



One Best Hike: Grand Canyon: Everything You Need to Know to Successfully Hike from the Rim to the River — and Back

Elizabeth Wenk

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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.

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