



SADDLEBROOKE

HIKING CLUB NEWSLETTER

<http://www.SaddleBrooke.org>

September/October 2003

2003 - 5

THE FINE ART OF DESERT SURVIVAL

By Gregory McNamee (This article was obtained from *{thenewtimes.com}* Guide to Unusual Arizona)

"...The basic rules of desert survival are few, and they come almost as second nature to anyone who has been out this way for any length of time. The first is to carry ample supplies of water - - at least three gallons for every day you'll be out in the elements - - and to drink it often. The second is to avoid exposure to the sun by keeping in shade whenever possible and wearing long pants, a long-sleeved shirt, a broad-brimmed hat and sunscreen. The third is to avoid alcohol, which quickly dehydrates a person.

After those basics, the rules become somewhat more controversial. For example, the SAS (Special Air Service) training manuals for desert survival, prepared by instructors for the elite British military unit, opine that you should avoid eating while out in the desert, reasoning that 'digestion uses up fluids, increasing dehydration.'

Dr. Howard Backer disagrees. A California physician, who for the last decade, has been studying heatstroke victims (about 125 of whom, in an average year, require medical attention) at Grand Canyon National Park, Backer concludes that most cases of serious heat illness are brought on by drinking too much water and eating too little food. By drinking great quantities of water, Backer says, hikers deplete their reserves of electrolytes, especially sodium and potassium, which aid the transmission of electrical signals from the brain to the body. The resulting hyponatremia, or water intoxication, leads to confusion, disorientation and fatigue. Turning received wisdom on its ear, Backer urges that desert hikers eat plenty of salty foods like crackers, gorp, and pretzels and drink electrolyte-rich fluids like Gatorade along the trail, saving the Evian and Perrier - - or just cool tap water - - for the evening campfire."

INCREASE YOUR ENDURANCE

By Susan Robertshaw
Chief Hiking Guide

The cooler weather is fast approaching and many hikers who have taken a break during the summer are looking forward to participating in hikes once again.

Most hikers find that they are not able to do the same difficulty of hike when they return in the fall as they were able to do when they stopped in the spring. You may want to start with easier hikes and build up to the more difficult ones. Watch the hike descriptions concerning elevation change. Most hikers have a greater amount of trouble with elevation change rather than distance.

Because most hikes include elevation changes, many hikers are looking for a way to increase their endurance as they walk right here in SaddleBrooke. Here are five half-mile (.5 miles) "conditioning" hills that you may want to incorporate in your walks. The elevation change for each is in parenthesis. Try timing yourself. If you take 20 minutes, you are going 1.5 MPH; 15 minutes = 2.0 MPH; 10 minutes = 3.0 MPH; 7.5 minutes = 4.0 MPH. As with any activity, always listen to your body. Don't do more than you are able to do safely.

- Walk up Desert Bluff Dr. from MountainView Blvd. to intersection with Desert Highland Dr. (100 ft.)
- Walk up Catalina Foothills Rd. (new road) from SaddleBrooke Blvd. past the water tank and two curves to where the road straightens out. Continue to the cairn (rock pile) on left side of the road. (169 ft.)
- Walk up Wind Crest from Ridgeview, take Rocky Path Dr. to Boulder Crest Dr. Continue to the crest of the hill on Rocky Mesa Drive. (141 ft.)

- Walk up Spoon Drive from Ridgeview Blvd., take Emerald Ridge Dr. to Summit Crest Court. Continue to the top. (142 ft.)
 - Walk up Golf Course Dr. from Desert Ridge Dr. to intersection with Rocky Path Dr. (111 ft.)
- Have fun, take your water, and enjoy our beautiful SaddleBrooke scenery as you walk.

See you on the trails.

P.S. Here is a hiking tidbit: Hiking with a 10-15 pound pack provides all the benefits of walking, but also increases the calories burned by ten to fifteen percent.



OFFICERS:

- President:** Mary Richling 825-5238
jmrichling@earthlink.net
Vice-President: Bill Leightenheimer 818-1953
billbarb2@mindspring.com
Secretary: Bob Perez 818-2111
AZSUN65@mindspring.com
Treasurer: Linda Bechky 825-8761
linronb@robson.net
Chief Hiking Guide: Susan Robertshaw 818-6727
jsrobertshaw@worldnet.att.net

NON OFFICER POSITIONS:

- Co-Editor:** Rand Wells 818-0847
Rwells6226@aol.com
Co-Editor: Andrea Gray 818-3268
Ajewel699@aol.com
Social: Anne Hammond 825-0746
ghammond@mindspring.com
Statistics & Awards: Art Cross 818-9288
artcross@aol.com
Publicity: John Robertshaw 818-6727
jsrobertshaw@att.net

**Achievement Awards
 May - June 2003**

- 100 Hikes:** Gary Gouvea
50 Hikes: Robert White, George Adelman
25 Hikes: Marcia Hill, Carol King, Norman Kyle, Susan Berman
10 Hikes: Susan Berman, Gerald Miller, Larry Linderman, Tom Tourville, Tom Smit

PROPOSED POLICY CHANGE

At the 08/06/03 Board Meeting, it was suggested that the membership year be changed from: 10/1 - 9/30 to: 1/1 - 12/31

Section 5.01 (below) of the by-laws will have to be revised by a vote of the membership at an annual meeting before we can make this change.

"Section 5.01 The annual dues will be determined at each annual meeting. The dues membership year is October 1 to September 30. Dues are payable in advance and renewed in September each year. First time members joining the Club in July, August, or September will receive memberships through the current year and the next membership year."

HIKING CLUB TO PARTICIPATE IN THE OUTREACH WALK-A-THON AND THE TUCSON HALF MARATHON

This year the club will participate as a group in both the Outreach Walk-a-thon on October 25th and the Tucson Half Marathon on Dec 7th. Come support one of our fellow organizations within SaddleBrooke by joining in Outreach's walk around Ridgeview. In addition to calling the hiking guide, you will need to register with Outreach. See hike description for details.

The Tucson Half Marathon course begins at Oracle Junction and continues downhill until the last .4 mile where it goes uphill to finish at the beautiful El Conquistador Resort at the base of Pusch Peak. The registration fees range from \$40 to \$55, they increase as it gets closer to race day. You must register prior to race day with the race officials. See www.tucsonmarathon.com. In addition, please contact the hike guide, Judy Barenkopf at 825-7077 or mbarenkopf@aol.com.

NEWS YOU CAN USE

Hiking Club Social Hour	September 17 th	4:00 p.m.
Hiking Club Dues Due	September 30 th	\$5.00/year
Board Meeting	October 1 st	2:00 p.m.
Hiking Guide Meeting	October 1 st	3:00 p.m.
Hiking Club Social Hour	October 15 th	4:00 p.m.
Fall Hiking Club Picnic:	November 1 st	9:00 a.m.

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.

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. *

SCHEDULED HIKES

Fitness Walks --- Six 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 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. Fitness walks leave at 6:00 AM.

Tues/Thurs Group

Tuesday: Meet at MountainView Clubhouse parking lot.

Thursday: Meet at SaddleBrooke Tennis Center parking lot.

Judy Barenkopf 825-7077 (mbarenkopf@aol.com.)

:

Sun/Mon/Tues/Wed/Thurs/Fri Group

Sunday: Meet at the bank in SaddleBrooke Commercial Center.

Mon/Tues/Thurs: Meet at SaddleBrooke CC by basketball court.

Wed/Fri: Meet at MountainView Clubhouse parking lot.

Bill Leightenheimer 818-1953

Sept. 1 – Mon. Fitness Walk. Rating D.

Sept. 2 – Tues. Fitness Walk. Rating D. Two Hikes offered.

Sept. 3 – Wed. Fitness Walk. Rating D.

Sept. 4 – Thurs. Fitness Walk. Rating D. Two Hikes offered.

Sept. 4 – Thurs. 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 hiking through an area effected by the Bullock Fire in 2002. Along the way are views of San Manuel to the east. Rating B; hike 6 miles; elevation change 1800 feet; altitude at trailhead 7700 feet; leave at 7:00 AM; driver donation \$6.00. Jim Strickler, 825-8725.

Sept. 5 – Fri. Fitness Walk. Rating D.

Sept. 5 – Fri. Picacho Peak. Rating B. From Barret Loop trailhead hike up to a saddle then down to Sunset Vista Trail then to the top of Picacho Peak using the permanently installed guide cables to get to the top. Bring cotton or leather gloves for holding on to cables. Return requires a climb down Sunset Vista Trail then up the Hunter Trail again to the saddle. This is a short, strenuous, 'acrophobic' hike & a favorite among hikers. \$5.00 park entrance fee or a pass (car with up to 4 people); hike 4 miles; climb 2100 feet; elevation at start 1500 feet; limit 8 hikers; leave at 6:00 AM; driver donation \$6.00. John Robertshaw, 818-6727.

Sept. 6 – Sat. Mt. Wrightson via Super Trail. Rating A. Hike up the Super Trail (8 miles) to the summit and come down either the Super Trail or Old Baldy Trail. At the top are 360-degree views from Tucson to Mexico. This is an all day hike to an outstanding mountain. Hike 14-16 miles; climb 4050 feet; altitude at start 5400 feet; shady; leave at 5:30 AM; driver donation \$6.00. Bill Leightenheimer, 818-1953.

Sept. 7 – Sun. Fitness Walk. Rating D.

Sept. 7 – Sun. Peppersauce Canyon Short Hike. Rating D+. We will park opposite the Peppersauce Canyon campground and hike up Peppersauce Canyon approximately 1.5 miles. Good mixture of vegetation to study. Some views, depending on how far we go. Bring lunch. Hike 3 miles; 450 foot elevation change; altitude at start 4600 feet; leave at 6:30 AM; driver donation \$4.00. Susan Robertshaw, 818-6727.

Sept. 8 – Mon. Fitness Walk. Rating D.

Sept. 8 – Mon. 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 7:30 AM; driver donation \$1.00. Jon Chase, 818-1115.

Sept. 9 – Tues. Fitness Walk. Rating D. Two Hikes offered.

Sept. 9 – 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; climb 900 feet; starting elevation 4500 feet; leave at 6:30 AM; driver donation \$6.00. Mary Richling, 825-5238.

Sept. 10 – Wed. Fitness Walk. Rating D.

Sept. 10 – Wed. Seven Falls. Rating C+. Starting at the Sabino Canyon Visitors Center hike from the parking lot to lower Bear Canyon. Then along the Bear Canyon Trail to Seven Falls and return. Falls may be dry depending on spring rains. Hike 8 miles; climb 900 feet; starting altitude 2800 feet; leave at 7:00 AM; driver donation \$3.00. Don Colen, 825-0083.

Sept. 10 – Wed. Blackett's Ridge. Rating B. A relatively short hike between Sabino and Bear Canyons with spectacular views of Tucson and the canyons. We follow the dirt road from Sabino Canyon Visitors Center parking lot. The first part of the trail is somewhat steep, and then it changes to a gradual, persistent climb. The pace will be slow but steady. Hike 6 miles; climb 1700 feet; altitude at start 2700 feet; leave at 6:30 AM; driver donation \$3.00. John Robertshaw, 818-6727.

Sept. 11 – Thurs. Fitness Walk. Rating D. Two Hikes offered.

Sept. 12 – Fri. Fitness Walk. Rating D.

Sept. 12 – Fri. Bog-Kent Springs Loop Trail. Rating B. We hike from the Bog Springs Campground in Madera Canyon, Santa Rita Mountains, through three springs areas which are home to bamboo, huge Arizona sycamore, walnut and fir trees. There are great views of Madera Canyon, Green Valley, Kitt peak, and Baboquivari from this trail with strenuous, steep climbs in spots. Limit 15 hikers. Hike 6 miles; climb 2100 feet; starting altitude 5000 feet; leave at 6:30 AM; driver donation \$6.00. John Robertshaw, 818-6727.

Sept. 13 – Sat. Mt. Wrightson via Super Trail. Rating A. Hike up the Super Trail (8 miles) to the summit and come down either the Super Trail or Old Baldy Trail. At the top are 360-degree views from Tucson to Mexico. This is an all day hike to an outstanding mountain. Hike 14-16 miles; climb 4050 feet; altitude at start 5400 feet; shady; leave at 5:30 AM; driver donation \$6.00. Bill Leightenheimer, 818-1953.

Sept. 14 – Sun. Fitness Walk. Rating D.

Sept. 15 – Mon. Fitness Walk. Rating D.

Sept 15 – Mon. 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. \$5.00 park entrance fee or a pass (car with up to 4 people). Limit 14; hike 6 miles;

climb 1200 feet; altitude at start 2700 feet; leave at 7:00 AM; driver donation \$2.00. Wayne Kennedy, 818-1812.

Sept. 16 – Tues. Fitness Walk. Rating D. Two Hikes offered.

Sept. 17 – Wed. Fitness Walk. Rating D.

Sept. 17 – Wed. Mount Hopkins. Rating A. Mount Hopkins in the Santa Ritas is the home of the Whipple Observatory. Hike starts from the Madera Canyon trail parking area (upper). The hike goes up numerous steep switchbacks via the Vault Mine Trail to the Aqua Caliente Saddle. It then continues up a faint "lung bursting" route that hugs the ridgeline to the top. The views include mountain ranges in all directions. We will lunch at the top then hike part way down the road, drop down a steep decent to Josephine Saddle and finally down Old Baldy Trail. This is a tough hike due to route conditions and steepness. Hike 8 miles; elevation change 3185 feet; starting elevation 5400 feet; leave at 6:00 AM; driver donation \$6.00. John Robertshaw, 818-6727.

Sept. 18 – Thurs. Fitness Walk. Rating D. Two Hikes offered.

Sept. 18 – 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. Limit 14 hikers. Hike 5 miles; climb 1600 feet; altitude at trailhead 4700 feet; pace slow; leave at 7:00 AM; driver donation \$6.00. Jim Strickler, 825-8788.

Sept. 19 – Fri. Fitness Walk. Rating D.

Sept. 19 – Fri. 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 Mtns. Hike 6.5 miles; altitude at start 2800 feet.; climb 250 feet.; leave at 7:00 AM; driver donation \$3.00. John Robertshaw, 818-6727.

Sept. 21 – Sun. Fitness Walk. Rating D.

Sept. 21 - 23 – Sun. - Tues. Humphrey's Peak. Rating A. Climb to the top of Arizona. We will attempt to place as many of our club members on top of Humphrey's Peak (12,633') as possible. This is a very difficult hike climbing 3800 feet to the peak. It requires staying overnight in Flagstaff. 9 Miles roundtrip; leave at 7:30 AM; driver donation \$TBD. Bill Leightenheimer, 818-1953.

Sept. 21 – Sun. Josephine Saddle. Rating B. Slow Pace. 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 at 6:30 AM; driver donation \$6.00. Susan Robertshaw, 818-6727.

Sept. 22 – Mon. Fitness Walk. Rating D.

Sept. 22 – Mon. 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; climb 1100 feet; starting elevation 3000 feet; leave at 7:00 AM; moderate pace; driver donation \$2.00. Wayne Kennedy, 818-1812.

Sept. 23 – Tues. Fitness Walk. Rating D. Two Hikes offered.

Sept. 23 - 27 – Tues. – Sat. Arizona Trail - North Rim Grand Canyon to Utah Border. Rating A. Arizona Trail Hikes over a four-day period covering a distance of 70.2 miles. These hikes will traverse the northernmost section of the Arizona trail from the north rim of the Grand Canyon to the Utah border. We will hike through the beautiful Kaibab National Forest teeming with elk, wild turkey, and other wildlife at elevations between 6,500 to 9,000 feet. We will base out of the Jacob Lake Inn. Limited to four hikers. Hike 70.2 miles; leave 7:00 AM from Flagstaff; driver donation \$TBD. Bill Leightenheimer, 818-1953.

Sept. 23 – Tues. Bog-Kent Springs Loop Trail. Rating B. We hike from the Bog Springs Campground in Madera Canyon, Santa Rita Mountains, through three springs areas which are home to bamboo, huge Arizona sycamore, walnut and fir trees. There are great views of Madera Canyon, Green Valley, Kitt peak, and Baboquivari from this trail with strenuous, steep climbs in spots. Limit 15 hikers. Hike 6 miles; climb 2100 feet; starting altitude 5000 feet; leave at 7:00 AM; driver donation \$6.00. Gary Gouvea, 825-3888.

Sept. 23 – Tues. Saguaro Park West Ramble. Rating D. Slow pace. There are several short trails of interest in the Saguaro West Park. One trail takes us to an area of petroglyphs which were made by Hohokam Indians about 1200 AD. We stop at the Visitors Center for a very informative video. Bring lunch, water, sunscreen and hat. Hike 2 miles; elevation change 50 feet; starting elevation 2500 feet; leave at 8:15 AM; driver donation \$3.00. Jan Wilson, 818-0299.

Sept. 24 – Wed. Fitness Walk. Rating D.

Sept. 25 – Thurs. Fitness Walk. Rating D. Two Hikes offered.

Sept. 25 – Thurs. Canyon Loop Trail. Rating D. Start up Romero Trail in Catalina State Park to Canyon Loop Trail. Come back on the Sutherland Trail. Pace will be slow. Hike 2.5 miles; 400 foot elevation change; starting elevation 2700 feet; leave at 7:00 AM; driver donation \$2.00. Mary Richling, 825-5238.

Sept. 26 – Fri. Fitness Walk. Rating D.

Sept. 26 – 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; altitude at start 2650 feet; leave at 6:30 AM; driver donation \$1.00. John Robertshaw, 818-6727.

Sept. 28 – Sun. Fitness Walk. Rating D.

Sept. 29 – Mon. Fitness Walk. Rating D.

Sept. 29 – Mon. 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; climb 800 feet; altitude at start 2900 feet; leave at 7:00 AM; driver donation \$1.00. Don Colen, 825-0083.

Sept. 30 – Tues. Fitness Walk. Rating D. Two Hikes offered.

Sept. 30 – Tues. Sausalito Canyon to Honey Bee Canyon (upper)–Rating D. This is a nice, nearby canyon hike with options to extend the hike within Honey Bee Canyon. The hike is approx. 4 mi. with minimal altitude change. 4WD vehicles are desirable and required near the end. We begin by driving 4.1 miles down Rail X Ranch Rd. and turning left on Sausalito Rd. for another 2 miles, taking the first spur to the left; the next spur to the right; and then left at the next spur. We are now heading east, parallel with a fence which eventually turns south for a short distance to the end of the road and near a windmill and concrete dam. Bring water, lunch, snack, camera(optional), sun protection. Driver donation \$2.00. Leave at 7:30 AM. Jan & Dean Wilson, 818-0299.

Oct. 1 – Wed. Fitness Walk. Rating D.

Oct. 1 – 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. Hike 1.5 miles; elevation change 50 feet; starting elevation 2700 feet; leave at 8:00 AM; driver donation \$1.00; bring binoculars, \$5.00 park admission. Mary Richling, ~~285~~ 825-5238.

Oct. 2 – Thurs. Fitness Walk. Rating D. Two Hikes offered.

Oct. 2 – 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. Limit 14 hikers. Hike 5 miles; climb 1600 feet; altitude at trailhead 4700 feet; pace slow; leave at 7:00 AM; driver donation \$6.00. Bob Wynne, 818-6526.

Oct. 2 – Thurs. Hidden Canyon. 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. This trail connects to 4432 which connects to the Charouleau Gap Road. Hike 7.5 miles; elevation change 1100 feet; altitude at start 3120 feet. Binoculars, camera, and a hiking stick are recommended. Bring food and water. Leave at 7:00 AM; driver donation \$1.00. Jim Strickler, 825-8725.

Oct. 3 – Fri. Fitness Walk. Rating D.

****Oct. 3 – Fri.** Finger Rock Canyon/Pontatoc Canyon Loop, Rating B. This hike starts on level ground for about 1 mile then sharply climbs 2500 feet to Linda Vista Saddle. From there, we will bushwack over to the Pontatoc Canyon Trail and return to our vehicles. Scrambling is necessary at some points & coming down is just as difficult. Beautiful views from the many vista points along the way. Hike 7.8 miles; elevation change 2500 feet; starting elevation 3100; leave at 6:30 AM; driver donation \$2.00. John Robertshaw, 818-6727.

Oct. 5 – Sun. Fitness Walk. Rating D.

Oct. 5 – Sun. Oracle State Park Exploration. Rating D. We will explore some of the trails at Oracle Sate 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 4,350 feet; leave at 7:00 AM; driver donation \$2.00. Susan Robertshaw, 818-6727. .

Oct. 6 – Mon. Fitness Walk. Rating D.

Oct. 6 – Mon. Phone Line Trail - Round Trip. Rating B-. The hike will begin in the Sabino Canyon parking lot. After crossing Sabino Creek there is a moderate climb to the Phoneline Trail. The trail is above and generally parallel to the tram road and offers outstanding views of the canyon. The return route will be back along the tram road. Hike 10 miles; climb 900 feet; altitude at start 2700 feet; leave at 7:00 AM; driver donation \$3.00. Wayne Kennedy, 818-1812.

Oct. 7 – Tues. Fitness Walk. Rating D. Two Hikes offered.

Oct. 7 – Tues. Seven Falls. Rating C+. Slow pace. Starting at the Sabino Canyon Visitors Center hike from the parking lot to lower Bear Canyon. Then along the Bear Canyon Trail to Seven Falls and return. Falls may be dry depending on spring rains. Hike 8 miles; climb 900 feet; starting altitude 2800 feet; leave at 7:30 AM; driver donation \$3.00. Gary Gouvea, 825-3888.

Oct. 8 – Wed. Fitness Walk. Rating D.

Oct. 8 – Wed. 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 climb 2100 feet; starting elevation 2800 feet; leave at 6:30 AM; driver donation \$3.00. John Robertshaw, 818-6727.

Oct. 9 – Thurs. Fitness Walk. Rating D. Two Hikes offered.

Oct. 10 – Fri. Fitness Walk. Rating D.

Oct. 10 – Fri. Miller Peak. Rating A. Miller Peak is the highest point in the Huachuca Mountains. There is a 100-mile view from the top. The hike starts at the Coronado National Memorial, located within Montezuma Canyon and we take the Crest Trail. Hike 12.5 miles; elevation change 3400 feet; starting elevation 5800 feet; leave at 5:00 AM. Drive 45 minutes beyond Sierra Vista to the trailhead; driver donation \$8.00. John Robertshaw, 818-6727.

Oct. 12 – Sun. Fitness Walk. Rating D.

Oct. 12 – Sun. Josephine Saddle/Vault Mine Trail. Slow Pace. Rating B. We will start at Roundup, hike up the gentler Super Trail to Josephine Saddle. We will then return via the Agua Caliente Trail to Vault Mine Trail. The Vault Mine trail going down will be very steep. Hike 9 miles; climb 2000 feet; starting altitude 5400 feet; leave at 6:30 AM; driver donation \$6.00. Susan Robertshaw, 818-6727.

Oct. 13 – Mon. Fitness Walk. Rating D.

Oct. 14 – Tues. Fitness Walk. Rating D. Two Hikes offered.

Oct. 14 – Tues. Cochise Stronghold to the Saddle. Rating C. **Slow pace.** This is a beautiful hike through the area (Dragoon Mountains) that Cochise hid in during the Indian wars. He is buried in this area in a hidden location. There is an extension of this hike that expands it to 10 miles for the more advanced hiker. Distance 6 miles; elevation change 1000 feet; starting elevation about 4500 feet; leave at 7:00 AM; driver donation \$10.00. Gary Gouvea, 825-3888.

Oct. 15 – Wed. Fitness Walk. Rating D.

Oct. 15 – Wed. Blackett's Ridge. Rating B. A relatively short hike between Sabino and Bear Canyons with spectacular views of Tucson and the canyons. We follow the dirt road from Sabino Canyon Visitors Center parking lot. The first part of the trail is somewhat steep, and then it changes to a gradual, persistent climb. The pace will be slow but steady. Hike 6 miles; climb 1700 feet; altitude at start 2700 feet; leave at 7:00 AM; driver donation \$3.00. Don Colen, 825-0083.

Oct. 16 – Thurs. Fitness Walk. Rating D. Two Hikes offered.

Oct. 16 – 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; climb 1360 feet; altitude at the start 2500 feet; leave at 7:00 AM; driver donation \$8.00. Bob Wynne, 818-6526.

Oct. 17 – Fri. Fitness Walk. Rating D.

Oct. 17 – Fri. Tortolita Mountains/Dove Mountain. Rating B.

We will leave from the cattle guard / windmill on the Rail-X Road and ascend to the top of a 4661-foot Dove Mountain. From there we will make our way along an up and down ridge line north with views of Ruelas, Cochise, and Wild Burro Canyons, eventually reaching a path and jeep road which returns to the parking spot. Views are outstanding and feral horses might be sighted. This is a rough, steep, and scratchy bushwhack making long pants and sleeves, gloves and hiking sticks desirable. Hike 4 miles; climb 1000 feet; starting elevation 3600 feet; leave at 7:00 AM; driver donation \$1.00. John Robertshaw, 818-6727.

Oct. 17 – Fri. Dripping Springs from the Sutherland Trail. Rating C-. Slow pace. 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; limit 10 hikers; elevation at start 2700 feet; elevation change 500 feet; leave at 8:30 AM; driver donation \$2.00. Jan Wilson, 818-0299.

Oct. 19 – Sun. Fitness Walk. Rating D.

Oct. 19 – Sun. Tucson's Orienteering Club Meet. Rating D. This month's meet will be held in Catalina State Park. Come join us in a fun and challenging outdoor activity which helps you practice your map reading skills. The object of the sport is to use a map with the compass to locate the control features and navigate back to the starting point. A beginners' clinic is held prior to start of meet. Newcomers often breeze through the first course. There is a fee of \$15 per team. You will be part of a team. Bring a whistle and compass (You can rent them for \$1). Leave at 8:00 AM; driver donation \$2.00. Susan Robertshaw, 818-6727.

Oct. 20 – Mon. Fitness Walk. Rating D.

Oct. 20 – Mon. Phone Line Trail - Round Trip. Rating B-. The hike will begin in the Sabino Canyon parking lot. After crossing Sabino Creek there is a moderate climb to the Phoneline Trail. The trail is above and generally parallel to the tram road and offers outstanding views of the canyon. The return route will be back along the tram road. Hike 10 miles; climb 900 feet; altitude at start 2700 feet; leave at 7:00 AM; driver donation \$3.00. Don Colen, 825-0083.

Oct. 21 – Tues. Fitness Walk. Rating D. Two Hikes offered.

****Oct. 21 – Tues.** Tortolita Mts./Wild Burro Canyon North. Rating D+. We will take the Rail-X Marble Mine road off Oracle Highway for 5 miles to the county line, then a jeep road for another mile to the base of the mountains. We will hike north to a saddle with great views. The trail is rocky in some places and a hiking stick is recommended. Hike 4 miles; elevation change 400 feet; starting elevation 3000 feet; leave at 8:00 AM; driver donation \$2.00. Jan & Dean Wilson, 818-0299.

Oct. 22 – Wed. Fitness Walk. Rating D.

Oct. 22 – Wed. 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; starting elevation 3200 feet; 400 feet elevation change; moderate pace; limit 15 hikers; leave at 7:30 AM; driver donation \$1.00. John Robertshaw, 818-6727.

Oct. 23 – Thurs. Fitness Walk. Rating D. Two Hikes offered.

****Oct. 23 – Thurs.** Wasson Peak Loop, Rating B. Start at King Canyon Trailhead. From King Canyon Trail, hike Esperanza Trail over to Hugh Norris Trail, up to Wasson Peak, then back down King Canyon wash to trailhead. We will have stops for lots of different views and a variety of scenery. Hike 9.5 miles; elevation change 1900 feet, starting elevation 2800; Leave at 7:00 AM; Driver donation \$3.00. Jim Strickler, 825-8735.

Oct. 24 – Fri. Fitness Walk. Rating D.

****Oct. 25 – Sat.** Outreach Walk-a-thon. Rating D. Come support one of our fellow organizations within SaddleBrooke by joining in their walk around Ridgeview. In addition to calling the hiking guide, you will need to register with Outreach. Watch for details in the newspaper. Meet at the SaddleBrooke Fitness Center. Registration fee is \$20 per person and \$35 per couple. A breakfast and award ceremony follow the walk. Hike 3 miles; minimal elevation change; starting elevation 3200 feet; leave at 8:00 AM. Susan Robertshaw, 818-6727.

Oct. 26 – Sun. Fitness Walk. Rating D.

Oct. 27 – Mon. Fitness Walk. Rating D.

Oct. 27 – Mon. 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; climb 800 feet; altitude at start 2900 feet; leave at 7:00 AM; driver donation \$1.00. Wayne Kennedy, 818-1812.

Oct. 28 – Tues. Fitness Walk. Rating D. Two Hikes offered.

Oct. 28 – Tues. Brown Canyon – Ramsey Canyon Loop. Rating B-. In the Huachuaca Mountains, we hike up Brown Canyon Box trail to a ridge where we drop down into Ramsey Canyon and back to the Visitor Center. This is a great hike. In Brown Canyon, we see mining artifacts and two gravesites. Ramsey Canyon is always a delight with some of the largest Arizona Sycamore trees in Southern Arizona. Hike 8 miles; elevation change 1800 feet; starting elevation 5000 feet; pace slow; leave at 7:00 AM; driver donation \$10.00. Gary Gouvea, 825-3888.

Oct. 29 – Wed. Fitness Walk. Rating D.

Oct. 29 – Wed. 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 7:30 AM; driver donation \$1.00. Jon Chase, 818-1115.

Oct. 30 – Thurs. Fitness Walk. Rating D. Two Hikes offered.

Oct. 30 – 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, 818-6526.

****Oct. 30 – Thurs.** Arizona Trail/Antelope Mountain. Rating D+. This hike starts 1.5 miles off Freeman Road northwest of Oracle. This area has great views of surrounding terrain and has numerous Hedgehog cactus. Native animals are often seen in this area. Bring lunch, water, sunscreen and hat. High clearance vehicles are required. Hike 4 miles; elevation change 300 feet; starting elevation 4100 feet; leave at 8:30 AM; driver donation \$3.00. Jan & Dean Wilson, 818-0299.

Oct. 30 – Thurs. Fitness Walk. Rating D. Two Hikes offered.

Oct. 31 – Fri. Fitness Walk. Rating D.

Oct. 31 – 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 hiking through an area effected by the Bullock Fire in 2002. Along the way are views of San Manuel to the east. Rating B; hike 6 miles; elevation change 1800 feet; altitude at trailhead 7700 feet; leave at 7:00 AM; driver donation \$6.00. John Robertshaw, 818-6727.

Oct. 31 – Fri. Peralta Trail. Rating C+. Slow pace. 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; climb 1360 feet; altitude at the start 2500 feet; leave at 7:00 AM; driver donation \$8.00. Gary Gouvea, 825-3888.