



SADDLEBROOKE

HIKING CLUB NEWSLETTER

<http://www.SaddleBrooke.org>

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STEWARDSHIP CONTRACTS

By Susan Robertshaw, Chief Hiking Guide

Many hikers have been concerned about the overgrown forests and the need to thin them. The following are some excerpts from the web page for the Apache-Sitgreaves National Forests. I thought it was interesting (especially the part about setting specific goals to determine how many trees of various sizes need to remain.)

"Springerville, AZ...At long last the Forest Service has a new tool to restore overcrowded forests on a large scale and to better protect communities from fire and insect attack. The

White Mountain Stewardship Project is a new type of contract where the agency sets specific goals and outcomes for National Forest lands, such as how many trees of various sizes that need to remain and allows contractors the freedom to select the method of harvesting and subsequent removal of the excess trees.

A Request for Proposals (RFP) is being advertised now to all potentially interested parties. One of the features of a stewardship contract is the capability to have a 10-year term which will encourage businesses to invest in the future of forest restoration activities.

The Forest Service plans to offer from 5,000 acres to 30,000 acres of forest lands to contractors each year, making this project the largest restoration project in the nation.

Forest Supervisor Elain Zieroth said, "The forest lands we're needing to work on in this contract are in the wildland/urban interface which currently have anywhere from 300 to 3,000 trees per acre on them. We hope to reduce those numbers closer to what grew there historically which was about 20 to 60 trees per acre. We've got to reduce the number of trees across the forests on a large scale so that the threat of catastrophic fire will be minimized and enable the remaining trees to better resist drought and insects."

ACUTE MOUNTAIN SICKNESS

"Acute mountain sickness is an illness that can affect mountain climbers, hikers, skiers, or travelers who ascend too rapidly to high altitude (typically above 8,000 feet)..... Reduced atmospheric pressure and a lower concentration of oxygen at high altitude are the causes of this illness. It affects the nervous system, lungs, muscles, and heart. Symptoms can range from mild to life-threatening.

The likelihood and severity of altitude illness is greater with increasing rate of ascent, higher altitude attained, and higher levels of exertion.

Approximately 20% of people will develop mild symptoms at altitudes between 6,300 to 9,700 feet, but pulmonary and cerebral edema are extremely rare at these heights. However, above 14,000 feet, a majority of people will experience at least mild symptoms.....

Symptoms generally associated with mild to moderate altitude illness include: headache, difficulty sleeping, loss of appetite, nausea, fatigue, dizziness or light-headedness, rapid pulse, shortness of breath with exertion. The mainstay of treatment for all forms of altitude illness is to descend to lower altitude as rapidly and safely as possible.

Education of mountain travelers before ascent is the key to prevention. Basic principles include: gradual ascent, stopping for a day or two of rest for each 2,000 feet above 8,000 feet; sleeping at a lower altitude when possible; and learning how to recognize early symptoms so you can return to lower altitude before worsening symptoms occur.

Drink sufficient fluids, avoid alcohol, and eat regularly. Foods should be relatively high in carbohydrates."

U.S. National Library of Medicine/National Institutes of Health

THANKS TO JON CHASE

We want to extend a heartfelt thanks to Jon Chase who has been our club's volunteer liaison person with Oracle State Park. We have a stewardship program with Oracle State

Park. It is one way we as a club give our time to help with the trails and parks in our area. Jon has done an outstanding job these past four years. Under his leadership they have built two new trails, maintained trails, and built a new bridge.

Jon extends his sincere thanks to all those Hiking Club members that helped so much at the park over the past four years.

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 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 - 6:00 a.m.
Meet at SaddleBrooke CC by basketball court.
Bill Leightenheimer 818-1953

Tues/Thurs Group - 6:00 a.m.
Tuesday: Meet at MountainView Clubhouse parking lot.
Thursday: Meet at SaddleBrooke Tennis Center parking lot.
Judy Barenkopf 825-7077



July 7 – Wed. Phoneline Trail - Round Trip. Rating B-. The hike will begin in the Sabino Canyon parking lot. After crossing Sabino Creek there is a moderate climb to the Phoneline Trail. The trail is above and generally parallels the tram road. It offers outstanding views of the canyon. We will choose between three routes back, the tram road, the same trail, or back part way on the same to trail to a connecting trail that takes us down to the creek and dam and back to the parking lot. Hike 10 miles; elevation change 900 feet; starting elevation 2700 feet; leave at 6:00 AM; driver donation \$3.00. Wayne Kennedy, 818-1812.

****Jul. 13 – Tue.** San Pedro River Exploration. Rating C. Hike through remains of Presidio Santa Cruz de Ferrenate, one of the finest examples of a royal Spanish fort left in the New World. From there we hike to the San Pedro River where we can hike along the shore or wade down the river. Lots of birds? We hike two miles in to the old mining town of Fairbank and return via the river or an old road, the San Pedro Trail. Located between Benson & Sierra Vista off Highway 82. Bring shoes for water hiking and dry ones for trip home. Hiking sticks recommended for balance in water. May want binoculars for birds. Hike 7+ miles; elevation change minimal, starting elevation 4000 feet; leave 6:30 AM; driver donation \$10.00. Mary Richling, 825-5238.

Jul. 14 – Wed. 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 6:00 AM; driver donation \$1.00. John Robertshaw, 818-6727.

Jul. 15 – Thurs. 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. Hike 5 miles; elevation change 1600 feet; starting elevation 4700 feet; leave at 7:00 AM; driver donation \$6.00. Bob Wynne, 825-2974.

****Jul. 16 – Fri.** Mount Ina. Rating A. From Madera Canyon trailhead, hike up Old Baldy Trail to Baldy Saddle below Mt. Wrightson. Follow the Crest Trail about 1 mile toward Florida Saddle and turn off a short distance to Mount Ian at 9,186 feet. Mount Ian is 267 feet lower than Mt. Wrightson, but impressive, none-the-less. Return via either the Super Trail or Old Baldy. Hike 10 to 12 miles; elevation change 4000 feet; starting elevation 5400 feet; leave 6:00 AM; driver donation \$6.00. Jim Strickler, 825-8735.

Jul. 21 – Wed. 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 _ 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 6:00 AM; driver donation \$2.00. Wayne Kennedy, 818-1812.

****Jul. 23 – Fri.** Lower Phone Line Trail/Sabino Canyon Dam Loop, Rating C. We will start at Sabino Canyon Visitor Center and hike up the lower Phone Line Trail and down the switchbacks to the river in Sabino Canyon. We hike along the river in the canyon to the dam and then return to Sabino Canyon Visitor Center. This is a good summer hike to take advantage of the morning coolness and return well before noon when it becomes too hot. Hike 4.1 miles; elevation gain 500 feet; starting elevation 2750 feet; leave at 6:00 AM to avoid the heat; driver donation \$3.00. John Robertshaw, 818-6727.

Jul. 25 – 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 7:00 AM; driver donation \$6.00. Karen Gray, 818-0337.

++Jul. 27 – Tues. 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 6:30 AM; driver donation \$6.00. Mary Richling, 825-5238.

Jul. 28 – Wed. Bog-Kent Springs Loop Trail. Rating B. We hike from the Bog Springs Campground in Madera Canyon, Santa Rita Mountains, through three springs areas which are home to bamboo, huge Arizona sycamore, walnut and fir trees. There are great views of Madera Canyon, Green Valley, Kitt peak, and Baboquivari from this trail with strenuous, steep climbs in spots. Limit 15 hikers. Hike 6 miles; elevation change 2100 feet; starting elevation 5000 feet; leave at 6:30 AM; driver donation \$6.00. Jim Strickler, 825-8735.

Jul. 29 – Thurs. Sutherland Wash Petroglyphs. Rating C. This hike is a gradual hike through a mesquite bosque with 100+ year old saguaros, Arizona Poppies/Morning Glories in season, on the way to an area of many, many petroglyphs. Per the book Paradise Found by Kathy Alexander there are over 1400 petroglyphs in the area. Some rock scrambling is necessary to search for the petroglyphs. Bring a snack to enjoy while searching. Hike 6 miles; elevation change 400 feet; starting elevation 3200 feet; leave at 7:00 AM; driver donation \$1.00. Bob Wynne, 825-2974.

Jul. 30 – Fri. Pusch Peak. Rating A. The first mile of the trail is mostly level then a steep, difficult climb begins. In a few places you may want to use your hands to climb the trail. Bring gloves. Hiking stick desirable. One and one-half miles more and we reach the top. The views of Oro Valley and Tucson are fantastic. This is a very strenuous hike. Hike 5 miles; elevation change 2700 feet; starting elevation 2650 feet; leave at 6:00 AM; driver donation \$1.00. John Robertshaw, 818-6727.

Aug. 4 – 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 6:00 AM; driver donation \$1.00. Wayne Kennedy, 818-1812.

Aug. 6 – 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. Need two cars for a shuttle. Hike 6 miles; elevation change 1800 feet; starting elevation 7700 feet; leave at 6:00 AM; driver donation \$6.00. John Robertshaw, 818-6727.

Aug. 12 – Thurs. 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-

2974.

****Aug. 13 – Fri.** Oracle Ridge Trail to Campo Bonito Saddle. Rating C. We start in Oracle at the beginning of the Oracle Ridge Trail and hike along the ridge past the American Flag Trail junction to the next saddle that would typically lead to Campo Bonito. Return by the same route. Spectacular views as we walk along the ridge. This is a good summer hike at a higher altitude to take advantage of the morning coolness and return well before noon when it becomes too hot. Hike 5.2 miles; elevation gain 700 feet; starting elevation 4700 feet; leave at 6:00 AM to avoid the heat; driver donation \$2.00. John Robertshaw, 818-6727.

Aug. 14 – Sat. 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 6:30 AM; driver donation \$6.00. Jim Strickler, 825-8735.

Aug. 18 – Wed. Canyon Loop to Montrose Pool. Rating D. This hike goes through a nice Sonoran Desert area in Catalina State Park up to the Montrose Pools, then returns. We will fork onto the Birding Loop at the end. Depending upon the season, some water crossings are possible. Hike <4 miles; elevation change 200 feet; starting elevation 2700 feet; leave at 6:30 AM; driver donation \$2.00. Mary Richling, 825-5238.

Aug. 18 – 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.

****Aug. 20 – Fri.** Prison Camp to Sycamore Reservoir. Rating C. We will start at the old prison camp off of the Catalina Highway and hike downhill to the Sycamore Reservoir. We will take some time to see the display boards about the old prison camp and walk through the foundation ruins. This is a good summer hike at a higher altitude to take advantage of the coolness and return before it becomes too hot. Hike 5.0 miles; elevation gain 800 feet; starting elevation 4800 feet; leave at 6:00 AM; driver donation \$4.00. John Robertshaw, 818-6727.

Aug. 23 – ~~Wed~~ ^{Monday} 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 _ 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 6:30 AM; driver donation \$2.00. Jim Strickler, 825-8735.

Aug. 26 – Thurs. 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, 825-2974.

****Aug. 27 – Fri.** Vault Mine Trail/Josephine Saddle/Old Baldy Trail Loop. Rating B. We start at the parking lot at the upper end of Madera Canyon in the Santa Rita Mountains. The Vault Mine Trail is very steep up to the Aqua Caliente Trail which leads east to Josephine Saddle. At Josephine Saddle we will stop to view the memorial to the Boy Scouts that died in an unusually severe winter storm on November 15, 1958 and then take the Old Baldy Trail back to the parking lot. This is a good summer hike at a higher altitude. Hike 6.7 miles; elevation gain 2000 feet; starting elevation 5400 feet; leave at 6:00 AM; driver donation \$6.00. John Robertshaw, 818-6727.