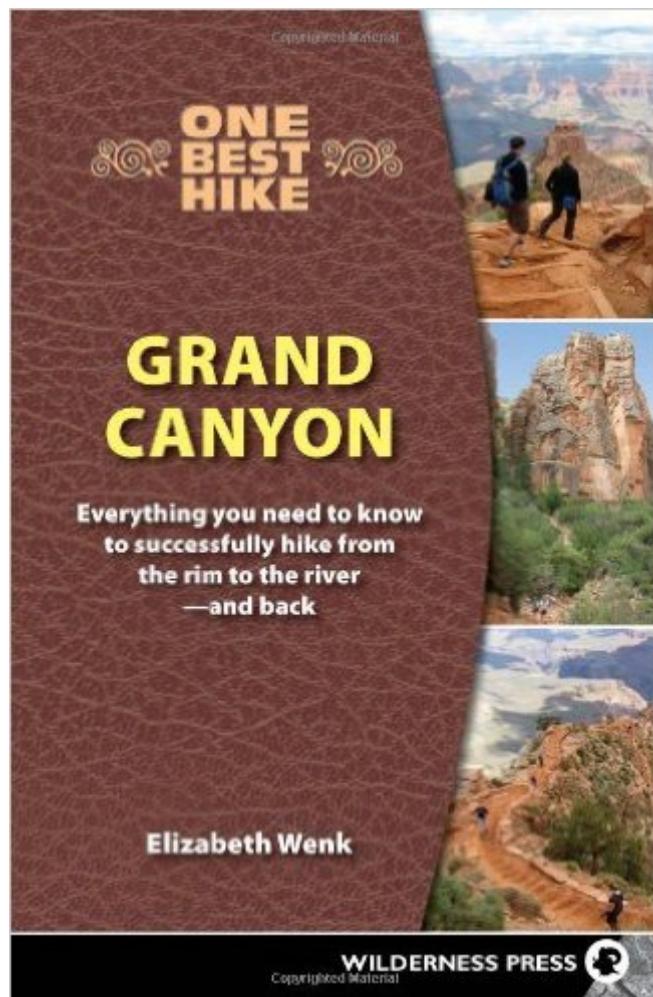


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# One Best Hike: Grand Canyon: Everything You Need To Know To Successfully Hike From The Rim To The River &#151; And Back



## Synopsis

One of the worldâ™s most spectacular places, the Grand Canyon annually attracts over 4 million visitors who peer over the edge of the abyss. A smaller number of them trek from the rim to the banks of the Colorado River on one of the nation's best-known hikes. Many of these hikers are inadequately prepared for the rigors of what can be a deadly journey. This indispensable guide describes the most popular route into the canyon &#151; the 16.2 mile round-trip route from the South Rim to the Colorado River. It addresses the many possible hazards (extreme heat, cold, elevation gain/loss of over 9,000 feet), gives advice on physical conditioning, and includes helpful charts, maps, and GPS waypoints for the best rest points. The hike itself is covered mile by mile, with expert coaching and hints along the way. Experienced and novice hikers alike will benefit from its encouraging, can-do approach.

## Book Information

Series: One Best Hike

Paperback: 120 pages

Publisher: Wilderness Press (July 29, 2010)

Language: English

ISBN-10: 0899974910

ISBN-13: 978-0899974910

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (28 customer reviews)

Best Sellers Rank: #92,225 in Books (See Top 100 in Books) #16 inÂ Books > Travel > United States > Arizona > Grand Canyon #35 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Walking #152 inÂ Books > Travel > United States > West > Mountain

## Customer Reviews

When I was eight years old, my father and uncle Wayne met at the Grand Canyon. After safely depositing their respective families in a nearby campground they headed off down the Bright Angel trail for a 3 day backpack trip. I of course followed them down the trail and about a mile down received the shock of my young life when they informed me that I was not going with them and was expected to return to camp. I dutifully did, but was left with a desire to hike the canyon on my own that has lasted for decades. The problem, basically, is that when you look at the Grand Canyon from the north or south rims, you see what you can see in any postcard. But when you descend the

canyon, you actually appreciate just how vast this land is. Elizabeth Wenk's contribution to Wilderness Press' popular "One Best Hike" series will help you to explore this rugged country on your own. The book focuses on the two main corridor trails from the south rim: the Bright Angel trail and the South Kaibab Trail. The book maps out a 20 mile hike with multiple side trips beneath the rim. It includes all you need to know about camping regulations, securing permits, where to locate water, the geology of the canyon, the history of the national park from John Wesley Powell's first trips through the canyon to the present, the architecture of the Phantom Ranch Resort, and how to secure reservations at the same, common medical emergencies..... Wenk is nothing if not a thorough writer, but this is not the first book I have read by her where I feel I may actually be getting too much for my money. The bottom line is that this is a useful book for preparing your first canyon backpack trip.

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