



# SADDLEBROOKE

## HIKING CLUB NEWSLETTER

<http://www.saddlebrooke.org>

JULY/AUGUST

2010-4

### Volunteer Thank You

Over 430 hikes are listed in the SBHC Hike Database. Roy Carter has reviewed each and every one of them. He has spent hundreds of hours developing consistency and accuracy in the hike descriptions, and refining the criteria for hike ratings. With input from hiking guides and hikers, he has corrected hike ratings, mileage, accumulated elevation gain and included other hike details that improved the utility of the database for all club members.

How did this come about? About 6 years ago Roy moved to SaddleBrooke. Due to a shoulder injury a few years ago, he could not pursue his previous physical activities (golf and biking). He began to hike on his own, then joined the hiking club and within 6 months became a hiking guide. Roy continues to lead four hikes a month, including an A hike, a B hike, a C hike and a D hike. He enjoys meeting a variety of hikers and has developed many hiking friendships.



Over a year ago Roy volunteered to be Co-Chief Hiking Guide, along with Frank Brier. Roy's experience as an engineer involved combining data and information from many sources into large documents, experience as it turns out that has been invaluable in the annual upgrade of the hiking club's database. As a result of his efforts, the club now has a more professional tool for all members to use. Thank you, Roy.

### Important Alert to All Club Members

By Roy Carter and Frank Brier

The SBHC Hike Database has recently been updated and reissued. Club members may access and download the revised document from the Hiking Club web site, when it is posted there about the middle of June. The new descriptions are used in this newsletter, along with revised hike ratings which reflect a new way of describing special trail conditions that club members need to be aware of when signing up for hikes. We strongly encourage every club member to please read the rest of this article to better understand the new ratings system. First, there has been no change to the letter ratings system (i.e., A-D), which is based on round-trip distance and accumulated elevation gain, although the rating category for a few hikes has been modified to reflect more accurate GPS measurements of distance and elevation over the past 12 months. A hearty thanks to all club members that contributed these new data (Please keep it up, we still have lots of holes).

What has changed is that the old "+/-" system for identifying special trail conditions has been replaced with a more descriptive and less confusing approach. In the new system, those hikes with special trail

conditions are flagged with one of two symbols to alert club members to their presence:

- a “!” , which indicates a condition that may make a hike more difficult or inappropriate for some hikers, and
- a “☺” , which indicates a condition that may make a hike easier for the average person.

Note that a “!” or “☺” is **NEVER** used to indicate a distinction of distance or elevation within a rating category.

Special trail conditions warranting a “!” flag include

- a very rough trail,
- sustained steep climbing,
- water crossings requiring wading,
- loose rock which makes footing uncertain,
- exposure to heights or steep drop-offs,
- rock scrambling,
- significant bushwhacking thru difficult terrain, and
- boulder hopping.

Special trail conditions warranting a “☺” flag include

- little aerobic challenge (i.e., frequent pausing to view exhibits or plants along the way),
- little climbing (i.e., hilly terrain which provides multiple ups and downs as opposed to sustained climbs),
- hikes that are primarily educational in nature, and
- very stable footing (such as a paved trail).

Special condition flags will appear in the Hikes Offered table and in each hike description in the Newsletter to alert club members when they consider hikes. Club members should ask the Hike Guide about any special conditions when signing up for a flagged hike. Please remember that, even with the increased attention to special conditions, there is always a degree of subjectivity in their use to describe hikes. For example, many people would consider wading in a stream (such as with the Aravaipa hikes) to be an enhancement rather than a detracting factor. Conversely, most people would consider significant exposure to heights a negative. The goal of their flagging in the database is merely to

identify any special conditions, and let you decide which hikes are best for you. If you have any thoughts or inputs, or you think more (or fewer) hikes should be flagged, please send a note to Roy Carter.

## Carrying Personal Identification

By Bill Leichtenheimer

All of our members are very active people involved in many and varied activities here at SaddleBrooke. It is a wise idea to make sure that we all carry identification with us as we go about our activities in case of an accident or medical emergency. Having identification on your person makes the job of assisting you much easier and could help to save your life.

Several years ago I found a good solution for an easy way to carry the essential information while exercising without having to carry my wallet. I saw an ad in a cycling magazine for roadid.com. I ordered one of their inexpensive bracelets and it has provided me with peace of mind. If you are interested, contact their website at [roadid.com](http://roadid.com) and check out their products.

## Hot Weather Hiking Advice

- Bring extra water and stay hydrated.
- Carry a small spray bottle of cold water to cool yourself. A wet handkerchief, wet t-shirt, or wet neck wrap in a zip lock bag will also help with the heat.
- Snack frequently, including something salty. Carry power gel, Gatorade type drink or powdered electrolyte mix for times of increased fatigue.
- Wear wide brimmed hat for shade. Dress in layers, wicking shirt next to your skin. Wear light-weight zip-off pants or shirts and wicking socks.
- Hike early in the day. Build up your tolerance for exercise in warm temps.
- If you show signs of heat exhaustion (nausea, vomiting, muscle cramps, fatigue, headache) stop in shade, cool down, drink water with electrolytes.
- If heat exhaustion is allowed to continue, heat stroke may occur –high temperature, absence of sweating, rapid shallow breathing, weak pulse, confusion. This is a medical emergency; call **911**. Reduce body

temperature with wet clothes, drink water and replenish electrolytes until help arrives.

**Be prepared for hotter days so your hiking will remain enjoyable!**

### Hiking News

By Roy Carter

As immediately obvious from the July/August hike offering, many of our guides and club members have headed for the northern (cooler) climates for the summer. There are fewer C and D hikes since many hikers who normally choose these hikes do not hike very frequently during the summer. Frank and I want to thank everyone for persevering during March and April when we had sooooo many hikes postponed or cancelled because of the weather.

A good website that claims to show 1682 hikes in Arizona can be reached at the following: <http://www.trails.com/trailfinder/browsebymap/?statecode=AZ>. Just type in the city name and zoom in or out to see the hikes in that area. There are numerous hikes in the Tucson and Phoenix areas (including most of the ones the club does in the Superstitions).

Several area trails have undergone rehabilitation and improvement, including Romero Pools, Samaniego Trail to Mule Ears, Sutherland Trail to Mt. Lemmon, and the Linda Vista. Check them out. Have a great summer.

#### News You Can Use

Social Hour	July 21st	4:00 p.m.
Board Meeting	Aug. 4th	2:45 p.m.
Guide Meeting	Aug. 4th	4:00 p.m.
Social Hour	Aug. 18th	4:00 p.m.

**Hard copies of the Newsletter are available at the SaddleBrooke and DesertView Fitness Centers. You may print copies from our web page at [www.saddlebrooke.org](http://www.saddlebrooke.org).**

### Advance Alert on RV/Hiking Trip

By Roy Carter

After the highly successful outing to Organ Pipe Cactus National Monument last March, planning is underway for the next trip, this time to Guadalupe Mountains National Park in west Texas. Guadalupe Peak is the highest point in Texas at 9849 feet and

park is home to a wide variety of beautiful trails. See <http://www.nps.gov/gumo/planyourvisit/trails.htm> for more trail information and to download a park map. A late October or early November trip, probably 4 days, would catch the red maples in **McKittrick Canyon** at their finest. The excursion could be developed with side trips to other area attractions, including Big Bend National Park, Carlsbad Caverns National Park and some El Paso attractions. A back country overnight stay is possible given sufficient interest.

The camping at GMNP Pine Springs Campground near the Visitor Center off US 62/180 includes a group area reservable up to 60 days in advance for 10 (minimum) to 20 (maximum) people. Tent campers also have a choice of 20 leveled, graveled, individual sites, for up to 6 people or 2 tents per site. The RV camping area is a paved parking lot with 19 sites to choose from. There are no hook-ups and there is no dump station. RV water tanks can be filled from an onsite water faucet. There are no showers available in the campground, but there are potable water, flush toilets and a sink.

Golden Passport fees for individual sites are \$4.00 (tent or RV) and \$1.50 per person for the group site. See <http://www.nps.gov/gumo/planyourvisit/camping.htm> for more information about camping. The nearest lodging/restaurant/gasoline services are 35 miles northeast in White's City, NM.

This is not an SBHC sponsored activity, but is being made known to hiking club members as an extracurricular hiking opportunity. Drop an email to Sandra and Ellis Sowell at [skowell@wbhsi.net](mailto:skowell@wbhsi.net), or call 360-0332 by mid August if interested (for reserving at the group campground).

<b>President</b>	Dave Hydeman; 825-7816; skate04retire@yahoo.com
<b>Vice-President</b>	Bill Leightenheimer - 825-5756; wmhlaz@gmail.com
<b>Secretary</b>	Ken Wong; 818-2561; kmwong@q.com
<b>Treasurer</b>	Elizabeth Tancock - 825-7838; etancock@wbhsi.net
<b>Chief Hiking Guides</b>	Frank Brier - 818-0493; FrankBrier@aol.com Roy Carter - 818-3137; rvcarter@aol.com
<b>Volunteers</b>	
<b>Catalina Hills Cleanup</b>	Bill Leightenheimer, 825-5756; wmhlaz@gmail.com
<b>Communications</b>	Ken Wong 818-2561; kmwong@q.com
<b>Programs</b>	Elisabeth Wheeler;818-1547 elisarick@wbhsi.net
<b>Membership Roster</b>	Bob Perez, 861-0967; azsun65@wbhsi.net
<b>Merchandise</b>	Sandy Businger, 825-9294; usbusinger@wbhsi.net
<b>Newsletter Copies</b>	Martha Hackworth, 818-2573; marthahackworth@comcast.net
<b>Newsletter</b>	Carole Rossof, 877-9262; crandmr@q.com
<b>Publicity</b>	Position Open
<b>Socials</b>	Beaver Simpson,818-7839; wbsortho@aol.com
<b>Socials</b>	Pam Wakefield,825-0309; pambw@live.com
<b>Socials</b>	Marge Wong, 818-2561; kmwong@q.com
<b>Statistics and Awards</b>	Susan Hollis, 825-6819; slhollis@yahoo.com
<b>Work Days</b>	Jim Strickler, 825-8735; sherabjim@wbhsi.net

## Hiking News General Hiking Information

**Reservations:** Call the guide to make a reservation for a hike. Let the guide know if you would be available to drive and whether or not you have a 'park entry pass' for the area. If you are unable to go on the hike after making a reservation, call the guide to cancel. The guide will call if a hike is canceled.

**Arrival Time and Departure Area:** The time listed for the hike is the departure time. It is important to arrive 10 to 15 minutes before departure time. All hikes leave from the left front parking lot of the MountainView Clubhouse (just east of the tennis courts) unless otherwise noted.

**Medical Conditions:** Prior to starting the hike, inform the guide of any special medical conditions or medications you may need.

**Voluntary Driver Donations:** Voluntary driver donations are shown in the table of Hikes Offered. If there are two entries under driver donation, for example \$7 + \$2, the first is for the driver and the second for any required entry and/or parking fee. If a state park pass is used for entry, the second amount should be given to the pass holder (whether he/she is the driver or not). Other persons in the vehicle who also hold park passes would not be responsible for the second amount. Note, that some hikes may require additional fees.

Guides may also wish to split costs between drivers for drop-offs and/or unequal passenger loads. Small bills are appreciated. Since a driver may not have change, we would ask that, if you see two entries for the driver donation, you try to have the amounts for each. Due to automobile insurance coverage considerations, it is recommended that any payment to the driver be made upon return to MountainView.

**Items to Bring:** Every hiker should carry identification and any medical alerts in a waterproof container. Always bring ample water (this can vary from a pint on a winter fitness walk to 3 or 4 quarts on a summer hike). On strenuous hikes or in very hot weather you may need to replace electrolytes (eat salty snacks, add electrolyte mix to water, or use sport drinks). A wide brim hat, sunscreen, sunglasses, and hiking stick or trekking poles are recommended in Arizona. Other suggested items include comfortable hiking boots, whistle, map, compass, tweezers, first-aid kit, and moleskin. Layered clothing works well due to possible changes in weather conditions. In addition, you should bring a



snack or lunch depending upon the hike. High complex carbohydrates (nuts, trail mix, and etc.) are good.

**Choosing Hikes:** Hikes are more difficult than a walk in SaddleBrooke due to elevation change and our Arizona terrain. It is not unusual to encounter rocks, unsteady ground, and steep inclines. It is your responsibility to choose an appropriate hike that matches your physical abilities. The hike description is a great tool. Look closely at the length, elevation change, and comments in the description to determine if a hike is within your physical ability. If you aren't feeling "up to snuff" on the day of the hike, don't hesitate to cancel until a better day.

**Assumption of Risk:** When you joined the club, you were asked to sign a "Release of Liability". **We want to reinforce the fact that by signing the release you acknowledge that participation in the club's activities involves an inherent risk of physical injury and that you assume all such risks. Accidents can happen.** Learn about the risks and how to avoid them. Take an active part in protecting yourself and fellow hikers. We are an organization of volunteers who share their skills and love for the wilderness with one another.

**Hike Elevation, Ratings & Pace**

**Elevation Change:** Three indicators are used in the hike descriptions to convey hike difficulty as it relates to elevation change.

- **Net Elevation Change** is the change in elevation obtained by subtracting the starting elevation from the elevation of the destination, in feet. This estimate may be obtained from USGS maps or a global positioning system (gps). If no destination is listed, which may be the case for loop hikes or point-to-point hikes, net change is defined as the difference between the trailhead elevation and the highest elevation reached during the hike.
- **Accumulated Gain** is the sum of all upward stretches of a hike as recorded by a gps device over the course of the entire hike. Accumulated elevation gain is generally a more accurate indicator of hike difficulty than net change in elevation.
- **Accumulated Loss**, another measure of hike difficulty, is the sum of all downward stretches of a hike. Accumulated elevation loss is useful for some downhill hikes and is usually obtained with a gps device

**Ratings:** Ratings are based on the following round trip distances and accumulated gains in elevation over the course of the hike. The hike rating is determined by one (or both) of the two values being exceeded. For example, if a hike exceeds the criterion for distance but not for corresponding elevation, the rating would be set for distance.

<u>Hike Rating</u>	<u>Distance (Mi.)</u>	<u>Accumulated Gain in Elevation (Ft.)</u>
A	>14	>3000
B	8 to 14	1500 to 3000
C	4 to 8	500 to 1500
D	<4	< 500

**Pace:** Pace is described in terms of average speed in miles per hour (MPH) over the course of a hike from start to finish (excluding lunch). Average speed is affected by speed and length of stride, number of rest stops, incline, type of terrain, and trail conditions. The following four categories are used to describe pace in the hike descriptions:

<u>Pace</u>	<u>Average Speed (MPH)</u>
Leisurely	<1.5
Slow	1.5 to 2.0
Moderate	2.0 to 2.5
Fast	>2.5

**Fitness Walks - Five Days A Week**

Maintain your fitness or get into better shape by joining us for a morning fitness walk. Enjoy the company of other hikers while perusing SaddleBrooke. The sessions last about one hour and are suitable for walkers of all ability levels. No advanced signup is required to participate in these walks.

Monday thru Friday fitness walks will start at **6:00 a.m.** on May 3<sup>rd</sup> from the parking lot just west of the SaddleBrooke HOA #1 Fitness Center. If you have any questions please contact Michael at: 825-8286 or Martha at: 818-2573.

Judy's Tuesday and Thursday walking group will start the Fitness Walk at **7:00 a.m.** We start our walk on Tuesday at the Mountain View Parking lot.

On Thursday we begin our walks at the SaddleBrooke Tennis parking lot. We walk for an hour and complete about 3 or 4 miles according to

where we walk. Most of our walks are touring SaddleBrooke and the few times we leave the premises it is discussed amongst the walkers. We leave exactly at **7:00 a.m.**, and wait for no one. For more information call Judy at 825-7077 or e-mail at: mbarenkopf@msn.com

## Hikes Offered

The hikes for the next two months are listed in the table on the following pages. Any symbols are explained immediately below the table, and trail descriptions follow the table.

Please remember to call a few days ahead of time to ensure the guide has time to plan hike logistics.

Date	Day of Week	Name of Hike <sup>a</sup>	Hike Rating <sup>b</sup>	Leave Time (a.m.)	Leader(s)	Phone Number	Driver Donation
7/1	Thurs	Romero Falls	A	6:30	Roy Carter	818-3137	\$2 + \$2
7/2	Fri	++Linda Vista Loop	D	6:30	Roy Carter	818-3137	\$2
7/5	Mon	Josephine Saddle via Super Trail and Vault Mine Trail	B	6:00	Frank Brier	818-0493	\$10
7/6	Tues	Pusch Ridge to 2 <sup>nd</sup> Overlook	<b>C!</b>	6:30	Roy Carter	818-3137	\$2
7/6	Tues	Mt Lemmon to Romero Pass Loop	A	6:00	Don Taylor	825-5303	\$10
7/7	Wed	Extended Fitness Walk	C/B	6:00	Martha Hackworth	818-2573	\$0
7/9	Fri	Finger Rock Tr. to Linda Vista Saddle	B	6:30	Roy Carter	818-3137	\$4
7/10	Sat	Madera Canyon Nature Trail	C	6:30	Don Taylor	825-5303	\$10
7/12	Mon	Root Beer Float Social at Romero Pools <sup>d</sup>	C	6:30	Virginia Brier	818-0493	\$2+\$2+ \$1
7/13	Tues	**Mt. Lemmon: Mt. Bigelow Loop Exploratory	A	6:00	Dean & Cheryl Werstler	825-9057	\$9
7/16	Fri	Marshall Gulch/Radio Ridge Loop	B	6:00	Frank Brier	818-0493	\$10
7/17	Sat	Josephine Saddle/ McBeth Springs	B	6:30	Don Taylor	825-5303	\$10
7/20	Tues	**SaddleBrooke to Mt. Lemmon via Samaniego Ridge Trail	A	6:00	Elisabeth Wheeler	818-1547	\$10
7/21	Wed	SBHC Social Hour, MV Club House		4:00p.m.			
7/24	Sat	Box Camp Trail to Sabino Canyon Overlook	C	7:00	Don Taylor	825-5303	\$9
7/27	Tues	**Mt. Lemmon: Summerhaven Loop Exploratory	A	6:00	Dean & Cheryl Werstler	825-9057	\$10
8/3	Tues	**Mt. Lemmon: Double Loop Exploratory	A	6:00	Dean & Cheryl Werstler	825-9057	\$10
8/4	Wed	Extended Fitness Walk	C/B	6:00	Dave Hydeman	825-7816	\$0
8/4	Wed	SBHC Board Meeting		2:45p.m.			

Date	Day of Week	Name of Hike <sup>a</sup>	Hike Rating <sup>b</sup>	Leave Time (a.m.)	Leader(s)	Phone Number	Driver Donation
8/4	Wed	SBHC Guide Meeting		4:00p.m.			
8/7	Sat	Wilderness of Rocks Loop #1	B	6:30	Don Taylor	825-5303	\$10
8/10	Tues	Catalina State Park to Mt. Lemmon via Sutherland Trail	A	6:00	Elisabeth Wheeler	818-1547	\$10
8/10	Tues	Mt. Lemmon To Catalina State Park via Sutherland Trail	A	6:00	Don Taylor	825-5303	\$10
8/11	Wed	Josephine Saddle/ McBeth Springs	B	6:00	Frank Brier	818-0493	\$10
8/14	Sat	Mt Wrightson via Old Baldy and Super Trail	A	6:00	Don Taylor	825-5303	\$10
8/17	Tues	Mt. Lemmon to Romero Pass Loop	A	6:00	Dean & Cheryl Werstler	825-9057	\$10
8/18	Wed	SBHC Social Hour MV Club House		4:00p.m.			
8/20	Fri	American Flag	C	7:00	Don Taylor	825-5303	\$3
8/23	Mon	Green Mt. Trail	C	6:30	Don Taylor	825-5303	\$9
8/25	Wed	Mt. Wrightson via Old Baldy Trail	A	6:00	Frank Brier	818-0493	\$10
8/28	Sat	Romero Springs	B	6:30	Don Taylor	825-5303	\$2+\$2
8/31	Tue	Canyon Loop, Birding and Nature Trails	C	7:00	Don Taylor	825-5303	\$2+\$2

a – Exploratory hikes are identified with a double asterisk “\*\*”.

b – Pace is moderate unless otherwise identified.

c – A “++” means that the hike is an orientation hike and intended for new hikers.

d - Virginia will bring Root Beer and Ice Cream (on dry ice) for floats at the Pools.

## Hike Descriptions

**American Flag. Rating C.** The hike begins at the American Flag Trailhead on the old Mt. Lemmon Road and covers a section of the Arizona Trail. Hikers take the American Flag/Cody Trail to the intersection with the Oracle Ridge Trail, where there are great views to the west of Biosphere II and the Tortolitas. On the return, we may swing by the grounds of La Casa del High Jinks, the site where Bill Cody staked his gold mine in 1912. Hike 7.4 miles; trailhead elevation 4400 feet; net elevation change 950 feet; accumulated gain 1490 feet; RTD 41 miles.

**Box Camp Trail to Sabino Canyon Overlook. Rating C.** The hike begins at the Box Camp Trailhead on Catalina Hwy. After a short uphill climb, the hike proceeds downhill for 2.5 miles to an overlook that provides a marvelous, panoramic view of Sabino Canyon area. We will have lunch here, and then return slowly uphill to the trailhead. Hike 5 miles; trailhead elevation 7920 feet; net elevation

change 1600 feet; accumulated gain \_\_ feet; RTD 123 miles.

**Canyon Loop, Birding and Nature Trails. Rating C.** Starting at the main trailhead in Catalina State Park, this hike traverses an area that is a great example of the Sonoran Desert and its riparian areas. We first hike the Nature Trail which has panoramic views, and then continue to the Canyon Loop Trail. We will fork onto the Birding Loop Trail prior to returning. If the group is really ambitious, we will swing through the Canyon Loop Trail the opposite way we came for a total of 6.7 miles. Depending upon the season, some water crossings are possible. Hike 4.6 miles; trailhead elevation 2700 feet; net elevation change \_\_ feet; accumulated gain 370

**Catalina State Park to Mt. Lemmon via the Sutherland Trail. Raing A.** The hike begins at the easternmost trailhead in Catalina State Park and proceeds up the Sutherland Trail to the meadows at

Mt. Lemmon (near the observatories). The trail passes Cargodera Springs along the way. The last 1.5 miles are along Mt. Lemmon Trail # 5. This very difficult and all day hike will take hikers through all of the climate zones of Mt. Lemmon and affords magnificent views to the West and Northwest, including the Tortolitas, Sun City, Saddlebrooke, and Oro Valley. Transportation will need to be arranged from the top. Hike 11 miles; trailhead elevation 2700 feet; net elevation change 6400 feet, accumulated gain \_\_; RTD 131 miles.

**Green Mountain Trail. Rating C.** Starting at the Green Mountain trailhead on Catalina Highway, we follow the Green Mountain Trail near Rogers Canyon which provides beautiful views of the San Pedro River Valley. The mostly downhill trail leads to a saddle where it intersects the Guthrie Mountain Trail. Along the way we will take a short side trail to Maverick Spring then continue on to the summit of Guthrie Mtn. A large rock face will need to be climbed to reach the peak. The return is down the rock face and to the General Hitchcock Campground. The hike requires a second car to be left in the picnic area across the road from General Hitchcock Campground. Hike 7.3 miles; trailhead elevation 7200 feet; net elevation change \_\_ feet; accumulated gain 1459 feet; RTD 115 miles.

**Extended Fitness Walk. Rating C/B.** The walk begins at the SaddleBrooke parking lot and travels one of several routes in and around SaddleBrooke. Carry at least one quart of water. Hike 7.5 to 10 miles; elevation change 500 to 600 feet. Hike duration is 2.5 to 3 hours. Optional breakfast at the Road Runner Grill (need credit card as cash is not accepted).

**Finger Rock Trail to Linda Vista Saddle. Rating B.** The hike begins from the Finger Rock Trailhead at the north end of Alvernon Way. The hike starts on level ground for about a mile, and then sharply climbs 2500 feet. Scrambling is necessary at some points going up, and coming down is just as difficult. From the Saddle, hikers will enjoy the beautiful vistas of Mt. Kimball, the Santa Ritas, and the city of Tucson as it spreads out below and into the distance. Hike 5.8 miles; trailhead elevation 3120 feet; net elevation change 2500 feet; accumulated gain >2600 feet; RTD 44 miles.

**Josephine Saddle / McBeth Springs. Rating B.** Starting in Madera Canyon (Santa Rita Mountains), the hike proceeds up the Vault Mine Trail to the Agua Caliente Trail. We then follow the Agua Caliente Trail to the Josephine Saddle, with a side

jaunt to McBeth Springs. The trail is very steep in spots. The return is via the Super Trail. Hike 9 miles; trailhead elevation 5450 feet; net elevation change 1790 feet; accumulated gain \_\_ feet; RTD 130 miles.

**Josephine Saddle via Super Trail and Vault Mine Trail. Rating B.** The hike begins in Madera Canyon (Santa Rita Mountains) and goes up the gentle Super Trail to Josephine Saddle. We then take the Agua Caliente Trail across and return via Vault Mine Trail. The Vault Mine Trail is very steep going down. The hike can be done in reverse. Hike 7.9 miles; trailhead elevation 5450 feet; net elevation change 2000 feet; accumulated gain \_\_ feet; RTD 130 miles.

**++Linda Vista Loop. Rating D.** The Linda Vista Trailhead and parking lot is one block east of Oracle Road on Linda Vista Blvd. The hike proceeds into the foothills of Pusch Ridge and is an excellent introduction to desert hiking. The trail gradually ascends to provide excellent views of Oro Valley. Poles may be helpful for rocky steps-up and steps-down. The trail passes through a riparian area and ascends to a rocky outcropping which is a good place for a snack break. There are magnificent saguaros throughout the drainage from Pusch Ridge. Hike 3 miles (mileage may be extended by doing an extra loop – ask the guide); trailhead elevation 2680 feet; net elevation change 500 feet; accumulated gain \_\_ feet; RTD 28 miles.

**Madera Canyon Nature Trail. Rating C.** This non-desert hike is in the Santa Rita Mountains. It starts from the lower area and ascends 3.2 miles up the canyon to the Roundup Picnic Area (el. 5400 feet). Along the way, hikers enjoy the shade of Apache pines, Douglas firs, Emory oaks, Mexican blue oaks, willows, cottonwoods, and sycamores. The return is by the same route. There are panoramic views from a ridge on a trail breakout. Hike 6.5 miles; trailhead elevation 4500 feet; net elevation change 900 feet; accumulated gain 965 feet; RTD 130 miles.

**Marshall Gulch / Radio Ridge Loop. Rating B.** The hike begins from the Marshall Gulch Picnic Area along the Marshall Gulch Trail, and proceeds along the Aspen Trail to Radio Ridge and over to the Lemmon Rock Lookout for views and lunch. The return is back down Aspen Draw Trail, through Turkey Run to Summerhaven. Hike 9 miles; trailhead elevation 7400 feet; net elevation change 1,900 feet; accumulated gain \_\_ feet; RTD 130 miles.



**Mt. Lemmon to Catalina State Park via the Sutherland Trail. Rating A.** The hike begins at the Mt. Lemmon trailhead for Trail # 5 (near the observatories), and proceeds down the Mt. Lemmon Trail and the Sutherland Trail to the easternmost trailhead at Catalina State Park. Despite being downhill most of the way, the hike is difficult and will take nearly all day. The hike passes through all of the climate zones of Mt. Lemmon and hikers are afforded magnificent views to the West and Northwest, including the Tortolitas, Sun City, Saddlebrooke, and Oro Valley. Transportation to the top will need to be arranged. Hike 11 miles, trailhead elevation 9100 feet, net elevation change 6400 feet,; accumulated gain \_\_ feet; RTD 131 miles.

**\*\*Mt. Lemmon: Double Loop Exploratory. Rating A.** The actual trails used for the loops will depend on whether the Carter Trail to Aspen Trail is hikeable, and whether a connector trail exist between Miners Ridge Road (near Carter Cyn Road) and Cap Rock Trail. If either or both of the answers are ‘Yes,’ we will use those routes to access and return from Radio Ridge. We will first attempt to locate a connector trail from Miners Ridge Rd. If this trail exists, we will use it for our return from Radio Ridge at the end of the hike. We will then go to the end of Carter Canyon Rd. to search for Carter Canyon Trail leading to Aspen Trail. If this is successful, we will use this route to Radio Ridge and proceed from there to hike the Mt. Lemmon Lookout/Wilderness of Rocks/Mt. Lemmon Trail loop. We will return from Radio Ridge via the Connector if it exists. If neither questionable route exists, we will take the Mint Spring Trail to the Aspen Trail and go north to Radio Ridge to access the Mt. Lemmon Lookout/Wilderness of Rocks/Mt. Lemmon Trail loop. We will then return via the Aspen Draw Trail and Turkey Run Road through Summerhaven to the trailhead. Hike 11-14+ miles; trailhead elevation 7930; elevation range 6900-9100 feet; accumulated gain 4000-4600 feet. RTD 130 miles.

**\*\*Mt. Lemmon: Mt Bigelow Loop Exploratory. Rating A.** The hike proceeds to the north from the Mt. Bigelow Trailhead just south of the Palisade Ranger Station. Trails followed to reach Catalina Hwy near Soldier Camp include Trail # 520, Trail # 16, the Butterfly Trail. Along the way, hikers will do a short bushwhack to locate the crash site of a 1970’s fighter jet, and pass Novio Spring (which is the low point of the hike at 6550 feet). After a brief period on Catalina Hwy heading south, we intersect Bear Wallow Road for the return back to the Butterfly Trail, passing the U. of A. observatories along the

way. At this intersection, we may include a side hike to Incinerator Ridge before returning to the trailhead. Hike 9 to 11 miles; trailhead elevation 7930 feet; elevation ranges from 6550 to 8525 feet; accumulated gain 3335 to 3600 feet. RTD 125 miles.

**Mt. Lemmon to Romero Pass Loop. Rating A.** The hike begins at the Steward Observatory Trailhead and proceeds down the Mt. Lemmon and Lookout Trails for a steep descent to the junction with the Wilderness of Rocks Trail at 7200 feet. The Lemmon Rock Lookout, passed about a 0.5 miles into the hike, provides excellent views. We continue along the Mt. Lemmon Trail for the last 1.9 miles before reaching Romero Pass at 6080 feet. The return is via the Mt. Lemmon and Meadow Trails. Hike 12.4 miles; trailhead elevation 9150 feet; net elevation change 3100 feet; accumulated gain \_\_ feet; RTD 131 miles.

**\*\*Mt. Lemmon: Summerhaven Loop Exploratory. Rating A.** The clockwise hike, all of which is all above 7000 feet, begins at the Visitor Center in Summerhaven and proceeds along Sabino Canyon Rd., Douglas Ave., and Carter Canyon Rd. to Mint Springs Trailhead. We hike the Mint Springs Trail to Marshall Saddle where we connect with the Wilderness of Rocks Trail. We proceed on the WR trail to the Mt. Lemmon Trail and take it via the Meadow Trail to Radio Ridge. We then hike the rough trail and dirt road that connects the Mt. Lemmon Trail with the Aspen Draw Trail. We proceed down the Aspen Draw Trail through a beautiful alpine forest, turning off on a dirt road (Turkey Run Rd.) that parallels Ski Run Road before we reach the bottom. This road leads to the Visitor Center. Hike 12.5 miles; trailhead elevation 7850 feet; net elevation change 1250 feet; accumulated gain 3520 feet. RTD 130 miles.

**Mt. Wrightson via Old Baldy and Super Trails. Rating A.** The hike begins in Madera canyon in the Santa Rita Mountains and follows Old Baldy Trail to Josephine Saddle where we take the Super Trail to Mt. Wrightson. This provides a more gradual ascent to Baldy Saddle, but the last 0.9 mile to the summit is steep with moderate exposure. At the top are outstanding 360 degree views of Tucson and the mountain ranges in the area. The return is via the Old Baldy Trail to Josephine Saddle and the Super Trail to the trailhead. There is abundant shade along the way. Hike 13.7 miles; trailhead elevation 5450 feet; net elevation change 4003 feet; accumulated gain >4100 feet. RTD 130 miles.

**Mt. Wrightson via Old Baldy Trail. Rating A.** The hike begins in Madera Canyon in the Santa Rita Mountains and follows the Old Baldy Trail to Mt Wrightson. The return is via the same route. This trail provides the shortest route to the top (el. 9453 feet) of Mt. Wrightson. At the top are outstanding 360-degree views of Tucson and the mountain ranges in the area. There is shade along the way. Hike 11.1 miles; trailhead elevation 5540 feet; net elevation change 4003 feet; accumulated gain 4029 feet; RTD 130 miles.

**Pusch Ridge to 2nd Overlook. Rating C!.** From the trailhead at the east end of Linda Vista Blvd, the trail proceeds part way up Pusch Ridge to a great overlook with views to the north, west, and southwest. The first mile of the trail climbs gradually along a wash. The view to the north includes the entire Sutherland Wash, the lower CDO, and Saddlebrooke. The final 0.75 miles is difficult with slippery footing, rock scrambling, and exposed, narrow, steep paths. Gloves are recommended. The trail passes four man-made dams and a lower but excellent overlook with great views north and west. Hike 3.5 miles; trailhead elevation 2650 feet; net elevation change 1350 feet; accumulated gain 1350 feet; round trip 28 miles.

**Romero Falls. Rating A.** The hike begins in Catalina State Park at the easternmost trailhead and follows Romero Canyon Trail into the foothills. The trail crosses open desert then climbs steeply until it reaches a saddle and then down into the canyon area where Romero pools are located. The falls are about 30 feet high and consist of water flowing down a steeply sloped rock face, and are a very unique feature in southern Arizona. The falls are located about 2.6 miles past the Romero pools and about 0.6 miles (and a little less than 500 feet additional elevation gain) past Romero Springs. The springs and falls are located in a very scenic section of the canyon, and have been known to attract quite a bit of wildlife. Lunch will be at the falls. The return is via the same route. Hike 11.6 miles; trailhead elevation 2700 feet; net elevation change 2420 feet; accumulated gain >3140 feet; RTD 24 miles.

**Romero Pools. Rating C.** The hike begins in Catalina State Park at the easternmost trailhead and follows Romero Canyon Trail into the foothills. The trail crosses open desert then climbs steeply until it reaches a saddle and then down into the canyon area where several pools are located. There are excellent views of Romero and Montrose Canyons along the way. The well-maintained trail is rocky and rough in

places, but is not overly difficult for most hikers. An option is a 0.75 miles round-trip, relatively level hike to the upper pools. We will have lunch at the lower or upper pools. The return is via the same route. Hike 5.6 miles; trailhead elevation 2700 feet; net elevation change 980 feet; accumulated gain 1500 feet; RTD 24 miles.

**Romero Springs. Rating B.** The hike begins in Catalina State Park at the easternmost trailhead and follows Romero Canyon Trail into the foothills. The trail crosses open desert then climbs steeply until it reaches a saddle and then down into the canyon area where several pools are located. The spring is located about 2 miles past the Romero pools in a very scenic section of the canyon. It has been known to have quite a bit of wildlife. There are excellent views of Romero and Montrose Canyons along the way. Lunch will be at the spring. The return is via the same route. Hike 10.4 miles; trailhead elevation 2700 feet; net elevation change 1960 feet; accumulated gain 2720 feet; RTD 24 miles.

**\*\*Saddlebrooke to Mt. Lemmon via Samaniego Ridge Trail. Rating A.** The hike begins in Saddlebrooke near Unit 21 and proceeds down the CDO Wash and FR # 736 to Charouleau Gap. The route then continues up Samaniego Trail #7, Trail #6, Trail #5, and Trail #5A to Mt. Lemmon. The Samaniego Trail passes Mule Ears along the way and proceeds along the backside of the three peaks of the Samaniego Ridge. This is a beautiful hike with great views of the Reef of Rocks as viewed from Mule Ears, as well as the entire CDO Canyon watershed originating from Mt Lemmon. This all-day hike is very difficult and intended only for very fit hikers. The trail to Mule Ears and Samaniego Ridge is seldom used and may be slow going at places so be prepared for some bushwhacking. Minimum 4 liters of water, long pants and plenty of snack food is recommended. Drivers will be needed to retrieve hikers from Mt Lemmon. Hike 15.7 miles; trailhead elevation 3270 feet; net elevation change 5900 feet; accumulated gain >6000 feet; RTD 131 miles.

**Wilderness of Rocks Loop # 1. Rating B.** The hike begins at the Steward Observatory parking lot and proceeds down the Mt. Lemmon Trail and the Lemmon Rock Lookout Trail to about 7200 feet where it connects with the Wilderness of Rocks Trail. This trail leads to the Marshall Saddle, where we follow the Aspen Trail to Radio Ridge and back to the observatory parking area. Hike 6 miles; trailhead elevation 9100 feet; net elevation change 2000 feet; accumulated gain \_\_\_ feet; RTD 131 miles.