

## **STRENUOUS HIKE NOTICE – All hiking trips in the Grand Canyon!!**

**\*\*\*\*\*IMPORTANT\*\*\*\*\*IMPORTANT\*\*\*\*\*IMPORTANT\*\*\*\*\***

### **Training – This is for everyone!!**

One of the most important preparations for your Grand Canyon, Escalante, Grand Gulch and/or Canyonlands trip is training. This will ensure that your trip is as safe and enjoyable as possible. The best way to train for your trip is to go on numerous hikes. The steeper these hikes are the better. Elevation gain/loss of most of the trails in the Grand Canyon is over 4,500 feet. If hiking is not an option, we recommend running up and down stadium bleachers or stairways of tall buildings. It is strongly recommended for those going on a backpacking trip with us, to wear a backpack (a day pack or school backpack will work) carrying some substantial weight inside (**about 30-40lbs. or 13.5-18kgs**). An example would be a bag of dog food, kitty litter, or bird seed. Going to the gym or using a stair climbing machine ***WILL NOT*** prepare you nearly as well as hiking. Folks that use an “elliptical” machine 3 times a week rarely complete the hike!!!

It is important for you to start training for your hike as soon as possible!!! The reason for this is that these hikes are very demanding on your body. Most of our trailheads are located at 7,000+ feet, which means that people coming from lower elevations usually have a harder time acclimating to the thinner air and find it harder to catch their breath. Another reason training is so important is that you will be carrying additional weight while hiking which you may not be accustomed to. This extra weight can make hiking the steep terrain a lot more challenging. Finally, hiking between mid-May and mid-September, one can expect to see temperatures around or over 100 degrees Fahrenheit (38C). These high temperatures often lead to fatigue and exhaustion. By training you will decrease the likelihood of this occurring.

Four Season Guides encourages everyone going on an overnight hike to train a minimum of five hours a week. Many of the hikes we offer involve hiking up to five hours or more a day (i.e. Rim to Rim, S. Kaibab Loops, Hermit, Egypt). Be aware of the type of hike you have signed up for, not all are strenuous, but some can be very challenging for even an experienced hiker. All of our “backpacking” trips will require you to carry a **minimum** of **30lbs.** (13.5kgs.) and some may require one to carry as much as **50lbs.** (22.5kgs.).

**Those that do not train will most likely NOT make it to the first camp and will have to be evacuated\* off of the trip. Those that train will have an amazing experience. Please be courteous of other people on the hike...PLEASE do not ruin everyone else’s vacation!!**

**\*If we have to rescue you off of a trip because you did not properly prepare, we WILL charge you between \$1500-\$10,000 depending upon the situation. Properly prepare and this will not happen to you!!! When you have to be evacuated, it ends the trip for everyone.**

**\*\*All training for your hike should be done wearing the boots that you will be wearing on your hike. This will ensure that they are broken in properly which will reduce the chance of blisters.**

**\*\*\*Your body and mind will greatly appreciate the training that you do for this trip!!!**

**PLEASE DO NOT TAKE THIS LIGHTLY...START TRAINING TODAY!!!  
THIS IS NOT A WALK IN THE PARK!!!**

**Medical Concerns:** If you have asthma, high blood pressure, a heart condition, or are overweight and/or smoke cigarettes, attempting these hikes puts your health at serious risk. If you have any of these conditions or are unsure whether you are in good enough shape for this hike, we strongly urge you to get your physicians+ approval for this trip. Please call us if you have any questions or concerns about the canyon’s environment and how we deal with the sometimes-extreme conditions.

+When you consult your physician, please take a copy of this sheet so that she/he is advised of the condition that you will experience during the hike