



# SADDLE BROOKE

## HIKING CLUB NEWSLETTER

<http://www.SaddleBrooke.org>

NOVEMBER/DECEMBER

2007-6

### TIPS ON HIKING EQUIPMENT

#### **Hiking Equipment Recommendations**

(adapted from Allen Mote, [Hikers Wisdom](#))

**Am I prepared for a variety of circumstances when I go for a hike?**

- 1. WATER.** ½-3 liters per hour. Plastic water bottles or a hydration pack. A spray bottle is useful for quick cool-downs.
- 2. FOOD & SNACKS.** Nutritious sandwiches, trail mix, energy bars, sports drinks, etc.
- 3. JACKET.** For general use, the best jacket is a waterproof windbreaker or parka made of a durable, breathable, quiet fabric, with a hood that rolls up into the collar, and that has waist and wrist closures. Extreme conditions require more rugged gear and more layers.
- 4. FOOTWEAR.** Sturdy, pre-worn hiking boots with good traction soles offer support, protection, stability, and help keep your feet clean and dry. Replace the insoles that come with new boots with better ones. Change as often as needed.
- 5. HAT.** Summer hats should be wide-brimmed, high-crowned, well-ventilated, light-colored to reflect the sun, and have a dark color on the under-brim to absorb light (instead of reflecting the light back into your eyes). Winter hats should keep you warm and dry. A strap helps to keep your hat with you when the wind blows.
- 6. SUNGLASSES & STRAP.** Should have distortion free, break and scratch resistant lenses, sturdy frames, strap to keep them snug or from dropping, and a carrying case.
- 7. SUNSCREEN, SUNBLOCK, & LIP BALM.** Use screens/blocks that are nontoxic with UVA and UVB

protection, a SPF 15+ rating, sweat-proof and waterproof. Reapply about every 2 hours during a hike.

**8. FIRST AID KIT.** Customize it to meet your needs. Check annually for new or better products for KIT. **Take medications and emergency information.**

**9. INSECT REPELLENT.** Prevent bites, annoyance, and diseases.

**10. WHISTLE & STRAP.** Recognized internationally as an emergency and "help needed" signal. Blow series of threes.

**11. WATCH.** Check the time hourly, especially in unfamiliar areas a distance from the trailhead.

**12. PACK.** A simple daypack is adequate to begin with and in most cases is preferable to a fanny pack. Prices begin at about \$20. Larger packs with more features are useful on more advanced hikes. Check "outdoor equipment" stores. Evaluate packs for carrying capacity, frame type, fit, padded straps, hip/waist belt, chest strap, outside zip & water bottle pockets, loops, straps, waterproofing, space for extra water or a camelback, durability, and good stitching.

**Intermediate & advanced hikes, exploratory hikes or hikes a long distance from home require additional gear for emergencies.**

**13. EXTRA WATER.** One liter, or more, in your pack. This is your emergency water. Under normal circumstances you should return to the car well-hydrated and with your extra liter of water still unused.

**14. EXTRA FOOD & SNACKS.** These are your emergency supplies. Under normal circumstances, you should always return to the car with your extra food unused. Snack frequently from your normal supplies.

**15. EXTRA CLOTHING.** Think layers. Use pre-worn, comfortable, loose fitting, neutral-colored clothing made of synthetic/wool materials to wick moisture away from your body. Wear cotton only in dry and low humidity conditions. Khakis are cooler, more breathable than jeans. Zip-off pants are versatile and quick drying.

**16. MAPS.** Three different kinds of maps are usually recommended:

- State Highway Map to help you get to the trailhead and identify landmarks.
- Forest Service Map, or topographic map that covers an area larger than your hike route, helps you get to the trailhead, identify alternative driving or hiking routes, and distant landmarks.
- Topographic Maps showing the greatest detail possible of your entire hike route, usually “USGS 7.5 Minute Series” maps with contour lines that show elevation changes at 40 feet intervals. Available at most outdoor gear or map stores, some agencies, over the Internet, GPS software packages, and from the US Government.

**17. COMPASS.** An inexpensive tool that has been used for centuries and is still vital for finding your way, staying oriented, and “staying found” (not lost) during a hike. Take a few minutes at home to learn how to use it to (a) pinpoint your location on a map, (b) plot a course, and (c) help you find your way if you get lost.

**18. POCKET KNIFE.** Cut moleskin to the right size, repair pack or gear, make kindling or an emergency fire, slice an apple. . . lots of uses. A “Swiss Army” type of knife, or multi-tool, with 2 blades, hole punch, tweezers, toothpick, screwdriver, etc., is usually preferred. Carry your knife in your pack (part of your SURVIVAL KIT) or on your belt, rather than in your pocket, to prevent chafing and loss.

**19. FLASHLIGHT.** A headlamp can keep your hands free for using your hiking poles or doing other tasks. Carry extra batteries and an extra bulb. Check your flashlight before every hike to be sure it works.

**20. WATERPROOF MATCHES.** Carry two types of igniters, just in case one gets damaged or doesn’t work. These include matches in a waterproof container (along with the correct striking surface) and a butane lighter.

**21. FIRE STARTERS.** Used to ignite cold, damp, or large-sized wood.

**22. EMERGENCY SHELTER.** This can be as simple, inexpensive, and lightweight as a “tube tent” (a flexible, plastic tube which when folded is about the size of a pack of cards). In inclement weather, crawl into it to help preserve body heat and stay dry. A poncho, pocket-sized space blanket, or large garbage bag can also be used as a rain cover or to provide shade in sunny, hot conditions.

**23. ID, MONEY, & MEDICAL ALERT INFO.** Driver’s license, money for the carpool driver, food, etc, Med Alert bracelet, emergency wallet card and medications you might need on a hike, especially if you are allergic to bee stings, or have a medical condition

that might be activated by strenuous activity, heat or cold.

**24. TRAVEL BAG.** Not usually a requirement, but useful even on a short hike. After your pack, think of “travel bag” as your second container. Leave it in the car with all of the supplies you’ll need and want at the end of your hike such as dry clothes, fresh socks, and clean shoes after a rainy, muddy, or dusty hike. Water for drinking and washing up can be welcome as are extra food, fresh fruit and snacks, and plastic bags for wet clothes, dusty boots.

**25. VEHICLE EMERGENCY KIT.** Necessary or useful items: spare tire, jack, lug wrench, tow strap, tools, shovel, axe, traction devices, gloves, coveralls, blanket (doubles as an emergency stretcher), whistle, extra water, extra food, first-aid kit, maps, paper towels, and waterproof matches. Cell phone.

## OFFICERS

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## NEWS YOU CAN USE

Social Hour	November 21st	4:00 p.m.
Board Meeting	December 5th	3:00 p.m.
Hiking Guide Meeting	December 5 <sup>th</sup>	4:00 p.m.
Social Hour	December 19th	4:00 p.m.

**Note: Social Hours held at the MV Clubhouse in the lounge area.**

Hard copies of the Newsletter are available at the

MountainView Clubhouse and the SaddleBrooke Fitness Center. They are also available on our web page at [www.saddlebrooke.org](http://www.saddlebrooke.org).

## NEWS WE CAN USE

**New e-mail address:** You may update your e-mail address by notifying Bob Perez at [azsun65@wbhsi.net](mailto:azsun65@wbhsi.net).

**Renew your membership:** You may send your \$5.00 yearly membership dues to Bob Perez at 65187 E. Desert Sands Court. Make checks payable to SaddleBrooke Hiking Club.

## AWARDS

<b>10 Hikes</b>	Ray Gearhard
<b>25 Hikes</b>	Elizabeth Tancock
<b>100 Hikes</b>	Karen Gray & Don Taylor
<b>500 Hikes</b>	Elaine Fagan & Betty Steindl
<b>750 Hikes</b>	Dean Wilson

## CONGRATULATIONS!!

## 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 hike 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 at the end of the hike descriptions. Most include the entry and/or parking fees where required, however 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. 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.

**Guest Policy:** Normally a SaddleBrooke resident, whether year-round or part-time, must be a club member in order to join a hike. They may however, come on one hike as a guest in order to see if they are interested in joining the club. Members must accompany their guest(s), and all guests will be required to sign a Release Form prior to hiking (if under age 18, must be signed by parent or legal guardian). If the guest is younger than 16 years old, you must notify the guide who has sole discretion whether or not to allow minors on the hike.

## HIKE RATINGS, PACE, AND SYMBOLS

### Rating:

A Hikes	>14 miles or >3000 foot climb
B Hikes	>8 to 14 miles or >1500 to 3000 foot climb
C Hikes	>4 to 8 miles or >500 to 1500 foot climb
D Hikes	4 miles or less and 500 foot climb or less

### Pace:

Refers to the length of 2 steps, the speed you walk/hike, or to the average speed of a hike. When we denote the pace of a hike we are referring to the average speed. This means that from start to finish (excluding lunch) you can expect to be traveling at an average speed of ( ) MPH. The average speed or pace of a hike is affected by speed and length of stride, number of rest stops, incline, type of terrain, and trail conditions. We use the following three categories to describe our hikes.

**Slow Pace** – Average speed of hike < 1.5 MPH

**Moderate Pace** – Average speed of hike 1.5 to 2.5 MPH

**Fast Pace** – Average speed of hike > 2.5 MPH

### Symbols:

**"+"and "-" after a rating.** The plus and minus signs are used to show that a hike is harder or easier than the average hike in that rating category. It may have a plus sign added due to a loose rocky area or perhaps due to an unusually steep area. A minus sign might be added to a hike due to it having a very easy, smooth trail surface.

**\*\*\*" by a hike.** Hikes marked by a double asterisk are new

additions to our club database or a new 'one time' hike.

"++" **by a hike.** Hikes marked by a double plus are Orientation Hikes. Orientation hikes are encouraged for all "beginner" hikers and are intended for sharing information and for personal assessment of current physical fitness.

## **FITNESS WALKS - FIVE DAYS A WEEK**

The SaddleBrooke Hiking Club offers morning fitness walks five days a week. These sessions last about one hour and are suitable for walkers of all ability levels. They are a great way to start the day and a great way to meet other SaddleBrooke residents as you enjoy the fantastic views.

Fitness Walks will continue Monday, Wednesday and Friday at **7:00 a.m. starting November 2nd** from the parking lot just west of SaddleBrooke HOA #1 Fitness Center. Volunteers will take turns leading these walks and will be coordinated by Dean Wilson.

Dean Wilson and Michael Reale offer fitness walks Tuesday and Thursday at **7:00 a.m. starting November 1st.** Meet at the parking lot of the MountainView Clubhouse. You may contact Dean at 818-0299 or Michael at 825-8286.

Judy Barenkopf's Tuesday and Thursday fitness walks begin at **7:00 a.m.** We begin each Tuesday morning at the Mountain View Clubhouse parking lot. On Thursday mornings we begin at the SaddleBrooke Tennis center's parking lot. These walks are "D" hikes but we do hills around SaddleBrooke and the surrounding areas. We have all speeds of walkers and can accommodate all levels of walkers. Any questions please call Judy Barenkopf at 825-7077 or e-mail at [mbarenkopf@msn.com](mailto:mbarenkopf@msn.com).

Extended Fitness Walks will be led on Wednesday, November 7 and Wednesday, December 5. Rating C/B. These walks will begin at the SaddleBrooke parking lot and travel one of several routes through SaddleBrooke. The distances will vary between 7.5 - 10 miles, with elevation changes from 500 - 600 feet, depending on the specific route chosen. The duration will be 2.5 to 3.0 hours. As an added bonus, walkers can have breakfast at the Road Runner Grill after the walk (bring your credit card, as cash is not accepted). Carry at least one quart of water. Leave time: 7:00 a.m. Michael Reale, 825-8286.

## **HIKES OFFERED**

Please note, all hike ratings having "\*\*\*\*" behind that rating denotes the hike being done at a slower pace.

**Nov. 1 – Thurs. Club Trash Cleanup Walk. Rating D.** The hiking club adopted Catalina Hills Drive from the Arizona Dept. Of Transportation for trash cleanup purposes in its Adopt A Highway Program. We will meet in the parking lot just west of the SaddleBrooke CC Fitness Center. Bring gloves and a trash pickup stick if you have one. Safety vests and trash bags will be provided. Walk 2 miles; maximum elevation gain 250 feet; leave at **7:30 a.m.** no driver donation. Bill Leightenheimer, 818-1953.

**Nov. 1 – Thurs. Charouleau Gap Road from Oracle. Rating**

**C.** We will drive to Oracle, then onto a dirt road which leads to the Oracle end of the Charouleau Gap road. We plan to hike 6 miles. We will see great views of the surrounding hills in the north end of the Catalina Mountains. Elevation change approximately 800 ft. Need 4 wheel drive vehicles. Leave at **7:00 a.m.**; round trip drive 40+ miles (dirt); driver donation \$4.00. Jan & Dean Wilson, 818-0299.

**Nov. 2 – Fri. Seven Falls. Rating B** Starting at the Sabino Canyon Visitors Center hike from the parking lot to lower Bear Canyon. Then along the Bear Canyon Trail to Seven Falls and return. Falls may be dry depending on spring rains. Hike 8.4 miles; elevation change 1960 feet; starting elevation 2800 feet; leave at **7:30 a.m.**; round trip drive 56 miles; driver donation \$5.00. Sandy Businger, 825-9294.

**\*\*Nov. 3-Sat. Babad Do'ag Canyon. Rating C.** This is a canyon hike, not a trail hike. There is brush and boulder hopping. We will climb a dry waterfall at the end so there is some exposure. Dress defensively. Gloves are helpful. Hike 8 miles; elevation gain is 1,130'. Leave at **7:00 a.m.** Round trip drive 80 miles; driver donation \$6.00. Larry Linderman 818-1977

**Nov. 5 – Mon. Peppersauce and Nugget Canyon Loop. Rating C+.** The hike begins at Peppersauce Campground on the northeast side of the Catalinas. It follows the old Mt. Lemmon Road up to the Nugget Canyon turnoff. There we will stop to see Peppersauce Cave. Bring a flashlight. We then travel up the canyon, follow jeep roads, view an old mine, then come down Peppersauce Canyon. Much of the hike is through oak woodland with good views from the higher hills. This is a strenuous hike for this level due to a steep incline in one area and loose rocks in another. Hike 8 miles; elevation change 1200 feet; starting elevation 4600; leave at **7:00 a.m.**; round trip drive 53 miles (dirt); driver donation \$5.00. Michael Reale, 825-8286.

**Nov. 6 – Tues. Superstitions: La Barge Creek/Boulder Canyon Loop, with side trips. Rating B.** This hike is for those who would like to see the Superstitions from a different perspective, hiking off-trail to areas not commonly seen. About a half mile from the trailhead, after a 3 min. side trip to the Superstition Wilderness sign with great views of Weavers Needle and Battleship Mountain, we leave Boulder Canyon Trail going down a spur trail to La Barge creek. We will walk along this rocky creek bed about 1.9 miles (reduced pace), briefly rejoin the trail, then leave it again, soon entering through the sheer rock walls of La Barge Canyon. Hiking through this canyon, described in [Todd's Desert Hiking Guide](#) as the "nicest canyon in the Superstitions," will involve boulder hopping, some scrambling and climbing, and minor bushwhacking. We will hike less than a mile through the canyon along the east side of pyramid-shaped Battleship Mountain to an area of lovely seasonal pools and then return the way we came back to the trail. We will continue on Boulder Canyon Trail through Paint Mine Saddle to Indian Paint Mine. In addition to old foundations and mining shafts, the rocks in this area are said to have been mined by the Indians for paint. We will continue SW on the trail past the intersection with Boulder Canyon, and hike an additional .5 mile down the west side of Battleship Mountain looking for the route to the top of Battleship Mountain (a hike for another day!). We will then return to the Boulder Canyon intersection, hike 1.7 mi. north through the Canyon, rejoin La Barge Creek for 1 mi., then exit the remaining .6 mi. to the

trailhead. Wear long pants and wetable shoes (although water in the creek at this time of year is not likely); consider bringing hiking sticks. Hike 9 miles; elevation change 600 ft. (entire cumulative elevation gain is less than 1,200 ft.); starting elevation 1,660 ft.; leave at **6:30 a.m.**; driver donation \$10.00. Cheryl & Dean Werstler, 825-9057.

**Nov. 7 Wed. Extended Fitness Walk. Rating B/C.** Walk will begin at the SaddleBrooke parking lot and travel several routes through SaddleBrooke. The distances will vary from 7.5 – 10 miles, with elevation changes from 500 – 600 feet. The duration will be 2.5 to 3.0 hours. As an added bonus, walkers will have breakfast at the Road Runner Grill after the walk (bring your credit card, as cash is not accepted). Carry at least one quart of water. Leave time: **7:00 a.m.** Michael Reale, 825-8286.

**Nov. 7 – Wed. Romero Pass. Rating A\*\*\* "B" pace.** This hike begins in Catalina State Park and follows an up and down trail past Romero Pools and Romero Springs to Romero Pass. There is a very steep uphill section the last 2 miles. Hike 15 miles (7.5 miles climbing and 7.5 miles descending); elevation change 3300 feet; starting elevation 2700 feet; leave at **8:00 a.m.**; round trip drive 24 miles; driver donation \$3.00. Rick Phelps & Debbie Dyer, 825-2395.

**Nov. 8 – Thurs. Blackett's Ridge. Rating B.** This hike takes you up to a ridge between Sabino and Bear Canyons. It has spectacular views of Tucson and the canyons. We hike through lower Sabino Canyon to the Phoneline Trail. After 0.4 miles we turn onto the Blackett's Ridge Trail where we begin the ascent. This trail has several series of steep switchbacks mixed in with some level areas. There are three false summits at the top. Hike 6 miles; elevation change 1620 feet (gps); starting elevation 2700 feet; leave at **7:30 a.m.**; round trip drive 56 miles; driver donation \$5.00. Mary Croft, 825-3804.

**Nov. 9 – Fri. Mt. Wrightson via Old Baldy Trail. Rating A.** Hike up the Old Baldy Trail to the summit and come down the same way. This is the shortest route to the top (9453') of Mt. Wrightson. At the top are 360-degree views from Tucson to Mexico. This is a shady all day hike to an outstanding mountain. Hike 11.1 miles; elevation change 4029 feet (gps); starting elevation 5400 feet; leave at **7:00 a.m.**; round trip drive 130 miles; driver donation \$10.00. Larry Linderman, 818-1977.

**Nov. 10 - Sat. Deer Camp Loop. Rating C.** This hike starts in the 50-Year Trail Area. We hike up to Deer Camp then head southwest down a winding trail to connect with a trail that will take us up to a lookout on an arm of Samaniego Ridge. You will have a great view of SaddleBrooke, the Sutherland Wash, the Biosphere, the Tortolita Mountains and the Pusch Ridge series. We will follow this trail back down over slickrock, past an ancient cholla TREE, then through an ocotillo grove. It then continues down a dry creek bed (watch for those cairns) and intersects with the Baby Jesus Trail. We pass through a grove of 100+ year old Saguaros on the way back to our cars. Hike 5.7 miles, elevation change 1400 feet; starting elevation 3200 feet; leave at **8:00 a.m.**; driver donation \$1.00. Jim Strickler, 825-8735.

**Nov. 12 – Mon. Wilderness of Rocks. Rating B.** Starting at

Marshall Gulch picnic area, we climb up to Marshall Saddle then hike down the Wilderness of Rocks Trail. Three fourths of a mile past the intersection with the Lemmon Rock Lookout Trail is the Lemmon Creek area in the heart of the Wilderness of Rocks. There are beautiful rock formations with great views. Return by the same route, or optionally by the Aspen Trail. Hike 7.5 (or 8.8) miles; elevation change 1550 feet; starting elevation 7440 feet; leave at **7:00 a.m.**; round trip drive 131 miles; driver donation \$10.00. Michael Reale, 825-8266.

**Nov. 13 – Tues. Madera Canyon Nature Trail. Rating C.** This non-desert hike is in the Santa Rita Mountains. We start at 4500 foot elevation from the lower area and ascend 3.2 miles up the canyon to the 5400 foot Roundup Picnic Area. Along the way, we enjoy the shade of Apache Pines, Douglas Firs, Emory Oaks, Mexican Blue Oaks, Willows, Cottonwoods, and Sycamores. Our return is by the same route. There are panoramic views from a ridge on a trail breakout. Hike 7.5 miles; elevation change 900 feet; starting elevation 4500 feet; leave at **7:00 a.m.**; round trip drive 130 miles; driver donation \$12.00. Mary Richling, 825-5238.

**Nov. 13 – Tues. Superstitions: Geronimo Cave and Barks Canyon Loop. Rating B.** We will start at the Peralta Trailhead, climbing the Peralta Trail 1,400 ft. over 2 mi. to Freemont Saddle. From there we will access the Cave Trail which makes its way for 1.5 miles along cliffs and boulders and across weather-worn rock. Geronimo Cave (actually 1 of 3 alcoves), about .6 mi. in on the trail, was named by the Dons Club which has drawn 100's of people every spring since 1934 for its Dons Trek (different trail). (See [www.hikearizona.com](http://www.hikearizona.com) for a description of Cave Trail.) We will then connect with Bluff Springs Trail, taking it north 1.6 mi. to the intersection of Terrapin Trail. From here we leave the trail and descend into beautiful, seldom used Barks Canyon, hiking about 2.3 miles off trail through the Canyon. We will soon encounter a series of cascading pools beneath sheer walls, then enter a dense thicket of trees that will require some bushwhacking. (This hike is also described in [www.hikearizona.com](http://www.hikearizona.com).) The Canyon is named for Jim Bark, a rancher in the 1890's who hunted for the "Lost Dutchman's Gold Mine" for many years. We will see reddish colored mine tailings from a tunnel, that goes a considerable ways back into the mountain, that was either a prospect or a producing mine. A short distance after the canyon opens up into Barkley Basin we intersect with the Dutchman Trail, following it a mile back to Peralta Trailhead. Hike 9 miles; elevation change 1,450 ft.; cumulative elevation gain/loss is about 2,090 ft.; starting elevation 2,400 ft; leave at **6:30 a.m.**; driver donation \$11.00. Cheryl & Dean Werstler, 825-9057.

**Nov. 14 – Wed. OSP West Loop. Rating C.** This hike begins at the Kannally Ranch House parking lot in Oracle State Park. We hike the Nature Trail to the Wildlife Corridor Trail where we go northeast to the AZ Trail. At the intersection we turn west and hike toward Highway 77. We then turn south to the Mariposa Trail and onto the Bellota Trail that takes us back to the cars. The first third of the hike is fairly level, the second third is a series of up and down hills on rocky trail and the last third has gentle hills. Hike 6.8 miles, elevation change 1001 feet (gps); starting elevation 4350 feet; leave at **8:00 a.m.**; round trip drive 40 miles; driver donation \$4.00. Marv Rossof, 877-9262.

**Nov. 15 – Thurs. Cardiac Gulch. Rating B.** This is a hike to the saddle overlooking Esperero Canyon. We'll warm up by

hiking from the Sabino Canyon parking lot over a few small foothills to "the Gulch". The hiking is initially steep... then it gets much steeper! We'll have lunch at the saddle while viewing the falls below, assuming that rain or a spring thaw supplies a rushing brook. Extra water is recommended. Hike 7.25 miles; elevation change 1898 feet (gps); starting elevation 2700 feet; leave at **8:00 a.m.**; round trip drive 56 miles; driver donation \$5.00. Larry DuKatz, 825-7097.

**Nov. 15 – Thurs.** Wasson Peak/Hugh Norris Trail. Rating B\*\*\*. We will take the Hugh Norris Trail in both directions. This is the longest trail to Wasson Peak (incredible views at the top) but the climb is gradual and the trail is primarily a ridge trail with spectacular views. Hike 10 miles elevation change 2100 feet; starting elevation 2800 feet; leave at **7:00 a.m.**; round trip drive 73 miles; driver donation \$5.00. Jan & Dean Wilsson, 818-0299.

**Nov. 16 – Fri. Romero Pools. Rating C+.** The hike begins in Catalina State Park and follows Romero Canyon Trail into the foothills. Trail crosses open desert then climbs steeply until it reaches a saddle and then down the canyon area where several pools are located. An option is a ¾ mile round-trip hike to the upper pools. We will have lunch there. Trail is rocky and rough in places. Hike 5.64 miles; elevation change 1500 feet (gps); starting elevation 2700 feet; leave at **7:00 a.m.**; round trip drive 24 miles; driver donation \$3.00. Phillip Cotton/Dave Hydeman, 825-2243.

**Nov. 20 – Tues. Romero Pools. Rating C+.** The hike begins in Catalina State Park and follows Romero Canyon Trail into the foothills. Trail crosses open desert then climbs steeply until it reaches a saddle and then down the canyon area where several pools are located. An option is a ¾ mile round-trip hike to the upper pools. We will have lunch there. Trail is rocky and rough in places. Hike 5.64 miles; elevation change 1500 feet (gps); starting elevation 2700 feet; leave at **6:30 a.m.**; round trip drive 24 miles; driver donation \$3.00. Chery & Dean Werstler, 825-9057.

**Nov. 20 – Tues. Picacho Peak. Rating B.** From Barret Loop trailhead hike up to a saddle then down to Sunset Vista Trail then to the top of Picacho Peak using the permanently installed guide cables to get to the top. Bring cotton or leather gloves for holding on to cables. Return requires a climb down Sunset Vista Trail then up the Hunter Trail again to the saddle. This is a short, strenuous, 'acrophobic' hike & a favorite among hikers. Park entrance pass required. Hike 4.2 miles; elevation change 2100 feet; starting elevation 1500 feet; leave at **7:30 a.m.**; round trip drive 90 miles; driver donation \$7.00. Dean Wilson, 818-0299.

**Nov. 21 – Wed. OSP East Loop. Rating C.** This hike begins at the Kannally Ranch House parking lot in Oracle State Park. We hike the Nature Trail to the Wildlife Corridor Trail where we go northeast to the AZ Trail. At the intersection we turn southeast and follow trail to the intersection with the Manzanita Trail. We follow this trail west and onto the Nature Trail that takes us back to the cars. This route is fairly level with little elevation change with wide open views and interesting rock formations among the low desert plants. Hike 6.22 miles; elevation change 760 feet (gps); starting elevation 4350 feet; leave at **8:00 a.m.**; round trip drive 40 miles; driver donation

\$4.00. Marv Rossof, 877-9262.

**Nov. 21 - Wed. Hiking Club Social Hour, 4:00 p.m.**

**Nov. 26 – Mon. Arizona Trail- Rincon Valley. Rating B.** From Pistol Hill Road the Arizona Trail continues 11 miles to Marsh Station. This is a very scenic section through limestone outcroppings, lush vegetation, uplifted fossilized coral, magnificent mountain views ending with railroad bridges over Cienega Creek. Often trains are seen here. This will be a key exchange hike. Starting elevation is 3,660 or 3,280 with elevation change of 990 or 1,375 ft. depending on the hike direction. Leave at **7:00 a.m.**; round trip drive approximately 115 miles (dirt); driver donation approximately \$10.00. Elisabeth Wheeler, 818-1547.

**Nov. 27 – Tues. Mescal Mountain old 4 WD road hike: Rating C.** This hike begins 15.2 miles N. of Winkleman on highway #77. We climb 400 ft. right away, then have a more gradual climb to total of 700 ft. gain by 2 miles. There are great views in all directions taking in El Capitan slot canyon, Mescal Mountains with El Capitan Mountain, S. to the Galiuro Mountains, and W. to the Tortilla Mountains. From the high point (at 3300+ ft.) we hike down the road, eventually coming to an overlook into a canyon. We return via the same route. 6-7 miles rd. trip, total elevation gain 700 ft.; starting elev. 2600 ft.; Leave at **7:30 a.m.**; drive 134 miles; driver donation \$9. Jan & Dean Wilson, 818-0299.

**Nov.28 – Wed. Phoneline Trail - Round Trip. Rating B-.** The hike will begin in the Sabino Canyon parking lot. After crossing Sabino Creek there is a moderate climb to the Phoneline Trail. The trail is above and generally parallels the tram road. It offers outstanding views of the canyon. We will choose between three routes back, the tram road, the same trail, or back part way on the same to trail to a connecting trail that takes us down to the creek and dam and back to the parking lot. Hike 10 miles; elevation change 900 feet; starting elevation 2700 feet; leave at **7:00 a.m.**; round trip drive 56 miles; driver donation \$5.00. Sandy Businger, 825-9294.

**Nov. 29 – Thurs.. Rams Creek Basin. Rating C.** We hike up the wash on a new trail through nice vegetation and then climb 560 feet to a watering tank. There are some great views of Rancho Vistoso, Tortolitas, SaddleBrooke, and the Biosphere. We then continue on to a water fall where we will have lunch. Return via same route. Hike 5 miles; elevation change 1000 feet; starting elevation 2600 feet; leave at **8:00 a.m.**; round trip drive 21 miles; driver donation \$2.00. Marv Rossof, 877-9262.

**\*\*Nov. 29 – Thurs. Mt. Wrightson--Ring around Wrightson. Rating A\*\*\*.** We start in Madera Canon (Santa Rita Mountains) and go up the Super Trail to Josephine Saddle. We then follow the Super Trail past Josephine Peak to Baldy Saddle, and then follow Old Baldy Trail through Josephine Saddle to the starting point. This is a shady all-day hike with outstanding views in all directions. Hike 11.7 miles; elevation change 3300 feet; starting elevation 5400 feet. Leave at **6:00 am.**; round trip drive 130 miles; driver donation \$10.00. Mike Reale, 825-8286.

**Nov. 30 – Fri. Blackett's Ridge. Rating B\*\*\*.** This hike takes you up to a ridge between Sabino and Bear Canyons. It has

spectacular views of Tucson and the canyons. We hike through lower Sabino Canyon to the Phoneline Trail. After 0.4 miles we turn onto the Blackett's Ridge Trail where we begin the ascent. This trail has several series of steep switchbacks mixed in with some level areas. There are three false summits at the top. Hike 6 miles; elevation change 1620 feet (gps); starting elevation 2700 feet; leave at 7:30 a.m.; round trip drive 56 miles; driver donation \$5.00. Jan & Dean Wilson, 818-0299.

**\*\*Nov. 30 – Fri. Arizona Trail Canelo Hills West Rating A.** We will hike 17.4 miles from Canelo Pass to Patagonia. The elevation change is 1,250 feet and the starting elevation is 5,400 feet. We will traverse this trail from east to west to better enjoy the diverse vistas of grass hills, oak savannas, mesquite groves and riparian canyons. Leave at **5:30 a.m.**; driver donation TBD. Bill Leightenheimer. 818-1953.

**Dec. 1 – Sat. Sutherland Wash Petroglyphs. Rating C.** This hike is a gradual hike through a mesquite bosque with 100+ year old saguaros, Arizona Poppies/Morning Glories in season, on the way to an area of many, many petroglyphs. Per the book Paradise Found by Kathy Alexander there are over 1400 petroglyphs in the area. Some rock scrambling is necessary to search for the petroglyphs. Bring a snack to enjoy while searching. Hike 6 miles; elevation change 400 feet; starting elevation 3200 feet; leave at **7:00 a.m.**; round trip drive 12 miles (dirt); driver donation \$2.00. Dave Hydeman, 825-7816.

**Dec. 4 – Tues. Superstitions: Battleship Mountain-Black Mesa Loop. Rating A.** From First Water Trailhead we will take Second Water Trail to Boulder Canyon Trail where we will proceed south to a point parallel with the southern tip of Battleship Mountain. Here we depart the trail and climb the mountain from the southern tip along the ridge to the northern end. We encounter a lunar landscape surrounded by breathtaking sheer drops in all directions. The large plateau at the top is strikingly beautiful with eerie rock formations and colors. Although there is no technical climbing, this is a difficult hike for advanced hikers only. Scrambling and bouldering skills are a must. Those uncomfortable with heights would probably not enjoy this hike. We will return by going south on Boulder Canyon Trail and taking a short side trip to view Aylors Arch and the rock formation "Horse's Head with the Laid Back Ears. We will then join the Black Mesa Trail, hiking across the top of the mesa and return on Second Water Trail to the trailhead. Hike 11 miles; cumulative gain 3,100 ft; leave at **6:30 a.m.** driver donation \$9.00. Cheryl & Dean Werstler, 825-9057.

**Dec. 5 – Wed. Extended Fitness Walk. Rating C+/B.** The walk will begin at the SaddleBrooke parking lot and travel through several routes through SaddleBrooke. The distances will vary from 7.5 – 10 miles, with elevation changes from 500 – 600 feet. The duration will be 2.5 to 3.0 hours. As an added bonus, walkers can have breakfast together at the Road Runner Grill after the walk (bring your credit card, as cash is not accepted). Carry at least one quart of water. Leave at **7:00 a.m.** Michael Reale, 825-8286.

**Dec. 5 – Wed. Hiking Club Board Meeting, 3:00 p.m.**

**Dec. 5 – Wed. Hiking Club Guide Meeting, 4:00 p.m.**

**Dec. 6 - Thurs. Aqua Caliente Hill. Rating C+** This hike has

great panoramic views of Tucson, the Rincon Mountains and the Santa Catalina Mountains. From the trailhead the trail starts climbing immediately with good views of Tucson. The trail continues up and down for approximately 2 miles to a water hole. The C hike turns around here; 4 miles round trip, elevation change 1000 ft. From the water hole the trail climbs and then drops into awash. It is a steep climb to a ridge and junction with old jeep Forest Service road #4445, about 3 miles from the trailhead. It is another 1.5 miles to the top of Aqua Caliente Hill. The B hike 6-9 miles; elevation change 2700 ft.; starting elevation 2500 ft.; leave at **7:00 a.m.**; round trip drive 75 miles; driver donation \$5.00. Jan & Dean Wilson, 818-0299.

**Dec. 7 – Fri. Bridal Veil Falls. Rating A.** We begin on the asphalt road at Sabino Canyon, cross the Cactus Picnic area and a heavily used trail. We then cross Rattlesnake canyon and gain elevation fairly quickly as we proceed to Bird Canyon and cross a section of private land. The trail is well maintained and there are some steep climbs interspersed with short switchbacks which take us to the ridge nicknamed "Cardiac Gap." The trail then drops to the north side heading towards Cathedral Peak, circles the basin which leads to Geronimo Meadow. The last half mile to the falls is steep and overgrown, but is well worth it if there has been adequate rainfall. Hike 12 miles; elevation change 3265 feet (gps); starting elevation 2700; leave at **7:00 a.m.**; round trip drive 56 miles; driver donation \$5.00. Michael Reale, 825-8286.

**Dec. 7 – Fri. Oracle Ridge to Saddle. Rating C.** This hike begins in Oracle off the Cody Loop Road. It follows the Oracle Ridge Trail to the junction with the American Flag/Cody Trail where we have great views of Biosphere II and the Tortolitas to the west. We follow the ridge south where we will lunch in a saddle at the top of Camp Bonita Canyon on the northwest side of Apache Peak. Return by the same route. Hike 5.2 miles; elevation gain 700 feet; starting elevation 4700 feet; leave at **8:00 a.m.**; round trip drive 39 miles (dirt); driver donation \$4.00. Mary Croft, 825-3804.

**Dec. 9 – Sun. First Water/ Second Water Trail Loop. Rating B-** We start on the Dutchman Trail from the First Water Creek Trailhead, north of Apache Junction, in the Superstition Wilderness. After 4.2 miles, we turn onto the Black Mesa Trail. After another 1.5 miles, up a hill, we'll have lunch on a bluff, overlooking the heart of the Superstitions. Then on to the Second Water Trail and back to our trailhead. Numerous water crossings and boulders all along these trails, wonderful scenery. Hike 9.2 miles; elevation change 800 feet; starting elevation 2300 feet; leave at **7:30 a.m.**; round trip drive 180 miles (dirt); driver donation \$16.00. Jim Strickler, 825-8735.

**Dec. 10 – Mon. Picacho Peak - Sunset Vista Trail. Rating B.** From the Sunset Vista Trailhead we follow the lower route to the climb up to Picacho Peak. The climb to the top of Picacho Peak employs the use of cables (bring gloves!) to get to the top. This is a short, acrophobic, strenuous hike. Park entrance pass required. Hike 6 miles; elevation change 2100 feet; starting elevation 1500 feet; leave at **7:30 a.m.**; round trip drive 90 miles; driver donation \$7.00. Sandy Businger, 825-9294.

**Dec. 11 – Tues. Superstitions: Weavers Crosscut. Rating B.** We leave from Peralta Trailhead climbing the Bluff Spring

Trail which gains 500 ft. elevation in the first half mile, levels off, then climbs 260 ft. in .25 miles. After 3 miles we leave the trail for "Weaver Cross Cut" at Bluff Saddle. We hike near the base of Weavers Needle, a column of volcanic rock that rises a thousand feet to an elevation of 4,553 ft. and dominates the landscape for miles around. On Weavers Cross Cut trail we go through fascinating rock formations, then descend to the Peralta Trail and return to the trailhead. Hike 8 miles; elevation change 1,400 ft. (cumulative elevation gain/loss 2,025 ft.); starting elevation 2,400 ft.; leave at **7:00 a.m.**; driver donation \$11.00. Cheryl & Dean Werstler, 825-9057.

**Dec. 12 – Wed. Alamo Canyon to the Water Tank. Rating C.** This hike begins at the Romero Ruins trailhead. Elevation change is gradual. We will hike from the ruins through Alamo Canyon. There maybe water at the canyon. We will then go around, down and up and down again to a non-used large water tank. Trail is rocky in some areas. We can return one of three ways of equal distance. Hike 6.2 miles; elevation change 986 feet (gps). Leave at **8:00 a.m.**; round trip drive 24 miles; driver donation \$3.00. Marv Rosssof, 877-9262.

**Dec. 13 – Thurs. Douglas Spring Trail to the Campground. Rating B.** We'll drive to the east end of Speedway to reach the trailhead and do some steep hiking to campground. Hiking back we'll possibly bushwhack over to Bridal Wreath Falls then follow trail back to the cars. Some variations in the trail. mostly open, so bring minimum of two quarts of water, sun protection and lunch. Hike 13.2 miles; elevation change 2684 feet (gps); starting elevation 2800 feet; leave at **8:00 a.m.**; round trip drive 80 miles; driver donation \$6.00. Larry DuKatz, 825-7097.

**\*\*Dec. 13 – Thurs. Pink Hill-Wentworth-Loma Verde Loop. Rating C+.** From the east end of Broadway we enter Saguaro National Park and the Rincon Mountains. The hike is to Wild Horse Canyon, past Garwood dam and across an old airstrip. Hike 8 miles. Some areas of steep climbing. Elevation change approximately 800 ft; starting elevation 2760 ft. Leave at **8:00 a.m.**; round trip drive 85 miles; driver donation \$6.00. Jan & Dean Wilson, 818-0299.

**Dec. 14 – Fri. Wasson Peak/Hugh Norris Trail. Rating B.** We will take the Hugh Norris Trail in both directions. This is the longest trail to Wasson Peak (incredible views at the top) but the climb is gradual and the trail is primarily a ridge trail with spectacular views. Hike 10 miles elevation change 2100 feet; starting elevation 2800 feet; leave at **7:00 a.m.**; round trip drive 73 miles; driver donation \$5.00. Michael Reale, 825-8286.

**Dec. 14 - Fri. Canyon Loop and Birding Trail. Rating D.** We will start up the Romero Trail in Catalina State Park; follow the Canyon Loop Trail and come back on the Sutherland Trail. This area is a great example of the Sonoran Desert and its riparian areas. Following this we will hike he Birding Trail. Depending upon the season, some water crossings are possible. Hike 3.43 miles; elevation change 270 feet (gps); starting elevation 2700 feet; leave at **8:00 a.m.**; round trip drive 24 miles; driver donation \$3.00. Mary Richling, 825-5238.

**\*\*Dec. 17 – Mon. AZT: Rincon Mountains. Rating A+.** The top of the Rincons is a great place for solitude since there is no easy way to get there from a road. We will start this through

hike in the Rincon Mountain Wilderness at Turkey Creek Trailhead on a ridge that separates Turkey Creek and Mesquite Canyons. We soon cross the Saguaro National Park boundary enjoying views of Rincon Peak to the south and the Catalina Mountains to the north. We begin a steep climb at the boundary, gaining over 3,000 ft. in the next 3 miles. We pass through a number of plant communities beginning with rolling grasslands, transitioning to oak/juniper forests, and topping out with ponderosa forests. About 6.5 miles from the trailhead we reach Manning Camp which is occasionally used by the National Park Service and has a restroom, water and campsites. Manning Camp was built in 1905 by General Levi Manning, Surveyor General of the Arizona Territory and later mayor of Tucson, as a summer home. He abandoned the cabin in 1907 when the area was declared a National Forest Reserve and his homestead rights were revoked. We begin a steady descent, losing 5,000 ft. over 9.5 miles, passing through Grass Shack Campground and arriving at Madrona Ranger Station. From here we leave the National Park and walk 4 miles on a dirt road to our waiting vehicle. We will need a 4X4 vehicle and shuttle driver for every 3 hikers. Hike 19+ miles; elevation change 3,900 ft. (Cumulative gain= 4,600 ft.; loss=5,730 ft.); starting elevation 4, 400 ft.; leave at **4:00 a.m.**; driver donation \$TBA. Bill Leightenheimer 818-1953.

**Dec. 17 – Mon. Mule Ears via Charouleau Gap. Rating A\*\*\* "B" pace.** This is a difficult hike to a prominent point on the Samaniego Ridge with outstanding views in all directions. We lunch at a spot on the edge of cliffs just north of Mule Ears, viewing the "Reef of Rocks". The hike starts from SaddleBrooke along the 4-WD road, to the gap; then begins a rather steep uphill climb for 1.5 miles. Eventually, the trail levels off and continues along the ridge with moderate up/down hiking over to Mule Ears. Return using the same route. Hike 17.5 miles; elevation change 4000 feet; starting elevation 3270 feet; leave at **8:00 a.m.**; round trip drive 5 miles; driver donation \$1.00. Rick Phelps & Debbie Dyer, 825-2395.

**\*\*Dec. 18 – Tues. Ventana Canyon Trail to Upper Pools. Rating C+.** This trail begins at the far end of the parking lot of Ventana Canyon Resort area. The trail follows the creek for one mile. We pass a crested saguaro along the way. After about 1½ miles the trail climbs up a series of switchbacks. After the Maiden Pools, we will continue about another mile (3 ½ miles one way) to the upper pools. This will be our turning around point. (The trail continues up to Window Rock, but we won't do that.) Ventana means Window in Spanish. Hike distance is 7 miles. Starting elevation is: 2950 ft. Elevation gain is approx. 1000 ft.; leave at **8:00 a.m.**; round trip drive 54 miles; driver donation \$3.00. Jan & Dean Wilson, 818-0299.

**Dec. 19 – Wed. Arizona Trail - Oracle State Park Work Session. Rating C.** This is our Hiking Club work day. Come join in the fun--it's nice to work side by side with other hiking members and it certainly gives you a feeling of pride and accomplishment along with a way of 'giving back' for all the trails we hike and take for granted so often. We help develop, maintain, and report conditions of the trails for which our Club is responsible. Generally, the work is light, involving some clipping, brushing, hoeing, raking, and pruning, and for some, lifting and carrying of tools. On rare occasions we may rebuild water runoffs, add erosion control devices, and



other trail work. Wear long pants and bring along gloves, hat, and hand clippers. Any other tools needed, will be provided. We work on trails in the Oracle State Park and a section of the Arizona Trail called, "Black Hills/south," which is just north of the Park, across Hwy 77. The sessions usually last about 4 hours, so bring water and snacks and lunch if you wish. Leave at **8:00 a.m.**; round trip drive 40 miles to OSP; driver donation \$4.00 or round trip drive 50 miles (dirt) for AZT; driver donation \$5.00. Jim Strickler, 825-8735.

**Dec. 19 – Wed. Hiking Club Social Hour, 4 p.m.**

**Dec. 20 – Thurs. Oracle Ridge to Saddle. Rating C.** This hike begins in Oracle off the Cody Loop Road. It follows the Oracle Ridge Trail to the junction with the American Flag/Cody Trail where we have great views of Biosphere II and the Tortolitas to the west. We follow the ridge south where we will lunch in a saddle at the top of Camp Bonita Canyon on the northwest side of Apache Peak. Return by the same route. Hike 5.2 miles; elevation gain 700 feet; starting elevation 4700 feet; leave at **8:00 a.m.**; round trip drive 39 miles (dirt); driver donation \$4.00. Marv Rossof, 877-9262.

**Dec. 21 – Fri. Sutherland Trail. Rating C.** This is a great wildflower hike after abundant winter rains. Along the way, we will observe many beautiful Saguaro cacti and great rock formations. There are many photo opportunities. We will also pass the cutoff to Dripping Springs which makes a nice short side trip if the water falls are flowing. The route begins in Catalina State Park and ends at a very scenic, flat, rocky area. We return using same route. Hike 6 miles; elevation change 600 feet; starting elevation 2700 feet; leave at **8:30 a.m.**; round trip drive 24 miles; driver donation \$3.00. Jan & Dean Wilson, 818-0299.

**\*\*Dec. 26 – Wed. Fifty Year Trail/Sutherland/Bridal Trail. Rating B.** We will be starting in Catalina State Park. We take the Canyon Loop trail to the Sutherland Trail. When we reach the rocky road we turn west and walk along this road for about two miles until we hit the Fifty Year Trail. We then hike the trail south to the beginning at the Equestrian Center in the park. We then take the Bridal Trail back to the main trailhead. Hike 10 miles; 700 ft. elevation gain; starting elevation 2700 ft. Leave at **8:00 a.m.**; round trip 24 miles; driver donation \$3.00. Marv Rossof, 877- 9262.

**Dec. 28 - Fri. Bridal Trail - Catalina State Park. Rating D.** This is a flat, easy trail connecting the Equestrian Center with the Trail Head. Hike: 2.8 miles. Leave at **8:30 a.m.** round trip drive approximately 24 miles; driver donation \$3.00. Jan & Dean Wilson, 818-0299.

**Dec. 29 – Sat. Soldier Trail. Rating B.** Start at mile 1.3 pullout on Catalina Highway to Prison Camp and return. The first ½ mile is very steep. The gorge in Soldier Basin may have water flowing below some rugged cliffs. Views of the Tucson area. This trail was used in the 1800s as a cavalry passage into the mountains. Hike 6 miles; elevation change 1600 feet; starting elevation 3200 feet; leave at **8:00 a.m.**; round trip drive 84 miles; driver donation \$6.00. Jim Strickler, 825-8735.

**Dec. 30 – Sun. Alamo Canyon to the Water Tank. Rating C.**

This hike begins at the Romero Ruins trailhead. Elevation change is gradual. We will hike from the ruins through Alamo Canyon. There maybe water at the canyon. We will then go around, down and up and down again to a non-used large water tank. Trail is rocky in some areas. We can return one of three ways of equal distance. Hike 6.2 miles; elevation change 986 feet (gps). Leave at **8:00 a.m.**; round trip drive 24 miles; driver donation \$3.00. Karen Gray, 818-0337.

*Happy  
Holidays!*