

# Orientation to Saddlebrooke Hiking Club and Desert Hiking

Bruce Landeck, Vice President

Tim Butler, President

Ruth Caldwell, Former Chief Guide



Bruce Landeck  
SBHC Vice President:  
Introduction

# This could happen to you!



# Are you prepared to hike?



# Let's go

- Questions – anytime, but also Q&A session at end
- Caveats:
  - We are not professional guides
  - We are not professional trainers
  - But we *ARE* friendly folks!

# In a Nutshell

- Join Club - \$10.00 annual fee (can pay multiple years)
- General Process:
  - Choose hikes from newsletter (more later)
  - Email guide to sign up for hikes
  - Arrive at MV club house parking lot (10 minutes before leave time)
  - Sign-in before departing parking lot (responsibility waiver)
  - Pay donation to driver at end of hike back in parking lot




Tim Butler  
SBHC President:  
The Basics and Beyond

# Adjustment to Desert Hiking

- Different climate – dry (except for monsoon thunderstorms)
- Exposure – typically out in the open with little to no shade
- Temperature – can be warm or hot even in the winter.
- Elevation – more of it
- Terrain – thorny, rocky and uneven
- Hydration/Electrolytes – critically important
- Snakes and animals





So, why on earth would we want to hike in the Sonoran Desert??

Answer: It is a wonderfully special place!



# Getting Started

- Start with fitness walks, D & C hikes
- Choosing hikes – Read the Hike Description
- Distance, Terrain, Special Features/Challenges
- Ask the guide questions
- Questions the guide may ask you
- Try different guides
- Goal: matching YOUR hiking readiness with the appropriate hike and pace.

# Fitness Walks

- **Five Days A Week** (Mon. thru Fri.)
  - Various leaders
  - About one hour, 3 to 4 miles, fast pace
  - No advanced signup required
  - Start at **7:00 a.m. (winter)**; see Newsletter for times
  - Start from the parking lot just west of the SB HOA # 1 Fitness Center

# Hike Ratings

Rating	Distance (mi)	Accumulated Gain (ft)
A	>14	>3000
B	8 to 14	1500 to 3000
C	4 to 8	500 to 1500
D	<4	<500

# Pace

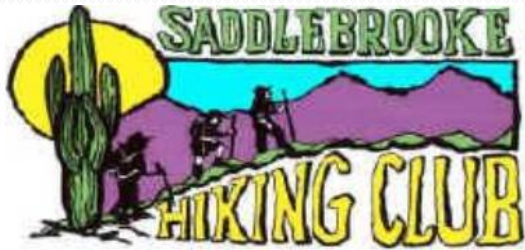
Pace	Moving Average Speed* (mph)
Leisurely	<1.5
Slow	1.5 to 2.0
Moderate	2.0 to 2.5
Fast	>2.5

\* Moving Average Speed is the pace while hiking. It does not include time allocated for rest breaks or a lunch break.

# Special Trail Conditions

- Conditions that warrant a “\*\*\*”
  - Steep and/or sustained climbing
  - Loose Rock
  - Stream crossings/wading
  - Boulder hopping or rock scrambling.
  - Exposure to heights/sheer drop-offs
  - These conditions may cause the hike to be more difficult than the rating implies

# Hiking Club Newsletter (one every 2 months)



## SADDLEBROOKE HIKING CLUB NEWSLETTER

<http://saddlebrookehikingclub.com>

JANUARY/FEBRUARY

2017

### HIKING IN BIG BEND NATIONAL PARK Wednesday, January 18

Submitted By Elisabeth Wheeler      Pictures By Barbara Wilder



For hikers, Big Bend National Park in Texas is the state's number one destination. The park is one of the best examples of a sky Island of rugged

scenery and hiking opportunities in Big Bend will be highlighted.

Following the program a social hour will be held in the Agave Lounge at 5 p.m. For more information about hiking club programs contact Dale Leman, [520-394-9103](tel:520-394-9103).

### HIKING IN PATAGONIA AND ENGLAND Wednesday, February 15

Submitted by Larry Linderman

Two of the classic hikes on most international "Best Of" lists usually include the "W" trail in Patagonia and the Coast-to-Coast trail in England. Last winter, Larry Linderman and Jackie Hall travelled to southern Chile to hike the "W," a five-day, 40-mile hike in the rugged Andes Mountain chain in southern Chile. Six months later they hiked 196 miles across northern England from the Irish Sea to the North Sea on a trail established by the famous English hiker, Alfred Wainwright.



# Newsletter\* Contents

- Articles of recent Club hikes and activities
- Volunteer recognition
- Special programs offered by the Club
- Tips and advice
- List of hikes offered for the upcoming two months with descriptions,

\* Sent via email to each club member. Also available at the Club website: ([www.saddlebrookehikingclub.com](http://www.saddlebrookehikingclub.com))

# Hikes Offered

## Hikes Offered

**Tuesday, January 03, 2017 Arizona Trail: Oracle (Passage 13). Rating: B. Pace: Moderate [56, 08:00 AM, \$3].** From the American Flag Trailhead the route proceeds in a northerly direction across National Forest Land and State Trust Land, crossing Webb Road and continuing to Oracle State Park. The trail (which is currently closed to hikers within the park except for the Arizona Trail) is marked with 4x4 inch wooden posts with the Arizona Trail 'brand'. At Kannally Wash, a new re-route takes hikers west and then north to Highway 77. After going under the highway the route follows the Tiger Mine Road for the last 1.5 miles to the Tiger Mine Road Trailhead. This will be a key exchange hike. Hike 8.6 miles; trailhead elevations 4416 feet south and 4066 feet north; net elevation change 435 feet; accumulated gains 427 feet northward and 774 feet southward; RTD 41 miles. [Guide: Frank Earnest, 507-261-9175, [fearnestiv@gmail.com](mailto:fearnestiv@gmail.com).]

**Wednesday, January 04, 2017 Canyon Loop, Birding, and Nature Trails. Rating: C. Pace: Moderate [136, 09:00 AM, \$2 + \$2].** 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. [Guide: Marv Rossof 877-9262.]

**Thursday, January 05, 2017 Tortolita Mountains: Key Exchange - Alamo Springs/Ridgeline Trail. Rating: B. Pace: Moderate [New, 8:00AM, \$4].** One group will start at the Ritz Carlton hiker parking lot, proceed through Wild Burro wash and Lower Javalina Trail to Alamo Spring Trail then onto the new Ridgeline Trail, then on a connector trail and old jeep road to Rail-X road. The other group will do the same hike in reverse, starting at Rail X road. Hike 11.5 miles; trailhead elevation 3000; net elevation change \_\_ feet; accumulated gain 2624 feet; RTD 44 miles [Randy Park and Susan Hollis, 825-6819 or [SLHOLLIS@YAHOO.COM](mailto:SLHOLLIS@YAHOO.COM)]

**SIGN UP EARLY!!**

Many hikes fill quickly after  
the schedule is published

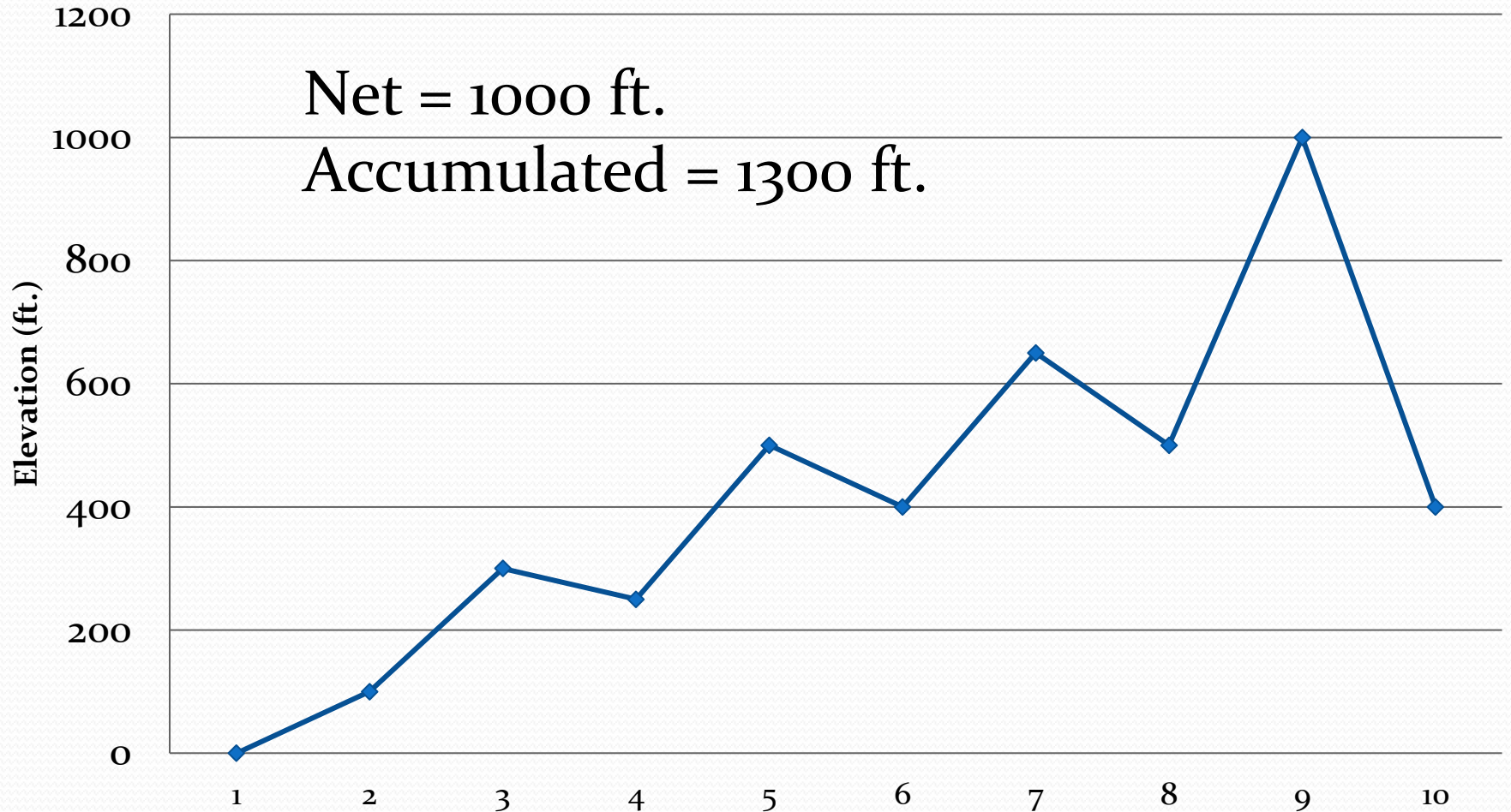
# Hike Descriptions

- Why you would enjoy the hike, what you would see on the hike
- Describe trailhead, route of hike, type of hike.
- Difficulty rating
- Precautions & special conditions
- Hike data (distance, net elevation, accumulated elevation gain)

# Hike Descriptions – Example:

**Rams Creek Basin. Rating: C. Pace: Moderate [354, 9:00 AM, \$2]**. From the Rams Creek Pass subdivision, we hike up a wash on a new trail through nice vegetation and then climb 560 feet to a watering tank. There are great views of Rancho Vistoso, the Tortolitas, SaddleBrooke, and the Biosphere along the way. We then continue on to a waterfall where we will have lunch. The return is via the same route. **Hike 5 miles; trailhead elevation 2600 feet; net elevation change 789 feet; accumulated gain 830 feet; RTD 21 miles.** (Guide John Smith – [jsmith@gmail.com](mailto:jsmith@gmail.com))

# Elevation: net vs. accumulated



# Final thoughts

- **Carefully read the hike descriptions in the Newsletter before signing up, especially if there is a “\*\*\*” after the rating.**
- Hike enjoyment depends on whether the following are right for you:
  - **Hike Rating**
  - **Hike Pace**
  - **Trail conditions**
- Ask questions when signing up
- Try different guides
- Main purpose for a hike is hiking, not photography. Guides may accommodate other interests, but be considerate of other hikers



Ruth Caldwell  
Former Chief Guide:  
What Do You Wear?



# Preparation for Hiking - Clothing

- Clothing
  - Pants
  - Shirts
  - Jackets
  - Wide brim hat
  - Gloves
  - Bandana
- Layering

# Preparation for Hiking - Footwear

- Hiking boots versus hiking shoes
- Hiking socks
- Gaiters – optional
- Change of shoes for drive to/from hike - optional

# Boots & Poles





What's In Your Pack?

# Preparation for Hiking - Equipment

- **Packs**

- Back pack
- Fanny pack

- **Water**

- Hydration pack
- Water bottles
- Water bottle with hydration tube

# In your pack?

- **FOOD**

- Hand sanitizer
- Energy snacks with salt (nuts, gorp, energy bars)
- Lunch (typically sandwiches)
- Hint: for warm weather hiking try freezing a sport drink and place it in with the sandwich to enjoy a cold drink and a fresh sandwich at the lunch stop

- **FLUID REPLACEMENT**

- Water
- Electrolyte Solutions: Gatorade, G2, Gatorade powder pack, PowerAde, Propel, etc.

# In your pack?

- ENERGY BOOSTERS – typically contain sugar, electrolytes, +/- caffeine
  - Gu, Shot Blocks, etc.
- Sunscreen and lip balm with sunscreen
- Gloves(optional)
- Toilet paper
  - Carry in a large sealable baggie along with hand sanitizer
  - Pack out used TP in the baggie

# Food





# In your pack?

- **First aid kit**

- Mole skin
- Assorted band aids including butterfly band aids
- Duct tape
- Small knife
- Tweezers
- Comb
- Acetaminophen, Ibuprofen, or Naproxen
- Antihistamine (benadryl)
- Aspirin: 325 mg tablet or 81 mg chewable baby



# In your pack?

- **Other**

- Identification: Name with Emergency Info: **SBHC Provides Name Tag & Medical Form w/ Contact information**
- List of medications and allergies
- Cell phone
- Cash to cover driver donation

- **Optional**

- Disposable rain poncho
- Inflatable seat cushion
- GPS
- Headlamp

# On a Hike

- Eat a good breakfast before the hike.
- Drink water before and during a hike.
- Snack to keep up energy
- Let guide or sweep know if you need a bathroom break or are having a problem
- Guides don't provide medical care, but will adjust the hike and give suggestions for staying hydrated and nourished, and help provide first aid



Bruce Landeck

Vice President

Wrap up ...

# Recap

Join Club - \$10.00 annual fee (can pay for multiple years)

- ❖ Choose hikes from newsletter
- ❖ Email (or call) guide to sign up for hikes
- ❖ Disclose any medical issues to your guide by email
- ❖ Arrive at MV club house parking lot (10 minutes before leave time)
- ❖ Sign-in before departing parking lot (responsibility waiver)
- ❖ Pay donation to driver at end of hike back in parking lot

# Internet Resources

- Trails:
  - [www.localhikes.com](http://www.localhikes.com) – (easy to use, 80 Tucson hikes)
  - [www.hikearizona.com](http://www.hikearizona.com) – (little harder to navigate, but loaded w/ GPS tracks, trail maps, triplogs & photos)
  - [www.googleearth.com](http://www.googleearth.com) - (fantastic aerial photography, view tracks & trails & see surface relief)
  - [www.marana.com](http://www.marana.com) -(trails in the Tortolitas)

# SaddleBrooke Library Resources

- **DesertView Library (in the theater building)**
  - part of the SaddleBrooke Community Libraries. Free to all SaddleBrooke residents.
  - The only one of the 3 Libraries that has Hiking guides and travel guidebooks. Books can be borrowed for 28 days.
- **Material Available in Southwest Collection**
  - Hiking guides for Arizona--urban trails, state parks, national parks. Information about SW flora, including wildflowers and cactus identification, fauna, geology, local history.



# SaddleBrooke Library Resources

- **National Parks Collection** includes guidebooks for planning trips to national parks across the U.S. Many include information on hiking.
- **Travel Collection** includes guidebooks for planning trips around the South West region as well as the USA and international travel. The Library purchases guidebooks for areas where the SBHC plans trips, e.g., Utah, California, Nevada, etc.
- Link to the Library catalog. Books can be reserved online at **[www.sblibraries.com](http://www.sblibraries.com)**

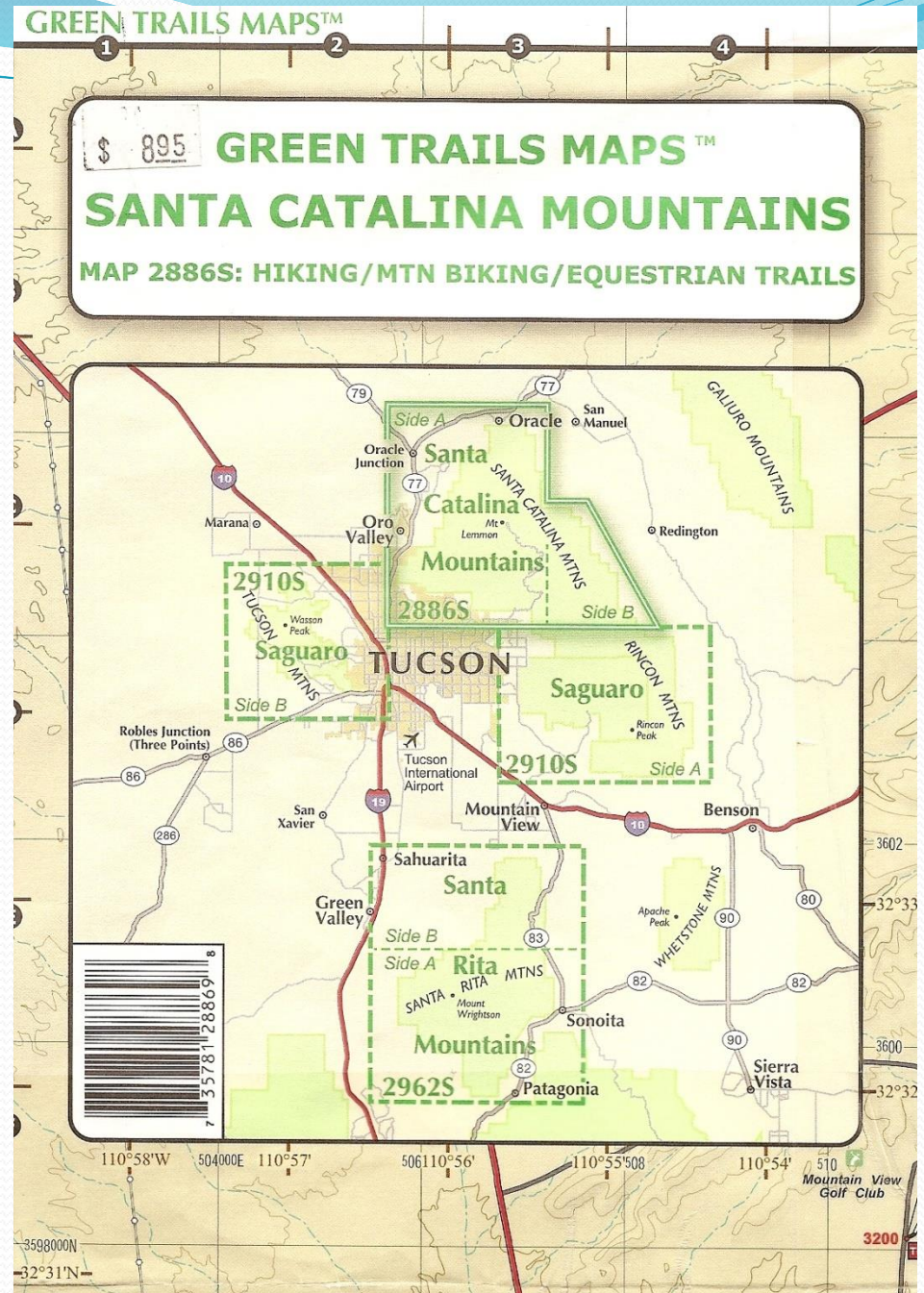
# Mapping Software

- [garmin.com/en-US/shop/downloads/basecamp](http://garmin.com/en-US/shop/downloads/basecamp) - Garmin's proprietary software for its handheld GPSs
- Also for Delorme & Magellan GPSs, but less used
- [alltrails.com](http://alltrails.com) - National Geographic/Alltrails "Ultimate Outdoor Map Kit" (detailed maps, 1000's of trails, import/export tracks)
- [hikearizona.com](http://hikearizona.com) -(gps tracks, triplogs, tutorials, pics)
- [gpsfiledepot.com](http://gpsfiledepot.com) - (free digital maps, tutorials)
- [itunes.apple.com/us/app/motionx-gps/id2999497?mt=8](http://itunes.apple.com/us/app/motionx-gps/id2999497?mt=8) - MotionX GPS for iPhones

## GREEN TRAILS MAPS

The best single map available for nearby trail information: has trailhead locations, distances, elevations, and shows boundaries of federal, state and local areas.

- Santa Catalina Mts.
- Saguaro Nat'l Park
- Santa Rita Mts.
- Many others



# Weather Information

- [www.wunderground.com](http://www.wunderground.com) - great information & animated local & regional radar images, real time weather data from stations located in and near SB
- [www.weather.com](http://www.weather.com) - Weather Channel, good predictions by hour & up to 10 days
- [www.weather.gov](http://www.weather.gov) - NOAA's Nat. Weather Service, great data, a little tedious to navigate

# SBHC Website

[saddlebrookehikingclub.com](http://saddlebrookehikingclub.com)

- Programs and orientation
- Hiker Information section
- Forms and contacts
- Useful links and member recognition
- Hike database
- By-laws and archives
- Newsletters and bulletins

# SBHC Other Activities

- **Dog Hikes**
- **Workshops/Field Exercises** – GPS & map reading, GPS field exercises, hike guide training, first aid review, and first aid exercise for guides

# SBHC Club Trips

- Hiking trips outside of Tucson:
  - St. George, UT (Spring 2019)
  - Durango, CO (Fall 2019)
  - Death Valley, CA (January 2020)
  - Flagstaff, AZ area (Fall 2020)
  - Moab, UT (Spring 2021)
  - Upcoming: Silver City, NM (Spring 2022)

# SBHC Other Activities

- Hiking Club Socials – Held after Club Programs at the Activities Center in the Agave Lounge
- Catalina Hills Trash Clean-up Walk
- Arizona Trail Maintenance Hikes (OSP)
- Fall and Spring picnics: Several optional hikes are offered before the picnics.
  - Spring Picnic - Annual Meeting and Elections
- SBHC Volunteer Recognition





The End