



Arizona Grand Canyon Phantom Ranch South Rim Hiking 5 Day

Trip Planner

THANK YOU FOR CHOOSING MT SOBEK

We look forward to hosting you! This **Trip Planner** includes essential information to prepare for your upcoming adventure. Please read it carefully, and contact your *Adventure Coordinator* if you have any questions.

About three weeks prior to departure, we will email you **Final Details** which will include information on your guides, accommodations, meet-up instructions, and emergency contacts in case you are delayed en route.

Important Information

- [Arizona Grand Canyon Phantom Ranch South Rim Hiking 5 Day - Trip Planner for 2026](#)
- **Activity Level 4:** Trip members will carry their large daypack weighing 15-25 pounds 7 miles (4,780' elevation loss) down to Phantom Ranch and 10 miles (4,300' elevation gain) up to the South Rim of the canyon, maintaining a 2+ mile per hour pace.

GOT QUESTIONS? SPEAK WITH AN EXPERT.



1-800-974-0300



INFO@MTSOBEK.COM

Arrival & Departure

Booking Your Flights

Please check with your Adventure Coordinator before purchasing your flights. While we can typically confirm whether your trip will run well in advance of your departure, many factors affect this decision. In some cases the decision may be made just prior to your final payment date.

For assistance making your air arrangements, we recommend:

EXITO TRAVEL

Phone: 1-800-655-4053

Email: mtsobek@exitotravel.com

ARRIVAL: Please arrive in Phoenix, Arizona (airport code **PHX**) the day prior to Day 1 of the itinerary. We recommend staying at our pick up hotels.

Your tour leaders will pick up on Day 1 at:

8:00 am - [Fairfield Inn & Suites Tempe](#) and [Town Place Suites Tempe](#). Both hotels are located at 1929 East Rio Salado Parkway and share a lobby.

8:15 am - [Fairfield by Marriott Inn & Suites Phoenix Tempe/Airport](#)- 2222 South Priest Drive, which offers an airport shuttle service

If you are flying into Flagstaff, AZ on Day 1 of the itinerary, pick-up from the airport (code **FLG**) may be arranged for 10:30 am.

DEPARTURE: You can schedule your departing flight from Phoenix, AZ (code PHX) after 6:00 pm on Day 5. We will drop at the airport around 4:30 pm and if guests are extending continue to our recommended pre or post hotels listed above.

If you are departing from Flagstaff airport, drop-off will be at 2:00 pm the way to Phoenix.

Extending Your Stay

If you are arriving early or staying after the trip end, we recommend our one of our pre and post hotels.

[Fairfield Inn & Suites Tempe](#)

[TownPlace Suites Tempe](#)

[Fairfield by Marriott Inn & Suites Phoenix Tempe/Airport](#)

On Your Trip

Accommodations

Our carefully crafted itineraries include hand-picked accommodations across the globe. Please refer to your itinerary and the hotel contact list included in your final trip details for the specific accommodations on your adventure.

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On this trip, your accommodation includes a lodge inside the national park at Grand Canyon Village. Located just a short walk or shuttle ride from the canyon rim, these lodges offer an ideal location and standard amenities including private bathrooms.

You'll also stay at celebrated Phantom Ranch at the bottom of the canyon. On MT Sobek trips, you'll stay in 4-person or 10-person cabins at Phantom Ranch. These are mixed-gender, shared accommodations with bunk beds, a heating/cooling unit, and a bathroom with a flush toilet and sink. A short walk from the cabins is a larger bathhouse with male and female shower facilities, towels, and liquid soap.

Communications

Your accommodation at the South Rim of the Grand Canyon will have landlines, as cell service varies by carrier. Check with your phone service provider on coverage availability. Due to its remote nature, you will not find reliable (or possibly any) cell service once inside the canyon. At Phantom Ranch, only emergency phone service is available. Wi-Fi will not be available on this adventure.

Electronics

Your accommodation near the South Rim of the canyon and your cabin at Phantom Ranch will have electrical outlets for charging your devices. There are also electrical outlets for charging in the Phantom Ranch Canteen.

Meals

Please list all dietary restrictions and food allergies on your Participant Information Form so that we can inform your guides. We can successfully accommodate many special diets, but due to regional limitations or cooking facilities, please be aware that we may not be able to fulfill every request. If your dietary needs are critical (e.g. severe nut or wheat allergies), please let us know as soon as possible.

BREAKFASTS: Breakfast options may include freshly prepared foods such as fresh fruit, pancakes, eggs, breakfast sausages, and bacon along with juice, coffee, and tea.

LUNCHES: Lunch is packed to carry in your day pack and eaten on the trail. Sandwiches may include tuna salad, turkey pesto wrap, deli options, or similar.

DINNERS: While at the South Rim, you'll dine at an historic restaurant with a range of options. Dinners at Phantom Ranch will be steak or stew with garden salad, cornbread, potatoes and/or vegetables, dessert, coffee, and tea. Vegetarian chili is also available.

SNACKS: Provided snacks typically include a variety of energy foods and bars, trail mix, dried fruit, and candies.

ALCOHOL: Soft drinks, water, coffee and tea are included at group meals. Alcohol is available for purchase.

Money

Your land cost includes most major expenses of the trip but please plan to budget for any expenses not included in the trip price including items such as personal items, alcohol, souvenirs, and optional guide gratuities.

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ATMs are available at the South Rim inside the Grand Canyon National Park. Please ask your guide for assistance in locating the nearest machine currently in operation.

Tipping guidelines

Tipping your adventure guides is a common practice to show appreciation for their hard work and expertise in ensuring you have a great experience. The amount you tip may vary based on factors such as the length of the trip, the level of service, your guide team size, and your overall satisfaction.

On our hiking and rafting adventures in the United States and Canada, we recommend tipping your guide team \$50 - \$70 per day, per guest. On our camping based trips where guides prepare meals and look after accommodations, please consider tipping at the higher end of the range if you received excellent service.

Guides can accept gratuities paid by cash or apps like (Venmo, Zelle, PayPal, etc.). To ensure equitable distribution to the entire guide team, please deliver all gratuities to the trip leader.

Tips for restaurants, activity vendors, and hotel staff are included in your trip price.

Transportation

We will be traveling in an air-conditioned 15 passenger van throughout the trip. The van has viewing windows, cup holders and charging usb ports. The roads in most National Parks are well paved but may be narrow and winding.

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Packing List

PROVIDED

- ✓ Trekking poles
- ✓ Ice traction devices (Yaktrax or similar)

LUGGAGE

- ☐ Soft-sided wheeled duffel or suitcase
- ☐ Daypack with 30-50 liter capacity with hip belt
- ☐ TSA-approved luggage locks

CLOTHING

- ☐ Underwear for every day of travel
- ☐ Lightweight base layer tops and bottoms (seasonal dependent)
- ☐ Long-sleeved hiking shirts
- ☐ Short-sleeved hiking shirts
- ☐ Hiking pants
- ☐ Hiking shorts (seasonal dependent)

OUTERWEAR

- ☐ Down jacket or vest (seasonal dependent)
- ☐ Waterproof rain jacket with hood
- ☐ Waterproof rain pants
- ☐ Sun hat or baseball cap
- ☐ Bandana or neck buff
- ☐ Fleece/wool hat (seasonal dependent)
- ☐ Fleece/wool gloves or mittens (seasonal dependent)

FOOTWEAR

- ☐ Hiking boots or shoes
- ☐ Comfortable walking shoes
- ☐ Wool/synthetic hiking socks

TRAVEL ACCESSORIES

- ☐ Reusable water bottle(s) or backpack hydration system (recommended 3 liters total capacity)
- ☐ Headlamp with a red light and fresh batteries
- ☐ Camera, charger, and memory
- ☐ Toiletry kit
- ☐ Personal medical kit
- ☐ Sunglasses
- ☐ Spare prescription glasses, sunglasses, or contact lenses
- ☐ Sunscreen and lip protection

OPTIONAL TRAVEL ACCESSORIES

- ☐ Preferred hiking poles (only if you have a favorite pair as MT Sobek will provide for the trip)
- ☐ Electrolyte drink additives
- ☐ Eye mask
- ☐ Ear plugs
- ☐ Water shoes
- ☐ Bug spray
- ☐ Ace bandage or brace
- ☐ Reading and writing material
- ☐ Favorite snacks

Phantom Ranch will have bath towels and a combined liquid soap and shampoo.

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Please give us a call at 800-974-0300

Packing Notes

Packing for Weather

It's important to **check the weather conditions at both Grand Canyon Village and Phantom Ranch** before you depart, so you are prepared for the full range of possibilities!

There is usually little rain in the Grand Canyon, but hikers should be prepared for a stray rainstorm or even snowstorm, especially during winter (which can run through April some years) and at the higher elevations along the rim. July and August have sporadic afternoon thunderstorms. In spring and fall, temperatures at Phantom Ranch are usually from 80°-90°F+. June through August can top 100°F. During the winter, highs can range 50°-70°F. Nighttime temperatures will be about 30°F cooler than daytime highs. Because of the significantly lower elevation, it is common for Phantom Ranch to be 30°F warmer than the Grand Canyon's South Rim. Packing a variety of clothing layers will help keep you comfortable throughout the adventure.

Summer departures between mid-May and mid-September: excessive heat warnings and temperatures upwards of 115°F are possible in the canyon and should be strongly considered when deciding on your trip dates.

Winter departures between mid-November and mid-March: freezing temperatures and snow are common along both rims of the canyon. Please be sure to pack plenty of warm layers, even though temperatures below the rim will be warmer.

Daypack

You will need to pack your daypack with any gear you would like to access while on the trail, as well as the items you will need for your time at Phantom Ranch. We highly recommend a day pack with a hip belt.

For your days on the trail, you will carry your lunch, drinking water, sunscreen, trekking poles when you're not using them, hat, and camera, and may include a fleece, puff jacket and a rain shell, even if it is sunny when you wake up.

At Phantom Ranch, you'll be staying in mixed gender cabins, so please pack appropriate sleepwear. You'll also need basic toiletries, medications, a change of clothing including warm layers for the evening, a headlamp with red light, and other personal items such as ear plugs. All items must be carried in and packed back out of the canyon in your daypack, so choose your daypack wisely!

Extra luggage can be stored at the top of the canyon in our windowless, locked MT Sobek trailer while visiting Phantom Ranch.

Footwear

Choosing your hiking boots is one of the most important decisions you will make when preparing for your Grand Canyon trip. You will need sturdy, medium-weight, waterproof hiking boots with good lug soles. Low-ankle running or trail shoes are not acceptable. If you're buying new boots, be sure to completely break them in prior to the trip.

- **Solid, sturdy soles.** You should not be able to feel rocks or thorns beneath your feet.
- **Good leg and ankle support.** This will help protect against a twisted ankle.
- **Proper fit.** Your feet shouldn't slip around from front to back or side to side.
- **Waterproof.** It's important to keep your feet dry!

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Laundry

Please come prepared with all the clothing you will need for this adventure. There are coin operated laundry facilities available in Grand Canyon Village, should you need them.

Health & Training

Prior to traveling, and before beginning any training regimen, please consult with your physician. Make an appointment with your doctor to discuss your current health, any immunizations or medications you may need for your trip, and current/planned exercise regimen. Check with the [US Centers for Disease Control & Prevention \(CDC\)](https://www.cdc.gov) for information on recommended immunizations, and/or your healthcare provider for health concerns at your destination.

MT Sobek is not a medical authority and can only provide general information, which may not be accurate at the time of travel.

Staying Healthy

MEDICAL CARE

It's important that we have your accurate and up-to-date health information — especially in the event of a medical emergency on trip. Your Adventure Guides are responsible for the safety of all trip members, and may evacuate or disqualify you in the field if necessary. Please note that no refunds are given if you must leave the trip due to physical exertion for which you are not prepared.

Please be aware that hospital facilities could be far away, a doctor may not always be available, and evacuation can be prolonged, difficult, and expensive. We highly recommend purchasing travel protection.

SELF CARE

If it is going to be hot during your trip, consider bringing some powdered electrolytes to add to your drinking water to replenish minerals lost by sweat. On hiking and trekking trips, it's also a good idea to pamper your feet. Wear liner socks or use moleskin or Compeed patches if your feet are prone to sweating which can lead to hot spots and blisters. Don't forget to clip your toenails! Stay healthy by washing/sanitizing your hands regularly, especially before eating and touching your face. It's a good idea to bring a supply of hand sanitizer and to use it frequently.

BLISTERS

Blisters are common on long hiking trips. Please come prepared. We recommend a combination of Band-Aids or blister cushions placed directly on your heel, and an adhesive bandage placed over the blister cushion to keep it in place and add extra protection.

Tips for Getting in Shape

Activity Level 4: Trip members will carry their large daypack weighing 15-25 pounds for 7 miles (4,780' elevation loss) down to Phantom Ranch and 10 miles (4,300' elevation gain) back up to the rim of the canyon, maintaining a 2+ mile per hour pace.

Give yourself at least 6 months prior to your trip to get into your best possible cardio condition. Check with your doctor before starting any exercise program to determine your target heart rate during exercise. Do some cardio several times a week - walking, biking, running, swimming, etc.

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Get outside multiple times a week with back-to-back days of activity. Start out gradually and increase your aerobic training to 4 to 5 times each week, 40 to 60 minutes at a time. Go for full day hikes at least once a week to start. Your heart will thank you on those uphill!

While hiking, carry some extra weight in your daypack, which should have a hip belt and sternum straps. Start with your water, snacks, and the same gear you plan to bring on your trip, which will weigh +/- 25 lbs. Gradually add weight in 2-3 lb increments (such as bags of rice) as you get closer to your trip! Make sure the weight is comfortably placed in your daypack and doesn't stress your back or shoulders. Carrying weight builds muscle and simulates the experience of hiking at a higher altitude.

Travel Protection

Travel protection cannot prevent mishaps from occurring, but it can reduce the burden of unexpected expenses and additional travel arrangements that need to be taken care of with little notice. We **highly** recommend purchasing travel protection before your trip. *Note: Many plans require purchase within a certain time from making your reservation or before final payment is made.*

If you intend to rely on your Credit Card Travel Insurance benefits, here are a few important questions to ask your credit card company prior to your trip:

- What if I have a medical emergency, an accidental injury, or get sick? What if any of those things happen to my traveling companion, or close family member?
- What if I have a travel delay and miss part of the trip or my trip is interrupted?
- What if my luggage is lost, stolen or damaged?
- What if I need to be evacuated or need help in an emergency?
- Are pre-existing medical conditions covered?

Arch RoamRight

The MT Sobek Travel Protection Plan may be purchased at any time up to 10 days before your departure date. However, we encourage you to purchase this plan within 14 days of your initial trip payment in order to be eligible for certain time sensitive benefits.

We offer the MT Sobek Travel Protection Plan for purchase designed with you and your travel investment in mind. The Plan includes trip cancellation and interruption coverage, baggage loss protection, and emergency medical expense coverage along with emergency medical evacuation coverage. For pricing, please contact your Adventure Coordinator. If you have specific coverage questions, you may call Arch RoamRight at 844-631-6699. Full details of the plan are available by visiting: <https://partner.roamright.com/?AgencyCode=MTSOBEK>. The plan becomes effective upon MT Sobek's receipt of the premium amount. Deposits are not applied toward your travel protection premium. If you would like to purchase the MT Sobek Travel Protection plan, please contact your Adventure Coordinator.

General Trip Notes

Sustainability

We pride ourselves on being an environmentally responsible company and following "leave no trace" principles in the field. We request that on your trip you carry out whatever you carry in, including non-biodegradable items such as batteries, empty plastic containers, food wrappers, and so on. We suggest that you carry a large zip-lock bag in your

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backpack for your trash while you're on the trail. As you pack for your trip, think about ways to minimize waste, e.g. reuseable or recyclable materials.

Itinerary Changes

We always strive to provide the best and safest experience possible. Itinerary changes to accommodate unexpected changes in weather, transportation or logistics may be necessary which may impact accommodations, vehicle transfers and the timing of activities. This may or may not include changes to vehicle transfers, accommodations, and/or the timing of daily activities.

Please arrive with a spirit of adventure and willingness to be flexible.

Security

It is always wise to follow some simple safety precautions such as carrying minimal spending money and keeping a credit card stashed in a money belt or neck pouch. Remember that electronics, camera bags, jewelry, and purses attract attention. Certain accommodations such as mountain huts and tents may not have safes or door locks. If you must bring valuables on the trip, please understand that they're 100% your responsibility.

Smoking

Guests may not use cigarettes, cigars, e-cigarettes, vaporizers, or any other such item in areas where others are affected, such as in vehicles, within enclosed areas, or in the presence of others. Smoking is prohibited in MT Sobek accommodations.

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