



SADDLEBROOKE

HIKING CLUB NEWSLETTER

<http://saddlebrookehikingclub.com>

JULY/AUGUST

2012-4

2012 SaddleBrooke Hiking Club Trip

May 14th-18th, over seventy members of the SaddleBrooke Hiking Club participated in a trip to the Flagstaff/Sedona areas to enjoy the many hiking trails available in those locales. The trip was organized by Bob Kolenda who began preliminary plans for the trip last October at the Club's fall picnic. Assisting in the planning and also acting as trail guides were Larry Allen, Frank Brier, Roy Carter, Susan Hollis, Bill Leightenheimer, Larry Linderman, Dave Sorenson, and Jan Wilson. The trip's kickoff began with a pot-luck dinner hosted by the Kolenda's in early May. At the pot-luck not only did the participants enjoy the great food, they also received information about the various trails, discussed last minute logistics and finalized their trail selections. On day one, several hikers climbed Mount Humphrey's, the tallest peak in Arizona. That same day other guides led hikes on the Brins Mesa Loop with excellent views of Maroon and Lost Wilson Mountains, Fisher Point via Sandy's Canyon trail with its sandstone cliffs and heavily wooded forest and the Walnut Canyon trail. While at Walnut Canyon, the hikers enjoyed visiting the cliff dwellings built in the year 1150 by the Sinagua Indians. During the week, participants also hiked the Kachina trail providing great views of Fremont and Doyle Peaks. The Kendrick Mountain trail with its steep switchbacks led hikers to the old Lookout Tower and participants enjoyed the unique boulders, some as large as houses, on the Fatman's Loop trail. Other trails hiked by the group included the Huckaby trail that parallels Oak Creek Canyon, the very scenic Mund's Wagon trail and Boynton Canyon that provides interesting red rock formations, immense red sandstone canyon walls and a pine forest. Additionally, Larry Linderman led a contingent of SaddleBrooke hikers who are hiking the entire Arizona Trail. On this trip, they completed AZ Trail

passages 33 and 34, a total of about 50 miles in the San Francisco Peaks. The participating SaddleBrooke hikers commented that the trip offered something for everyone and they looked forward to future trips with the Club.



The four ladies featured in this photo (front to back) are Mary Hlushko, Lara Lowden, Harriet Pearson and Jackie Hall

Arizona Trail Completions; Six Club Members Added To List

Six members of the club recently completed the 800+ miles of the Arizona Trail. They are Susan Hollis, Randy Park, Karen Cusano, Ray Gearhard, Larry Linderman and Melissa Simpson. They join the five other members of the club with this distinction. All

names are also posted on the Recognition page of our website.

Name	Date Completed
Kathy Gish	4/26/2006
Cheryl Werstler	4/5/2007
Dean Werstler	4/5/2007
Elisabeth Wheeler	8/29/2007
Bill Leightenheimer	10/25/2009
Susan Hollis	4/28/2012
Randy Park	4/28/2012
Karen Cusano	5/19/2012
Ray Gearhard	5/19/2012
Larry Linderman	5/19/2012
Melissa Simpson	5/19/2012

CONGRATULATIONS!

News You Can Use		
Social Hour	7/18	4:00 p.m.
Guide Meeting	8/8	4:00 p.m.
Social Hour	8/15	4:00 p.m.
Board Meeting	8/29	2:45 p.m.

Hard copies of the Newsletter are available at the SaddleBrooke and Desert View Fitness Centers.

Board Members	
President	Larry Allen 825-7864, allenlw70@gmail.com
Vice-President	Bob Kolenda 825-9972; rlkslt4@gmail.com
Secretary	Dave Sorenson 777-1994 iowaboy1950@yahoo.com
Treasurer	Virginia Brier 818-0493; virginiabrier@gmail.com
Chief Hiking Guides	Larry Linderman 303-6564; LLinderman13@gmail.com Walt Shields 818-3439 waltshields@mac.com

Volunteers	
Catalina Hills Cleanup	Bill Leightenheimer, 825-5756; wmhlaz@gmail.com
Communications	Ken Wong 818-2561; kmwong@q.com
Programs	Elisabeth Wheeler;818-1547 elisarick@wbhsi.net
Membership Roster	Karen Cusano , 468-2501 kdjcnp@yahoo.com
Merchandise	Pam Corrigan, 850- 8885 pam@daveandpam.com
Newsletter Copies	Martha Hackworth, 818-2573 marthahackworth@gmail.com
Newsletter	Carole Rossosof, 877-9262; crandmr@q.com
Publicity	Dave Sorenson, 777-1994; iowaboy1950@yahoo.com
Socials	Beaver Simpson,818-7839; wbsortho@aol.com
Statistics and Awards	Susan Hollis, 825-6819; slhollis@yahoo.com
Work Days	Jim Strickler, 825-8735; sherabjim@wbhsi.net

General 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 walks in SaddleBrooke because of the 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 highest (or lowest) point reached during the course of the hike, in feet. This estimate may be obtained from USGS maps or a global positioning system (GPS).
- **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. Please view the chart below for the start times for all the walking groups led by Bill Leightenheimer, Martha Hackworth, and Dean Wilson.

Monday thru Friday fitness walks will start at the parking lot just west of the SaddleBrooke HOA #1 Fitness Center. If you have any questions please contact Martha at: 818-2573, or Bill at: 825-5756.

Slower walks around SaddleBrooke two days a week (days are negotiable) are led by Dean Wilson. If interested in participating in these walks, please call Dean at 818-0299

<u>Date</u>	<u>Start Time</u>
September 1st	6:30 a.m.
November 1 st	7:00 a.m.
April 1st	6:30 a.m.
June 1st	6:00 a.m.

Hikes Offered

<u>Date</u>	<u>Day of Week</u>	<u>Name of Hike</u>	<u>Hike Rating</u>	<u>Pace</u>	<u>Leave Time A.M.</u>	<u>Leader(s)</u>	<u>Phone Number</u>	<u>Driver Donation</u>
7/7	Sat	Pima Canyon to 3 rd Dam	B		6:30	Don Taylor	825-5303	\$3
7/11	Wed	Aspen Loop/Marshall Gulch Trail	C		6:30	Don Taylor	825-5303	\$10
7/12	Thurs	Linda Vista Loop	D		6:30	Bob Kolenda	825-9972;	\$2

Date	Day of Week	Name of Hike	Hike Rating	Pace	Leave Time A.M.	Leader(s)	Phone Number	Driver Donation
7/16	Mon	Josephine Saddle	B		6:30	Don Taylor	825-5303	\$10
7/18	Wed	SBHC Social Hour Agave Lounge			4:00 p.m.			
7/25	Wed	Palisade Trail/Mud Spring	C		6:30	Don Taylor	825-5303	\$9
7/26	Thurs	Canyon Loop	D		6:30	Bob Kolenda`	825-9972;	\$2 + \$2
7/28	Sat	Bog/Kent Springs Loop	B		6:30	Don Taylor	825-5303	\$10
8/1	Wed	Extended Fitness Walk	C/B	Fast		Dave Hydeman	289-5546	\$0
8/2	Thurs	Pima Canyon to 2 nd dam	C		6:00	Kathy Cotton	825-2243	\$3
8/4	Sat	Finger Rock Trail to Canyon Overlook	C		6:30	Don Taylor	825-5303	\$4
8/8	Wed	Wilderness of Rocks Loop #4	B		6:00	Don Taylor	825-5303	\$10
8/8	Wed	SBHC Guide Meeting HOA1 Activity Center			4:00 p.m.			
8/13	Mon	Mt Lemmon Ski Lift Loop	C		6:30	Don Taylor	825-5303	\$10
8/15	Wed	SBHC Social Hour Agave Lounge			4:00 p.m.			
8/16	Thurs	Oracle Ridge Trail to Saddle and beyond	B		5:30	Elisabeth Wheeler	818-1547	\$4
8/22	Wed	Box Spring	C		6:30	Don Taylor	825-5303	\$9
8/23	Thurs	Mt. Kimball via Finger Rock Canyon	A		5:30	Elisabeth Wheeler	818-1547	\$4
8/27	Mon	Aravaipa Canyon Wilderness West (short version)	C	Slow	6:30	Dave Sorenson	777-1994	\$10 plus \$5
8/29	Wed	Mount Lemmon to Samaniego Ridge	B/A!		5:30	Don Taylor	825-5303	\$10
8/29	Wed	Board Meeting HOA1 Activity Center			2:45 p.m.			
8/30	Thurs	Oracle Ridge Trail to Saddle and beyond	B		5:30	Elisabeth Wheeler	818-1547	\$4

a- New hikes not yet included in the Hike Database are indicated with “***”.

b - Hike ratings are based on round trip distance and accumulated elevation gain, where available. Ratings flagged with a “?” indicate special trail conditions that might be of concern to some hikers. Please read the hike descriptions before deciding whether to sign up.

Ratings flagged with a “☺” indicate an easier, smoother trail than normal at that rating.

c - Pace is moderate unless otherwise stated.

Hike Descriptions

Aravaipa Canyon Wilderness: West (short version). Rating C! Aravaipa Canyon is a beautiful and pristine canyon and a favorite for all who have been there. Hikers should expect stream wading and numerous stream crossings (up to knee deep) with dense riparian brush. Wear shorts, socks and shoes (that can get wet) with good traction (for wet rocks). Bring dry shoes/shorts/shirt for drive home, if desired (and a plastic bag for wet items). Aravaipa Canyon is a wilderness area with no trails, signs, or facilities. Hiking stick is recommended. Wilderness permits (fee required) must be reserved in advance and are non-refundable. Hikers must sign up two weeks prior to hike. Call the hiking guide for more details. Hike 5 miles; trailhead elevation 2600 feet; net elevation change 200 feet; accumulated gain ___ feet; RTD 110 miles (dirt).

Aspen Loop / Marshall Gulch Trail. Rating C. The trail starts at the Marshall Gulch Picnic area and proceeds up the Aspen Trail to the Marshall Saddle. Hikers will lunch at a scenic spot near the Saddle, and then follow the Marshall Gulch Trail to the picnic area. Hike 3.5 miles; trailhead elevation 7420 feet; net elevation change 800 feet; accumulated gain 1090 feet; RTD 131 miles.

Bog-Kent Springs Loop Trail. Rating B. The hike begins at the Bog Springs Campground in Madera Canyon in the Santa Rita Mountains, and passes through three areas fed by natural springs which are home to bamboo, huge Arizona sycamore, walnut, and fir trees. There are great views of Madera Canyon, Green Valley, Kitt Peak, and Baboquivari Peak from this trail, which involves strenuous, steep climbs in spots. Hiking poles recommended. Hike 6 miles; trailhead elevation 5340 feet; net elevation change 1360 feet; accumulated gain 2000 feet; RTD 130 miles.

Box Spring. Rating C. The hike starts at the Box Camp Trailhead (Trail #22A) on Catalina Hwy below Spencer Peak, proceeds down Box Camp Trail to the

Box Springs turn-off and then down to Box Springs. The return is via the same route. The hike is mostly in forest. Before Mt. Lemmon's General Hitchcock Hwy was built, the Box Camp Trail was the main avenue to exchange Tucson's heat for the cool Santa Catalinas. The military used Box Camp at the turn of the century. Hike 4 miles; trailhead elevation 7920 feet; net elevation change minus 800 feet; accumulated gain 1000 feet; RTD 123 miles.

Canyon Loop. Rating D□. From the main trailhead at the end of the road in Catalina State Park, the hike begins with the Romero Canyon Trail, turns onto the Canyon Loop Trail, and then comes back on the Sutherland Trail. This area is a great example of the Sonoran Desert and its riparian areas. The hike may be done in reverse direction. Depending upon the season, some water crossings are possible. Hike 2.2 miles; trailhead elevation 2700 feet; net elevation change ___ feet; accumulated gain 170 feet; RTD 24 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 Canyon Overlook. Rating C. The hike begins from the Finger Rock Trailhead at the north end of Alvernon Way. The hike covers level ground for about a mile, and then sharply climbs up the canyon. Scrambling is necessary at some points going up and coming down, but is not overly difficult for most hikers. From the overlook, hikers will enjoy the beautiful vistas of Mt. Kimball, Finger Rock, and the steep Finger Rock Canyon, then return. Hike 4 miles; trailhead elevation 3120 feet; net elevation change 900 feet; accumulated gain >1000 feet; RTD 44 miles.

Josephine Saddle. Rating B. The hike starts in Madera Canyon (Santa Rita Mountains) and goes up the Old Baldy Trail to Josephine Saddle. Hikers will rest at the Saddle and return via the Super Trail. This hike can be done in reverse, going up the Super Trail and returning on the Old Baldy Trail. Hike 6.2 miles; trailhead elevation 5450 feet; net elevation change 1630 feet; accumulated gain 1890 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.

Mt. Kimball via Finger Rock Canyon. Rating A. Starting from the Finger Rock Trailhead at the north end of Alvernon Way, this rocky trail climbs steadily and follows the canyon past Finger Rock, a prominent Tucson landmark high above the canyon floor. The trail passes Linda Vista Saddle between Mt. Kimball and "Little Kimball," and onto the Pima Canyon Trail. A half mile further and hikers arrive at the top of Mt. Kimball. The return hike is down the same trails. Hike 9.5 miles; trailhead elevation 3120 feet; net elevation change 4138 feet; accumulated gain 4148 feet; RTD 44 miles.

Mt. Lemmon Ski Lift Loop. Rating C. From the foot of the ski lift, hikers walk the roadway to the top of Mt. Lemmon. We will take the Meadow Trail and the Mt. Lemmon Trail to Mt. Lemmon Rock Lookout (outstanding views). We return to the starting point using a portion of Trail # 5 along Radio Ridge, and a portion of the Aspen Draw Trail. Hike 6 miles; trailhead elevation 8480; net elevation change 700 feet; accumulated gain 1150 feet; RTD 131 miles.

Mt. Lemmon to Samaniego Ridge. Rating B. Starting from the top of Mt. Lemmon, we take the Mt. Lemmon Trail and Samaniego Ridge Trail to Walnut Spring and back. The last 3 miles to Walnut Spring may be very brushy and difficult to follow. A short bushwhack up to Samaniego Peak may be included. Defensive clothing and gloves are suggested. Hike 12 miles; trailhead elevation 9100 feet; net elevation change 2000 feet; accumulated gain 2815 feet; RTD 131 miles.

Oracle Ridge Trail to Saddle. Rating C. The hike begins in Oracle at a trailhead off the Cody Loop Road. It follows the Oracle Ridge Trail to the junction with the American Flag/Cody Trail where there are 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 Bonita Canyon on the northwest side of Apache Peak. Return by the same route. Hike 7 miles; trailhead elevation 4720 feet; net elevation change 700 feet; accumulated gain 1000 feet; RTD 40 miles (dirt).

Palisade Trail / Mud Spring. Rating C. Starting at the Showers Point Campground behind the Palisade Ranger Station off Catalina Hwy, we will hike down the Palisade Trail through pine forest to Mud Spring and return. The spring is a grand lunch site with a panoramic view of the valley. Most of the climb is on the return. The trail is moderately shady. Hike 7.5 miles; trailhead elevation 7770 feet; net elevation change minus 1350 feet; accumulated gain 1660 feet; RTD 119 miles.

Pima Canyon to 2nd Dam. Rating C. The Pima Canyon Trailhead is at the east end of Magee Road. The first mile or so is across open desert along the south side of Pusch Peak. We pass the small first dam as we enter the beautiful, rugged canyon. The rocky trail passes through a grove of large trees providing welcome shade before emerging again in the open. The trail then leads to a rocky open area in the canyon beyond a small dam near several Indian grinding holes. The return is via the same route. Hike 6.2 miles; trailhead elevation 2960 feet; net elevation change ___ feet; accumulated gain 977 feet; RTD 42 miles.

Pima Canyon to 3rd Dam. Rating B. The Pima Canyon Trailhead is at the east end of Magee Road. The first mile or so of trail is across open desert along the south side of Pusch Peak. We pass the small first dam as we enter the beautiful rugged canyon. The rocky trail passes through a grove of large trees providing welcome shade before emerging again into the open. We will hike past a rocky open area in the canyon beyond the second dam near Indian grinding holes and continue on to the third dam, the largest of the three. The return is via the same route. Hike 8.1 miles; trailhead elevation 2900 feet; net elevation change 1870 feet; accumulated gain 2210 feet; RTD 42 miles.

Wilderness of Rocks Loop # 4. Rating B. The hike begins at the Steward Observatory parking lot. Although the hike can be done in reverse, the most popular route would follow Mount Lemmon Trail # 5 to the Lookout Tower spur and down Lemmon Rock Lookout Trail to Wilderness of Rocks Trail where the group would turn SW (right). After 2.3 miles, this trail intersects the Mount Lemmon Trail, which is followed back up to the top. As an alternative, the Meadow Trail (#5A) could be followed for the last 0.8 miles to the trailhead. Hike 8.7 miles; trailhead 9100 feet; net elevation change 2000 feet; accumulated gain 2600 feet; RTD 131 miles.