Hiking into Grand Canyon—how far should you go?

Have fun

Be careful

Seek advice

Use the charts below to plan a safe hike below the canyon rims. Remember that every exhilarating step you take downhill means twice as much work to hike back up. Day-hiking from the rims to the "red zone" destinations shown in the charts below is for experienced hikers only. Hiking to the river and back in one day is not recommended due to long distance, extreme temperature changes, and an approximately 5,000-foot (1,500-meter) elevation change each way. If you think you have the fitness and expertise to attempt this extremely strenuous hike, please seek advice from a park ranger at the Backcountry Information Center.

North Kaibab Trail: Trailhead elevation 8240 ft (2511 m)
Good shade and cover from wind and lightning; seasonal water.

Destination	Elevation change from top		Distance one-way		Time round-trip
Coconino Overlook	790 ft	*240 m*	0.7 mi	*1.1 km*	1–2 hours
Supai Tunnel	1400 ft	*425 m*	2.0 mi	*3.2 km*	2–4 hours
Redwall Bridge	2200 ft	*670 m*	2.6 mi	*4.2 km*	4–6 hours
Roaring Springs Day Use Area	3280 ft	*1000 m*	4.7 mi	*7.6 km*	6–9 hours
Manzanita Rest Area	3840 ft	*1170 m*	5.1 mi	*8.2 km*	7–10 hours
Cottonwood Campground	4200 ft	*1280 m*	6.5 mi	*10.5 km*	2 days
Ribbon Falls	4480 ft	*1365 m*	7.9 mi	*12.7 km*	2 days
Phantom Ranch Ranger Station	5740 ft	*1750 m*	13.6 mi	21.9 *km*	3-4 days
Bright Angel Campground	5740 ft	*1750 m*	13.7 mi	*22.0 km*	3-4 days

South Kaibab Trail: Trailhead elevation 7200 ft (2195 m)
Follows an exposed ridgeline with no shade; no water.

Destination	Elevation change from top		Distance one-way		Time round-trip
Ooh Aah Point	790 ft	*230 m*	0.9 mi	*1.4 km*	1–2 hours
Cedar Ridge	1120 ft	*340 m*	1.5 mi	*2.4 km*	2–4 hours
Skeleton Point	2040 ft	*620 m*	3.0 mi	*4.8 km*	4–6 hours
The Tipoff	3280 ft	*1100 m*	4.5 mi	*7.2 km*	6–9 hours
North Kaibab Trail junction	4700 ft	*1430 m*	6.8 mi	10.9 *km*	2 days
Bright Angel Campground	4700 ft	*1430 m*	7.0 mi	*11.3 km*	2 days

Bright Angel Trail: Trailhead elevation 6840 ft (2085 m)
Some shade and cover from wind and lightning; seasonal and year-round water.

Destination	Elevation change from top		Distance one-way		Time round-trip
Lower Tunnel	590 ft	*180 m*	1.0 mi	*1.6 km*	1–2 hours
1½-Mile Resthouse	1120 ft	*340 m*	1.5 mi	*2.4 km*	2–4 hours
3-Mile Resthouse	2120 ft	*645 m*	3.0 mi	*4.8 km*	4–6 hours
Indian Garden Campground	3040 ft	*925 m*	4.5 mi	*7.2 km*	6–9 hours
Plateau Point	3080 ft	*940 m*	6.1 mi	*9.8 km*	9–12 hours
River Resthouse	4340 ft	*1320 m*	7.8 mi	*12.6 km*	12+ hours
North Kaibab Trail junction	4340 ft	*1320 m*	9.3 mi	15.0 *km*	2 days
Bright Angel Campground	4340 ft	*1320 m*	9.5 mi	*15.3 km*	2 days

Upper Bright Angel Trail



Phantom Ranch

