



SADDLEBROOKE

HIKING CLUB NEWSLETTER

<http://saddlebrookehikingclub.com>

JANUARY/FEBRUARY

2014-1

Wear Your Name Tag on Your Hike and Carry Emergency Contact Information

We hope it is not a sign of aging, but it is difficult to remember the names of all of the nice people on our hikes even though we try to have introductions at the trailhead. People enjoy being addressed by their name and it is in the spirit of maintaining one of the enjoyable aspects of our hikes: the camaraderie. You can use your SaddleBrooke magnetic badge that most of us already have and simply attach it to your hat where it is readily visible. Secondly, in the event of an emergency it allows our guides to rapidly identify hikers by name.

Additionally, please carry emergency contact information (home phone, cell phone of a spouse, etc.) with you along with any pertinent medical history such as allergies, diabetes, heart condition, etc. as well as clearly labeled medications. This can be in a written form where it is easily accessible in a shirt or pants pocket, etc. Many hikers and guides wear an ID wrist bracelet with up to 6 lines of information. Road ID is a good source to purchase one for around \$15. Their web site is: www.roadid.com.

There have been some instances on recent hikes where immediate contact information would have been very helpful but was not available. Our primary objective is to provide a safe and enjoyable hiking experience for everyone and these recommendations will greatly enhance both.

Susan Hollis, Walt Shields
Chief Hiking Guides

Arizona National Scenic Trail Completed by SaddleBrooke Hikers by Elisabeth Wheeler

In March 2010, about 35 SaddleBrooke Hiking Club members met to discuss hiking the Arizona Trail, a continuous 810 mile trail the entire length of Arizona. It was decided that the best way would be to do it in passages between 10 to 20 miles per section. The passages were posted in the Hiking Club's schedule

and available to all Club members. No passages of the AZT were scheduled during the summer months. It took a little over two years for eight members to complete the 810 mile Trail and a few more have only one or two passages to go. You can hear all about the joys and tribulations of this epic journey by coming to the Hiking Club's presentation on Wednesday, January 15 at the Activity Center from 3-4 PM. All SaddleBrooke residents are welcome so bring a friend. A social hour will follow in the Agave Lounge, SaddleBrooke Clubhouse at 4 p.m.

Newcomer Orientation To Hiking In The Southwest Wednesday, January 29th

If you are new to hiking in Arizona or have not hiked recently, you can get a first-hand look at what hiking in the Sonoran Desert is all about by listening to some experienced SaddleBrooke Hiking Club Guides at a special presentation this month. Their tips could make your hiking experience much more enjoyable—and safer.

Guides Larry Allen, Tim Butler, Roy Carter, Susan Hollis, Bill Leightenheimer, Michael Reale and Dave Sorenson will present a Hiking Orientation Talk at 3 p.m. Wednesday, January 29, in the HOA1 Activity Center. Among the topics to be discussed are how to prepare for the desert's special conditions, how to choose the hike that's right for you, and what type of clothing and equipment is recommended.

In addition to sharing tips about desert hiking, the presentation will include information about the SaddleBrooke Hiking Club itself, the types of hikes that are offered—including hikes geared toward Arizona newcomers—and other programs the club offers.

For more information, call Susan Hollis at 825-6819. Anyone interested in the desert Southwest is welcome to come. You do not have to be a member of the SaddleBrooke Hiking Club to attend.

**Introduction to Backpacking in the Desert Southwest
Wednesday, January 29th**

An information meeting about backpacking in the desert southwest will be held on Wednesday, January 29 at 4:30 p.m. in the HOA1 Activity Center. As a follow-up, there will be a two night backpacking trip to the Superstition Mountains, date to be announced.

For further information contact Elisabeth Wheeler [818-1547](tel:818-1547) or Michael Reale [825-8286](tel:825-8286).

Bill Leightenheimer with his hiking poles on the John Muir Trail



Bill Leightenheimer will present a video “Poles for Hiking, Trekking & Walking” developed by Jayah Faye Paley of Adventure Buddies on Wednesday, February 12, at 3 p.m. in the HOA 1 Activity Center.

The video will discuss and illustrate how using poles reduces stress on knees and spine, improves balance and endurance, and uses core muscles for a full body workout. Using poles also promotes using the upper body while walking, enhances cardio-pulmonary fitness and can facilitate weight loss. Optimal use of poles will also cover using your muscles to preserve your joints, avoiding hand/wrist/elbow/shoulder strain, and generally help to prevent injuries.

The program covers 5 terrain based techniques; streams, stairs and obstacles; terrain and trail tips; equipment and pole care; posture, balance and mobility; and Nordic walking and more.

The hiking club social hour will follow the program at 4 p.m. in the SaddleBrooke Clubhouse Agave Lounge

News You Can Use

Hiking Club Program	1/15	3:00 P.M
Social Hour	1/15	4:00 P.M..
Newcomer Orientation to Hiking	1/29	3:00 P.M.
Orientation to Backpacking	1/29	4:30 P.M.
Board Meeting	2/5	2:45 P.M.
Guide Meeting	2/5	4:00 P.M.
Using Poles for Hiking, Trekking and Walking	2/12	3:00 P.M.
Social Hour	2/12	4:00 P.M.

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; slhollis@yahoo.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
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Statistics and Awards	Randy Park, 825-6819, rvfulltime@isp.com

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

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 wear a name tag, 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.

Fitness Walk Times (Fall/Winter)	
<u>Date</u>	<u>Start Time</u>
September 1st	6:30 a.m.
November 1 st	7:00 a.m.

Fitness Walk Times (Spring/Summer)	
<u>Date</u>	<u>Start Time</u>
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
1/2	Thur	Catalina State Park- Exploring the Trails	C		8:00	Frank Hartley	825-1449	\$2+\$2
1/4	Sat	OSP East Loop	C		9:00	Marv Rossof	877-9262	\$3 + \$2
1/6	Mon	David Yetman Trail	C		8:00	Michael Reale	825-8286	\$6
1/6	Mon	Wasson Peak Via Sweetwater Trail	B		7:00	Elisabeth Wheeler	818-1547	\$5
1/7	Tues	Hidden Canyon Peak	B		8:00	Walt Shields Tim Butler	818-3439	\$2
1/7	Tues	Linda Vista Loop	D		8:00	Ruth & Paul DeBruine	818-3248	\$2
1/8	Wed	Tortolita Mountains: S Wild Burro, Alamo Springs , Spur Trail Loop	C		8:00	Susan Hollis	825-6819	\$4
1/9	Thur	Hiking Guides First Aid Training Review – Room # 2 at the Preserve			8:30 – 11:30 a.m.	Walt Shields	818-3439	
1/9	Thur	Hiking Guides – First Aid Field Exercise, meet at MV parking lot.			1:00 p.m.	Walt Shields	818-3439	
1/10	Fri	Pima Canyon to 2 nd Dam	C		8:30	Elaine & Howie Fagan	818-9555	\$3
1/12	Sun	OSP Exploration	D		12:00 noon	Susan Hollis	825-6819	\$3 + \$2
1/13	Mon	Esperero Trail	B		8:00	Michael Reale	825-8286	\$4

Date	Day of Week	Name of Hike	Hike Rating	Pace	Leave Time	Leader(s)	Phone Number	Driver Donation
1/14	Tues	**Baby Jesus/Sutherland Trail Key Exchange	B		8:00	Walt Shields Tim Butler	818-3439	\$2 + \$2
1/15	Wed	SBHC Program: Arizona National Scenic Trail by Larry Linderman & others HOA1 Activity Center			3:00 p.m.	Elisabeth Wheeler	818-1547	
1/15	Wed	SBHC Social Hour Agave Lounge - HOA1			4:00 p.m.			
1/15	Wed	Sutherland Wash Petroglyphs	C		8:00	Dave Hydeman	289-5546	\$2
1/16	Thur	Bridle Trail – Catalina State Park	D		8:00	Ruth & Paul DeBruine	818-3248	\$2 + \$2
1/17	Fri	**Bridal Veil Falls	A		8:00	Roy Carter	818-3137	\$4
1/20	Mon	Hidden Canyon Loop	C		8:00	Michael Reale	825-8286	\$2
1/20	Mon	Ventana Canyon Lower Level	D	Slow	8:00	Dave Sorenson	777-1994	\$4
1/21	Tues	Sweetwater Preserve	C		7:00	Elisabeth Wheeler	818-1547	\$5
1/22	Wed	**Fifty Year Trail in Catalina State Park to Trail Link and back	C		9:00	Marv Rossof	877-9262	\$2 + \$2
1/23	Thur	King Canyon Loop	C		8:00	Ruth & Paul DeBruine	818-3248	\$6
1/24	Fri	Seven Falls without Tram	B		8:30	Elaine & Howie Fagan	818-9555	\$4
1/27	Mon	Blackett's Ridge	B		8:00	Michael Reale	825-8286	\$4
1/27	Tues	Sutherland Wash Petroglyphs	C		8:00	Roy Carter	818-3137	\$2
1/28	Tues	Deer Camp/Baby Jesus Loop	C		8:00	Tim Butler	825-0193	\$2
1/28	Tues	**Tortolita Mountains: Alamo Springs Loop + Ridgeline Trail RT	A		7:00.	Elisabeth Wheeler	818-1547	\$4
1/29	Wed	Newcomer Orientation to Hiking in the Southwest; HOA1 Activity Center			3:00 p.m.	Susan Hollis & others	825-6819	

Date	Day of Week	Name of Hike	Hike Rating	Pace	Leave Time	Leader(s)	Phone Number	Driver Donation
1/29	Wed	Orientation to Backpacking in the Southwest; HOA1 Activity Center			4:30 p.m.	Michael Reale Elisabeth Wheeler	825-8286	
1/30	Thur	Oracle Ridge	C		9:00	Marv Rossof	877-9262	\$3
1/31	Fri	Deer Camp	C		8:00	Ruth & Paul DeBruine	818-3248	\$2
2/3	Mon	Linda Vista Loop	D		8:00	Ruth & Paul DeBruine	818-3248	\$2
2/3	Mon	Tanque Verde Ridge Trail - Part Way	C		8:00	Michael Reale	825-8286	\$6
2/4	Tues	Hidden Canyon Loop	C		8:00	Tim Butler	825-0193	\$2
2/5	Wed	SBHC Board Meeting Coyote Room North			2:45 p.m.			
2/5	Wed	SBHC Guide Meeting Coyote Room North			4:00 p.m.			
2/6	Thur	Catalina State Park – Exploring the Trails	D		8:00	Ruth & Paul DeBruine	818-3248	\$2 + \$2
2/6	Thur	Soldier Trail	B		8:00	Susan Hollis	825-6819	\$6
2/7	Fri	Romero Pools	C!		8:00	Frank Hartley	825-1449	\$2+\$2
2/7	Fri	Pima Canyon to the Saddle	A		8:00	Roy Carter	818-3137	\$3
2/10	Mon	Sutherland Wash Petroglyphs	C		8:00	Dave Hydeman	289-5546	\$2
2/11	Tues	Finger Rock Trail to Finger Rock Spring	D		8:00	Roy Carter	818-3137	\$4
2/11	Tues	Wasson Peak via Sweetwater Trail	B		8:00	Walt Shields	818-3439	\$5
2/12	Wed	Sutherland Trail	C		9:00	Marv Rossof	877-9262	\$2 + \$2
2/12	Wed	SBHC Program: Using Poles for Hiking, Trekking and Walking by Bill Leightenheimer – HOA1 Activity Center			3:00 p.m.	Elisabeth Wheeler	818-1547	

Date	Day of Week	Name of Hike	Hike Rating	Pace	Leave Time	Leader(s)	Phone Number	Driver Donation
2/12	Wed	SBHC Social Hour Agave Lounge - HOA1			4:00 p.m.			
2/13	Thur	Hidden Canyon	C		8:00	Ruth & Paul DeBruine	818-3248	\$2
2/17	Mon	Linda Vista Loop	D		7:30.	Elisabeth Wheeler	818-1547	\$2
2/17	Mon	Tortolita Mountains: Alamo Springs / Wild Mustang Loop	B		8:00	Michael Reale	825-8286	\$4
2/18	Tues	Catalina State Park – Exploring the Trails	C	Slow	8:00	Walt Shields Tim Butler	818-3439	\$2 + \$2
2/20	Thur	**Bridal Wreath Falls and Ernie's Falls	B		8:00	Susan Hollis	825-6819	\$6
2/21	Fri	Finger Rock Trail to Canyon Overlook	C		8:30	Howie and Elaine Fagan	818-9555	\$4
2/22	Sat	OSP East Loop	C		9:00	Marv Rossof	877-9262	\$3 + \$2
2/25	Tues	Sabino Canyon to Catalina State Park 1	A		7:00.	Elisabeth Wheeler	818-1547	\$4
2/26	Wed	Canyon Loop, Bird and Nature Trails	C		9:00	Marv Rossof	877-9262	\$2 + \$2
2/26	Wed	Sabino Canyon Trails	D	Slow	8:00	Dave Sorenson	777-1994	\$4
2/28	Fri	Phone Line – Round Trip	B		8:30	Elaine and Howie Fagan	818-9555	\$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 “P” 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

****Baby Jesus/ Sutherland Trail Key Exchange.** Rating B. The hike links two very beautiful and popular trails with a one way key exchange. One group will start at the Fifty Year Trail parking area and follow the Baby Jesus Trail to the Madonna and Child rock formation. The other group will begin at Catalina State Park and follow the Sutherland Trail past Cargodero Canyon. The groups will meet at the rock formation where the exchange will take place. Hike 8 miles; trailhead elevation 2700 feet (Catalina

State Park), 3400 feet (50 Year Car Park); net elevation change 700 feet; accumulated gain ___ feet; RTD 24 miles.

Blackett’s Ridge. Rating B. The hike begins at the Sabino Canyon Visitor Center, and follows relatively level, well-used trails east to the Phone Line Trailhead. After 0.4 miles along the Phone Line Trail, the Blackett’s Ridge Trail branches right and continues up the ridge between Sabino and Bear

Canyons. There are spectacular views of Tucson and the canyons to either side of the trail. The ridge part of the trail has several steep switchbacks mixed in with some level areas. There are three false summits before reaching the end of the trail, a point where it is not possible to continue because the terrain drops precipitously. Hike 6 miles; trailhead elevation 2720 feet; net elevation change 1689 feet; accumulated gain 1735 feet; RTD 56 miles.

Bridle Trail - Catalina State Park. Rating D. The trail is flat and easy, and connects the Equestrian Center with the trailhead at the east end of the park road. The trail is soft and dusty due to its use by horses. Park pass or entry fee required. Hike 2.8 miles; trailhead elevation 2800 feet; net elevation change is minimal; accumulated gain is minimal; RTD 24 miles.

****Bridal Veil Falls. Rating A.** The trail begins at Sabino Canyon Visitor Center and reaches the falls via the Esperero Trail. It crosses the Cactus Picnic area, a heavily used trail, and Rattlesnake canyon. It then gains elevation fairly quickly as it proceeds to Bird Canyon, narrowly avoiding a section of private land. The trail is well maintained but there are some steep climbs interspersed with short switchbacks. It eventually leads to the ridge nicknamed 'Cardiac Gap'. From the 'Gap', the trail then drops to the north side of the ridge and heads toward Cathedral Peak, circling the basin which leads to Geronimo Meadow. The last half mile to the falls is steep and may be overgrown, but is well worthwhile if there has been adequate rainfall to supply the falls. Hike 12.4 miles; trailhead elevation 2700 feet; net elevation change 2640 feet; accumulated gain 3265 feet; RTD 56 miles.

****Bridal Wreath Falls and Ernies Falls. Rating B.** The hike starts at the Douglas Springs Trailhead and the hike will proceed to Bridal Wreath Falls which is on a .3 mile spur off of the Douglas Springs Trail. After viewing the Bridal Wreath Falls, we will return to the Douglas Spring Trail and look for the spur trail on the left to Ernies Falls. Ernies Falls trail is .5 miles each way, but the falls is not right on the trail, we will bushwhack a short distance off the Ernies Falls trail to find the falls. Return is via the same trails we came in on. Hike 7.5 - 8.5 miles; Trailhead elevation 2720 feet; net elevation change 1,300; accumulated gain ___ feet; RTD 80 mil

Canyon Loop, Birding, and Nature Trails. Rating C. Starting at the main trailhead in Catalina State

Park, this hike traverses an area that is a great example of the Sonoran Desert and its riparian areas. We first hike the Nature Trail which has panoramic views, and then continue onto the Canyon Loop Trail. We will fork onto the Birding Loop Trail prior to returning. If the group is really ambitious, we will swing through the Canyon Loop Trail the opposite way we came for a total of 6.7 miles. Depending upon the season, some water crossings are possible. Hike 4.6 miles; trailhead elevation 2700 feet; net elevation change ___ feet; accumulated gain 370 feet; RTD 24 miles.

Catalina State Park - Exploring the Trails. Rating C. The hike will explore various trails within the park. The park is a great example of the Sonoran Desert with its native plants and wildlife. Come enjoy the beautiful views of the Santa Catalina Mountains. Hike 4 to 8 miles; trailhead elevation 2700 feet; net elevation change 400 to 1000 feet; accumulated gain ___ feet; RTD 24 miles.

David Yetman Trail. Rating C. The hike is an easy walk through typical vegetation of the Sonoran Desert. The trail has two trailheads; one at Camino de Oeste and one near the bottom of the west side of Gates Pass. Cars will be left at one end and hikers will drive to the other trailhead. From the Gates Pass side, the trail is easy for the first mile, easy down a wash, but steep upward for a short distance along the climb back up to the ridge. Hikers pass the Central Arizona Project, an old stone house built in the early 1930's by Sherry Bowen, and a well that serves a wildlife watering tank. Bring lunch, water, hat, sun lotion, and hiking stick. Hike 6.1 miles; trailhead elevation 2800 feet; net elevation change 600 feet; accumulated gain ___ feet; RTD 75 miles.

Deer Camp. Rating C. The hike begins in the Fifty-Year Trail area. We hike east up and out of Sutherland Wash, through beautiful rock formations with many saguaros to a camp at the base of Samaniego Peak. The return is via the same route. Hike 5.7 miles; trailhead elevation 3200 feet; net elevation change 825 feet; accumulated gain 990 feet; RTD 12 miles (dirt).

Deer Camp / Baby Jesus Loop. Rating C. The hike begins in the Fifty-Year Trail area. We hike easterly toward Deer Camp, and then take the Middle Tank Connecting Trail to the Baby Jesus Trail which leads back to the trailhead. The area has little traffic and is a delight to the senses. Hike 6.3 miles; trailhead

elevation 3200 feet; net elevation change ___ feet; accumulated gain 1213 feet; RTD 12 miles (dirt).

Esperero Trail. Rating B. The hike reaches a saddle known locally as Cardiac Gap, which overlooks Esperero Canyon. We'll warm up by hiking from the Sabino Canyon Visitor Center parking lot, through the Cactus Picnic Area and 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 (el. 4400 feet) while viewing the falls below, and return to the Visitor Center. Depending on season, there may be water in the falls. Extra drinking water is recommended. Hike 7.3 miles; trailhead elevation 2700 feet; net elevation change 1700 feet; accumulated gain 1898 feet; RTD 56 miles.

****Fifty-Year Trail in Catalina State Park to Trail Link and back.** Rating C. The hike begins at the Equestrian Center in Catalina State Park and continues north to the intersection of Trail Link. At the intersection, the group returns back the way they came. Hike 5.2 miles; Trailhead elevation 2700 feet; net elevation change 260 feet; accumulated gain ___ feet; RTD 24 miles.

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 3.3 miles; trailhead elevation 3120 feet; net elevation change 900 feet; accumulated gain 1073 feet; RTD 44 miles.

Finger Rock Trail to Finger Rock Spring. Rating D. The hike begins from the Finger Rock Trailhead at the north end of Alvernon Way. Taking the Finger Rock Canyon Trail, which leads to Mt. Kimball, we will only go as far as Finger Rock Spring. The trail passes some beautiful rock formations and native desert plant life along the way. The trail is relatively level but there are some ups and downs along the way. Hike 3 miles; trailhead elevation 3120 feet; net elevation change 500 feet; accumulated gain ___ feet; RTD 44 miles.

Hidden Canyon. Rating C. This is a beautiful hike to a secluded hidden canyon in the upper reaches of the Sutherland Wash. There are many beautiful rock

formations and saguaro cacti. The hike begins past the Golder Ranch Road gate in the Fifty-Year Trail area. Hike 7.5 miles; trailhead elevation 3200 feet; net elevation change 620 feet; accumulated gain 880 feet; RTD 12 miles (dirt).

Hidden Canyon Loop. Rating C. This is a beautiful hike, practically in our "back yard," to a secluded canyon in the upper reaches of the Sutherland Wash. There are many beautiful rock formations and saguaro cacti along the way and a rock ledge with a great view down the valley. The ledge is a great place for lunch. The hike begins in the Fifty-Year Trail area past Golder Ranch Road gate. After lunch, we will continue out of the canyon, circle around Hidden Canyon Peak back to the "North Gate," and return to the trailhead via the Fifty-Year Trail. Hike 8.3 miles; trailhead elevation 3200 feet; net elevation change 975 feet; accumulated gain 1212 feet; RTD 12 miles (dirt).

Hidden Canyon Peak. Rating B. The hike begins past the Golder Ranch Road gate in the Fifty-Year Trail area. This is a beautiful hike to a secluded hidden canyon in the upper reaches of the Sutherland Wash. There are many beautiful rock formations and saguaro cacti along the way. From the big rock scenic overlook in Hidden Canyon, we will bushwhack to the top of Hidden Canyon Peak and return via the same route. Hike 8.3 miles; trailhead elevation 3200 feet; net elevation change 970 feet; accumulated gain 1240 feet; RTD 12 miles (dirt).

King Canyon Loop. Rating C. The hike begins from a parking area across from the Desert Museum and proceeds up the King Canyon Trail to the Sweetwater Saddle. The return is either down the trail to the Mam-a Gah picnic area or down an old mining road to the wash, then along the dry wash where petroglyphs can be viewed. The wash is interesting and wildlife can sometimes be seen. Bring a camera, lunch, water, and hiking stick if you have one. Hike 5.4 miles; trailhead elevation 2800 feet; net elevation change 960 feet; accumulated gain 1118 feet; RTD 73 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. Hiking sticks 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 2720 feet; net elevation change 400 feet; accumulated gain ___ feet; RTD 28 miles.

Linda Vista Loop Trails. Rating C. 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. Hiking sticks 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 4 to 6 miles; trailhead elevation 2720 feet; net elevation change 400 feet; accumulated gain ___ to ___ feet, depending on route; RTD 28 miles.

Oracle Ridge. 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 there are great views of Biosphere II and the Tortolitas to the west. We will lunch on the ridge and return by same route. Hike 5.2 miles; trailhead elevation 4700 feet; net elevation change ___ feet; accumulated gain 700 feet; RTD 40 miles (dirt).

OSP East Loop. Rating C. The hike begins at the Kannally Ranch House parking lot in Oracle State Park. Hikers follow 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 trailhead. This route is fairly level with little elevation change with wide open views and interesting rock formations among the low desert plants. Hike 6.2 miles, trailhead elevation 4350 feet; net elevation change ___ feet; accumulated gain 760 feet; RTD 40 miles.

OSP Exploration. Rating D. The hike involves the exploration of several trails in Oracle State Park. Along the way, hikers enjoy the interesting boulder groups, oak woodlands, manzanita stands, and desert grasslands found in this state park. Hike 4 miles; trailhead elevation 4350 feet; net elevation change 200 - 400 feet; accumulated gain ___ feet; RTD 40 miles.

Phone Line Trail - Round Trip. Rating B. The hike begins in the Sabino Canyon Visitor Center parking lot. After crossing Sabino Creek there is a moderate climb to the Phone Line Trail, which is above and generally parallels the tram road. The trail offers outstanding views of the canyon. There are three options for the return: 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. There are extended stretches of exposed trail. Hike 10.2 miles; trailhead elevation 2720 feet; net elevation change 1035 feet; accumulated gain 1425 feet; RTD 56 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 6.3 miles; trailhead elevation 2960 feet; net elevation change 1000 feet; accumulated gain 1360 feet; RTD 42 miles.

Pima Canyon to the Saddle. Rating A. The Pima Canyon Trailhead is at the east end of Magee Road. The first mile or so of trail crosses open desert along the south side of Pusch Peak. It then enters a beautiful rugged canyon. The rocky trail passes through a grove of large trees providing welcome shade before emerging again in the open. We hike past a three small dams and the perennial Pima Spring to the Saddle which provides a superb view of the entire Montrose Canyon and Romero Canyon drainage areas, the most inaccessible region of the entire Catalina Mountains. The overlook (el. 6480 feet) a few hundred feet past the Saddle is an excellent place for lunch. Hike 10.8 miles; trailhead elevation 2960 feet; net elevation change 3360 feet; accumulated gain 3570 feet; RTD 42 miles.

Romero Pools. Rating C. The hike begins in Catalina State Park at the easternmost trailhead and follows Romero Canyon Trail into the foothills. The trail crosses open desert then climbs steeply until it reaches a saddle and then down into the canyon area where several pools are located. There are excellent views of Romero and Montrose Canyons along the way. The well-maintained trail is rocky and rough in places, but is not overly difficult for most hikers. An

option is a 0.75 miles round-trip, relatively level hike to the upper pools. We will have lunch at the lower or upper pools. The return is via the same route. Hike 5.6 miles; trailhead elevation 2700 feet; net elevation change 980 feet; accumulated gain 1500 feet; RTD 24 miles.

Sabino Canyon to Catalina State Park - 1. Rating A. The hike begins at the Sabino Canyon Visitor Center and follows Sabino Canyon, the West Fork past Hutch's Pool to Romero Pass. From Romero Pass, the hike is mostly downhill, passing Romero Spring and the Romero Pools along the way to the main trailhead at Catalina State Park. This is a strenuous but extremely rewarding hike. Hikers should bring a flashlight and spare batteries. A vehicle shuttle will be needed. Hike 19.9 miles; trailhead elevation 2720 feet; net elevation change 3360 feet; accumulated gain ___ 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.

Seven Falls. Rating B. The hike begins at the Sabino Canyon Visitor Center, and continues to lower Bear Canyon, then along the Bear Canyon Trail to Seven Falls. The return is via the same route. The falls, which constitute one of the most spectacular natural features in the Tucson area, usually have some water flowing over them but may be dry if there has been inadequate rain. The trail crosses the Bear Canyon wash several times in each direction and can involve significant boulder hopping/wading after rainy periods. Ask the guide about current conditions. Hike 8.5 miles; trailhead elevation 2720 feet; net elevation change 720 feet; accumulated gain 1550 feet; RTD 56 miles.

Soldier Trail. Rating B. This scenic and rocky hike begins at the 1.3-mile pullout on Catalina Hwy. The group hikes 3 miles to Prison Camp (Gordon Hirabayashi Recreation Area) for lunch and returns. The first 0.5 miles is very steep. The rest of the trail is mostly up with some level and down stretches. The gorge in Soldier Basin may have water flowing below some rugged cliffs. There are good views of the Tucson area. This trail was used in the 1800s as a cavalry passage into the mountains. Hiking stick is recommended. Hike 6 miles; trailhead elevation 3280

feet; net elevation change 1600 feet; accumulated gain ___ feet; RTD 84 miles.

Sutherland Trail. Rating C. The Sutherland is a great trail for viewing wildflowers after adequate winter rains. Along the way, there are several beautiful saguaro cacti and great rock formations. There are numerous photo opportunities. We will also pass the cutoff to Dripping Springs which makes a nice short side trip if the waterfalls are flowing. The hike begins in Catalina State Park and ends at a very scenic, flat, rocky area. The return is via same route. Hike 6 miles; trailhead elevation 2700 feet; net elevation change 600 feet; accumulated gain ___ feet; RTD 24 miles.

Sutherland Wash Petroglyphs. Rating C. The trail for this hike is gradual and passes through a mesquite thicket with 100-year old saguaros, Arizona poppies/morning glories in season, and eventually reaches 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 reach most of the petroglyphs, but nothing very difficult. Bring a snack to enjoy while searching. Hike 5.6 miles; trailhead elevation 3240 feet; net elevation change minus 205 feet; accumulated gain 309 feet; RTD 12 miles (dirt).

Sweetwater Preserve. Rating C. The trailhead is at the end of Tortolita Road, one mile off El Camino del Cerro. The 703-acre preserve is in the Tucson Mountains (this is not the Sweetwater Trail which leads to Wasson Peak.) There is a system of trails within the park made in 2008 by a crew of Pima County trail builders. It consists of 12 distinct loops and paths that interconnect so they can be linked together. Each trail is 0.5 to 1.5 miles in length, for 10.4 miles total. A map of the area may be found on the website (www.sdm.org/trail-Sweetwater.html). Hike 6 miles; trailhead elevation 2800 feet; net elevation change <1000 feet; accumulated gain <1000 feet; RTD 60 miles.

Tanque Verde Ridge Trail - Part Way. Rating C. The hike begins at the Javalina picnic area in Saguaro National Park – East, and is a picturesque hike in the Rincon Mountains with tremendous views of Tucson and the surrounding area. We hike east up to and along the Tanque Verde Ridge and turn around at about 3 miles (by a crested saguaro.) The hike is somewhat steep at some points, but there are great photo stops along the way. Hike 5.6 miles; trailhead elevation 3120 feet; net elevation change 1300 feet; accumulated gain 1646 feet; RTD 82 miles.

Tanque Verde Ridge Trail to Juniper Basin Campground. Rating A. The hike begins at the Javelina Picnic Area in Saguaro National Park – East. An interesting feature of this hike is the opportunity to observe changing vegetation that accompanies the increase in elevation. The trail occasionally tops out along the ridge, levels out for a distance and then drops to the north or south side of the ridge. The views are amazing and this is one of the best parts of the trail, because it has views in all directions. Hike 13.8 miles; trailhead elevation 3120 feet; net elevation change 2880 feet; accumulated gain 3761 feet; RTD 82 miles.

****Tortolita Mountains: Alamo Springs Loop and Ridgeline Trail RT.** Rating A. From the Ritz Carlton hiker parking lot, proceed through Wild Burro wash and Lower Javelina Trail to Alamo Spring Trail. The group follows Alamo Spring Trail to the new Ridgeline Trail and then hikes the Ridgeline Trail to it's current end. After reaching the end of Ridgeline Trail, return back to Alamo Spring Trail and continue to the spring. Final return is via Wild Burro Trail. Hike 14.5 miles; trailhead elevation 3000; net elevation change ___ feet; accumulated gain ___ feet; RTD 44 miles.

Tortolita Mountains: Upper Javelina and Wild Mustang Trails to Lookout. Rating B. The trailhead is at the Ritz Carlton Hotel parking lot. Hikers proceed through the Wild Burro Wash, up the Upper Javelina Trail, and connect with the Wild Mustang Trail. The hike continues to a rocky ridge with views of Dove Mountain development, Tucson and Marana. At that point we will stop for lunch/snacks and return to the trailhead. Hike 8.1 miles; trailhead elevation 2780 feet; net elevation change 1000 feet; accumulated gain 2092 feet; RTD 44 miles.

Ventana Canyon - Lower Level. Rating D. The hike begins from a parking lot at the Ventana Canyon Resort and proceeds gradually up Ventana Canyon for a mile or so. Several stream crossings are involved and there may be water depending on recent rains which require some boulder hopping. At the turnaround point, the trail starts a steep climb through the beautiful canyon which leads eventually to Maiden Pools and, much further along, Window Rock. The trail passes through massive cliffs of metamorphic stone slanting skyward to sharp points above the canyon floor. Hike 3 miles; trailhead elevation 3040 feet; net elevation change 400 feet; accumulated gain 400 feet; RTD 54 miles.

Wasson Peak via Sweetwater Trail. Rating B. The hike begins at the trailhead at the end of El Camino del Cerro (the west extension of Ruthrouff Road) on the east side of the Tucson Mountains. From there we hike on the Sweetwater Trail through some of the prettiest saguaro forests in the area. Along the way there will be good views of Tucson and Wasson Peak. At the saddle where the trail joins the King Canyon trail we continue up to Wasson Peak. Views are spectacular from this highest point in the Tucson Mountains. There is little shade along the way. Bring plenty of water and sun protection. Hike 9.4 miles; trailhead elevation 2800 feet; net elevation change 1887; accumulated gain 2329 feet; RTD 60 miles.