



# SADDLEBROOKE

## HIKING CLUB NEWSLETTER

<http://www.SaddleBrooke.org>

November/December 2001

2001-6

### REMINDER: HIKING CLUB DUES DUE

The hiking club treasurer, Robert White, would like to remind all members that the club dues for next year are due. The yearly fees, due by September 30, 2001, will cover membership to September 30, 2002.

This year, the cost of a membership has been reduced to \$5.00 per person for the whole year. This money is used to cover the cost of printing our newsletter, helping to ensure that there is money for our social events and to help provide SaddleBrooke hikers with a great assortment and choice of hikes. Some of the money also goes toward the purchase of patches for members to sew unto their hiking shirts or day packs. The \$5.00 certainly does a lot for all of us. There will be no pro-rating this year so it will be the same fee if members renew in September 2001 or July 2002. Send your \$5 to Robert White; 38122 S Granite Crest Dr: SaddleBrooke, AZ 85739. If you have any questions give him a call at 818-9482.

### BARBECUE PICNIC UPDATE

If you missed purchasing tickets at the clubhouse for the Hiking Club picnic at Oracle State Park on Saturday, October 27, you can still purchase them from Bette or Kay (Bette Hollman—818-9173 until 10/14 and Kay White 818-9482 from 10/14 to 10/22). **THE CUTOFF DATE IS OCTOBER 22.**

Tickets are \$10.00 per person. Oracle State Park is not charging our club admission, but you **MUST** show your ticket at the gate for free admission. Parking is limited so

carpooling is advised. You may also want to bring a chair and extra water.

Tours of the Ranch House will be at 11:00 am and 1:00 pm. Call Bette or Kay if you haven't yet signed up for the tour.

We will have the patches and t-shirts at the Hiking club picnic. New members have been receiving their patches from Bob White by mail when they join but if established members are not going to be at the picnic and wish a patch, just send a stamped, self addressed envelope to Barb Leightenheimer or ask a friend to pick one up for you at the picnic. Extra patches are also for sale at \$1 each.

### HIKING AROUND

by *Walt Faleschini*

Since we live and hike in the desert, the Hiking Club has had numerous articles in our past Newsletters regarding dehydration and the intake of sufficient fluids. Following are some paragraphs reprinted (unedited) from a Grand Canyon publication written by their Corridor Area Rangers (thanks to Bill Leightenheimer for passing it on to me). Although the rangers are addressing Corridor hiking in the Canyon, their conditions can be very close to some of our hikes in this area, particularly those that are long, steep and in full sun. Regardless of what difficulty hikes you undertake, there is much to learn from their advice and I urge you to please read it carefully:



### **Dehydration**

Hiking in the Canyon, everyone sweats around 0.5 to 1 quart of water and electrolytes (salts) each and every hour walking in the heat. This fluid/electrolyte loss can even exceed 2 quarts per hour if you hike uphill in direct sunlight during the hottest part of the day. Because inner Canyon air is so dry and hot, sweat evaporates instantly, making its loss almost imperceptible. This evaporation allows our bodies to lose heat and keep cool. **Do not wait until you start feeling thirsty to start replacing these fluids and electrolytes. By the time you feel thirsty, you are already dehydrated.**

Even this mild level of dehydration makes your body 10 to 20 percent less efficient, and this makes hiking a lot less fun. The more dehydrated you become, the less efficient your body becomes at walking and cooling. A slight to moderate fluid and electrolyte loss will lead to heat cramps and heat exhaustion (nausea, vomiting, headache, fatigue, fainting). A moderate to large fluid and electrolyte loss can lead to severe heat exhaustion (extreme dizziness, constant nausea and vomiting, shock, kidney damage), and possibly to heat stroke.

A normal hydrated adult should be able to urinate approximately 1 to 2 ounces of light yellow-colored urine every 2 hours. If you are urinating more frequently than this and your urine is clear in color, you may be over-hydrating and may need to cut back on your fluid intake. If your urine is dark in color (keep in mind that vitamins will turn urine yellow) and/or smells, you are probably dehydrated and need to drink more frequently.

### **Water Intake**

Your body can absorb only about 1 quart of fluid per hour, so drink 0.5 to 1 quart of some type of electrolyte replacement drink (such as Gookinaid) each and every hour that you are walking in the heat. Carry your water bottle in your hand and drink small amounts often. The average adult should drink approximately 4 quarts of electrolyte replacement drink for every eight hours spent hiking in the heat. Remember to at least double your normal intake of food to help meet your energy and electrolyte needs.

### **Food Intake and Water Intoxication**

Your body uses enormous amounts of energy (food calories) to keep you cool in the heat. Eating is your most important defense against exhaustion and water intoxication. Keeping yourself cool and hiking out of the Canyon takes a very large amount of energy. Heat will reduce your appetite: it seems all you crave is water. So you must force yourself to eat adequate amounts of food to keep up with the demands of Grand Canyon hiking. Be sure that you eat a lot more than you normally do.

Eat small amounts of complex carbohydrates (breads, fruits, crackers, grains, low-fat energy bars) throughout the day about every half hour. While hiking, you should avoid foods that are high in fats and proteins, because these foods take a long time to digest and will tend to unsettle your stomach in the heat. If you do not eat enough food to meet your energy needs, you end up burning your fat and muscle tissues to meet those needs. This is very inefficient and creates metabolic waste products that are guaranteed to make you feel ill in the heat.

Eating adequate amounts of food will also help guarantee that you are replacing the electrolytes that you are sweating out. If you replace the water but not the electrolytes, you can develop a serious and dangerous medical condition known as hyponatremia (water intoxication) which, if left untreated, can lead to seizures and possibly death. Don't use salt tablets to correct the problem; they will make you nauseous.

You need at least two to three times your normal food intake (4,000 to 5,000 calories) to meet your energy needs while hiking in the Grand Canyon. If you have food, eat it. If you have extra food, share it. If you do not have food, ask other hikers if they have any extra food that they will share with you. Eating well helps you hike well.

### **Stay Wet and Stay Cool**

If you must hike uphill in the sunshine, keep yourself soaking wet to stay cool. This is one of the best things you can do for yourself. Whenever you are near water, make sure that you wet (actually soak) yourself down. If you hike while soaking wet, you will stay reasonably cool. Carry some extra water to wet yourself down again when your hair and clothing begin to dry. This will make a wonderful difference in how well you feel, especially at the end of the day. You will stay fresher longer, and you will reduce your fluid, electrolyte, and energy loss significantly.

### **Sit Down and Put Your Legs Up**

Every 0.5 to 1 hour, take a 5 to 7 minute break. Such a break can flush out 20 to 30 percent of the metabolic waste products that have built up in your legs while hiking. Sit down and prop your legs up above the level of your heart and let gravity help drain these wasted products out of your legs. Take this kind of serious break at least every hour. Eat some food, drink some fluids, and take this break time to really enjoy and appreciate the view. These efficient breaks can really recharge your batteries. In the long run, it won't slow you down.

### **Do Not Huff and Puff**

If you can talk while you are walking, you are walking the perfect speed. When you huff and puff, your legs.



digestive system, and your whole body do not get enough oxygen to function efficiently. Your energy reserves get used up very quickly with such anaerobic activity (without enough oxygen), and it creates a lot of waste products. These waste products make your legs feel heavy and make you feel sick.

Walking uphill at a pace that allows you to be able to walk and talk will guarantee that your legs and your body are getting the oxygen that they need to function efficiently (aerobically). Because your body will generate fewer of these metabolic waste products, you will be better able to enjoy your hike, and you will feel much better when you reach its end. It may seem like you are walking too slow, but at an aerobic pace your energy reserves will last many times longer, and you'll arrive at your destination feeling good.

### **Be Kind to Yourself**

Do not exceed your normal level of physical activity or training. If you have heart problems, asthma, diabetes, bad knees, a bad back, or any other medical problems, please limit your exertion and especially your exposure to the heat. The altitude, the strenuous climbing, dehydration, and the intense inner-Canyon heat all combine to make any medical problem worse.

### **More Arizona Place Names**

**Cochise Stronghold.** Located in Stronghold Canyon on the Eastern side of the Dragoon Mountains. Famous Chief Cochise used this basin as a hiding place. According to Indian Agent Jeffords and John A. Rockfellow, "Cochise died here and was buried at the mouth of the canyon overlooking Sulpher Springs Valley. After burial, the Apaches rode their ponies back and forth over the area about the grave, completely obliterating it." The exact grave area has never been found.

**Nogales.** Spanish for "walnut trees." First settlers say the steam was lined with these trees. Prior to "Nogales", it was known as "Line City", then "Isaactown", after a saloon owner.

**Superstition Mountains.** Huge uplift 40 miles east of Phoenix. Name "Superstition" by the Pimas that the mountains, or at least their front peak, were "bad medicine." Indians said Apaches from its summit watched for wandering bands of Pimas or Maricopas and descended upon and killed them. "Their arrows could not fail them." These rough, uninhabited mountains are a fine setting for legends of lost gold mines.

## **ORACLE STATE PARK TRAIL MAINTENANCE**

*by Jon Chase*

I would like to remind all SaddleBrooke Hiking Club members that our club undertook a volunteer commitment to perform trail maintenance at the recently opened Oracle State Park earlier this year. I am very proud to report that the SaddleBrooke Hiking Club has contributed almost 400 man-hours of work, with some 30 different SHC members participating to date. Gary Gouvea and Ed Snyder have been lead participants, putting in many hours. As a separate project, the Friends of Oracle State Park approached us in early September to help them prepare the new gardens at the park. John Rendall, our Vice President, organized an effort, which was most successful. Seven of our members put in six hours of tough manual labor to help the Park ready the gardens for the October 1<sup>st</sup> opening.

We schedule this trail maintenance with the regular hikes, and I can assure you that while there is some "work" involved, it is as rewarding as most of our hikes because of the sense of accomplishment and the camaraderie, while working in the great outdoors of Southern Arizona. I encourage all members to check the Hiking Schedule and **COME JOIN US** at Oracle State Park.

## **A RIM TO RIM GRAND CANYON HIKE**

*by Bill Leightenheimer*

On Tuesday, October 2<sup>nd</sup>, four members of the SaddleBrooke Hiking Club hiked from the north rim to the south rim of the Grand Canyon in one day.

Bill Leightenheimer, John Rendall, Jim Strickler, and Bud Meyer began the hike in darkness at 5:05 a.m. down the North Kaibab trail. They hiked 14 miles down to Phantom Ranch where they took a 45 minute break to soak their feet in Bright Angel Creek.

On this section of the hike, they met John Sedowski, age 64, from the Chicago area who was doing his 7<sup>th</sup> rim to rim hike. They also met Harry Bridges who was celebrating his 72nd birthday by doing his 5<sup>th</sup> double rim to rim hike.

Harry, who hails from Virginia, would hike up to the south rim and spend two nights at the Bright Angel Lodge before hiking back to his car on the north rim.

The weather was perfect with mostly overcast skies that held the temperature in the canyon down. The temperature at the beginning of the hike was in the upper thirties at the 8200 foot level on the north rim. The high temperature



recorded at Phantom Ranch in the bottom of the canyon was 90 degrees fahrenheit.

After leaving Phantom Ranch, Jim and Bud ascended the very steep South Kaibab Trail and arrived at the south rim at 6:00 p.m.. a total distance of 20.9 miles.

Bill and John took the longer Bright Angel Trail and arrived atop the south rim at 6:25 p.m., a total distance of 23.4 miles not counting a one-half mile detour.

The hikers agreed that they especially liked the north rim. The aspen trees were bright yellow and the scenery was magnificent. Much wildlife was seen including wild turkeys, deer, and coyote.

## HIKING GUIDES NEEDED

Our Hiking Club is always looking for new Hiking Guides from our membership. If you have gained experience hiking with us or elsewhere and have some favorite hikes you would feel comfortable leading, then please contact Walt Faleschini at 818-6644 or by email at [Faleschini@aol.com](mailto:Faleschini@aol.com).

## HIKING GUIDES MEETING/BOARD MEETING

The next Hiking Guides Meeting to schedule January/February hikes will be on Wednesday, December 5<sup>th</sup> 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. Our Board meetings start at 3:00 PM and precede the Hiking Guides Meeting. All members are welcome to attend this meeting as well.

The SaddleBrooke Hiking Club schedules Board of Director's meetings on a regular basis. These are open to the membership of the club, and all members are encouraged to attend. The next meeting will be on Wednesday, December 5, 2001 at 3:00p.m. preceding the Hiking guides meeting in the Javelina Room at SBCC.

Minutes of all Board meetings are available from the club Secretary, Bob Perez. You can call him at 818-2111, or email Bob at [azsun65@mindspring.com](mailto:azsun65@mindspring.com)

## E-MAIL ADDRESSES REQUESTED

To save time and costs, we are requesting that all members

who have e-mail but are still receiving the Newsletter in the regular mail, please notify Bob White ([RWhitesail@aol.com](mailto:RWhitesail@aol.com)) of your e-mail address. Members who have the Newsletters e-mailed always receive the Newsletters earlier than those that are snail mailed.

## 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 (a minimum of 2 quarts is recommended), 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.



## SADDLEBROOKE HIKING CLUB OFFICERS

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## CHANGE IN HIKE RATINGS

After a review of our Hike Ratings, it was decided at the last Board Meeting to make a few adjustments effective with the publication of this newsletter and hike schedule. These changes were made after studying the ratings of other clubs and considering the average age of our membership. Our old and new rating tables follow:

### New Hike Ratings

"A" >14 miles or > 3000'

"B" 8 to 14 miles or 1500 to 3000'

"C" 4 to 8 miles or 500' to 1500'

"D" < 4 miles and <500'

The main change is the cutoff of a "B" hike at 14 miles or at 3000' elevation gain.

The past description of pace remains the same:

Slow pace - Less than 1.5 MPH with frequent stops

Moderate Pace - 1.5 to 2.5 MPH, 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.

## Orientation Hikes

Orientation hikes (OH) are encouraged for all "beginner" hikers and are intended for sharing information and for personal assessment of current physical fitness. The following OH are scheduled:

Thursday, Nov. 8<sup>th</sup> - Honey Bee Canyon.

Thursday, Nov. 29<sup>th</sup> - Linda Vista Loop

Saturday, Dec. 1<sup>st</sup> - Honey Bee Canyon

Thursday, Dec. 13<sup>th</sup> - Canyon Loop Trail

Another way to assess ones fitness is to take one or more of the regularly scheduled Fitness Hikes or Exploring SaddleBrooke hikes.

## Summary of Hikes by Rating and Date:

A Hikes - November 5,17,19 & 24

December 3,8,10,15 & 21

B Hikes – November 2,5,10,12,13,16,20,27,29 & 30

December 4,13,15,17,20,24 & 29

C Hikes – November 1,3,7,9,12,13,15,23,26 & 28

December 3,4,5,6,7,8,11,12,14,17,19,22,27&31

D Hikes – November 1,6,8,13,15,20,22,27 & 29

December 1,4,6,10,11,13,18,20 & 27

## SCHEDULED HIKES

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

**November 1<sup>st</sup> – Thursday.** 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. Leave at 7:00AM. Bringing some drinking water is strongly advised; Kay White. 818-9482.

**November 1<sup>st</sup> – Thursday.** 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: leave at 7:00AM; Bill Leightenheimer, 818-1953.

**November 1<sup>st</sup> – Thursday.** Fifty Year Trail (North End). Rating C. We will start at the end of the paved part of Golder Ranch Road, go north on the 50-Year Trail and then loop back. Beautiful saguaros and rock formations. Hike 7 miles; elevation change 800 feet; starting elevation 3200 feet; leave at 7:00AM; driver donation \$1.00; Walt Faleschini, 818-6644.

**November 2<sup>nd</sup> – Friday.** Big Rock Dome. Rating B-. This hike leads to a granite dome with great 360 deg. views. The hike will appeal to the adventurous hiker who is capable physically of doing a moderately strenuous bushwack. Recommend wearing long pants and gloves. Bring a hiking stick, two quarts of water and snacks. This hike can be a loop by coming back down the Charouleau Gap Road. Hike limited to 8 hikers. Hike 2-4 miles; elevation change 770 feet, starting elevation 3095 feet; leave at 7:00AM; Bill Leightenheimer, 818-1953.

**November 3<sup>rd</sup> – Saturday.** Baby Jesus Trail - Golder Ranch Entry. Rating C. We will drive out Golder Ranch Road to the end of the pavement. We will hike on the Fifty-Year Trail to the Baby Jesus Trail. Then hike the Baby Jesus Trail seeing beautiful saguaros and rock formations including a window. We will return by the same route. Hike 6.5 miles; climb 900 feet; starting altitude 2700 feet; leave at 8:00AM; driver donation \$1.00; Jim Strickler, 825-8735.

**November 5<sup>th</sup> – Monday.** 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 7:00AM; driver donation \$8; Gary Gouvea, 825-3868.

**November 5<sup>th</sup> – Monday.** 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

miles; climb 4050 feet; altitude at start 5400 feet; shady; leave at 6:00AM; driver donation \$6.00; Bill Leightenheimer, 818-1953.

**November 6<sup>th</sup> – Tuesday.** Fitness Walk. 7:00AM. See Nov 1<sup>st</sup>.

**November 6<sup>th</sup> – Tuesday.** Exploring SaddleBrooke. 7:00AM. See Nov 1<sup>st</sup>.

**November 7<sup>th</sup> – Wednesday.** 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 at 7:00AM; driver donation \$6.00; Mary Richling, 825-5238.

**November 8<sup>th</sup> – Thursday.** Fitness Walk, 7:00AM. See Nov 1<sup>st</sup>.

**November 8<sup>th</sup> – Thursday.** Exploring SaddleBrooke. 7:00AM. See Nov 1<sup>st</sup>.

**\*\* November 8<sup>th</sup> – Thursday.** Honey Bee Canyon. Rating D. We will walk Honey Bee Canyon at Vistoso. We'll see Hohokam petroglyphs, grinding holes, and pioneer adobe ruins. For those exploring Honey Bee for the first time this is a real eye opener. Limit 12; hike 2 miles; 100 foot elevation change; starting elevation 2700 feet; leave at 10:00AM; bring lunch & water; driver donation \$1.00; Jan & Dean Wilson, 818-0299.

**\*\* November 9<sup>th</sup> – Friday.** Tonto National Monument. Rating C. A guided tour hike of the Upper Cliff Dwellings, normally closed and allowed only by reservation. The tour is approx. 3 miles on unpaved, moderate to steep trail with a gain of 600 ft. Time permitting, we will also visit the lower cliff dwelling on our own. This will be an educational experience regarding the life of the Salado Indians (People of the Salt River). National Park Fee - \$3 (without a pass). The monument is approx. 120 miles one way, on good roads and overlooks Roosevelt Lake. Limited to 12 members (3 cars). **MUST SIGN UP 3 DAYS PRIOR TO HIKE.** Bring lunch, ample water, and a hat. Leave at 7:00AM; driver donation \$11; John Rendall, 825-9395.

**November 9<sup>th</sup> – Friday.** 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 7:00AM; driver donation \$1.00; Jon Chase, 818-1115.

**November 10<sup>th</sup> – Saturday.** Carr Peak. Rating B. This trail has some great views of Miller Peak in the Huachuca Mountains. You can see in all directions and 100 miles on a clear day. There is a section of the trail with beautiful Aspens. The drive to the trailhead is rather precarious. 4 wheel drive or high clearance vehicles recommended. Hike 5.2 Miles; elevation gain 1820 feet; starting elevation 7200 feet; leave at 7:00AM; driver donation \$10.00; Jim Strickler, 825-8735.

**November 12<sup>th</sup> – Monday.** Cochise Stronghold to the Saddle. Rating C. 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 7:30AM; driver donation \$8.00; Gary Gouvea, 825-3868.

**November 12<sup>th</sup> – Monday.** Josephine Peak. Rating B+. We will hike the Super Trail in Madera Canyon of the Santa Ritas, up to Josephine Saddle, and beyond, to Josephine Peak, and back. We leave the trail to reach Josephine Peak. This peak sits in the shadow of Mt. Wrightson. On return we may take Old Baldy Trail down from Josephine Saddle. Hike 12 miles; climb 3000 feet; starting elevation 5400 feet; leave at 6:00AM; driver donation \$6.00; Bill Leightenheimer, 818-1953.

**\*\* November 13<sup>th</sup> - Tuesday.** Picacho Peak Loop. Rating B. This hike combines both the Hunter and Sunset Vista Trails. We begin at the Hunter Trailhead, hike up to the saddle, down the Hunter Trail to join the Sunset Vista Trail and climb to the top (3374 ft.). We will return via Sunset Vista to the trailhead and shuttle (requires 2 cars) back to pick up the other vehicle. This is a short, difficult, "acrophobic" climb with a moderate return. Bring gloves and ample water. \$5 park entrance fee (4/car). Hike 5.1 miles, climb 1900 ft. starting elevation 1500 ft. Leave at 7:00AM; driver donation \$5, limit 8; John Rendall, 825-9395

**November 13<sup>th</sup> – Tuesday.** 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. Can be quite cool. 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 7:00AM; driver donation \$1.00; Bob Wynne, 825-4056.

**November 13<sup>th</sup> – Tuesday.** Fitness Walk, 7:00AM. See Nov 1<sup>st</sup>.

**November 13<sup>th</sup> – Tuesday.** Exploring SaddleBrooke, 7:00AM. See Nov 1<sup>st</sup>.

**November 15<sup>th</sup> – Thursday.** Fitness Walk, 7:00AM. See Nov 1<sup>st</sup>.

**November 15<sup>th</sup> – Thursday.** Exploring SaddleBrooke, 7:00AM. See Nov 1<sup>st</sup>.

**November 15<sup>th</sup> – Thursday.** Rams Creek Basin. Rating C. We start from a little park in the Ramsfield subdivision near the Oracle Road crossing of the Canada del Oro. We will hike up an abandoned 4-wheel drive road to some great viewpoints of Vistoso, the Tortolitas, SaddleBrooke and the Biosphere. We then take a short side trail into the basin where we will have lunch, perhaps explore other trails for a short distance and then back to the parking lot. Hike 3 miles; starting elevation 2700 feet, elevation change 500 feet; leave at 10:00AM; bring lunch & water; driver donation \$1.00; Jan & Dean Wilson, 818-0299.

**November 16<sup>th</sup> – Friday.** Oracle Ridge. Rating B. We start at the American Flag Trail on the old Mt. Lemmon Road and hike to the Oracle Ridge Trail. From the ridge are views of Biosphere II and the Tortolitas in the west. We will hike south along the ridge toward Apache Peak. We will lunch in a saddle below Apache Peak. Hikers who want to bushwhack to summit might do so. Hike 9 miles; climb 1800 feet; altitude at trailhead 4400 feet; leave at 7:30AM; driver donation \$3.00; Larry Gray, 818-0337.

**November 17<sup>th</sup> – Saturday.** Box Camp Trail. Rating A. Starting at Mt. Lemmon Highway trailhead (just past Spencer Canyon campground); it will be all down hill (well, almost) to the tram at Sabino Canyon. We'll bypass Box Springs, stop for lunch near Apache Springs, descending from pines through oaks and manzanita to the saguaros. In the opinion of many, this is the finest, most spectacular top to bottom hike in the Catalinas. Need volunteers to leave a car at Sabino Canyon. Hike 10 miles; descend 4800 feet; starting elevation 8000 feet.



leave at 6:00AM, driver donation \$6.00; Bill Leightenheimer, 818-1953.

**November 19<sup>th</sup> – Monday.** Florida Saddle. Rating A. Located in the Santa Rita Mountains, this is a very steep and continuous climb from the Experimental Range Headquarters through a beautiful canyon, along open hillsides and thick forests, up to the Florida Saddle at 7800'. We return by the same route. Hike 10 miles; pace slow; elevation change 3900 feet; starting altitude 4400 feet; leave at 6:00AM; driver donation \$3.00; Bill Leightenheimer, 818-1953.

**November 20<sup>th</sup> – Tuesday.** Exploring SaddleBrooke. 7:00AM. See Nov 1<sup>st</sup>.

**November 20<sup>th</sup> – Tuesday.** Aravaipa Canyon Wilderness – East to West. Rating B+. This is a wilderness hike, by permit only, in a Primitive Preserve, following the Aravaipa Creek through the Galiuro Mountains. We will be hiking through the entire Preserve in the creek (ankle to knee deep), approx. 50 percent of the time, while viewing the canyons 800-900 ft. walls. There will be abundant wildlife, often with views of Golden Eagles. Bring camera and binoculars as this is one of Arizona's best kept secrets. Time permitting, we may explore one or two of the nine side canyons. As the trailhead is a long distance from SaddleBrooke, we will either leave early ( 4AM ) or stay (motel/camp) in or near Safford. 4WD's required on East end; pick-up cars on West end. Logistics will be arranged after we know who will be hiking. Hike 12-13 miles. Elevation start 3200 ft., dropping to 2600 ft. at West end. Limit 10 = MUST SIGN UP 3 DAYS PRIOR TO HIKE. \$5 wilderness fee per person. Driver donation \$13; John Rendall, 825-9395.

**November 22<sup>nd</sup> – Thursday.** Exploring SaddleBrooke, 7:00AM. See Nov 1<sup>st</sup>.

**November 23<sup>rd</sup> – Friday.** Fifty Year Trail (South End). Rating C-. We will start at the Equestrian Center, hike 2 miles and return on the mostly flat ridge, with good views of Sun City and the Tortilitas. Hike 4 miles; climb 400 feet; altitude at start 2700 feet; leave at 7:00AM; driver donation \$1.00; Bill Leightenheimer, 818-1953.

**November 24<sup>th</sup> – Saturday.** Mt. Lemmon to SaddleBrooke. Rating A. Mt. Lemmon and Samaniego Ridge Trails to Charouleu Gap then hoof it to SaddleBrooke. There are some uphill sections. If weather is warm, be prepared with sun protection and plenty of water. Bring flashlight in case we get back late. We need drivers to drive us to the top of Mt. Lemmon. Hike 20 miles; descent 5800 feet; starting elevation 9100 feet; leave at 6:00AM; driver donation \$5.00; Bill

Leightenheimer, 818-1953.

**November 26<sup>th</sup> – Monday.** Maiden Pools. Rating C. We'll start at the 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. Early along the trail, we will see one of the best crested Saguaros in Tucson. Lunch at the pools and return. Hike 5 miles; climb 1100 feet; starting elevation 3000 feet; leave at 7:00AM; moderate pace; driver donation \$2.00; Gary Gouvea, 825-3868.

**November 26<sup>th</sup> – Monday.** Oracle State Park Trail Maintenance, 7:00AM. See Nov 9<sup>th</sup>.

**November 27<sup>th</sup> – Tuesday.** Buffalo Bill Cody Loop. Rating B. This beautiful, historic loop begins at the American Flag trailhead. We will view the 1877 adobe house, then hike up the Arizona Trail to LaCasa del High Jinks, the site where Bill Cody staked his gold mine in 1912. (We will tour the unique stone house if the owner is home.) The hike will continue along the Arizona Trail, joining the Oracle Ridge Trail, then go south to the base of Apache Peak, down to Camp Bonita Ruins and other mine sites, returning to the High Jinks Mine and back to the trailhead via the Arizona Trail. Hike 9 miles; altitude at start 4400 feet; elevation change 1200 feet; pace moderate. Leave at 7:30AM; driver donation \$3.00; John Rendall, 825-9395.

**November 27<sup>th</sup> – Tuesday.** Fitness Walk, 7:00AM. See Nov 1<sup>st</sup>.

**November 27<sup>th</sup> – Tuesday.** Exploring SaddleBrooke. 7:00AM. See Nov 1<sup>st</sup>.

**November 28<sup>th</sup> – Wednesday.** Charouleu Gap Road - Short version. Rating C. Starting from Lago Del Oro just outside of SaddleBrooke we will hike on the jeep (ORV) road to the picturesque table rock for lunch. The hike will be through desert area filled with huge granite boulders and outcroppings. Return on the same road. Great views of your SaddleBrooke home. Bring binoculars. Hike 8 miles; elevation change 900 feet; starting elevation 3200 feet; leave at 7:00AM; driver donation \$1.00; Walt Faleschini, 818-6644.

**\*\* November 29<sup>th</sup> – Thursday.** Linda Vista Loop. Rating D+. Drive to trailhead, 15 minutes from the MountainView parking lot. We climb 300 ft. in the first 1.5 miles. Trail skirts the base of Pusch Ridge and has great views out onto Oracle Road and environs. Hiking stick recommended as trail is rocky in places. Pace



slow/moderate. Limit 12; hike 3 miles; elevation change 300 feet; starting elevation 2680 feet; leave at 9:00AM; driver donation \$1.00; Bev Caldwell, 825-3071.

**November 29<sup>th</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 at 7:30AM; driver donation \$6.00; Karen Gray, 818-0337.

**November 29<sup>th</sup> – Thursday.** Fitness Walk. 7:00AM. See Nov 1<sup>st</sup>.

**November 29<sup>th</sup> – Thursday.** Exploring SaddleBrooke, 7:00AM. See Nov 1<sup>st</sup>.

**November 30<sup>th</sup> – Friday.** Big Rock Dome. Rating B-. This hike leads to a granite dome with great 360 deg. views. The hike will appeal to the adventurous hiker who is capable physically of doing a moderately strenuous bushwack. Recommend wearing long pants and gloves. Bring a hiking stick, two quarts of water and snacks. This hike can be a loop by coming back down the Charouleau Gap Road. Hike limited to 8 hikers. Hike 2-4 miles; elevation change 770 feet, starting elevation 3095 feet; leave at 7:00AM; Bill Leightenheimer, 818-1953.

**December 1<sup>st</sup> – Saturday.** Honey Bee Canyon. Rating D. We will walk Honey Bee Canyon at Vistoso. We'll see Hohokam petroglyphs, grinding holes, and pioneer adobe ruins. For those exploring Honey Bee for the first time this is a real eye opener. Limit 12; hike 2 miles; 100 foot elevation change; starting elevation 2700 feet; leave at 9:00AM; driver donation \$1.00; Barb Leightenheimer, 818-1953.

**December 3<sup>rd</sup> – Monday.** Alamo Canyon (Upper), Catalina State Park. Rating C-. We will hike up the Birding Trail to a cutoff that intercepts Alamo Canyon. From there, we will hike up to the canyon ridge with views of Alamo rock formations and of the valley below. Hike 5 miles; starting elevation 2700 feet, change in elevation 500 feet; leave at 7:00AM; driver donation \$1.00; Walt Faleschini, 818-6644.

**December 3<sup>rd</sup> – Monday.** 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 miles; climb 4050 feet; altitude at start 5400 feet; shady; leave at 6:00AM; driver donation \$6.00; Bill

Leightenheimer, 818-1953.

**December 4<sup>th</sup> – Tuesday.** Aravaipa Canyon Wilderness - West. Rating B-. This is a wilderness area, no trails, and no signs. Expect stream wading and numerous stream crossings, i.e., wet feet. Good water traction important. Wear shoes that can stand water and hiking. This is a beautiful, scenic canyon, a favorite for all who have been there. We hike in about 4 miles then come out the same way. Wear shorts, socks and shoes (that can get wet) with good traction (for wet rocks). Bring dry shoes/shorts/shirt for drive home if desired (and a plastic bag for wet items). Hiking stick recommended. Limit 10. \$5.00 fee per person at entrance. Have exact amount. Hike 7 to 8 miles; starting elevation 2600 feet; elevation change 200 feet; leave at 7:00AM; driver donation \$3.00; John Rendall, 825-9395.

**December 4<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 7:00AM; driver donation \$8.00; Bob Wynne, 825-4056.

**December 4<sup>th</sup> – Tuesday.** Exploring SaddleBrooke, 7:00AM. See Nov 1<sup>st</sup>.

**December 5<sup>th</sup> – Wednesday.** Phone Line Trail with Tram Ride. Rating C. This requires purchase of a tram ticket at \$6. Start at the Visitor's Center, ride tram to Stop Number 9, hike up to the Phone Line trail and then back to the Center. The trail is above and generally parallel to the tram road and offers outstanding views of the canyon - an easy downhill pace with photo opportunities. Hike limited to 15 hikers. Hike 5 miles; climb 900 feet; pace slow; altitude at start 2700 feet; leave at 8:00AM; driver donation \$2.00; Bill Leightenheimer, 818-1953.

**December 6<sup>th</sup> – Thursday.** Fitness Walk, 7:00AM. See Nov 1<sup>st</sup>.

**December 6<sup>th</sup> – Thursday.** Exploring SaddleBrooke, 7:00AM. See Nov 1<sup>st</sup>.

**December 6<sup>th</sup> – Thursday.** Peppersauce Canyon Short hike. Rating C-. 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; 500 foot elevation change; altitude at start 4600 feet; leave at 10:00AM; bring lunch & water; driver donation \$4.00; Jan & Dean Wilson, 818-0299.

**\*\* December 7<sup>th</sup> – Friday.** Tonto National Monument. Rating C. A guided tour hike of the Upper Cliff Dwellings, normally closed and allowed only by reservation. The tour is approx. 3 miles on unpaved, moderate to steep trail with a gain of 600 ft. Time permitting, we will also visit the lower cliff dwelling on our own. This will be an educational experience regarding the life of the Salado Indians (People of the Salt River). National Park Fee - \$3 (without a pass). The monument is approx. 120 miles one way, on good roads and overlooks Roosevelt Lake. Limited to 12 members (3 cars). **MUST SIGN UP 3 DAYS PRIOR TO HIKE.** Bring lunch, ample water, and a hat. Leave at 7:00AM; driver donation \$11; John Rendall, 825-9395.

**December 8<sup>th</sup> – Saturday.** 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 8:00AM; driver donation \$1.00; Jim Strickler, 825-8735.

**December 8<sup>th</sup> – Saturday.** 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. Can be quite cool. 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 7:30AM; driver donation \$1.00; Karen Gray, 818-0337.

**\*\* December 10<sup>th</sup> – Monday.** Sabino Canyon to Catalina State Park. Rating A+. This is a difficult hike for the very physically fit and experienced hiker. Hikers need to carry a minimum of four quarts of water. Hikers also need to bring a flashlight and spare batteries. A driver will be needed to drop us off at Sabino Canyon. We will spot a car at Catalina State Park. Hike 19.9 miles; elevation change 4900 feet; altitude at start 3000 feet; leave at 5:30AM; limit 8 hikers; driver donation \$3.00; Bill Leightenheimer, 818-1953.

**December 10<sup>th</sup> – Monday.** 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 7:30AM; driver donation \$1.00 plus suggested park donation of \$2.00; bring binoculars; Mary Richling, 825-5238.

**December 11<sup>th</sup> – Tuesday.** 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 on this hike. Hike starts at north end of Alvernon Way. Limited to 12 hikers. Hike 5 miles; elevation change 1450 feet; starting elevation 3000 feet; leave at 7:30AM; driver donation \$1.00; John Rendall, 825-9395.

**December 11<sup>th</sup> – Tuesday.** Sweetwater Trail to the Saddle. Rating C. We start from the trailhead at the end of El Camino del Cerro on the East Side of the Tucson Mountains. From there we hike up through some of the prettiest Saguaro forests in the area. Along the way there will be good views of Tucson and Wasson Peak. We end at the saddle where the trail joins the King Canyon trail. The King Canyon trail goes down to the Desert Museum or up to Wasson Peak. We will have lunch at the saddle before heading back to the trailhead. Hike 6.8 miles; elevation change 1200 feet; elevation at start 2800 feet; leave at 7:00AM; driver donation \$3.00; Bob Wynne, 825-4056.

**December 11<sup>th</sup> – Tuesday.** Fitness Walk, 7:00AM. See Nov 1<sup>st</sup>.

**December 11<sup>th</sup> – Tuesday.** Exploring SaddleBrooke. 7:00AM. See Nov 1<sup>st</sup>.

**December 12<sup>th</sup> – Wednesday.** 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 7:00AM; driver donation \$2.00; Gary Gouvea, 825-3868.

**\*\* December 13<sup>th</sup> – Thursday.** 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 9:00AM; driver donation \$1.00; Jan & Dean Wilson, 818-0299.

**December 13<sup>th</sup> – Thursday.** 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; leave at 7:00AM; driver donation \$5.00; Larry Gray, 818-0337.

**December 13<sup>th</sup> – Thursday.** Fitness Walk, 7:00AM. See Nov 1<sup>st</sup>.

**December 13<sup>th</sup> – Thursday.** Exploring SaddleBrooke, 7:00AM. See Nov 1<sup>st</sup>.

**December 14<sup>th</sup> – Friday.** Oracle State Park Trail Maintenance, 7:00AM. See Nov 9<sup>th</sup>.

**\*\* December 15<sup>th</sup> – Saturday.** Oracle Ridge Trail to Mt. Lemmon Road. Rating A-. This is a long downhill hike northwards along Oracle Ridge from Mt. Lemmon to the Mt. Lemmon Road near Oracle. Hikers need a minimum of three quarts of water. This is a very scenic hike with great views. Hike 13.2 miles; descend 3576 feet; altitude at start 8076 feet; limit of 8 hikers; leave at 6:00AM; driver donation \$6.00; Bill Leightenheimer, 818-1953.

**December 15<sup>th</sup> – Saturday.** Soldier Trail. Rating B. Start at mile 1.3 pullout on Catalina Highway to Prison Camp and return. The first ½ mile is very steep. The gorge in Soldier Basin may have water flowing below some rugged cliffs. Views of the Tucson area. This trail was used in the 1800s as a cavalry passage into the mountains. Limit 14; hike 6 miles; elevation change 1600 feet; starting elevation 3200 feet; leave at 7:30AM; driver donation \$4.00; Dave Caldwell, 825-3071.

**\*\* December 17<sup>th</sup> – Monday.** Oracle State Park, High Point Trail. Rating C. Take a hike in Arizona's newest state park. The trail is a smooth path across grasslands through manzanita brush, over hills & under oak trees to the highest point in the park, with a sweeping view on top. This is one of the trails maintained by our hiking club members! Hike 4 miles; elevation change 400 feet; starting elevation 4500 feet; leave at 9:00AM; driver donation \$1.00. Park entrance fee of \$5 per car to be shared by all hikers in the car: Bev Caldwell, 825-3071.

**December 17<sup>th</sup> – Monday.** Big Rock Dome. Rating B-. This hike leads to a granite dome with great 360 deg. views. The hike will appeal to the adventurous hiker who is capable physically of doing a moderately strenuous

bushwack. Recommend wearing long pants and gloves. Bring a hiking stick, two quarts of water and snacks. This hike can be a loop by coming back down the Charouleau Gap Road. Hike limited to 8 hikers. Hike 2-4 miles; elevation change 770 feet, starting elevation 3095 feet; leave at 6:00AM; Bill Leightenheimer, 818-1953.

**December 18<sup>th</sup> – Tuesday.** Fitness Walk, 7:00AM. See Nov 1<sup>st</sup>.

**December 18<sup>th</sup> – Tuesday.** Exploring SaddleBrooke, 7:00AM. See Nov 1<sup>st</sup>.

**December 19<sup>th</sup> – Wednesday.** 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 7:00AM; driver donation \$8.00; Gary Gouvea, 825-3868.

**December 20<sup>th</sup> – Thursday.** Fitness Walk, 7:00AM. See Nov 1<sup>st</sup>.

**December 20<sup>th</sup> – Thursday.** Exploring SaddleBrooke, 7:00AM. See Nov 1<sup>st</sup>.

**December 20<sup>th</sup> – Thursday.** 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 7:30AM; driver donation \$2.00; Larry Gray, 818-0337.

**December 21<sup>st</sup> – Friday.** Rincon Peak. Rating A. An uphill hike with breathtaking views. Plan on taking plenty of water. After 4.4 Miles we reach Happy Valley Saddle and then on to Heartbreak Ridge. This is a steep hike only for the most advanced hiker. Hike 16.2 miles, elevation change 4300 feet; starting elevation 4200 feet; leave at 5:30AM; driver donation \$8.00; Bill Leightenheimer, 818-1953.

**December 22<sup>nd</sup> – Saturday.** American Flag Trail. Rating C. This hike begins on the old Mt. Lemmon Road and covers a section of the Arizona Trail. We take the



American Flag Trail to Oracle Ridge where we have interesting views to the west. We then hike south to a saddle below Apache Peak where we will have lunch and then return. Hike 8 miles; altitude change 1200 feet; altitude at start 4400 feet; pace slow; leave at 7:30AM; driver donation \$3.00; Karen Gray, 818-0337.

**December 24<sup>th</sup> – Monday.** Wasson Peak/Sweetwater Trail. Rating B. We start from the trailhead at the end of El Camino del Cerro on the East Side of the Tucson Mountains. From there we hike up through some of the prettiest Saguaro forests in the area. Along the way there will be good views of Tucson and Wasson Peak. At the saddle where the trail joins the King Canyon trail we continue on up to Wasson Peak. Views are spectacular from this highest point in the Tucson Mountains. Little shade. Hike 9.2 miles; climb 1800 feet; altitude at trailhead 2,900 feet; leave at 6:30AM; driver donation \$3.00; Bill Leightenheimer, 818-1953.

**December 27<sup>th</sup> – Thursday.** 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 7:30AM; driver donation \$2.00; Karen Gray, 818-0337.

**December 27<sup>th</sup> – Thursday.** Fitness Walk, 7:00AM. See Nov 1<sup>st</sup>.

**December 27<sup>th</sup> – Thursday.** Exploring SaddleBrooke. 7:00AM. See Nov 1<sup>st</sup>.

**December 29<sup>th</sup> – Saturday.** Prison Camp to Sabino Canyon. Rating B-. This is a beautiful mostly downhill hike from the old prison camp off of the Catalina Highway to Sabino Canyon where we will catch the tram down to the Visitor's Center. Limited to 11 hikers. Bring lunch and at least 2 quarts of water and \$6.00 for the tram. Hike 7.6 miles; elevation change downhill 1763 feet; elevation at the top 4863 feet; leave at 6:00AM; driver donation \$4.00; Bill Leightenheimer, 818-1953.

**December 31<sup>st</sup> – Monday.** Tortolita Mountains/Wild Burro Canyon. Rating C. We will take the Rail-X Marble Mine road off Oracle Highway for 5 miles to the county line, then hike on a jeep road to the windmill and into Wild Burro Canyon. The jeep road will take us to a meadow and corral in the mountains. Weather and hikers' agreeing, we may go further along a wash to a canyon lookout. We may get lucky and see some wild horses. Hike 7 miles; climb 800 feet; pace slow to moderate; altitude at start about 3000 feet; leave at 8:00AM; driver donation \$1.00; Jim Strickler, 825-8735.

## HIKE SCHEDULE SUMMARIES

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





## SaddleBrooke Hiking Club - November 2001 Hikes

Date	Day	Time (am)	Rating	Description	Driver Donation \$s	Hike Length mi	Elevation Start/Chg 1000'	Hiking Guide	Phone No.
1	Th	7:00	D	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
1	Th	7:00	C	Fifty Year Trail (North End)	1	7	3.2 / .8	Walt Faleschini	818-6644
1	Th	7:00	D	Fitness Walk	na			Bill Leightenheimer	818-1953
2	F	7:00	B-	Big Rock Dome	na	2-4	3.095 / .77	Bill Leightenheimer	818-1953
3	S	8:00	C	Baby Jesus Trail - Golder Ranch Entry	1	6.5	2.7 / .9	Jim Strickler	825-8735
5	M	7:00	B-	Brown Canyon - Ramsay Canyon Loop	8	8	5 / 1.8	Gary Gouvea	825-3868
5	M	6:00	A	Mt. Wrightson via Super Trail	6	14	5.4 / 4.05	Bill Leightenheimer	818-1953
6	T	7:00	D	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
6	T	7:00	D	Fitness Walk	na			Bill Leightenheimer	818-1953
7	W	7:00	C	Madera Canyon Nature Trail	6	6.4	5.4 / .9	Mary Richling	825-5238
8	Th	7:00	D	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
8	Th	7:00	D	Fitness Walk	na			Bill Leightenheimer	818-1953
8	Th	10:00	D	Honey Bee Canyon	1	2	2.7 / .1	Jan & Dean Wilson	818-0299
9	F	7:00	C	<b>Tonto National Monument</b>	11+3 park fee	3	- / .6	John Rendall	825-9395
9	F	7:00	C	Oracle State Park Trail Maintenance	1			Jon Chase	818-1115
10	S	7:00	B	Carr Peak	10	5.2	7.2 / 1.82	Jim Strickler	825-8735
12	M	7:30	C	Cochise Stronghold to the Saddle	8	6	4.5 / 1	Gary Gouvea	825-3868
12	M	6:00	B+	Josephine Peak	6	12	5.4 / 3	Bill Leightenheimer	818-1953
13	T	7:00	B	<b>Picacho Peak Loop</b>	5+5 per car	5.1	1.5 / 1.9	John Rendall	825-9395
13	T	7:00	C	Pima Canyon	1	6	2.9 / .8	Bob Wynne	825-4056
13	T	7:00	D	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
13	T	7:00	D	Fitness Walk	na			Bill Leightenheimer	818-1953
15	Th	7:00	D	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
15	Th	7:00	D	Fitness Walk	na			Bill Leightenheimer	818-1953
15	Th	10:00	C	Rams Creek Basin	1	3	2.7 / .5	Jan & Dean Wilson	818-0299
16	F	7:30	B	Oracle Ridge	3	9	4.4 / 1.8	Larry Gray	818-0337
17	S	6:00	A	Box Camp Trail	6	10	8 / -4.8	Bill Leightenheimer	818-1953
19	M	6:00	A	Florida Saddle	3	10	4.4 / 3.9	Bill Leightenheimer	818-1953
20	T	4 or prior	B+	Aravaipa Canyon Wilderness - East to West	13+5 wild. fee	12-13	3.2 / -.6	John Rendall	825-9395
20	T	7:00	D	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
22	Th	7:00	D	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
23	F	7:00	C-	Fifty Year Trail (South End)	1	4	2.7 / .4	Bill Leightenheimer	818-1953
24	S	6:00	A	Mt. Lemmon to SaddleBrooke	5	20	9.1 / -5.8	Bill Leightenheimer	818-1953
26	M	7:00	C	Maiden Pools	2	5	3 / 1.1	Gary Gouvea	825-3868
26	M	7:00	C	Oracle State Park Trail Maintenance	1			Jon Chase	818-1115
27	T	7:30	B	"Buffalo Bill" Cody Loop	3	9	4.4 / 1.2	John Rendall	825-9395
27	T	7:00	D	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
27	T	7:00	D	Fitness Walk	na			Bill Leightenheimer	818-1953
28	W	7:00	C	Charouleau Gap Road - Short Version	1	8	3.2 / .9	Walt Faleschini	818-6644
29	Th	9:00	D+	Linda Vista Loop	1	3	2.68 / .3	Bev Caldwell	825-3071
29	Th	7:30	B	Josephine Saddle	6	6	5.4 / 1.7	Karen Gray	818-0337
29	Th	7:00	D	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
29	Th	7:00	D	Fitness Walk	na			Bill Leightenheimer	818-1953
30	F	7:00	B-	Big Rock Dome	na	2-4	3.095 / .77	Bill Leightenheimer	818-1953



### SaddleBrooke Hiking Club – December 2001 Hikes

Date	Day	Time (am)	Rating	Description	Driver Donation \$s	Hike Length mi	Elevation Start/Chg 1000'	Hiking Guide	Phone No.
1	S	9:00	D	Honey Bee Canyon	1	2	2.7 / .1	Barb Leightenheimer	818-1953
3	M	7:00	C-	Alamo Canyon (Upper), Catalina State Park	1	5	2.7 / .5	Walt Faleschini	818-6644
3	M	6:00	A	Mt. Wrightson via Super Trail	6	14	5.4 / 4.05	Bill Leightenheimer	818-1953
4	T	7:00	B-	Aravaipa Canyon Wilderness – West	3+5 wild. fee	7-8	2.6 / .2	John Rendall	825-9395
4	T	7:00	C	Peralta Trail	8	5	2.5 / 1.36	Bob Wynne	825-4056
4	T	7:00	D	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
5	W	8:00	C	Phone Line Trail with Tram Ride	2+6 tram	5	2.7 / .9	Bill Leightenheimer	818-1953
6	Th	7:00	D	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
6	Th	7:00	D	Fitness Walk	na			Bill Leightenheimer	818-1953
6	Th	10:00	C-	Peppersauce Canyon Short Hike	4	3	4.6 / .5	Jan & Dean Wilson	818-0299
7	F	7:00	C	Tonto National Monument	11+3park fee	3	- / .6	John Rendall	825-9395
8	S	8:00	A-	Pusch Peak	1	5	2.65 / 2.7	Jim Strickler	825-8735
8	S	7:30	C	Pima Canyon	1	6	2.9 / .8	Karen Gray	818-0337
10	M	5:30	A+	Sabino Canyon to Catalina State Park	3	19.9	3 / 4.9	Bill Leightenheimer	818-1953
10	M	7:30	D	Tohono Chul Bird Walk/Breakfast	1+2park fee	1.5	2.7 / .05	Mary Richling	825-5238
11	T	7:30	C	Pontatoc Ridge	1	5	3 / 1.45	John Rendall	825-9395
11	T	7:00	C	Sweetwater Trail to the Saddle	3	6.8	2.8 / 1.2	Bob Wynne	825-4056
11	T	7:00	D	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
11	T	7:00	D	Fitness Walk	na			Bill Leightenheimer	818-1953
12	W	7:00	C+	Seven Falls	2	8	2.8 / .9	Gary Gouvea	825-3868
13	Th	7:00	D	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
13	Th	7:00	D	Fitness Walk	na			Bill Leightenheimer	818-1953
13	Th	9:00	D	Canyon Loop Trail	1	2.5	2.7 / .4	Jan & Dean Wilson	818-0299
13	Th	7:00	B	Picacho Peak	5+5per car	4	1.5 / 2.1	Larry Gray	818-0337
14	F	7:00	C	Oracle State Park Trail Maintenance	1			Jon Chase	818-1115
15	S	6:00	A-	Oracle Ridge to Mt. Lemmon Road	6	13.2	8.076 / -3.576	Bill Leightenheimer	818-1953
15	S	7:30	B	Soldier Trail	4	6	3.2 / 1.6	Dave Caldwell	825-3071
17	M	9:00	C	Oracle State Park – High Point Trail	1+5per car	4	4.5 / .4	Bev Caldwell	825-3071
17	M	6:00	B-	Big Rock Dome	na	2-4	3.095 / .77	Bill Leightenheimer	818-1953
18	T	7:00	D	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
18	T	7:00	D	Fitness Walk	na			Bill Leightenheimer	818-1953
19	W	7:00	C	Peralta Trail	8	5	2.5 / 1.36	Gary Gouvea	825-3868
20	Th	7:00	D	Fitness Walk	na			Bill Leightenheimer	818-1953
20	Th	7:30	B	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
20	Th	7:30	B	Blackett's Ridge	2	6	2.7 / 1.7	Larry Gray	818-0337
21	F	5:30	A	Rincon Peak	8	16.2	4.2 / 4.3	Bill Leightenheimer	818-1953
22	S	7:30	C	American Flag Trail	3	8	4.4 / 1.2	Karen Gray	818-0337
24	M	6:30	B	Wasson Peak / Sweetwater Trail	3	9.2	2.9 / 1.8	Bill Leightenheimer	818-1953
27	Th	7:00	D	Fitness Walk	na			Bill Leightenheimer	818-1953
27	Th	7:30	C+	Seven Falls Trail	2	8	2.8 / .9	Karen Gray	818-0337
27	Th	7:00	C	Exploring SaddleBrooke	na	3-4		Kay White	818-9482
29	S	6:00	B-	Prison Camp to Sabino Canyon	4+6 tram	7.6	4.863 / 1.763	Bill Leightenheimer	818-1953
31	M	8:00	C	Tortolita Mountains / Wild Burro Canyon	1	7	3 / .8	Jim Strickler	825-8735