



FACT SHEET: Rim to River to Rim October 2025

Facing challenges is commonplace for kidney donors, especially those who continue an athletic lifestyle following their donor nephrectomy. So, it is no surprise that our representative team of [Kidney Donor Athletes \(KDA\)](#) is planning a trek across one of the most iconic and grueling hiking routes in North America – the Grand Canyon. This year, the Grand Canyon faced the challenges of wildfires. KDA will complete this journey to show support for the beauty and resilience of the Grand Canyon and those that call it home.

Taking place in October 2025, this journey will cover over 21 miles and more than 5,800 feet of elevation change in a single day, descending the South Kaibab trail from the South Rim to Phantom Ranch and crossing the Colorado River. The team will then climb a portion of the North Kaibab and Clear Creek Trails visiting Phantom Overlook before turning back to Phantom Ranch to begin the ascent up the Bright Angel trail to the final stop at the South Rim.

Grand Canyon Rim to River to Rim Facts

- Distance: ~21 miles
- Total Ascent: ~5,850 ft
- Trails: South Kaibab, North Kaibab, Clear Creek, Bright Angel

Trail Overview

South Kaibab Trail

Begins at the South Rim. This challenging trail descends, through switchbacks and steep terrain, eventually reaching Phantom Ranch at the bottom of the canyon.



Bright Angel Trail and Phantom Ranch

The ascent begins from Phantom Ranch overlook, Climbing steadily up through forest, cliffs, and desert landscapes on the Bright Angel Trail to the South Rim.



Why Hike Rim to River to Rim?

Kidney donors, and organ donors in general, must be in good health prior to donating. This ensures both the donated kidney and the donor are healthy. At KDA, we not only aim to bring awareness to the need for living kidney donors but also want the public to know that you can donate and still live a vibrant, active life.

The Grand Canyon Rim to River to Rim trek is our way to illuminate our stories, resilience, and purpose.

For more information on KDA or on becoming a living donor, please visit: <https://kidneydonorathlete.org/>

