Arizona Grand Canyon Phantom Ranch South Rim Hiking 4 Day - 2026

A Quick Escape to the Hidden Depths of the Canyon

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

We love talking travel!
Contact us at info@mtsobek.com
or call **800-974-0300**

Feel the difference

with **Mountain Travel Sobek**

Unrivaled Expertise

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

Unique Trip Design

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

Small Groups

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.

Leading the Way

World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.

Why take this trip with us?

REASON 1

MT Sobek's long history working in concert with national parks makes authorized adventures to remote locations possible

REASON 2

Our compact four-day trip takes you to the bottom of the Grand Canyon and back up on two legendary trails and includes a night at sought-after Phantom Ranch

REASON 3

Expert guides are with you every step of the way, ready with helpful tips, friendly encouragement, and a wealth of Grand Canyon knowledge

At A Glance

ACTIVITIES

Two back-to-back days of challenging hiking on steep canyon trails up to 10 miles with 4,300' of elevation gain and spectacular views.

LODGING

Stay within the park while at the South Rim. Your night at Phantom Ranch is in shared, mixed gender cabins reserved exclusively for MT Sobek guests and guides.

CLIMATE

Be prepared for anything as the weather varies. South Rim temperatures range from 27 F to 62 F. Phantom Ranch temperatures range from 42 F to 82 F.

KNOW BEFORE YOU BOOK

Phantom Ranch Accommodations

During your stay at Phantom Ranch, you will occupy shared, mixed-gender cabins reserved exclusively for MTS guests and guides. Single rooms are unavailable for the nights in the canyon. Each cabin varies in size, accommodating anywhere from two to ten occupants, and is equipped with bedding, a cold-water sink, a toilet, liquid soap, and hand towels. Showers, hot-water sinks, bath towels, and a combined liquid soap and shampoo are provided at a central facility available to all ranch guests.

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A Quick Escape to the Hidden Depths of the Canyon

Challenge yourself to a short but incredibly sweet adventure, hiking from the South Rim down to the bottom of the Grand Canyon and back up the next day with a well-earned night in the comfort of Phantom Ranch in between. You'll cover 17 miles on two of the park's most scenic corridor trails, descending almost 4,800 feet along the spectacular South Kaibab Trail to the banks of the Colorado River, and climbing back up to the rim on famed Bright Angel Trail, enjoying classic Grand Canyon views the entire way. Although the hiking can be demanding at times, this trip provides a fantastic opportunity for very fit hikers to enjoy a truly immersive experience in the Grand Canyon wilderness.

4 Days

Start: Phoenix, Arizona

End: Phoenix, Arizona

Departing: January, February, March, April

Activities: Hiking & Trekking

Lodging: Comfortable Hotels, Rustic Lodging

Group Size: 2-8 Guests

ACTIVITY:

Check mtsobek.com for date-specific pricing.

> ***Thank you for a wonderful trip! The guides, the meals and the prep materials were great.***
>
> - Fay S.

The Itinerary

DAY 01

Marvel at an Ancient Pueblo, Architectural Landmark & Grand Canyon Views

Your trip begins after meeting up with your guides and group in Tempe or Flagstaff, Arizona. Together you head north through the Sonoran Desert and Sunset Crater National Monument with stunning views of its towering cinder cone and volcanic terrain. After a scenic stop for lunch, explore the stone foundations of 12th-century Wupatki Pueblo and the "breathing earth" at Wupatki National Monument, where past civilizations and natural wonders leave a lasting impression. As you enter the park, pause at the 70-foot-tall Desert View Watchtower, perched on the canyon's edge. Designed by Mary Colter in 1932, Desert View contains a wealth of murals depicting Hopi traditions and stories. Arriving at the South Rim of the Grand Canyon National Park, you will have some free time to enjoy panoramic views of this awe-inspiring gorge. Feel the excitement rising at dinner this evening, as your guides explain what to expect during tomorrow's adventure down to Phantom Ranch.

ACCOMMODATION: Thunderbird Lodge or Kachina Lodge
MEALS: Lunch | Dinner
TRANSPORTATION: 4.5 hours private van transfer
ACTIVITY: 3 miles hiking with 100' elevation gain and loss

DAY 02

Descend the South Kaibab Trail & Arrive at Phantom Ranch

Begin your journey into the inner canyon on the most direct—and one of the most scenic—routes to the Colorado River. The hand-built South Kaibab Trail follows open ridgelines that provide jaw-dropping 360-degree views throughout the seven-mile descent. Hiking down along a series of switchbacks, you eventually reach the aptly named Ooh-Aah Point before continuing on to Cedar Ridge, a flat plateau where you may encounter a mule train en route to the bottom of the canyon. At Skeleton Point, peer down and catch a glimpse of the mighty Colorado, perpetually carving its way through the canyon as it has for millions of years. The last part of your hike leads you along the big river itself, then over a suspension bridge as you approach Phantom Ranch, serenely nestled on the banks of Bright Angel Creek. Tonight, you enjoy a hot meal at the Phantom Ranch Canteen before stepping outside to gaze up at an inky canopy speckled with countless twinkling stars.

ACCOMMODATION: Phantom Ranch
MEALS: Breakfast | Lunch | Dinner
ACTIVITY: 7 miles hiking with 4,780' elevation loss

DAY 03

Reach the South Rim via Bright Angel Trail & Havasupai Gardens

At sunrise, prepare to conquer the canyon, ascending on the iconic Bright Angel Trail. After crossing the Colorado River, the path winds up to the shady oasis of Havasupai Gardens, where you'll eat lunch and replenish your water. Your next challenge is Jacob's Ladder, a steep climb through the Redwall layer. This demanding hike calls for endurance, but your guides will share essential tips for a successful ascent. With proper hydration, pacing, and determination, you'll soon be celebrating at the rim, exchanging high-fives and pats on the back. Just a few steps away, your lodge offers a well-earned retreat. Tonight, you'll relish your achievement with a celebratory gathering before settling in for a restful night.

ACCOMMODATION: Thunderbird Lodge or Kachina Lodge

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 10 miles hiking with 4,300' elevation gain

DAY 04

Explore the South Rim & Depart

For those eager to soak in more canyon views, the Rim Trail offers a scenic walk along the South Rim, with breathtaking overlooks and a chance to reflect on your journey. Stop by historic landmarks like the Mary Colter-designed Hopi House or explore the many interpretive centers to learn more about the canyon's geology and history. Enjoy a relaxed morning taking in the sights before departing for your drop-off location in Flagstaff or Tempe in the late afternoon. As your adventure winds down, depart carrying unforgettable memories of your time at the Grand Canyon.

MEALS: Lunch

TRANSPORTATION: 4 hours private van transfer

ACTIVITY: 3 miles hiking with minimal elevation gain and loss (optional)

Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Thunderbird Lodge

Built near the Bright Angel Trail head and the Vercamps Visitor Center, the Thunderbird is a popular South Rim lodge. Contemporary 1960s architecture coupled with a wonderful vantage point ensure an unforgettable stay on the very edge (literally) of a natural wonder of the world. Comfortable rooms have all the expected amenities but the biggest draw is the location.

Kachina Lodge

Perched on the Grand Canyon's South Rim, the Kachina Lodge boasts a contemporary setup near the historic district, and rooms complete with amenities like full baths and flat-screen TVs. The lodge is a convenient and comfortable hub for guests eager to immerse themselves in the beauty of the Grand Canyon.

Phantom Ranch

Founded in 1903 as a hunting camp, Phantom Ranch is a National Park Service-owned and operated outpost in the depths of the Grand Canyon, and the only lodging below the canyon rim. Made up of a main lodge and shared dorm-style cabins, it's known for its hearty meals prepared by the rangers. The cabins are traditional and very comfortable, providing a peaceful place to rest your head.

Departure Dates

This trip is available to run in: January, February, March, April

Book early for a greater choice of available dates.
Once you book, your price is GUARANTEED!

January 1-4, 2026
January 4-7, 2026
January 8-11, 2026
January 10-13, 2026
January 22-25, 2026
January 26-29, 2026
January 30-February 2, 2026
February 1-4, 2026
February 5-8, 2026
February 8-11, 2026
February 28-March 3, 2026
March 8-11, 2026
March 13-16, 2026
March 22-25, 2026
March 29-April 1, 2026
April 4-7, 2026

What's Included

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and porterage

PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses

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