



SADDLEBROOKE

HIKING CLUB NEWSLETTER

<http://saddlebrookehikingclub.com>

SEPTEMBER/OCTOBER

2013-5

Mark Your Calendars!

The Saddlebrooke Hiking Club is planning the "Annual Multi-Day Hiking Event" for APRIL 24 - 26, 2014.

Our destination will be MOAB, UTAH. Surrounded by National Parks, National Forests, and National Recreation Areas, we will be able to offer a large variety of hiking opportunities!

Look for more information in future announcements!

Poles for Hiking, Trekking & Walking 3 p.m. Wednesday, September 18 HOA 1 Activity Center



Bill Leichtenheimer will present a video "Poles for Hiking, Trekking & Walking" developed by Jayah Faye Paley of Adventure Buddies. The video will discuss and illustrate how using poles reduces stress on knees and spine, improves balance and endurance, and uses core muscles for a full body workout. Using poles also promotes using the upper body while walking, enhances cardio-pulmonary fitness and can facilitate weight loss. Optimal use of poles will also cover using your muscles to preserve your joints, avoiding hand/wrist/elbow/shoulder strain, and generally help to prevent injuries. The program covers 5 terrain based techniques; streams, stairs and obstacles; terrain and trail tips;

equipment and pole care; posture, balance and mobility; and nordic walking and more.

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

Climbing Mt. Rainier 3 p.m. Wednesday, October 23rd

Join Summit Hut Co-Owners Dana & Jeremy Davis on Wednesday, [October 23rd](#) from 3-4pm in the HOA1 Activity Center for a slideshow presentation of their recent adventures climbing Mt. Rainier. With an elevation 14,411, Mt. Rainier is the most prominent peak in the contiguous 48 states and has been described as one of the most breathtaking mountains in North America. Dana and Jeremy will be sharing some spectacular images from their ascents, tips on how they trained in Tucson for a technical glaciated climb in Washington (that could be applied to any strenuous hike!) and info on essential gear that they packed for their adventure.

Dana and Jeremy will gladly share recommendations for high altitude hiking and backpacking as well as climbing.

A social hour will follow in the HOA1 SaddleBrooke Clubhouse Agave Lounge at 4 p.m.



Dana Davis



Jeremy Davis

**SaddleBrooke Hiking Club presents it:
Awesome Annual Fall Picnic**

Please save the date for terrific annual event which will be The best ever!

WHERE: Catalina State Park

WHEN: October 25th, 11:30 A.M.

More details will be forthcoming.

News You Can Use		
Special Program	9/18	3:00 P.M
Social Hour	9/18	4:00 P.M..
Board Meeting	10/2	2:45 P.M.
Guide Meeting	10/2	4:00 P.M.
Social Hour	10/23	4:00 P.M.
Picnic	10/25	11:30 A.M.

Board Members	
President	Larry Allen 825-7864, allenlw70@gmail.com
Vice-President	Dianne Ashby 818-9919, deashby87@gmail.com
Secretary	Dave Sorenson 777-1994 iowaboy1950@yahoo.com

Treasurer	Melissa Simpson 818-7839, mjsimp0328@aol.com
Chief Hiking Guides	Walt Shields 818-3439 waltshields@mac.com Susan Hollis, 825-6819; slhollis@yahoo.com

Volunteers

Catalina Hills Cleanup	Bill Leightenheimer, 825-5756; wmhlaz@gmail.com
Communications	Ken Wong, 818-2561; kmwong@q.com
Programs	Elisabeth Wheeler;818-1547; elisarick@wbhsi.net
Membership Roster	Karen Cusano, 468-2501; kdjcnp@yahoo.com
Merchandise	Pam Corrigan, 850- 8885 pam@daveandpam.com
Newsletter Copies	Martha Hackworth, 818-2573 marthahackworth@gmail.com
Newsletter	Carole Rossof, 877-9262; crandmr@q.com
Publicity	Karen Schickedanz, 818-7817; karenschick@wbhsi.net
Socials	Mary Jo Swartzberg, 825-0463; MJSwartzberg@hotmail.com Becky Hilst, 441-2927; bckhilst51@gmail.com La Verne Kyriss 333-2689; jlkyriss@gmail.com Mary Kopp, 785-213-0520; MaryKopp55@yahoo.com Pam Vassallo, 488-0455; pvassallo_2000@yahoo.com Lonnee Plattner, 303-305-8610 lonnep@gmail.com
Statistics and Awards	Randy Park, 825-6819, rvfulltime@isp.com
Work Days	Jim Strickler, 825-8735;

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

General Information

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

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

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

Voluntary Driver Donations: Voluntary driver donations are shown in the table of Hikes Offered. If there are two entries under driver donation, for example \$7 + \$2, the first is for the driver and the second for any required entry and/or parking fee. If a state park pass is used for entry, the second amount should be given to the pass holder (whether he/she is the driver or not). Other persons in the vehicle who also hold park passes would not be responsible for the second amount. Note, that some hikes may require additional fees. Guides may also wish to split costs between drivers for drop-offs and/or unequal passenger loads. Small bills are appreciated. Since a driver may not have change, we would ask that, if you see two entries for the driver donation, you try to have the amounts for each. Due to automobile insurance coverage considerations, it is recommended that any payment to the driver be made upon return to MountainView.

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

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

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

Hike Elevation, Ratings & Pace

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

- **Net Elevation Change** is the change in elevation obtained by subtracting the starting elevation from the highest (or lowest) point reached during the course of the hike, in feet. This estimate may be obtained from USGS maps or a global positioning system (GPS).
- **Accumulated Gain** is the sum of all upward stretches of a hike as recorded by a GPS device over the course of the entire hike. Accumulated elevation gain is generally a
- more accurate indicator of hike difficulty than net change in elevation.
- **Accumulated Loss**, another measure of hike difficulty, is the sum of all downward stretches of a hike. Accumulated elevation loss is useful for some downhill hikes and is usually obtained with a GPS device

Ratings: Ratings are based on the following round trip distances and accumulated gains in elevation over the course of the hike. The hike rating is determined by one (or both) of the two values being exceeded. For example, if a hike exceeds the criterion for distance but not for corresponding elevation, the rating would be set for distance.

<u>Hike Rating</u>	<u>Distance (Mi.)</u>	<u>Accumulated Gain in Elevation (Ft.)</u>
A	>14	>3000
B	>8 to <14	>1500 to< 3000
C	>4 to <8	>500 to< 1500
D	<4	< 500

Pace: Pace is described in terms of average speed in miles per hour (MPH) over the course of a hike from start to finish (excluding lunch). Average speed is affected by speed and length of stride, number of rest stops, incline, type of terrain, and trail conditions. The following four categories are used to describe pace in the hike descriptions.

<u>Pace</u>	<u>Average Speed (MPH)</u>
Leisurely	<1.5
Slow	>1.5 to< 2.0
Moderate	>2.0 to< 2.5
Fast	>2.5

Fitness Walks Five Days A Week

Maintain your fitness or get into better shape by joining us for a morning fitness walk. Enjoy the company of other hikers while perusing SaddleBrooke. The sessions last about one hour and are suitable for walkers of all ability levels. No advanced signup is required to participate in these walks. Please view the chart below for the start times for all the walking groups led by Bill Leightenheimer, and Martha Hackworth

Monday thru Friday fitness walks will start at the parking lot just west of the SaddleBrooke HOA #1 Fitness Center. If you have any questions please contact Martha at: 818-2573, or Bill at: 825-5756.

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

Hikes Offered

<u>Date</u>	<u>Day of Week</u>	<u>Name of Hike</u>	<u>Hike Rating</u>	<u>Pace</u>	<u>Leave Time</u>	<u>Leader(s)</u>	<u>Phone Number</u>	<u>Driver Donation</u>
9/3	Tues	Marble Peak	C		7:30	Roy Carter	818-3137	\$10
9/7	Sat	Marshall Gulch/Music on the Mountain Concert afterwards	C		7:30	Dave Sorenson	777-1994	\$10
9/9	Mon	Sabino Canyon Road to Stop # 9	C/D		7:00	Susan Hollis	825-6819	\$4 + Tram fee
9/10	Tues	Wilderness of Rocks	B		7:00	Elaine & Howie Fagan	818-9555	\$10
9/13	Fri	Lower Incinerator Ridge	C		7:30	Susan Hollis	825-6819	\$9
9/18	Wed	AZ Trail: Work Session	C		7:30	Jim Strickler	825-8735	\$0
9/18	Wed	SBHC Program:			3:00 p.m.	Elisabeth Wheeler	818-1547	
9/18	Wed	SBHC Social Hour: Agave Lounge			4:00 p.m.			

Date	Day of Week	Name of Hike	Hike Rating	Pace	Leave Time	Leader(s)	Phone Number	Driver Donation
9/20	Fri	Alamo Canyon	D		8:00	Tim Butler	825-0193	\$2 + \$2
9/24	Tue	Deer Camp/Baby Jesus Loop	C		8:00	Tim Butler	825-0193	\$2
9/25	Wed	Canyon Loop, Birding & Nature Trails	C		7:00	Marv Rossof	877-9262	\$2+\$2
9/27	Fri	Sutherland Trail	C		8:00	Tim Butler	825-0193	\$2 + \$2
9/30	Mon	Tortolita Mountains: Wild Burro Canyon North	D		8:00	Susan Hollis	825-6819	\$2
9/30	Mon	Blackett's Ridge	B	Slow	7:00	Don Taylor	825-5303	\$4
10/2	Wed	Esperero Trail	B	Slow	7:00	Don Taylor	825-5303	\$4
10/2	Wed	SBHC Board Meeting Location TBA			2:45 p.m.			
10/2	Wed	SBHC Guide Meeting Location TBA			4:00 p.m.			
10/5	Sat	OSP East Loop	C		7:00	Marv Rossof	877-9262	\$3+\$2
10/10	Thurs	Hidden Canyon Loop	C		7:30	Michael Reale	825-8286	\$2
10/11	Fri	Bridal Wreath Falls Loop	C		7:00	Elaine & Howie Fagan	818-9555	\$6
10/12	Sat	OSP West Loop	C		7:00	Marv Rossof	877-9262	\$3+\$2
10/15	Tues	**Rice Peak from Mt. Lemmon	A		7:30	Roy Carter	818-3137	\$10
10/16	Wed	Chiricahuas -Heart of Rocks	C		6:30	Dave Sorenson	777-1994	\$21
10/16	Wed	Wasson Peak via Sendero Esperanza and Hugh Norris Trails	B		7:00	Elaine & Howie Fagan	818-9555	\$7
10/17	Thurs	Aspen Draw / Mint Spring Trail	C	Slow	7:00	Michael Reale	825-8286	\$10
10/18	Fri	Baby Jesus/Madonna and Child/Petroglyph Loop	B!		8:00	Tim Butler	825-0193	\$2
10/19	Sat	Tanque Verge Ridge Trail	B	Slow	7:00	Don Taylor	825-5303	\$6.00

Date	Day of Week	Name of Hike	Hike Rating	Pace	Leave Time	Leader(s)	Phone Number	Driver Donation
10/20	Sun	Romero Falls	A		7:30	Phil McNamee	369-4504 after 10/17	\$2+\$2
10/21	Mon	Bill Cody Loop	B		7:30	Michael Reale	825-8286	\$3
10/21	Mon	**Lemmon Rock Lookout Loop	C	Slow	07:30	Roy Carter	818-3137	\$10.00
10/22	Tues	Deer Camp/Baby Jesus Loop	C		8:00	Tim Butler	825-0193	\$2
10/23	Wed	Golden Gate Trail	C		8:00	Dave Sorenson	777-1994	\$5
10/23	Wed	SBHC Program: Ariizona Trail			3:00 p.m.	Elisabeth Wheeler	818-1547	
10/23	Wed	SBHC Social Hour Agave Lounge			4:00 p.m.			
10/24	Thurs	Wilderness of Rocks Loop #4	B	Slow	7:00	Michael Reale	825-8286	\$10
10/25	Fri	Alamo Canyon	D		8:00	Tim Butler	825-0193	\$2 + \$2
10/25	Fri	Dripping Springs from Sutherland Trail	C		7:30	Susan Hollis	825-6819	\$2 + \$2
10/25	Fri	SBHC Picnic at Catalina State Park			11:30			
10/27	Sun	Sabino – Bear Canyon Loop (no trams)	A		7:30	Phil McNamee	369-4504 after 10/17	\$4
10/28	Mon	Josephine Saddle and Rogers Rock	B	Slow	7:00	Michael Reale	825-8286	\$10
10/29	Tues	Aspen Loop/ Marshall Gulch	C		7:30	Roy Carter	818-3137	\$10
10/30	Wed	Linda Vista Loop	D		9:00	Walt Shields	818-3439	\$4
10/30	Wed	Finger Rock Trail to Linda Vista Saddle	B	Slow	7:00	Don Taylor	825-5303	\$4
10/31	Thurs	Aravaipa Canyon Wilderness: West (short version)	C	Slow	8:00	Dave Sorenson	777-1994	\$10+\$5
10/31	Thurs	David Yetman Trail	C		7:30	Michael Reale	825-8286	\$6

a– New hikes not yet included in the Hike Database are indicated with “***”.

b – Hike ratings are based on round trip distance and accumulated elevation gain, where available. Ratings flagged with a “P” indicate special trail conditions that might be of concern to some hikers. Please read the hike descriptions before deciding whether to sign up.

Ratings flagged with a “☺” indicate an easier, smoother trail than normal at that rating.

c – Pace is moderate unless otherwise stated.

Hike Descriptions

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.

Aravaipa Canyon Wilderness: West (short version). Rating C!. Aravaipa Canyon is a beautiful and pristine canyon and a favorite for all who have been there. Hikers should expect stream wading and numerous stream crossings (up to knee deep) with dense riparian brush. Wear shorts, socks and shoes (that can get wet) with good traction (for wet rocks). Bring dry shoes/shorts/shirt for drive home, if desired (and a plastic bag for wet items). Aravaipa Canyon is a wilderness area with no trails, signs, or facilities. Hiking stick is recommended. Wilderness permits (fee required) must be reserved in advance and are non-refundable. Hikers must sign up two weeks prior to hike. Call the hiking guide for more details. Hike 5 miles; trailhead elevation 2600 feet; net elevation change 200 feet; accumulated gain __ feet; RTD 110 miles (dirt).

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, with a return to SaddleBrooke by 12:30 p.m. to 1:00 p.m. 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, for a short 0.75 miles back 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.

Aspen Loop / Marshall Gulch Trail. Rating C. The trail starts at the Marshall Gulch Picnic area and proceeds up the Aspen Trail to the Marshall Saddle. Hikers will lunch at a scenic spot near the Saddle, and then follow the Marshall Gulch Trail to the picnic area. Hike 3.5 miles; trailhead elevation 7420 feet; net elevation change 800 feet; accumulated gain 1090 feet; RTD 131 miles.**Baby Jesus / Madonna and Child / Petroglyph Loop.** Rating B!. The hike begins in the Fifty-Year Trail parking area and proceeds to the Baby Jesus trail, crossing the Sutherland Wash. Hikers follow the trail on the east side of the Baby Jesus Ridge 4 miles to a rock grouping which has the appearance of the Madonna and Child. Following a short backtrack, a spur at (N 32 26 55.4 W110 51 24.2) begins a connecting trail over a grouping of 1200 year-old petroglyphs. This portion of the trail, about a mile, is unmaintained, requiring moderate bushwacking in places. Views south to the Catalinas are beautiful. A hike back along the Sutherland Wash trail system completes the loop. Hike 8.7 miles; trailhead elevation 3234 feet; net elevation change 527 feet; accumulated gain 1280 feet; RTD 12 miles (dirt).

Bill Cody Loop. Rating B. The beautiful, historic Bill Cody loop begins at the American Flag trailhead on American Flag Ranch Road and covers a section of the Arizona Trail. Hikers pass the 1877 adobe house at the trailhead, and then proceed up the Arizona Trail to the Oracle Ridge Trail. We then go south toward Apache Peak, and down FR # 639, through Camp Bonita Canyon past the old Patterson Diaz homestead site. Campo Bonito is a great place for lunch. From Campo Bonito, hikers swing northward past the "Yellow Cabin" and through the grounds of La Casa del High Jinks, the site where Bill Cody staked his gold mine in 1912. We may tour

the unique stone house if the owner is home. Hikers return to the trailhead via the Arizona Trail. Hike 8.2 miles; trailhead elevation 4400 feet; net elevation change 960 feet; accumulated gain 1500 feet; RTD 41 miles.

Blackett's Ridge. Rating B. The hike begins at the Sabino Canyon Visitor Center, and follows relatively level, well-used trails east to the Phone Line Trailhead. After 0.4 miles along the Phone Line Trail, the Blackett's Ridge Trail branches right and continues up the ridge between Sabino and Bear Canyons. There are spectacular views of Tucson and the canyons to either side of the trail. The ridge part of the trail has several steep switchbacks mixed in with some level areas. There are three false summits before reaching the end of the trail, a point where it is not possible to continue because the terrain drops precipitously. Hike 6 miles; trailhead elevation 2720 feet; net elevation change 1689 feet; accumulated gain 1735 feet; RTD 56 miles.

Bridal Wreath Falls Loop. Rating C. The Douglas Spring Trailhead is located at the east end of Speedway Blvd. The hike involves some relatively steep climbing up the Douglas Spring Trail for the first 2.5 miles, before turning off on the 0.3 mile spur leading to the falls. We return via the Douglas Spring trail for 0.3 miles, and then take the Three Tanks Trail for 1.5 miles to where it joins the Carillo Trail. We hike for 0.5 miles and rejoin the Douglas Spring Trail, with considerable elevation, and return to the trailhead. Another option is to continue on the Three Tanks Trail to the Garwood Trail that joins the Douglas Spring Trail only 0.3 mile from the trailhead. 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 7.2 miles; trailhead elevation 2720 feet; net elevation change 1050 feet; accumulated gain 1120 feet; RTD 80 miles.

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

elevation change ___ feet; accumulated gain 370 feet; RTD 24 miles.

Chiricahua Heart of Rocks. Rating C. The hike consists of the Ed Riggs, Mushroom Rock, Big Balanced Rock and Heart of Rocks Loop Trails, visiting the most spectacular rock formations in Chiricahua National Monument. If time permits, we may include a portion of the scenic Echo Canyon trail. Because this is an all day trip (140 miles to the Monument), those wishing to, will stop for dinner at a very good, reasonable Italian Restaurant in Benson on the way back. Hike 7.3 miles; trailhead elevation 6780 feet; net elevation change <1000 feet; accumulated gain ___ feet; RTD 288 miles.

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

Deer Camp / Baby Jesus Loop. Rating C. The hike begins in the Fifty-Year Trail area. We hike easterly toward Deer Camp, and then take the Middle Tank Connecting Trail to the Baby Jesus Trail which leads back to the trailhead. The area has little traffic and is a delight to the senses. Hike 6.3 miles; trailhead elevation 3200 feet; net elevation change ___ feet; accumulated gain 1213 feet; RTD 12 miles (dirt).

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.

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

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 to the Linda Vista Saddle. Scrambling is necessary at some points going up, and coming down is just as difficult. From the Saddle, hikers can enjoy the beautiful vistas of Mt. Kimball, the Santa Ritas, and Tucson as it spreads out below and into the distance. Hike 5.8 miles; trailhead elevation 3120 feet; net elevation change 2500 feet; accumulated gain >2600 feet; RTD 44 miles.

Golden Gate Trail. Rating C. The hike begins at the parking lot at the bottom of Gates Pass on the western side of Tucson Mountain Park. Golden Gate Mountain was used as the backdrop in many Hollywood horse operas and movies made at Old Tucson. In Tucson Mountain Park, we will hike 0.5 miles east along the David Yetman Trail and then take the Golden Gate Loop west to a picnic area on the west side of Kinney Road. The hike has some rocky stretches and a moderate accumulated gain. Some bushwhacking across a wash is needed to return to the parking lot. Hike 7 miles; trailhead elevation 3000 feet; net elevation change 400 feet; accumulated gain __ feet; RTD 70 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 8.3 miles; trailhead elevation 3200 feet; net elevation change 975 feet; accumulated gain 1212 feet; RTD 12 miles (dirt).

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

****Lemmon Rock Lookout Loop.** Rating C. The hike begins at the Radio Ridge parking lot above Ski Valley at the top of Mt Lemmon, and proceeds southwesterly down Mt. Lemmon Trail #5A (commonly called the Meadows Trail) to its intersection with Trail #6. This junction is at 8560 feet above sea level and is the point where the Canada del Oro Trail #4 and Samaniego Trail #7 depart from Trail #5, which continues down to Romero Pass. The Arizona Trail formerly passed through this point on its way north. We stay on Mt. Lemmon Trail #5 for the entire return to Radio Ridge, detouring for a few hundred yards to visit the Lemmon Rock Lookout, a fire observation facility manned in the summer by the Forest Service. There are fantastic views along the entire journey, especially from Trail #5 down into the Wilderness of Rocks and from the lookout. Hike 3.5 miles, trailhead elevation 9100 feet; net elevation change 540 feet; accumulated gain >600 feet; RTD 130 miles. DD \$10.

Linda Vista Loop. Rating D. The Linda Vista Trailhead and parking lot is one block east of Oracle Road on Linda Vista Blvd. The hike proceeds into the foothills of Pusch Ridge and is an excellent introduction to desert hiking. The trail gradually ascends to provide excellent views of Oro Valley. Hiking sticks may be helpful for rocky steps-up and steps-down. The trail passes through a riparian area and ascends to a rocky outcropping which is a good place for a snack break. There are magnificent saguaros throughout the drainage from Pusch Ridge. Hike 3 miles (mileage may be extended by doing an extra loop – ask the guide); trailhead elevation 2720 feet; net elevation change 400 feet; accumulated gain __ feet; RTD 28 miles.

****Lower Incinerator Ridge. Rating C.** A new section of trail was added to the Incinerator Ridge in the spring of 2012. The new trail is noted for its great vistas. The trail heads north/northwest from the San Pedro Vista Pullout, off the Catalina Hwy. The hike will proceed to Mt Bigelow and return via the same route, the 1st section of the trail is steep and rocky, but the views make up for it. Starting Elevation: 7,350 feet. Net Elevation Change 1150 feet. Hiking Length is 6 miles. RTD 123 miles. DD \$9

Marble Peak. Rating C. The hike begins on the Old Mt. Lemmon control road at the Oracle Ridge Trailhead near the Summerhaven fire station. We follow the Oracle Ridge Trail north past some of the largest alligator juniper trees in the Catalinas. A jeep trail leads to Marble Peak. Before we return we will take a short side trip to Dan Saddle. Hike 6 miles; trailhead elevation 7760 feet; net elevation change 1200 feet; accumulated gain 1250 feet; RTD 130 miles.

Marshall Gulch / Aspen Loop. Rating C. The hike starts at the Marshall Gulch Picnic Area and goes up the Marshall Gulch Trail to the Marshall Saddle. From the Saddle, we turn left down the Aspen Trail and head back to the picnic area. After about 0.25 miles on the Aspen Trail, there is a large rock that provides a great spot for a break or lunch. Hike may be done in reverse. Hike 3.7 miles; trailhead elevation 7440 feet; net elevation change 480 feet; accumulated gain 830 feet; RTD 130 miles.

****Sabino Canyon Road to Stop 9. Rating C/D.** The hike begins at the Sabino Canyon Visitor Center and proceeds up the road early in the morning before the tram starts to run. At stop 9 (last stop on the road), hikers can choose to ride the tram down (first tram in the morning), a "D" hike of 3.7 miles or to walk back down the road, the "C" hike, 7.4 miles. Note - if there has been recent rains, Sabino Creek may be running over the road, and we will get our feet wet. Trailhead Elevation 2720 feet; Net Elevation change 850 feet. RTD 56 miles. DD \$4 + Tram fee

OSP East Loop. Rating C. The hike begins at the Kannally Ranch House parking lot in Oracle State Park. Hikers follow the Nature Trail to the Wildlife Corridor Trail where we go northeast to the AZ Trail. At the intersection, we turn southeast and follow trail to the intersection with the Manzanita Trail. We follow this trail west and onto the Nature Trail that takes us back to the trailhead. This route is fairly level with little elevation change with wide open

views and interesting rock formations among the low desert plants. Hike 6.2 miles, trailhead elevation 4350 feet; net elevation change __ feet; accumulated gain 760 feet; RTD 40 miles.

OSP West Loop. Rating C. The hike begins at the Kannally Ranch House parking lot in Oracle State Park. We hike the Nature Trail to the Wildlife Corridor Trail where we go northeast to the AZ Trail. At the intersection we turn west and hike toward Hwy # 77. We then turn south to the Mariposa Trail and onto the Bellota Trail that takes us back to the trailhead. 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 6.8 miles; trailhead elevation 4350 feet; net elevation change 450 feet; accumulated gain 1150 feet; RTD 40 miles.

****Rice Peak from Mt. Lemmon. Rating A.** The hike begins at the top of Mt. Lemmon at the Oracle Ridge Trailhead just north of the Summerhaven Fire Station (and at beginning of the Oracle Control Rd.). The trail proceeds north along the Oracle Ridge Trail #1 (now part of the Arizona Trail), past Dan's Saddle to Rice Peak and returns. There are great views along the way of Marble Peak, Reef of Rocks, the San Pedro Valley, Samaniego Peak, and other points east and west. The trail drops to 6880 feet above sea level at Dan's Saddle, but is normally cool even in summer. Hike 10 miles; trailhead elevation 7760 feet; net elevation change 880 feet; accumulated gain 3080 feet; RTD 130 miles. DD \$10.

Romero Falls. Rating A. The hike begins in Catalina State Park at the easternmost trailhead and follows Romero Canyon Trail into the foothills. The trail crosses open desert then climbs steeply until it reaches a saddle and then down into the canyon area where Romero pools are located. The falls are about 30 feet high and consist of water flowing down a steeply sloped rock face, and are a very unique feature in southern Arizona. The falls are located about 2.6 miles past the Romero pools and about 0.6 miles (and a little less than 500 feet additional elevation gain) past Romero Springs. The springs and falls are located in a very scenic section of the canyon, and have been known to attract quite a bit of wildlife. Lunch will be at the falls. The return is via the same route. Hike 11.6 miles; trailhead elevation 2700 feet; net elevation change 2420 feet; accumulated gain >3140 feet; RTD 24 miles.

Sabino Canyon - Bear Canyon Loop (no Trams).

Rating A. Starting at the Sabino Canyon Visitor Center, hikers follow the Phone Line and Sabino Canyon Trails to the East Fork intersection, the East Fork to the Bear/Sycamore intersection and then the Bear Canyon Trail past Seven Falls, back to the Visitor Center. We may have to revise the route if the stream is high in Bear Canyon. This is a very scenic hike on good trails. Hike 17.8 miles; trailhead elevation 2720 feet; net elevation change 2110 feet; accumulated gain 4155 feet; RTD 56 miles.

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

Tanque Verde Ridge Trail. Rating B. The hike begins at the Javalina Picnic Area in Saguaro National Park – East off the Cactus Forest Drive 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.

Tortolita Mountains: Wild Burro Canyon North. Rating D. The trailhead is reached via the Rail-X Marble Mine Road off Oracle Hwy at the county line. The hike begins along a jeep road for another mile to the base of the mountains. We will hike north to a saddle which provides great views of the Catalina and Dove Mtn. The trail is rocky in some places and a hiking stick is recommended. Hike 4 miles; trailhead elevation 3000 feet; net elevation change 400 feet; accumulated gain ___ feet; RTD 20 miles (dirt).

Wasson Peak via Sendero Esperanza and Hugh Norris Trails. Rating B. The hike begins at Sendero Esperanza Trailhead off Golden Gate Road. The route follows the Esperanza Trail (1.8 miles) to the Hugh Norris Trail and on to Wasson Peak (2.2 miles). The climb is gradual and the Hugh Norris section is primarily a ridge trail with spectacular views. The 360-degree views from Wasson Peak include Tucson and Santa Catalinas to the east, Green Valley/Santa Ritas to the south, Sells to the west, and Picacho to the north. We will lunch on top of the Peak and return the same way. Hike 6.8 miles; trailhead elevation 2960 feet; net elevation change 1561 feet; accumulated gain 1433 feet; RTD 73 miles (dirt).

Wilderness of Rocks. Rating B. The hike begins at the Marshall Gulch picnic area at the top of Mt. Lemmon. We climb up to Marshall Saddle then down the Wilderness of Rocks Trail. Three fourths of a mile past the intersection with the Lemmon Rock Lookout Trail is the Lemmon Canyon area in the heart of the Wilderness of Rocks. There are beautiful rock formations with great views along the way. The return is via the same route, or optionally, by the Aspen Loop Trail. Hike 7.5 miles; trailhead elevation 7440 feet; net elevation change 1550 feet; accumulated gain ___ feet; RTD 131 miles.

Wilderness of Rocks Loop # 4. Rating B. The hike begins at the Steward Observatory parking lot. Although the hike can be done in reverse, the most popular route would follow Mount Lemmon Trail # 5 to the Lookout Tower spur and down Lemmon Rock Lookout Trail to Wilderness of Rocks Trail where the group would turn SW (right). After 2.3 miles, this trail intersects the Mount Lemmon Trail, which is followed back up to the top. As an alternative, the Meadow Trail (#5A) could be followed for the last 0.8 miles to the trailhead. Hike 8.7 miles; trailhead 9100 feet; net elevation change 2000 feet; accumulated gain 2613 feet; RTD 131 miles.