



SADDLEBROOKE

HIKING CLUB NEWSLETTER

<http://www.SaddleBrooke.org>

January/February 2005

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THE FALL HIKING CLUB PICNIC

The Fall Hiking Club Picnic was held on November 13th at a new location, the YMCA Triangle Y Ranch. The YMCA Triangle Y Ranch in Oracle is "nestled in the foothills of the Catalina Mountains outside Oracle, Arizona, and has a fifty-year tradition of nurturing growth in boys and girls. Just 40 miles north of Tucson at an elevation of 5000 feet, the camp covers 400 acres within the Coronado National Forest."

Hikes starting at 9:00 a.m. were led by Susan Robertshaw, Bob Wynne and Jan Wilson in the vicinity of the camp. There were also tours of the camp led by the staff at 10:00 a.m. and 11:00 a.m. The tours covered the entire grounds along with some history and explanation of programs at the camp. After the hikes and tours, the members met under a large ramada. Jim Strickler, the club president, recognized the following people: Art Cross, Statistics & Awards; Sue Berman, Newsletter Copies; Bob Perez, Membership Roster; Sally Sample, Merchandise; John Robertshaw, Publicity; John Rendall and Jon Chase, Arizona/Oracle State Park Work Sessions. The Social and the Editor positions are currently vacant. There were plenty of door prizes and much laughter concerning the randomness of the draw order when the Hiking Club President won the first door prize. Mary Croft assured us that she had one of her "running partners", not in the hiking club, do the draw. Over \$400 worth of T-shirts were sold by super salesman Ellis Sowell during the day's activities. The meal was moved indoors due to threatening inclement weather. It was nice to have the choice of an indoor eating area when needed and it allowed us to enjoy the beautiful lodge.

Many attendees commented that they would like to return to this location for future picnics. Many thanks extended to Mary Croft for arranging the picnic at a new location. Mary Croft did a superb job of arranging for the location, ordering the tickets, selling the tickets at four varying times, coordination with staff, selecting menu options, tours, hikes and abundant etc.

GPS (Global Positioning System) CLASS

Our first GPS for Back Country Navigation classes have been completed except for a GEOCACHE session. We had 19 people attend three sessions; the last session actually utilizing the GPS units for tracking and following routes/waypoints. To utilize the skills gained and experiment in the back country, we have scheduled two sessions/hikes on the Jan-Feb Schedule. **We may schedule another class in the spring or fall of 2005 if there is enough interest.** We would need a minimum of 12 members in order to plan a class. Should you be interested in this, **let John Rendall (825-9395) know before the end of January** so a schedule can be planned and developed.

GUEST SPEAKERS

The hiking club has extended an invitation to local hiking book author Pete Cowgill to come to SaddleBrooke and speak on a topic of his choice. Pete has accepted our invitation and we are now looking for a date in February in the MountainView Ballroom. We'll keep you advised when the dates are more firm etc. Pete Cowgill has written a book entitled The Santa Catalina Mountains, which is used by many people in the club. The book covers over 90 trails and lesser-known "routes" in the Santa Catalina's. Pete will surely have some good stories to tell! Don't miss this one.

Doug Kreutz is a writer for the *Arizona Star* in Tucson. He has written many articles on hiking in the Santa Catalina and Santa Rita Mountains plus places outside of Tucson such as Utah and Humphrey's Peak near Flagstaff. He also writes on subjects such as El Tour, life and strife along the border, and holiday cheer for 4,000 disadvantaged kids. Recently he wrote an article regarding a slide show called "The Saguaro: Our Once and Future Cactus" available from the Friends of Saguaro National Park that we are working on scheduling a time for the Hiking Club. We hope to have Doug as a speaker in March.

MEMBERSHIP RENEWAL TIME

Memberships run from January 1st through December 31st. If you joined for the first time in Oct., Nov, or Dec. of 2004, your membership will extend through the end of 2005. A yearly membership will remain at \$5.00. Send renewals to Bob Perez at 65187 E. Desert Sands Court. **Also, if you are not getting the newsletters and e-mails, give Bob your current e-mail address at the same time you deliver your membership dues.**

NEWS YOU CAN USE

Hiking Club Social Hour	January 19 th	4:00 p.m.
Board Meeting	February 2 nd	3:00 p.m.
Hiking Guide Meeting	February 2 nd	4:00 p.m.
Hiking Club Social Hour	February 16 th	4:00 p.m.
Speaker: Pete Cowgill	February ??	7:00 p.m.
Speaker: Doug Kreutz	March ??	7:00 p.m.

Note: Social Hours held at the MV Clubhouse in the bar area.

Hard copies of the Newsletter are available at both the SaddleBrooke and Mountain View Clubhouses.

Membership is \$5.00 a year and applications should be located with the newsletters. Send your completed application or renewal to Bob Perez at 65187 E. Desert Sands Court.

NEWS WE CAN USE

New e-mail address: If you change your e-mail address please notify Bob Perez at azsun65@robsoncom.net so you can continue to receive the newsletter and other communications.

Becoming a hiking guide: If you have gained experience hiking and are interested in becoming a hiking guide, contact the Chief Hiking Guide. It is a great way to help the Club and contribute to our great community.

Request a hike: If there is a special hike you would like to see included in our schedule of hikes, please feel free to send an e-mail to the Chief Hiking Guide. Provide a description of the hike and what time of year you would like to have it offered.

Achievement Awards

October/November 2004

- 250 Hikes:** George Adelman, Sandra Sowell, Elaine Fagan
100 Hikes: Dean Werstler
25 Hikes: Janet Harrison, Bob Harrison, Ann Running
10 Hikes: Janet Cregan, Debra Guiot, Melody Branstrom, Penelope Flom, Helene-Marie Praly, Marc Praly

ORACLE STATE PARK AND ARIZONA TRAIL

As a reminder, we have scheduled the 2nd Wednesday of each month as our 'Work Day' for both the ARIZONA TRAIL (Black Hills Segment) and ORACLE STATE PARK. There will not be any hikes scheduled on the same day. We will alternate the work on the trails depending on what needs to be accomplished. Additionally, we are still looking for two more "Crew Leaders" to assist in leading on the projects by making more effective use of our time. Call John Rendall at 825-9395 if interested in becoming a Crew Leader and volunteering to assist with the work projects.

The winter edition of the "Volunteer Newsletter" from Oracle State Park had a very nice note thanking us for the work we did in November. It states: **"The Oracle State Park extends a sincere thanks to the SaddleBrooke Hiking Club members for the big effort in clearing the much overgrown Manzanita Trail"**.

Hiking Tidbit



Properly fitting hiking socks are one of the most important pieces of outdoor equipment. Although their importance may seem mundane, anyone who's ever experienced blisters on a hike knows how critical quality socks are to foot comfort and injury prevention. Over the past several decades sock-science has created models using natural and synthetic materials for various activities and environments. Bass Pro Shops Web Page.

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CHOOSING THE RIGHT HIKING SOCKS

By Susan Robertshaw

The following are excerpts from an article by Tim Allard for Bass Pro Shops' Web page:

Anyone who's ever experienced blisters on a hike knows how critical quality socks are to foot comfort and injury prevention. Quality socks are just as important as proper fitting hiking boots to ensure comfort on the trails.

Natural Materials

Gone are the days of the 100-percent wool socks. Today, natural and synthetic fiber blends is the sock standard. Yet wool still comprises a significant percentage of the fabric components of a hiking sock. When searching out a hiking sock, you will likely find wool will compose anywhere from 25- to 85-percent of the overall sock material.

Merino wool has the qualities of regular wool (excellent breathability, insulation, strength, and quick drying time) minus the itch; in fact, it's a soft and comfortable material to wear. Mohair and worsted wool are two other common wool types found in socks. Silk and elastic are two other natural fibers commonly found in socks. Silk wicks moisture and provides a smooth feel. Elastic helps socks maintain their shape and fit snug on the foot.

Avoid socks containing large quantities of cotton for hiking or other outdoor activities. Cotton is a poor insulator and retains moisture. The latter trait is what leads to hotspots (i.e., friction areas) on your feet when you hike and ultimately causes blistering. Cotton socks are a recipe for disaster when hiking - do your feet a favor and don't wear them.

Synthetic Materials

Many synthetic materials are used in socks as manufacturers tend to produce their own **specialty products to enhance sock comfort, insulation, moisture-wicking ability, and cushioning.** Some of the common technical fibers used in socks are listed below.

- * Polyester has both moisture wicking and quick drying time properties
- * Acrylic provides insulation, a soft feel and wicks moisture well
- * Nylon gives elasticity as well as strength to the sock
- * Spandex functions mainly as an elastic material to ensure a snug fit
- * Gore-Tex is a breathable membrane
- * CoolMax is a special fiber that wicks moisture

Selecting a Sock Style

Hiking socks often come classified in three main weights: light, medium, and heavy. When selecting socks, a good rule of thumb is to match the weight of the sock to the weight of your hiking boots. For example, a lightweight sock will compliment light hikers on easy trails for a few hours of hiking. **Step-up your trail type or intensity and you'll want midweight socks. While heavyweight socks will be needed when tackling rough and difficult terrain for several hours.** How to pick what sock to buy once you've loosely chosen a weight category can be influenced by several factors, including: biomechanics, activity and your specific footwear, and weather conditions and temperatures.

Biomechanics

Knowing about your biomechanics is not as complicated as it sounds. Biomechanics is the mechanics of muscular activity, and knowing the nuances of how you move can help you choose where you'll need cushioning in a sock. For example, after walking, or hiking, for a long period most of us have spots on our feet that are more prone to soreness or irritation than others. Granted, some of these spots may be irritated by improperly fitting footwear, but some of it has to do with biomechanics.

Look for extra cushioning in the areas that get sore when buying a sock. Often a sock with extra heel or toe cushioning is what's required. Another example may be someone who often finds the tops of their feet rub the tongue of their boots, causing discomfort. In this case, this individual should look for extra padding in the instep of a sock.

Footwear to Match Activity

A straight match of sock and boot weight doesn't always cut it on the trails. In some cases, altering the sock-to-boot-weight formula makes more sense and is more comfortable. **For example, an individual with a pair of light hikers may want a pair of midweight socks to provide support and cushioning if planning to hike long hours, for several days on rough trails.** In this instance, even though the socks do not match the boot's weight, they compliment the activity and its intensity. Another situation could be an individual using heavyweight socks in midweight boots for extra cushioning at the toes to descend steep trails.

One Sock, Two Socks - Some hikers opt for an additional liner sock.

Today, most socks are individually designed to suit feet when hiking. The fabric blends will insulate, wick moisture and cushion all at the same time. Yet another method to achieve these same results is a two-sock system. This system teams a thin, liner sock with a thicker, outer sock. It also follows the layering principle of outdoor wear. The inner layer wicks moisture from the skin, keeping it dry. The outer layer cushions and insulates, but also wicks away moisture. **Additionally, the liner acts as a second skin, providing additional protection from friction and reduces hotspots in blister-prone hikers.** Whether you prefer to wear one or two socks is really a matter of personal preference as both approaches work.

Climate and Temperature

Climate and temperature can also be factors in breaking the sock-to-boot-weight formula, whether it's adding weight for cool climates to reducing weight for warm environments.... **One point to keep in mind is moisture trapped in a boot leads to hotspots and will cause blisters at the friction points.** The balance between keeping feet warm and properly cushioning, but not overheating them, is difficult. It is sometimes better to bring extra socks, changing them often, drying worn ones, to ensure your feet stay dry and warm.

For the full article go to:

<http://www.basspro.com/servlet/catalog.CFPPage?&mode=article&objectID=29874&cat=&subcatID=0&objectType=article>

GENERAL HIKING INFORMATION

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

Arrival Time: The time listed for the hike is the departure time. It is important to arrive 10 to 15 minutes before departure time.

Departure Area: All hikes leave from the left front parking lot of the MountainView Clubhouse (just east of the tennis courts) unless otherwise noted.

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

Voluntary driver donations: Voluntary driver donations are shown at the end of the hike descriptions. Most include the entry and/or parking fees where required, however some hikes may require additional fees. Guides may also wish to split costs between drivers for drop-offs and/or unequal passenger loads. Small bills are appreciated. Due to automobile insurance coverage considerations, it is recommended that any payment to the driver be made upon return to MountainView.

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

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

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

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

HIKE RATINGS, PACE, AND SYMBOLS

Rating

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

Pace can refer to the length of 2 steps, the speed you walk/hike, or to the average speed of a hike. When we denote the pace of a hike we are referring to the average speed. This means that from start to finish (excluding lunch) you can expect to be traveling at an average speed of () MPH. The average speed or pace of a hike is affected by speed and length of stride, number of rest stops, incline, type of terrain, and trail conditions. We use the following three categories to describe our hikes.

Slow Pace – Average speed of hike < 1.5 MPH

Moderate Pace – Average speed of hike 1.5 to 2.5 MPH

Fast Pace – Average speed of hike > 2.5 MPH

Symbols

"+" and "-" after a rating. The plus and minus signs are used to show that a hike is harder or easier than the average hike in that rating category. It may have a plus sign added due to a loose rocky area or perhaps due to an unusually steep area. A minus sign might be added to a hike due to it having a very easy, smooth trail surface.

"" by a hike.** Hikes marked by a double asterisk are new additions to our club database or a new 'one time' hike.

"++" by a hike. Hikes marked by a double plus are Orientation Hikes. Orientation hikes are encouraged for all "beginner" hikers and are intended for sharing information and for personal assessment of current physical fitness. *

FITNESS WALKS -- FIVE DAYS A WEEK

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. Occasionally, the Tuesday/Thursday group plans a 3-4 hour hike outside the SaddleBrooke boundaries. One-week advance notice is given. Wear comfortable walking/athletic shoes. Remember sunblock, a hat and water.

Mon/Tue/Wed/Thu/Fri Group - 7:00 a.m.

Meet at SaddleBrooke CC by basketball court.

Bill Leightenheimer 818-1953

Tues/Thurs Group - 7:00 a.m.

Tuesday: Meet at MountainView Clubhouse parking lot.

Thursday: Meet at SaddleBrooke Tennis Center parking lot.

Judy Barenkopf 825-7077



****Date To Determined:** Superstition Mountains - Reavis Falls. Rating B+. Moderate Pass. This is a hike to a spectacular waterfall in a very remote area of the eastern Superstition Mts. This beautiful waterfall was featured in an article in the November, 1993 issue of Arizona Highways magazine. Few people have seen this waterfall. The first white man to visit it was Elisha Reavis in the 1870's. We will begin the hike from the Reavis Ranch TH. The final 0.60 of a mile to the Falls is a bushwack up Reavis Creek. Hike 10 miles; limited to eight hikers; elevation gain 1700 feet; leave at 4:30 a.m.; driver donation \$12.00. Bill Leightenheimer, 818-1953.

Jan. 2 - Sun. Phoneline Trail - Road Back. Rating C or 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 parallels the tram road. It offers outstanding views of the canyon. **You will have the option of riding the tram back to the Visitor Center or hike back using the Tram road.** A tram ticket is \$7.50. Hike 5 miles or 10 miles; elevation change 900 feet; starting elevation 2700 feet; leave at 8:00 a.m.; driver donation \$3.00. Susan Robertshaw, 818-6727.

Jan. 4 - Tue. Sutherland Trail from Catalina State Park. Rating C. A nice trail ending in a very scenic, flat, rocky area, with views. We start at the Catalina State Park trailhead. Hike 6 miles; elevation change 600 feet; starting elevation 2700 feet; leave at 8:30 a.m.; driver donation \$2.00. Jan Wilson, 818-0299.

****Jan. 4 - Tue.** Superstition Mountains - Reavis Ranch Trail/Pinto Creek Trail Loop. Rating A+. This hike follows trails in the eastern Superstition Mts., the highest section of the range. We will hike 18.8 miles round trip starting from the Rogers trough TH. Our route will take us along the Rogers Canyon Trail, the Reavis Ranch Trail, the Pinto Creek and West Pinto Creek Trails back to the Rogers Trough TH. Along the way, we will visit the grave site of Elisha Reavis, pass through Reavis Saddle, and hike through a beautiful Ponderosa Pine forest. This trip requires four wheel drive vehicles as the approach is up a very rough jeep road. Hike 18.8 miles at a moderate pace; elevation change is 2000 feet; leave at 4:30 a.m.; limited to eight hikers; driver donation is \$10.00. Bill Leightenheimer, 818-1953.

****Jan. 6 - Thu.** Council Rocks to Slavin Gulch. Rating C. The hike will take us through the beautiful Dragoon Mountains on the west side of Cochise Stronghold. We will begin near the Whitehouse Ruins and proceed to the history rich 'Council Rocks' area where there are numerous Early American petroglyphs and grinding holes scattered throughout the territory. We will hike to the base of Slavin Gulch and return back the same way allowing time to explore Council Rocks, Whitehouse, the Graveyard and contemplate about where Cochise signed the Peace Treaty with the US Army. Hike 6-7 miles; elevation gain 200 to 300 feet; starting elevation 4838 feet; leave at 6:00 a.m.; driver donation \$10.00. Susan Robertshaw, 818-6727.

****Jan. 6 - Thu.** Council Rocks/Slavin Gulch/Mine. Rating B+. The hike will take us through the beautiful Dragoon Mountains on the west side of Cochise Stronghold. We will begin near the Whitehouse Ruins and proceed to the history rich 'Council Rocks' area where there are numerous Early American

petroglyphs and grinding holes scattered throughout the territory. Continuing south along the base of the Dragoon's we will enter Slavin Gulch and hike up (1700') along the side of the creek with water falls and pools most of the way. At the end of the gulch is an old mine with a long wooden chute and other mining relics scattered up to the top of the peak. Our return route will be through a unmarked pass (bushwhack) in the Dragoon Mountain Range. Hike approximately 13 miles; elevation gain 2200 feet; starting elevation 4838 feet; leave at 6:00 a.m.; driver donation \$10.00. John Rendall 825-9395.

****Jan. 7 - Fri.** Arizona Trail: Redington Pass Road to Molino Basin Campground. Rating B. This car shuttle hike is rolling with moderate up and down elevation changes. Starting east of the Catalinas, we will first complete the 4-mile segment of the recently repositioned Arizona Trail where it links with the Italian Trap segment out of the Rincon Mountains and connects with the lake southeast of Bellota Ranch. From here we hike to West Spring, cross Molino Creek, and end at Molino Basin Campground on Mt. Lemmon Highway. Drivers will be needed to shuttle us to the trailhead. Hike 9.7 miles; elevation change 900 feet; starting elevation 4,000 feet; leave at 7:00 a.m.; driver donation \$6 for shuttle drivers, \$4 for Molino Campground drivers (total \$10). Dean & Cheryl Werstler. 825-9057.

++Jan. 8 - Sat. Sabino Canyon - Explore Lower Trails. Rating D. We will explore the many lower trails at Sabino Canyon including the Bajada Loop Nature Trail that identifies some of the desert plants seen throughout the canyon. We will also stop in the Visitor Center. Hike <4 miles; elevation change <500 feet; starting elevation 2700 feet; leave at 10:00 a.m.; driver donation \$3.00. Bob Wynne 825-2974.

Jan. 9 - Sun. Romero Pools. Rating C+. The hike begins in Catalina State Park and follows Romero Canyon Trail. Trail crosses open desert then climbs steeply until it reaches a saddle and then down the canyon area where several pools are located. We will have snack/lunch there. Hike 6 miles; elevation change 1200 feet; starting elevation 2700 feet; leave at 8:00 a.m.; driver donation \$2.00. Susan Robertshaw, 818-6727.

Jan. 10 - Mon. Garwood Dam. Rating C. This is a slow easy hike in the desert of the Saguaro National Park-East. The pace will be set by the group; no rush. We will hike in the cactus forest of the Park across mostly level terrain. There is some climbing as we near the dam. Our destination is a dam with a history in the foothills of the Rincon Mountains. Hike 6.5 miles; elevation change 250 feet; starting elevation 2800 feet.; leave at 8:30 a.m.; driver donation \$4.00. Janet & Bob Harrison, 825-2453.

Jan. 11 - Tue. Canyon Loop Trail. Rating D. We will start up the Romero Trail in Catalina State Park; follow the Canyon Loop Trail and come back on the Sutherland Trail. This area is a great example of the Sonoran Desert and its riparian areas. Hike 2.5 miles; elevation change 400 feet; starting elevation 2700 feet; leave at 8:30 a.m.; driver donation \$2.00. Jan Wilson, 818-0299.

****Jan. 11 - Tue.** Superstition Mountains - East Boulder/Needle Canyon Loop. Rating B+. Moderate Pace. This hike has more views of Weaver's Needle than any other hike in the Superstition Mts. The trails are well defined and the views are

superb. We will hike this loop clockwise from the Peralta TH. We will hike north up the Peralta Trail to Fremont Saddle for a spectacular view of Weaver's Needle. Hike 12.4 miles; elevation gain is 2646 feet; limited to eight hikers; leave at 5:30 a.m.; driver donation \$8.00. Bill Leightenheimer 818-1953.

Jan. 12 – Wed. Arizona Trail (AZT)-Oracle State Park (OSP) Work Session. Rating C. This is our Hiking Club committed work day in helping to develop, maintain and report condition of the trails for which we have responsibility. Generally the work is light in nature and may involve brushing, hoeing, raking, trimming, pruning and usually requires some bending and lifting/carrying tools. On rare occasion we must rebuild water bars, design and develop new trails, build small bridges, erosion control devices and other special projects. All tools are supplied and kept at OSP. Gloves, hat and long pants are always recommended. For the most part it requires a 4-6 hour block of time, therefore you should bring snacks/lunch/water. We are responsible for all the trails in OSP and the 13.5 mile section of the AZT described as "Segment 14A - Black Hills/south". This segment is just north of OSP with the trailhead on Tiger Mine Road. Come join in the fun--it's nice to work side by side with other hiking members and it certainly gives you a feeling of pride and accomplishment along with a way of 'giving back' for all the trails we hike and take for granted so often. Leave at 7:30 a.m.; driver donation \$ 2.00. John Rendall, 825-9395.

++Jan. 13 – Thu. Oracle State Park Exploration. Rating D. We will explore some of the trails at Oracle State Park. Enjoy the interesting boulder groups, oak woodlands, manzanita stands, and dessert grasslands found in this new state park. Hike 4 miles; elevation change 200 to 400 feet; altitude 4350 feet; leave at 9:00 a.m.; driver donation \$2.00. Susan Robertshaw, 818-6727.

Jan. 14 – Fri. Arizona Trail: Molino Basin Campground to Sabino Canyon. Rating B or A option. This continuation from the Redington Pass hike starts at Molino Basin Campground on Mt. Lemmon Highway, goes through old Prison Camp, and progresses to Sycamore Reservoir and on to Sabino Basin. Hikers will have the option of taking the Sabino Canyon Trail (1) to Tram Stop 9 and riding the tram to the Visitor's Center (\$7.50) or (2) walking to the Visitor's Center down Phoneline Trail. Tram hike 9.9 miles, Phoneline hike 14.7 miles; elevation change 300 or 1,200 feet; starting elevation 4,370 feet; leave 7:00 a.m.; driver donation \$4 for Molino Basin drivers, \$3 for Sabino Canyon drivers (total \$7). Dean & Cheryl Werstler. 825-9057.

Jan. 15 – Sat. Deer Camp/Baby Jesus Loop. Rating C. We will start in the 50-Year Trail area. We hike up toward Deer Camp then take the Middle Tank Connecting Trail to the Baby Jesus Trail and hike back to our cars. This area has little traffic and is a delight to the senses. Hike 7.25 miles; elevation change 900 feet; starting elevation 3200; leave at 8:00 a.m.; driver donation \$1.00. Jim Strickler, 825-8735

Jan. 16 – Sun. Fifty Year Trail/Sutherland Trail (North from Catalina State Park). Rating C. We will start at the Equestrian Center in Catalina State Park and hike north to a stream terrace that gives a fantastic view of the Sutherland Wash area and the Santa Catalina Mountains. We will then hike down to the Sutherland Wash, take the Sutherland Cutoff Trail to the

Sutherland Trail and head back to Catalina State Park. Hike 7.6 miles; elevation change 500 feet; starting elevation 2700 feet; leave at 8:00 a.m.; driver donation \$1.00. Susan Robertshaw, 818-6727.

Jan. 17 – Mon. Bridal Wreath Falls. Rating C+. We'll drive to the east end of Speedway to reach the trailhead. Some steep hiking up the Douglas Spring Trail for the first 2.5 miles then .03 miles to the falls. Mostly sunny, so bring sun protection. In the spring the falls should be flowing if the winter rains have cooperated. Hike 5.6 miles; elevation change 1200 feet; starting elevation 2800 feet; leave at 8:00 a.m.; driver donation \$4.00. Ron Noton, 825-7374.

****Jan. 18 – Tue.** Superstition Mountains - Charlebois Spring. Rating A. Moderate pace. This hike will take the most direct route to Charlebois Spring from the Peralta TH. We will hike along the Bluff Spring and Dutchman's Trails into La Barge Canyon. Along the way, we will visit the petroglyph site along La Barge Creek. Many believe these petroglyphs to be the Spanish Master Map for the location of eighteen gold mines in the area. Hike 14 miles; elevation change +1160 feet and -960 feet; leave at 5:30 a.m.; driver donation \$8.00. Bill Leightenheimer 818-1953.

****Jan. 20 – Thu.** Tortolita Trail. Rating D. Come explore part of the 12-mile multipurpose Tortolita Trail. The trail is near the Tortolita Preserve below Dove Mountain. It took outdoorsman and amateur trail designer Chuck Boyer, age 66, more than two years to carve out this 12 mile recreational trail using only hand tools. Hike <4 miles; elevation change <500 feet; starting elevation 3600 feet; leave at 9:00 a.m.; driver donation \$1.00. Susan Robertshaw, 818-6727.

Jan. 20 – Thu. Oracle to SaddleBrooke. Rating A. We will do the reverse of this hike. This hike originates on the outskirts of Oracle and enters the Coronado Nat. Forest, proceeding south along a (class 4) 4WD jeep trail through the north end of the Santa Catalinas. We arrive at the high point of Charouleau Gap (12-mile point) and continue back to SaddleBrooke-Unit 9 via the 4WD-trail road. This is a very nice part of the Catalinas, with great views and rugged terrain. We pass many campsites along the Canada' del Oro and view Coronado Camp (adobe construction). Starting at 3248 feet and finishing at 4664 feet, we will have numerous up/down situations with elevation loss/gain of (-2494 +3910). Our highest elevation is 5090 feet at the Gap. Hike 17 miles. Leave at 7:00 a.m.; driver donation for drop off transportation \$2.00. John Rendall, 825-9395.

Jan. 21 – Fri. Arizona Trail: American Flag Trailhead (Oracle State Park) to Tiger Mine Trailhead. Rating B. This route is fairly level with little elevation change. Hike 9.5 miles; starting elevation 4,400 feet; leave 7:30 a.m.; driver donation \$2. Dean & Cheryl Werstler. 825-9057.

Jan. 23 – Sun. Esperero Trail/Cardiac Gulch. Rating B. For "C" Hikers. This is a hike to the saddle overlooking Esperero Canyon. We'll warm up by hiking from the Sabino Canyon parking lot 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 while viewing the falls below, assuming rain or a spring thaw supplies a rushing brook. Extra water is recommended. Hike 8 miles; elevation change 1700 feet;

starting elevation 2750 feet; leave at 8:00 a.m.; driver donation \$3.00. Susan Robertshaw, 818-6727.

Jan. 24 – Mon. 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. This hike is strenuous in some areas due to the steep incline and rocky path. Hike starts at north end of Alvernon Way. Hike 5 miles; elevation change 1150 feet; starting elevation 3100 feet; leave at 9:00 a.m.; driver donation \$1.00. Ron Noton, 825-7374.

Jan. 25 – Tue. FULL MOON HIKE. Catalina State Park Hike. Rating D. We will hike in Catalina State Park on one of the easy trails and enjoy the quite beauty of an Arizona night. We will then return to enjoy samores and a campfire. Bring flashlight, hot drink, and warm clothes including gloves. Hike < 4 miles; elevation change 200 feet; starting elevation 2700 feet; leave at 7:00 p.m.; site rental and somore fee \$3.00; driver donation \$2.00. Susan Robertshaw, 818-6727.

Jan. 25 – Tue. Seven Falls. Rating C+. Starting at the Sabino Canyon Visitors Center hike from the parking lot to lower Bear Canyon. Then along the Bear Canyon Trail to Seven Falls and return. Falls may be dry depending on spring rains. Hike 8 miles; elevation change 900 feet; starting elevation 2800 feet; leave at 8:30 a.m.; driver donation \$3.00. Mary Croft, 825-3804 (Sandra Sowell).

****Jan. 27 – Thu.** Picacho Peak - Sunset Vista Trail. Rating D. From the Sunset Vista Trailhead we follow the trail to the area that starts the steep climb to Picacho Peak. We will return by the same route. Hike <4 miles; elevation change minimal; starting elevation 1500 feet; leave at 8:30 a.m.; driver donation \$5.00. Jan Wilson, 818-0299.

****Jan. 27 – Thu.** Black Mountain (Exploratory using GPS Navigation). Rating B. Black Mountain is approx. 15 miles due north of Oracle Junction, rarely used and reachable only by a series of dirt roads. This will be a bushwhack hike using GPS receivers to find our way to a Bench Mark Survey Pin. Also, we will explore the rest of the mountain for other areas of interest gaining valuable GPS skills in unfamiliar territory. Limit 8. Two 4WD vehicles required. Hike distance is unknown, not more than 7 to 9 miles; elevation change 500 to 1000 feet; starting elevation 5050 feet; leave at 7:30 a.m.; driver donation \$4.00. John Rendall, 825-9395.

Jan. 29 – Sat. Hidden Canyon via Fifty Year Area. Rating C. 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. Hike 7.5 miles; elevation change 800 feet; starting elevation 3200 feet; leave at 8:00 a.m.; driver donation \$1.00. Jim Strickler, 825-8735.

Jan. 30 – Sun. Wasson Peak/Hugh Norris Trail. Rating B. For "C" Hikers. We will take the Hugh Norris Trail in both directions. This is the longest trail to Wasson Peak (incredible views at the top) but the climb is gradual and the trail is primarily a ridge trail with spectacular views. Hike 10 miles elevation change 2100 feet; starting elevation 2800 feet; leave at 8:00 a.m.; driver donation \$3.00. Susan Robertshaw, 818-6727.

Jan. 31 – Mon. Chivo Falls. Rating C. This is a hike to one of the tallest desert falls in the Tucson area (Rincon Mountains). If we have some rain or spring snow melt the falls are very impressive. We'll lunch in a rock amphitheater below the falls. Hike 8 miles; elevation change 700 feet; starting elevation 4000 feet; leave at 8:00 a.m.; driver donation \$4.00. Ron Noton, 825-7374.

****Feb. 1 – Tue.** Superstition Mountains - Dripping Spring/Randolph Canyon Loop Hike. Rating B. This is a loop hike from the Woodbury TH in the Superstition Mountains. We will hike to the JF Ranch area in Fraser Canyon. Seasonal water in Fraser Canyon supports small groves of Fremont cottonwood, Arizona sycamore and willow trees. The junction of Fraser and Randolph Canyons is very pretty with smooth, reddish bedrock and shallow pools of seasonal water. Dripping Spring seeps from the ledges above the canyon floor. A small cave is nearby. We will then hike up Randolph Canyon to the JF Trail and back to the Woodbury TH. Hike is 9.7 miles; elevation change is 1280 feet; limited to eight hikers; leave at 6:00 am; driver donation \$10.00. Bill Leightenheimer 818-1953.

Feb. 3 – Thu. Linda Vista Loop. Rating D+. Drive to trailhead, 15 minutes from the MountainView parking lot. Trail skirts the base of Pusch Ridge and has great views out onto Oracle Road and environs. Hiking stick recommended as trail is rocky in places. Hike 3 miles; elevation change 300 feet; starting elevation 2680 feet; leave at 9:00 a.m.; driver donation \$1.00. Susan Robertshaw, 818-6727.

Feb. 4 – Fri. Dripping Springs from the Sutherland Trail. Rating C-. We follow the Sutherland Trail to the wilderness sign. The hike then veers to the right and follows a small canyon where there is a beautiful waterfall (depending on recent rains). Much of this part of the trail is sandy with several water crossings. After entering the wilderness area the trail is somewhat rocky. An old abandoned mine is visible to the left of the canyon. Hike 4 miles; elevation change 500 feet; starting elevation 2700 feet; leave at 8:30 a.m.; driver donation \$2.00. Jan Wilson, 818-0299.

Feb. 6 – Sun. Bridal Wreath Falls. Rating C+. We'll drive to the east end of Speedway to reach the trailhead. Some steep hiking up the Douglas Spring Trail for the first 2.5 miles then .03 miles to the falls. Mostly sunny, so bring sun protection. In the spring the falls should be flowing if the winter rains have cooperated. Hike 5.6 miles; elevation change 1200 feet; starting elevation 2800 feet; leave at 8:00 a.m.; driver donation \$4.00. Susan Robertshaw, 818-6727.

Feb. 7 – Mon. 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. The route has many up and downs. Hike 5 miles; elevation change 1100 feet; starting elevation 2700 feet; leave at 8:30 a.m.; driver donation \$3.00. Janet & Bob Harrison, 825-2453.

Feb. 7 – Mon. Wasson Peak/Hugh Norris Trail. Rating B. We will take the Hugh Norris Trail in both directions. This is the longest trail to Wasson Peak (incredible views at the top) but the climb is gradual and the trail is primarily a ridge trail with

spectacular views. Hike 10 miles elevation change 2100 feet; starting elevation 2800 feet; leave at 8:00 a.m.; driver donation \$3.00. Ron Noton, 825-7374.

****Feb. 8 – Tue.** Superstition Mountains - Marsh Valley Loop. Rating A. Moderate pace. This is an enjoyable hike through two rugged canyons in the northwestern Superstition Mountains. We will hike the Boulder Trail from the Canyon Lake TH passing Battleship Mt. Hike 16.1 miles; elevation gain 1000 feet; leave at 4:30 a.m.; driver donation \$10.00. Limited to eight hikers. Bill Leightenheimer, 818-1953.

Feb. 9 – Wed. Arizona Trail (AZT)-Oracle State Park (OSP) Work Session. Rating C. This is our Hiking Club committed work day in helping to develop, maintain and report condition of the trails for which we have responsibility. Generally the work is light in nature and may involve brushing, hoeing, raking, trimming, pruning and usually requires some bending and lifting/carrying tools. On rare occasion we must rebuild water bars, design and develop new trails, build small bridges, erosion control devices and other special projects. All tools are supplied and kept at OSP. Gloves, hat and long pants are always recommended. For the most part it requires a 4-6 hour block of time, therefore you should bring snacks/lunch/water. We are responsible for all the trails in OSP and the 13.5 mile section of the AZT described as "Segment 14A - Black Hills/south". This segment is just north of OSP with the trailhead on Tiger Mine Road. Come join in the fun--it's nice to work side by side with other hiking members and it certainly gives you a feeling of pride and accomplishment along with a way of 'giving back' for all the trails we hike and take for granted so often. Leave at 7:30 a.m.; driver donation \$ 2.00. John Rendall, 825-9395.

Feb. 10 – Thu. Sabino Canyon - Explore Lower Trails. Rating D. We will explore the many lower trails at Sabino Canyon including the Bajada Loop Nature Trail that identifies some of the desert plants seen throughout the canyon. We will also stop in the Visitor Center. Hike <4 miles; elevation change <500 feet; starting elevation 2700 feet; leave at 9:00 a.m.; driver donation \$3.00. Susan Robertshaw, 818-6727.

Feb. 11 – Fri. Mt. Lemmon to SaddleBrooke via Samaniego Ridge Trail. Rating A. Hike begins on Mt. Lemmon and proceeds down the trail to the AZT (Arizona Trail) which we follow for a short distance. We then veer off on to the Samaniego Trail up along the backside of the three peaks of the Samaniego Ridge and over to Mule Ears, eventually dropping down to the summit of Charouleau Gap. From the Gap we continue down FR736 (4WD road) and back to the horse ranch in SaddleBrooke. This is a beautiful hike with great views of the Reef of Rocks as viewed from Mule Ears as well as the entire Canada del Oro Canyon watershed originating from Mt Lemmon.(Everything you can't see from SaddleBrooke). The trail is seldom used and slow going at places so be prepared for some bushwhacking. Minimum 4 liters of water, headlight, long pants and plenty of snack food recommended. Drivers will be needed to drive hikers to Mt Lemmon. Hike 15.7 miles; elevation change - gain 1299 feet and lose 7146 feet; starting elevation 9097 feet; leave at 6:00 a.m.; driver donation \$6.00. John Rendall, 825-9395.

Feb. 13 – Sun. Seven Falls. Rating C+. Starting at the Sabino Canyon Visitors Center hike from the parking lot to

lower Bear Canyon. Then along the Bear Canyon Trail to Seven Falls and return. Falls may be dry depending on spring rains. Hike 8 miles; elevation change 900 feet; starting elevation 2800 feet; leave at 8:00 a.m.; driver donation \$3.00. Jim Strickler, 825-8735.

Feb. 14 – Mon. Panther Peak. Rating B. The hike begins near Saguaro West National Park, with the first mile on old mining roads. Then, a steep, difficult climb begins and you may need to use your hands to climb the trail. The use of gloves, long pants, and a hiking stick is recommended. Enjoy outstanding views from the top, all the way to Picacho Peak. We will return by the same route. This is a short but strenuous hike. Hike 4 miles; elevation change 1135 feet; starting elevation 2300 feet; leave at 8:00 a.m.; driver donation \$3.00. Ron Noton, 825-7374.

****Feb. 15 – Tue.** Big Rock Dome and Elephant Trunk Bushwack. Rating B-. This hike is a strenuous bushwack for an adventurous minded fit hiker in the granite rocks across the Canada del Oro Wash to the east of SaddleBrooke. Long pants, long sleeved shirts, and gloves are required. Hikers will see a rare double crested saguaro. Hike 4 to 5 miles; elevation change 770 feet, starting elevation 3095 feet; leave at 8:00 a.m.; no driver donation. Bill Leightenheimer, 818-1953.

Feb. 16 – Wed. Dripping Springs from the Sutherland Trail. Rating C-. We follow the Sutherland Trail to the wilderness sign. The hike then veers to the right and follows a small canyon where there is a beautiful waterfall (depending on recent rains). Much of this part of the trail is sandy with several water crossings. After entering the wilderness area the trail is somewhat rocky. An old abandoned mine is visible to the left of the canyon. Hike 4 miles; elevation change 500 feet; starting elevation 2700 feet; leave at 8:00 a.m.; driver donation \$2.00. Sandra Sowell, 818-0995 (Mary Croft).

****Feb. 17 – Thu.** Geocache (using GPS Navigation). Rating C--B. This will be a Geocache event. Hiking will be minimal (4-5 miles with little elevation gain), but will require driving on nearby hard and dirt surface roads to the closest location to start your search for the cache. We will have about 3 different cache locations requiring precise accuracy. You will get your next set of coordinates when you find the first. Suggest about 4 people/car, but only one GPS unit-person in each car. Non-GPS trained/equipped people are welcome to join in for the experience, assuming enough cars/ room are available or you could even drive for the GPS Navigator. This will not be difficult and should result in a lot of fun, plus gain a little geocache experience. Assuming everyone is successful we could have lunch at a nearby restaurant; if not successful, we'll see you back at the ranch. Hike 4 to 5 miles; elevation change minimal; leave at 7:30 a.m.; driver donation \$ TBD. John Rendall, 825-9395.

++Feb. 19 – Sat. Oracle State Park Exploration. Rating D. We will explore some of the trails at Oracle State Park. Enjoy the interesting boulder groups, oak woodlands, manzanita stands, and desert grasslands found in this new state park. Hike 4 miles; elevation change 200 to 400 feet; altitude 4350 feet; leave at 10:00 a.m.; driver donation \$2.00. Bob Wynne, 825-2974.

Feb. 20 – Sun. Madera Canyon Nature Trail. Rating C. This

non-desert hike is in the Santa Rita Mountains. We start at 4500 foot elevation from the lower area and ascend 3.2 miles up the canyon to the 5400 foot Roundup Picnic Area. Along the way, we enjoy the shade of Apache Pines, Douglas Firs, Emory Oaks, Mexican Blue Oaks, Willows, Cottonwoods, and Sycamores. Our return is by the same route. There are panoramic views from a ridge on a trail breakout. Hike 7.5 miles; elevation change 900 feet; starting elevation 4500 feet; leave at 7:00 a.m.; driver donation \$6.00. Susan Robertshaw, 818-6727.

Feb. 21 – Mon. Esperero Trail/Cardiac Gulch. Rating B. This is a hike to the saddle overlooking Esperero Canyon. We'll warm up by hiking from the Sabino Canyon parking lot 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 while viewing the falls below, assuming that the spring thaw supplies a rushing brook. Extra water is recommended. Hike 8 miles; elevation change 1700 feet; starting elevation 2750 feet; leave at 8:00 a.m.; driver donation \$3.00. Ron Noton, 825-7374.

****Feb. 22 – Tue.** Superstition Mountains - Reavis Ranch Loop. Rating A+. Moderate pace. This popular loop hike follows trails from the Rogers Trough TH. As we hike down the Rogers Canyon Trail, we will pass the Salado Cliff Dwellings. A site near Angel Basin, is where famed Tucson artist Ted DeGrazia burned \$1,000,000 of his paintings to avoid federal income taxes. We will take the Frog Tanks Trail to the Reavis Ranch Trail where we will visit the old Reavis Ranch site. From there, we will take the Reavis Ranch Trail over Reavis Saddle and visit the grave site of Elisha Reavis. Hike is 19.1 miles; elevation gain of 1920 feet; driver donation \$10.00; leave at 4:30 a.m. Bill Leichtenheimer 818-1953.

Feb. 23 – Wed. Wasson Peak via Esperanza/Hugh Norris Trail. Rating B. We will take 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 views from Wasson Peak are of Tucson/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 8 miles; elevation change 1700 feet; starting elevation 2980 feet; leave at 8:00 a.m.; driver donation \$3.00. Sandra Sowell, 818-0995 (Mary Croft).

++Feb. 24 – Thu. Fifty Year Trail Area. Rating D. We will follow a jeep road to Sutherland Wash then loop back on a ridge that has great views, beautiful saguaros, and interesting rock formations. Hike 3+ miles; elevation change 200 feet; starting elevation 3200 feet; leave at 9:00 a.m.; driver donation \$1.00. Susan Robertshaw, 818-6727.

****Feb. 24 – Thu.** Cold Spring Canyon Cliff Dwellings. Rating A. This will be a exploratory hike in the Sierra Ancha Wilderness-Tonto Nat. Forest. We will be attempting to find 3 different dwellings situated high in the cliffs which are rarely viewed by anyone due to the remoteness and difficult terrain of this canyon. This is the same area in which we have climbed to the ruins of Devils Chasm, Cooper Fork and Pueblo Canyons in past years, all extremely interesting, beautiful and challenging. I am attempting to make arrangements to have a noted archaeologist who has studied the area for many years

accompany us. Since this is quite a long drive and difficult area to access we will leave early and return late; eating at a fine Mexican Restaurant in Globe on our return. Elevation gain-approx. 2000' over 2 miles. As this is in remote mountain back country, we may have to reschedule/ delay due to snow/black ice conditions. The hike will be limited to 8. Two 4WD vehicles required. Leave at 5:30 a.m.; driver donation \$12.00. John Rendall, 825-9395.

Feb. 25 – Fri. Chivo Falls. Rating C. This is a hike to one of the tallest desert falls in the Tucson area (Rincon Mountains). If we have some rain or spring snow melt the falls are very impressive. We'll lunch in a rock amphitheater below the falls. Hike 8 miles; elevation change 700 feet; starting elevation 4000 feet; leave at 7:00 a.m.; driver donation \$4.00. Jan Wilson, 818-0299.

Feb. 26 – Sat. Charouleau Gap Road/ Big Rock Dome Loop. Rating B-. Starting from Spotted Horse Ranch, below Unit 9, we will hike south, along the Canada Del Oro Wash to the Charouleau Gap Road and then climb this 4-wheel drive road. We will then bushwack over to the big rock dome where we will have lunch with 360 degree views. Afterward, we will come back down past our double-crested saguaro to the CDO Wash and our vehicles. Hike 7 to 8 miles; elevation change 900 feet, starting elevation 3090 feet; leave at 8:00 a.m.; driver donation \$1.00. Jim Strickler, 825-8735.

Feb. 27 – Sun. Josephine Saddle/Old Baldy/Vault Mine Trail. Rating B. For "C" Hikers. We start in Madera Canyon (Santa Rita Mountains) and go up Old Baldy Trail to Josephine Saddle. We then take the Agua Caliente Trail across and return via Vault Mine Trail. The Vault Mine trail going down will be very steep. Hike 6.7 miles; elevation change 2000 feet; starting elevation 5400 feet; leave at 8:00 a.m.; driver donation \$6.00. Susan Robertshaw, 818-6727.

Feb. 28 – Mon. Red Mountain near Santa Rita Mountains. Rating B. The trailhead is off Harshaw Road south of Patagonia. We will hike up a wide, graded, steep road that maintains a constant degree of incline for most of the hike. There is a fire lookout tower on top and the views are panoramic. Hike 8.3 miles; elevation change 1900 feet; starting elevation about 4000 feet; leave at 7:00 a.m.; driver donation \$6.00. Ron Noton, 825-7374.