

Grand Canyon Trek



ACTIVITY

Trek

DURATION:

8 days

The Grand Canyon is an undisputed highlight; at 277 miles long, 18 miles wide and up to one mile deep, this Natural Wonder of the World is a sight on many wish-lists. We spend two days in the Grand Canyon before moving on to Zion National Park, less well-known than its famous neighbour, but packed with breath-taking and challenging landscapes for trekkers.

We finish with a celebration in energetic Las Vegas, which couldn't contrast more with the natural beauty we have been immersed in!

DETAILED ITINERARY



Day 1: London - Phoenix

Depart London bound for Phoenix, capital of Arizona. We transfer to our hotel, have dinner and relax! Night hotel.

Day 2: Phoenix – Sedona – Route 66

After an early breakfast and a detailed trip briefing we have a scenic drive north (approx 2 hours) through the Sonoran Desert. We arrive in the beautiful area of Sedona, known for its beautiful red sandstone landscapes and dramatic rock formations. We spend the rest of the day walking along the beautiful Oak Creek Canyon, often referred to as the Grand Canyon's small cousin! This is the perfect acclimatisation trek, helping our bodies to get used to the heat and the terrain. We then meet our vehicles and transfer to our hotel, which lies on the historic Route 66. Night hotel.

Drive approx 2 hours; trek approx 3-4 hours / 5-6 miles; drive approx 2.5 hours

Day 3: Route 66 – Grand Canyon Trailhead – Havasu Falls Camp

We drive to our trailhead at Hualapai Hilltop, where we begin our descent into the Grand Canyon! We are heading towards Supai, the centre of the Havasupai Indian Reservation which will be our home for the next three nights. The only way to reach Supai is by foot, mule or helicopter; it is the most remote village in mainland USA and still uses mule trains to carry out its post. The trail takes us steeply down from the crater rim, following a series of

hair-pin bends into the canyon – the first mile is the day’s toughest part! Having descended roughly 2000ft, we reach a dry streambed and the trail starts to level out. We follow it through cottonwood trees, descending deeper into the red sandstone. Crossing a bridge into Supai, we continue on through the village and out into canyon back-country until we reach Havasu Falls. Night camp.

Drive approx. 2.5 hours; trek approx 5-6 hours / 10 miles

Day 4: Grand Canyon Trek: Beaver Falls

Another adventurous day today, with some spectacular scenery! Leaving Havasu Falls, we head down the trail towards Mooney Falls. Our route descends adjacent to the waterfall using a series of ladders and tunnels to reach the base. The descent is not for the faint-hearted, but it allows us to access the beautiful canyon below the falls. We continue our trek on a rough trail which crosses the creek several times and takes us over boulders and rock outcroppings. A series of limestone ledges takes us to a beautiful pool at the base of Beaver Falls. From here we return to camp, exploring hidden falls and pools on our way. Night camp.

Trek approx 7-9 hours / 7-8 miles

Day 5: Grand Canyon Trek: Carbonate Canyon

After breakfast we trek up-canyon to a hidden cleft in the cliff wall, where we enter Carbonate Canyon. In the early 19th century there was mineral mining activity in this area of the canyon, and Carbonate Canyon was one of the main sites. We can search for ancient fossils in the dry creek bed here, and explore some of the deep clefts and caverns in the cliff face. We head back to camp for lunch, stopping on the way for a swim in the pool below Havasu Falls. In the afternoon we trek to Rock Falls, where it’s possible to walk along a narrow ledge behind the roaring spray – a real experience. We continue to the many pools and cascades of New Navajo Falls, where there is time to swim and explore before heading back to camp.

Trek approx 5-7 hours / 6-7 miles

Day 6: Havasu Falls Camp – Hualapai Hilltop – Las Vegas

After an early breakfast we leave camp, returning to the crater rim the same way we arrived. The first part of the trek climbs gradually back along the streambed, but once we arrive at the hair-pin bends we take our time, ascending steadily up the side of the canyon. This is very demanding, but is the last part of our Grand Canyon challenge! Back at Hualapai Hilltop, we load up the vehicles and drive west, enjoying the wonderful wilderness scenery for the last time. We cross into Nevada and come to Las Vegas, entertainment capital of the world. On arrival we are free to relax and explore – check out the famous sound-and-light fountain shows, fake erupting volcanoes, Elvis impersonators and replicas of everything from the Eiffel Tower to the Sphinx! It’s not subtle, but it’s a real contrast to the past week and great fun! We enjoy a slap-up meal to celebrate our achievements of the past week. Night hotel. *(Dinner not included)*

Trek approx 6-7 hrs / 10 miles; drive approx 5 hours

Day 7: Depart Las Vegas

We are free to explore or relax until we transfer to the airport for our international flight home. *(Lunch not included if not in-flight)*

Day 8: Arrive London

GRADE | DEMANDING (2)



Trip grades range from Challenging (1) to Extreme (5).

DEMANDING trips ramp up the challenge with some long days over tough terrain, and require good stamina, fitness and determination.

See [Trip Grading Explained](#).



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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 9 Jun 2026, and the challenge is subject to change.