

Grand Canyon National Park – Hiking Grand Canyon – Summer 2009 Indian Garden Podcast recorded July 2009 by Ranger James Schenck

Hello this is Ranger James, welcome to another Grand Canyon National Park podcast.

This is our summer podcast from Indian garden. This green and lush oasis 4.5 miles below the south rim began as a tourist camp in the 1890's and continues today as a popular destination for day hikers and thru hikers heading to Phantom Ranch or the North or South rims.

First of all, thank you for visiting your National Parks. With the current financial challenges across the country, this summer is a great time to get out there with family and friends and experience your National Parks. There are more than 300 of them across the country and this year they may provide you with the most affordable and memorable vacation you have had in a while. You have the opportunity to camp, hike, boat and really enjoy the best that this beautiful country has to offer.

We have had quite a spell of weather. Late spring we had two weeks of 90 degree temperatures and yes folks it was at least 110 degrees in the sun. The last weeks of May the monsoons moved in with much cooler temperatures, clouds and rain in the afternoon. They stayed with us through most of June. In July and August the heat has arrived and we are deep into our monsoon weather. A good way to plan for the weather here in the canyon is to check the weather forecast, I recommend www.noaa.gov it seems to be the most accurate. We know it is hard to predict the weather and we can all have bad days but take it easy by enjoying the shade during the mid day heat and hike during the cooler evening hours.

With the summer months upon us you will have a lot more sightings of wildlife. If you like rock squirrels we've got 'em by the dozens and a lot of them are newborns which look cuter than the older fat ones, please don't feed them. Hey... did you know that it is believed they chew on the skins shed by our rattlesnakes in order to disguise their scent? Speaking of rattlesnakes, we have them too. Just be careful while you are hiking in the canyon. The Grand Canyon Pink Rattlesnakes are not terribly aggressive so if you come across one take a careful look and walk around it. They are beautiful and blend into their surroundings very easily with their pinkish coloring.

If you are hiking through Indian Garden stop and explore this wonderful oasis. We have been working hard to create a nice spot where hikers can cool themselves off after hiking the BA trail. This little spot, at the creek crossing to Plateau Point, is a fantastic place to relax, cool off in the water and chat with fellow hikers. Thursdays thru Mondays I am here to offer daily ranger programs and the Visitor Information Station is open for hiking information, maps a library to borrow books and a little bit of shelter, shade and comfort. You can come on in and chat with a ranger and

plan your day or just relax in this Garden oasis. I am constantly trying to improve the resources here so everyone can enjoy the canyon. If you have suggestions or ideas to make Indian Garden even better let us know.

I hope to see you down here soon, stop by the Ranger station to say hi and remember no matter what time of year please hike smart by drinking plenty of fluids, electrolyte drinks and eating lots of salty foods. Hiking here in the canyon is not a good time to be on a diet. Take your time, rest in the shade. Enjoy the view and don't forget to breathe.

Thank you for visiting your national parks, have a wonderful and safe summer and until next time this is Ranger James with another podcast from Indian garden.