



Central Corridor Trail List

Grand Canyon National Park

The Central Corridor Trails in Grand Canyon Nat'l Park are overwhelmingly the most popular trails into the canyon. These trails are easily followed, well signed, well travelled, patrolled by NPS Rangers regularly, and are recommended for first time Canyon hikers. All other trails into the canyon are unmaintained wilderness trails, requiring advanced route finding skills, and not recommended for first time Canyon hikers.

REMEMBER: It is not advised for any Canyon hiker to attempt to go from the Canyon's Rim to the Colorado River and back in one day.

The Central Corridor Trails consist of the three following trails:

Bright Angel Trail

Length: One-way mileage is 9.3 miles from the trailhead to Bright Angel Campground.

Elevation: 6,850'(trailhead) – 2,500'(Colorado River) = 4,350' net loss /gain.

Hike Time: Usually 4-6 hours going down and double that time to come up.

Difficulty: Strenuous, some shade areas.

Water Availability: Some

Views: Superb views although more restricted than the South Kaibab. Plateau Point, a spur trail from Indian Garden provides one of the most beautiful views of the Colorado River from a 1,200 foot vantage point above.

Day Hikes:

Mile-and-a-Half Resthouse: 3 Miles Round-Trip

Three Mile Resthouse: 6 Miles Round-Trip

Indian Garden: 9.2 Miles Round-Trip

Plateau Point: 12.5 Miles Round-Trip

Recommendation: Longer and less steep than South Kaibab, with water available sporadically, and offering some shade areas. This is a good hike in winter (need crampons or cleats near the rim), and during cooler weather. Due to water availability and intermittent shade areas, this trail is much preferred over South Kaibab Trail during hot weather. In summer, do not hike during the hottest time of the day (between 10:00 a.m. to 4:00 p.m.). Be sure to be off the trail and resting in the shade during these times of extreme heat.

South Kaibab Trail

Length: One-way mileage is 6.8 miles from the trailhead to Bright Angel Campground.

Elevation: 7,250'(trailhead) – 2,500'(Colorado River) = 4,750' net loss /gain.

Hike Time: Usually 3-5 hours going down and double that time to come up.

Difficulty: Very Strenuous, no shade.

Water Availability: NONE

Views: Spectacular views, most trails follow side canyon drainages while the South Kaibab follows open ridges, providing some of the prettiest panoramic views in the park.

Day Hikes:

Ooh-Aah Point: 1.5 Miles Round-Trip

Cedar Ridge: 3 Miles Round-Trip

O'Neill Butte: 5 Miles Round-Trip

Skeleton Point: 6 Miles Round-Trip

Recommendation: Shorter, but steeper than Bright Angel, with little shade and NO WATER AVAILABLE. This is a good hike in winter (need crampons or cleats near the rim), and during cooler weather. Avoid this trail in hot weather. In summer, do not hike during the hottest time of the day (between 10:00 a.m. to 4:00 p.m.). Be sure to be off the trail and resting in the shade during these times of extreme heat.

North Kaibab Trail

Length: One-way mileage is 6.9 miles from the trailhead to Cottonwood Campground, and a total of 14.5 miles to Bright Angel Campground.

Elevation: 8,250'(trailhead) – 2,500'(Colorado River) = 5,750' net loss /gain.

Hike Time: Usually 4-6 hours to Cottonwood Campground and double that time to come up. Add another 3-5 hours going from Cottonwood Campground to Bright Angel Campground.

Difficulty: Very Strenuous, some areas of shade.

Water Availability: Yes, see Trail Chart below.

Views: Excellent

Day Hikes:

Coconino Point: 1.5 Miles Round-Trip

Supai Tunnel: 4 Miles Round-Trip

Caves (Redwall) Bridge: 5.4 Miles Round-Trip

Roaring Springs: 10 Miles Round-Trip

Recommendation: Due to the North Rim of Grand Canyon being closed in winter, this trail gets much less use compared to the previous two. Some water is available sporadically, and some shade areas are available. In summer, (this trail's busy time of the year), do not hike during the hottest time of the day (between 10:00 a.m. to 4:00 p.m.). Be sure to be off the trail and resting in the shade during these times of extreme heat.

Trail Chart

Bright Angel Trail

Trailhead Elevation
6,850 feet

<i>Landmark</i>	<i>Mileage from Rim</i>	<i>Elevation</i>	<i>Water</i>	<i>Toilets</i>	<i>Emergency Phone</i>
1.5 Mile Resthouse	1.5 miles	5,700 feet	May-Sept	Yes	Yes
3 Mile Resthouse	3.0 miles	4,700 feet	May-Sept	No	Yes
Indian Garden	4.6 miles	3,800 feet	Yes	Yes	Yes
Plateau Point (side trail)	6.25 miles	3,800 feet	No	No	No
The Corkscrew	6.2 miles	3,200 feet	No	No	No
River Resthouse	7.6 miles	2,500 feet	No	No	No
Bright Angel Bridge	8.9 miles	2,500 feet	No	No	No
Confluence of Colorado River and Bright Angel Creek	9.1 miles	2,450 feet	Yes	Yes	Yes
Bright Angel Campground	9.3 miles	2,450 feet	Yes	Yes	Yes
Phantom Ranch	9.8 miles	2,550 feet	Yes	Yes	Yes

South Kaibab Trail

Trailhead Elevation
7,250 feet

<i>Landmark</i>	<i>Mileage form Rim</i>	<i>Elevation</i>	<i>Water</i>	<i>Toilets</i>	<i>Emergency Phone</i>
Ooh Ahh Point	0.75 miles	6,450 feet	No	No	No
Cedar Ridge	1.5 miles	6,300 feet	No	Yes	No
O'Neill Butte	2.5 miles	5,700 feet	No	No	No
Skeleton Point	3 miles	5,200 feet	No	No	No
Tonto Trail Junction	4.3 miles	4,000 feet	No	Yes	No
The Tip-Off	4.5 miles	3,850 feet	No	No	Yes
Panorama Point	5 miles	3,550 feet	No	No	No
Kaibab Bridge	6.0 miles	2,500 feet	No	No	No
Confluence of Colorado River and Bright Angel Creek	6.2 miles	2,450 feet	Yes	Yes	Yes
Bright Angel Campground	6.4 miles	2,450 feet	Yes	Yes	Yes
Phantom Ranch	6.9 miles	2,550 feet	Yes	Yes	Yes

North Kaibab Trail

Trailhead Elevation
8,250 feet

<i>Landmark</i>	<i>Mileage from Rim</i>	<i>Elevation</i>	<i>Water</i>	<i>Toilets</i>	<i>Emergency Phone</i>
Coconino Overlook	0.75 miles	7,600 feet	No	No	No
Supai Tunnel	2.0 miles	6,800 feet	May-Sept	Yes	No
Redwall Bridge	2.7 miles	6,250 feet	No	No	No
The Needle	3.8 miles	5,900 feet	No	No	No
Roaring Springs Junction	4.7 miles	5,200 feet	No	Yes	No
Pumphouse	5.7 miles	4,850 feet	May-Sept	No	No
Cottonwood Campground	6.9 miles	4,000 feet	May-Sept	Yes	Yes
Ribbon Falls	8.4 miles	3,750 feet	No	No	No
The Box	12 miles	2,950 feet	No	No	No
Phantom Ranch	14.0 miles	2,550 feet	Yes	Yes	Yes
Bright Angel Campground	14.5 miles	2,450 feet	Yes	Yes	Yes
Confluence of Colorado River and Bright Angel Creek	14.7 miles	2,450 feet	Yes	Yes	Yes

Notes: