



# Jordan Valley 45° Chapter Newsletter

Volume 5, Number 6

December 2016

## Upcoming Events

**December and January Hikes.** No hikes are scheduled at this time. An email will be sent out when more details are solidified.

### Jordan Valley 45° Chapter Annual Meeting in January 2017

What: Annual Meeting  
When: Saturday, January 7, 2017, starting at 1:00 PM.  
Where: BJ's Restaurant in Gaylord

#### Program:

- Presentation by Kenny Wawsczyk, NCTA Michigan Regional Trail Coordinator
- Chapter Annual Awards
- Chapter Annual Election of Officers
- Look Back/Look Forward
- Fellowship

A buffet (~\$10) and menu lunch will be available. Note the start time isn't noon as in the past (another meeting doesn't end until noon). Also note that BJ's doesn't charge us a room fee based on the understanding that we will be ordering lunch. If you prefer to eat lunch earlier than 1:00, you can eat in the regular dining room, that will count toward our room use—however you must inform the manager that you are part of the 1:00 meeting. Be There!

The JV45° Newsletter is published six times per year, every other month



## Message from JV45° President Duane Lawton delawton@torchlake.com

**M**erry Christmas, Happy New Year! ...and similar warm wishes to those of additional faiths, persuasions and apathys.

I'm looking forward to seeing a lot of you at our annual meeting on January 7th in Gaylord!! We have Kenny Wawsczyk, NCTA Michigan Regional Trail Coordinator, as our honored guest, the presentation will be germane and interesting. Details elsewhere...

We've had a lot going on this year, unusually predominated by HIKES. ... which is great. I look forward to continuing this active program next year with NCTA's resurrection of Hike 100, details to be announced.

My biggest disappointment this year has been zero progress on landowners' access agreements to facilitate our



Great progress was made on the new shelter at the Skyline Camp in November.  
See p. 6.

## Submit Your Stories and Pictures for the JV45° Newsletter

**D**on't forget that this is your Newsletter, so please submit pictures and stories for upcoming issues, and that includes stories for the "Where I Hiked" column. Bob Haack <haack@msu.ed>.

needed reroutes. We really need to focus on the inhibitors to that next year (with Kenny's help).

Without the reroute work, we have a huge opportunity for trail work in 2017: The Jordan Valley Pathway!! (What is that, you say? Well, we know it as the Jordan River Pathway—JRP, but the DNR has decided that the proper name is JVP.)

Anyway. There are many things going on or that NEED to go on in the valley. I have reached out to our DNR partners to help us in the process of getting the necessary permits to enable this work to be done. Read the list on p 7, you'll see we'll be busy. Our icon is tarnished.

We'll also help Joe Farley put finishing touches on the awesome Skyline Camp shelter.

See you in the New Year...Duane

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The JV45° Chapter is on facebook at: <https://www.facebook.com/North-Country-Trail-Association-Jordan-Valley-45-636045479799699/>

## Chapter Annual Election of Officers

The following officer positions are up for election in 2017 (recall we have staggered elections now, half of the board each year, for two year terms):

- o Vice President, Incumbent: Eugene Branigan
- o Treasurer, Incumbent: Todd Winnell
- o Trail Coordinator(s), Incumbents: Dove and John Day
- o At Large (website), Incumbent: Josh Berlo
- o Secretary, Incumbent: Mary Campbell

Note: Mary was re-elected last year, with provision that she could only serve for one year because Mary and John are leaving in March to thru-hike the Appalachian Trail!

Nominations are open. Please submit all nominations to me (email) no later than December 24th. All nominations should have a second, and confirmation that the candidate has agreed to serve if elected. You can nominate yourself. All nominations will appear in a post at the North Country Trail Association Jordan Valley 45° Facebook page on December 26th. If you want to vote, but cannot attend the annual meeting, you can send your vote(s) to me by January 6th. I will hold them in confidence, and will not be hacked or commit fraud.

Get involved!!

Duane Lawton



L-R. Gene, Bob, Bill, and Anne

## November's "Last Chance Hike"

Bob Courtois, [bcourtois@comcast.net](mailto:bcourtois@comcast.net)

On Saturday, November 12th, Bob Courtois and Gene Dawson started the Jordan Valley Loop, which was named the "Last Chance Hike" before firearms deer season began. Eugene couldn't make it due to illness, and so the scouts stayed home too. They started and ended at the fish hatchery, walking clockwise, stopping at Landslide Overlook just after sunrise. They each added rocks to the cairn at the 45 degree marker and signed the logbook. Near Pinney Bridge, Bob and Gene joined up with Bill and Anne Courtois, and the four nearly made the entire loop. They had beautiful November weather and enjoyed the sound of leaves beneath their feet! The trail conditions were excellent. The weather was dry and warm for November. They encountered about six other hikers who were all going to overnight at the Pinney Bridge campsite.

## Responsibilities of Chapter Officials

### Vice-President

The Vice-President shall assist the President conducting functions of the Chapter, and substitute for the President in the event of his/her absence.

### Secretary

The Secretary shall be responsible for the following:

1. Maintain a written permanent record of Leadership Committee meetings which shall be reviewed and approved at the next Leadership Committee meeting.
2. Carrying out general correspondence relating to club activities.
3. Providing copies of printed materials dispersed to the public or members to the national NCTA.
4. Custodian of all properties and titles thereof other than the monies of the Chapter.

### Treasurer

The Treasurer shall be responsible for the following:

1. Serve as liaison to the national office of the NCTA in all issues regarding Chapter finances.
2. Forward all Chapter revenues and related documentation to the national office of the NCTA for deposit to the Chapter's account.
3. Review, approve for payment where appropriate, and submit all bills and expenses to the national office of the NCTA for payment.
4. Submit a financial report at each meeting.
5. Prepare an annual financial summary report to be published in the December newsletter each year.

### Trail Coordinator

The Trail Coordinator shall be responsible for the following:

1. Assign and keep track of trail adopters/maintainers
2. Collect and organize maintainer reports and trail needs, and disseminate them
3. Attend meetings with land managers/owners (e.g. DNR timber sales) to represent chapter activities.
4. Keep track of trail mileages and certified mileage

### At Large (Webmastet)

We have an "At Large" Position responsible for maintaining our chapter website <http://northcountrytrail.org/j45/>

1. Ensure the website is operating, and funnel public comments as appropriate
2. Post material to the website as requested by chapter officers (e.g. Communications Coordinator)

**To see the most current JV45° trail conditions visit:** [http://northcountrytrail.org/j45/?page\\_id=58](http://northcountrytrail.org/j45/?page_id=58).

To report conditions e-mail Dove and John Day at [doveday70@gmail.com](mailto:doveday70@gmail.com) or call 231-373-0090 or 231-838-6445



## Register Box Buzz



### 45<sup>th</sup> Parallel Crossing: AGAIN

Robert A. Haack, haack@msu.edu

**A**s you may recall, I prepared an article on the 45<sup>th</sup> Parallel Register Box in the last JV45 Newsletter. There are 5 more register boxes in the JV45 system that are still waiting to be highlighted in our newsletter, and I had hoped that at least one of the members that care for these boxes would send me a story for this issue. But, alas, nothing showed up in my inbox during the past 2 months. Therefore, on 23 November 2016, while driving over to Mancelona to pick up our Thanksgiving turkey at the Duerksen Turkey Farm (pasture raised and drug fee), I stopped by the 45<sup>th</sup> Parallel Box and recorded the entries in the log book for the past 2 months.

There were many new entries since September – 14 pages worth! In October, there were 62 separate entries, and they included 146 names of hikers (of course, some names could have referred to dogs!). In November, there were only 10 separate entries that listed 17 distinct names. For those that listed their home town, which was nearly everyone, all were from Michigan except for two October entries for groups from Toledo, OH and South Bend, IN. Below are some of the entries from the past 2 months.

- 1 Oct - Left one rock at the 45<sup>th</sup> (*for the growing cairn*). Bill Courtois (not Bob!).
- 2 Oct – Gloom, rain and mud can't ruin a great adventure for two old pals. Tim and Adam
- 2 Oct – We found mushrooms of every color in the woods today. Purples,

whites, pinks, reds, yellows, and beyond! Daria, Brooks, Arin, Stephen, & Hana.

- 8 Oct – Loving life, escaping reality. Fear is the mind killer. Dance in the woods. Doug, Zac & Maddy.
- 15 Oct – This is the first time hiking the trail. Beautiful fall colors! 7 members of the MSU Outdoors Club, Go Green
- 16 Oct – We want Tim Hortons and KFC! Sylvia, Robert, Terri, Brady,
- 19 Oct – Trying to convince my younger sister to like backpacking! Doing the Jordan River Pathway loop. The fall colors are amazing. We were serenaded by barred owls last night at Pinney Bridge campsite. Katherine & Alayna
- 22 Oct – JRP – one of my favorite trails! Joni
- 9 Nov – #16 JRP 18-mile loop this year. Beautiful day! Susan M (author of the Grand Canyon story in this issue)
- 12 Nov – We are the only ones who showed up for the 2016 “Last Chance” hike. Everyone else pooped out! Beautiful hike! JV45 members Bob Courtois & Gene Dawson. (Editor's note: many JV45 members were working on the Skyline Camp project on the Nov 12. See p. 6.)

Here are a few pictures of the colorful fungi that Sheridan Haack took along the JV45 section of the NCT near the 45<sup>th</sup> Parallel logbox in Sept 2016 -- yellow, blue and red fungi, on my!.

### Sign up Your Register Box for a Future Issue of the JV45<sup>o</sup> Newsletter!

**A**s you know, we have started a new feature in the newsletter that highlights some of the entries hikers make in the logbooks placed in each register box. We would like to include some statistics from each logbook, such as the number of entries since a specified date, the log entry from furthest away, any other interesting items and a few of the most interesting or inspiring log entries. Please sign up for a future issue. We need someone to sign up for February and April 2017. Please do so. I do not want to do 45<sup>th</sup> Parallel logbook for a long time! Contact Bob Haack to sign up <haack@msu.edu>.



## Trail Coordinators' Report

Dove and John Day

doveday70@gmail.com



**H**appy Holidays everyone! Hopefully you all had a wonderful Thanksgiving and are enjoying the holiday season so far. 2016 was a fantastic year on the trail! We are very thankful to all of you for caring so much about the NCT and we can't thank you enough for being such wonderfully dedicated volunteers. Here's to another wonderful year in 2017!  
Dove and John Day,



Jim DeKett, Jerry Allen and Vern Killinger.

## Recent Trail Adoptions

**A**s you may recall in the last newsletter Jim and Denise DeKett (below) were added as trail adopters to help out with section A. Well, they love trail maintenance so much that they asked to adopt a second section! So a huge thanks goes out to them as they are the new adopters of section E1. A DNR section of the Jordan Valley Loop, north of Landslide Overlook. Thanks again Jim and Denise!



## Jordan Valley 45° 2nd Annual Trail Adopter Dinner

John Day, johnddove@gmail.com

**O**ur Second Annual Trail Adopter Dinner was a huge success as we honored all of our hard working, tree clearing, blue blaze painting, grass mowing, brush lopping volunteers! The evening started off with appetizers, socializing, and reminiscing of this past years trail work, whether it had been fun or especially hot and tiring... ask Jerry and Connie Allen about that hundred or so trees they had to clear from their section!

21 attended as our chapter secretary Mary and her husband John served a wonderful Thanksgiving style dinner; deep fried turkey and all the trimmings. Not one person at the dinner went home with an empty stomach.

Bob and Sheridan Haack brought everyone chestnuts from their grove and told us about the process of having to pick every one of them up off the ground and getting them to market. We also learned that the covering of the nut is NOT fuzzy but quite prickly...

All of our chapter's trail adopters were introduced and those in attendance received our new trail adopter patch. Most went home with a new "Trail Safe" bandanna as well. We visited and shared stories, viewed pictures, heard a bit about the recent NCTA celebration in Fargo, read some inspiring logbook entries from our register boxes, and before the night was through enjoyed some delicious cake! Thanks again to our trail adopters and to ALL who help maintain and care for the NCT... you are the backbone of the trail!



Dinner is nearly ready



Map of the JV45 section of the NCT (far left) and our wonderful dessert, a cake with the JV45 logo (above), being carved by Duane Lawton (left).



## CURRENT JV45° GOVERNING BOARD

Duane Lawton – President  
delawton@torchlake.com

Eugene Branigan – Vice President  
eugene.branigan@gmail.com

Josh Berlo – Website Coordinator  
joshberlo@gmail.com

Mary Campbell – Secretary  
mcampbell@mcplanningdesign.com

Todd Winnell - Treasurer  
Jen Winnell – Trail Town Coordinator  
jenwinnell@gmail.com

Bob Haack – Communications Coordinator  
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Dove & John Day – Trail Coordinators  
doveday70@gmail.com,  
johnddove@gmail.com



## October Hike 100

Dove Day, doveday70@gmail.com

**O**n Saturday October 15th, we had nine hikers meet to walk the NCT from City Hall in Petoskey to Kipp Rd. in Harbor Springs. The hike included four Boy Scouts working toward their Hiking Merit Badge. To earn their badge, Scouts must do a 5-mile hike, three 10-mile hikes, one 15-miler, and one hike of 20 continuous miles. Everyone in the group hiked along the Little Traverse Wheelway and when they reached the North Western State Trail (at M-119) six continued all the way to the end of our chapter section on Kipp Rd. The Scouts got in one more of their required 10 milers, and all enjoyed great conversation and beautiful Fall weather.



**R-L: Eugene Branigan, Dove Day, John Day, Bob Courtois, Linus Branigan, Nathan, Daniel Reynolds, Kevin Reynolds, and Ethan.**



**Black Friday Hikers: Jim, Peg, Evelyn, Jim, Duane, Dove and John.**

## Black Friday Hike November 25, 2016

Dove Day, doveday70@gmail.com

**L**ast year on Black Friday, REI did something very different, they closed their doors and invited the nation to join them outside. Again this year they closed their doors and invited everyone to "#Opt Outside". For those of you who have "HIKED 100" on the NCT this year and received your special patch and certificate, REI gave NCTA a grant to help fund that project. To say thanks to REI and to encourage others to get outside on black Friday the Jordan Valley 45° Chapter decided to host a Black Friday Hike.

A group of 7 hikers met at North Central Michigan College to #OptOutside this Black Friday. They enjoyed a nice hike through the Bear River Valley Recreation Area in Petoskey. The rain even held off long enough for them to complete their 4 1/2 mile hike. They enjoyed time outside along the North Country Trail and one member even finished her HIKE 100 Challenge; congratulations to Peg Jones! As an added treat the group stopped at Roast & Toast for coffee and hot cocoa. No crowds, no long lines, just quiet conversation along the trail. You can't beat that for Black Friday!





Work at the Skyline Camp, showing the platform that we started with, Scout Joe Farley who is heading this Eagle Scout Project, several pictures showing the progress, and ending with a picture of the water project, and the building of the latrine.



## Progress at Skyline Camp

**Duane Lawton**

delawton@torchlake.com

**A** crowd of Boy Scouts and eager handy-people set out to build the new Skyline Camp shelter starting on November 12, and continuing on the 13th, 26th and 27th. We had reasonable weather (which is why we didn't work on the 19th). Thanks to all who helped!!

Joe Farley our Eagle Scout candidate leader and other scouts helped with the work, and they provided scrumptious lunches using dutch ovens in campfire coals.

We now have a roughed-in structure with a roof, a covered porch, and a small sleeping loft. The inside dimensions are 12' x 13', spacious for a trail shelter. Doug Boor has furnished two windows and a door. There will also be two large west-facing screened openings, wood siding, a metal roof and bunks. ...and we have a latrine too!

It is planned to put on the metal roof the weekend of December 3rd.

Chase Rawson—for his Eagle Scout project—is nearing completion of the improvements to the spring water source down the hill. That will be a huge plus for hikers using the shelter.

Look forward to finishing work in the spring.





# Where I Hiked

**Pico Peak and Killington via  
Shelburne (Inn at Long Trail), the  
Green Mountains of Vermont  
Date of Hike: July 5, 2016**

**Josh Berlo**

Email: [jpberlo@d.umn.edu](mailto:jpberlo@d.umn.edu)

**T**he trails were in great shape, water running in brooks, could have filtered if needed, but easily crossed with dry feet. (Shelburne, Long Trail/AT/Pico Spur/Killington Spur) 12.0 miles, about 2,800 vertical, 6 hours.

Parked at the legendary Long Trail Inn after a beautiful drive through the notches of the Green Mountains. Followed the Shelbourne Pass Trail past Pico Camp - a cabin, then a spur to Pico Peak summit and then the Appalachian Trail ending with a steep scramble to the top of Killington.

Back to the car the same way. Fun to climb two mountains with large ski resorts. Different than most of my New England hikes to see periodic ski trails, chairlifts and ATV trails. Always exciting to be on the Appalachian Trail for a section. Bugs were present, not bad while moving, but brutal on Killington summit. Signs in parking lot about vehicle break-ins AND no dogs due to heavy porcupine population. Beautiful day - HOT!



View from Pico Summit



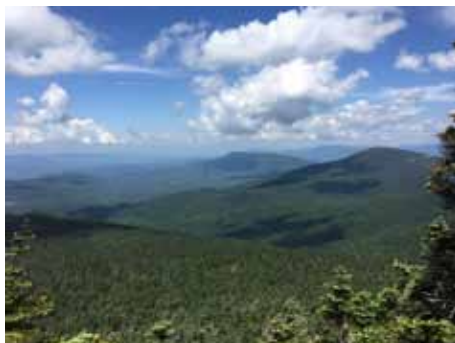
Pico Peak Ski Trail sign



Sign as trail crosses ski run



Pico Chairlift



View from Mt. Killington Summit

## Jordan Valley Pathway, 2017 Projects

**Duane Lawton**, [delawton@torchlake.com](mailto:delawton@torchlake.com)

Here is what is going on or NEEDS to go on in the Jordan Valley. Do you know of anything else?

### Priority 1

- Cascade Creek boardwalk repair. Could end up being a reroute above the ravine.
- Structures to solve messy spots below Deadman's Hill (including one small stream crossing) \*
- Structures to solve messy spots between Cascade Road and Cascade Creek bridge \*
- O'Brien Pond puncheon/beaver deceiver: (Yes, I know this isn't technically in the Valley)
- Increase BD flow capacity (beavers are winning, though the BD is functioning as intended)
- Strengthen puncheon (with water as high as it gets without more BD capacity, some of it floats)

### Priority 2

- Boardwalk beyond beaver ponds—repair (shore it up)
- Wet spots in first part of beaver ponds reroute—fill or puncheon. \*
- Viewing platform at spring below Deadman's Hill—major repair
- Repair puncheon E of Landslide Creek
- Remove remnant material of collapsed Beaver Ponds bridge

### New Work

- "You Are Here" signs (DNR supplies, we install)
- NCT road crossing marker posts: Pinney Bridge Rd. (2), Jordan River Rd. (4), Cascade Rd. (2), Harvey Rd. (1)
- NCT Interpretive Panels: Landslide Overlook and Deadman's Hill
- Spur trail from reroute to existing abandoned boardwalk (it is sound, and becomes a beaver ponds viewing platform)). \*

(\* Items for which I expect the DNR/DEQ to require paperwork to approve)

# Where I Hiked

## Grand Canyon National Park

Susan Miller, [slmiller150@gmail.com](mailto:slmiller150@gmail.com)

**H**aving grown up in northern Arizona, I had a number of opportunities to go hiking in the Grand Canyon. This fall (2016), I had the privilege to return to the Grand Canyon for the third year in a row to hike “rim to rim to rim”: Hiking from the South Rim to the Colorado River and up the North Rim on Friday Oct 14, and then hiking from the North Rim to the river and up to the South Rim on Sunday Oct 16. Preparation included many local hikes in Michigan ranging in distance from 6-22 miles, with as much elevation change as I could find, and the addition of concentrated use of stairways and steps at Avalanche mountain, near Boyne City, MI. I arrived in Arizona a week early to visit the folks, and get some training and hiking in at higher altitudes.

The following is a description of the hike.

**Thursday (Oct 13):** We drive to the South Rim and check in to our motel just outside the park entrance. First views of the canyon, walk along the rim, dinner at Maswick Lodge inside the park, head back to the motel to get the backpack ready and try to get to bed early.

**Friday (Oct 14):** Out of bed at 3 am, though I have been awake since about 1:30 am (and off and on before that). Fill the hydration bladder, load the pack, eat breakfast. Last minute check for essentials: water, poles, food, headlamp. Out the door by 3:30 am to meet our ride at the lobby. Boy, does the pack feel heavy! Temperature 42 degrees by the car’s exterior thermometer.

**Phase 1:** South Kaibab Trail. Arrive at the South Kaibab trailhead (elev. 7200 ft) by 4 am. Encounter researchers from



South Kaibab Trail

the Univ. of New Mexico requesting participation from rim to rim hikers in a study on hydration and exercise. Uncle Herman (my hiking partner for the day) starts down the trail, but I stay and answer the researcher’s survey and agree to have blood drawn for lab tests. Switch on the headlamp and start down the trail at 4:15 am. Pack not nearly as heavy when properly strapped on. Not much wind this morning, but the dust still flies with each step. Sounds of unidentified night critters (perhaps bats?). Remember to start sipping the water before getting thirsty (helps keep the dust rinsed out, too!). Nearly full moon sets over the north rim and darkness becomes thick, though it accents the stars... no need for a “dark sky park” designation here... Note a few creepy-crawlies on the ground – a centipede-looking thing and a spider with its own “headlamp”-appearing appendage. Ever-mindful of each step as the terrain is quite rocky, water bars create some fairly large steps, precipices at times on both sides, and pungent aromas remind me that mules also use this trail. Look down the trail and see headlamps zig-zagging on switchbacks to come. Dawn arrives in the east. Silhouettes of canyon vistas. Brief stop at the Tip-Off rest area on Tonto Plateau, before making the final descent to the Colorado River. Meet up with the first mule train of the day, ascending with 10 or so “wranglers”. Rest stop at Phantom Ranch (elev. 2500 ft). Phase 1 complete, descent of 4700 ft in 7.0 miles.

**Phase 2:** North Kaibab Trail, <section 1> Head north from Phantom Ranch and check in with research study. They ask what food and fluids I’ve consumed so far (“Diet 7-Up? That’s a first!”). Relieved to now be going uphill and give those “jelly legs” a break! Accompanied during this phase by the sounds of the Bright Angel Creek, especially prominent through

the “narrows”, an area with tall vertical canyon walls, close in to the trail, where one really wouldn’t want to meet a flash flood! Start meeting hikers making the day trip from the north rim. (At this point, I encountered a man one year CARRYING a bicycle!?). Sun edging over canyon walls, starting to get warm. Note several water pipeline breaks, the reason hikers are warned to carry plenty of their own hydration sources. Ribbon Falls in the distance, opt not to make the side trip today (though it is a beautiful place!). Killer hill in the middle of the gradual incline. Pushing past Cottonwood Campground (quite “crowded”, it seems!) for another 1.4 miles. Arrive at Manzanita Rest Area

(elev. 4400 ft). Phase 2 complete, ascending 1900 ft (is that all?) in 8.6 miles.

**Phase 3:** North Kaibab Trail, continued. At Manzanita Rest Area, snacks, rest, and prep for the final ascent up

to the North Rim. Add water to the hydration bladder as no more water available until the top, and the sun is direct and hot overhead. Pass Roaring Springs (it truly DOES “roar”!) Powerlines from here up to the north rim lodge area. Trail here carved out of sheer rock walls. I stick towards the inside of the trail -- it’s a loooooonnnngggg way down! Cross the bridge that marks 3 miles to go. Uncle Herman gives me the go-ahead to continue up at my own pace, and he will follow. More shadows, starting to cool off a bit. Through the Supai tunnel, and continue, one step at a time, towards the top. Arrive at the trailhead (elev. 8240 ft) at 5:30. Phase 3 complete, ascending 3840 ft in 5.4 miles. Connect with the U of NM researchers to get vital signs taken, blood drawn, and turn in an account of food and fluids consumed. Uncle Herman arrives and we head to our lodging for hot showers, some caffeine, a hearty meal, and a good night’s rest.

Total elevation change: 10,440 ft.

Total distance: 21 miles.



Ribbon Falls in perspective



Sunrise, Oct 14, 2016





**Canyon shadows, North Kaibab Trail**

**Saturday (Oct 15):** “Day of rest”, including a buffet breakfast at the north rim lodge, a 1-hr mule ride along the rim, vista visits, pie and singing with friends at the campground, gentle walks to keep those muscles limber, time with a good book, and a good dinner at the lodge dining room. Prep for the next morning and turn in early.

**Sunday (Oct 16):** Awake at 3 am. A bit chilly in bed during the night and hear the wind in the pines outside my room, so contemplate adding additional layers to my attire. Step outside and quickly nix that idea, as anything I wear now will eventually have to be carried. Meet my ride at the designated spot and head up to the North Kaibab trailhead. Temperature by car’s thermometer a balmy 50 degrees. Uncle Herman has opted not to hike back so I’ve partnered with my new friend, Christine. While I am accustomed to hiking alone, it is nice to find someone of the same pace to partner with, as the canyon is, well, ....BIG. We start down the trail at 4 am. Continue in silence, each lost in our own thoughts, the night creatures and the click of our poles on stones being the only sounds. Sheer canyon walls awash in moonlight. The sheer beauty inspires spontaneous praise songs to my Creator, carefully rendered with mouth closed so as not to inhale too much dust. Brief rest



**Morning on North Kaibab Trail**

at Manzanita, and continue on, retracing the trail from the other day. A race with the sun to see which of us reaches the canyon bottom first. Arrive at Phantom

Ranch at 9:20 am, beating

the sun by minutes. Brief rest and refuel. Few pictures. Christine and I part ways. She is returning up the South Kaibab Trail. I had opted for the Bright Angel Trail, a bit longer, but not as steep, and with more potential shade.

Leave Phantom Ranch (elev. 2500 ft) at 9:40 am, and follow the Colorado River for a mile or so. VERY windy along this section (hold on to your hat!). Very grateful for the shade along this sandy arid stretch. Make a turn at the River Resthouse, and start the first main ascent. Meeting more people here than north rim trail for sure! See families, couples, individuals and many speaking foreign languages. Some interesting footwear...flip flops? Really? Meet a mule train with passengers. (Am glad to be on my own two feet!!!). Arrive at Indian Gardens before noon. Ascent of 1300 ft in 5.0 miles.



**The “narrows” of Bright Angel Creek**



**Phantom Ranch**



**Colorado River**

Rest and refresh, preparing for the final ascent (3040 ft in 4.5 miles). Start from Indian Gardens just after noon. First section seems the longest as it is fully exposed sunlight, long steady climb, and straight...hard to see any progress made, until begin the switchbacks. Soon arrive at the 3 mile house (had briefly stopped just before this marker, in a SHADY spot with a breeze). Keep up my slow steady pace from here to the top, “leap frogging” with a couple of guys from France(?), me a tortoise to their hare, (and true to the parable, I arrive first). Arrive at the Bright Angel trailhead at 2:15 pm, a couple hours ahead of estimated arrival time. Pose for pictures to commemorate the accomplishment, then head to the lodge to change out of sweaty shirt (lest I get chilled in the stiff breeze). Treat myself to a strawberry ice cream cone, and a tall cold Diet Coke, while awaiting the arrival of my mom, Uncle Herman, and friends who are driving back around from the north rim with luggage in tow.

Time to celebrate!

Total elevation change: 10,080 ft, total distance 23.5 miles.

(Note: Information on elevation and distance obtained from “Hiking Into Grand Canyon” brochure, courtesy of the National Park Service.)



**Susan at the end of the trail!**