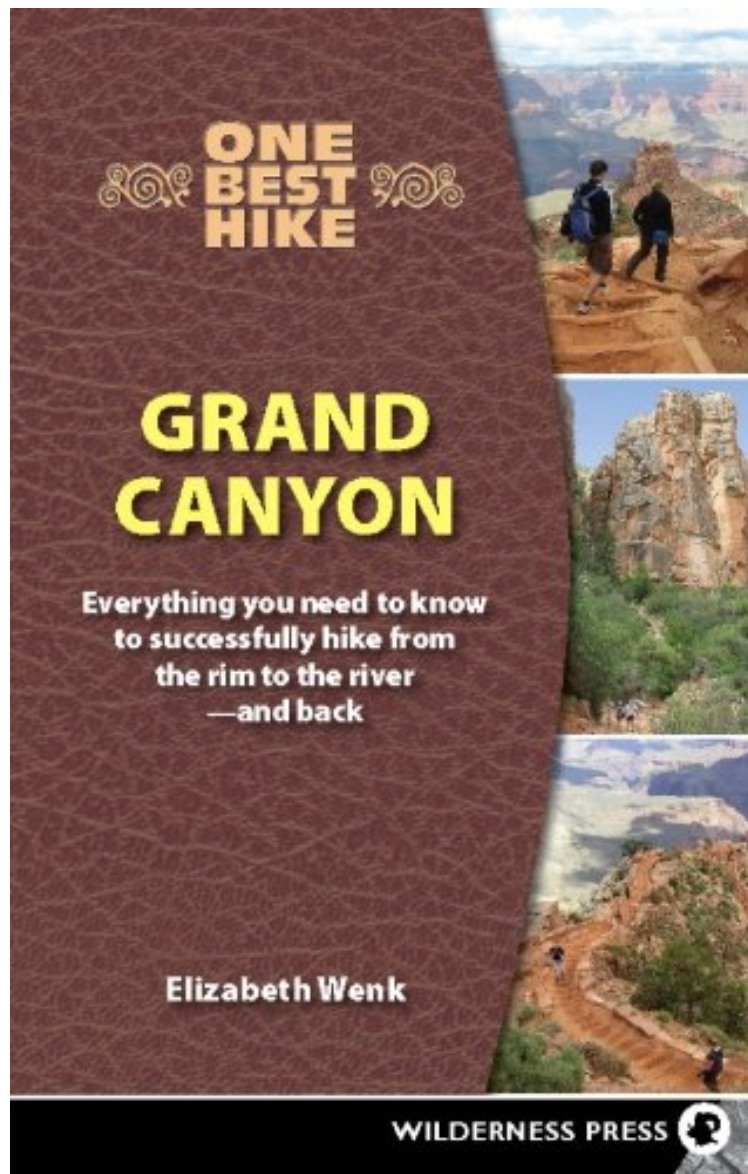


(Free) One Best Hike: Grand Canyon: Everything You Need to Know to Successfully Hike from the Rim to the River and Back

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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Elizabeth Wenk : One Best Hike: Grand Canyon: Everything You Need to Know to Successfully Hike from the Rim to the River and Back before purchasing it in order to gauge whether or not it would be worth my time, and all praised One Best Hike: Grand Canyon: Everything You Need to Know to Successfully Hike from the Rim to the River and Back:

1 of 1 people found the following review helpful. Great guide, if you also research online supplemental information
By Douglas Clark
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.
1 of 1 people found the following review helpful. Everything we needed, and then some, for our trip.
By TG Berkeley
This book was especially helpful because we were doing this exact hike (down South Kaibab (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.
1 of 1 people found the following review helpful. Required reading prior to this hike
By Coyote Bob
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.

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.

"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