

Training – This is for everyone doing a non “Backpacking” Trip

One of the most important preparations for your Grand Canyon trip is training. This will ensure that your trip is as safe and enjoyable as possible. The best possible way to train for your trip is to go on numerous hikes. The steeper these hikes are the better. Elevation/gain loss on the trails you will be hiking will be over 5,700 feet. If hiking is not an option, we recommend running up and down stadium bleachers or stairways of tall buildings. It is strongly recommended to wear a backpack (a day pack or school backpack will work) carrying some substantial weight inside (about 10-15lbs or 5kgs.). An example would be a bag of dog food, kitty litter, or 2 gallons of water. You will not be able to effectively train for this trip without carrying a backpack with some sort of weight in it. Going to the gym or using a stair climbing machine will not prepare you nearly as well as hiking.

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. The trailheads for this hike are located at 6,500-8,200+ 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 well over 100 degrees Fahrenheit. 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.

It is very simple; train and you will have a great experience, don't train and it will be awful!

*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!!!
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