



SADDLEBROOKE

HIKING CLUB NEWSLETTER

<http://www.SaddleBrooke.org>

January/February 2002

2002-1

HIKING AROUND

by Walt Faleschini

Hey! Take a hike and start the New Year right!

Would you like to have some fun?

Would you like some refreshing exercise?

Would you like to see our beautiful Arizona scenery?

Would you like to make new friends on the trail?

Then, if you are not already a member of our SaddleBrooke Hiking Club, you should join now. We now have over 340 members of all ages participating in a variety of hikes. Actually, the Club has a data base of over 200 established hikes. More are being developed and added on a regular basis. Each hike is led by one of our 20 volunteers, experienced hiking guides from the Club. The majority of the hikes are in the Santa Catalina Mountains right here in our backyard, but we also have many hikes in the Rincons, Santa Ritas, Chiricahuas, Superstition Mountains plus various places from close to the Mexican border up to the White Mountains and over into the Phoenix Mountain area.

The Club is very active and there is a hike or fitness walk for everyone. Hikes range from "A" which are the most difficult to "D" hikes which are the least difficult. All are enjoyable and provide a "yes" to all four of the above questions. A complete description of the hike levels is indicated in the section just before this period's hike schedule.

Everyone should check out the hikes for January and February. You will find over 70 hikes plus fitness walks every Tuesday and Thursday. The Club also has social events including two fun picnics per year and a soon to start Happy Hour.

So, now are you ready to have fun, enjoy the outdoors while exercising and making new friends? Then call a Guide, ask questions, sign up, start the New Year right and TAKE A HIKE!

Have a Happy Holiday and a healthy New Year. See you on the trail.....

WHY YOU SHOULD TAKE A HIKE

(This article comes from *Fitness Plus*, November 2001)

There's no better cure for stress, depression and anxiety than hiking in a natural surrounding. More and more people are opting to pass on medications and try this less expensive remedy, especially since it is suited to people of any age and level of fitness.

Studies have shown that a brisk walk or hike generates a significant antidepressant effect and can reduce anxiety as effectively as a mild tranquilizer, as it released endorphins. David Lillard, President of the American Hiking Society says, "Feeling healthy just plain feels good. With each hike you will feel better."

Depending on the intensity, duration and challenge of the trail or path, hiking can be a great way to cross-train for other sports and a good cardiovascular workout. Maintaining a fast steady pace of at least three miles per hour or adding some hills or short steep climbs can get the heart pumping. You'll also work your glutei and quadriceps going up and down hills, use your lower back for balance and calf muscles to toe off rocks or uneven surfaces.

The health benefits are astounding. Hiking has been linked to the increase of high density lipoproteins (HDL)—the good cholesterol—a great way to lose extra pounds and keep them off. It slows the aging process by boosting the immune system. Recent studies have also shown that regular brisk walking or hiking can reverse the negative effects of osteoporosis by increasing bone density and slowing the rate of calcium loss.

(Also,)...Mountains offer the slow unfolding of panoramas and

the exhilaration of high places. So, as Walt says, Take a Hike!

ON THE TRAIL WITH JAN WILSON

On November 8 a group of eager SaddleBrooke hikers set out for Honey Bee Canyon- north. We saw the Hohokam petroglyphs, an old Indian grinding stone, and pioneer stone ruins. The weather was great. Upon our return down the canyon, one hiker spotted a snake up on a rock ledge. (Remember, don't put your hand or foot where you can't see first!!!) We all got to look at it. Several of us took pictures, but the lighting wasn't great. Hence, my picture turned out dark.

After arriving back home, I checked a newspaper article I had saved about AZ. rattlesnakes. There it was - a tiger snake! Next Dean checked out the web on www.jqjacobs.net/southwest/rattlesnake.html Here it told about "our" tiger snake. It is very rare in Arizona; even rarer to see one! I reported the sighting to AZ. Game and Fish Dept., but heard nothing back from them. The accompanying picture is from the web site. It really was orange with the "tiger" stripes. Welcome to desert hiking!



A MT. LEMMON TO SADDLEBROOKE HIKE

by Bill Leichtenheimer

On Saturday, November 24th, six hardy SHC hikers made the 19 mile trek from the summit of Mt. Lemmon to SaddleBrooke. The club members on this hike were Alix Tassin, Doris Tassin, Mary Croft, Ed Snyder, Kathy Gish, and their guide, Bill Leichtenheimer.

The group departed SaddleBrooke at 6:00 am after leaving a car below unit 9 where they would end their hike. Another club member, Len "Bud" Meyer, had volunteered to drive the group to Mt. Lemmon. Bud said that he was anxious to try out the pie in Summerhaven.

It was about 32 degrees Fahrenheit atop Mt. Lemmon at 9,100 feet elevation when the group started their hike at 8:05 am. Everyone was layered up to stay warm. Fortunately it was calm and everyone warmed up quickly as they hiked down the Mt. Lemmon trail. After hiking down 1 and a half miles, views of SaddleBrooke to the northwest opened up. The group then took the Samaniego Ridge Trail to Charoulean Gap and the jeep road

down to the Canada del Oro wash.

The weather was perfect and the group had a great hike. The trail was overgrown in places and the footing slippery due to loose gravelly soil and erosion. The views from the Mule Ears area were especially nice.

The hike passed all too quickly and the group reached SaddleBrooke at 5:05 pm.

NEW---SOCIAL HOUR

Beginning January 30 we are trying a new event, a Happy Hour to be held at the SaddleBrooke Club House at 4:00 pm. Look for tables marked for the SaddleBrooke Hikers. Social Hours will be held the last Wednesday of April, July and October. For more information call Bette Hollman at 818-9173.

SPRING PICNIC

March 23 is the date for our Spring Picnic to be held at Catalina State Park. Ticket sales will be held at SaddleBrooke Clubhouse March 4th and March 11th 2002 from 9:00 am to 11:00 am. For more information call Kay White @ 818-9482 or Bette Hollman @818-9173 or by E-mail at ZoomingBy@NetZero.net.

E-MAIL ADDRESSES REQUESTED

To save time and costs, as of our last Newsletter, we are no longer mailing out Newsletters. They are available on-line and at Mountainview and SaddleBrooke Country Clubs. If you previously received the Newsletters in the mail and would like to have them e-mailed to you, notify Bob White (RWhitesail@aol.com) of your e-mail address.

HELP WANTED

We need your help to volunteer at Oracle State Park. For the next few months we are BUILDING a new trail, not doing routine trail maintenance. This has proven to be challenging and interesting. Come join us on January 11, January 23, February 6 and /or February 20 and get credit for a C hike!

HIKING GUIDES NEEDED

Our Hiking Club is always looking for new Hiking Guides from our membership. If you have gained experience hiking with us or elsewhere and have some favorite hikes you would feel comfortable leading, then please contact Walt Faleschini at 818-6644 or by email at Faleschini@aol.com.

HIKING GUIDES MEETING/BOARD MEETING

The next Hiking Guides Meeting to schedule March/April hikes will be on Wednesday, February 6th at 4:00 PM in the Javelina Room, SaddleBrooke Clubhouse. If you can think of a walk or a hike you wish to offer other club members, please come to the meeting. Even if you have no idea of what you would like to do,

come anyway just to see how the hikes are scheduled. All club members are encouraged to lead walks or hikes and are welcome to come to the meeting. Our Board meetings start at 3:00 PM and precede the Hiking Guides Meeting. All members are welcome to attend this meeting as well.

The SaddleBrooke Hiking Club schedules Board of Director's meetings on a regular basis. These are open to the membership of the club, and all members are encouraged to attend. The next meeting will be on Wednesday, February 6, 2002 at 3:00p.m., preceding the Hiking guides meeting in the Javelina Room at SBCC.

Minutes of all Board meetings are available from the club Secretary, Bob Perez. You can call him at 818-2111, or email Bob at azsun65@mindspring.com

SADDLEBROOKE HIKING CLUB OFFICERS

President: Jon Chase - 818-1115

Jon.chase@prodiqy.net

Vice-President: John Rendall --825-9395

tucsonrendall@aol.com

Secretary: Bob Perez --818-2111

AZSUN65@mindspring.com

Treasurer: Bob White - 818-9482

RWhitesail@aol.com

Chief Hiking Guide:Walt Faleschini - 818-6644

Faleschini@aol.com

NEWSLETTER CO-EDITORS:

Jim Conklin - 818-3236

CONKLIN@aol.com

Andrea Gray- 818-3268

Ajewel699@aol.com

GENERAL HIKING INFORMATION

Call the guide to make a reservation. Assume that the hike will proceed as scheduled unless the guide calls you. Persons who have made a reservation and then find they cannot go on the hike must call the guide to cancel their reservation at the earliest time. Hiking groups meet at and depart from the Mountain View Clubhouse parking lot located as follows: as you look at the clubhouse, the parking lot is on the left, borders on Mountain View Blvd. and is just east of the tennis courts. The time listed for the hike is the departure time. It is important to arrive 10 to 15 minutes before departure time. Always bring ample water (a minimum of 2 quarts is recommended), sunscreen, and appropriate footwear and headgear. Bring a snack or lunch as you see fit to sustain you. Always bring some sort of ID and medications you generally take.

The driver donation is a suggested amount and is noted for each hike. Some hiking areas require a user/parking fee and is generally paid by the driver. The driver and passengers will equally share the cost of the user/parking fee and this amount

will be added to the suggested driver donation. Small bills are appreciated as the driver may not be able to provide change. Due to automobile insurance coverage considerations, it is recommended that any payment to the driver be made upon return to Mountain View. Also, please let the guide know ahead of time if you intend to drive and whether or not you have applicable passes.

GUEST POLICY

Please note: A guest is a person who is not a SaddleBrooke resident, whether year-round or part-time. A SaddleBrooke resident must be a club member in order to join a hike. On hikes with limited participants, members have priority over guests. Members must accompany their guest(s), and all guests will be required to sign a Release Form prior to hiking. If the guest is younger than 16 years old, the member must notify the hiking guide who has sole discretion whether or not to allow minors on his/her hike. Guests under age 18 must have a Release Form signed by their parent or legal guardian to present to the guide prior to hiking.

HIKE RATINGS AND PACE

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

Slow Pace - Less than 1.5 MPH with frequent stops

Moderate Pace - 1.5 to 2.5 MPS, fewer stops

Fast Pace - Greater than 2.5 MPH

Pace is also governed by trail conditions and the terrain to be covered. Ask your guide for clarification when you sign up.

NOTE: Sometimes a hike is harder or easier than its rating indicates. In an attempt to pinpoint accuracy, "minus" and "plus" signs have been added to some ratings. Hikes are much more difficult than a walk around SaddleBrooke. Be sure to ask the guide for details when signing up for a hike.

SCHEDULED HIKES

NOTE: Hikes marked by a double asterisk ** are new additions to our club database. Hikes marked by a double plus ** are Orientation Hikes. Orientation hikes (OH) are encouraged for all "beginner" hikers and are intended for sharing information and for personal assessment of current physical fitness. Another way to assess ones fitness is to take one or more of the regularly scheduled Fitness Hikes or Exploring SaddleBrooke hikes.

Exploring SaddleBrooke Rating D. Start your day with a brisk walk in and around SaddleBrooke. These are twice weekly hikes along our local streets plus occasionally going into nearby areas of desert to explore new things. The walks provide an opportunity to see how others have landscaped their yards, see how new units are growing, and to meet and talk with others on the hike. The hikes are normally about 1 hour long and will cover 3 to 4 miles. The elevation change is no greater than that

of any street in SaddleBrooke. Hikes are conducted every Tuesday and Thursday. On Tuesdays, meet at the Mountain View clubhouse parking lot and on Thursdays, meet at the basketball court near the SaddleBrooke clubhouse. Leave at 7:30AM. Bringing some drinking water is strongly advised; Kay White, 818-9482.

Fitness Walk Rating D. Maintain your fitness or get into better shape by joining us for a morning fitness walk. We'll begin and end with proper stretching techniques, learn power-walking techniques, and have some fun. Wear comfortable walking/athletic shoes. Remember the sunblock, a hat, & bring a quart of water. The sessions will last about one hour and are suitable for walkers of all ability levels. Walks conducted every Tuesday and Thursday. Meet at Mountain View clubhouse parking lot. Leave at 7:30AM; Bill Leightenheimer, 818-1953.

Jan 5 – Sat. Brown Mountain. Rating C. Brown Mountain Trail is a trek along a ridge in the heart of the Tucson Mountains. It starts in a picnic area near the Arizona Sonora Desert Museum. Along this "ridge ramble" are excellent views of the mountains, valleys and desert vegetation. This is a good hike for people new to hiking. Hike 5 miles; climb 400 feet; pace slow; altitude at trailhead 2700 feet; leave at 8:00AM; driver donation \$3.00; Karen Gray, 818-0337.

Jan 6 – Sun. Bog-Kent Springs Loop Trail. Rating B. We hike from the Bog Springs Campground in Madera Canyon, Santa Rita Mountains, through three springs areas which are home to bamboo, huge Arizona sycamore, walnut and fir trees. There are great views of Madera Canyon, Green Valley, Kitt peak, and Baboquivari from this trail with strenuous, steep climbs in spots. Limit 15 hikers. Hike 6 miles; climb 2100 feet; starting altitude 5000 feet; leave at 7:30AM; driver donation \$6.00; John Robertshaw, 818-6727.

Jan 7 – Mon. Canyon Loop to Montrose Pool. Rating D. This will be a slow paced hike to Montrose Pools and return in Catalina State Park. We will fork onto the Birding Loop (some water crossing possible) at the end. Hike 4 miles; pace slow; climb 200 feet; altitude at start 2700 feet; leave at 7:00AM; driver donation \$1.00; Mary Richling, 825-5238.

Jan 9 – Wed. Fifty Year Trail (North End) to Hidden Canyon Peak. Rating B-. We start at the Corral about a mile north from the end of the paved part of Golder Ranch Road. From there, we go north on the 50-Year Trail up through an area of beautiful saguaros and rock formations. At the point where the trail begins to loop back, we will bushwhack NE up Hidden Canyon Peak. After enjoying lunch with a 360 degree view from this almost 4,000' peak, we will bushwhack down the other side to the Flat Rock area and then intersect the Hidden Canyon Trail. From there, we will proceed south back through part of Hidden Canyon and then on to our starting location. Hike 7 miles; elevation change 1000 feet; starting elevation 3200 feet; leave at 7:30AM; driver donation \$1.00; Walt Faleschini, 818-6644.

Jan 10 – Thu. Golden Gate Trail. Rating C. Ever wonder why there's a big parking lot just west of Gates Pass? Well, so did your guide who will lead a hike around the mountains used as the backdrop in many Hollywood horse operas. We will hike 1/2

mile along the David Yetman Trail and then take the Golden Gate Loop. This is an easy hike with moderate elevation gain. Some bushwhacking. Hike 7 miles; climb 400 feet; altitude at trailhead 3000 feet; leave at 7:30AM; driver donation \$3.00; Mary Croft, 825-3804.

**** Jan 10 – Thu.** Honey Bee Canyon - 2. Rating D. We will hike South (opposite of the other Honey Bee Canyon hike). We will explore the canyon, identify some of the vegetation, look for petroglyphs, find a large hole in a rock, look for animals and animal tracks. Bring water, snack, sunscreen, hat, camera (optional). Hike 3-4 miles; 100 foot elevation gain; starting elevation 2700 feet; leave at 9:00AM; driver donation \$1.00; Jan & Dean Wilson, 818-0299.

Jan 11 – Fri. Oracle State Park Trail Maintenance. Rating C. General trail maintenance on fairly well established hiking trails. Light to moderate physical activity including brushing, sweeping of the trails, widening, hoeing, raking, trimming, pruning, and brush/debris removal. It also involves erosion control with digging, trenching, and water barrier construction. Tools utilized include: hoes, rakes, shovels, picks, shears, and pruners. Some lifting and bending. Gloves are required and long pants are recommended. Bring lunch and plenty of water. Leave at 8:00AM; driver donation \$1.00; Jon Chase, 818-1115.

Jan 12 – Sat. Ventana Canyon - Lower Level. Rating D. We will hike along the bottom of Ventana Canyon until the trail starts a steep climb towards Maiden Pools and Window Rock. The trail will take us below massive cliffs of metamorphic stone slanting skyward to sharp points above the canyon floor. Hike 3 miles; climb 400 feet; starting elevation 3000 feet; leave at 8:00AM; driver donation, \$2.00; Bev Caldwell, 825-3071.

**** Jan 13 – Sun.** Honey Bee Canyon. Rating D. We will walk Honey Bee Canyon at Vistoso. We'll see Hohokam petroglyphs, grinding holes, and pioneer adobe ruins. For those exploring Honey Bee for the first time this is a real eye opener. Limit 12; hike 2 miles; 100 foot elevation change; starting elevation 2700 feet; leave at 8:00AM; driver donation \$1.00; Susan Robertshaw, 818-6727.

Jan 13 – Sun. Fifty Year Trail (North End). Rating C. We will start at the end of the paved part of Golder Ranch Road, go north on the 50-Year Trail and then loop back. Beautiful saguaros and rock formations. Hike 7 miles; elevation change 800 feet; starting elevation 3200 feet; limit 10 hikers; leave at 9:00AM; driver donation \$1.00; Larry Gray, 818-0337.

**** Jan 14 – Mon.** Hidden Canyon. Rating B. This is a beautiful hike to a secluded hidden canyon in the upper reaches of the Sutherland Wash. There are many beautiful rock formations and saguaro cacti. This trail connects to 4432 which connects to the Charouleau Gap Road. Hike 7.5 miles; elevation change 1100 feet; altitude at start 3120 feet. Binoculars, camera, and a hiking stick are recommended. Bring food and water. Leave at 8:00AM; driver donation \$1.00; Bill Leightenheimer, 818-1953.

Jan 14 – Mon. Hutch's Pool. Rating C+. We will take the Sabino Canyon tram to the trailhead. After a moderately steep

but brief climb out of the canyon the trail is mostly level. This lovely hike will take us to a permanent pool surrounded by giant Arizona Cypress trees. Bring at least 2 quarts of water, lunch and \$6.00 for the tram. Hike 8 miles; climb 900 feet; altitude at start 3300 feet; leave at 7:30AM; driver donation \$2.00; Gary Gouvea, 825-3868.

Jan 16 – Wed. Lost Dutchman State Park. Rating C. We are planning to hike a couple of the trails in the Lost Dutchman State Park. We will hike until about 2:30PM and then go to AJ Chicken for a late lunch. Hike 8 miles; climb 800 feet; leave at 7:00AM; driver donation \$6.00; Bob White, 818-9482.

Jan 17 – Thu. Pima Canyon. Rating C. The trailhead is at the end of Magee Road. The first mile or so of trail is across 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. Can be quite cool. We will hike to a rocky open area in the canyon beyond a small dam near Indian grinding holes and then return to the trailhead. Hike 6 miles; climb 800 feet; altitude at start 2900 feet; leave at 8:00AM; driver donation \$1.00; Bob Wynne, 825-4056.

Jan 18 – Fri. Sabino Canyon to Bear Canyon (with Tram). Rating B. We take the Sabino Tram (\$6.00) to Stop 9. Hike starts with .08 mile of switchbacks then levels off on the Sabino Canyon Trail to Sabino Basin. We take the East For to Bear Canyon Trail. Then south on the Bear Canyon Trail for 6.2 miles to Bear Canyon Trail head. From there it's 1.7 miles to the parking lot. Hike 12.8 miles; elevation change 1800 feet; starting elevation 2700 feet; leave at 7:45AM; driver donation \$2.00; Bill Leightenheimer, 818-1953.

Jan 18 – Fri. Saguaro Park West Ramble. Rating D. There are several short trails of interest in the Saguaro West Park. One trail takes us to an area of petroglyphs which were made by Hohokam Indians about 1200 AD. Bring your lunch. We stop at the visitors Center for a very informative video. Limited to 14 hikers. Hike 1.8 miles; elevation change 50 feet; starting elevation 2500 feet; leave at 8:30AM; driver donation \$3.00; Jan & Dean Wilson, 818-0299.

Jan 19 – Sat. Wasson Peak/Sweetwater Trail. Rating B. We start from the trailhead at the end of El Camino del Cerro on the East Side of the Tucson Mountains. From there we hike up through some of the prettiest Saguaro forests in the area. Along the way there will be good views of Tucson and Wasson Peak. At the saddle where the trail joins the King Canyon trail we continue on up to Wasson Peak. Views are spectacular from this highest point in the Tucson Mountains. Little shade. Hike 9.2 miles; climb 1800 feet; altitude at trailhead 2,900 feet; leave at 7:30AM; driver donation \$3.00; Jim Strickler, 825-8735.

Jan 20 – Sun. Romero Pools (Lower). Rating C+. The hike begins in Catalina State Park and follows Romero Canyon Trail into the foothills. Trail crosses open desert then climbs steeply until it reaches a saddle and the canyon area where several pools are located. We will have lunch there. \$5.00 park entrance fee or a pass (car with up to 4 people). Limit 10 hikers; hike 6 miles; climb 1200 feet; altitude at start 2700 feet; leave at

9:00AM; driver donation \$1.00; Larry Gray, 818-0337.

Jan 20 – Mon. Picacho Peak. Rating B. From Barret Loop trailhead hike up to a saddle then down to Sunset Vista Trail then to the top of Picacho Peak using the permanently installed guide cables to get to the top. Bring cotton or leather gloves for holding on to cables. Return requires a climb down Sunset Vista Trail then up the Hunter Trail again to the saddle. This is a short, strenuous, 'acrophobic' hike & a favorite among hikers. \$5.00 park entrance fee or a pass (car with up to 4 people); hike 4 miles; climb 2100 feet; elevation at start 1500 feet; leave at 7:00AM; driver donation \$5.00; John Robertshaw, 818-6727.

Jan 21 – Mon. Hidden Canyon. Rating B, 8:00AM. See Jan 14.

Jan 22 – Tue. Golden Gate Trail. Rating C, 7:30AM; See Jan 10 except guide is Gary Gouvea, 825-3868.

Jan 23 – Wed. Oracle State Park Trail Maintenance. Rating C, 8:00AM. See Jan 11.

Jan 24 – Thu. Pontatoc Ridge. Rating C. Sometimes called the "Old Spanish Mine Trail," this trail goes up the north side of Pontatoc Ridge to just below some old mines. There are great views of Tucson and the surrounding area on this hike. Hike starts at north end of Alvernon Way. Limited to 12 hikers. Hike 5 miles; elevation change 1450 feet; starting elevation 3000 feet; leave at 8:00AM; driver donation \$1.00; Mary Croft, 825-3804.

Jan 25 – Fri. Tortolita Mountains/Dove Mountain. Rating B+. We will leave from the cattle guard / windmill on the Rail-X Road and ascend to the top of a 4620-foot Dove Mountain. From there we will make our way along an up and down ridge line north with views of Ruelas, Cochie, and Wild Burro Canyons, eventually reaching a path and jeep road which returns to the parking spot. Views are outstanding and feral horses might be sighted. This is a rough, steep, and scratchy bushwhack making long pants and sleeves, gloves and hiking sticks desirable. Hike 6 miles; climb 1900 feet; starting elevation 3600 feet; leave at 8:00AM; driver donation \$1.00; Bill Leightenheimer, 818-1953.

Jan 25 – Fri. Rams Creek Basin. Rating C. We start from a little park in the Ramsfield subdivision near the Oracle Road crossing of the Canada del Oro. We will hike up an abandoned 4-wheel drive road to some great viewpoints of Vistoso, the Tortolitas, SaddleBrooke and the Biosphere. We then take a short side trail into the basin where we will have lunch, perhaps explore other trails for a short distance and then back to the parking lot. Hike 3 miles; starting elevation 2700 feet, elevation change 500 feet; leave at 10:00AM; driver donation \$1.00; Jan & Dean Wilson, 818-0299.

Jan 27 – Sun. Cactus Forest Trails. Rating C. We will take an easy hike in the Cactus Forest of the Saguaro National Park East and identify 20 plants as we go. We will take the scenic 8 mile Cactus Forest Loop Drive and stop at the 1920's Freeman Homestead Ruins and the National Park Visitor Center. Pack a lunch. Hike 6 miles; climb 200 feet; easy pace; starting elevation 2750 feet; leave 7:00AM; driver donation \$3.00; Susan Robertshaw, 818-6727.

Jan 27 – Sun. Phone Line Trail - Round Trip. Rating B-. The hike will begin in the Sabino Canyon parking lot. After crossing Sabino Creek there is a moderate climb to the Phoneline Trail. The trail is above and generally parallel to the tram road and offers outstanding views of the canyon. The return route will be back along the tram road. Hike 10 miles; climb 900 feet; altitude at start 2700 feet; leave at 8:00AM; driver donation \$3.00; Karen Gray, 818-0337.

Jan 28 – Mon. Seven Falls. Rating C+. Starting at the Sabino Canyon Visitors Center hike from the parking lot to lower Bear Canyon. Then along the Bear Canyon Trail to Seven Falls and return. Falls may be dry depending on spring rains. Hike 8 miles; climb 900 feet; starting altitude 2800 feet; leave at 7:30AM; driver donation \$2.00; Gary Gouvea, 825-3868.

Jan 28 – Mon. Wasson Peak/Sweetwater Trail. Rating B, 7:00AM; See Jan 19 except guide is Bill Leightenheimer, 818-1953.

**** Jan 29 – Tue.** Charouleau Gap Road to the Gap plus Charouleau Peak (option). Rating B+. Starting from the corral below Unit 9 in SaddleBrooke, we will walk to the road and on to the gap, which overlooks SaddleBrooke to the west. The hike will be through desert area and then climb with switchbacks to the Gap. Hikers will then have the option of doing a short but steep bushwhack up to the peak. Those that decide not to hike to the peak will either wait at the Gap or can start the hike back if there is another Guide available and willing. We will return via the same route. Hike 12 miles; elevation change 2900 feet; altitude at the start 3200 feet. The mileage and elevation change include the Peak option which adds about 2 miles roundtrip and approximately 900 feet. Leave at 7:30AM; driver donation \$1.00; Walt Faleschini (818-6644) & Jim Strickler (825-8735).

**** Jan 30 – Wed.** Boulder Ridge Loop. Rating B. This hike begins and ends in SaddleBrooke. We begin at the NE gate (lot 36), continuing through the yet undeveloped RCI property and crossing the Canada' del Oro just north of the old dam. We cross state trust land (private grazing lease) and quickly enter the Coronado National Forest. Then we head uphill to the northeast, eventually looping back south along the base of the northern end of the Samaniego Mtn. range to the Charouleau Gap 4WD road and back to SaddleBrooke. This is a nice loop with many excellent views and includes a few rocky uphill sections on old jeep roads. Approximately 9 miles; starting elevation 3350 feet; elevation change 950 feet. Pick-up cars needed at south end. Leave at 7:30AM; driver donation \$1.00; John Rendall, 825-9395.

Jan 31 – Thu. Ventana Canyon - Lower Level. Rating D, 9:00AM. See Jan 12 except guides are Jan & Dean Wilson, 818-0299.

**** Feb 1 – Fri.** Tanque Verde Ridge Trail to Juniper Basin Campground. Rating B. An interesting feature of this hike is the opportunity to observe changing vegetation that accompanies the increase in elevation. The trail occasionally tops out on the ridge, levels out for a distance and then drops to the north or south side of the ridge. The views are amazing and this is one of the best parts of the trail, because it has views in all

directions. Bring 3 quarts of water and adequate food for snacks. Limited to 8 hikers. Hike 13.8 miles; elevation change 2900 feet; starting elevation 3100 feet; leave at 6:30AM; driver donation \$3.00; Bill Leightenheimer, 818-1953.

Feb 3 – Sun. Sutherland Trail from Catalina State Park. Rating C. A nice trail ending in a very scenic, flat, rocky area, with views of the valley and SaddleBrooke. We start at the Catalina State Park Trailhead. Hike 6 miles; elevation change 1000 feet; altitude at start 2700 feet; leave at 9:00AM; limit 10 hikers; driver donation \$1.00; Larry Gray, 818-0337.

Feb 3 – Sun. Romero Pools (Lower). Rating C+, 7:30AM. See Jan 20 except guide is John Robertshaw, 818-6727.

**** Feb 4 – Mon.** Hidden Canyon. Rating B, 8:00AM. See Jan 14.

Feb 4 – Mon. King Canyon Loop. Rating C+. Starting from a parking area near the Desert Museum we will hike up the Kings Canyon Trail to the Sweetwater Saddle. Our return will be down the trail to Mam-a Gah picnic area. Then down the dry wash where petroglyphs can be viewed. This is an interesting wash where wildlife can sometimes be seen. Make sure you bring a camera, lunch, water & hiking stick if you have one. Hike 4.6 miles; 1000 foot elevation change; starting elevation 2800 feet; leave at 7:30AM; driver donation \$3.00; Gary Gouvea, 825-3868.

Feb 5 – Tue. Alamo Canyon, Catalina State Park. Rating D. Hiking up the Birding Trail to a cutoff, we will intercept the trail to the Alamo Canyon Falls. Hike 4 miles; climb 400 feet; altitude at start 2700 feet; leave at 9:00AM; bring lunch; driver donation \$1.00; Jan & Dean Wilson, 818-0299.

Feb 5 – Tue. Picacho Peak Loop. Rating B. This hike combines both the Hunter and Sunset Vista Trails. We begin at the Hunter Trailhead, hike up to join with Sunset Vista Trail and climb to the top (3374 ft.). We will return via Sunset Vista to the trailhead and shuttle (requires 2 cars) back to pick up the other vehicle. This is a short, difficult, "acrophobic" climb with a moderate return. Bring gloves and ample water. \$5 park entrance fee (4/car). Hike 5.1 miles, climb 1900 ft, starting elevation 1500 ft. Leave at 7:30AM; driver donation \$5, limit 8; John Rendall, 825-9395.

Feb 6 – Wed. Oracle State Park Trail Maintenance. Rating C, 8:00AM. See Jan 11.

Feb 7 – Thu. Roger's Canyon Cliff Dwellings. Rating B. The hike is deep in a wilderness area of the Superstition Mountains. The trailhead is reached via Florence to Highway #60 east and then NE on 19 miles of scenic, rough unimproved Forest Service roads that require 4WD vehicles with adequate clearance. The trail is slippery in places during rainy seasons with 58 significant stream crossings (roundtrip). This is a reverse hike since we go downhill into the canyon area that was home to some Salado Indians (Arizona Highways 3/2001). The cliff dwellings can be explored but some require difficult rock scrambling to enter. Care should be taken not to damage 700 years of history. The hike out is all uphill via the same route.

Hiking stick, gloves, windbreaker, small towel and 2 quarts of water are recommended. Bring a change of shoes for the return trip. Hike 9 miles; elevation gain approximately 1,100 feet; Limit 8 hikers; we need two 4WD vehicles. Leave at 7:00AM. Driver donation \$10.00; Walt Faleschini, 818-6644.

Feb 8 – Fri. Douglas Spring Trail to the Campground. Rating B. We'll drive to the east end of Speedway to reach the trailhead and do some steep hiking to campground. Hiking back we'll possibly bushwhack over to Bridal Wreath Falls then follow trail back to the cars. Some variations in the trail. Mostly open, so bring minimum of two quarts of water, sun protection and lunch. Hike 12 miles; elevation change 2050 feet; pace steady; altitude at trailhead 2800 feet; leave at 6:00AM; driver donation \$3.00; Bill Leightenheimer, 818-1953.

Feb 9 – Sat. Window Rock. Rating A. The most direct route is up Ventana Canyon. This is a difficult and steep hike. We start at the parking lot past the employees' parking lot and take the trail until it intersects with the Esperero Trail then follow that trail to the Window. Hike 13 miles; climb 4200 feet; starting elevation 3100 feet; trail is steep; leave at 7:00AM; driver donation \$2.00; Jim Strickler, 825-8735.

Feb 9 – Sat. Golden Gate Trail. Rating C, 8:00AM, See Jan 10 except guide is Karen Gray, 818-0337.

Feb 10 – Sun. American Flag Trail. Rating C. This hike begins on the old Mt. Lemmon Road and covers a section of the Arizona Trail. We take the American Flag Trail to Oracle Ridge where we have interesting views to the west. We then hike south to a saddle below Apache Peak where we will have lunch and then return. Hike 8 miles; altitude change 1200 feet; altitude at start 4400 feet; pace slow; limit 10 hikers; leave at 8:30AM; driver donation \$3.00; Larry Gray, 818-0337.

Feb 10 – Sun. Big Wash. Rating D. We will drive to the parking lot at Vista de la Montana United Methodist Church. We will descend a hill into Big Wash. We'll hike north approximately 1½ miles in the wash (distance can vary depending on the group), then return the same way. Big wash is a "braided river", meaning it has many channels to it, so you can walk up one channel and return via another. Deer, jackrabbit, and cows may be seen. Bring water, snack (optional), sunscreen and hiking stick (optional). Hike 3 miles; limit 15 hikers; starting elevation 3100 feet; leave at 8:00AM; driver donation \$1.00; Susan Robertshaw, 818-6727.

Feb 11 – Mon. Tohono Chul Park and Tea Room, "birders walk" and breakfast. Rating D. Join a Tohono Chul docent for a guided bird observation walk in beautiful Tohono Chul Park. Pace slow. Guided walk at 7:00 AM. We can continue strolling through the park at our leisure and end with breakfast at the Tohono Chul Tea Room. Hike 1.5 miles; elevation change 50 feet; starting elevation 2700 feet; leave at 7:30AM; driver donation \$1.00 plus suggested park donation of \$2.00; bring binoculars; Mary Richling, 825-5238.

Feb 11 – Mon. Boulder Canyon Trail. Rating C. This trail takes one up high enough to get a tremendous view of the mysterious Superstition Mountains. Your camera is a must on

this hike. We also get a great view of Canyon Lake. Bring 2 quarts of water and lunch. Hike 6 miles; elevation change 1500 feet; leave at 7:00AM; driver donation \$5.00; Gary Gouvea, 825-3868.

Feb 12 – Tue. Peppersauce and Nugget Canyon Loop. Rating C+. We park opposite Peppersauce Campground on the old Mt. Lemmon Road (backside of Mt. Lemmon). We hike up the Mt. Lemmon Road to Nugget Canyon turnoff, loop up the canyon, and back down through Peppersauce Canyon, passing Peppersauce Cave and some old mining relics. Much of the hike is through oak woodland with good views from the higher hills we go over. We will travel over old jeep roads and rough paths. Hike 7 miles; climb 1200 feet; altitude 4600 feet; leave at 7:30AM; driver donation \$4.00; John Rendall, 825-9395.

**** Feb 12 – Tue.** Pima Canyon – Partway 2. Rating C-. Hike in a beautiful canyon in the Catalinas – and, close by! Trailhead is at the end of McGee Road. The first mile is the toughest – steep, loose rock. Once in the canyon, the trail is relatively flat. Slow pace to enjoy the scenery. Limit 12 hikers. Hike 4 ½ miles; elevation change 700 feet; starting elevation 2900 feet; leave at 8:00AM; driver donation \$1.00. Bring a fanny pack or day pack, adequate water, hat, sunscreen, and snacks; Bev Caldwell, 825-3071.

Feb 13 – Wed. Peralta Trail. Rating C. Peralta Trail to Weaver's Needle in the Superstition Mountains may be the area's most beautiful canyon. Legend has it that a loner named Jacob Waltz (The Dutchman) found a fortune in gold somewhere within the Superstition Mountains. Dominating the legends and the landscape is Weaver's Needle. The canyon bottom is a jumble of huge, thought-provoking boulders that have tumbled from the cliffs above. It's a steep, rocky trail most of the way. Slow pace. Bring a lunch and at least 2 quarts of water. Hike 5 miles; climb 1360 feet; altitude at the start 2500 feet; leave at 7:00AM; driver donation \$8.00; Bob Wynne, 825-4056.

**** Feb 14 – Thu.** Owl Head Buttes. Rating C. A hike mostly along a pole line road to see if we can discover why these buttes are named Owl Head. Hike 5 miles; climb 600 feet; starting elevation 2000 feet; leave at 9:00AM; driver donation \$1.00; Bob White, 818-9482.

Feb 15 – Fri. Big Wash. Rating D, 9:00AM, see Feb. 10 except guide is Jan & Dean Wilson, 818-0299.

Feb 15 – Fri. Wasson Peak/Sweetwater Trail. Rating B, 7:00AM, see Jan 19 except guide is Bill Leightenheimer, 818-1953.

Feb 16 – Sat. Brown Mountain. Rating C, 8:00AM, see Jan 5 except guide is Jim Strickler, 825-8735.

**** Feb 18 – Mon.** Hidden Canyon. Rating B, 8:00AM, see Jan 14.

**** Feb 19 – Tue.** Mule Ears via Charouleau Gap. Rating A. This hike is an extension of the existing Charouleau Gap hike to a prominent point on the Samaniego Ridge. Starting from SaddleBrooke, we hike up the 4WD road to the gap; then

continue uphill for another 3 miles along the Samaniego Ridge to Mule Ears. After a good rest and taking in the great views, we return via the same route. Hike 16 miles; starting elev. 3200'; elev. change 4000'; leave at 7:30AM; driver donation \$1.00; John Rendall, 825-9395.

Feb 20 – Wed. Oracle State Park Trail Maintenance. Rating C, 8:00AM. See Jan 11.

Feb 21 – Thu. Alamo Canyon (Upper), Catalina State Park. Rating C-. We will hike up the Birding Trail to a cutoff that intercepts Alamo Canyon. From there, we will hike up to the canyon ridge with views of Alamo rock formations and of the valley below. Hike 5 miles; starting elevation 2700 feet, change in elevation 500 feet; leave at 8:00AM; driver donation \$1.00; Walt Faleschini, 818-6644.

**** Feb 21 – Thu.** Tanque Verde Ridge Trail to Juniper Basin Campground. Rating B, 6:30AM, see Feb 1 except guide is Mary Croft, 825-3804.

Feb 22 – Fri. Baby Jesus Trail from the Sutherland Trail. Rating B. We hike the Sutherland Trail to the Baby Jesus Trail which follows the foothills of the Catalinas and has magnificent views to the north and west and some of the best saguaros in the region. We then take the Baby Jesus Trail to the Sutherland Wash where we find a roadway & the car we left there earlier. Hike 10 miles; climb 500 feet; starting elevation 2700 feet; leave at 7:00AM; driver donation \$1.00; Bill Leightenheimer, 818-1953.

**** Feb 22 – Fri.** David Yetman Trail. Rating C. This hike is an easy walk through typical vegetation of the Sonoran Desert. This trail has two trailheads – one at Camino de Oeste and one near the bottom of the west side of Gates Pass. We can leave cars at one end and drive to the other trailhead. From the Gates Pass side, the trail is easy for the first mile, then down a wash with a short but steep climb back up to the ridge. Later we have a mile of walking in a creek bed. Then the trail leaves the creek and emerges into open area. We follow along an old jeep road. Then, the trail narrows, and has some loose rocks and again climbs to a ridge. We pass the Central Arizona Project, an old stone house built in the early 1930's by Sherry Bowen, and a well that is a wildlife watering tank. Bring lunch, water, hat, sun lotion, and hiking stick, if you wish. Hike 5.4 miles; elevation gain 600 feet; elevation at start 2800 feet; leave at 8:30AM; driver donation \$3.00; Jan & Dean Wilson, 818-0299.

**** Feb 23 – Sat.** Cake Mountain and Biscuit Peak. Rating B+. Drive to a point on Bunker Hill Road into the Galiuro Mountains (out of Mammoth.) Bushwhack up to Cake Mountain (el. 6522 feet), then over to Biscuit Peak (el. 6600 feet). Return by loop route to cars. This will be a strenuous hike. 4WD vehicles needed. Map is Rhodes Peak Quad 7.5. Exploratory for guide. Starting elevation 4000 feet; hike 8.0 miles; climb 3000 feet. Limit 10 people. Leave at 7:00AM; driver donation \$8.00; Jim Strickler, 825-8735.

Feb 24 – Sun. Tortolita Mountains/Wild Burro Canyon. Rating C. We will take the Rail-X Marble Mine road off Oracle Highway for 5 miles to the county line, then hike on a jeep road

to the windmill and into Wild Burro Canyon. The jeep road will take us to a meadow and corral in the mountains. Weather and hikers' agreeing, we may go further along a wash to a canyon lookout. We may get lucky and see some wild horses. Hike 7 miles; climb 800 feet; pace slow to moderate; altitude at start about 3000 feet; leave at 8:00AM; driver donation \$1.00; John Robertshaw, 818-6727.

Feb 25 – Mon. Sabino Canyon to Bear Canyon (with Tram). Rating B, 7:45AM, see Jan 18.

Feb 25 – Mon. Quantrell Mine. Rating C. A scenic trek through a historic and legendary mining area of the Santa Rita Mountains. We will lunch at the head of Chino Canyon at the Quantrell Mine and enjoy magnificent views down the canyon, as well as that of the mythical giant rock sculpture known as Elephant Head. You will not be berated if you have visions of Jesuit gold, Teddy Roosevelt, and Apache sacrifices. This hike features a good trail with no steep sections. Hike 6 miles; pace slow to moderate; climb, 800 feet; altitude at start 4500 feet; leave at 7:30AM; driver donation \$6.00; Gary Gouvea, 825-3868.

Feb 26 – Tue. Buffalo Bill Cody Loop. Rating B. This beautiful, historic loop begins at the American Flag trailhead. We will view the 1877 adobe house, then hike up the Arizona Trail to LaCasa del High Jinks, the site where Bill Cody staked his gold mine in 1912. (We will tour the unique stone house if the owner is home.) The hike will continue along the Arizona Trail, joining the Oracle Ridge Trail, then go south to the base of Apache Peak, down to Camp Bonita Ruins and other mine sites, returning to the High Jinks Mine and back to the trailhead via the Arizona Trail. Hike 9 miles; altitude at start 4400 feet; elevation change 1200 feet; pace slow to moderate. Leave at 7:30AM; driver donation \$3.00; John Rendall, 825-9395.

Feb 27 – Wed. Madera Canyon Nature Trail. Rating C. This non-desert hike is in the Santa Rita Mountains. We start at 5400 feet elevation from the Roundup Picnic Area and descend 3.2 miles down the canyon to the 4500 foot level. Along the way, we enjoy the shade of Apache pines, Douglas Firs, Emory Oaks, Mexican Blue Oaks, Willows, Cottonwoods, and Sycamores. Our return is by the same route. There are panoramic views from a ridge on a trail breakout. Hike 6.4 miles; climb 900 feet; starting elevation 5400 feet; leave at 7:00AM; driver donation \$6.00; Mary Richling, 825-5238.

Feb 28 – Thu. Sweetwater Trail to the Saddle. Rating C. We start from the trailhead at the end of El Camino del Cerro on the East Side of the Tucson Mountains. From there we hike up through some of the prettiest Saguaro forests in the area. Along the way there will be good views of Tucson and Wasson Peak. We end at the saddle where the trail joins the King Canyon trail. The King Canyon trail goes down to the Desert Museum or up to Wasson Peak. We will have lunch at the saddle before heading back to the trailhead. Hike 6.8 miles; elevation change 1200 feet; elevation at start 2800 feet; leave at 8:00AM; driver donation \$3.00; Bob Wynne, 825-4056.

**** Feb 28 – Thu.** Honey Bee Canyon. Rating D, 9:00AM, see Jan 13 except guides are Jan & Dean Wilson, 818-0299.