Checkpoint	Distance from the start (in miles)	Elevation (in ft)	Water available	Time			
North KaibabTrailhead	0	8241					
Supai Tunnel	1.7	6800					
Roaring Springs	4.7	5220					
Manzanita Rest area	5.4	4600					
Cottonwood campground	6.8	4080					
Phantom Ranch	13.6	2546					
Bright angel campground	14	2480					
Indian Garden	18.7	3800					
3 mile Rest house	20.4	4748					
1.5 mile Rest house	21.9	5729					
Bright angel trail head	23.4	6860					
Before starting the journey: Mark the water availability spots in Column D by visiting https://www.nps.gov/grca/planyourvisit/trail-closures.htm							
During the journey: Fill the Column E to track your progress							
				Source: **go.ashishb.net/2iueYBQ**			