



SADDLEBROOKE

HIKING CLUB NEWSLETTER

<http://saddlebrookehikingclub.com>

JULY/AUGUST

2013-4

SaddleBrooke Hikers Travel to Zion National Park

By Karen Schickedanz



Wow! Awesome! Fantastic! These were words heard often as almost 100 members of the SaddleBrooke Hiking Club experienced the challenge and beauty of a variety of trails at Zion National Park.

The Zion adventure, which took place in late April, was the third annual large-group trip offered to club members—and the most popular so far. In 2011, around 50 hikers traveled to Grand Canyon National Park, and last year, more than 70 participated in a Flagstaff/Sedona trip.

In all three of these trips, participants arranged their own travel and accommodations, with most arriving at Zion on April 22 in order to enjoy three days of hiking before leaving on April 26. Some of the hikers stayed at the Zion Lodge, while others camped in the park, and still more stayed in nearby Springdale, Utah.

For each large-group trip, however, there was someone in the SaddleBrooke Hiking Club who did the major planning for the trip, including selecting the hikes to be offered and soliciting club guides to lead the hikes. For the Zion trip, the chief planner was Dave Sorenson.

“When I began planning the trip to Zion nearly nine months ago, I wanted to convey my enthusiasm for this great hikers’ park,” Dave said. “Having lived in St. George, Utah, for several years, I knew Zion inside-out. The participants in this trip saw every facet of the park—from daunting Angels Landing to the relatively unknown Kolob sections of Zion. The hikes offered ranged from easy to difficult, but they all had one thing in common—they remind us of the serenity and beauty of the natural world.”

As on the other large-group trips, a wide variety of hikes was offered. At Zion, for example, 15 different hikes were offered over three days, including five D hikes, six C hikes, three B hikes, and one A hike. There truly was something for everyone!



Besides Dave, those leading hikes at Zion were: Larry Allen, Roy Carter, Paul and Ruth DeBruine, Susan Hollis, Bob Kolenda, Larry Linderman, Randy Park, Walt Shields and Don Taylor. Also, Craig Taylor, a friend of Dave’s from Utah, assisted on several of the hikes. Also helping to make the trip a memorable one was Harriet Pearson, who organized a farewell dinner at Zion Lodge on the last night of the trip.

Perhaps the most talked-about hike on the trip was the one to Angels Landing. Here’s what the National Park Service says about it: “The Angels Landing

Trail is one of the most famous and thrilling hikes in the national park system. Zion’s pride and joy runs along a narrow rock fin with dizzying drop-offs on both sides. The trail culminates at a lofty perch, boasting magnificent views in every direction...The towering monolith is one of the most recognizable landmarks in the Southwest.”



Thank You for Photos!
Karen Schickedanz, Publicity

To all those who submitted photos to accompany newspaper articles on the Zion National Park hiking trip: A very big thank you! There were so many good photos that it was difficult to select just a few to submit to the SaddleBrooke papers.

For the future, I look forward to your sending me more photos when you’re on hiking club outings. A photo always attracts more readers to a story than just the article itself.

If you use your cell phone to take photos, please check the settings to make sure that they are at least 2 megapixels. The higher the megapixel, the better!

A walking opportunity for animal lovers

Too hot to hike? Looking for some other exercise?

Another SaddleBrooke club, Wags and Walkers, has contacted the hiking club, looking for volunteers one

morning a week to walk and socialize dogs at the Pima Animal Care Center. The need for volunteers increases during the summer due to the high volume of animal intakes and the departure of many winter volunteers.

SaddleBrooke volunteers meet at 7 a.m. on Tuesdays at the MountainView clubhouse and then carpool to PACC, which is located at Silverbell and Sweetwater. They walk dogs around Christopher Columbus Park and then return to SaddleBrooke around noon.

If interested, contact Monica Gray at 818-6596 or mdgmezzos@yahoo.com. She will arrange for an orientation session at PACC to explain policy, procedures and techniques.

News You Can Use

Social Hour	7/17	4:00 P.M..
Board Meeting	8/7	2:45 P.M.
Guide Meeting	8/7	4:00 P.M.
Social Hour	8/21	4:00 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	Dianne Ashby 818-9919, deashby87@gmail.com
Secretary	Dave Sorenson 777-1994 iowaboy1950@yahoo.com
Treasurer	Melissa Simpson 818-7839, mjsimp0328@aol.com
Chief Hiking Guides	Walt Shields 818-3439 waltshields@mac.com Susan Hollis, 825-6819; shollis@yahoo.com

Volunteers

Catalina Hills Cleanup	Bill Leightenheimer, 825-5756; wmhlaz@gmail.com
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Programs	Elisabeth Wheeler;818-1547 elisarick@wbhsi.net
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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, and Martha Hackworth

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.

<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

Date	Day of Week	Name of Hike	Hike Rating	Pace	Leave Time	Leader(s)	Phone Number	Driver Donation
7/01	Mon	Sabino Canyon Trails	D	Slow	7:00	Dave Sorenson	777-1994	\$4
7/3	Wed	Mt Lemmon Ski Lift Loop	C		7:00	Don Taylor	825-5303	\$10
7/10	Wed	Josephine Saddle via Old Baldy & Vault Mine Trails	B		6:30	Don Taylor	825-5303	\$10
7/15	Mon	Mt Lemmon to Samaniego Ridge	B		6:00	Don Taylor	825-5303	\$10
7/17	Wed	SBHC Social Hour Agave Lounge			4:00PM			
7/19	Fri	Oracle Ridge to Saddle and Beyond	C		5:30	Elisabeth Wheeler	818-1547	\$4
7/22	Mon	Wilderness of Rocks Loop #2	B		6:00	Don Taylor	825-5303	\$10
7/24	Wed	Wilderness of Rocks to Lookout	B		6:30	Frank Brier	818-0493	\$10
8/01	Thurs	Mt Wrightson via Old Baldy Trail	A		5:30	Elisabeth Wheeler	818-1547	\$10
8/7	Wed	Mt Lemon to Samaniego Ridge	B		6:30	Frank Brier	818-0493	\$10
8/7	Wed	Board Meeting			2:45PM			
8/7	Wed	Hiking Guide Meeting			4:00PM			
8/10	Sat	American Flag Trail	C		7:00	Don Taylor	825-5303	\$3
8/12	Mon	Sabino Canyon Road to stop # 9	C/D		6:30	Susan Hollis	825-6819 after 8/5	\$4 + \$8 Tram fee
8/15	Thurs	Florida Saddle	A		5:30	Elisabeth Wheeler	818-1547	\$10
8/19	Mon	Butterfly Trail hike north	B		7:00	Roy Carter	818-3137 after 8/15	\$9
8/21	Wed	SBHC Social Hour Agave Lounge			4:00PM			
8/23	Fri	Lower Incinerator Ridge	C		6:30	Susan Hollis	825-6819 after 8/5	\$9

Date	Day of Week	Name of Hike	Hike Rating	Pace	Leave Time	Leader(s)	Phone Number	Driver Donation
8/26	Mon	Josephine Saddle	B	slow	7:00	Roy Carter	818-3137 after 8/15	\$10
8/27	Tues	Saguaro National Park- West Ramble	D	Slow	7:30	Dave Sorenson	777-1994	\$5
8/29	Thurs	Wilderness of Rocks #2	B		7:00	Roy Carter	818-3137 after 8/15	\$10
8/30	Fri	Finger Rock Trail to Linda Vista Saddle	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

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 its 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 995 feet; accumulated gain 1490 feet; RTD 41 miles.

Butterfly Trail. Rating B. From the trailhead near Soldier Camp on Catalina Hwy, we hike down Butterfly Trail # 16 to the Novio Spring area in Alder Canyon, and lunch in the vicinity of a 1957 F-86 plane crash. The entire steady climb is on the way out. Hikers will be in the shade of very tall Douglas firs and ponderosa pines up to a saddle and to the exit at Palisade Ranger Station. A car will need to be left here to shuttle back to the upper trailhead. Along the way are views of San Manuel to the east. Butterfly Peak is to the north. Hike 5 miles; trailhead elevation 7700 feet; net elevation change 1730 feet; accumulated gain 2230 feet; RTD 125 miles.

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 to the Linda Vista Saddle. Scrambling is necessary at some points going up, and coming down is just as difficult. From the Saddle, hikers can enjoy the beautiful vistas of Mt. Kimball, the Santa Ritas, and 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.

Florida Saddle. Rating A. The hike begins at the Santa Rita Agricultural Experimental Range Headquarters. The hike involves a very steep and continuous climb from the headquarters through a beautiful canyon, along open hillsides and thick forests, up to the Florida Saddle at 7840 feet. Extensive fire damage is to be expected on the upper section of this trail. The return is by the same route. Hike 8.5 miles; trailhead elevation 4400 feet; net elevation change 3405 feet; accumulated gain 3780 feet; RTD 130 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.

Josephine Saddle via Old Baldy and Vault Mine Trail. Rating B. The hike begins in Madera Canyon (Santa Rita Mountains) and goes up the Old Baldy 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 may be done in reverse. Hike

6.7 miles; trailhead elevation 5450 feet; net elevation change 2000 feet; accumulated gain 2100 feet; RTD 130 miles.

****Lower Incinerator Ridge. Rating C.** A new section of trail was added to the Incinerator Ridge in the spring of 2012. The new trail is noted for its great vistas. The trail heads north/northwest from the San Pedro Vista Pullout, off the Catalina Hwy. The hike will proceed to Mt Bigelow and return via the same route, the 1st section of the trail is steep and rocky, but the views make up for it. Starting Elevation: 7,350 feet. Net Elevation Change 1150 feet. Hiking Length is 6 miles. RTD 123 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/A!. 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 is sometimes very brushy and difficult to follow, but thanks to efforts by volunteers and Forest Service staff, was in excellent condition as of July 2011. A short bushwhack up to Samaniego Peak may be included. If so, this one mile RT bushwhack adds significant difficulty to the hike because of the lack of a trail, dense brush to be negotiated, and the boulder scrambling involved. Including the bushwhack to the peak raises the rating of this hike to an A!. Ask the guide if you are unsure, but the rating will reveal which it is. Defensive clothing and gloves are suggested, especially for the peak portion. Hike 12 miles (13 if peak is included); trailhead elevation 9100 feet; net elevation change 2000 feet; accumulated gain 2815 feet (3500 feet if peak is included); RTD 131 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. The last 0.9 miles to the summit is steep and rocky with moderate exposure. At the top are outstanding 360-degree views of Tucson and the mountain ranges in the area. There is shade along much of the way. Hike 11.1 miles; trailhead elevation 5450 feet; net elevation change 4003 feet; accumulated gain 4029 feet; RTD 130 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).

****Sabino Canyon Road to Stop 9. Rating C/D.** The hike begins at the Sabino Canyon Visitor Center and proceeds up the road early in the morning before the tram starts to run. At stop 9 (last stop on the road), hikers can choose to ride the tram down (first tram in the morning), a "D" hike of 3.7 miles or to walk back down the road, the "C" hike, 7.4 miles. Note - if there has been recent rains, Sabino Creek may be running over the road, and we will get our feet wet. Trailhead Elevation 2720 feet; Net Elevation change 850 feet. RTD 56 miles.

Sabino Canyon Trails. Rating D☺. We will explore the many lower (but unpaved) trails at Sabino Canyon including the Bajada Loop Nature Trail that identifies some of the desert plants seen throughout the canyon. We will also stop in the Visitor Center. Hike <4 miles; trailhead elevation 2700 feet; net elevation change <400 feet; accumulated gain ___ feet; RTD 56 miles.

Saguaro National Park – West: Ramble. Rating D. There are several short trails of interest in Saguaro National Park - West. One trail takes us to an area of petroglyphs which were made by Hohokam Indians about 1200 AD. We stop at the Visitor Center for an informative video before beginning the hike. Each of the short trails is off Kinney Road. Bring lunch, water, sunscreen and hat. Hike 2 miles; trailhead elevation 2500 feet; net elevation change 50 feet; accumulated gain ___ feet; RTD 73 miles.

Wilderness of Rocks Loop # 2. Rating B. Starting at Marshall Gulch picnic area, this hike climbs up to Marshall Saddle then goes toward Mt. Lemmon, passing Carter Canyon along the way. The hike continues to Radio Ridge and the Steward Observatory parking area then heads down via the Mt. Lemmon and Lemmon Rock Lookout Trails to the Wilderness of Rocks Trail. We take this trail back up to Marshall Saddle and down to Marshall Gulch Picnic Area parking lot. Hike 8.1 miles; trailhead elevation 7440 feet; net elevation change 2000 feet; accumulated gain ___ feet; RTD 131 miles.

****Wilderness of Rocks to Lookout. Rating B.** The hike begins on the Marshall Gulch Trail at Marshall Gulch Picnic Area south of Summerhaven. At the Marshall Saddle, the hike continues on the Wilderness of Rocks Trail past Lemmon Rock Lookout Trail to the intersection with Mt. Lemmon Trail #5. At the intersection, the group will turn left (southwest) and hike 0.25 miles toward Romero Pass to a huge, mostly flat rock formation that provides excellent views toward Oro Valley and points west. This spot is a great place for lunch. Return is via the same trail. Hike 11 miles; trailhead elevation 7440 feet; net elevation change 1000 feet; accumulated gain 2800 feet; RTD 131 miles.