



# SADDLEBROOKE

## HIKING CLUB NEWSLETTER

<http://www.SaddleBrooke.org>

July/August 2001

2001-4

### HOW MUCH IS ENOUGH?

by Walt Faschini

Even though we tend to move most hikes during the summer to higher ground where it is cooler, we still must remember to always bring enough water in all seasons. An article entitled "Don't Trust Your Thirst" in the AZ Daily Star 5/9/01, based on expert medical and sports professional sources, had some worthwhile info. It indicated that "our thirst mechanism is a slacker. It tells you too late that you need water & it doesn't tell you how much you need. The thirst mechanism tends to turn off after about 50% replenishment." The article further indicates that "you lose a liter of water/hour in 100 -degree heat just doing nothing in the shade and three times that much through heavy exercise like mountain biking. So drink one or two liters of water before you go outside and replenish each hour." Regarding sport drinks, the article says that "sport drinks are a good idea if you are exercising in high heat because they replace lost salt. But make sure the carbohydrate content is less than 7 percent. Otherwise, your body will waste water diluting and digesting the sweet stuff. And, skip coffee and colas."

Most experienced Arizona hikers I know hydrate well before going out and carry at least 2 liters of water or a combination of water/sports drink even on short hikes under 6 miles. Beyond that, they tend to add an extra liter for every additional 2-3 miles. Then, they don't just carry their liquid; they sip it on a regular basis. Two other important points are 1) always wear a hat to help stay cool and, 2) coat your exposed skin areas well with a 30-sunblock.

**BE SMART, BE PREPARED -- NOT SORRY!**

### More Arizona Place Names.

Here are more Arizona place name descriptions taken from the book "Arizona Place Names" by Will C. Barnes.

**Aravaipa Apaches.** Tribe whose home was in Aravaipa Canyon. From the Pima meaning "girls." Possibly applied to these people for some unmanly act.

**Phoenix.** "A new city would spring Phoenix-like upon the ruins of a former civilization." That civilization was the Hohokam 300 BC to AD 1450. Note: See Webster for Phoenix definition.

**Santa Catalina Mountains.** Originally called "Santa Caterina" by Father Kino. The early Spanish called it La Iglesia, "the church" from its fancied resemblance to a great cathedral.

**Tubac.** 45 miles south of Tucson, meaning "adobe house" or "round house ruins."

### THE BACK ROAD

by Dave Caldwell

Sometimes curiosity gets the best of me. After living here for almost 6 years and hearing about the back way to the top of Mt. Lemmon, and finally buying an SUV, I decided it was time to go do it. So with spontaneity in mind, on a Thursday in the middle of May, I blurted out to Bev, "How about on Saturday we drive to the top of Mt. Lemmon via the back road?" Always up for new roads and a bit of birding, she said, "Sure!" So come Saturday, off we went with extra water, the bird book and the binoculars.



Let me tell you right off that you shouldn't try this in a regular car. You do need a high clearance vehicle. 4 wheel drive is not necessary but clearance is. We decided to go from the bottom to the top. I had a good topical map of the area; the mileage was 24.8 miles from downtown Oracle to the Summerhaven fire station which is .3 miles before the cutoff road to Ski Valley on the top.

Out of Oracle, the first 3 or 4 miles are paved and go by Oracle State Park. Then we came to a fork in the road where the pavement ends; the road on the right goes to the top. After another mile or so you hit the Arizona Trail crossing. Many hikes are led from here up the trail to the top of Oracle Ridge (see American Flag Trail in the database). Another mile down the road is a turn off to the right to the Triangle Y Camp. If you go up this road and follow it without going down any side roads you come to the Highjinks mining camp. This is one of main buildings used by Buffalo Bill Cody when he was pumping money into various mines in the area 100 years ago. It is now a National Historic Site.

Six miles from the start we came to Peppersauce Campground, a small tent or small trailer campground in a pretty canyon with Sycamore trees all around. Several hikes the club goes on originate from this area. Up till now the road had been a very well maintained, graded dirt road. Now it changed. The next 2.2 miles, from Peppersauce Campground to Nugget Canyon, the road was decidedly rougher. Nugget Canyon, like Peppersauce, is very pretty with lots of Sycamores. After Nugget, the road really got rough. It was from this point on where I would definitely not take the family car. We were constantly driving over sharp, jutting rocks - the road WAS just rock in many places! - and I was very happy that we had heavy duty tires.

We ambled this way for about 8 miles along the east foothills of the Catalinas below Oracle ridge. The scenery was beautiful with the Catalinas above us and the San Pedro Valley below. When we were 9 miles from the top, the road started to climb so now it was not only rocky but steep. About 5-1/2 miles from the top we passed the Oracle Ridge Mining Company, a large mining operation, one of the left-over mines from Buffalo Bill's days, apparently still looking for (or mining?) gold and silver.

We now entered Pine and Aspen country, a definite sign we were nearing the top. The last 3 miles of road were in pretty good condition, the best since Nugget Canyon. The road was graded smooth and gone were the craggy, sharp rocks. We passed the Oracle Ridge trailhead and a mile later we were at the fire station at Catalina Hwy. The trip from Oracle took about 2-1/2 hours. We finished our adventure with lunch at the Iron Door restaurant at Ski

Valley. The day was a beautiful 75 degrees so lunch on the deck watching dive-bombing humming birds was a must, and by the way, we can highly recommend their world-famous chili!

After lunch, Bev's curiosity got the best of her so she wandered across the road to see what all the people were staring at through their binoculars. Western Tanagers! Those who know birds know this is one strikingly beautiful red/black/yellow bird. She learned from the group (Tucson Audubon Society folks) that these Tanagers will remain in the Mt. Lemmon area, nesting and raising young, from May through September, so if you get a chance, get on up there with your binoculars and enjoy this spectacular, colorful bird! But if you take the back road, be sure to take the right vehicle.

### HIKING HAS SPECIAL TRAINING NEEDS

A jog on a treadmill is insufficient preparation for a hike in the hills, and this might come as a shock to those who count on gym workouts to get them ready for a vacation outdoors, experts say. "I suspect almost everybody will have a surprise," said Dr. Benjamin D. Levine, director of the Institute for Exercise and Environmental Medicine at Presbyterian Hospital in Dallas. Health clubs can help a person prepare, but they are not set up for pre-trek training, so hikers have to find other ways to go the extra mile, he said. Part of the reason is that hiking, like other exercises, uses specific muscle fibers in specific ways. The physiological principle of specificity says that the body learns to do exactly what it is called upon to do. Veteran hikers know that the best training for a hike is a practice hike. But there may not be time to hit the trail three times a week, and a health club is closer.

Athletes know about specificity from their other activities, Levine said: "If you are training as a runner, you might not be as good a biker, and you certainly would not be as good a weight lifter." For hikers, this means simply running on a treadmill is not what the doctor ordered, Levine said. On a flat treadmill, your legs are simply keeping you moving at a particular speed. To train to go uphill, a hiker has to find something that mimics a hill. A treadmill can help, but the grade has to be high, said Dr. Colin Grissom of LDS Hospital in Salt Lake City. "Some go to a 15 percent incline, which is pretty steep, but that can give you a pretty good idea of what it's like," he said. That grade, amounting to one foot of vertical gain for every 15 feet of trail, is sharp even for a car, Grissom said. "A steep road for a vehicle is six percent," he said. A stair climber machine also can mimic an uphill hike, although steps are more regular than what a person finds on a trail, which makes a stair climber less hiking-specific. However, the big problem with health club equipment is not getting



ready to go up - it's coming back down. Downhills stress muscles differently than do uphill.

An uphill hike is closer to a standard gym-style movement, in which muscles shorten in what are called concentric contractions. In downhills, muscles do what are called eccentric contractions, stretching and tightening in tandem to control the descent. Going uphill, the muscle acts as an engine, providing power. Going downhill, the muscle also acts as a brake. Treadmills and stair climbers work on the uphill motion, but there is little in a health club that works on the downhill. The closest a hiker might find won't be in the aerobics area but in the weights, Levine said. He suggested doing leg exercises such as presses and squats, concentrating especially on lowering the weights slowly back down.

Weight training has other advantages for hiking because hiking in many ways is like weight training, Levine said. Each step that pushes the body against gravity is, in effect, weight lifting, he said. And, under the principle of specificity, weight training gives a workout that treadmills and stair climbers don't. The treadmills and stair climber can build an aerobic base, but the ability to get oxygen to muscle cells is only part of the hiking requirement, Levine said.

Hiking also requires power. And weights let the body strengthen the fast-twitch fibers that contract quickly to provide power. These are the ones that help a hiker climb over the next boulder. Aerobic activities work on the slow-twitch fibers, which contract more slowly, but are more valuable for endurance. Slow-twitch fibers handle the bulk of the trek, keeping the hiker moving. But even endurance fibers can wear down with hours on the trail, and the fast-twitch muscles may be called upon for assistance, Levine said. "Hiking is generally done at a lower relative intensity, but the muscular work, the weight training like work designed to lift you up a mountain, is of a much higher intensity," Levine said.

*From The Associated Press.*

## OUR NEW HIKING CLUB PATCHES HAVE ARRIVED

All current hiking club members are welcome to pick up a new sew-on hiking club patch. Our first three distribution dates are at the Saddlebrooke clubhouse on June 22 from 10 - 12, June 28 from 3 - 5, and July 10 from 10 - 12. Additional patches may be purchased for \$1 each. You may also receive patches if you send a stamped self addressed envelope to Barb Leightenheimer at 63727 E. Squash Blossom Lane.

From now on, each new member will be mailed a patch

after a completed hiking club application is received.

## SAVE THIS DATE

Our annual winter picnic is scheduled for Oracle State Park (which officially opens October 1) on Saturday, October 27, 2001. We will have the same caterer that helped make the spring picnic such a success. **So don't forget to mark your calendars for October 27.**

**SUMMIT HUT OFFERINGS** at 5045 E. Speedway, Tucson (325-1554)

**Saturday, June 30, 10:30 a.m.** Gearing Up For...Sun Protection. Join us for a presentation by Summit Hut staff on tips and tricks to beat the scorching Sonoran Sun. We'll cover some basics on hats, clothing, and sunscreens.

**Saturday, July 7, 10:30 a.m.** Gearing Up For...Hydration. Find out how much to drink, how often, and how to carry all that water. We'll cover the basics of staying properly quenched, touch on sports drinks/electrolytes, and different ways to carry and drink the right beverage for you.

**Saturday, July 28, 10:30 a.m.** Gearing Up For...Getting to Know Your Garmin GPS. Join our resident GPS and Navigation expert for an informative lecture and brief field exercise that can help you decide if GPS is right for you, or help you learn to use the GPS you already own.

**Saturday, August 4, 2-6 p.m.** Backpacker Magazine's Get Out More! Road Team stops at the Summit Hut for a festival-type day of information, instruction, raffles and giveaways, all designed to give you the tools or information you need to Get Out More. There will also be special vendor tables, promotions, giveaways, and door prizes from featured vendors: Cascade Designs, Leki trekking Poles, Lowa Boots, and Princeton Tec headlamps and flashlights. For more details about the Get Out More team and program, go to: [www.summithut.com](http://www.summithut.com).

## ON THE LIGHTER SIDE

### *For the Lady Hikers*

#### THREE MEN

One day three men were hiking along and came upon a raging, violent river. They needed to get to the other side, but had no idea of how to do it.

The first man prayed to GOD saying, "please give me the strength to cross this river." POOF!! GOD gave him big arms and strong legs and he was able to swim across the river in about 3 hours.

Seeing this, the second man prayed to GOD saying, "Please give me the strength and ability to cross this river." POOF!! GOD gave him a rowboat and he was able to row



across the river in about one hour.

The third man had seen how this worked out for the other two, so he prayed to GOD saying "Please give me the strength, ability, and intelligence to cross this river." POOF! GOD turned him into a woman. She looked at the map, then walked across the bridge.  
(Submitted by Walt Faleschini)

## HIKING GUIDES MEETING

The next Hiking Guides Meeting to schedule September/October hikes will be on Wednesday, August 1st 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.

## GENERAL HIKING INFORMATION

Call the guide to make a reservation for the hike and to get the latest information. Hiking groups meet at and depart from the Mountain View Clubhouse parking lot. (As you look at the clubhouse, we will be on the left side out by Mountain View Blvd. Just east of the tennis courts.) The time listed is the departure time. It is important to arrive 10 to 15 minutes before departure time. Always bring ample water, sunscreen, and wear appropriate headgear and footwear. Check with the guide as to whether or not to bring a lunch. Always bring some sort of ID with you. Bring medications for your own conditions.

The driver donation is a suggested amount and is noted for each individual hike. Due to automobile insurance coverage considerations, it is recommended that any payment to the driver be made at the end of the drive back to SaddleBrooke. The amount sometimes includes user fees for the Mt. Lemmon Highway and for Catalina State Park. Passengers are to pay any other user fees and share any parking fees. (Hikers, please let the guide know 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 >16 miles or >3500 feet climb

B Hikes 8 to 16 miles or 1500 to 3500 feet climb

C Hikes 4 to 8 miles or 500 to 1500 feet climb

D Hikes <4 miles or <500 feet 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.

## Summary of Hikes by Rating and Date:

A Hikes - None

B Hikes – July 14, 15, 24 & 29  
August 2, 6, 14, 18 & 25

C Hikes – July 5, 12, 16, 25, 30 & 31  
August 4, 15, 26, & 28

D Hikes – July 2, 3, 5, 9, 10, 12, 16, 17, 19, 23, 24, 26, 30  
& 31  
August 2, 6, 7, 9, 13, 14, 16, 21, 23, 27, 28 & 30

## SCHEDULED HIKES

NOTE: Hikes marked by a double asterisk \*\* are new additions to our club database

**July 2<sup>nd</sup> – Monday.** 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. Meet at Mountain View clubhouse parking lot, 6:30AM. Bill Leightenheimer, 818-1953.

**\*\* July 2<sup>nd</sup> – Monday.** Kitt Peak Observatory Evening Program. Rating D. If you are interested in astronomy, don't miss this trip. We arrive at the visitor center at



6:30PM. Light box meal provided. Hear lectures. Learn how to use star charts. Look through telescope at objects in the night sky. Program is over at 9:30PM. Kitt Peak has the largest number of telescopes, 24, in the world. Bring warm clothes. Binoculars provided. Under 65 yrs old - \$35 per person. 65 years and older - \$25 per person. It's well worth it. 7100 feet elevation. Gary Gouvea, 825-3868.

**July 3<sup>rd</sup> – Tuesday.** Fitness Walk, 6:30AM. See July 2<sup>nd</sup>.

**\*\* July 3<sup>rd</sup> – Tuesday.** 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. On Tuesdays, meet at the Mountain View clubhouse parking lot and on Thursdays, meet at the basketball court near the SaddleBrooke clubhouse, 6:00AM. Bringing some drinking water is strongly advised; Kay White, 818-9482.

**July 5<sup>th</sup> – Thursday.** Fitness Walk, 6:30AM. See July 2<sup>nd</sup>.

**July 5<sup>th</sup> – Thursday.** Exploring SaddleBrooke, 6:00AM. See July 3<sup>rd</sup>.

**July 5<sup>th</sup> – Thursday.** Aspen Loop/Marshall Gulch Trail. Rating C. We will start at the Marshall Gulch Picnic area and go up the Aspen Trail to the saddle. We will lunch at a scenic spot at the saddle. Then down the Marshall Gulch Trail to the picnic area. Hike 4 miles; starting elevation 7440 feet; elevation change 800 feet; leave 6:30 AM; driver donation \$5.00. Karen Gray, 818-0337.

**July 9<sup>th</sup> – Monday.** Fitness Walk, 6:30AM. See July 2<sup>nd</sup>.

**July 10<sup>th</sup> – Tuesday.** Fitness Walk, 6:30AM. See July 2<sup>nd</sup>.

**July 10<sup>th</sup> – Tuesday.** Exploring SaddleBrooke, 6:00AM. See July 3<sup>rd</sup>.

**July 12<sup>th</sup> – Thursday.** Fitness Walk, 6:30AM. See July 2<sup>nd</sup>.

**July 12<sup>th</sup> – Thursday.** Exploring SaddleBrooke, 6:00AM. See July 3<sup>rd</sup>.

**July 12<sup>th</sup> – Thursday.** 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 6:30 AM; driver donation \$1.00. Jon Chase, 818-1115.

**July 14<sup>th</sup> – Saturday.** Mt. Lemmon Rock Lookout/Mint Spring. Rating B. Starting in Summerhaven we'll take Carter Canyon to Aspen Trail. Then up to the top of Mt. Lemmon (9157'). We'll make this 1200' climb in the morning when we are still bushy-tailed. Then down Lemmon Rock Lookout Trail, 1900', into the Wilderness of Rocks. Then another climb of 750' will get us to Marshall Saddle. From there we can coast down the Mint Spring Trail back to the start. The hike is in forest shade and all above 7000'. Hike 8 miles; climb 2100 feet; leave 6:30 AM; driver donation \$6.00. Jim Strickler, 825-8735.

**July 15<sup>th</sup> – Sunday.** Wilderness of Rocks. Rating B-. Starting at Marshall Gulch picnic area we climb 550 feet to Marshall Saddle. Then down the Wilderness of Rocks Trail to Lemmon Rocks Lookout Trail. From there we go a further 3/4 of a mile to the Lemmon Creek area in the heart of the Wilderness of Rocks. Beautiful rock formation with great views in the heart of the Catalinas. We return by the same route. We climb 900 feet to the saddle and then down the gulch to the picnic area. Hike 7.5 miles; starting elevation 7440 feet; climb 550+900 feet; leave 6:30 AM; driver donation \$5.00. Karen Gray, 818-0337.

**July 16<sup>th</sup> – Monday.** Fitness Walk, 6:30AM. See July 2<sup>nd</sup>.

**July 16<sup>th</sup> – Monday.** Aspen Loop/Marshall Gulch Trail. Rating C. We will start at the Marshall Gulch Picnic area and go up the Aspen Trail to the saddle. We will lunch at a scenic spot at the saddle. Then down the Marshall Gulch Trail to the picnic area. Hike 4 miles; starting elevation 7440 feet; elevation change 800 feet; bring 2 qts. of water; leave 6:00 AM; driver donation \$5.00. Gary Gouvea, 825-3868.

**July 17<sup>th</sup> – Tuesday.** Exploring SaddleBrooke, 6:00AM. See July 3<sup>rd</sup>.

**July 19<sup>th</sup> – Thursday.** Fitness Walk, 6:30AM. See July 2<sup>nd</sup>.

**July 19<sup>th</sup> – Thursday.** Exploring SaddleBrooke, 6:00AM. See July 3<sup>rd</sup>.



**July 23<sup>rd</sup> – Monday.** Fitness Walk, 6:30AM. See July 2<sup>nd</sup>.  
**July 24<sup>th</sup> – Tuesday.** Fitness Walk, 6:30AM. See July 2<sup>nd</sup>.

**July 24<sup>th</sup> – Tuesday.** Exploring SaddleBrooke, 6:00AM.  
See July 3<sup>rd</sup>.

**July 24<sup>th</sup> – Tuesday.** 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 miles; climb 1700 feet; starting altitude 5400 feet; leave, 7:00 AM; driver donation \$6.00. Bob Wynne, 825-4056.

**July 25<sup>th</sup> – Wednesday.** Oracle State Park Trail Maintenance. 6:30AM. See July 12<sup>th</sup>.

**July 26<sup>th</sup> – Thursday.** Fitness Walk, 6:30AM. See July 2<sup>nd</sup>.

**July 26<sup>th</sup> – Thursday.** Exploring SaddleBrooke, 6:00AM.  
See July 3<sup>rd</sup>.

**July 29<sup>th</sup> – Sunday.** 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. We will try to set this up as a shuttle to avoid the painful after lunch climb out. Hike 9 miles; elevation change 1800 feet: altitude at trailhead 7700 feet; pace slow; leave 6:30 AM; driver donation \$6.00. Jim Strickler, 825-8735.

**July 30<sup>th</sup> – Monday.** Fitness Walk, 6:30AM. See July 2<sup>nd</sup>.

**July 30<sup>th</sup> – Monday.** Chiricahua Echo Loop Trail. Rating C. We start at Massai Point. The trail winds through spectacular rock formations to the densely wooded Echo Park, considered by many to be the most scenic trail in the monument. Bring 2 qts. of water, minimum. Hike 3.3 miles; climb 450 feet; altitude at start 6800 feet; leave 6:00 AM; driver donation \$10.00. Gary Gouvea, 825-3868.

**July 31<sup>st</sup> – Tuesday.** Fitness Walk, 6:30AM. See July 2<sup>nd</sup>.

**July 31<sup>st</sup> – Tuesday.** Exploring SaddleBrooke, 6:00AM.  
See July 3<sup>rd</sup>.

**\*\* July 31<sup>st</sup> – Tuesday.** 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 6:00AM; driver donation \$6.00. Walt Faleschini, 818-6644.

**August 2<sup>nd</sup> – Thursday.** Fitness Walk, 6:30AM. See July 2<sup>nd</sup>.

**August 2<sup>nd</sup> – Thursday.** Exploring SaddleBrooke, 6:00AM. See July 3<sup>rd</sup>.

**August 2<sup>nd</sup> – Thursday.** 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 miles; climb 1700 feet; starting altitude 5400 feet; leave 6:30 AM; driver donation \$6.00. Karen Gray, 818-0337.

**August 4<sup>th</sup> – Saturday.** Incinerator Ridge. Rating C. We will begin at the Palisade Ranger station; climb 400 feet to a saddle then go to the Bigelow Mountain lookout. (8550'). From there we go to the top of Kellogg Mountain (8300'). 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. The pace will be designed to get anyone there who is in reasonable shape. There are a few bailout points along the way. Hike 5 miles; pace slow; climb 900 feet; altitude at start 8000 feet; leave 6:30 AM; driver donation \$5.00. Walt Faleschini, 818-6644.

**August 6<sup>th</sup> – Monday.** Fitness Walk, 6:30AM. See July 2<sup>nd</sup>.

**August 6<sup>th</sup> – Monday.** Chiricahua Heart of Rocks Loop. Rating B. This loop trail is described in "Hiking Arizona's Cactus Country" as a "... popular route (which) makes a long day loop, visiting the most spectacular rock formations in Chiricahua National Monument." The elevation of the hike runs between 6000 and 7000 feet. There will be an elevation gain of 1405 feet. We start at Massai Point, then go via Ed Riggs Trail, Mushroom Rock Trail, and Big Balanced Rock Trail. Bring 2 qts. of water, minimum. Total distance is 7.5 miles. Because of the distance to the trailhead we will leave at 6 AM and will be gone for the most of the day. Driver donation \$10.00. Gary Gouvea, 825-3868.



**August 7<sup>th</sup> – Tuesday.** Fitness Walk, 6:30AM. See July 2<sup>nd</sup>.

**August 7<sup>th</sup> – Tuesday.** Exploring SaddleBrooke, 6:00AM. See July 3<sup>rd</sup>.

**August 9<sup>th</sup> – Thursday.** Fitness Walk, 6:30AM. See July 2<sup>nd</sup>.

**August 9<sup>th</sup> – Thursday.** Exploring SaddleBrooke, 6:00AM. See July 3<sup>rd</sup>.

**August 13<sup>th</sup> – Monday.** Fitness Walk, 6:30AM. See July 2<sup>nd</sup>.

**August 14<sup>th</sup> – Tuesday.** Fitness Walk, 6:30AM. See July 2<sup>nd</sup>.

**August 14<sup>th</sup> – Tuesday.** Exploring SaddleBrooke, 6:00AM. See July 3<sup>rd</sup>.

**August 14<sup>th</sup> – Tuesday.** 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 12 hikers. Hike 5 miles; climb 1600 feet; altitude at trailhead 4700 feet; pace slow; leave 7:00 AM; driver donation \$8.00. Bob Wynne, 825-4056.

**August 15<sup>th</sup> – Wednesday.** Oracle State Park Trail Maintenance. 6:30AM. See July 12<sup>th</sup>.

**August 16<sup>th</sup> – Thursday.** Fitness Walk, 6:30AM. See July 2<sup>nd</sup>.

**August 16<sup>th</sup> – Thursday.** Exploring SaddleBrooke, 6:00AM. See July 3<sup>rd</sup>.

**August 18<sup>th</sup> – Saturday.** Mt. Lemmon/Catalina Camp Loop. Rating B. The hike starts at the Mt. Lemmon fire station and follows the Oracle Ridge Trail, past some of the largest Alligator Juniper trees in the Catalinas, to Dan's Saddle. Then we will hike west down to the old Catalina Mining Camp and snoop around the abandoned cabin. After lunch by the streambed, we'll hike up the Red Ridge Trail to the road. We will be in towering pines for most of the hike out but it is all up hill (2000 ft). Hike 7.5 miles; altitude at trailhead 8000 feet; climb 2000 feet; leave 6:30 AM; driver donation \$6.00. Jim Strickler, 825-8735.

**August 21<sup>st</sup> – Tuesday.** Fitness Walk. 6:30AM. See July 2<sup>nd</sup>.

**August 21<sup>st</sup> – Tuesday.** Exploring SaddleBrooke, 6:00AM. See July 3<sup>rd</sup>.

**August 23<sup>rd</sup> – Thursday.** Fitness Walk, 6:30AM. See July 2<sup>nd</sup>.

**August 23<sup>rd</sup> – Thursday.** Exploring SaddleBrooke, 6:00AM. See July 3<sup>rd</sup>.

**August 25<sup>th</sup> – Saturday.** Mt. Lemmon to the Ski Lift. Rating B. From the foot of the ski lift, we will walk the roadway to the top of Mt. Lemmon. We will take the Meadow Trail to the junction with the Mt. Lemmon Trail, then back up to Mt. Lemmon Rock (outstanding views), back to the top, and then down the Aspen Draw trail to the point of beginning. Hike 6 miles; climb 2000 feet; altitude at start 8400 feet; 6:30 AM; driver donation \$5.00. Walt Faleschini, 818-6644.

**August 26<sup>th</sup> – Sunday.** Guthrie Mountain - Santa Catalina Mountains. Rating C-. The hike will start at the General Hitchcock Campground. We will go up the Green Mountain trail to the saddle at the head of Bear Canyon. Then on to Guthrie Mountain and return. The trail along the top from the saddle to Guthrie Mountain gives great views of the Catalinas and the San Pedro Valley. The last quarter mile to the trail end over the mountaintop requires some rock climbing. Some hikers may not wish to do that portion of the hike. Hike 6 miles; climb 1200 feet; elevation at start 6000 feet; leave 7 AM; driver donation \$5.00. Karen Gray, 818-0337.

**August 27<sup>th</sup> – Monday.** Fitness Walk, 6:30AM. See July 2<sup>nd</sup>.

**August 28<sup>th</sup> – Tuesday.** Fitness Walk, 6:30AM. See July 2<sup>nd</sup>.

**August 28<sup>th</sup> – Tuesday.** Exploring SaddleBrooke, 6:00AM. See July 3<sup>rd</sup>.

**August 28<sup>th</sup> – Tuesday.** 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 7:00 AM; driver donation \$8.00. Bob Wynne, 825-4056.

**August 30<sup>th</sup> – Thursday.** Fitness Walk, 6:30AM. See July 2<sup>nd</sup>.

**August 30<sup>th</sup> – Thursday.** Exploring SaddleBrooke, 6:00AM. See July 3<sup>rd</sup>.

### **HIKE SCHEDULE SUMMARIES**

On the following pages, the two tables present a summary of the July and August 2001 hikes, respectively. Those hike descriptions shown in **Bold** type are new hikes.





## SaddleBrooke Hiking Club - July 2001 Hikes

Date	Day	Time (am)	Rating	Description	Driver Donation (\$s)	Hike Length (mi)	Elevation Start/Change (1000ft)	Hiking Guide	Phone No.
2	M	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953
2	M	4:00pm	D	Kitt Peak Observatory Evening Program	6	<1	7.1/0	Gary Gouvea	825-3868
3	T	6:00	D	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
3	T	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953
5	Th	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953
5	Th	6:00	D	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
5	Th	6:30	C	Aspen Loop / Marshall Gulch Trail	5	4	7.44/.8	Karen Gray	818-0337
9	M	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953
10	T	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953
10	T	6:00	D	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
12	Th	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953
12	Th	6:00	D	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
12	Th	6:30	C	Oracle State Park Trail Maintenance	1			Jon Chase	818-1115
14	S	6:30	B	Mt. Lemmon Rock Lookout / Mint Spring	6	8	7+/2.1	Jim Strickler	825-8735
15	Su	6:30	B-	Wilderness of Rocks	5	7.5	7.44/1.45	Karen Gray	818-0337
16	M	6:00	C	Aspen Loop / Marshall Gulch Trail	5	4	7.44/.8	Gary Gouvea	825-3868
16	M	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953
17	T	6:00	D	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
19	Th	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953
19	Th	6:00	D	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
23	M	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953
24	T	6:00	D	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
24	T	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953
24	T	7:00	B	Josephine Saddle	6	6	5.4/1.7	Bob Wynne	825-4056
25	W	6:30	C	Oracle State Park Trail Maintenance	1			Jon Chase	818-1115
26	Th	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953
26	Th	6:00	D	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
29	Su	6:30	B-	Butterfly Trail	6	9	7.7/1.8	Jim Strickler	825-8735
30	M	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953
30	M	6:00	C	Chiricahua Echo Loop Trail	10	3.3	6.8/.45	Gary Gouvea	825-3868
31	T	6:00	C	Madera Canyon Nature Trail	6	6.4	5.4/.9	Walt Faleschini	818-6644
31	T	6:00	D	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
31	T	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953



## SaddleBrooke Hiking Club – August 2001 Hikes

Date	Day	Time (am)	Rating	Description	Driver Donation (\$s)	Hike Length (mi)	Elevation Start/Change (1000ft)	Hiking Guide	Phone No.
2	Th	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953
2	Th	6:00	D	<b>Exploring SaddleBrooke</b>	na	3-4		Kay White	818-9482
2	Th	6:30	B-	Josephine Saddle	6	6	5.4/1.7	Karen Gray	818-0337
4	S	6:30	C	Incinerator Ridge	5	5	8/.9	Walt Faleschini	818-6644
6	M	6:00	B	Chiricahua Heart of Rocks Loop	10	7.5	6/1.405	Gary Gouvea	825-3868
6	M	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953
7	T	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953
7	T	6:00	D	<b>Exploring SaddleBrooke</b>	na	3-4		Kay White	818-9482
9	Th	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953
9	Th	6:00	D	<b>Exploring SaddleBrooke</b>	na	3-4		Kay White	818-9482
13	M	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953
14	T	7:00	B	Atacosta Lookout	8	5	4.7/1.6	Bob Wynne	825-4056
14	T	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953
14	T	6:00	D	<b>Exploring SaddleBrooke</b>	na	3-4		Kay White	818-9482
15	W	6:30	C	Oracle State Park Trail Maintenance	1			Jon Chase	818-1115
16	Th	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953
16	Th	6:00	D	<b>Exploring SaddleBrooke</b>	na	3-4		Kay White	818-9482
18	S	6:30	B	Mt. Lemmon / Catalina Camp Loop	6	7.5	8/2	Jim Strickler	825-8735
21	T	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953
21	T	6:00	D	<b>Exploring SaddleBrooke</b>	na	3-4		Kay White	818-9482
23	Th	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953
23	Th	6:00	D	<b>Exploring SaddleBrooke</b>	na	3-4		Kay White	818-9482
25	S	6:30	B	Mt. Lemmon to the Ski Lift	5	6	8.4/2	Walt Faleschini	818-6644
26	Su	7:00	C-	Guthrie Mountain – Santa Catalina Mtns.	5	6	6/1.2	Karen Gray	818-0337
27	M	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953
28	T	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953
28	T	6:00	D	<b>Exploring SaddleBrooke</b>	na	3-4		Kay White	818-9482
28	T	7:00	C	Peralta Trail	8	5	2.5/1.36	Bob Wynne	825-4056
30	Th	6:00	D	<b>Exploring SaddleBrooke</b>	na	3-4		Kay White	818-9482
30	Th	6:30	D	Fitness Walk	na			Bill Leightenheimer	818-1953