

South Rim to North Rim Distances and Waypoints

	Cumulative Distance		Stage Distance		Elevation		Stage Elev Change		Time of Day	Stage Time	Resting Time	Cumulative Time	Hiking Pace per Mile
	Miles	KM	Miles	KM	Feet	Meters	Feet	Meters					
South Rim to North Rim													
Kachina Lodge					6,864'	2,092m			3:30 AM				
Bright Angel Trailhead	0.3	0.4	0.3	0.4	6,860'	2,091m	-4'	-1m	3:34 AM	0:04:00		0:39:34	0:15:23
1.5 Mile Resthouse	1.9	3.0	1.6	2.6	5,729'	1,746m	-1,131'	-345m	4:09 AM	0:25:10	0:10:24	0:39:34	0:15:44
3 Mile Resthouse	3.4	5.4	1.5	2.4	4,748'	1,447m	-981'	-299m	4:44 AM	0:35:21		1:14:55	0:23:34
Indian Garden	5.1	8.1	1.7	2.7	3,800'	1,158m	-948'	-289m	5:42 AM	0:45:29	0:12:08	2:12:32	0:26:45
River Resthouse	8.3	13.3	3.2	5.1	2,480'	756m	-1,320'	-402m	6:52 AM	1:09:49		3:22:21	0:21:49
Bright Angel Campground	9.8	15.7	1.5	2.4	2,480'	756m	0'	0m	7:27 AM	0:34:41		3:57:02	0:23:07
Phantom Ranch	10.4	16.7	0.6	1.0	2,556'	779m	76'	23m	8:01 AM	0:13:34	0:20:25	4:31:01	0:21:12
Cottonwood Campground	17.0	27.4	6.6	10.6	4,053'	1,235m	1,497'	456m	11:01 AM	2:29:30	0:31:07	7:31:38	0:22:39
Manzanita Rest Area	18.4	29.6	1.4	2.3	4,553'	1,388m	500'	152m	11:41 AM	0:36:41	0:03:00	8:08:19	0:26:12
Redwall Bridge	21.2	34.1	2.8	4.5	6,020'	1,835m	1,467'	447m	1:25 PM	1:25:38	0:18:24	9:52:21	0:30:35
Supai Tunnel	22.1	35.6	0.9	1.4	6,800'	2,073m	780'	238m	2:29 PM	0:46:44	0:17:26	10:56:31	0:51:56
North Kaibab Trailhead	23.8	38.3	1.7	2.7	8,241'	2,512m	1,441'	439m	3:48 PM	1:10:50	0:07:56	12:15:17	0:41:40
Totals			23.8	38.3			Hill Climbing 5,761'	1,756m		10:17:27	2:00:50	12:18:17	0:25:57
												Pace including rest stops=>	0:31:01

