



Canyon Ministries  
CanyonMinistries.org

# PREPARING FOR A RIVER TRIP





**Here's a handy guide with tips and tools to help you think about some of the things you might need in preparation for a Grand Canyon river trip with Canyon Ministries.**


### ***River Trip Review***

- 4-Day River Trip
  - Begins and ends in Las Vegas
  - Begins at river mile 187
  - Concludes at Pearce Ferry (river mile 280)
- 7-Day River Trip
  - Begins at Lee's Ferry (river mile 0)
  - Begins with orientation at 7:30AM at Marble Canyon Lodge
  - Concludes at river mile 187
- 9-Day River trip
  - Same logistics as 7-day trip
  - 2 extra days allow for additional teaching and hiking

### ***Making a Reservation***

- We partner with Arizona River Runners for our river adventures.
- Reservations are made online at [CanyonMinistries.org](http://CanyonMinistries.org). The dates of the river trips are links to the dedicated reservation page on the Arizona River Runners web site.
- \$400 non-refundable deposit payment is required to secure your seat for the trip. The balance is due 110 days prior to launch date.
- We cannot make reservations for you by phone, but we encourage you to call us at 928-251-3000 if you have any questions.

### ***Preparing Physically***

- The main physical concerns of a river adventure are sun exposure and dehydration.
  - There are many wonderful hikes for us to enjoy. However, they are all optional. We do the best we can to describe the hike the day of to help you make a wise decision about participation.
  - We encourage you to consider the following actions for preparation:
    - Get used to drinking about 64 oz. of water per day
    - Walk/run for 30 minutes every day—include some stairs in your routine
    - Spend some time hiking local trails to get used to uneven terrain
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## Preparing Scientifically

- We discuss the geology of Grand Canyon and its testimony to trust the historical account of our origins provided by God in Genesis.
- **Some basic terms:**
  - Sedimentary Rock: Rock formed by the deposition and consolidation of loose particles of sediment.
  - Metamorphic Rock: Rocks formed when heat, pressure, and/or chemical action alter previously existing rock.
  - Igneous Rock: Rock formed when hot, molten magma cools and solidifies.
  - Fossil: The direct or indirect remains of an animal or plant.
  - Radioisotope Dating: The attempt to determine a rock's age by measuring the ratio of radioactive isotopes and the rate at which they decay.
  - Fault: A fracture in rock along which separation or movement has taken place.
- **Suggested Reading**
  - *Earth's Catastrophic Past* by Andrew Snelling
  - *Your Guide to the Grand Canyon* by Tom Vail

## Preparing Biblically

- **We encourage you to review the following scriptures:**
  - John 1:1–14
  - Colossians 1:15–17
  - John 5:45–47
  - Colossians 2:8
  - 2 Peter 3:1–7
  - 2 Peter 2:4–10
  - Exodus 20:8–11
  - Genesis 1–11
- **Suggested Reading**
  - *The Battle for the Beginning* by John MacArthur