



# SADDLEBROOKE

## HIKING CLUB NEWSLETTER

<http://www.SaddleBrooke.org>

**JULY/AUGUST**

**2006-4**

### **TAKING STOCK OF ENERGY BARS**

*Exerts from Arizona Daily Star April 24<sup>th</sup> Article*

Coming face to face with the energy bar display at the store is almost as overwhelming as running a marathon....As the multimillion-dollar craze continues to grow, don't expect your choices to get any easier...

Energy bars range in calories from 150 to close to 300, the equivalent of two cans of soda. A bar with 30 grams of protein contains nearly half the protein the typical person needs in one day. A bar with 40 grams of carbohydrates has as many carbs as four slices of bread.

An elite bodybuilder might need extra protein to help with muscle recovery. A marathon runner needs the energy boost found in a high-carb bar. Someone on the go can pick up a meal-replacement bar if there's no time for breakfast.

But no matter what your fitness goals are, experts stress the importance of reading the label to make sure you're getting more than just a glorified candy bar.

Here are guidelines for picking the right bar for you:

- In general, the best bars are those low in sugar – 5 or 6 grams is plenty – and moderate in carbohydrates, in the range of 10 to 20 grams...

- Taking that a step further, sugars should account for half the grams of carbs in a bar or less. For example, a bar containing 38 grams of carbs shouldn't have more than 19 grams of sugar
- Steer clear of those with simple sugar ingredients such as high-fructose corn syrup and glucose. You also should avoid bars containing hydrogenated oils a source of trans-fatty acids...
- Ingredients that get the green light include fiber (more than 2 grams per serving), soy protein, whole grains and oats, grown rice and flaxseed.
- Protein bars are best left to serious weight trainers...High-carb bars are best for those doing endurance activities such as marathons or triathlons.
- Energy bars should be eaten when you need something quick and easy and you can't get to a place to buy real food. "I wouldn't depend upon them." Many are large enough for two servings (over 200 calories), so eat half and save the rest for later.

## NEWS YOU CAN USE

Social Hour	July, 19th	4:00 p.m.
Board Meeting	August, 2nd	3:00 p.m.
Hiking Guide Meeting	August, 2nd	4:00 p.m.
Social Hour	August, 16 <sup>th</sup>	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](http://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@wbhsi.net](mailto:azsun65@wbhsi.net) so you can continue to receive the newsletter and other communications.

## OFFICERS

**President:** Susan Robertshaw - 818-6727  
[jsrobertshaw@att.net](mailto:jsrobertshaw@att.net)

**Vice-President:** Larry Dawson - 825-3480  
[madmaryann2@aol.com](mailto:madmaryann2@aol.com)

**Secretary:** Kathy Gish - 818-0918  
[robkathy@msn.com](mailto:robkathy@msn.com)

**Treasurer:** Jan Springer - 825-1451  
[Janet65673@msn.com](mailto:Janet65673@msn.com)

**Chief Hiking Guide:** Elisabeth Wheeler - 818-1547  
[elisarick@wbhsi.com](mailto:elisarick@wbhsi.com)

## VOLUNTEERS

**Chief Guide Asst.:** Cheryl Werstler - 825-9057  
[dbwerst@wbhsi.net](mailto:dbwerst@wbhsi.net)

**Editor:** Carole Rossof - 877-9262  
[crandmr@wbhsi.net](mailto:crandmr@wbhsi.net)

**Membership Roster:** Bob Perez - 818-2111  
[azsun65@wbhsi.net](mailto:azsun65@wbhsi.net)

**Merchandise:** Sally Sample - 825-0985

**Newsletter Copies:** Open

**Publicity:** John Robertshaw - 818-6727

**Statistics & Awards:** Melody Branstrom - 825-5562

**Social:** Cheryl Straw - 818-3631

**Social Assistant:** Cyndee Jordan - 825-4640

## 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 Leightenheimer offers fitness walks Monday, Wednesday and Friday starting at **6:00 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](mailto:whlaz@robsoncom.net).

Dean Wilson and Michael Reale offer fitness walks Tuesday and Thursday at **6:00 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 **6:00 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@msn.com](mailto:mbarenkopf@msn.com).

## NAME TAGS

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.

## HIKES OFFERED

### July 5 – Wed. Alamo Canyon to the Water Tank. Rating C.

This hike begins at the Romero Ruins trailhead. Elevation change is gradual. We will hike from the ruins through Alamo Canyon. There maybe water at the canyon. We will then go around, down and up and down again to a non-used large water tank. Trail is rocky in some areas. We can return one of three ways of equal distance. Hike 4-5 miles; elevation change 300-400 feet. Leave at **7:00 a.m.**; driver donation \$2.00. Marv Rossof, 877-9262.

### July 8 – Sat. Romero Pools. Rating C+. The hike begins in Catalina State Park and follows Romero Canyon Trail into the foothills.

Trail crosses open desert then climbs steeply until it reaches a saddle and then down the canyon area where several pools are located. An option is a ¾ mile round-trip hike to the upper pools. We will have lunch there. Park entrance pass required. Hike 6 miles; elevation change 1200 feet; starting elevation 2700 feet; leave at **6:00 a.m.**; driver donation \$2.00. Sandra Sowell, 818-0995.

### July 12 – Wed. Oracle State Park/AZ Trail West. Rating

C. Starting from OSP Nature Trail, we go north on the Wildlife Corridor Trail to the AZ Trail and travel west for 2 miles toward Highway 77. We then turn south to the Mariposa Trail and onto the Bellota Loop Trail that takes us back to the park. The first third of the hike is fairly level, the second third is a series of up and down hills on rocky trail and the last third has gentle hills. Hike 6 miles, elevation change 500-600 feet. Leave at **7:00 a.m.**; driver donation \$3.00. Marv Rossof, 877-9262.

### \*\*July 12-14 – Wed.-Fri. White Mountains and Blue Range Primitive Area. Ratings C, A-, and B+.

The Apache and Sitgreaves National Forests encompass over two million acres of magnificent mountain country in east-central Arizona. The Apache-Sitgreaves has 34 lakes and reservoirs and more than 680 miles of rivers and streams. In the Apache National Forest the area from Mount Baldy, the second highest mountain in Arizona at 11,500 ft., east to Escudilla Mountain, third highest mountain in Arizona at 10,912 feet, is often referred to as the White Mountains of Arizona. The White Mountains contain the

headwaters of several Arizona rivers including the Black, the Little Colorado, and the San Francisco. Located in the Sitgreaves Forest is the 7,600-foot high Mogollon Rim, which extends 200 miles from Flagstaff into New Mexico, providing inspiring views of the low lands to the south. The Blue Range Primitive Area, the only remaining primitive area in the National Forest System, lies at the southern edge of the Colorado Plateau and includes timbered ridges and deep canyons. Over night accommodation will probably be at a nearby lake campground and/or a motel in Springerville. Leave at TBD; driver donation TBD. Cheryl & Dean Werstler, 825-9057.

**July 12 – Wed. Escudilla Mountain. Rating C.**

The Escudilla Trail is so outstanding that it has been given recognition by Congress as a National Recreational Trail. The climb up Escudilla starts out through an area that was burned by a huge wildfire in 1951. Evidence of the impact of that fire is apparent along the trail in the form of large Douglas fir stumps left from trees that were killed by the blaze and thick groves of aspens which sprung up in the aftermath of the fire. This area is such an extensive example of natural reclamation that it has been designated a Research Natural Area. Overlooks provide awe-inspiring views of the countryside, the first of which is at the top of Tool Box Draw. At the summit 40 more feet will be gained by climbing Forest Service fire tower. From the tower (on a clear day) you can see the San Francisco Peaks near Flagstaff as well as the high peaks and deep canyons of the Blue Primitive Area. The Gila Wilderness, Mt. Graham and the Pinalenos are usually visible to the south. Hike 6 miles; elevation change 1,160 feet; starting elevation 9,690 ft.

**July 13 – Thurs. Mount Baldy Loop. Rating A-**

Mt. Baldy is actually an extinct volcano that last erupted 10 million year ago. Located on the western edge of the Apache National Forest, this hike goes through some of the most spectacular terrain in the state. It passes through old growth forest with some of the biggest examples of Ponderosa, Douglas Fur, Blue Spruce and Aspen in the state and through meadows blanketed with wildflowers. We will view the remains of an Army plane that crashed into the mountain back in the late 1940's or early 1950's. We will begin at the trailhead for the West Fork Trail of the Little Colorado River and climb to the ridge to merge with the East Fork Trail near the wilderness boundary. We top out a mile away from the actual summit of Mount Baldy which is sacred to the Apache Indians and off limits, however, the views are just as good on the ridgeline. This view includes portions of the White Mountain Apache Reservation, Big Lake, Crescent Lake, a sizable chunk of the Black River Valley, Escudilla Mountain, the Blue Range and on into the Gila National Forest in New Mexico. Bring a light jacket as it can be pretty cold at the top. Hike 15 miles; elevation change 1,800 feet, starting elevation 9,200 feet.

**July 14 – Fri. Blue Ridge Primitive Area loop.**

**Rating B+.** Accessed by a primitive forest service road, we will hike a combination of several trails in order to sample some of the highlights of this area. Shortly after starting out we will come upon the site of the Blue Cabin Ruins (burned in 1980), home to rangers manning the Blue Peak Lookout Tower as well as the hideout of a bank robber shot down by a posse in 1921. We will then take a short detour to the Lookout Tower on Blue Peak, the highest point in the Blue Range (9,355 ft.) where the

panorama includes The Blue Range and Blue River Canyon, Eagle Creek, Mount Graham and the Pinalenos to the south, the Mogollon Range in New Mexico and the canyon of the San Francisco River. Excellent views continue along the longest segment of the hike on McKittrick Trail which heads east along the Mogollon Rim. We then descend steadily and intersect with a deep gorge, KP Canyon and Creek at 6,600 ft. After several stream crossings, we will enjoy 10-ft. waterfalls where KP Creek splits into the North and South Forks. Finally we climb to a lush alpine meadow with stately spruces, emerald grasses, and wildflowers (8,950 ft.). Hike 12 miles; elevation change 2,710 feet; starting elevation 8,890 feet.

**July 14 – Fri. Tohono Chul Park, Reptile Ramble and Tea Room for Lunch. Rating D.**

A desert preserve of 48 acres bordered by Oracle, Ina and Paseo del Norte Roads. We will participate in a 1-hr. docent-led talk and tour about Reptiles. Grandchildren are welcome. We will also stop to enjoy their gardens, the Exhibit House, Gallery and gift shops then lunch at the Tea Room. Leave to return to SaddleBrooke 2:30 p.m. There is an admission fee of \$5.00. Wear comfortable shoes, hat, and sunscreen; bring a bottle of water. Hike 1.5 miles; leave at **9:15 a.m.**; driver donation \$2.00. Mary Richling, 825-5238.

**July 16 – Sun. Butterfly Trail. Rating B-**. Starting at Soldier Camp in the Catalinas we will hike down to the Novio Spring area in Alder Canyon where we will lunch in the vicinity of a 1957 F-86 plane crash. All of the steady climb is on the way out. We will be in the shade of very tall Douglas fir and ponderosa pines, up to the saddle and exit at Palisade Ranger Station. Along the way are views of San Manuel to the east. Hike 6 miles; elevation change 1800 feet; starting elevation 7700 feet; leave at

**7:00 a.m.**; driver donation \$7.00. Jim Strickler, 825-8735.

**July 18 – Tues. Pusch Peak. Rating A.** The first mile of the trail is mostly level then a steep, difficult climb begins. The trail has loose rock that requires caution. In a few places you may want to use your hands to climb the trail. Bring gloves. Hiking stick desirable. One and one-half miles more and we reach the top. The views of Oro Valley and Tucson are fantastic. This is a very strenuous hike. Hike 5 miles; elevation change 2700 feet; starting elevation 2650 feet; leave at **6:00 a.m.**; driver donation \$1.00. Elisabeth Wheeler, 818-1547.

**July 19 – Wed. Sutherland Trail from Catalina State Park.**

**Rating C.** A nice trail ending in a very scenic, flat, rocky area, with views. We start at the Catalina State Park trailhead. Hike 6 miles; elevation change 600 feet; starting elevation 2700 feet; leave at **7:00 a.m.**; driver donation \$2.00. Marv Rossof, 877-9262

**July 19 – Wed. Social**

**July 23 – Sun. Mt. Lemmon to the Ski Lift. Rating C+.**

From the foot of the ski lift, we will walk the roadway to the top of Mt. Lemmon. We will take the Meadow Trail to the junction with the Mt. Lemmon Trail, then back up to Mt. Lemmon Rock (outstanding views), back to the top, and then down the Aspen Draw trail to the point of beginning. Hike 6 miles; elevation change 700 feet; starting elevation 8400 feet; leave at **7:00 a.m.**; driver donation \$7.00. Jim Strickler, 825-8735.

**July 26 – Wed. Romero Pools. Rating C+.** The hike begins in Catalina State Park and follows Romero Canyon Trail into the

foothills. Trail crosses open desert then climbs steeply until it reaches a saddle and then down the canyon area where several pools are located. An option is a ¾ mile round-trip hike to the upper pools. We will have lunch there. Park entrance pass required. Hike 6 miles; elevation change 1200 feet; starting elevation 2700 feet; leave at **7:00 a.m.**; driver donation \$2.00. Marv Rossof, 877-9262.

**\*\*July 26-28 – Wed.-Fri. AZT: Walnut Canyon and Mount Elden segments. Ratings A and A-.** We will stay two nights in the Flagstaff area. Leave at TBD; driver donation TBD. Cheryl & Dean Werstler, 825-9057.

**July 26 – Wed. Drive up to the Flagstaff area in the afternoon.** Leave a vehicle at Marshall Lake.

**July 27 - Thurs. Walnut Canyon segment, Cosnino exit on I-40 to Marshall Lake. Rating A.** Hike 18 miles, elevation change 700 feet; starting elevation 7,190 feet.

**July 28 - Fri. Mount Elden segment, Schultz Pass to Cosnino exit on I-40. Rating A-.** Return to SaddleBrooke. Hike 14.8 miles, elevation loss 1,500 feet; starting elevation 8,020 feet.

**July 31 – Mon. Oracle Ridge. Rating B.** This hike begins at the American Flag Trail Head on old Mt. Lemmon Road and continues up Cody Trail to the Oracle Ridge Trail. From the ridge are views of Biosphere II and the Tortolitas in the west. We will hike south along the ridge toward Apache Peak. We will lunch in a saddle below Apache Peak. Hike 9 miles; elevation change 1800 feet; starting elevation 4400 feet; leave at **7:00 a.m.**; driver donation \$2.00. Don Taylor, 825-5303.

**Aug. 1 – Tues. 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 **6:30 a.m.**; driver donation \$6.00. Mary Richling, 825-5238.

**Aug. 2 – Wed. 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 **7:00 a.m.**; driver donation \$2.00. Marv Rossof, 877-9262.

**Aug 2 – Wed. Board Meeting/Guide Meeting**

**Aug. 4 – Fri. Tohono Chul Park, Reptile Ramble and Tea Room for Lunch. Rating D.** A desert preserve of 48 acres bordered by Oracle, Ina and Paseo del Norte Roads. We will participate in a 1-hr. docent-led talk and tour about Reptiles. Grandchildren are welcome. We will also stop to enjoy their gardens, the Exhibit House, Gallery and gift shops then lunch at the Tea Room. Leave to return to SaddleBrooke 2:30 p.m. There

is an admission fee of \$5.00. Wear comfortable shoes, hat, and sunscreen; bring a bottle of water. Hike 1.5 miles; leave at **9:15 a.m.**; driver donation \$2.00. Mary Richling, 825-5238.

**\*\*Aug, 8 - Tues. Mt. Lemmon to Sabino Canyon via Romero Pass. Rating A.** We will hike from the top of Mt. Lemmon down to Romero Pass and from there, eastwards down the west fork of the Sabino Canyon Trail and down the Phone Line Trail to the Sabino Canyon parking lot. This is a beautiful hike with many great views. Hike 20 miles; elevation change 6700 feet; starting elevation 9157 feet. Leave at **5:30 a.m.**; driver donation \$7.00. Elisabeth Wheeler, 818-1547

**Aug. 9 – Wed. Canyon Loop, Birding and Nature Trails. Rating C.** Start at main trailhead in Catalina State Park. First hike the Nature Trail, then the Canyon Loop Trail and then the Birding Trail. This is a 4mile hike with about 200 feet elevation change. If we are real ambitious we will swing through the Canyon Loop Trail the opposite way we came for a total of 6+ miles. Leave at **7:00 a.m.**; driver donation \$2.00. Marv Rossof, 877-9262.

**Aug. 10 – Thurs. Wilderness of Rocks. Rating B-.** Starting at Marshall Gulch picnic area we climb 550 feet to Marshall Saddle. Then down the Wilderness of Rocks Trail to Lemmon Rocks Lookout Trail. From there we go a further ¾ of a mile to the Lemmon Creek area in the heart of the Wilderness of Rocks. Beautiful rock formation with great views in the heart of the Catalinas. We return by the same route. We climb 900 feet to the saddle and then down the gulch to the picnic area. Hike 7.5 miles; elevation change 1450 feet; starting elevation 7440 feet; leave at **7:00 a.m.**; driver donation \$7.00. Jan & Dean Wilson, 818-0299.

**Aug. 14 – Mon. Mt. Lemmon Loop. Rating B+.** Starting on Mt. Lemmon, we will go down the Red Ridge Trail and over the East Fork of the Canada del Oro Trail, through Catalina Camp. Upon reaching Dan Saddle, we will return on the Oracle Ridge Trail to Mt. Lemmon. To complete the loop it will be necessary to walk 1 mile on Mt. Lemmon Highway back to our parking area. Hike 8.3 miles; elevation change 2,350 feet; starting elevation 8,000 feet; leave at **6:00 a.m.**; driver donation \$ 7.00. Don Taylor, 825-5303.

**Aug. 15 – Tues. 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 **6:00 a.m.**; driver donation \$1.00. Jan Wilson, 818-0299.

**Aug. 16 – Wed. 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 **7:00 a.m.**; driver donation \$1.00. Marv Rossof, 877-9262.

**Aug. 16 – Wed. Social**

**Aug. 17 – Thurs. Incinerator Ridge. Rating C.** We will begin at the Palisade Ranger station and climb 400 feet to a saddle. Then we will walk along the ridge to reach a viewpoint towards Barnum Rock and Peck Wilderness. This is one of the premier views off of Mt. Lemmon, which truly gives you the concept of a sky island. Hike 5 miles; elevation change 900 feet; starting elevation 8000 feet; leave at **7:00 a.m.**; driver donation \$7.00. Jim Strickler, 825-8735.

**Aug. 19 – Sat. Romero Pools. Rating C+. The hike begins in Catalina State Park and follows Romero Canyon Trail into the foothills.** Trail crosses open desert then climbs steeply until it reaches a saddle and then down the canyon area where several pools are located. An option is a ¾ mile round-trip hike to the upper pools. We will have lunch there. Park entrance pass required. Hike 6 miles; elevation change 1200 feet; starting elevation 2700 feet; leave at **6:00 a.m.**; driver donation \$2.00. Sandra Sowell, 818-0995.

**Aug. 21 – Mon. Josephine Saddle/Super Trail/Vault Mine Trail. Rating B.** We start in Madera Canyon (Santa Rita Mountains) and go up the gentler Super Trail to Josephine Saddle. We then take the Agua Caliente Trail across and return via Vault Mine Trail. The Vault Mine trail going down will be very steep. This hike can be done in reverse. Hike 7.9 miles; elevation change 2000 feet; starting elevation 5400 feet; leave at **6:00 a.m.**; driver donation \$6.00. Don Taylor 825-5303.

**Aug. 22 – Tues. Peppersauce Canyon Short Hike. Rating D+.** We will park opposite the Peppersauce Canyon campground and hike up Peppersauce Canyon approximately 1.5 miles. Good mixture of vegetation to study. Some views, depending on how far we go. Bring lunch. Hike 3 miles; elevation change 450 feet; starting elevation 4600 feet; leave at **7:00 a.m.**; driver donation \$4.00. Jan Wilson, 818-0299.

**Aug. 23 – 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 **7:00 a.m.**; driver donation \$2.00. Marv Rossof, 877-9262.

**Aug. 24 – Thurs. Seven Falls. Rating C+.** Starting at the Sabino Canyon Visitors Center hike from the parking lot to lower Bear Canyon. Then along 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 **7:00 a.m.**; driver donation \$3.00. Jim Strickler, 825-8735.

**Aug. 25 – Fri. Finger Rock Trail to Linda Vista Saddle. Rating B.** This hike starts on level ground for about 1 mile then

sharply climbs 2500 feet. Scrambling is necessary at some points, & coming down is just as difficult. The pace is very slow with lots of rest stops to enjoy the beautiful vistas as they spread out below and into the distance. Hike 5.8 miles; 2500 foot elevation change; starting elevation 3100 feet; leave at **6:00 a.m.**; driver donation \$2.00. Don Taylor, 825-5303.

**Aug. 28 – Mon. Guthrie Mountain - Santa Catalina Mountains. Rating C+.** The hike will start at the General Hitchcock Campground. We will go up the Green Mountain trail to the saddle at the head of Bear Canyon. Then on to Guthrie Mountain and return. The trail along the top from the saddle to Guthrie Mountain gives great views of the Catalinas and the San Pedro Valley. The last quarter mile to the trails end over the mountaintop requires some rock climbing. Some hikers may not wish to do that portion of the hike. Hike 6 miles; elevation change 1200 feet; starting elevation 6000 feet; leave at **6:30 a.m.**; driver donation \$6.00. Don Taylor, 825-5303.

**Aug. 30 – Wed. 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 **7:00 a.m.**; driver donation \$1.00. Marv Rossof, 877-9262.