



**Trail Guides**

Day hiking in Grand Canyon is one way to experience some of the canyon's rich natural beauty and immense size. No permits or fees are required for day hikes. When hiking into the canyon, plan 1/3 of your time to walk down and 2/3 to trudge back. Assuming that you are physically fit and have adequate food and water (at least 3 quarts / liters per person), the following day hikes are considered reasonable for most people during the summer months. The numbers following correlate with the maps above.

**Always check the status of trails before traveling to the trailhead.**

**1. Bright Angel Point Trail**

0.5 mi./0.8 km round-trip;  
30 minutes approximate round-trip  
A short walk on a paved trail leads to a spectacular view of the canyon. The trail begins at the log shelter in the parking area by the visitor center or at the corner of the back porch behind the lodge. Obtain self-guiding nature trail pamphlets from a box along the trail.

**2. Transept Trail**

3.0 mi./4.8 km round-trip;  
1.5 hours approximate round-trip  
Trail follows the canyon rim from Grand Canyon Lodge to the North Rim Campground.

**3. Bridle Trail**

This trail follows the road as it connects the Grand Canyon Lodge with the North Kaibab Trailhead, a distance of 1.2 miles / 2 km one-way. Pets on leash and bicycles are permitted on this hard-packed trail.

**4. North Kaibab Trail**

Distance and hiking times vary.  
This is the only maintained trail into the canyon from the North Rim. Distances and locations for North Kaibab trail, and information about canyon hiking are listed on pages 12-13. Under no circumstances should you attempt to hike from the rim to the river and back in one day! Round trip to the Colorado River is 28 miles / 45 km and the trail descends almost 6,000 ft. / 1,800 m.

The opening of the North Kaibab Trail may be delayed due to severe winter damage. More information on the North Kaibab Trail is displayed on page 13. This trail is also used by mules.

**5. Ken Patrick Trail**

10 mi./16 km one-way;  
6 hours approximate one-way hiking time.  
Trail winds through the forest and along the rim from Point Imperial to the North Kaibab Trail parking area.

**6. Uncle Jim Trail**

5.0 mi./8.0 km round-trip; 3 hours approximate round-trip hiking time.  
Winds through the forest to a point overlooking the canyon and the North Kaibab Trail switchbacks. Begins at the North Kaibab Trail parking lot. This trail is also used by mules.

**7. Widforss Trail**

10 mi./16 km round-trip; 6 hours approximate round-trip hiking time  
Blends forest and canyon scenery. Even a short walk can be very satisfying. Take the dirt road 1/4 mile / 0.4 km south of Cape Royal Road for 1 mile / 1.6 km to the Widforss Trail parking area. Self-guiding trail brochure available at trailhead.

**8. Arizona Trail**

A section of this trail enters the park near the North Entrance and roughly parallels the highway until it connects with the North Kaibab Trail, a distance of approximately 10 miles / 16 km.

**9. Cape Royal Trail**

0.6 mi./1.0 km round-trip;  
30 minutes approximate round-trip  
An easy walk on a flat, paved trail providing views of the canyon, Angels Window, and the Colorado River. Markers along the trail interpret the area's natural history. Trail begins at the southeast side of the Cape Royal parking area.

**10. Cliff Springs Trail**

1.0 mi./1.6 km round-trip; 1 hour approximate round-trip hiking time.  
Path meanders down a forested ravine and ends where a chest-high boulder rests under a large overhang. The spring is on the cliff side of the boulder. Please do not drink the water as it may be contaminated. Trail begins directly across the road from a small pullout on a curve 0.3 miles / 0.5 km from Cape Royal.

**11. Cape Final Trail**

4.0 mi./6.4 km round-trip;  
2 hours approximate round-trip  
A forested walk from the dirt parking area to Cape Final. This trail offers a view of the canyon.

**12. Roosevelt Point Trail**

0.2 mi./0.3 km round-trip;  
20 minutes approximate round-trip  
This trail is a short, secluded woodland loop with spectacular views. Offers benches for relaxed enjoyment of the canyon.

**13. Point Imperial Trail**

4.0 mi./6.4 km round-trip;  
2 hours approximate round-trip  
This easy trail passes through areas burned by the 2000 Outlet Fire and ends at the north park boundary. Connections are possible from there to the Nankoweap Trail and U.S. Forest Service roads.

