



SADDLEBROOKE

HIKING CLUB NEWSLETTER

<http://www.SaddleBrooke.org>

May/June 2004

2004 - 3

PUTTING THE RIGHT FOOT FORWARD

By Susan Robertshaw, Chief Hiking Guide

I was exploring "hiking" on the internet and came across an interesting article by the American Hiking Society. They have this to say about "Putting the Right Foot Forward."

- ❖ Keep your breathing at a natural pace with your heart rate.
- ❖ Always maintain good posture, with your lower back flat and pelvis tucked directly under your spine.
- ❖ If you plan to walk or hike at a pace above strolling, it is important for your body temperature to rise gradually. So warm up for at least 5 to 10 minutes before increasing your speed.
- ❖ Stretch out after your walk, when your muscles are warm and flexible.
- ❖ Walking with modified ski poles helps you reach your target heart rate at a slower walking speed.
- ❖ Take quick steps, not long strides, for the most natural stride.
- ❖ To determine your target heart rate; walk fast enough to notice your breathing, but not so fast you are out of breath or gasping; if conversing, you should have to pause regularly to breathe.
- ❖ Avoid blisters by choosing a properly sized and fitted shoe. Also try wearing synthetic fiber socks because they reduce friction and draw moisture away from the skin.

CLIMBING SCHOOL CLASSES

Many times while hiking places like Thimble Peak or Finger Rock I have wished I knew about climbing with ropes, rappelling, belaying techniques etc. to tackle that last ascent to the top. On one of my recent trips to Summit Hut I asked if they had a climbing school they could recommend. One of the schools was Rocky Mountain Climbing School. They have an Introductory Rock Climbing class for beginners and are willing to extend the class to a group of four or more from the

SaddleBrooke Hiking Club for half price. All equipment is furnished and the class can be available in May 2004. If you would be interested please call John Robertshaw, 818-6727.

BUCKSKIN GULCH/PARIA BACKPACK

John Rendall is planning a backpack trip for October 4th and 5th in the Buckskin Gulch in the Paria Area. They will also be hiking 2 or 3 days on the North Rim of the Grand Canyon either before or after the Buckskin Gulch hikes. They plan on hiking the Nankoweep Trail down to the Colorado River and one of the trails on the rim. These added hikes will make the trip about one week long. These will be "A" hikes. Anyone interested should contact John Rendall at 825-9395.

Hiking Tidbit



Hiking regularly can reduce high blood pressure and cholesterol levels, lower the risk of heart disease, slow the aging process, improve osteoporosis and relieve back pain. It's also one of the leading ways to lose weight.

More than 47 million Americans hike at least once a year. A National Park Service study found that regular exercisers file 14 percent fewer healthcare claims and spend 30 percent fewer days in the hospital than people who lead non-active lifestyles. (*American Hiking Society web page.*)

PIQUANT PICNIC

By Mary Richling

Eighty-six SaddleBrooke Hiking Club members and guests enjoyed a picture-perfect Tucson day at Catalina State Park, Saturday, March 27. Several interest point "kiosks" on rocks, nature hike photos, books and nature exhibits provided hands on information. Susan Robertshaw held map and compass use competitions and John Rendall taught an in-depth GPS course to many interested in properly using the gadgets. Most participants took advantage of three separate level hikes, enjoying the budding spring beauty of the area. The caterers served an enjoyable lunch. Many members bought new hiking club shirts and patches and several took advantage of our first hiking club used gear sale.

Following lunch, the group elected new officers for the upcoming season and thanked the retiring officers, workers and hiking guides for another fine hiking club season.

The new officers are president, Jim Strickler; vice-president, Bob Wynne; treasurer, Sherry Jacobson and secretary, Mary Richling. Susan Robertshaw will continue as chief hiking guide, Bob Perez will continue with membership, John Robertshaw continues with publicity, Art Cross with statistics and awards, Rand Wells and Andrea Gray with the newsletter and communications and Sue Berman making newsletter copies.

Special thanks go to Anne Hammond for organizing another fun picnic and for being our social chairperson this past year. Also, thanks to Karen Schmidt for selling and maintaining our merchandise. We are looking for replacements for both these positions. HELP!!!

Thank you to our founder, Bill Leightenheimer who will be off the board for the first time since he started the club nearly five years ago and thanks to Linda Bechky, retiring treasurer and Bob Perez, retiring secretary.

Mark your calendars for next fall's picnic at the YMCA camp in Oracle. Mary Croft is organizing what should be a great change of venue event for us November 13.



Achievement Awards February/March 2004

250 Hikes: Kathy Gish, Dean Wilson
100 Hikes: Donna Goode
50 Hikes: Helen Stickler, Susan Gleich
25 Hikes: Greg Hlushko, Ellen Efron
10 Hikes: Don Stull, Ilene Skinner, Sally Sample,
Fran Edson, Warren Sebor, Kenniith,
Leimkuehler, John Strada, Ruth
DeBruine, Paul DeBruine, Steve
Penner, Judy Curtis

OFFICERS:

President: Jim Strickler 825-8735
sherabjim@robsoncom.net

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Secretary: Mary Richling 825-5238
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NEWS YOU CAN USE

Hiking Club Social Hour	May 19 th	4:00 p.m.
Board Meeting	No meeting in June	
Hiking Guide Meeting	June 2nd	3:00 p.m.
Hiking Club Social Hour	June 16th	4:00 p.m.

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

NEWS WE CAN USE

New e-mail address: If you change your email address please notify our Secretary so you can continue to receive the bi-monthly 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.

MEMBERSHIP INFORMATION

Hard copies of the Newsletter are available at both the SaddleBrooke and MountainView 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.

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 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 by eating salty snacks or adding electrolyte mix or sports drink to water. 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 and <500 foot climb

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 - 6:30 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

Wed. Afternoon Group - 4:00 p.m.

Meet at SaddleBrooke Tennis Center parking lot.

Judy Barenkopf 825-7077

****May 3 - 7 - Mon - Fri.** Grand Staircase-Escalante (Utah). Rating A. This is a 3 DAY-2 Night-BACKPACK (3 'A' Hikes)

(Plus 2 travel days). This will be a hikers dream discovering Southern Utah in the Canyons of the Escalante. We will be hiking between Bryce Canyon Nat. Park and the town of Escalante. The 3 day trip will take us through Death Hollow and the Escalante River requiring many river crossings and slot canyon maneuvers. We will go over, through or near many natural arches, natural bridges and monuments. This is planned as a 40 mile trek, however due to changing weather conditions our trip may require some last minute alterations; which will be planned at a meeting prior to the trip. Requirements--backpack experience for severe weather changes; 4WD transportation. Limit 8. 300 miles to TH. **Please contact guide by March 30TH if you are interested in going.** Leave Mon – May3th @ 6:00 AM (the day before the trek); driver donation approx. \$25 (share expenses); John Rendall, 825 9395.

****May 5 – Wed.** Sutherland Wash Cutoff Trail/One Way. Rating C. This is a great wild flower hike after abundant winter rains. We will start from Catalina State Park and hike northeast along the Sutherland Wash using the Canyon Loop Trail, Sutherland Trail and the Sutherland Cutoff Trail. We will climb gradually for 1.8 miles to the intersection with the Trico Electric Co. Jeep Road (Forest Road # 643). Along the way, we will observe many varieties of wild flowers, see beautiful Saguaro cacti, and great rock formations. There are many photo opportunities. We will also pass the cutoff to Dripping Springs which makes a nice short side trip if the water falls are flowing. High clearance vehicles with all wheel or four wheel drive needed. Hike 4 + miles; elevation change 750 feet, starting elevation 2700 feet; leave 7:30 AM; driver donation \$2.00. Bob Wynne, 825-4056.

May 7 – Fri. 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; elevation change 1800 feet; starting elevation 2900 feet; leave at 6:00 AM; driver donation \$3.00. Wayne Kennedy, 818-1812.

May 9 – 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; we will hike through an area effected by the Aspen fire; elevation change 1200 feet; starting elevation 4400 feet; leave at 7:30 AM; driver donation \$3.00. Karen Gray, 818-0037.

May 14 - Fri. Soldier Trail. Rating B. For C Hikers. Start at mile 1.3 pullout on Catalina Highway to Prison Camp and return. The first ½ mile is very steep. The gorge in Soldier Basin may have water flowing below some rugged cliffs. Views of the Tucson area. This trail was used in the 1800s as a cavalry passage into the mountains. Hike 6 miles; elevation change 1600 feet; starting elevation 3200 feet; leave at 7:30 AM; driver donation \$4.00. Jim Strickler, 825-8735.

May 14 - 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 7:00 AM; driver donation \$1.00. Jon Chase, 818-1115.

May 17– Mon. Peralta Trail. Rating C+. Peralta Trail to Fremont Saddle viewing Weaver's Needle in the Superstition Mountains. This may be the area's most beautiful canyon. Legend has it that a loner named Jacob Waltz (The Dutchman) found a fortune in gold somewhere within the Superstition Mountains. Dominating the legends and the landscape is Weaver's Needle. The canyon bottom is a jumble of huge, thought-provoking boulders that have tumbled from the cliffs above. It's a steep, rocky trail most of the way. Hike 5 miles; elevation change 1360 feet; starting elevation 2500 feet; leave at 7:00 AM; driver donation \$8.00. Bob Wynne, 825-4056.

++May 19 – Wed. 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. We can continue strolling through the park at our leisure and end with breakfast at the Tohono Chul Tea Room. Bring binoculars. There is an admission fee of \$5.00. Hike 1.5 miles; elevation change 50 feet; starting elevation 2700 feet; leave at 8:00 AM; driver donation \$1.00. Mary Richling, 825-5238.

May 19 – Wed. 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. 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; elevation change 800 feet; starting elevation 2900 feet; leave at 7:00 AM; driver donation \$1.00. Wayne Kennedy, 818-1812.

****May 21 – Fri.** Point 5783 in Pontatoc Canyon. Rating B. Most of the hike is following the Pontatoc Canyon Trail. This is a hike to an infrequently climbed peak in the upper reaches of Pontatoc Canyon. There is a great view of Tucson from the saddle and the top after a short bushwack through mostly grasses. Hike 7.0 miles; elevation change 2700 feet; starting elevation 3100 feet; leave at 6:30 AM; driver donation \$1.00. John Robertshaw, 818-6727.

****May 24 – Mon.** Rosewood Point. Rating B-. From the parking lot at Pima Canyon trailhead we travel 1.8 miles up the Pima Canyon Trail. Here we leave the trail near a large grove of cottonwood trees and head up a major side canyon coming in from the south. The "route" is a bushwack up the canyon .7 mile up a draw to a prominent saddle. One of the easier bushwhacks. Suggest defensive clothing. At the saddle we climb up an easier south side route around a cliff to the easy walk to the summit of Rosewood Point where a large Rosewood tree stands. We will then proceed over to North Rosewood Point for the spectacular view down into Pima Canyon. The return will either be the same way we came up or bushwack down the ridgeline to the west.

Hike 5.0 miles; elevation change 1500 feet; starting elevation 2900 feet; leave at 7:00 AM; driver donation \$1.00. John Robertshaw, 818-6727.

May 26 – Wed. 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. Park entrance pass required. Hike 4.2 miles; elevation change 2100 feet; starting elevation 1500 feet; leave at 6:30 AM ; driver donation \$6.00. John Robertshaw, 818-6727.

May 26 – Wed. Maiden Pools. Rating C. We'll start at the public parking lot past the employees' parking lot and use the new Forest Service trail into the canyon. The trail is rocky in places with some steep climbing. Hopefully, we will be rewarded for our efforts with spectacular views of the East Side of Tucson. Lunch at the pools and return. Hike 5 miles; elevation change 1100 feet; starting elevation 3000 feet; leave at 6:00 AM; driver donation \$2.00. Wayne Kennedy, 818-1812.

****May 27 - Thurs.** Table Mountain. Rating A. From the parking lot at the Pima Canyon trailhead we travel 3.2 miles up to where a steep rocky gully comes in from the north. The "route" is a bushwack climbing steeply up the rocky drainage to the flat grassy slope that leads northeast to Table Mountain. Suggest defensive clothing and gloves if desired. The vegetation is a mixture of shindagger, prickly pear, oak, piñon and juniper. The view is spectacular and well earned. The return will either be via Bighorn Mountain or down the same way. Hike 10.0 miles; elevation change 3350 feet; starting elevation 2900 feet; leave at 6:00 AM; driver donation \$1.00. John Robertshaw, 818-6727.

May 28 - Fri. Romero Pools. 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 then down the canyon area where several pools are located. An option is a ¾ mile round-trip hike to the upper pools. We will have lunch there. Park entrance pass required. Hike 6 miles; elevation change 1200 feet; starting elevation 2700 feet; leave at 7:30 AM; driver donation \$2.00. Jim Strickler, 825-8735.

June 2 – Wed. Deer Camp from the 50-Year Trail. Rating C. We will start at the Equestrian Center on the 50-Year Trail. We hike through beautiful rock formations with many saguaros to a camp at the base of Mt. Samaniego. Hike 7 miles; elevation change 900 feet; starting elevation 3200; leave at 7:30 AM; driver donation \$1.00. Bob Wynne, 825-4056.

June 4 – Fri. 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 AM; driver donation \$6.00. Mary Richling, 825-5238.

June 6 – Sun. Josephine Saddle. Rating B. We start in Madera Canyon (Santa Rita Mountains) and go up Old Baldy Trail to Josephine Saddle. Rest there and return on the Super Trail. This hike can be done in reverse going up the Super Trail and returning on the Old Baldy Trail. Hike 6.2 miles; elevation change 1700 feet; starting elevation 5400 feet; leave at 7:30 AM; driver donation \$6.00. Karen Gray, 818-0037.

****June 7 – Mon.** Dutch John Spring and Bog-Kent Springs. Rating B. We hike from the Bog Springs parking lot in Madera Canyon to Dutch John Springs and return to the cutoff to the Bog-Kent Springs Loop Trail. The hike is through Arizona Sycamore, walnut and fir trees. There are great views of Madera Canyon, Green Valley, Kit Peak and Baboquivari Peak. There are areas with steep climbs in spots. Good cooler hike for the summer. Hike 8.0 miles; elevation change 2100 feet; starting elevation 4800 feet; leave at 6:30 AM; driver donation \$6.00. John Robertshaw, 818-6727.

****June 10 – Thurs.** McCleary Peak. Rating A. We follow the Florida Canyon Trail in the Santa Rita Mountains to Florida Saddle and Armour Spring and then we follow a faint path to the north up to McCleary Peak. Great views of the Santa Catalina, Rincon and various mountains to the east. Good cooler hike for the summer. Hike 11.6 miles; elevation change 4000 feet; starting altitude 4300 feet; leave at 6:30 AM; driver donation \$5.00. John Robertshaw, 818-6727.

June 11 – Fri. Incinerator Ridge. Rating C. We will begin at the Palisade Ranger station and climb 400 feet to a saddle. Then we will walk along the ridge to reach a viewpoint towards Barnum Rock and Peck Wilderness. This is one of the premier views off of Mt. Lemmon, which truly gives you the concept of a sky island. Hike 5 miles; elevation change 900 feet; starting elevation 8000 feet; leave at 7:30 AM; driver donation \$6.00. Jim Strickler, 825-8735.

****June 14 – Mon.** Pete Mountain. Rating B. We follow the Agua Caliente Trail in the Santa Rita Mountains up to Agua Caliente Saddle and then turn north to Pete Mountain. On some maps it is shown as Santa Rita Peak. After leaving Agua Caliente Saddle we take a little used route to the peak past one of the area's largest hedgehog cactus with at least 200 individual heads per Betty Leavengood. Good cooler hike for the summer. Hike 7.0 miles; elevation change 2900 feet; starting elevation 4800 feet; leave at 6:30 AM; driver donation \$5.00. John Robertshaw, 818-6727.

June 17 – Thurs. Chiricahua Heart of Rocks Loop. Rating B. This loop trail is described in "Hiking Arizona's Cactus Country" as popular route (which) makes a long day trip, visiting the most spectacular rock formations in Chiricahua National Monument. This hike includes the scenic Echo Canyon trail. Trailhead is 140 miles from SaddleBrooke. For this reason, some may want to go to that area the day before, in which case we will meet at the Chiricahua National Monument Visitor Center at a predetermined time. All others will leave SaddleBrooke at time noted below. Hike 8.4 miles; elevation change 1400 feet; starting elevation 6780 feet; leave at 6:30 AM; driver donation \$10.00. Jim Strickler, 825-8735.

June 18 – Fri. Butterfly Trail. Rating B-. Starting at Soldier Camp in the Catalinas we will hike down to the Novio Spring area in Alder Canyon where we will lunch in the vicinity of a 1957 F-86 plane crash. All of the steady climb is on the way out. We will be in the shade of very tall Douglas fir and ponderosa pines, up to the saddle and exit at Palisade Ranger Station. Along the way are views of San Manuel to the east. Hike 6 miles; elevation change 1800 feet; starting elevation 7700 feet; leave at 7:00 AM; driver donation \$6.00. John Robertshaw, 818-6727.

June 18 - 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 7:00 AM; driver donation \$1.00. Jon Chase, 818-1115.

June 23 – Wed. Atascosa Lookout. Rating B. We hike to the fire lookout station in the Tumacacori mountains, near Rio Rico, with the famous outhouse (yes, outhouse) ready for use. This is considered a most scenic trail with views over 75 miles in all directions. Kodak moments will be taken on the return if you haven't used up all your film on the summit. Limit 14 hikers. Hike 5 miles; elevation change 1600 feet; starting elevation 4700 feet; leave at 7:00 AM; driver donation \$6.00. Bob Wynne, 825-4056.

Please Note:

**Use the following phone numbers
for these two Hiking Guides.
The phone numbers listed in the
“Hikes Section” are in error.**

- **Karen Gray: 818-0337**
- **Bob Wynne: 825-2974**