



SADDLEBROOKE

HIKING CLUB NEWSLETTER

<http://www.SaddleBrooke.org>

JANUARY/FEBRUARY 2006

2006-1

GET (even more) TRAIL-FIT THIS WINTER

By Susan Robertshaw

The February issue of Backpacker magazine had the following article about using the Treadmill and Stair Climber. As many of you use our wonderful fitness centers, I thought you might enjoy the following suggestions from Budd Coates, an exercise physiologist. (We may have to limit our time to 30-minutes depending how busy the fitness center is.)

Treadmill

Altitude Climb: "By gradually changing the pitch of the Treadmill, you mimic the cardiovascular challenge of a climb," says Coates. Keeping a brisk but conversation hiking pace, increase the incline setting every 5 minutes, from 5 to 9, 12, then 15 for a 40-minute session (or use the preprogrammed climb). When you can complete the workout comfortably, increase each interval by 2 minutes (48 minutes), then by 5 (60 minutes).

Rolling Hills: Keeping your pace constant, perform two sets of 2-minute intervals at inclines of 4, 10, then 7 percent, followed by a 2-minute recovery at zero grade (or use the preprogrammed hills workout). When you can finish feeling strong, increase the incline to 6, 15, then 10 percent, or increase your pace by about 20 to 30 seconds.

Stair Climber

Big Log: to emphasize quad and glute strength—and best mimic a long, steady hill climb—set the machine on a slow enough level so that each "step" up is about

8 to 10 inches. "Those little 2- and 3-inch steps aren't doing you legs any good," says Coates. Find a resistance you can hold for the entire workout. Start with 40 minutes; add 5 minutes every 2 weeks to 60 minutes.

All-Terrain: Interval workouts like running hills are among the best ways to improve cardio fitness and leg strength—and both are possible on a stair climber. Increase your level and go hard for 3 minutes (but keep step height at 6 to 8 inches), then recover at a comfortable level for 3 minutes. Repeat three times. Add an interval every 2 weeks until you hit 8.

DESERT HIKER ORIENTATION

The Hiking Club will be offering a Desert Hiker Orientation on Wednesday, January 18th at 3:00 p.m. Have you wondered about what equipment is available and what the pros and cons are for each type? Have you wondered where to purchase that equipment? We plan on discussing equipment and places to purchase equipment.

In addition, we will discuss water requirements and physical reactions to hiking in our desert environment.

Come and enjoy this special presentation by Bill Leightenheimer. It will be held on the patio of MountainView Clubhouse prior to the Hiking Club Social.

If you plan on attending, please call Bill at 818-1953 or contact him at whlaz@robsoncom.net.

RACE FOR THE CURE

By Ed Melnick

April 2nd is the date for all hikers to come out and show their support for the ongoing research to find a cure for Breast Cancer. The annual Race for the Cure (it's really a walk) is dedicated to raise money to help support the scientific investigation into this form of cancer that in some shape or form has touched most of us.

The "Race" is really two events. For those who choose to run 3.1 miles (a small number), that option is available. However, for the thousands of other participants, a 3.1-mile walking event starts five minutes after the runners begin. It's fun, it's social, it's chock full of freebies and food afterwards, but most of all it's the right thing to do.

The Race takes place at Reid Park, south of El Con Mall where free parking and shuttle buses are plentiful. We want to increase our SaddleBrooke representation at this event so please think about participating in the Race for the Cure. Circle April 2 on your calendars and when further information is available, you will be contacted.

If you would like to participate or have any questions, please contact Ed Melnick at ed1@wbhsi.net or 818-2454.

RENEW YOUR MEMBERSHIP

This is just a reminder that it is time to renew your membership, as your 2005 Hiking Club membership expired on **December 31st**. The yearly membership will remain at \$5.00. You may send your renewals to Bob Perez at 65187 E. Desert Sands Ct., SaddleBrooke, AZ 85739. Please note: If you are a new member, who joined the club in October, November, or December of 2005, the membership is good until the end of 2006.

FALL HIKING CLUB PICNIC

The Fall Hiking Club picnic was held Saturday, November 11th at Catalina State Park. The park has recently made improvements that include bathrooms and armadas. Three different hikes were offered and had a large number of participants. There were many favorable comments concerning the potluck style

combined with the purchased fried chicken.

NEWS YOU CAN USE

Social Hour	Jan. 18th	4:00 p.m.
Board Meeting	Feb. 1 st	3:00 p.m.
Hiking Guide Meeting	Feb. 1 st	4:00 p.m.
Social Hour	Feb. 15 th	4:00 p.m.

Hard copies of the Newsletter are available at both the SaddleBrooke and MountainView Clubhouses. They are also available on our web page at www.saddlebrooke.org.

Membership is \$5.00 a year. Send your completed application or renewal to Bob Perez at 65187 E. Desert Sands Court. **Make checks payable to SaddleBrooke Hiking Club.** (Blank applications are placed behind the Newsletters in the clubhouses or are available online at our web page).

NEWS WE CAN USE

New e-mail address: If you change your e-mail address please notify Bob Perez at azsun65@robsoncom.net so you can continue to receive the newsletter and other communications.

Becoming a hiking guide: If you have gained experience hiking and would be interested in becoming a hiking guide, contact the Chief Hiking Guide. It is a great way to help the Club and contribute to our great community.

OFFICERS:

President: Jim Strickler 825-8735
sherabjim@wbhsi.net

Vice-President: Bob Wynne 825-2974
bwynne@robsoncom.net

Secretary: Kathy Gish 818-0918
robkathy@msn.com

Treasurer: Sherry Jacobson 825-4036
louis.jacobson@ey.com

Chief Hiking Guide: Susan Robertshaw 818-6727
jsrobertshaw@att.net

NON-OFFICER POSITIONS:

Editor: Carole Rossof 877-9262

Membership Roster: Bob Perez 818-2111
azsun65@wbhsi.net

Merchandise: Sally Sample 825-0985

Newsletter Copies: Sue Berman 818-1954

Publicity: John Robertshaw 818-6727
Statistics & Awards: Melody Branstrom 825-5562
GENERAL HIKING INFORMATION

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

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

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

Voluntary driver donations: Voluntary driver donations are shown at the end of the hike descriptions. Most include the entry and/or parking fees where required, however some hikes may require additional fees. Guides may also wish to split costs between drivers for drop-offs and/or unequal passenger loads. Small bills are appreciated. Due to automobile insurance coverage considerations, it is recommended that any payment to the driver be made upon return to MountainView.

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

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

Assumption of Risk: When you joined the club, you were asked to sign a 'Release of Liability'. **We want to reinforce the fact that by signing the release you acknowledge that participation in the club's activities involves an inherent risk of physical injury and that you assume all such risks. Accidents can happen. Learn about the risks and how to avoid them. Take an active part in protecting yourself and fellow hikers.** We are an organization of volunteers who share their skills and love for the wilderness with one another.

Guest Policy: A SaddleBrooke resident, whether year-round or part-time, must be a club member in order to join a hike. On hikes with limited participants, members have priority over guests. Members must accompany their guest(s), and all guests

will be required to sign a Release Form prior to hiking (if under age 18, must be signed by parent or legal guardian). If the guest is younger than 16 years old, you must notify the guide who has sole discretion whether or not to allow minors on the hike.

HIKE RATINGS, PACE, AND SYMBOLS

Rating:

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

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

Slow Pace – Average speed of hike < 1.5 MPH

Moderate Pace – Average speed of hike 1.5 to 2.5 MPH

Fast Pace – Average speed of hike > 2.5 MPH

Symbols:

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

"" by a hike.** Hikes marked by a double asterisk are new additions to our club database or a new 'one time' hike.

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

FITNESS WALKS - FIVE DAYS A WEEK

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

Bill Leichtenheimer offers fitness walks Monday, Wednesday and Friday starting at **7:00 a.m.** Meet at the parking lot of the fitness center of **SaddleBrooke Clubhouse**. You may contact Bill at **818-1953** or whlaz@robsoncom.net.

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

Judy Barenkopf offers fitness walks every Tuesday and Thursday at **7:00 a.m.** Meet at the parking lot of at the **MountainView Clubhouse** on Tuesday and at the parking lot of the **SaddleBrooke Tennis Center** on Thursdays. You may contact Judy at **825-7077** or Mbarenkopf@aol.com.

NAMETAGS

A suggestion has been made that any person attending a hike might want to wear a nametag. We have so many new members; it would be a great way for the hiking leader and hikers to get to know the people in their group and to speak to them by name. Often we are introduced to people and quickly forget their names. If you choose to wear a nametag, you can pin it either to your shirt, hat or pack. Once again, this is not mandatory, only a suggestion.

Jan. 2 – Mon. Fifty Year Trail/Sutherland Trail Loop. Rating C. We will start at the Equestrian Center in Catalina State Park and hike north to a stream terrace that gives a fantastic view of the Sutherland Wash area and the Santa Catalina Mountains. We will then hike down to the Sutherland Wash, take the Sutherland Cutoff Trail to the Sutherland Trail and head back to Catalina State Park. Hike 7.6 miles; elevation change 500 feet; starting elevation 2700 feet; leave at **8:00 a.m.**; driver donation \$1.00. Susan Robertshaw, 818-6727.

Jan. 3 – Tues. Esperero Trail/Cardiac Gulch. Rating B. This is a hike to the saddle overlooking Esperero Canyon. We'll warm up by hiking from the Sabino Canyon parking lot over a few small foothills to "the Gulch". The hiking is initially steep.... then it gets much steeper! We'll have lunch at the saddle while viewing the falls below, assuming that rain or a spring thaw supplies a rushing brook. Extra water is recommended. Hike 8 miles; elevation change 1700 feet; starting elevation 2700 feet; leave at **8:00 a.m.**; driver donation \$3.00. Elisabeth Wheeler, 818-1547.

Jan. 4 – Wed. Linda Vista Loop. Rating D+. Drive to trailhead, 15 minutes from the MountainView parking lot. Trail skirts the base of Pusch Ridge and has great views out onto Oracle Road and environs. Hiking stick recommended as trail is rocky in places. Hike 3 miles; elevation change 300 feet; starting elevation 2680 feet; leave at **8:00 a.m.**; driver donation \$1.00. Susan Robertshaw, 818-6727.

Jan. 6 – Fri. Garwood Dam. Rating C. This is a slow easy hike in the desert of the Saguaro National Park-East. The pace will be set by the group; no rush. We will hike in the cactus forest of the Park across mostly level terrain. There is some climbing as we near the dam. Our destination is a dam with a history in the foothills of the Rincon Mountains. Hike 6.5 miles; elevation change 250 feet; starting elevation 2800 feet.; leave at **8:00 a.m.**; driver donation \$4.00. John Robertshaw, 818-6727.

Jan. 6 - Fri. Sixshooter Trail. Rating B+. This trail just south of Globe in the Pinal Mountains was featured in the Arizona Highways 4/03 edition as the Hike of the Month described as



follows: "The trail obsessively and steeply climbs almost 3,000 feet from scrubby chaparral mix along raspy mountain slopes to quaking aspen trees at its end near Ferndell Spring. In between, the landscape veers from high desert scrub to high-country pines to New England-style hardwood forests." The trail stops just short of the top of Pinal Peak in a crown of aspen trees and returns by the same route all downhill. Hike 12 miles; elevation change 3000 feet; starting elevation 4600 feet; leave at **7:00 a.m.**; driver donation \$9.00. Dean & Cheryl Werstler, 825-9057.

Jan. 8 – Sun. Hutch's Pool. Rating C+. We will take the Sabino Canyon tram to the trailhead. After a moderately steep but brief climb out of the canyon the trail is mostly level. This lovely hike will take us to a permanent pool surrounded by giant Arizona Cypress trees. Bring \$7.50 for the tram. Hike 8 miles; elevation change 900 feet; starting elevation 3300 feet; leave at **8:00 a.m.**; driver donation \$3.00. Jim Strickler, 825-8735.

Jan. 9 - Mon. Rams Creek Basin. Rating C. We hike up the wash on a new trail through nice vegetation and then climb 560 feet to a watering tank. There are some great views of Rancho Vistoso, Tortolitas, SaddleBrooke, and the Biosphere. We then continue on to a water fall where we will have lunch. Return via same route. Hike 5 miles; elevation change 1000 feet; starting elevation 2600 feet; leave at **8:30 a.m.**; driver donation \$1.00. Dean Wilson, 818-0299.

Jan. 10 - Tues. Esperanza/Hugh Norris Trail. Rating C+. We will take the Esperanza trail to the Hugh Norris trail and follow it to the Base of Amole Peak. The Esperanza trail is gradual at the beginning then has switchbacks. The Hugh Norris section is primarily a ridge trail. Spectacular views of Tucson/Santa Catalinas to the East, Green Valley/Santa Ritas to the South, Sells to the West and Picacho to the North. We will have lunch at the top. Hike 6.2 miles; elevation change 1275 feet; starting elevation 2980 feet; leave at **8:00 a.m.**; driver donation \$4.00. Sandra Sowell, 818-0995.

Jan. 11 – Wed. Arizona Trail (AZT)-Oracle State Park (OSP) Work Session. Rating C. This is our Hiking Club committed work day in helping to develop, maintain and report condition of the trails for which we have responsibility. Generally the work is light in nature and may involve brushing, hoeing, raking, trimming, pruning and usually requires some bending and lifting/carrying tools. On rare occasion we must rebuild water bars, design and develop new trails, build small bridges, erosion control devices and other special projects. All tools are supplied and kept at OSP. Gloves, hat and long pants are always recommended. For the most part it requires a 4-6 hour block of time, therefore you should bring snacks/lunch/water. We are responsible for all the trails in OSP and the 13.5 mile section of the AZT described as "Segment 14A - Black Hills/south". This segment is just north of OSP with the trailhead on Tiger Mine Road. Come join in the fun--it's nice to work side by side with other hiking members and it certainly gives you a feeling of pride and accomplishment along with a way of 'giving back' for all the trails we hike and take for granted so often. Leave at **8:00 a.m.**; driver donation \$ 2.00. Jim Strickler, 825-8735.

Jan. 12 – Thurs. Sutherland Wash Petroglyphs. Rating C. This hike is a gradual hike through a mesquite bosque with 100+ year old saguaros, Arizona Poppies/Morning Glories in

season, on the way to an area of many, many petroglyphs. Per the book *Paradise Found* by Kathy Alexander there are over 1400 petroglyphs in the area. Some rock scrambling is necessary to search for the petroglyphs. Bring a snack to enjoy while searching. Hike 6 miles; elevation change 400 feet; starting elevation 3200 feet; leave at **8:00 a.m.**; driver donation \$1.00. John Robertshaw, 818-6727.

Jan. 13 – Fri. Arizona Trail: Black Hills, Bloodsucker Wash to Freeman Rd. Rating B. We proceed down sandy Bloodsucker Wash for 2.3 miles, climb out of the wash to a ridge, and reach a dirt road. After about 2 miles we reach the charming Beehive Well, walking between a windmill and a tank. In another 2 miles after ascending a ridge, we overlook Antelope Tank. In 4 ½ more miles we are at the base of the northern slopes of Antelope Peak. We complete the last 2 miles on a rough jeep road which intersects with Freeman Rd. We continue on the road another .3 mile to complete the Black Hills segment. Hike 13 miles; elevation change 990 feet; starting elevation 3,400; leave at **7:00 a.m.**; driver donation TBD. Dean & Cheryl Werstler, 825-9057.

Jan. 14 – Sat. Phonline Trail with Tram Ride. Rating C. This requires purchase of a tram ticket at \$7.50. Start at the Visitor's Center, ride tram to Stop Number 9, hike up to the Phone Line trail and then back to the Center. The trail is above and generally parallels the tram road. It offers outstanding views of the canyon - an easy downhill with photo opportunities. This hike can also be done in the reverse. Hike 5 miles; elevation change 900 feet; starting elevation 2700 feet; leave at **8:00 a.m.**; driver donation \$3.00. Jan Wilson, 818-0299.

Jan. 16 – Mon. Bridal Wreath Falls. Rating C+. We'll drive to the east end of Speedway to reach the trailhead. Some steep hiking up the Douglas Spring Trail for the first 2.5 miles then .03 miles to the falls. Mostly sunny, so bring sun protection. In the spring the falls should be flowing if the winter rains have cooperated. Hike 5.6 miles; elevation change 1200 feet; starting elevation 2800 feet; leave at **8:00 a.m.**; driver donation \$4.00. Ron Noton, 825-7374.

Jan. 17 – Tues. Ironwood Forest National Monument. Rating C. We will drive west towards the West Silverbell Mountains, stopping to see the old Silverbell town cemetery. We park at the cemetery and hike to a lovely lunch spot with great views. Wild flowers are plentiful if we have had rain. Bring lunch, camera, hiking boots. Hike 5 to 6 miles; 300 feet elevation change; starting elevation 2900; leave at **8:00 a.m.**; driver donation \$6.00. Jan Wilson, 818-0299.

Jan. 18 - Wed. Dripping Springs from the Sutherland Trail. Rating C-. We follow the Sutherland Trail past the wilderness sign then turn off at a Sutherland Trail sign. There are large rocks laid out in a row on the right (east) side of trail. The hike then veers to the right and follows a small canyon where there is a beautiful waterfall (depending on recent rains). Much of this part of the trail is sandy with several water crossings. After entering the wilderness area the trail is somewhat rocky. An old abandoned mine is visible to the left of the canyon. Hike 4 miles; elevation change 500 feet; starting elevation 2700 feet; leave at **8:00 a.m.**; driver donation \$2.00. Susan Robertshaw, 818-6727.

Jan. 18 - Wed. Desert Hiker Orientation - 3:00 p.m. (See article on page one.)

Jan. 18 - Wed. Social - 4:00 p.m.

Jan. 19 – Thurs. Tortolita Trail – Owl Head Parking Lot. Rating C. Come explore part of the 12-mile multipurpose Tortolita Trail. The trail is near the Tortolita Preserve below Dove Mountain. It took outdoorsman and amateur trail designer Chuck Boyer, age 66, more than two years to carve out this 12 mile recreational trail using only hand tools. We will start at the Owl Head Parking Lot. Hike 6 to 8 miles; elevation change <500 feet; starting elevation 3600 feet; leave at **8:30 a.m.**; driver donation \$1.00. Jan & Dean Wilson, /818-0299.

Jan. 19 - Thurs, Picacho Peak - Sunset Vista Trail. Rating B. From the Sunset Vista Trailhead we follow the lower route to the climb up to Picacho Peak. The climb to the top of Picacho Peak employs the use of cables (bring gloves!) to get to the top. This is a short, acrophobic, strenuous hike. Park entrance pass required. Hike 6 miles; elevation change 2100 feet; starting elevation 1500 feet; leave at **8:00 a.m.**; driver donation \$6.00. John Robertshaw, 818-6727.

Jan. 20 – Fri. Arizona Trail: Black Hills, Tiger Mine Rd. to Bloodsucker Wash. Rating A-. This section of the Arizona Trail represents the gateway to the low-elevation ecosystem of the Sonoran Desert. Starting at 4,060 feet, we make a slow descent, with some slight up and down elevation changes, crossing several dry washes. After six miles we reach Pipeline Road, an old utility road, that heads straight northwest over washes and low hills then curves through small hills and switchbacks to a high point at mile 14.6. We then descend a steep hill and cross another wash to end at Bloodsucker Wash, viewing Antelope Peak in the distance. Hike 15.2 miles, elevation change 950 feet; starting elevation 4,060 feet; leave at **7:00 a.m.**; driver donation TBD. Dean & Cheryl Werstler, 825-9057.

Jan. 23 – Mon. Pontatoc Ridge. Rating C+. Sometimes called the "Old Spanish Mine Trail," this trail goes up the north side of Pontatoc Ridge to just below some old mines. There are great views of Tucson and the surrounding area. This hike is strenuous in some areas due to the steep incline and rocky path. Hike starts at north end of Alvernon Way. Hike 5 miles; elevation change 1150 feet; starting elevation 3100 feet; leave at **9:00 a.m.**; driver donation \$2.00. Ron Noton, 825-7374.

Jan. 24 - Tues. Lime Falls, Saguaro NP-East. Rating C. Don't let the name of this hike fool you! If any water is flowing it will only be a trickle. In spite of that this is a pleasant hike along the mostly level Cactus Forest Trail to a small drainage ending at a rock outcropping at the "Falls". We will also stop to observe some lime kilns along the trail. Hike 6 miles; minimal elevation change, starting elevation 2700 feet; leave at **8:00 a.m.**; driver donation \$4.00. Bill Katz, 818-9412.

Jan 25 – Wed. Linda Vista Loop Trails. Rating C. Drive to trailhead, 15 minutes from the MountainView parking lot. We will hike the trails in this area that skirt the base of Pusch Ridge. There are great views out onto Oracle Road and environs.

Hiking stick recommended as trail is rocky in places. Hike 4 to 6 miles; elevation change 400 to 500 feet; starting elevation 2680 feet; leave at **9:30 a.m.**; driver donation \$1.00. Bill Katz, 818-9412.

Jan. 26 & Jan. 27 – Thurs & Fri. Arizona Trail: Canelo Hills West and Canelo Hills East. Rating A. Thursday we will hike 17.4 miles from Canelo Pass to Patagonia. The elevation change is 1,250 feet and the starting elevation is 5,400 feet, but, for the most part, the hike goes gradually downhill for the first 7 miles, is fairly level for 5 miles, and then has a slight climb before going downhill the last 5 miles. Friday we will hike 14.5 miles from Parker Canyon Lake to Canelo Pass. The starting and ending elevation is 5,400 feet with a little gain and loss in elevation along the trail. We will traverse these trails from east to west to better enjoy the diverse vistas of grass hills, oak savannas, mesquite groves and riparian canyons. We will stay in a motel in Patagonia Thurs. night and return home late Fri. night. Leave at **5:00 a.m.**; driver donation TBD. Dean & Cheryl Werstler, 825-9057.

Jan. 29 – Sun. 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, for lunch. The hike begins in the Fifty Year Trail area past Golder Ranch Road gate. After lunch we will continue on out of the canyon, and circle around Hidden Canyon Peak, back to the "North Gate" and return to our trailhead via the Fifty-Year Trail. Hike 8 miles; elevation change 975 feet; starting elevation 3200 feet; leave at **8:30 a.m.**; driver donation \$1.00. Jim Strickler, 825-8735.

Jan. 30 - Mon. Chivo Falls. Rating C. This is a hike to one of the tallest desert falls in the Tucson area (Rincon Mountains). If we have some rain or spring snow melt the falls are very impressive. We'll lunch in a rock amphitheater below the falls. Hike 8 miles; elevation change 700 feet; starting elevation 4000 feet; leave at **8:00 a.m.**; driver donation \$4.00. Ron Noton, 825-7374.

Jan. 30 – Mon. Three for One - Baby Jesus, Sutherland & 50-Year Trails. Rating B-. This hike takes in 3 nearby trails to make a loop trip. The first trail will be the Baby Jesus Trail to the Sutherland Trail. The Sutherland trail will then be followed to the 50-Year Trail, which leads back to the starting point of the Baby Jesus Trail. These are 3 popular trails because of their close proximity to SaddleBrooke and because of the variety of plant life as the trail goes from desert washes to rocky overlooks. Hike 10 miles; elevation change 1180 feet; starting elevation 3200 feet; leave at **8:00 a.m.**; driver donation \$1.00. Susan Robertshaw, 818-6727.

Jan. 31 – Tues. Wasson Peak/Sweetwater Trail. Rating B. We start from the trailhead at the end of El Camino del Cerro on the East side of the Tucson Mountains. From there we hike up 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 on up to Wasson Peak. Views are spectacular from this highest point in the Tucson Mountains. Little shade. Hike 9.2 miles; elevation change 1800 feet; starting elevation 2900 feet;

leave at **8:00 a.m.**; driver donation \$4.00. Elisabeth Wheeler, 818-1547.

Feb. 1 – Wed. – Board Meeting – 3:00 p.m.

Feb. 1 – Wed. – Guide Meeting – 4:00 p.m.

Feb. 2 – Thurs. David Yetman Trail. Rating C. This hike is an easy walk through typical vegetation of the Sonoran Desert. This trail has two trailheads – one at Camino de Oeste and one near the bottom of the west side of Gates Pass. We can leave cars at one end and drive to the other trailhead. From the Gates Pass side, the trail is easy for the first mile, then down a wash with a short but steep climb back up to the ridge. Later we have a mile of walking in a creek bed. Then the trail leaves the creek and emerges into open area. We follow along an old jeep road. Then, the trail narrows, and has some loose rocks and again climbs to a ridge. We pass the Central Arizona Project, an old stone house built in the early 1930's by Sherry Bowen, and a well that is a wildlife watering tank. Bring lunch, water, hat, sun lotion, and hiking stick, if you wish. Hike 5.4 miles; elevation change 600 feet; starting elevation 2800 feet; leave at **8:00 a.m.**; driver donation \$4.00. John Robertshaw, 818-6727.

Feb. 2 - Thurs. Peralta Trail. Rating C+. Peralta Trail to Fremont Saddle viewing Weaver's Needle in the Superstition Mountains. This may be the area's most beautiful canyon. Legend has it that a loner named Jacob Waltz (The Dutchman) found a fortune in gold somewhere within the Superstition Mountains. Dominating the legends and the landscape is Weaver's Needle. The canyon bottom is a jumble of huge, thought-provoking boulders that have tumbled from the cliffs above. It's a steep, rocky trail most of the way. Hike 5 miles; elevation change 1360 feet; starting elevation 2500 feet; leave at **8:00 a.m.**; driver donation \$8.00. Jan & Dean Wilson, 818-0299.

Feb. 6 – Mon. Arizona Trail in Oracle State Park. Rating C. We will hike down part of the Arizona Trail through Oracle State Park. The trail heads northeast on rolling hills, with wide open views and interesting rock formations among the low desert plants. This route is fairly level with little elevation change. Hike 5 to 7 miles; starting elevation 4400 feet; leave at **9:30 a.m.**; driver donation \$2.00. Bill Katz, 818-9412.

Feb. 6 - Mon. Picacho Peak for "C" Hikers. Rating B. THIS IS A SPECIAL HIKE FOR "C" HIKERS WANTING TO CONQUER THE PEAK. Pace will be modified to accommodate the group. From the Barret Loop trailhead we hike up to a saddle, down to Sunset Vista Trail, then to the top of Picacho Peak using permanently installed guide cables to reach the summit. **BRING COTTON OR LEATHER GLOVES** for holding onto the cables. Return requires a climb down Sunset Vista Trail then up the Hunter Trail again to the saddle. This is a short strenuous hike and a favorite among hikers. Park entrance pass required. Hike 4.2 miles; elevation change 2100 feet; starting elevation 1500 feet; leave at **8:00 a.m.**; driver donation \$6.00. Dean Wilson, 818-0299.

Feb. 8 – Wed. Arizona Trail (AZT)-Oracle State Park (OSP) Work Session. Rating C. This is our Hiking Club committed work day in helping to develop, maintain and report condition of the trails for which we have responsibility.

Generally the work is light in nature and may involve brushing, hoeing, raking, trimming, pruning and usually requires some bending and lifting/carrying tools. On rare occasion we must rebuild water bars, design and develop new trails, build small bridges, erosion control devices and other special projects. All tools are supplied and kept at OSP. Gloves, hat and long pants are always recommended. For the most part it requires a 4-6 hour block of time, therefore you should bring snacks/lunch/water. We are responsible for all the trails in OSP and the 13.5 mile section of the AZT described as "Segment 14A - Black Hills/south". This segment is just north of OSP with the trailhead on Tiger Mine Road. Come join in the fun--it's nice to work side by side with other hiking members and it certainly gives you a feeling of pride and accomplishment along with a way of 'giving back' for all the trails we hike and take for granted so often. Leave at **8:00 a.m.**; driver donation \$ 2.00. Jim Strickler, 825-8735.

Feb. 9 – Thurs. Thimble Peak. Rating B. We start at Prison Camp Road (now Gordon Hirabayashi Recreation Site), 7 miles up the Catalina Highway and take the beautiful Sycamore Reservoir Trail down to the abandoned reservoir, connect to the Bear Canyon Trail on the way to Thimble Flat then follow a faint trail to the base of Thimble Peak. Bring gloves to do the fairly easy scramble to the top of the east summit. Enjoy outstanding views from this prominent landmark. We will return by the same route. Hike 11 miles; elevation change 1500 feet; starting elevation 4850 feet; leave at **7:00 a.m.**; driver donation \$5.00. John Robertshaw, 818-6727.

Feb. 9 – Thurs. Madera Canyon Nature Trail. Rating C. This non-desert hike is in the Santa Rita Mountains. We start at 4500 foot elevation from the lower area and ascend 3.2 miles up the canyon to the 5400 foot Roundup Picnic Area. Along the way, we enjoy the shade of Apache Pines, Douglas Firs, Emory Oaks, Mexican Blue Oaks, Willows, Cottonwoods, and Sycamores. Our return is by the same route. There are panoramic views from a ridge on a trail breakout. Hike 7.5 miles; elevation change 900 feet; starting elevation 4500 feet; leave at **7:30 a.m.**; driver donation \$6.00. Mary Richling, 825-5238.

Feb. 10 – Arizona Trail: Tortilla Mountains segment, 1st half. Rating B. This segment of the AZT starts from Freeman Road and follows a series of old roads, dry washes, and singletrack trails. We end at the ruins of Ripsey Ranch which includes a windmill, a stock tank, a corral, and a huge cottonwood tree surrounded by lush grass. This is a shuttle hike accessed on dirt roads out of Dudleyville. The hike, itself, is not at all difficult, but we will need two high clearance vehicles for every 6 hikers going. Hike 10 miles; elevation change 450 feet; starting elevation 4,015; leave at **7:00 a.m.**; driver donation \$8. Dean & Cheryl Werstler, 825-9057.

++Feb. 11 – Sat. Honey Bee Canyon North. Rating D. We will walk Honey Bee Canyon at Vistoso. We'll see Hohokam petroglyphs, grinding holes, and pioneer adobe ruins. For those exploring Honey Bee for the first time this is a real eye opener. Hike 2 miles; elevation change 200 feet; starting elevation 2700 feet; leave at **8:30 a.m.**; driver donation \$1.00. Jan Wilson, 818-0299.

Feb. 12 – Sun. Full Moon Hike, Catalina State Park. Rating D. We will hike in Catalina State Park on one of the easy trails. We will then return to enjoy S'mores and a campfire. Bring flashlight, hot drink, and warm clothes including gloves. There will be a \$3.00 fee for food and site rental. Hike < 4miles; elevation change 200 feet; starting elevation 2700 feet; leave at **7:00 p.m.**; driver donation \$2.00. Susan Robertshaw, 818-6727.

Feb. 12 – Sun. Charouleau Gap Road/ Big Rock Dome Loop. Rating B-. Starting from Spotted Horse Ranch, below Unit 9, we will hike south, along the Canada Del Oro Wash to the Charouleau Gap Road and then climb this 4-wheel drive road. We will then bushwack over to the big rock dome where we will have lunch with 360 degree views. Afterward, we will come back down past our double-crested saguaro to the CDO Wash and our vehicles. Hike 7 to 8 miles; elevation change 900 feet, starting elevation 3090 feet; leave at **8:30 a.m.**; driver donation \$1.00. Jim Strickler, 825-8735.

Feb. 13 – Mon. Tohono Chul Park and Tea Room, "birders walk" and breakfast. Rating D. Join a Tohono Chul docent for a guided bird observation walk in beautiful Tohono Chul Park. We can continue strolling through the park at our leisure and end with breakfast at the Tohono Chul Tea Room. Bring binoculars. There is an admission fee of \$5.00. Hike 1.5 miles; elevation change 50 feet; starting elevation 2700 feet; leave at **7:45 a.m.**; driver donation \$2.00. Mary Richling, 825-5238.

Feb. 13 – Mon. Esperero Trail/Cardiac Gulch. Rating B. This is a hike to the saddle overlooking Esperero Canyon. We'll warm up by hiking from the Sabino Canyon parking lot over a few small foothills to "the Gulch". The hiking is initially steep.... then it gets much steeper! We'll have lunch at the saddle while viewing the falls below, assuming that rain or a spring thaw supplies a rushing brook. Extra water is recommended. Hike 8 miles; elevation change 1700 feet; starting elevation 2700 feet; leave at **8:00 a.m.**; driver donation \$3.00. Ron Noton, 825-7374.

Feb. 14 – Tues. Douglas Spring Trail to the Campground. Rating B. We'll drive to the east end of Speedway to reach the trailhead and do some steep hiking to campground. Hiking back we'll possibly bushwhack over to Bridal Wreath Falls then follow trail back to the cars. Some variations in the trail. Mostly open, so bring minimum of two quarts of water, sun protection and lunch. Hike 12 miles; elevation change 2050 feet; starting elevation 2800 feet; leave at **7:30 a.m.**; driver donation \$4.00. Bill Katz, 818-9412.

Feb. 15 - Wed. Social – 4:00 p.m.

Feb. 16 – Thurs. Seven Falls With Tram. Rating C. Starting at the Sabino Canyon Visitors Center we will take the Tram to lower Bear Canyon. Bring \$3.00 for Tram Ride. We will hike the Bear Canyon Trail to Seven Falls and return. Falls may be dry depending on spring rains. Hike 8 miles; elevation change 900 feet; starting elevation 2800 feet; leave at **8:00 a.m.**; driver donation \$3.00. Jan Wilson, 818-0299.

Feb. 16-18, Thurs.-Sat. Arizona Trail: Reavis Canyon and Superstition Wilderness. Rating A. We will complete two entire segments of the AZT in three days, spending two nights at

a motel at Roosevelt Lake. Reavis Canyon features beautiful Sonoran Desert landscapes with panoramic views of the Superstition Mountains to the northwest, Picketpost Mountain to the south, and the Apache Leap formation to the east. We will then traverse the less visited east side of the Superstition Wilderness that provides many scenic views of Four Peaks, and as we near the northern end, a great panorama of Roosevelt Lake against the backdrop of the Sierra Anchas. Thursday we will hike 9.4 miles from Reavis Trail Canyon trailhead to Picketpost trailhead (elevation change 900 feet; starting elevation 2,300 feet). We will leave a car at Reavis trailhead and drive up to the Roosevelt Lake motel. Friday we will drive to Upper Horrell trailhead and hike 18.1 miles (climbing 1,400 feet in the first two miles) to the Reavis Trail Canyon trailhead where we left our car (elevation change 1,900 feet; starting elevation 3,500 feet). That evening we return to Roosevelt Lake motel. Saturday we will hike 18.2 miles from Roosevelt Lake trailhead down Two Bar Ridge Trail to Reavis Gap and then east back to the Upper Horrell trailhead and our waiting vehicle. We return home that evening. This trip requires two 4-wheel drive vehicles to shuttle a maximum of six hikers. Leave at **6:00 a.m.**; driver donation TBD. Dean & Cheryl Werstler, 825-9057.

Feb. 20 – Mon. Cactus Forest Trails. Rating C. We will take an easy hike in the Cactus Forest of the Saguaro National Park East and identify 20 plants as we go. We will take the scenic 8 mile Cactus Forest Loop Drive and stop at the 1920's Freeman Homestead Ruins and the National Park Visitor Center. Pack a lunch. Hike 6 miles; elevation change 200 feet; starting elevation 2750 feet; leave at **7:30 a.m.**; driver donation \$4.00. Susan Robertshaw, 818-6727.

Feb. 21 – Tues. Blackett's Ridge. Rating B. This hike takes you up to a ridge between Sabino and Bear Canyons. It has spectacular views of Tucson and the canyons. We hike through lower Sabino Canyon to the Phoneline Trail. After 0.4 miles we turn onto the Blackett's Ridge Trail where we begin the ascent. This trail has several series of steep switchbacks mixed in with some level areas. There are three false summits at the top. Hike 6 miles; elevation change 1700 feet; starting elevation 2700 feet; leave at **7:30 a.m.**; driver donation \$3.00. Elisabeth Wheeler, 818-1547.

++Feb. 22 – Wed. Alamo Canyon. Rating D. We will begin the hike at the Romero Ruins trailhead. Other than one short area by the wash, the elevation change is gradual. This is a lovely hike up to the Alamo Canyon Falls. There may be water if we have had recent rains. We will stop by the Romero Ruins and take the informative loop trail. Hike 4 miles; elevation change 400 feet; starting elevation 2700 feet; leave at **8:00 a.m.**; driver donation \$2.00. Susan Robertshaw, 818-6727.

Feb. 22 – Wed. Sweetwater Trail to the Saddle. Rating C+. We start from the trailhead at the end of El Camino del Cerro on the East Side of the Tucson Mountains. From there we hike up through some of the prettiest Saguaro forests in the area. Along the way there will be good views of Tucson and Wasson Peak. We end at the saddle where the trail joins the King Canyon trail. The King Canyon trail goes down to the Desert Museum or up to Wasson Peak. We will have lunch at the saddle before heading back to the trailhead. Hike 6.8 miles; elevation change 1200 feet; starting elevation 2800 feet; leave at **7:30 a.m.**; driver donation \$4.00. Sandra Sowell, 818-0995.

Feb. 23 – Thurs. Tortolita Mountains/Dove Mountain. Rating B. We will leave from the cattle guard / windmill on the Rail-X Road and ascend to the top of a 4661-foot Dove Mountain. From there we will make our way along an up and down ridge line north with views of Ruelas, Cochise, and Wild Burro Canyons, eventually reaching a path and jeep road which returns to the parking spot. Views are outstanding and feral horses might be sighted. This is a rough, steep, and scratchy bushwhack making long pants and sleeves, gloves and hiking sticks desirable. Hike 4 miles; elevation change 1000 feet; starting elevation 3600 feet; leave at **8:00 a.m.**; driver donation \$1.00. John Robertshaw, 818-6727.

Feb. 24 – Fri. Arizona Trail: Tortilla Mountains, 2nd half. Rating B+. This is a continuation hike through nice stands of saguaro, beginning at the Ripsey Ranch ruins off Old Florence Highway and ending near the Kelvin-Riverside Bridge in Kelvin. (About 3 miles of this segment of the AZT trail is not complete. If possible, we will use GPS waypoints to get through this section. If not, we will access the trail from a primitive road 3 miles south of Florence-Kelvin Highway and omit the 3-mile incomplete section.) We will be climbing and descending through numerous ridges and small washes, including Ripley Wash and its tributaries, as well as hiking on remnants of old roads. About 9 miles into the hike we make a steep climb out of Ripley Wash, ascending 800 feet over one mile. Over the next 2 miles we lose this 800 feet of elevation. During the last 3 ½ miles of the hike, about half of which is on dirt roads, we lose another 1,000 feet in elevation. We cross the bridge over the Gila River, ending this segment at the railroad tracks. We will need 2 high clearance vehicles (possibly two 4X4 vehicles depending on the access road) for every six hikers going. Hike 10 ½ - 13 ½ miles; elevation change 1,875 feet; starting elevation 3,560 feet; leave at **7:00 a.m.**; driver donation \$10.00. Dean & Cheryl Werstler, 825-9057.

Feb. 26 – Sun. First Water/ Second Water Trail Loop. Rating B-. We start on the Dutchman Trail from the First Water Creek Trailhead, north of Apache Junction, in the Superstition Wilderness. After 4.2 miles, we turn onto the Black Mesa Trail. After another 1.5 miles, up a hill, we'll have lunch on a bluff, overlooking the heart of the Superstitions. Then on to the Second Water Trail and back to our trailhead. Numerous water crossings and boulders all along these trails, wonderful scenery. Hike 9.2 miles; elevation change 800 feet; starting elevation 2300 feet; leave at **7:00 a.m.**; driver donation \$9.00. Jim Strickler, 825-8735.

Feb. 27 – Mon. Panther Peak. Rating B. The hike begins near Saguaro West National Park, with the first mile on old mining roads. Then, a steep, difficult climb begins and you may need to use your hands to climb the trail. The use of gloves, long pants, and a hiking stick is recommended. Enjoy outstanding views from the top, all the way to Picacho Peak. We will return by the same route. This is a short but strenuous hike. Hike 4 miles; elevation change 1135 feet; starting elevation 2300 feet; leave at **8:00 a.m.**; driver donation \$4.00. Ron Noton, 825-7374.

Feb. 28 – Tues. Golden Gate Trail. Rating C. Ever wonder why there's a big parking lot just west of Gates Pass? Well, so did your guide who will lead a hike around the mountains used as the backdrop in many Hollywood horse operas. In Saguaro

National Park – West, we will hike ½ mile along the David Yetman Trail and then take the Golden Gate Loop. This is an easy hike with moderate elevation gain. Some bushwhacking. Hike 7 miles; elevation change 400 feet; starting elevation 3000 feet; leave at **7:30 a.m.**; driver donation \$4.00. Elisabeth Wheeler, 818-1547.