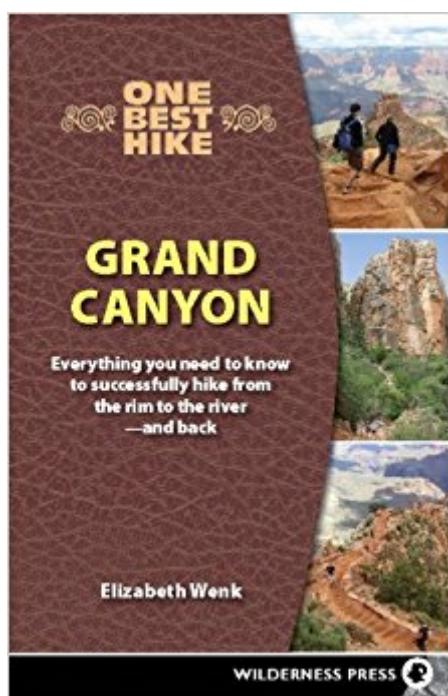


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# One Best Hike: Grand Canyon: Everything You Need To Know To Successfully Hike From The Rim To The River—and Back



## Synopsis

One of the world'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 -- 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

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## Customer Reviews

"Although the book is titled One Best Hike Grand Canyon: Everything you need to know to successfully hike from the rim to the river -- and back, what Elizabeth Wenk really provides is a wonderful primer on the geology, wildlife, natural history, and dangers of hiking in Grand Canyon National Park...this 166-page book is a rich resource, both for the main hiking content as well the supporting text that is scattered throughout. "--National Parks Traveler

From childhood, Elizabeth Wenk has hiked and climbed in the Sierra Nevada with her family. After

she started college, she found excuses to spend every summer in the Sierra, with its beguiling landscape, abundant flowers, and near-perfect weather. During those summers, she worked as a research assistant for others and completed her own Ph.D. thesis research on the effects of rock type on alpine plant distribution and physiology. But much of the time, she hikes simply for leisure. Wanting to explore every bit of the Sierra, she has hiked thousands of on- and off-trail miles and climbed nearly 500 peaks in the mountain range. She recently relocated Australia with her family.

Used this and a couple of websites to prepare for a one-day hike up the Whitney trail. Success! The info and preparation tips were solid, paired with online (most current) information. The three warm-up hikes at altitude were good suggestions. ModernHiker.com has a great supplement for other information, including training hikes in months before your trek up to Whitney. Citizen beware: The government red tape and maddening multiple steps to get a day pass is a lesson in perseverance. Step one: Register for the lottery. Step two: accept your spot if you win. Step three: pay. Don't miss STEP FOUR: CONFIRM that you really, really want the pass you've already paid for two weeks-two days before you hike date. Step five: pick up your pass within two days of your hike. Miss any of these steps and you lose your spot.

This book was especially helpful because we were doing this exact hike (down South Kaobib (sp?) and up Bright Angel Trail) but the book would be useful regardless. Great sections on what to pack, how to think about and prepare for a strenuous hike, what to expect, ideas on how to train and pace yourself and then good info about the canyon itself. There is a lot about geology as the author seems particularly interested in that, history of the canyon, etc. We mostly used it for logistics and planning and it was terrific for that.

Selected this book to prepare for this hike in my 70th year. It has provided the information regarding how to train for the hike, equipment needed, food and water requirement, weather conditions to consider, length of time to complete the Kaibab and the Bright Angel trails, the trail conditions and actual hiking experience. The geology and flora and fauna information is a bit too detailed, suggesting skip the 51 page introduction after reading about the actual hiking preparation and experience.

Very informative and easy read! I found particularly helpful tips on equipment. I am new to hiking and this my first attempt at something like this, so I very much appreciated Elizabeth's expertise. I

also enjoyed re-reading after we got back and could say "yeah, that WAS cool"!

This book is very informative, it has all the information you could need to hike the rim to rim. From weather conditions, what to bring on the trail, and even what critters, and plants lay on the trail. It also explains the camping sites to stay at and the best options/routes to take.

Got this on my way to the grand canyon as a reference. If you are planning on doing any very long or overnight hikes id recommend get this book atleast a couple momths im advance to give you the info to make your trip everything you want it to be. Good info for the beginner or advanced hiker. With many little tidbits on important things you could easily overlook. I finished the book a while after my visit but it is helping me plan my next trip which I hope to include atleast 3 overnights below the rim.

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. As you become more experienced however, you will probably want to leave the popular corridor trails for other routes, and those are not covered in this book. But even for the first trip, you would probably be well advised to invest some money in a few photocopies. The book,

while a fun read, contains more than you will really need for the hike proper. I'd suggest copying the route description and a few side routes and taking that with you on the big trip.

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