



SADDLEBROOKE

HIKING CLUB NEWSLETTER

<http://www.saddlebrooke.org>

SEPTEMBER/OCTOBER

2009-5

Improved SBHC Newsletter

Have you noticed that the SBHC newsletter looks more professional and is easier to read? Carole Rossof, newsletter editor, with expert assistance from Michael Reale, President, designed and implemented the new format.

Carole has always loved the outdoors and was active walking, biking and hiking in Oro Valley before moving to SaddleBrooke 5 years ago. At Carole's first SBHC picnic she answered the request for a newsletter typist and has persevered through many challenges for the past four and a half years. She continually likes to improve her computer knowledge and skills.



Carole's husband Marv is also active in the SBHC as one of the hiking guides. She beams when she talks about their first grandbaby, Faith and about their doggies, Madison, Molly & Sadie. Special thanks to Carole for the four plus years of volunteer work on the SBHC newsletter.

SBHC 10th Anniversary Celebration October 30, 2009 at Oracle State Park

A catered picnic lunch will be provided by the club as well as dessert and bottled water. Contact Cheryl Straw at: 818-3631 for reservations as soon as possible; deadline will be October 23rd. Stories will be told by the founding members of the club and other fun features. Door prizes will be awarded. Do you have an original hiking club shirt to wear or photos/articles to be copied for display boards? Please call Bill Leightenheimer 825-5756 or Sandra Sowell 818-0995 if you have any memorabilia or fond remembrances to share with the club. Members are welcome to help prepare for this fun event.

Remember to save October 30th for this special celebration.

SaddleBrooke Hiking Club Program: Coyote Buttes and The Wave

The SaddleBrooke Hiking Club is featuring a program on Coyote Buttes and the Wave Wednesday, October 21st, 3 p.m. in the Coyote Room, SaddleBrooke Clubhouse. Five SaddleBrooke hikers spent five days exploring this geologic wonderland under the guidance of Dean and Cheryl Werstler. Dean will show his DVD program which highlights these unusual geologic formations.

The Coyote Buttes Wilderness is an area of gnarled, polished, and twisted rock, among the most extraordinary formations on the Colorado Plateau. This protected area is part of the Vermilion Cliffs National Monument which is located in the northeastern corner of the Arizona Strip. Within Coyote Buttes North is the Wave, the popular crown jewel of the area, a magical place with colorful sandstone gyrations. Many visitors are elated by the sight of the main Wave but are unaware of other fascinating formations in Coyote Buttes North such as Top Rock, the Second Wave, Melody Arch, the Teepees, and elusive dinosaur tracks.

Coyote Buttes South is overshadowed by the more glamorous Coyote Buttes North with its famous Wave. Because of its remoteness and long difficult access in a 4WD vehicle, one can hike through this most unique of landscapes in complete solitude. Included in this area are the Paw Hole Teepees, the Cottonwood Teepees, "brain" rocks, and incredibly shaped hoodoos, just as spectacular as formations to the north.

Southeast of Coyote Buttes is the White Pocket, accessed after miles of 4WD sandy tracks. Very different from the formations in Coyote Buttes, White Pocket is a treat for the eyes. One can spend hours exploring this phenomenal landscape of brain rocks, swirls, and cross bedding. The mostly grayish inches-thick top layer covers deep red sandstone that pops up here and there like frosting.

The Cockscomb is a 50-mile long fault crossing from the Grand Staircase in Utah to the Vermilion Cliffs National Monument in Arizona. Near the classic backpacking areas of Paria Canyon and Buckskin Gulch is Cobra Arch. A sandy 4WD track and a cross country hike over rough terrain leads to this arch which is the shape of a cobra snake complete with checkerboard striations reminiscent of serpent's scales.

At Lee's Ferry the Spencer Trail climbs to the top of the Vermillion Cliffs featuring views of the Colorado River valley, the famous horseshoe bend of the Colorado River, the distant Kaibab Plateau to the southwest and the Glen Canyon National Recreation Area to the northeast.

Come and experience these scenic wonders through Dean Werstler's DVD program of this area featuring explorations by SaddleBrooke hikers. For further information contact Mary Ganzel, SBHC Program Chairperson, 818-1828, after October 1.

2010 Grand Canyon Hike

The annual Grand Canyon hike for 2010 will be from May 25th to the 30th. We have reservations for 10 people (5 men and 5 women) at Phantom Ranch for two nights (May 27 and 28). Frank Brier will be the trip Hiking Guide. All club members are invited to submit e-mails of interest or call Frank (frankbrier@aol.com, 520-818-0493) to get on the list of interested club members. This is a strenuous hike, but is not limited to superman and superwoman. You will need to participate in training hikes and be prepared to hike in 100 degree weather, but people of all ages and above average conditioning complete it every day.

The club is considering two options for the hike: south rim descent to Phantom Ranch and back to the south rim, or north rim descent and ascent to the south rim. The south rim option would be down South Kaibab Trail (6.7 miles, 4860 feet descent) and up Bright Angel Trail (9.6 miles, 4460 feet ascent). The north rim option would be down North Kaibab Trail (14.5 miles, 5841 feet descent) and up Bright Angel Trail. The two options will be discussed at an organizational meeting in mid November and a route decision made shortly after that. The 10 person crew will be selected on November 30 based on the following priorities:

1. Date of e-mail or phone call expressing interest in this hike.
2. Active SB Hiking Club members who have never hiked the canyon with the Club. Active member is defined as those that have hiked a minimum of 8 club hikes between September 1, 2008 and August 31, 2009.
3. Active Hiking Club members who have not hiked the canyon with the club since May 1, 2006.
4. Hiking Club members who are new to Saddlebrooke or members who hike with the club infrequently (less than 8 hikes per year).
5. Guest of SB Hiking Club members.

Commitment to participating in training hikes between February 1st and April 27th, is a requirement for crew members. Ten training hikes will be offered between February 1st and April 27th. Candidates must complete a minimum of six of the ten hikes, including one B+ or A hike. The training hikes will be scheduled by the trip Hiking Guide and provided at the November organizational meeting. Candidates not participating in the training hikes will be replaced by club members from the stand-by list. The stand-by list will be established on November

30 based on the same five priorities. Anyone signing up on or after December 1 will be placed at the end of the stand-by list.

The club organized portion of the trip (rim hotels, food/lodging at Phantom Ranch) will cost approximately \$455 for the South Rim option and \$570 for the North Rim option. Other costs will include round trip travel (round trip car pool to south rim \$60 per person) and meals on the rim and road (3 breakfast, 4 lunches and 3 dinners). Phantom Ranch accommodations are separate men and women dormitories. On the rim, crew members will be paired with an appropriate roommate. We will keep spouses together as long as an additional room is not required. The club is responsible for hotel and Phantom Ranch bookings and payment, and therefore has established the following refund policy. Crew members canceling before April 27 will receive a full refund. Crew members canceling on or after April 27, will only receive refunds if an acceptable replacement is found from the stand-by list or club membership. The trip Hiking Guide will determine the acceptability of any replacement members.

The payment schedule for crew members will be as follows:

1. First Payment, February 1st – \$ 225
2. Second Payment, April 1st - \$230 (\$345 for North Rim)

Any refunds will be made within 30 days of cancellation. Any unused funds will be returned by July 1st.

All interested club members are reminded that any emergency evacuation or other unscheduled services will be paid by the person involved.

Pace and Enjoyment of Hikes By Roy Carter

Pace is the average speed you walk over the course of a hike. It is determined by the length of stride, steepness and condition of the trail, hiker physical condition, and some other factors. I think club members would agree that a hike is most enjoyable when all hikers proceed along at relatively the same speed and need about the same number of rest stops. A hiker who struggles to keep up with the group becomes frustrated and may overreach their level of conditioning. On the other hand, a hiker that wants to go faster than the pace set by the guide may get upset, concerned that they aren't getting enough of a workout, will be late in returning, etc.

Recognizing this, the club has set guidelines for pace, which are presented elsewhere in this newsletter, to help club members in deciding which hikes they would like to attempt. The problem is that hiking is not an exact science. Although our guides try to follow the guidelines, one guide's normal (or what they think is normal) pace may markedly differ from another guide's perception of normal pace. Also, one guide may routinely hike at the low end of a range, whereas another may hike at the upper end. Hikers should determine which guides set a pace that is comfortable for them. Club members, if they don't already know from the grapevine or by personal experience, should ask the guide about expected pace when signing up for a hike. A good rule of thumb is to try every guide once to see how well his or her pace fits your preferences.

Luckily, we have an excellent cadre of guides who cover a wide range of paces. Get out there and try them. The club encourages you to advance your hiking skills by trying harder hikes, but, for your pleasure and safety as well as the comfort of the rest of the hikers in your group, please check with the hiking guide before signing up for hikes that are beyond your current level of conditioning. Similarly, check before signing up for a hike that will be too slow for you to enjoy. Be aware that guides (especially one that you have not hiked with before) may ask a few questions when you call to sign up to determine whether the hike is suitable and safe for you. Please don't take offense if this occurs; they are merely looking out for your safety and are trying to ensure a relatively homogeneous group.

We also appreciate that hikers, like hiking guides, can have varying goals. Some desire a strong aerobic workout, whereas others may enjoy an opportunity to "smell the flowers." Most hikes contain a mix of these extremes, and our guides try to strike a balance between them. So, a bit of tolerance and understanding is required by all. For example, those seeking to maximize their aerobic workout must understand that some hikers need to catch their breath every so often, and those who enjoy stopping to take photos need to limit the amount of time they hold the group up while they pursue their hobby.

These precautions will help keep frustration to a minimum and heighten enjoyment of the hike experience for all members on the hike.

News You Can Use

Social Hour:	Sept. 16 th	4:00 p.m.
Board Meeting:	Oct. 7 th	3:00 p.m.
Hiking Guide Meeting:	Oct. 7 th	4:00 p.m.
Special Presentation:	Oct. 21 st	3:00 p.m.
Social Hour:	Oct. 21 st	4:00 p.m.

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

Officers

President:	Michael Reale – 825-8286; mjreale@msn.com
Vice-President:	Bill Leightenheimer, 825-5756; whlaz@wbhsi.net
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Volunteers

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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). Note, however, 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 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: Normally a SaddleBrooke resident, whether year-round or part-time, must be a club member in order to join a hike. They may however, come on one hike as a guest in order to see if they are interested in joining the club. 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 Elevation

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

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 elevation of the destination, in feet. This estimate may be obtained from USGS maps or a global positioning system (gps). If no destination is listed, which may be the case for loop hikes or point-to-point hikes, net change is defined as the difference between the trailhead elevation and the highest elevation reached during the hike.

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

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 sign up is required to participate in these walks.

Monday thru Friday fitness walks will start at **6:00 a.m.** in September and **6:30 a.m.** October 1st from the parking lot just west of the SaddleBrooke HOA #1 Fitness Center. If you have any questions please contact Michael at 825-8286 or Dean at 818-0299.

Judy's Tuesday and Thursday walking group will start the Fitness Walk on Sept. 1, 2009, at **6:30a.m.** We start our walk on Tuesday at the Mountain View Parking lot. On Thursday we begin our walks 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 6:30, and wait for no one. For more information call Judy at 825-7077 or e-mail at: mbarenkopf@msn.com.

Hikes Offered

descriptions follow the table. Pace will be moderate unless otherwise noted.

The hikes for the next two months are listed in the table below.
Any symbols are explained immediately below the table, and trail

Date	Day of Week	Name of Hike	Hike Rating	Pace	Leave Time	Leader(s)	Phone Number	Driver Donation
9/1	Tues.	Finger Rock Spring	D+		7:30 a.m.	Roy Carter	818-3137	\$4
9/2	Wed.	Extended Fitness Walk	C+/B	Fast	6:00 a.m.	Michael Reale	825-8286	\$0
9/3	Thur.	Mt. Wrightson Via Old Baldy & Super Trail	A		6:00 a.m.	Elisabeth Wheeler	818-1547	\$10
9/4	Fri.	Romero Springs	B		7:30 a.m.	Frank Brier	818-0493	\$2+\$2
9/7	Mon.	Pima Canyon to Pima Spring	B		7:30 a.m.	Frank Brier	818-0493	\$3
9/9	Wed.	Finger Rock Trail to Linda Vista Saddle	B		7:00 a.m.	Sandra Sowell	818-0995	\$4
9/10	Thur.	Seven Falls with Tram	C		7:45 a.m.	Roy Carter	818-3137	\$4
9/12	Sat.	Peppersauce Canyon + Exploratory	C+		6:30 a.m.	Jan Wilson	818-0299	\$5
9/14	Mon.	Mt. Wrightson via Old Baldy Trail	A		6:00 a.m.	Michael Reale	825-8286	\$10
9/16	Wed.	Social Hour			4:00 p.m.			
9/17	Thur.	Tanque Verde Ridge Trail	C+		6:30 a.m.	Sandra Sowell	818-0995	\$6
9/18	Fri.	Picacho Peak Hunter Tr.	B		7:30 a.m.	Roy Carter	818-3137	\$7+2
9/19	Sat.	King Canyon Loop	C+		7:30 a.m.	Jim Strickler	825-8735	\$6
9/21	Mon.	Mt. Lemmon to Oracle Ridge Trailhead via Red Ridge Trail	B+		7:00 a.m.	Frank Brier	818-0493	\$10
9/22	Tue.	Catalina State Park	C		7:00 a.m.	Bill Katz	818-9412	2+2
9/22	Tue.	Nugget Canyon	D+		6:30 a.m.	Jan Wilson	818-0299	\$6
9/23	Wed.	Pusch Peak	A		7:30 a.m.	Roy Carter	818-3137	\$2
9/23	Wed.	Wasson Peak via Sweetwater Trail	B		6:30 a.m.	Sandra Sowell	818-0995	\$5
9/24	Thur.	Mt. Kimball via Finger Rock Canyon	A+		7:00 a.m.	Elisabeth Wheeler	818-1547	\$4
9/24	Thur.	Cochise Stronghold to End of Trail	B		6:00 a.m.	Michael Reale	825-8286	\$20
9/25	Fri.	Pontatoc Ridge	C+		7:00 a.m.	Bill Katz	818-9412	4
9/25	Fri.	Linda Vista Loop	D		6:30 a.m.	Jan Wilson	818-0299	\$2
9/28	Mon.	Dripping Springs from Sutherland Trail	C-		6:30 a.m.	Jan Wilson	818-0299	\$2 + \$2
10/1	Thur.	Alamo Canyon	D		6:30 a.m.	Jan Wilson	818-0299	\$2 + \$2
10/1	Thur.	Blackett's Ridge Trail	B		7:00 a.m.	Sandra Sowell	818-0995	\$4
10/3	Tues.	Bluff Loop Trail – Sabino Canyon	D		7:00 a.m.	Jan Wilson	818-0299	\$4
10/6	Tues.	Linda Vista Loop	D+		7:30 a.m.	Roy Carter	818-3137	\$2
10/7	Wed.	Extended Fitness Walk	C+/B	Fast	6:30 a.m.	Martha Hackworth	818-2573	\$0
10/7	Wed.	Board Meeting			3:00 p.m.	SB Clubhouse		

Date	Day of Week	Name of Hike	Hike Rating	Pace	Leave Time	Leader(s)	Phone Number	Driver Donation
10/7	Wed.	Hiking Guide Meeting			4:00 p.m.	SB Clubhouse		
10/8	Thur.	Tubac to Tumacacori + Lunch	C-		7:15 a.m.	Jan Wilson	818-0299	\$11
10/8	Thur.	Douglas Spring Trail to Campground	B		6:30 a.m.	Sandra Sowell	818-0995	\$6
10/9	Fri.	OSP Wildlife Corridor, Manzanita, Mariposa Loop	C		7:30 a.m.	Bill Katz	818-9412	2+2
10/10	Sat.	Superstitions: Peralta Trail	C+		8:00 a.m.	Jim Strickler	825-8735	\$11
10/12	Mon.	Peppersauce/Nugget Canyons Loop	C+		6:00 a.m.	Michael Reale	825-8286	\$5
10/13	Tues.	Mt Wrightson via Old Baldy Trail	A		7:00 a.m.	Bill Katz	818-9412	10
10/13	Wed.	Chivo Falls	C		7:00 a.m.	Jan Wilson	818-0299	\$9
10/14	Wed.	AZ Trail Work Session	C		8:00 a.m.	Jim Strickler	825-8735	N.C.
10/15	Thur.	**Anza Trail Exploratory with Anza Society Guide	C	Slow	7:30 a.m.	Elisabeth Wheeler	818-1547	TBA
10/16	Fri.	Romero Springs	B		7:00 a.m.	Philip/Kathy Cotton	825-2243	\$2+\$2
10/17	Sat.	Hidden Canyon--Starr Pass	D+		7:00 a.m.	Jan Wilson	818-0299	\$5
10/20	Tues.	Samaniego Peak	A+		7:00 a.m.	Elisabeth Wheeler	818-1547	\$2
10/20	Tues.	Seven Falls with Tram	C		7:45 a.m.	Jan Wilson	818-0299	\$4
10/21	Wed.	SBHC Program :The Wave SB Clubhouse			3:00 p.m.	Dean & Cheryl Werstler		
10/21	Wed.	Social Hour			4:00 p.m.	SB Clubhouse		
10/22	Fri.	**Sweetwater Preserve Exploratory	C+		7:30 a.m.	Jan Wilson	818-0299	TBA
10/23	Fri.	Wasson Peak via King Canyon Trail	B		7:30 a.m.	Roy Carter	818-3137	\$6
10/27	Tues.	Bridal Wreath Falls	C+		7:00 a.m.	Jan Wilson	818-0299	\$6
10/28	Wed.	Superstitions: Peralta Trail	C+		6:30 a.m.	Sandra Sowell	818-0995	\$14
10/29	Thur.	Aspen Draw/Mint Spring Trail	C+		6:00 a.m.	Michael Reale	825-8286	\$10
10/30	Fri.	10th Anniversary Hiking Club Picnic – Oracle State Park			TBD			
10/31	Sat.	Finger Rock Guard	A		7:30 a.m.	Roy Carter	818-3137	\$4
10/31	Sat.	Hidden Canyon Loop	C+		8:00 a.m.	Jim Strickler	825-8735	\$2

“+” and “-“ after a rating mean that a hike is harder or easier than the average hike in that rating category. “+” may be added due to a loose rocky area or perhaps due to an unusually steep area. “-“ may be added to a hike due to it having a very easy, smooth trail surface”***” before a hike are new additions to our club database or a new “one time” hike. “+” before a hike. are Orientation Hikes which are encouraged for all “beginner” hikers and are intended for sharing information and for personal assessment of current physical fitness.

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.

****Anza Trail / Marana Section Exploratory. Rating C.** This section of the Anza Trail will be coled by Anza Society member Joe Myer who will describe the history of the Anza Trail, possible camp sites along the Marana section of the Santa Cruz River. The hike will be approximately 6 miles over a fairly level surface. RTD ___.

Arizona Trail: Work Session. Rating C. This is one of the Hiking Club work days. Come join the fun - it's nice to work side by side with other hiking club members, as we help maintain and report conditions for the section of the Arizona Trail called, "Black Hills/South," for which our club is responsible. This 6-mile section starts on Tiger Mine Road, off Hwy # 77, just north of the Oracle State Park. Generally, the work is light, and involves clipping, brushing, raking, and pruning, and for some, repairing cairns, adding erosion control devices and other trail work (depending on rains). Bring along gloves, hat, and hand clippers. Other tools, if needed, will be provided. The session usually lasts about 4 hours, so bring water and snacks. Hike 3 to 6 miles; RTD 50 miles (dirt). The club will pay drivers' expenses.

Aspen Draw / Mint Spring Trail. Rating C+. The hike begins on Turkey Run Road in Summerhaven across from the Visitor Center. After about a mile, we take the Aspen Draw Trail to Radio Ridge. From there we descend the Aspen Trail to Marshall Saddle, where we pick up the Mint Spring Trail to Carter Canyon Road, where we will walk a short 0.75 miles to return to the trailhead. Hikers may choose to have lunch in Summerhaven before returning. Hike 7.5 miles; trailhead elevation 8000 feet; net elevation change 1400 feet; accumulated gain ___ feet; RTD 130 miles.

Blackett's Ridge. Rating B. The hike begins at the Sabino Canyon Visitor Center, and follows relatively level, well-used trails east to the Phone Line Trailhead. After 0.4 miles along the Phone Line Trail, the Blackett's Ridge Trail branches right and continues up the ridge between Sabino and Bear Canyons. There are spectacular views of Tucson and the canyons to either side of the trail. The ridge part of the trail has several steep switchbacks mixed in with some level areas. There are three false summits before reaching the end of the trail, a point where it is not possible to continue because the terrain drops precipitously. Hike 6 miles; trailhead elevation 2700 feet; net elevation change ___ feet; accumulated gain 1620 feet; RTD 56 miles.

Bluff Loop Trail Sabino Canyon. Rating D. From the Sabino Canyon Visitor Center, the hike proceeds along the Bluff Trail overlooking Sabino Creek, and is a favorite during the fall due to color changes in the leaves of velvet ash, cottonwood, willow, and Arizona sycamore trees. Bring a camera and a minimum of one quart of water. Hike 3.1 miles; trailhead elevation 2700 feet; net elevation change 200 feet; accumulated gain ___ feet; RTD 56 miles.

Bridal Wreath Falls. Rating C+. The Douglas Spring Trailhead is located at the east end of Speedway Blvd. The hike involves some steep climbing up the Douglas Spring Trail for the first 2.5 miles, before turning off on the 0.3 miles spur leading to the falls. The trail is well used and easy to follow. Bring sun protection. Water may be flowing over the falls if there has been sufficient rainfall. Hike 5.6 miles; trailhead elevation 2720 feet; net elevation change 1120 feet; accumulated gain ___ feet; RTD 80 miles.

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

Chivo Falls. Rating C. Chivo Falls is one of the tallest desert falls in the Rincon Mountains or the Tucson area. The hike starts off Redington Road on jeep trails. If there has been sufficient rain or spring snowmelt, the falls are very impressive. We'll lunch in a rock amphitheater below the falls. Hike 8 miles; trailhead elevation 4000 feet; net elevation change 700 feet; accumulated gain ___ feet; RTD 96 miles (dirt).

Cochise Stronghold to End of Trail. Rating B. Hikers travel from west to east through the Dragoon Mountains along a spine of granite where the legendary Apache War Chief Cochise kept his many enemies at bay during the Indian wars. There are several beautiful rock formations along the way. Cochise is buried in a hidden location in the area. Hike 11 miles; trailhead elevation 4500 feet; net elevation change 1500 feet; accumulated gain ___ feet; RTD 221 miles (some dirt).

Douglas Spring Trail to the Campground. Rating B. Hikers drive to the east end of Speedway to reach the Douglas Spring Trailhead. The hike involves some steep hiking on a well-used trail to the campground. Coming back we may take the spur out and back to Bridal Wreath Falls, and follow Douglas Spring Trail back to the trailhead. The trails are mostly open, so bring sun protection. Bring lunch. Hike 12 miles; trailhead elevation 2800 feet; net elevation change ___ feet; accumulated gain 2684 feet; RTD 80 miles.

Dripping Springs from the Sutherland Trail. Rating C-. From the main trailhead at the east end of Catalina State Park, the hike follows the Sutherland Trail past the wilderness sign, and then turns toward Dripping Springs at a Sutherland Trail sign. There are large rocks placed in a row on the right (east) side of the Sutherland Trail. Much of the trail is sandy and there may be 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. Keep to the left at a trail junction for lower Romero Canyon, which can be visited later. Hike 4.8 miles; trailhead elevation 2700 feet; net elevation change ___ feet; accumulated gain 460 feet; RTD 24 miles.

Extended Fitness Walk. Rating C+/B. The walk begins at the SaddleBrooke parking lot and travels one of several routes in and around SaddleBrooke. Carry at least one quart of water. Hike 7.5 to 10 miles; elevation change 500 to 600 feet. Hike duration is 2.5 to 3

hours. Optional breakfast at the Road Runner Grill (need credit card as cash is not accepted).

Finger Rock Guard. Rating A. The hike begins from the Finger Rock Trailhead at the north end of Alvernon Way. Finger "Rock Guard" is the large rock formation to the east of Finger Rock, a well-known landmark that can be seen from many places in Tucson (and from Saddlebrooke). The hike begins with the first 2.5 miles and 2200 feet accumulated gain of the Finger Rock Canyon Trail, which leads eventually to Mt. Kimball. At the point where the trail turns northeast toward the Linda Vista Saddle, the trail descends a steep 200 feet into Finger Rock Canyon. The trail continues up a faint, steep and, in some places, slippery path to the saddle between Mt. Kimball and Finger Rock. From there, the trail turns southwest toward the rock guard. Rock scrambling and rock climbing are required to reach the summit 450 feet above the saddle. Bring extra water. Call to discuss with the hiking guide. This is a difficult hike but the fantastic views from the summit make it a "must do" for dedicated hikers. Hike 7 miles; trailhead elevation 3120 feet; net elevation change 3375 feet; accumulated gain 4000 feet; RTD 44 miles.

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

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 ___ feet; RTD 44 miles.

Hidden Canyon - Starr Pass. Rating D. This is a loop hike on good trail with some gain in elevation. There are lots of saguaros and jojoba bushes plus views of the city along the way. After 0.25 miles you are out of sight of "civilization" and have views to the northeast. Taking the loop trail counterclockwise, the trail descends to a junction marked by a cairn. After turning right through a small wash, winding around cacti and mesquite trees, the trail joins a major wash on the left. Following the wash leads to a brown wooden sign for the "Yetman" trail. We follow the arrow to a stone house built in the early 1930's by Mr. Sherry Bowen, a type setter & editor for the Arizona Daily Star. He and his wife, Ruby, lived in the house on 2000 acres. In 1983, this land became part of the Tucson Mountain Park. Hike 2-4 miles; trailhead elevation 2700 feet; net elevation change 400 feet; accumulated gain ___ feet; RTD 71 miles.

Hidden Canyon Loop. Rating C+. This is a beautiful hike, practically in our "back yard", to a secluded canyon in the upper reaches of the Sutherland Wash. There are many beautiful rock formations and saguaro cacti, along the way and a rock ledge with a great view down the valley. The ledge is a great place for lunch. The hike begins in the Fifty-Year Trail area past Golder Ranch Road gate. After lunch we will continue out of the canyon, circle around Hidden Canyon Peak back to the "North Gate", and return to the trailhead via the Fifty-Year Trail. Hike 8 miles; trailhead elevation 3200 feet; net elevation change 975 feet; accumulated gain 1285 feet; RTD 12 miles (dirt).

King Canyon Loop. Rating C. The hike begins from a parking area across from the Desert Museum and proceeds up the Kings Canyon Trail to the Sweetwater Saddle. The return is either down the trail to the Mam-a Gah picnic area or down an old mining road to the wash, then along the dry wash where petroglyphs can be viewed. The wash is interesting and wildlife can sometimes be seen. Bring a camera, lunch, water & hiking stick if you have one. Hike 5.8 miles; trailhead elevation 2800 feet; net elevation change ___ feet; accumulated gain 1398 feet; RTD 73 miles.

Linda Vista Loop. Rating D+. The Linda Vista Trailhead and parking lot is one block east of Oracle Road on Linda Vista Blvd. The hike proceeds into the foothills of Pusch Ridge and is an excellent introduction to desert hiking. The trail gradually

ascends to provide excellent views of Oro Valley. Poles may be helpful for rocky step-ups and step-downs. The trail passes through a riparian area and ascends to a rocky outcropping which is a good place for a snack break. There are magnificent saguaros throughout the drainage from Pusch Ridge. Hike 3 miles (mileage may be extended by doing an extra loop); trailhead elevation 2680 feet; net elevation change 500 feet; accumulated gain ___ feet; RTD 28 miles.

Mt. Kimball via Finger Rock Canyon. Rating A+. Starting from the Finger Rock Trailhead at the north end of Alvernon Way, this rocky trail climbs steadily and follows the canyon past Finger Rock, a prominent Tucson landmark high above the canyon floor. The trail passes Linda Vista Saddle between Mt. Kimball and "Little Kimball," and onto the Pima Canyon Trail. A half mile further and hikers arrive at the top of Mt. Kimball. The return hike is down the same trails. Hike 9.5 miles; trailhead elevation 3120 feet; net elevation change 4138 feet; accumulated gain 4148 feet; RTD 44 miles.

Mt. Lemmon to Oracle Ridge Trailhead via Red Ridge Trail. Rating B+. The hike begins at the Red Ridge Trailhead and descends steeply to Catalina Camp. From there, we will climb via Trail # 401 to Dan Saddle, up the Oracle Ridge Trail to Catalina Hwy. It is about a mile from that point to return to the Red Ridge Trailhead. Along the way, there are great views of the Reef of Rock and Samaniego Peak to the west. Hike 8.3 miles; trailhead elevation 8160 feet; net elevation change 1936 feet; accumulated gain 2615 feet; RTD 131 miles.

Mt. Wrightson via Old Baldy & Super Trail. Rating A. The hike begins in Madera Canyon (Santa Rita Mountains.) and follows Old Baldy Trail to Josephine Saddle where we take the Super Trail to Mt. Wrightson. At the top are outstanding 360 degree views which include Tucson and mountain ranges in the area. There is a good amount of shade along the way. The return is via the Old Baldy Trail. Hike 12.3 miles; trailhead elevation 5400 feet; net elevation change 4029 feet; accumulated gain ___ feet; RTD 130 miles.

Mt. Wrightson via Old Baldy Trail. Rating A. The hike begins in Madera Canyon (Santa Rita Mountains.) and follows the Old Baldy Trail to Mt Wrightson. The return is via the same route. This trail provides the shortest route to the top (9453') of Mt. Wrightson. At the top are outstanding 360-degree views of Tucson and the mountain ranges in the area. There is shade along the way. Hike 11.1 miles; trailhead elevation 5400 feet; net elevation change ___ feet; accumulated gain 4029 feet; RTD 130 miles.

Nugget Canyon (short version). Rating D+. The trailhead is at the intersection of Nugget Canyon and old Mt. Lemmon Road. The hike follows a lovely canyon to the west with tall trees and riparian vegetation and goes up to an earthen dam. Hikers will stop by a cave so bring a flashlight for exploring. Hike <4 miles; trailhead elevation 4680 feet; net elevation change 500 feet; accumulated gain ___ feet; RTD 56 miles (dirt).

OSP Wildlife Corridor, Manzanita, Mariposa Loop, Rating C. This hike begins at the Kannally Ranch House parking lot in Oracle State Park and is a loop hike along several different connecting trails. Along the way are interesting rock formations among low desert plants and wide open views with the Catalina Mountains to the south and the Galiuro range to the east. Hike 7.8 miles; trailhead elevation 4350 feet; net elevation change 900 feet; accumulated gain ___ feet; RTD 40 miles.

Peppersauce and Nugget Canyon Loop. Rating C+. The hike begins at the Peppersauce Campground on the northeast side of the Catalinas. The trail follows old Mt. Lemmon Road up to the Nugget Canyon turnoff. We will stop to see Peppersauce Cave. Bring a flashlight. We then travel up the canyon, follow jeep roads, view an old mine, then come down Peppersauce Canyon. Much of the hike is through oak woodland with good views from the higher hills. This is a strenuous hike for this level due to a steep incline in one area and loose rocks in another. Hike 8 miles; trailhead elevation 4600 feet; net elevation change 1200 feet; accumulated gain ___ feet; RTD 53 miles (dirt).

Peppersauce Canyon. Rating C+. From Peppersauce Campground, the hike proceeds up Peppersauce Canyon in the canyon itself, not on the hiking trail beside it, and will involve substantial rock

hopping and uneven walking in the wash. The return is via the hiking trail. We will be going through some brush and some of the rock hopping has a little exposure to sun. Wear long pants and long-sleeved shirts. Gloves would be helpful. Hike 6 miles; trailhead elevation 4600 feet; net elevation change 1200 feet; accumulated gain ___ feet; round trip 53 miles (dirt).

Picacho Peak via Hunter Trail. Rating B. From Barret Loop, we hike the Hunter Trail to a saddle, then down to the Sunset Vista Trail and up to the top of Picacho Peak, which provides 360 degree views of the area. The trail descends about 350 feet after reaching the saddle before resuming the upward climb from the west side of the peak. Permanently installed guide cables are used along several steep sections to reach the summit. Bring leather or rubber tipped gloves for holding on to cables. This is a short, strenuous hike and a favorite among hikers. The return to the trailhead is along the same route. There are several areas of climbing where the trail is slippery due to loose rock and/or where the trail is exposed to sharp drop-offs. Park entrance fee required. Hike 4.2 miles; trailhead elevation 2000 feet; net elevation change 1374 feet; accumulated gain 2152 feet; RTD 90 miles.

Pima Canyon to Pima Spring. Rating B. The trailhead is at the east end of Magee Road. The first mile or so of trail crosses open desert along the south side of Pusch Peak. It then enters a beautiful rugged canyon. The rocky trail passes through a grove of large trees providing welcome shade before emerging again in the open. We hike past a three small dams before reaching the perennial Pima Spring, which has a concrete trough for holding water for wildlife. The spring is an excellent place for lunch. Hike 10 miles; trailhead elevation 2900 feet; net elevation change 2789 feet; accumulated gain 2875 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 ___ feet; accumulated gain 1500 feet; RTD 44 miles.

Pusch Peak. Rating A. From the trailhead at the east end of Linda Vista Blvd, the trail proceeds up the northwest side of Pusch Ridge to the top of Pusch Peak, which provides fantastic 360 degree views of Tucson, Oro Valley, and points north. The first 1.5 miles of the trail climbs gradually along a wash. The final 1.5 miles is difficult and strenuous with stretches of slippery footing, rock scrambling, and exposed, narrow, steep paths. Gloves are recommended. Along the final 1.5 miles, the trail passes four man-made dams and numerous excellent overlooks with views north, west, and south. Hike 6 miles; trailhead elevation 2650 feet; net elevation change 2700 feet; accumulated gain 2700 feet; round trip 28 miles.

Romero Springs. Rating B. The hike begins in Catalina State Park at the main 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. The spring is located about 2 miles past the Romero pools in a very scenic section of the canyon. It has been known to have quite a bit of wildlife. There are excellent views of Romero and Montrose Canyons along the way. Lunch will be at the spring. The return is via the same route. Hike 10.4 miles; trailhead elevation 2700 feet; net elevation change ___ feet; accumulated gain 2720 feet; RTD 24 miles.

Samaniego Peak. Rating A+. The hike starts with a mile along the Baby Jesus Trail and a stop at an old saguaro grove with many 100+ year old sentinels. The trail follows cairns along a dry creek bed (keep an eye out for those cairns) and takes the hiker through an ocotillo grove, past an ancient cholla tree, up slick rock and continues up an "arm" that stretches down from Samaniego Peak. The final 1.5 miles follow cairns through pinion and ponderosa pines, and involves a long, steep and slippery climb on loose rock and sandy soil. The trail passes several different ecological environments on the way up to Samaniego Peak. At the top, you will be able to see east into the CDO and up to Mt. Lemmon. Looking west is SaddleBrooke, the Sutherland Wash, the Biosphere, the Tortolita Mountains and the Pusch Ridge series. This is a very difficult, all day hike intended for the very fit hiker.

Hike 10 miles: trailhead elevation 3200 feet; net elevation change 4635 feet; accumulated gain 5006 feet; RTD 12 miles (dirt).

Seven Falls with Tram. Rating C. The hike begins at the Sabino Canyon Visitor Center with the tram to lower Bear Canyon. From the last tram stop we continue up Bear Canyon to Seven Falls and return via the same route back to the Center. The falls, which constitute one of the most spectacular natural features in the Tucson area, usually have some water flowing over them but may be dry if there has been inadequate rain. Tram fee required. Hike 6.4 miles; trailhead elevation 2800 feet; net elevation change 640 feet; accumulated gain 900 feet; RTD 56 miles.

Superstitions: Peralta Trail. Rating C+. The hike follows the Peralta Trail to Fremont Saddle in the Superstition Mountains. There are excellent views of Weaver's Needle at the saddle. 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 boulders that have tumbled from the cliffs above. The trail is steep and rocky for most of the way. Hike 4.3 miles; trailhead elevation 2410 feet; net elevation change 1360 feet; accumulated gain 1360 feet; RTD 154 miles (dirt).

****Sweetwater Preserve: Rating C+.** From the corner of Silverbell Road and El Camino Del Cerro, head west on El Camino del Cerro for two miles. Turn left on Tortolita Road and follow it for one mile: it will end at the trail head. This Preserve area is in the Tucson Mountains. (Don't confuse it with the Sweet Water Trail in Saguaro Park West.) It is a system of trail made in 2008 by a crew of Pima County trail builders. It consists of 12 distinct loops and paths that interconnect so you can choose your own adventure. Each trail is anywhere from .5 to 1.5 miles, so it is easy to link them together. We will hike 5-6 miles depending upon which trails we take. You can print out a map of the area at www.sdmb.org/Trail-Sweetwater.html

Tanque Verde Ridge Trail. Rating C+. The hike begins at the Javalina picnic area in Saguaro National Park – East off the loop road, and is a picturesque hike in the Rincon Mountains with tremendous views of Tucson and the surrounding area. The hike is somewhat steep in parts as it proceeds up Tanque Verde Ridge. At three miles into the hike, we will view a crested saguaro, but continue on another mile to lunch on a mesa with great views. There are some great photo stops along the way. Hike 8 miles; trailhead elevation 3120 feet; net elevation change 1900 feet; accumulated gain ___ feet; RTD 82 miles.

Tubac to Tumacacori - Anza Trail. Rating C-. The hike begins at the Tubac Presidio State Historical Park and ends at Tumacacori National Monument. Hikers will cross rivers, but there are wooden bridges (no hand rails) so we shouldn't get wet feet. Sneakers are okay for this hike. We will lunch in Tumacacori at Wisdoms' Café. Bring \$ for lunch, shopping. Golden Age Pass is needed for entrance to Tumacacori Historic Park. Shopping will be after lunch, if your driver is willing. Hike 4.5 miles; trailhead elevation 3200 feet; net elevation change 100 - 200 feet; accumulated gain is minimal; RTD 144 miles.

Wasson Peak via King Canyon Trail. Rating B. The hike begins at the trailhead across from the Arizona/Sonora Desert Museum and goes up the King Canyon Trail. We pass the Mam-A-Gah picnic area and continue to the Sweetwater Saddle, the junction with the Sweetwater Trail. For the next mile or so, it's a steep climb to the junction of the Hugh Norris Trail and a short uphill climb to the summit. The 360 degree views from the top include Tucson to the east, Green Valley to the south, Picacho Peak to the north and Sells to the west. Hike 8 miles; trailhead elevation 2880 feet; net elevation change 1807 feet; accumulated gain 1900 feet; RTD 73 miles.

Wasson Peak via Sweetwater Trail. Rating B. The hike begins at the trailhead at the end of El Camino del Cerro (the west extension of Ruthraff Road) on the east side of the Tucson Mountains. From there we hike on the Sweetwater Trail through some of the prettiest saguaro forests in the area. Along the way there will be good views of Tucson and Wasson Peak. At the saddle where the trail joins the King Canyon trail we continue up to Wasson Peak. Views are spectacular from this highest point in the Tucson Mountains. There is little shade along the way. Bring plenty of water and sun protection. Hike 9.4 miles; trailhead elevation 2800 feet; net elevation change 1887; accumulated gain 2424 feet; RTD drive 60 miles.