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# The Grand Canyon

There is lots of fun activities to do at the Grand Canyon that doubles as a awesome workout. Some of these activities include hiking, rafting, and climbing. Click on one of the links for more information on the activities at the Grand Canyon.

Hiking trails are plentiful around the canyon. Some are relatively easy flat trails along the rim, while others go all the way down to the river. If you plan to hike, be sure to get a [backcountry permit](#), take plenty of water and be sure you are fit enough for the hike you are attempting, taking elevation into account. Hiking to the bottom takes an entire day, and a round trip is dangerous. If you're hiking all the way down, plan to camp or stay overnight at the Phantom Ranch.

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