



SADDLEBROOKE

HIKING CLUB NEWSLETTER

<http://www.saddlebrooke.org>

JULY/AUGUST

2011-4

All of the Coronado National Forest is closed due to extreme dryness. Included are the Rincon, Santa Rita, Tucson, Tortolita, and the Catalina mountains. This includes Catalina State Park and Saguaro National Park both East and West.

The SBHC will advise when the ban is lifted.

Stay Aware, Stay Safe

Reprinted From July, 2009

Lightning

- Avoid open spaces, water, high ground, solitary trees.
- Avoid close contact with others; spread apart.
- Seek low ground with low shrubs /trees of uniform height.
- Crouch with feet together, head on knees.
- Find shelter in a building or closed-frame vehicle.

Rattlesnakes

- Watch where you step or place your hands.
- Back away slowly if you encounter a snake.
- If bitten stay calm and move as little as possible.
- Remove jewelry or constricting items from the bite area.
- Immobilize the bitten extremity, keep below heart area.

Call 911 or transport victim to the nearest emergency

SaddleBrooke Hiking Club Sponsors 'Excellent Adventure' at Grand Canyon

By Karen Schickedanz



The week before Memorial Day, 46 SaddleBrooke Hiking Club members and friends created some very special memories for themselves at Grand Canyon National Park. For some, it might be called the experience of a lifetime. For others, it marked a personal challenge or moment. And for all, it was a chance to enjoy one of the most awe-inspiring sights on earth.

Although the Hiking Club—which has more than 400 members—has sponsored trips to the Grand Canyon in the past several years, those were designed only for strong hikers, those folks willing and able to undertake the difficult training required for a strenuous hike into the canyon. This year, the club offered 14 hikes of varying degrees of difficulty over a four-day period in the last week of May—including a Rim-to-Rim hike. Some people also did additional hikes besides the ones sponsored by the club. As a result, many more people than the usual 10 or so per year were able to participate.

For example, Debbie and Rick Phelps said, “Having been plagued with various physical maladies over the

last year and a half, we had lost touch with fellow hikers, and this trip gave us both the opportunity to get reacquainted with those friends and to make some new friends on the trails. We loved every minute of this trip—even the uphill climbs!”

The idea for the trip was the brainchild of Susan Hollis, and she spearheaded the planning, helped by Roy Carter. Don Taylor helped them research hikes along the 30-mile South Rim of the Canyon, and the three of them led the hikes, along with Frank Brier and Randy Park.

After all her hard work, Susan said, “I enjoyed the trip and especially enjoyed hiking with everyone. It was worth the effort that we put into it, and I would hope the club does something like this again next year.”

Those who participated in the trip included: Dianne and Doug Anderson, Al Arnett, Dianne Ashby, Frank and Virginia Brier, Karen and Roy Carter, Dave and Pam Corrigan, Dave and Mary Croft, Karen and John Cusano, Mary and Richard Ganzel, Ray Gearhard, Tom Geiger, Judi Glenn and Chuck Carrier, Jackie Hall, Susan Hollis and Randy Park, Anne Jagnow, Lora Lowden, Harriet Pearson, Debbie and Rick Phelps, Karen Schickedanz, Beaver and Melissa Simpson, Sharon Simpson, Stan Smith, Ellis and Sandra Sowell, Maureen Spence, Phyliss Stensland, Tatyana Tiurina, Anne and Don Taylor, Kathy and Paul Volpe, Bob Ward, Melissa White, and Faye Von Wrangel and Jack Denton.

While all of the 43 people who hiked—as well as the three drivers who provided transportation from the South to North Rim for the Rim-to-Rimmers—deserve kudos, there are some who merit special mention:

Rim-to-Rim in One Day

Eight people hiked the entire 21.4 miles from the North Rim to South Rim in one day. They were: Roy Carter, Mary Croft, Tom Geiger, Sharon Simpson, Stan Smith, Don Taylor, Al Arnett (a guest of Stan’s), and Bob Ward. After being ferried by car over to the North Rim on May 26, they spent the night there before coming down the North Kaibab trail very early on the morning of May 27 and up the

South Kaibab trail (except for Tom, who came up the Bright Angel) to the South Rim on the same day. The entire hike took between 11 to 13 hours. Something to note: the two women on the hike actually beat all the guys up to the top!

“I now know what my limits are,” Roy quipped. “And they are about 10 feet more than I did on Friday.”



Tom commented that the Colorado River, seen at the Canyon’s bottom when he took the short walk to get over to the Bright Angel trail, was much more powerful up close than he expected. “From a distance and photos, it never appeared to be more than something Virginians would call a ‘creek,’ not a proper ‘river.’ Also, I had often pondered how such a (supposedly) small river could have cut through eons of strata. But its current is quite swift, the volume of water much greater than I understood, and the many whirlpools intimidating. It was an education for me.”

Tom also mentioned “seeing the tourists from all over the world sharing the awesomeness of the Grand Canyon. I wonder what John Wesley Powell would think on hearing so many languages spoken in the GC.”

Rim-to-Rim over Two Days

Karen Cusano and Melissa Simpson hiked down the North Kaibab trail from the North Rim on May 27, but then stayed overnight at Phantom Ranch at the

bottom of the Canyon. They came up the South Kaibab to the South Rim on May 28.

Down and Up the South Rim

Dianne Ashby, Ray Gearhard and Maureen Spence went down the South Kaibab on May 26, spent the night at Phantom Ranch, and then came back up to the South Rim on the Bright Angel trail the following day.

On Their Own

In addition, Virginia Brier hiked down the Bright Angel trail from the South Rim on May 25, spent the night at Phantom Ranch, and hiked back up the Bright Angel early on May 26. Her husband, Frank, led two of his and Virginia’s friends down the North Kaibab trail from the North Rim on May 26 and up the Bright Angel to the South Rim on the same day—but a little later in the day than Virginia had.



Arizona Trail Passages

Several club members hiked parts of the AZT. They included many of those listed above who hiked part or all of the North and South Kaibab trails, which comprise Passage 38. In addition, there were people who hiked part or all of Passages 36 and 37, which cover 42.5 miles from the Moqui Stage Station to Yaki Point south of the Canyon. Besides those who had hiked Passage 38, this group included Susan Hollis, Anne Jagnow, Randy Park, Karen Schickedanz, Beaver Simpson and Sandra Sowell. Sandra also hiked the South Kaibab trail on May 27 to “make up” a portion of Passage 38 that she hadn’t done previously. Most, but not all, of these AZT

hikers are part of a larger group organized by Larry Linderman, one of the Hiking Club’s Chief Guides, who are dedicated to hiking all 800+ miles of the AZT. There already are five Hiking Club members who have completed the AZT, and another dozen or so are close to 50 percent done.

News You Can Use		
Social Hour	July 20th	4:00 p.m.
Board Meeting	August 3rd	2:45 p.m.
Guide Meeting	August 3rd	4:00 p.m.
Social Hour	August 17th	4:00 p.m.

Hard copies of the Newsletter are available at the SaddleBrooke and DesertView Fitness Centers. You may print copies from our web page at www.saddlebrooke.org.

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General Hiking Information

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

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

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

Voluntary Driver Donations: Voluntary driver donations are shown in the table of Hikes Offered. If there are two entries under driver donation, for example \$7 + \$2, the first is for the driver and the second for any required entry and/or parking fee. If a state park pass is used for entry, the second amount

should be given to the pass holder (whether he/she is the driver or not). Other persons in the vehicle who also hold park passes would not be responsible for the second amount. Note, that some hikes may require additional fees. Guides may also wish to split costs between drivers for drop-offs and/or unequal passenger loads. Small bills are appreciated. Since a driver may not have change, we would ask that, if you see two entries for the driver donation, you try to have the amounts for each. Due to automobile insurance coverage considerations, it is recommended that any payment to the driver be made upon return to MountainView.

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

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

Assumption of Risk: When you joined the club, you were asked to sign a "Release of Liability". **We want to reinforce the fact that by signing the release you acknowledge that participation in the club's**

activities involves an inherent risk of physical injury and that you assume all such risks. Accidents can happen. Learn about the risks and how to avoid them. Take an active part in protecting yourself and fellow hikers. We are an organization of volunteers who share their skills and love for the wilderness with one another.

Hike Elevation, Ratings & Pace

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

- **Net Elevation Change** is the change in elevation obtained by subtracting the starting elevation from the 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. Below is a chart for the start times for all the walking groups led by Bill Leightenheimer, Martha Hackworth, Judy Barenkopf and Dean Wilson.

To avoid future confusion, the club is posting a chart every two months in our newsletter to remind members who participate in the morning walks what the start time will be for that time of the year. It is located on the following page.

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

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.

Judy's Tuesday walking group will start the Fitness Walk at the Mountain View Parking lot. On Thursday the walk begins at the SaddleBrooke Tennis parking lot. We walk for an hour and complete about 3 or 4 miles according to where we walk. Most of our walks are touring SaddleBrooke and the few times we leave the premises it is

discussed amongst the walkers. We leave exactly at the time designated and wait for no one. For more information call Judy at 825-7077 or email at: mbarenkopf@msn.com

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.

Hikes Offered

Date	Day of Week	Name of Hike	Hike Rating	Pace	Leave Time A.M.	Leader(s)	Phone Number	Driver Donation
7/07	Thurs	Josephine Saddle	B	Slow	7:00	Karen Gray	818-0337	\$10
7/8	Fri	Finger Rock to Canyon Overlook	C		6:30	Elaine and Howie Fagan	818-9555	\$4
7/11	Mon	Wilderness of Rocks Loop # 2	B		6:00	Frank Brier	818-0493	\$10
7/13	Wed	Pima Canyon to 2 nd Dam	C		6:00	Dave Hydeman	289-5546	\$3
7/15	Fri	Sunset/Marshall Gulch/Aspen Loop	C		6:30	Elaine and Howie Fagan	818-9555	\$10
7/19	Tues	Alamo Canyon	D		7:00	Bob Kolenda	825-9972	\$2+2
7/20	Wed	SBHC Social Hour MV Club House			4:00 p.m.			
7/21	Thurs	Wilderness of Rocks Loop	B		6:00	Elisabeth Wheeler	818-1547	
7/26	Tues	Romero Pools	C		7:00	Bob Kolenda	825-9972	\$2+2
7/27	Wed	American Flag Trail	C		7:00	Don Taylor	825-5303	\$3
7/28	Thurs	Aspen Loop/Marshall Gulch	C	Slow	7:00	Karen Gray	818-0337	\$10
8/02	Tue	Josephine Saddle via Super Trail and Vault Mine Trail	B		6:30	Don Taylor	825-5303	\$10
8/03	Wed	SBHC Board Meeting HOA1 Activity Center			2:45 p.m.			
8/03	Wed	SBHC Guide Meeting HOA1 Activity Center			4:00 p.m.			
8/05	Fri	Linda Vista Loop	C		7:00	Roy Carter	818-3137	\$2
8/07	Sun	Josephine Saddle with Rogers Rock	B	Slow	7:00	Karen Gray	818-0337	\$10
8/09	Tues	Pontatoc Ridge	C!		7:00	Roy Carter	818-3137	\$4
8/10	Wed	Wilderness of Rocks	B		6:30	Elaine and Howie	818-9555	\$10

Date	Day of Week	Name of Hike	Hike Rating	Pace	Leave Time A.M.	Leader(s)	Phone Number	Driver Donation
						Fagan		
8/11	Thurs	Phoneline	B		6:00	Dave Hydeman	289-5546	\$4
8/12	Fri	Canyon Loop & Birding	D		6:30	Kathy Cotton	825-2243	\$2+2
8/12	Fri	Mt Lemmon to Samaniego Ridge	B		6:00	Don Taylor	825-5303	\$10
8/15	Mon	**Kendrick Mountain Trail – Flagstaff Hike 1 This is the first of three days of hiking in Flagstaff. See footnote for more information	B		7:30	Frank Brier & Don Taylor	818-0493	TBD
8/15	Mon	**Kendrick Mountain Trail: – Flagstaff Hike 2	B	Slow	7:30	Frank Brier & Don Taylor	818-0493	TBD
8/16	Tues	Humphrey's Peak – Flagstaff Hike 3	A		7:30	Frank Brier & Don Taylor	818-0493	TBD
8/16	Tues	Humphrey's Peak – Flagstaff Hike 4	A/B	Slow	7:30	Frank Brier & Don Taylor	818-0493	TBD
8/17	Wed	**Campbell Mesa Trail - Flagstaff Hike 5	C		8:00	Frank Brier & Don Taylor	818-0493	TBD
8/17	Wed	SBHC Social Hour MV Club House			4:00 p.m.			
8/18	Thurs	Wasson Peak via Hugh Norris Trail	B		6:30	Bob Kolenda	825-9972	\$6
8/19	Fri	Marshall Gulch-Aspen Loop	C		7:00	Roy Carter	818-3137	\$10
8/23	Tues	Josephine Saddle via Old Baldy	B		7:00	Roy Carter	818-3137	\$10
8/24	Wed	Mt Lemmon Ski Lift Loop	C		7:00	Don Taylor	825-5303	\$10
8/25	Thurs	Finger Rock Trail to Linda Vista Saddle	B		6:30	Bob Kolenda	825-9972	\$4
8/29	Tue	Picacho Peak via Sunset Vista Trail	B		7:00	Don Taylor	825-5303	\$7 + \$2
8/30	Tues	Pusch Ridge-1 st Overlook	C!		7:00	Roy Carter	818-3137	\$2
8/31	Wed	Bug Springs	B		7:00	Dave. Sorenson	777-1994	\$7

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.

Flagstaff Footnote: Three days of hiking are offered by Frank and Don in Flagstaff. On August 15 and 16 the same hikes will be offered at two paces each day. One will be at a normal “moderate” pace and one at a “slow” pace. Depending on the pace the slow pace hikes may not reach the summit of Kendrick Mountain and Humphrey’s Peak. Also, August is thunder storm season and the hikes could be cut short because of lightning. Each hiker will need to make their individual accommodation arrangements and travel plans to Flagstaff. Frank and Don will coordinate car pooling to the trailhead each day. We suggest you bring light weight rain gear

Hike Descriptions

Alamo Canyon. Rating D. The hike begins at the Romero Ruins Trailhead in Catalina State Park. Other than one short area by the wash, the elevation change is gradual. This is a lovely hike up to Alamo Canyon Falls and return. Water may be present in the canyon after rainy periods, but there are no water crossings. Hikers will stop by the Romero Ruins and take the informative loop trail from there. Hike 3.4 miles; trailhead elevation 2700 feet; net elevation change ___ feet; accumulated gain 423 feet; RTD 24 miles.

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

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.

Bug Springs Trail # 1. Rating B. From the Lower Bug Spring Trailhead (a quarter mile up the Catalina Highway from Hirabayashi Campground), the hike proceeds southeast along a narrow ribbon of trail carved into the granite hillside. After an uphill set of switchbacks, the terrain mellows out with outstanding vistas and views of granite sculptures. The trail dives down the north side of the ridge into a heavily forested drainage. Upward to the highpoint of the trail, you can see a few big madrone trees and views of the Sierrita Mountains, Baboquivari and the mighty Rincons. The trail descends steeply to the Upper Bug Spring Trailhead (a quarter mile south of General Hitchcock Campground), which is the turnaround point. Return is via the same trail. Hike 9.2 miles; trailhead elevation 5000 feet; net elevation change 1625 feet; accumulated gain 2520 feet; RTD 94 miles.

****Campbell Mesa Trails. Rating C.** The trailhead is on the south side of Flagstaff and has views of the San Francisco Peaks and the town. The trail is mostly level and loops through open forest with scattered oak, juniper, pinion and ponderosa pine. Hike 5 miles; trailhead elevation 7000 feet; net elevation change 200 feet; accumulated gain _____ feet; RTD from Flagstaff 2 miles.

Canyon Loop and Birding Trail. Rating D. From the main trailhead in Catalina State Park, hikers will start up the Romero Trail in Catalina State Park; follow the Canyon Loop Trail, and then come back on the Sutherland Trail. This area is a great example

of the Sonoran Desert and its riparian areas. Following this portion of the hike, we will hike the Birding Trail. Depending upon the season, some water crossings are possible. Hike 3.4 miles; trailhead elevation 2700 feet; net elevation change ___ feet; accumulated gain 270 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 4 miles; trailhead elevation 3120 feet; net elevation change 900 feet; accumulated gain >1000 feet; RTD 44 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. Scrambling is necessary at some points going up, and coming down is just as difficult. From the Saddle, hikers will enjoy the beautiful vistas of Mt. Kimball, the Santa Ritas, and the city of Tucson as it spreads out below and into the distance. Hike 5.8 miles; trailhead elevation 3120 feet; net elevation change 2500 feet; accumulated gain >2600 feet; RTD 44 miles.

Humphrey's Peak. Rating A. The hike involves climbing to the top of Arizona, the highest point in the state at 12,633 feet with 360-degree awe-inspiring views. It is a very difficult hike through a beautiful area, much of which is in forest, and requires staying overnight in Flagstaff. The trailhead is at the Arizona Ski Bowl. Call to discuss specific arrangements with the hiking guide. Hike 9 miles; trailhead elevation 8833 feet; net elevation change 3800 feet; accumulated gain ___ feet; RTD 580 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 AguaCaliente 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.

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

Josephine Saddle and Rogers Rock. Rating B.

The hike starts in Madera Canyon (Santa Rita Mountains) and goes up Old Baldy Trail to Josephine Saddle. We then go down the Super Trail for about a mile and take a turnoff for Rogers Rock and travel about 0.25 miles to the rock. The top provides a wonderful view and is an excellent place to eat lunch. The return is down the Super Trail to the parking lot. The hike may be done in reverse. Hike, 6.5 miles; trailhead elevation 5450 feet; net elevation change 1630 feet; accumulated gain 1700 feet; RTD 130 miles.

****Kendrick Mountain Trail. Rating B.** The hike begins about 20 miles north of Flagstaff down a forest service road off of HWY 180. We will hike through some of the most prime aspen stands in Arizona and pristine groves of Doug Fir and Spruce with views of the San Francisco Peaks. About 4 miles from the trailhead we will visit a forest service cabin dating from 1912. Kendrick Mountain reaches a height of 10,400 feet and topped with lookout tower. Hike 9.2 miles; trailhead elevation 7700 feet; net elevation change 2639 feet; accumulated gain _____ feet; RTD from Flagstaff 21 miles (7 miles dirt).

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.

Marshall Gulch / Aspen Loop. Rating C. The hike starts at the Marshall Gulch Picnic Area and goes up the Marshall Gulch Trail to the Marshall Saddle. From the Saddle, we turn left down the Aspen Trail and head back to the picnic area. After about 0.25 miles on the Aspen Trail, there is a large rock that

provides a great spot for a break or lunch. Hike may be done in reverse. Hike 3.7 miles; trailhead elevation 7440 feet; net elevation change __ feet; accumulated gain 830 feet; RTD 130 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.

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 10.4 miles; trailhead elevation 2720 feet; net elevation change 1035 feet; accumulated gain 1375 feet; RTD 56 miles.

Picacho Peak via Sunset Vista Trail. Rating B!. From the Sunset Vista Trailhead we follow the lower route to Picacho Peak. The climb to the top involves the use of cables to get to the top, which provides 360-degree views of the area. This is a short, strenuous climb, but less so than from the Hunter Trailhead at Barret Loop. Bring leather or rubber tipped gloves and ample water. There are several

areas of climbing where the trail is slippery due to loose rock and where the trail is exposed to sharp drop-offs. Park entrance fee required. Hike 6 miles; trailhead elevation 1850 feet; net elevation change 1494 feet; accumulated gain > 1500 feet; RTD 90miles.

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.

Pontatoc Ridge. Rating C!. The hike starts at the Finger Rock Trailhead at the north end of Alvernon Way. Sometimes called the "Old Spanish Mine Trail," the trail goes up the northwest side of Pontatoc Ridge to just below some old mines. There are great views of Tucson and the surrounding area from a saddle along the way. The hike is strenuous in some areas due to the steep incline and rocky path. There are short stretches of exposed trail near the old mines. Hike 5 miles; trailhead elevation 3100 feet; net elevation change 1300 feet; accumulated gain 1500 feet; RTD 44 miles.

Pusch Ridge to 1st Overlook. Rating C!. From the trailhead at the east end of Linda Vista Blvd, the trail proceeds part way up Pusch Ridge to a great overlook. The first mile of the trail climbs gradually along a wash. The final 0.5 miles is difficult with stretches of slippery footing, rock scrambling, and exposed, narrow, steep paths. Gloves are recommended. The trail passes four man-made dams. The overlook provides excellent views north and west. Hike 3 miles; trailhead elevation 2620 feet; net elevation change 1100 feet; accumulated gain >1100 feet; RTD 28 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.

Sunset / Marshall Gulch / Aspen Loop. Rating C. The hike begins at Soldier Camp on the Sunset Trail, which starts on the Catalina Highway before reaching Summerhaven. It proceeds along the Marshall Gulch Trail to the Marshall Saddle, then down the Aspen Trail and Sunset Trail to the trailhead. There are great views of the Catalinas along the way, hiking mostly in forest shade. Hike 6 miles; trailhead elevation 7640 feet; net elevation change 700 feet; accumulated gain ___ feet; RTD 130 miles.

Wasson Peak via Hugh Norris Trail. Rating B. From the trailhead near Hohokum Road (off N. Kinney Road past Red Hills Visitor Center), the hike follows the Hugh Norris Trail to and from Wasson Peak. Hugh Norris is the longest trail to Wasson Peak, but the climb is gradual along a ridge with spectacular views. There are excellent 360-degree views from the top. There is little shade; bring plenty of water and sun protection. Hike 10 miles; trailhead elevation 2640 feet; net elevation change 2124 feet; accumulated gain 2400 feet; RTD 73 miles.

Wilderness of Rocks Loop. Rating B. We will start on the Marshall Gulch Trail at Marshall Gulch Picnic Area. At the saddle we continue on the Wilderness of Rocks Trail to Lemmon Rock Lookout trail and up 1900 feet to the fire lookout for a leisurely lunch. We then return via the Aspen Trail to Marshall Saddle and the Marshall Gulch Trail back to the beginning. Hike 10 miles; trailhead elevation 7440 feet; net elevation change 1200 feet; accumulated gain __ feet; RTD 131 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; 2000 trailhead elevation 7440 feet; net elevation change feet; accumulated gain __ feet; RTD 131 miles.