



Best Day Hikes on the Arizona National Scenic Trail

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Cover photos: (Front) The author strides among wildflowers in the Gila River Canyons (Hike 11, page 108). (Back, top to bottom) AZT sign at the Picketpost Trailhead (see Hike 13, Picketpost, page 123); equestrians in Cienega Creek Natural Preserve (see Hike 6, Gabe Zimmerman Trailhead to Colossal Cave, page 71).

Safety Notice Though the author and publisher have made every effort to ensure that the information in this book is accurate at press time, they are not responsible for any loss, damage, injury, or inconvenience that may occur while using this book—you are responsible for your own safety and health on the trail. The fact that a hike is described in this book does not mean that it will be safe for you. Always check local conditions (which can change from day to day), know your own limitations, and consult a map.

For the latest information about places in this book that have been affected by the coronavirus, please check aztrail.org/covid-19-and-the-arizona-trail, as well as the "Land-Management Agencies" and "Gateway Community" contacts in each hike profile. For general news and updates about the coronavirus in Arizona, check az.gov/government-0 and tinyurl.com/covid19arizona.



SIRENA RANA

Best Day Hikes on the Arizona National Scenic Trail





Table of Contents

Overview Map opposite page							
Map Legend vii							
Dedication viii							
Acknowledgments viii							
Foreword By Roger Naylor x							
Recommended Hikes xii							
Introduction 1							
South 39							
1 Montezuma Pass to Mexico							
2 Miller Peak							
3 Canelo Pass to Meadow Valley							
4 Kentucky Camp to Gardner Canyon							
5 Gabe Zimmerman Trailhead to Rattlesnake Mural							
6 Gabe Zimmerman Trailhead to Colossal Cave							
7 Molino Basin to West Spring							
8 Gordon Hirabayashi Campground to Sycamore Canyon Dam 8							
9 Marshall Gulch–Aspen Loop							
10 American Flag Ranch Trailhead to Oracle Ridge							
11 Oracle State Park							
Central 115							
12 Gila River Canyons							
13 Picketpost							
14 Vineyard Trailhead to Mills Ridge							
15 Four Peaks							
16 Sycamore Canyon							
17 Highline: Pine Trailhead to Red Rock Spring							
18 Highline: Geronimo Trailhead to Bray Creek							
19 Highline: Washington Park Trailhead to General Springs Cabin 16							
North 171							
20 General Springs Canyon							
21 Mormon Lake							
22 Sandy's Canyon to Fisher Point							

BEST DAY HIKES ON THE AZT

23	Picture Canyon Loop
24	Buffalo Park
25	Aspen Nature Loop to Bismarck Lake
26	Grandview
27	Grand Canyon: South Kaibab Trail
28	Grand Canyon: North Kaibab Trail to Coconino Overlook 223
29	East Rim Viewpoint to Tater Canyon
30	Stateline Trailhead to Coyote Valley Overlook

Appendix 1: Indigenous Tribes 241

Appendix 2: Land-Management Agencies 243

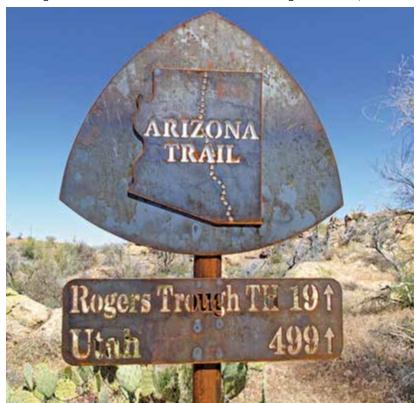
Appendix 3: Book Updates 244

Appendix 4: AZT Resources 245

Index 247

About the Author 256

Metal signs on the Arizona National Scenic Trail (AZT) list mileages to Utah and/or Mexico.





Map Legend

←→ → Directional arrows	Featured trail	Alternate trail
Freeway	Highway with bridge	Minor road
Boardwalk	Stairs	Unpaved road
Railroad	Power line	Ski lift/tram
Park/forest	Water body	River/creek/ intermittent stream
■ Bench ■ Bridge ▲ Campground ▲ Campground	 ≍ Footbridge → Gate ● General point of interest ↑ House/building ② Information kiosk ↑ Park office/ranger station P Parking ▲ Peak/hill 	Photo opportunity Picnic shelter Pit toilet Radio tower Restroom Scenic view Trailhead Tunnel



To Brian Dufault for supporting my Arizona Trail dreams, and to my father, Budh Prakash Rana, for instilling in me a love of the outdoors and photography.



Acknowledgments

THIS BOOK TOOK OVER TWO YEARS OF WORK from proposal to completion, and I was fortunate to have the support of the following folks during the process:

Thanks to Brian for supporting my dreams and holding down the house while I was away on the Arizona Trail and the many scouting trips for this book.

I am forever grateful for my parents—Anna and Budh Prakash Rana, but especially my dad, for inspiring a love of the outdoors when I was growing up. He's also a great support crew and has come out to Arizona to join me for part of my 2008–09 section hike, most of my 2014 thru-hike, and even some of the research for this book. Despite being a native of India who lives in Chicago, he's seen more of Arizona than most Arizonans. Thanks also to my aunt Candida Kyle, who took me on my first camping trip with my uncle Patrick and taught me to appreciate nature as a child. Gratitude to Wilderness Press for publishing this book and to my editor, Kate Johnson.

The Arizona Office of Tourism supported my research for this book, and eight of my articles about the trail are published on its AZT landing page (arizona .com/uniquely-az/unique-communities/arizona-trail). Gossamer Gear (gossa mergear.com) has sponsored me since my 2014 Arizona Trail Trek and supplied me with the equipment I needed for researching the book. Huppybar (huppy bar.com), makers of Wild Mesquite, the official energy bar of the AZT, provided tasty snacks, and the skirt I wore for most hikes was supplied by Purple Rain Adventure Skirts (purplerainskirts.com). Summit Hut (summithut.com) has been a great supporter of my adventures and was my first sponsor back in 2008.

Many people hosted me during my research and writing, and I am especially thankful to Leigh Anne and Denny Thrasher, Anne and Greg McGuffey, Sarah Weichberger, Li Brannfors, Geneva Hickey, Niall Murphy and Kyle Meehan, and Bernie and Margie Stalmann. Thanks also to Eve Lindsey, Cate Bradley, Christy Snow, and Jeff Harris, Heather "Anish" Anderson, Liz "Snorkel" Thomas, Terri

Gay, India Hesse, Wendy Lotze, and Meredith Marder for their help. I appreciate the time that Madeline Shewalter took to speak to me about Dale and the early days of scouting and creating the trail. I enjoyed working with Lyle Balenquah, Hopi archaeologist and artist, on the information about ancestral lands in this book. Much gratitude to Roger Naylor for his thoughtful foreword (see page x).

I am grateful for all the folks who supported me on the trail and during the planning process for my hikes in 2008–09 and 2014. The Arizona Trail and the Arizona Trail Association have been the catalyst for many



Micro Chicken, Sirena's adventure companion since 2011

dear friendships. A special shout-out goes to the volunteer crew I worked with to build the trail in southern Arizona, and to Mark Flint and Dave Hicks.

Though I spent a lot of time outdoors as a child with my best friend Kristin, I didn't grow up hiking and camping. I wrote this book so that even beginners can safely enjoy the AZT. I kept in mind while writing and researching what I would have wanted to know all those years ago when I moved to Arizona from the Chicago suburbs and started hiking.

Much of this book was written outdoors: on the AZT at High Jinks Ranch, in the Gateway Community of Summerhaven, near Saguaro National Park, or in a hammock hung along the trail. I find writing outside to be particularly productive, and I'm thankful to have been able to draw inspiration from nature while working on this book. Last but certainly not least, thanks to Dale Shewalter for his vision and hard work toward creating a trail for generations to enjoy.

Patreon Subscribers

Big thanks to my Patreon community for their support: Cate Bradley, Candida Kyle, Clara Hughes and Peter Guzman, John Officer, Gabbacia + Roberto, Mila Besich, Joe Mckenna, Steven Haubner, Jillian Glassett, Merina Karpen, Margo Stoney, Margie Roesch, Anne McGuffey, Alex Araiza, Greg Brush, and Rozanne Cazzone.

Join the Patreon community at patreon.com/desertsirena to receive newsletters, videos, behind-the-scenes looks at my creative process and trail design, and advance notice of events and new projects. You might even catch a glimpse of my adventure companion, Micro Chicken!

-Sirena Rana



ARIZONA IS A STATE LOADED WITH ICONS. The sculpted layers of Grand Canyon, the elegant saguaro cactus, Sedona's red rocks, and the monoliths of Monument Valley leap to mind.

Then there's one of Arizona's most unforgettable sights: Sirena Rana, rocking a colorful skirt and a big smile while hiking deep into the outback.

If you've spent any time at all on the Arizona National Scenic Trail—and thanks to this book, that just became much easier for everyone—there's a good chance you've encountered Sirena. If she's not hiking it, she's making repairs to the trail. She is a force of nature, a sweet and charming dynamo, and the very embodiment of inspiration. In many ways she's Arizona's own personal trainer. She coaxes us off the couch into the great outdoors where we can listen to what quiet sounds like, breathe clean air, and get moving again.

Her passion comes naturally. It was hiking that gave Sirena her life back while recovering from a devastating accident. It was the outdoors that saved her. It's no wonder she wants to return the favor. She works tirelessly to promote and protect our public lands. And there is no place she cares more about than the AZT—that long, lanky route snaking up the state from south to north, from Mexico to Utah.

Sirena is one of the leading experts on the AZT, having completed it twice. With this book she unravels the mystique of the 800-mile-long pathway and makes it accessible to just about anybody with a pair of hiking boots.

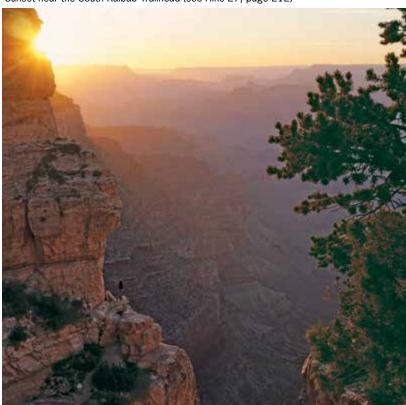
Each chapter takes a segment of the trail and whittles it down into an easily managed day hike. The information is comprehensive, providing directions, mileages, elevations, hiking times, scenic descriptions, and pertinent details. Sirena anticipates your questions and answers them. She also covers the Gateway Communities that hold the trail together, offering suggestions on what to see and do, and where to eat and stay in these small towns.

This is a book I've been eagerly awaiting ever since Sirena first told me about it. Like her, I'm an avid hiker. But I'm also a geezer who enjoys his comfort. I once wrote a book about my favorite Arizona hiking trails paired with nearby burger joints. That tells you plenty about my priorities.

It also explains why I need this book. My backpacking days are behind me, but I'm still out hoofing it on Arizona trails nearly every day. The astounding beauty of Arizona lurks just outside, and I want to experience it all. Thanks to Sirena, 800 miles of it just became more readily available. That means more lonely mountain ranges, rolling grasslands, sun-spanked desert, slashing canyons, and shady pine forests. Sirena serves them up in nice bite-size chunks, perfect for us day hikers.

So grab your water bottle and sunscreen. Lace up your hiking boots. Sirena Rana is showing us the way to some of Arizona's most scenic landscapes. Let's get out there and go see them.

Roger Naylor is one of Arizona's premier travel writers and a member of the Arizona Tourism Hall of Fame. He is the author of several books, including *Boots and Burgers: An Arizona Handbook for Hungry Hikers*.



Sunset near the South Kaibab Trailhead (see Hike 27, page 212)

Recommended Hikes

Note: An asterisk (*) next to a hike's name indicates that the short hike option in the description is recommended—for example, turning around at Forest Service Road 4110 instead of going all the way to Gardner Canyon in Hike 4 (page 59).

Hardest Hikes

- 2 Miller Peak (p. 46)
- 14 Vineyard Trailhead to Mills Ridge (p. 130)
- 18 Highline: Geronimo Trailhead to Bray Creek (p. 160)
- 27 Grand Canyon: South Kaibab Trail (full hike to Skeleton Point) (p. 212)

Easy Hikes

- 4 Kentucky Camp to Gardner Canyon* (p. 59)
- 5 Gabe Zimmerman Trailhead to Rattlesnake Mural (p. 65)
- 6 Gabe Zimmerman Trailhead to Colossal Cave* (p. 71)
- 8 Gordon Hirabayashi Campground to Sycamore Canyon Dam* (p. 87)
- 10 American Flag Ranch Trailhead to Oracle Ridge* (p. 99)
- **13** Picketpost* (p. 123)
- 19 Highline: Washington Park Trailhead to General Springs Cabin* (p. 164)
- 20 General Springs Canyon (p. 172)
- 22 Sandy's Canyon to Fisher Point (p. 184)
- 23 Picture Canyon Loop (p. 190)
- 24 Buffalo Park (p. 196)
- 25 Aspen Nature Loop to Bismarck Lake* (p. 201)
- **26** Grandview (p. 206)
- **29** East Rim Viewpoint to Tater Canyon* (p. 229) (Be aware that this hike may present a challenge to those who aren't used to high altitudes, even with the short hike option.)

Scenic Hikes

All are scenic, but the following are standouts:

- 2 Miller Peak (p. 46)
- 6 Gabe Zimmerman Trailhead to Colossal Cave (p. 71)
- 10 American Flag Ranch Trailhead to Oracle Ridge (p. 99)
- **13** Picketpost (p. 123)
- 15 Four Peaks (p. 139)
- 18 Highline: Geronimo Trailhead to Bray Creek (p. 160)
- 25 Aspen Nature Loop to Bismarck Lake (p. 201)
- 27 Grand Canyon: South Kaibab Trail (p. 212)
- 28 Grand Canyon: North Kaibab Trail to Coconino Overlook (p. 223)
- 29 East Rim Viewpoint to Tater Canyon (p. 229)
- 30 Stateline Trailhead to Coyote Valley Overlook (p. 235)

Steep Hikes

- 1 Montezuma Pass to Mexico (p. 40)
- 2 Miller Peak (p. 46)
- 14 Vineyard Trailhead to Mills Ridge (p. 130)
- 18 Highline: Geronimo Trailhead to Bray Creek (p. 160)
- 27 Grand Canyon: South Kaibab Trail (p. 212)
- 28 Grand Canyon: North Kaibab Trail to Coconino Overlook (p. 223)
- 30 Stateline Trailhead to Coyote Valley Overlook (p. 235)

Flat Hikes

- 19 Highline: Washington Park Trailhead to General Springs Cabin* (p. 164)
- 23 Picture Canyon Loop (p. 190)
- 24 Buffalo Park (p. 196)
- **26** Grandview (p. 206)
- 29 East Rim Viewpoint to Tater Canyon* (p. 229)

Best Hikes for Solitude

- 3 Canelo Pass to Meadow Valley (p. 52)
- 12 Gila River Canyons (p. 116)
- 14 Vineyard Trailhead to Mills Ridge (p. 130)
- 16 Sycamore Canyon (p. 145)
- 26 Grandview (p. 206)
- 29 East Rim Viewpoint to Tater Canyon (p. 229)
- 29 Stateline Trailhead to Coyote Valley Overlook (p. 235)

Best Hikes for Kids

- 6 Gabe Zimmerman Trailhead to Colossal Cave* (p. 71)
- 8 Gordon Hirabayashi Campground to Sycamore Canyon Dam* (p. 87)
- **13** Picketpost* (p. 123)
- 17 Highline: Pine Trailhead to Red Rock Spring* (p. 153)
- 19 Highline: Washington Park Trailhead to General Springs Cabin* (p. 164)
- 20 General Springs Canyon (p. 172)
- 21 Mormon Lake* (p. 177)
- 22 Sandy's Canyon to Fisher Point* (p. 184)
- 23 Picture Canyon Loop (p. 190)
- 24 Buffalo Park (p. 196)
- 25 Aspen Nature Loop to Bismarck Lake* (p. 201)
- **26** Grandview (p. 206)
- 27 Grand Canyon: South Kaibab Trail* (p. 212)
- 28 Grand Canyon: North Kaibab Trail to Coconino Overlook (p. 223)
- 29 East Rim Viewpoint to Tater Canyon* (p. 229)
- 30 Stateline Trailhead to Coyote Valley Overlook* (p. 235)

Best Wildflower Hikes

- 5 Gabe Zimmerman Trailhead to Rattlesnake Mural (spring) (p. 65)
- 6 Gabe Zimmerman Trailhead to Colossal Cave (spring) (p. 71)
- 9 Marshall Gulch-Aspen Loop (summer) (p. 93)
- 12 Gila River Canyons (spring) (p. 116)
- 14 Vineyard Trailhead to Mills Ridge (spring) (p. 130)
- 19 Highline: Washington Park to General Springs Cabin (summer) (p. 164)
- 21 Mormon Lake (September) (p. 177)
- 24 Buffalo Park (September) (p. 196)
- 22 Sandy's Canyon to Fisher Point (summer) (p. 184)

Best Geology Hikes

- 2 Miller Peak (p. 46)
- 10 American Flag Ranch Trailhead to Oracle Ridge (p. 99)
- **13** Picketpost (p. 123)
- 15 Four Peaks (p. 139)
- 18 Highline: Geronimo Trailhead to Bray Creek (p. 160)
- 22 Sandy's Canyon to Fisher Point (p. 184)
- 24 Aspen Nature Loop to Bismarck Lake (p. 201)
- 27 Grand Canyon: South Kaibab Trail (p. 212)
- 28 Grand Canyon: North Kaibab Trail to Coconino Overlook (p. 223)
- 30 Stateline Trailhead to Coyote Valley Overlook (p. 235)

Best Desert Hikes

- 5 Gabe Zimmerman Trailhead to Rattlesnake Mural (p. 65)
- 6 Gabe Zimmerman Trailhead to Colossal Cave (p. 71)
- 7 Molino Basin to West Spring (p. 79)
- 8 Gordon Hirabayashi Campground to Sycamore Canyon Dam (p. 87)
- 12 Gila River Canyons (p. 116)
- **13** Picketpost (p. 123)
- 14 Vineyard Trailhead to Mills Ridge (p. 130)
- 27 Grand Canyon: South Kaibab Trail (p. 212)
- 30 Stateline Trailhead to Coyote Valley Overlook (p. 235)

Best Forest Hikes

- 2 Miller Peak (p. 46)
- 9 Marshall Gulch-Aspen Loop (p. 93)
- 15 Four Peaks (p. 139)
- 17 Highline: Pine Trailhead to Red Rock Spring (p. 153)
- 20 General Springs Canyon (p. 172)
- 21 Mormon Lake (p. 177)
- 25 Aspen Nature Loop to Bismarck Lake (p. 201)
- **26** Grandview (p. 206)
- 28 Grand Canyon: North Kaibab Trail to Coconino Overlook (p. 223)
- 29 East Rim Viewpoint to Tater Canyon (p. 229)

Best Grassland Hikes

- 1 Montezuma Pass to Mexico (p. 40)
- 3 Canelo Pass to Meadow Valley (p. 52)
- 4 Kentucky Camp to Gardner Canyon (p. 59)
- 10 American Flag Ranch Trailhead to Oracle Ridge (p. 99)
- 11 Oracle State Park (p. 108)

Best High-Elevation Hikes (More Than 6,000')

- 2 Miller Peak (p. 46)
- 9 Marshall Gulch-Aspen Loop (p. 93)
- 20 General Springs Canyon (p. 172)
- **21** Mormon Lake (p. 177)
- 22 Sandy's Canyon to Fisher Point (p. 184)
- 25 Aspen Nature Loop to Bismarck Lake (p. 201)
- 27 Grand Canyon: South Kaibab Trail (p. 212)
- 28 Grand Canyon: North Kaibab Trail to Coconino Overlook (p. 223)
- 29 East Rim Viewpoint to Tater Canyon (p. 229)

Best Hikes for History

- 1 Montezuma Pass to Mexico (p. 40)
- 2 Miller Peak (p. 46)
- 4 Kentucky Camp to Gardner Canyon (p. 59)
- 8 Gordon Hirabayashi Campground to Sycamore Canyon Dam (p. 87)
- 10 American Flag Ranch Trailhead to Oracle Ridge (p. 99)
- 11 Oracle State Park (p. 108)
- 13 Picketpost (p. 123)
- 14 Vineyard Trailhead to Mills Ridge (p. 130)
- 17-19 Highline National Recreational Trail sections (p. 153-169)
 - 20 General Springs Canyon (p. 172)
 - 21 Mormon Lake (p. 177)
 - 22 Picture Canyon Loop (p. 190)
 - **26** Grandview (p. 206)

Best Hikes by Season

WINTER

- 1 Montezuma Pass to Mexico (p. 40)
- 7 Molino Basin to West Spring (p. 79)
- 8 Gordon Hirabayashi Campground to Sycamore Canyon Dam (p. 87)
- 12 Gila River Canyons (p. 116)
- 13 Picketpost (p. 123)
- 14 Vineyard Trailhead to Mills Ridge (p. 130)

SPRING

- 1 Montezuma Pass to Mexico (p. 40)
- 2 Miller Peak (check snow conditions) (p. 46)

- 3 Canelo Pass to Meadow Valley (p. 52)
- 4 Kentucky Camp to Gardner Canyon (p. 59)
- 5 Gabe Zimmerman Trailhead to Rattlesnake Mural (p. 65)
- 6 Gabe Zimmerman Trailhead to Colossal Cave (p. 71)
- 7 Molino Basin to West Spring (p. 79)
- 8 Gordon Hirabayashi Campground to Sycamore Canyon Dam (p. 87)
- 10 American Flag Ranch Trailhead to Oracle Ridge (p. 99)
- 11 Oracle State Park (p. 108)
- 12 Gila River Canyons (p. 116)
- 15 Four Peaks (p. 139)
- **16** Sycamore Canyon (p. 145)
- **17–19** Highline National Recreational Trail sections (p. 153–169)
 - 24 Buffalo Park (p. 196)
 - 27 Grand Canyon: South Kaibab Trail (p. 212)
 - 30 Stateline Trailhead to Coyote Valley Overlook (p. 235)

SUMMER

- 9 Marshall Gulch-Aspen Loop (p. 93)
- **17–19** Highline National Recreational Trail sections (p. 153–169)
 - 20 General Springs Canyon (p. 172)
 - 21 Mormon Lake (p. 177)
 - 22 Sandy's Canyon to Fisher Point (p. 184)
 - 23 Picture Canyon Loop (p. 190)
 - 24 Buffalo Park (p. 196)
 - 25 Aspen Nature Loop to Bismarck Lake (p. 201)
 - 26 Grandview (p. 206)
 - 27 Grand Canyon: South Kaibab Trail* (p. 212)
 - 28 Grand Canyon: North Kaibab Trail to Coconino Overlook (p. 223)
 - 29 East Rim Viewpoint to Tater Canyon (p. 229)

FALL

- 2 Miller Peak (p. 46)
- **6** Gabe Zimmerman to Colossal Cave (late November–early December for fall color) (p. 71)
- 9 Marshall Gulch-Aspen Loop (p. 93)
- 12 Gila River Canyons (December for fall color) (p. 116)
- 15 Four Peaks (p. 139)
- 16 Sycamore Canyon (p. 145)
- 25 Aspen Nature Loop to Bismarck Lake (p. 201)
- 28 Grand Canyon: North Kaibab Trail to Coconino Overlook (late September-mid-October for fall color) (p. 223)
- 29 East Rim Viewpoint to Tater Canyon (September for fall color) (p. 229)



The AZT at a Glance

The Arizona National Scenic Trail, also known as the Arizona Trail and the AZT for short . . .

- Stretches 800 miles, from Mexico to Utah.
- Connects deserts, mountains, forests, canyons, communities, and people.
- Is shared by day hikers, backpackers, mountain bikers, equestrians, runners, cross-country skiers, snowshoers, photographers, birders, goat and llama packers, and even the occasional unicyclist.
- Was designated a National Scenic Trail in 2009.
- Connected across the state on December 16, 2011.
- Traverses 3 national parks, 1 state park, 6 wilderness areas, 4 national forests, 33 Gateway Communities (see page 26), and 9 major mountain ranges.
- Is the only National Scenic Trail in the U.S. that crosses one of the Seven Natural Wonders of the World: Grand Canyon.

About the Arizona National Scenic Trail (AZT)

One Man's Vision: How the AZT Came to Be

DALE SHEWALTER GREW UP in Geneva, Illinois, and his love of the outdoors was inspired by his parents, who saved to send him and his brother to camp each year. After going to graduate school at the University of Arizona, he became a beloved math teacher in Flagstaff. He longed to hike the Appalachian Trail but couldn't manage the time off. One day, on a hike to Coronado Peak in Coronado National Memorial during the 1970s, he got the idea to create a long-distance trail running from north to south across Arizona.

In 1985 he hiked from the U.S.–Mexico border to the Arizona–Utah line, researching a route that would connect the state's many public lands, historical sites, diverse landscapes, and small towns. Dale was so inspired by that journey that he took a yearlong sabbatical from teaching to work for Kaibab National Forest, meeting with many land-management agencies to promote his idea for a trail that would run the length of the state. For many years, he traveled with his projector, screen, and slides to give presentations to hiking, biking, and equestrian groups; outdoors stores; and anyone else who might be interested.

The idea began to catch on, and Kaibab National Forest designated its Trail 101 as the first official segment of what was originally called simply the Arizona Trail. With his wife, Madeleine, and their son, Zane, Dale spent many weekends thereafter camping, scouting, and helping to sign the new trail. He teamed up with other hikers, bikers, and equestrians to scout and lay out the segments. Over the years the AZT gradually took shape, pieced together from both existing trails and newly created ones.



Dale Shewalter (1950–2010) is acknowledged as the "Father of the Arizona Trail." Photo: Bob Rink

On March 30, 2009, Dale saw

his original concept designated as a National Scenic Trail—joining such hallowed hiking routes as the Appalachian, Pacific Crest, and Continental Divide Trails—thanks in part to the efforts of Gabe Zimmerman, an aide of U.S. Representative Gabrielle Giffords. Sadly, Dale passed away in 2010, just a year before the trail finally became contiguous across the state. Memorial benches honoring Dale and his parents are located along the AZT and in several Gateway Communities.

The Arizona Trail Association (ATA)

The ATA was established in 1994 as a 501(c)(3) nonprofit organization. Its mission: to protect, maintain, enhance, promote, and sustain the Arizona Trail as a unique encounter with the land. The ATA spearheaded one of the largest volunteer projects in the state's history in constructing and connecting the trail from Mexico to Utah.

The association's programs and activities are funded by individual members and donors, along with the ATA's official Business Partners and Legacy Partners. Federal grants, special fundraising events, and retail sales also help support the organization. The ATA is a member of the nonprofit **Partnership for the National Trails System** (pnts.org), which advocates for land preservation and stewardship resources for the 11 National Scenic Trails and 19 National Historic Trails.

The ATA's website, **aztrail.org**, contains a wealth of information about trail conditions, events, and planning resources. ATA members get access to exclusive online content, as well as discounts on official merchandise and purchases from ATA Business Partners such as REI, That Brewery, and Summit Hut. Membership fees start at \$35 per year (\$25 per year for middle school, high school, and college students); see aztrail.org/get-involved/join for details.

The ATA is always looking for volunteers to help with trail maintenance and rerouting (see below). Volunteers are also needed for the following tasks: running events, mailings and office work, fundraising, outreach booths at community events, and speaking engagements. Visit aztrail.org/get-involved/volunteer for more information.

TRAIL BUILDING AND MAINTENANCE

The construction of the AZT was the largest volunteer project in the state's history. The trail was connected from Mexico to Utah near the Gila River in 2011, and you can visit this spot on Hike 12, Gila River Canyons (page 116).

Though the AZT is now completely contiguous across the state, the ATA continues to improve upon its work through reroutes that make the trail more sustainable, as well as new construction to move sections that previously utilized dirt roads onto singletrack trail.

The AZT is maintained largely by volunteer Trail Stewards—groups or individuals who adopt segments of the trail. In remote areas or areas where extensive work may be needed, members of the Conservation Corps often pitch in to help.

You can help keep the trail clear by reporting downed trees, overgrown or washed-out trail sections, or damaged tread by filling out a Trail Conditions Form on the ATA website: aztrail.org/the-trail/trail-conditions-form.

GATEWAY COMMUNITIES

When Dale Shewalter first conceived a trail across Arizona, an important part of his vision was connecting people to the small towns along the way. The Gateway Community Program was developed to foster relationships between the AZT and the people, businesses, and organizations in these towns. It also promotes economic development in these communities through ecotourism. This program is near and dear to my heart: I served as the ATA's Gateway Community Liaison from 2011 to 2016.

Each hike in this book is connected to one of the Gateway Communities, with recommendations for the all-important posthike meals, lodging, services, and nearby attractions. Note that not every Gateway Community is represented; for a full list, see aztrail.org/explore/gateway-communities.

YOUTH PROGRAMS

The ATA's **Seeds of Stewardship** and **Gear Girls** youth programs (aztrail.org/youth) aim to pass on a love and appreciation of the outdoors to the next generation.

Seeds of Stewardship works with middle and high school students in AZT Gateway Communities. Using a three-pronged approach of experience, education, and service learning, they strive to engage, inspire, and empower youth, helping encourage stewardship of the outdoors.

Working with grades 4–8, Gear Girls uses mountain biking, trail work, cross-country skiing, and snowshoeing to build confidence, outdoor competence, community, and character. The participants learn practical skills in these areas while also developing character skills such as mindfulness, teamwork, and determination, all of which will prepare them for life's challenges.

My AZT Story

My very first hike on the AZT (though I didn't know it was part of the AZT at the time) was in 1994, on the South Kaibab Trail to Cedar Ridge. I was moving from the Chicago suburbs to Tucson, without ever having visited the state before, to study archaeology at the University of Arizona.

In 1997, during my last semester at UA, I was hit by a truck while I was walking across the street, and it changed my life forever. I developed a chronic pain condition called fibromyalgia that left me very ill for many years. I lost my job, and for a while I was also bedridden, depressed, and uncertain of what the future held.

Eventually I started to take small walks with my boyfriend Brian and my dog, Zeus, a big German Shepherd mix. Even though I would be tired and sore afterward, being outside lifted my spirits and temporarily distracted me from the pain. Small hikes turned into longer ones as I slowly built up my stamina and strength. Brian lost interest as my hikes became all-day affairs and it was just Zeus and me out in nature.

In the early 2000s I often hiked the Bellota Trail in the Catalina Mountains. I saw the AZT signs, but I was still a novice hiker and thoughts of long-distance journeys were still far off.

In 2001 I went on my first backpacking trip on the AZT, down the South Kaibab Trail to the Bright Angel Campground at Grand Canyon for two nights and back up the Bright Angel Trail. It was the hardest thing I'd ever done, but I was enchanted by the Grand Canyon and backpacking.

In May 2007 I went to the town of Oracle, north of Tucson, to go for a hike. I stopped in at a business in town to ask for suggestions, and they directed me to the AZT at the American Flag Ranch Trailhead (see Hike 10, page 99). I made it a little past the Oracle Ridge Trail junction before I had to turn around for the day. When I arrived at the trailhead, I noticed a big ARIZONA TRAIL sign with a map on it. As I considered the north—south span of the trail, I wondered, "How on Earth does someone hike across Arizona? There's no water!"

That question led me to start researching the AZT and long-distance hiking in general. Here's a quote from a journal entry I wrote around that time: "As I look at a map of AZ, I realize many of the places I want to explore are on the AZT. San Francisco Peaks, Superstitions, Mogollon Rim, Grand Canyon, Huachucas, Arizona Strip, Patagonia, Rincons, and 4 Peaks."

I began planning a thru-hike for the following year. I had a lot to learn, and there weren't very many resources for the AZT at the time. I spent a lot of time calling Trail Stewards and seeking advice from other hikers and the trail-building crew I had been volunteering with.

My thru-hike became a section hike when the Great Recession happened and I could no longer afford to take the necessary time off work all at once. I decided to dedicate my hike to fibromyalgia awareness and serving as a positive role model for people struggling with this condition. I also raised money for the National Fibromyalgia Association.

On February 25, 2008, I began hiking with friends on AZT Passage 1, from the U.S.–Mexico border to Parker Canyon Lake. For the next 15 months, I section-hiked the trail, learning many things about backpacking, long-distance hiking, and myself. The AZT was about 60 miles from being completed at the time, and from time to time I joined other hikers in working on those sections. Mostly, though, I was on my own—and when I say "on my own," I mean I hardly ever saw another person on the trail. I completed my first AZT long-distance hike at the American Flag Ranch Trailhead—the same place where I had first gotten the idea to hike the trail—on May 12, 2009, Fibromyalgia Awareness Day.

Completing the hike was bittersweet; I'd had a grand adventure, but now it was over. I decided to give presentations about my hike and promote the



The author finishes her 2009 AZT section hike. Photo: Terri Gay

AZT—I would talk about it to anyone who would listen. The trail had given me so much: confidence in myself, appreciation for Arizona's incredibly diverse environments, and new friends I'd made along the way. I always say that the Sirena who started the trail was a completely different person from the Sirena who completed the trail.

I continued to help build the trail, and I was one of the people on the crew that connected the final piece of the AZT at a ceremony along the Gila River on December 16, 2011. To this day I'm involved with trail maintenance as one of the Trail Stewards for Passage 12c: Cody Trail (see Hike 10, page 99).

From 2011 to 2016 I served as the Gateway Community Liaison for

the ATA. I was asked to take the job by former Executive Director Dave Hicks as the trail was coming close to completion. He said, "We need someone enthusiastic out there on the ground and shaking hands."

When I first started the job, hardly anyone knew about the AZT. I would go into businesses, chambers of commerce, and visitor centers, and I'd get blank stares when I asked if they knew that Arizona had a National Scenic Trail spanning the length of the state. Through many years of traveling to these towns and educating folks about the trail, the Gateway Communities learned about the AZT. In turn, they saw the increased economic benefits of trail users coming in and spending money on food, lodging, and other items in town.

In 2014 I completed the AZT a second time on what I called the Arizona Trail Trek. This was a thru-hike to promote the AZT, the guidebook *Your Complete Guide to the Arizona National Scenic Trail*, and the AZT's Gateway Communities. From mid-March to the end of May, I not only walked the entire 800 miles but also held 12 fundraisers in the Gateway Communities (all with music, food, and Arizona Trail Ale); did countless newspaper, TV, and radio interviews; took

more than 100 people with me on the trail on five public backpacking trips and seven day hikes; and raised almost \$18,000 for the ATA. You can read journals from my thru-hike on my website, sirenarana.com.

The Gateway Community Program flourished during the five years I worked for the ATA. Not only are trail users now welcomed with open arms, but the Gateway Communities' economic landscape has also changed as a result of embracing the AZT, and the communities are proud to be a part of the trail's culture.

After working for the ATA, I founded a consulting company, Trails Inspire, which promotes the outdoors through writing, photography, public speaking, and trail design. (See trailsinspire.com and page 255 for more information.) The AZT will always be close to my heart, though, and from that comes this book.

So often when I talk to people about the AZT, they shut down, thinking that hiking an 800-mile trail couldn't possibly be something they could do. But the great thing about the AZT is that you can choose your own adventure: there are many ways you can experience it without having to complete the whole thing. No matter how long or how short the hike, as long as you're on the AZT, you're part of its magic. I am excited to provide a resource that makes the AZT more accessible to hikers of a wide range of abilities and experience. The book you're reading is the culmination of 13 years of hiking, building, working, and playing on this trail I love so much. I invite you to share your own adventures on social media with the hashtag #DayHikesAZT.

Hiking the AZT

Hike Your Own Hike (HYOH)

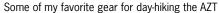
THIS TERM IS USED in the long-distance-hiking community, but it's relevant for day hikers as well. What it means is that your hiking experience is unique to you and you alone, and you shouldn't compare it with the experiences of others. Like to take long breaks and stare at clouds while another hiker might do their whole hike without stopping? HYOH. Do you take everything but the kitchen sink with you while others have tiny packs? HYOH. Is your idea of a good day one where you hike 3 miles while for another person it might be 20? HYOH.

The 10 Essentials

This list of hiking gear was originally developed by The Mountaineers, a non-profit outdoors organization, in the 1930s and first appeared in print in the

guidebook *Mountaineering: The Freedom of the Hills* (1974). The 10 Essentials work together to help keep you safe on the trail.

- Navigation: maps, altimeter, compass, GPS device, personal locator beacon or satellite communicator, extra batteries or battery pack
- 2. Headlamp or flashlight, plus extra bulb and batteries
- **3.** Sun protection: sunglasses, sun-protective clothes, hat, sunscreen, and lip balm
- **4.** First aid: including foot care, insect repellent, and tweezers for areas with cactus
- 5. Knife, plus a repair kit for gear
- 6. Fire: matches, lighter, and tinder
- 7. Shelter: carried at all times; for day hikes, can be a light emergency bivy sack
- 8. Extra food: trail mix, granola bars, or other high-energy snacks
- 9. Extra water: more than you think you'll need (a good general rule is 0.5 liter an hour, twice that in hot weather), or the means to purify water you find along the trail. (Note: Many of these hikes have no water available.) Water report for the Arizona Trail can be found at aztwaterreport.org.
- 10. Extra clothes: raingear; a change of socks and shirt; and, depending on the season, a warm hat and gloves





Hiking poles are not included in the official 10 Essentials list, but they can be very helpful on the uneven, rocky trails of Arizona. I also carry a **hiking umbrella** made by Gossamer Gear (gossamergear.com) that is very light but sturdy, as well as a **whistle**, for signaling for help.

An organization called The 11th Essential (11thessential.org) suggests adding a **stuff sack** to your pack for collecting trash that you may find along the trail. Organizations in Arizona such as Keep Nature Wild (keepnaturewild.com) and Natural Restorations (naturalrestorations.org) do cleanup events both on and off the AZT; check their websites for details. **Note:** When picking up trash, take care to not collect anything that may have cultural value (such as Indigenous artifacts) or historical value (items more than 50 years old).

Leave No Trace

The Leave No Trace Center for Outdoor Ethics was founded on seven conservation principles, summarized below and at the National Park Service website: nps.gov/articles/leave-no-trace-seven-principles.htm. For further discussion, see lnt.org/why/7-principles.

1. PLAN AHEAD AND PREPARE

- Be aware of any regulations and special concerns regarding the area in which you
 plan to hike.
- Prepare for extreme weather, hazards, and emergencies.
- · Schedule your trip to avoid times of high use.
- Visit in small groups when possible. Consider splitting larger groups into smaller ones.
- Repackage food to cut down on waste.
- Use a map and compass or GPS unit instead of marking paint, rock cairns, or flagging.

2. TRAVEL AND CAMP ON DURABLE SURFACES

- Durable surfaces include maintained hiking trails and designated campsites; rock, gravel, or sand; dry grasses; or snow.
- Camp at least 200 feet from lakes and streams.
- Don't create new campsites or alter existing ones.

In popular areas

- Use existing trails and campsites.
- Walk single file in the middle of the trail, even when it's wet or muddy.
- Keep campsites small. Focus activity in areas where vegetation is absent.

In pristine areas

- Disperse use to prevent the creation of new campsites and trails.
- · Avoid places where impacts are just beginning.

3. DISPOSE OF WASTE PROPERLY

- Pack it in, pack it out. Carefully check your campsite, food-preparation areas, and rest areas for trash or spilled food. Pack out all garbage and leftovers.
- Use existing toilet facilities whenever possible. Otherwise, deposit solid human
 waste in catholes dug 6–8 inches deep and at least 200 feet from water, camp,
 and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and other hygiene products.
- When bathing or washing dishes, carry the water 200 feet away from streams or lakes, and use small amounts of biodegradable soap. Scatter strained dishwater.

4. LEAVE WHAT YOU FIND

- Preserve the past: feel free to examine and photograph cultural or historical structures and artifacts, but do not touch them.
- Don't disturb rocks, plants, or other natural objects.
- Avoid introducing or transporting nonnative plant species.
- Do not build structures or furniture, and do not dig trenches.

5. MINIMIZE CAMPFIRE IMPACTS

- Use a lightweight stove for cooking and a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Use only down and dead wood from the ground that can be broken by hand.
- Burn wood and coals to ash, put out fires completely, and scatter the cooled ashes.

6. RESPECT WILDLIFE

- Observe wildlife from a distance. Do not follow or approach them.
- Don't feed animals. This damages their health, alters their natural behaviors, habituates them to humans, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Keep pets under control at all times, or leave them at home.

7. BE CONSIDERATE OF OTHER VISITORS

- Respect other visitors and protect the quality of their experience.
- · Yield to other users on the trail.
- Step to the downhill side of the trail when you encounter horses and their riders.

- · Camp and take breaks away from trails and other visitors.
- · Let nature's sounds prevail.

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Solo Hiking

Conventional wisdom holds that hiking by yourself is a bad idea, but it's one of my greatest joys. That said, it does takes extra planning and care—especially in unfamiliar areas without cellular coverage. Here's how to stay safe on the trail. (See next page for solo hiking tips for women.)

- Always leave an itinerary with someone. Include details about your route, what time you expect to be back, and instructions on what to do if you don't come back when expected.
- Do your research! Being well prepared is important when there's no one else around to ask for help. Study the conditions, weather, terrain, and navigation.
 I also research potential bailout points in case the hike doesn't go as planned.
- Hike a trail you know well and that has cell reception for your first solo trip.
- The 10 Essentials (see page 7) are even more important when you don't have hiking partners to help carry your gear or administer first aid in an emergency.
- If you plan to hike in an area without cellular reception, I highly recommend a
 satellite communicator (such as Garmin's inReach) that has tracking, weather
 forecasts, and two-way texting capabilities. Most importantly, it has an SOS
 function that can be used in case of an emergency to contact a search-andrescue dispatcher. (See "Communication," page 14, for additional options.)
- Check before each hike to make sure that your first aid kit is well stocked and that any items used on the last hike have been replenished or replaced.
- Consider taking a wilderness first aid course, which will teach you how to handle basic backcountry emergencies as well as make evacuation decisions.
- Know what to do in case of an animal encounter (see page 31).

Maps, Apps, and More

NAVIGATION

When I section-hiked the AZT in 2008–09, navigation was one of my biggest challenges: much of the trail saw few visitors and signage was sparse, not to mention that parts of the trail had yet to be built. Having rehiked these sections while researching this book, however, I've found that trail conditions have improved greatly over the past decade. And when it comes to navigation, you have plenty of tools—this book being one of them—that can help you stay on the right track.

Solo Hiking Tips for Women

Hiking takes on yet another dimension for women who are going it alone on the trail. I often get surprised looks and a lot of questions when I mention that I prefer to hike by myself. There's really nothing quite like it. Having time in the outdoors completely to yourself is an incredible experience. Without someone else to talk to, I find myself truly immersed in the journey. My time is mine alone, and I can go at my own pace and stop for photography, reflection, cloud watching, a trailside dance party, or snacks anytime I want. Here are a few tips that I've picked up over the years.

- Be prepared to hear criticism or concern from people who think women shouldn't hike alone. Ignore it.
- If you're trying to overcome your fears of hiking alone, I've found that it helps to
 make a list of those fears, along with solutions for managing them. When I was
 first going solo, for example, I was very nervous about getting lost, so I jotted
 down the different resources I would take along with me to keep myself on track
 and the steps I would take in case I got lost.
- Don't give out your location on social media in real time. Either hold off on posting until you get home or describe where you are only in very general terms.
- Never volunteer to people you meet on the trail that you're hiking by yourself.
 Say "we" instead of "I."
- Trust your intuition. If you run across someone who makes you feel unsafe, go
 with that feeling and have a few scenarios ready just in case—you could claim,
 for instance, that the rest of your group is right behind you, or that your hiking
 partner stopped for just a second back on the trail.
- Finally, remember that bear spray also works on humans.

MAP AND COMPASS Using these tools is a skill that takes a bit of practice but is well worth it—smartphones and GPS units, after all, can run out of power, get lost, or just stop working. The maps in this book are schematic rather than topographic; the appropriate U.S. Geological Survey (USGS) 7.5-minute topographic map is listed for each hike. Free printable topo maps are available at usgs.gov and websites such as topoquest.com. **REI** has a good online guide to navigation (rei.com/learn/expert-advice/navigation-basics); plus, there are classes you can take and orienteering groups you can join.

GUTHOOK GUIDES ARIZONA TRAIL APP (ATLAS GUIDES) Based in the Gateway Community of Flagstaff, Atlas Guides has revolutionized mobile navigation for long-distance trails and trail systems worldwide, including the AZT. Available for iOS and Android, the software is part of a library of digital maps for specific

trails. In addition to the AZT, trails represented include the Appalachian Trail (AT) and the Pacific Crest Trail (PCT), among others. (Ryan Linn, Atlas Guides' cofounder and software developer, has hiked the AT and PCT under the trail name Guthook.) The AZT app costs \$9.99 at the time of this writing.

Developed in cooperation with the ATA, the AZT software includes way-points for trailheads, junctions, and water sources, along with information about Gateway Communities. You can plan your hike ahead of time as well as see crowd-sourced information and comments about the latest trail conditions.

The app works in airplane mode—after you've downloaded it and set it up, it doesn't require a data/Wi-Fi connection to function; that said, you shouldn't rely on it as your only navigational tool on the trail. To be safe, carry an external battery pack, plus nondigital backup tools such as paper maps and a compass.

GPS Today's mapping apps can perform many of the same functions as dedicated GPS units. I use **Gaia**, which has both free and pay versions. A GPS watch or smartwatch can perform some of the same functions as a handheld unit or a mobile app.

AZT SIGNAGE The AZT passes through many different land-management agencies, each with its own signage. In addition, the ATA has put up many signs and other methods of marking the trail.

Wooden Signs These are often used in national forests and state and national parks.

Metal AZT Mileage Signs These list the distance south to Mexico and north to Utah.

Small Metal AZT Signs These are posted at critical junctions for wayfinding.

Carsonite Posts These thin brown posts usually have a directional arrow and an AZT sticker.

Cairns Stacks of rocks marking the trail; these can range from small piles to towers that are waist-high or taller. The problem with cairns is that they can occasionally lead you astray onto a route that deviates from the AZT.

Signs on Trees In areas that receive heavy snow, such as the Mogollon Rim and the Kaibab Plateau, AZT signs may be placed high up on tree trunks.

AZT Stickers These may be found on gates, signs, or other places to aid navigation.

GATES No discussion of the AZT is complete without a mention of gates. Arizona is ranch country, and the rule for gates is to read the signs and "leave it how you found it." If a sign says to keep a gate closed or if you find it closed, please shut it behind you. If you find a gate open, leave it open—a rancher could

be moving stock around, and closing it could cut off the animals' water source. This rule also applies to gates that you might find while driving.

AZT Super Gate These attractive metal gates with AZT emblems are designed and fabricated by Tucson artist Rob Bauer (see page 113). They're easy to use, and quite a few have very scenic views.

Metal Gate These come in many sizes with a variety of closures.

Cowboy Gate This type of gate is strung with barbwire and has a post-and-loop closure—look to the side for a loop of wire, lift it off the post so the gate goes slack, and then step through. Replace the post and pull it upright to get the loop back over it. Tightly strung gates can require a bit of force to open and close, especially if you're hiking solo.

ROUTE-FINDING TIPS

For me, doing volunteer trail work has been invaluable in helping me develop my orientation skills—by learning what goes into building and maintaining a trail, you also learn clues to finding it if you get off-course.

KEEP YOURSELF FOUND Familiarize yourself with the trail description before your hike, and consult the description and your navigational tools during the hike. Does the description say the trail climbs but you're going downhill? Find yourself on the map or the app.

LOOK BACK While you're hiking, take a moment to look back at where you came from, especially at trail junctions. This will help with navigation on your return trip.

LOOK AROUND Clues that you're on the trail include footprints, cut branches and vegetation from trail maintenance, and rockwork on the tread. Check for cairns or signage.

STOP If you think you might have gotten off the trail, take a moment to assess the situation before moving forward. Continuing to hike and hoping that you'll find the trail again can get you even more off-track—and in the desert, that can be quite the spiny situation.

REVERSE COURSE If you just can't figure out the way forward, go back the way you came until you're certain that you're back on the trail.

COMMUNICATION

At press time, parts of the AZT remain out of cellular range or have spotty coverage at best; reception can also vary depending on your wireless carrier. When

you leave details about your itinerary with someone (see page 11), also let that person know if you expect to be hard to reach due to poor cell coverage.

I recommend taking along a **backup power source** for your smartphone: a battery case, a portable charger, or (for older phones) spare removable batteries, especially if you're using your phone to navigate and take photos. (I use an Anker portable charger, but there are many other brands to choose from.) To help prolong battery life, put your phone in airplane mode—which disables voice, text, Bluetooth, data, and Wi-Fi—unless you absolutely need access to those features. The Guthook Guides Arizona Trail App (see page 12) works in airplane mode, as do some other navigation apps.

If you'll be hiking often in an area without cell service, I also recommend buying or renting a **satellite communicator**, a GPS device that can be used for messaging in addition to navigating and tracking your route. I own a Garmin inReach, which comes with two-way texting, preset messages, and weather forecasts, along with an SOS button that you can use to contact a search-and-rescue service in case of an emergency. The SPOT satellite messenger is another option with several models available. I've used both and prefer the Garmin inReach.

Prices for satellite communicators start at around \$350 for the device itself, plus the cost of a satellite subscription, which varies according to levels of service similar to a cellular plan. (At the time of this writing, Garmin's satellite plans start at \$11.95 per month for a yearly plan or \$14.95 per month for a plan without an annual contract.)

Personal locator beacons (PLBs), such as the ACR ResQLink, transmit your location to a search-and-rescue service; they lack messaging capabilities, but they don't require a satellite subscription to work. Prices are comparable to those of satellite communicators. If you have only an occasional need for one of these devices, do an online search for "satellite communicator rentals."

Trail Conditions

Conditions on trails and roads can change due to factors including weather, fire, construction, and reroutes. Before you head out, check the "Passage" listing in each hike description for a page at the ATA website that contains detailed information about a particular AZT passage, or trail section.

Each passage is subdivided into segments that are maintained by **Trail Stewards**. These volunteers cut back brush, repair tread, and are available to answer questions about their segment. For example, I share Trail Steward duties for the

Cody Trail segment of Passage 12, Oracle Ridge, with Arizona Zipline Adventures. Steward and public-land contacts for each passage are listed at aztrail.org /explore/trail-stewards.

If you find a tree down or a stretch of trail that's overgrown or washed out, the ATA has a feedback form online at aztrail.org/the-trail/trail-conditions -form. The passage pages on the website also list updates about road conditions and closures; in addition, you can contact the land-management agencies listed in the hike descriptions.

Sharing the Trail

Observing proper etiquette helps everyone get along when sharing a multiuse, nonmotorized trail such as the AZT. Here are some general guidelines.

- · Hikers going downhill should yield to those heading uphill.
- Horses are allowed along the length of the AZT; in the Gateway Community of Flagstaff, the trail's Equestrian Bypass diverts around the city's east side. If you encounter a horse and rider while hiking, step off the trail and greet the rider so that the horse hears your voice and isn't startled.
- Mountain bikers yield to hikers and horseback riders. Mountain bikes are allowed on the AZT except where it passes through wilderness areas and national parks. AZT Passage 11b, the Pusch Ridge Wilderness Bypass, was developed for mountain bikers; the Guthook Guides Arizona Trail App (see page 12) also shows alternative routes. ATA members (see page 3) have access to exclusive web content, including maps and GPS data created specifically for mountain bikers; see aztrail.org/explore/mountain-bikers for more information. In Grand Canyon National Park, cyclists who are riding the trail must either dismantle their bikes at the trailhead, strap them to their backs, and carry them from rim to rim across the canyon or have them shuttled around and cross on foot. Note: Electric bikes (e-bikes) are prohibited on the AZT, which is for nonmotorized vehicles only.

When and Where to Go

Elevation Is Everything

Many people mistakenly think of Arizona as one big desert, when in fact it contains a staggering amount of geological and biological diversity. From the Sky Islands of southern Arizona, which rise more than 9,000 feet, to the rocky peaks in the central part of the state, to the forested Colorado Plateau (7,000') and

Ancient Trails Through Ancestral Lands By Lyle Balenquah, Hopi

I know for certain that my Hopi ancestors were long-distance travelers. During one of my own wanderings in desert canyons of the Southwest, I gazed upon a 1,000-year-old rock art panel that clearly depicted a line of four individuals, stick figures, loaded with packs. Each figure was shown leaning slightly forward under the weight of a heavy load. They were placed on the cliff face traversing a long, thin fracture in the canyon wall that led my gaze around the corner, as if indicating they still had some miles to go.

Since time immemorial, foot trails in the American Southwest have served as important travel corridors for Indigenous peoples. These trail systems, some of which cover hundreds of miles, connected people from distant regions and different cultural backgrounds. Some trails served as routes to hunting and gathering areas, or to locations where natural materials could be obtained such as salt and turquoise. Other routes led to sacred places where prayers and offerings were deposited. Whatever the purpose, trails enabled the ancient people of the Southwest to travel extensively across the landscape.

Many of the trails we use today were first established by Indigenous peoples. The landscapes these routes travel through are richly detailed in their respective cultural histories. Specific landmarks along these trails have unique Indigenous place-names and recall significant historical people or events.

These landscapes are not unknown or forgotten. Yet this Indigenous presence is often overlooked as various Western designations of land ownership have been enacted on ancestral lands. This has resulted in the removal of Indigenous peoples, their place-names and histories, from many of the areas we currently experience as hikers and backpackers. Modern Indigenous communities maintain their connections to these lands through traditional use, ceremony, and preservation of cultural history. Learning these histories as part of our pretrip research, then acknowledging these Indigenous connections along the trail, is one way that we can show respect for those who have journeyed these landscapes before us.

Today, many Indigenous people continue to use trails as part of their traditional obligations. They come as hikers and backpackers, too, recreating as well as remembering their cultural histories. By following these ages-old trails, Indigenous people continue to honor the traditions and values passed on to them by their ancestors.

Lyle Balenquah, Hopi, is an archaeologist, ethnographer, educator, and outdoor guide. For more than 15 years, he has worked throughout the American Southwest documenting ancestral Hopi settlements and their lifeways. Currently an independent consultant, he previously held positions with the National Park Service, the Hopi Tribe, and the Museum of Northern Arizona. Lyle holds bachelor's and master's degrees in archaeology from Northern Arizona University.

For more information, see the "Ancestral Lands" section of each hike profile, along with Appendix 1 (page 239).

the Kaibab Plateau (9,000') north of Grand Canyon, Arizona contains all of the natural diversity of a drive from Mexico to Canada.

The term *life zones* was coined by C. Hart Merriam (1855–1942), a naturalist and cofounder of the National Geographic Society, during an 1889

expedition to northern Arizona, during which he studied the plant and animal life of the San Francisco Peaks, Painted Desert, and Grand Canyon. Merriam observed that in general, as you gain elevation, temperatures gradually decrease as precipitation gradually increases, approximately 3°F per 1,000 feet.

The concept of life zones, or biotic communities, has been refined over time, and the diagram on the next page notes the plants that are contained in each life zone. The diagram also illustrates differences in vegetation on southfacing versus north-facing slopes.

The table below explains these life zones in greater detail.

LIFE ZONE	ELEVATION	DESCRIPTION	AVERAGE TEMPERATURE	AVERAGE ANNUAL RAIN/SNOW	COMMON PLANTS
Lower Sonoran	100' to 3,500'	low, hot desert	low: 47°F high: 93°F	3"–12"	creosote bush, Joshua tree, saguaro
Upper Sonoran	3,500' to 6,500'	desert steppe, chaparral	low: 43°F high: 78°F	10"-20"	sagebrush, scrub oak, Colorado pinyon, Utah juniper
Transition	6,000' to 8,500'	open woodland	low: 25°F high: 64°F	18"-26"	ponderosa pine
Canadian	8,000' to 9,500'	mixed-conifer forest	low: 25°F high: 61°F	25"–30"	Rocky Mountain Douglas-fir, quaking aspen
Hudsonian	9,500' to 11,500'	spruce forest	low: 21°F high: 43°F	30"–40"	Engelmann spruce, Rocky Mountain bristlecone pine
Arctic– Alpine	11,500' to 12,700'	alpine meadows, tundra	low: 16°F high: 48°F	35"–40"	lichen, grass

The point of all this scientific stuff, in a nutshell: it's important to research the elevation of the hike you're planning to do. You may assume, for instance, that any hike in southern Arizona will be hot and dry, but that's not the case. Hike 2, Miller Peak (page 46), reaches an elevation of more than 9,000 feet—and snow often remains on the mountain well into spring. See pages xv–xvi of "Recommended Hikes" for a list of this book's best hikes by season.

Wheelchair Accessibility

Five hikes in this book include very short sections of the AZT that meet the accessibility criteria of the Americans with Disabilities Act (ADA): Hike 5, Gabe Zimmerman Trailhead to Rattlesnake Mural (page 65, 300 feet); Hike 6, Gabe

Arizona's Life Zones

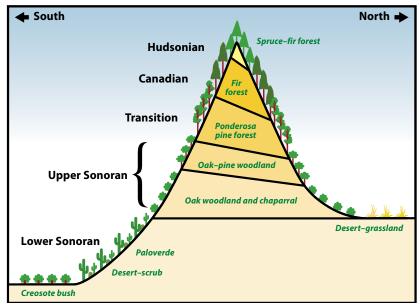


Illustration: Steve Jones (adapted from Biotic Communities of the American Southwest: United States and Mexico, edited by D. E. Brown) (University of Utah Press, 1994)

Zimmerman Trailhead to Colossal Cave (page 71, 300 feet); Hike 24, Buffalo Park (page 196, 0.4 mile); Hike 29, East Rim Viewpoint to Tater Canyon (page 229, 0.2 mile); and Hike 30, Stateline Trailhead to Coyote Valley Overlook (page 235, 0.1 mile). For other hikes, I've included detailed information about the trail surface and grade in the descriptions, as well as information about what accessible facilities, if any, are available at the trailheads.

Hiking with Dogs

With the exception of service animals as defined by the ADA (see ada.gov /regs2010/service_animal_qa.html), dogs are prohibited in **Coronado National Memorial** (see Hikes 1 and 2, pages 40 and 46); **Saguaro National Park** (between Hike 6, page 71, and Hike 7, page 79); **Pusch Ridge Wilderness** (see Hike 8, page 87); and **Grand Canyon National Park** below the rim (see Hikes 27 and 28, pages 212 and 223). These restrictions also apply to emotional-support animals.

When it comes to the rest of the AZT, however, just because dogs are allowed on the trail doesn't always mean it's a good idea to bring them along.

The hot, dry southern and central deserts of Arizona can be extremely tough on dogs, especially if they're not used to the environment; carrying enough water for both you and your pet is a must. The terrain can be tough on tender paws; bring along a dog first aid kit that includes tweezers for cactus spines. Plus, there are poisonous critters and prickly plants to be aware of.

If you do bring your dog, please keep it on a leash to avoid potential runins with other hikers, pets, and wildlife, and please clean up after it.

How to Use This Book

The section on the following pages walks you through this book's organization, making it easy and convenient to plan great hikes on the AZT.

The Overview Map and Map Legend

The overview map, on page iv, opposite the Table of Contents, displays the primary trailheads for all 30 hikes. A legend explaining the map symbols used throughout the book appears on page vii.

Trail Maps

In addition to the overview map on the inside cover, a detailed map of each hike's route appears with its profile. On each of these maps, symbols indicate the trail-head, the complete route, significant features, facilities, and topographic land-marks such as creeks, overlooks, and peaks.

To produce the highly accurate maps in this book, I used a handheld GPS unit to gather data while hiking each route, then sent that data to Wilderness Press's expert cartographers. Be aware, though, that GPS readings can vary from unit to unit, and your device is no substitute for sound, sensible navigation that takes into account the conditions that you observe while hiking.

Elevation Profile

Each hike also includes this diagram in addition to a trail map. The at-a-glance information preceding each hike description also lists the hike's accumulated elevation gain (see page 24).

The elevation profile represents the rises and falls of the trail as viewed from the side, over the complete distance (in miles) of that trail. On the diagram's vertical axis, or height scale, the number of feet indicated between each tick mark lets you visualize the climb. To avoid making flat hikes look steep and

How Do You Say That?

You'll see these words occasionally throughout this book, but if you're not from Arizona, you may not know how to pronounce them:

AGAVE (ah-GAH-vay)	MESQUITE (mes-KEET)
CHOLLA (CHOY-ah)	MOGOLLON (MO-go-yawn)
KAIBAB (KYE-bab)	OCOTILLO (oh-co-TEE-yoh)
MAZATZAL (MAH-zat-zal or Madda-ZELL)	SAGUARO (sah-WA-roh)

Trail-Terms Glossary

BENCHED TRAIL A trail that is cut into the side of a slope or cliff.

BUTTE An isolated hill with steep sides and a flat top.

CAIRN A stack of rocks used to aid navigation. Be careful about trusting cairns—they may be for a trail other than the AZT, or they may have been placed there by someone who was off-route themselves.

CANYON A large, deep, steep-sided gorge that often has a river or creek running through it. In Arizona, these waterways may run only seasonally.

CARSONITE POST A 3- to 5-foot-tall, thin, brown post with AZT stickers, used to aid navigation.

CONTOUR A trail that stays level while traversing a slope. A *rolling contour* has up-and-down variations.

DOUBLETRACK A trail or roadbed that is two parallel tracks.

DRAINAGE A land area where precipitation collects and drains off into a common body of water, such as a river or lake. Also called a *drainage basin* or *watershed*.

MESA An isolated, flat-topped hill with steep sides. (*Mesa* means "table" in Spanish.)

PLATEAU An extensive land area with a relatively level surface that is considerably higher than adjoining land on at least one side. Plateaus are often divided by deep canyons; for example, Grand Canyon cuts through the Kaibab Plateau.

RAVINE A small, narrow, steep-sided valley that is smaller than a canyon and is usually worn by running water.

SADDLE A low point between two hills.

SINGLETRACK A trail that is wide enough for one person at a time.

SWITCHBACK A section of trail or road that zigzags back and forth to aid in negotiating steep ascents or descents.

TRAVERSE A lateral movement across a landform.

WASH A permanently or seasonally dry creekbed.

steep hikes appear flat, varying height scales provide an accurate image of each hike's climbing challenge.

The Hike Profile

Each profile opens with the hike's star ratings, followed by a list of key at-a-glance information. Each profile also includes a map (see "Trail Maps," above) and an elevation profile (also see above). The main text for each profile consists of four sections: **Overview, On the Trail, Gateway Community,** and **Getting There.**

STAR RATINGS

Each hike was assigned a one- to five-star rating in each of the following categories: scenery, trail condition, suitability for children, level of difficulty, and degree of solitude. The star ratings break down as follows:

SCENERY One of my aims in writing this book was to cherry-pick the absolute best scenery of the AZT accessible by passenger vehicle; as a result, you'll find no hikes rated below four stars in this category.

TRAIL CONDITION There's no denying that Arizona is a very rocky and rugged state—if you're used to smooth hiking trails, it can be a bit of an adjustment. The Trail Condition rating incorporates my evaluation of the tread, routing, and grade of the trail. I've also included notes about the types of tread you'll encounter on each hike in the description.

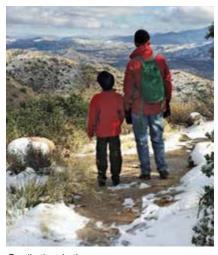
What this rating *doesn't* take into account is whether the trail is overgrown or not; this varies throughout the year, as Trail Stewards maintain the AZT. To get more information about trail conditions before your hike, you can contact the Trail Steward for the hike's AZT passage at aztrail.org/the-trail/trail-stewards. Fires and subsequent flooding can also affect trail conditions. You can also report overgrown trail conditions, damaged tread, or downed trees at the AZT website: aztrail.org/the-trail/trail-conditions-form.

DIFFICULTY This rating considers the length of the hike, the terrain and trail tread, the accumulated elevation gain, and the trailhead elevation.

CHILDREN A number of the short hike options are suitable for kids (see "Recommended Hikes," page xiii, but you can always improvise and turn around at any point. The ATA has a **Junior Explorer Handbook** available for download at aztrail .org/youth/junior-explorers. Tip: Bring along a small toy to take photos of on your journey as a fun activity.

SOLITUDE On a number of these hikes, you'll feel like you have Arizona all to yourself. On others, you'll be sharing the trail with other hikers, mountain bikers, equestrians, and trail runners. See "Sharing the Trail," page 16, for etiquette tips to ensure that everyone has a great time on the AZT.

The AZT is gaining in popularity every year, so some of these ratings may change as the years pass. For example, when I section-hiked the AZT in 2008–09, I rarely saw anyone else, but during my



Family time in the snow Photo: India Hesse

research for this book, I regularly ran into other trail users. If you're on the trail during thru-hiker season, you might encounter many of them in one day.

AT-A-GLANCE INFORMATION

DISTANCE Hiking distances were calculated based on GPS tracks that I recorded during my research; these tracks were then used to generate the maps for each hike.

Note that the distances in this book may vary somewhat from those posted on trail signs. Possible reasons could include recent reroutes that have changed the distance of the trail, a different starting point in the GPS track, or the inclusion of side trips in the total hike distance.

CONFIGURATION The hikes in this book are generally classified as **(1) out-and-backs**, **(2) point-to-points**, and **(3) loops**. Some hikes combine these elements.

Out-and-Back This type of hike starts and ends at the same trailhead, taking you out in one direction and then back the way you came; the scenery is generally different on the return trip, however. Most of the hikes in this book are out-and-backs—the routes are straightforward, and only one vehicle is necessary to get to them.

Point-to-Point (One-Way) This hike configuration starts in one place and ends in another, requiring a two-vehicle shuttle: you drive to the end trailhead, place one car there, and then drive to the beginning trailhead to start the hike. Hikes in this book with shuttle options are Hike 6, Gabe Zimmerman Trailhead to Colossal

Cave (page 71); Hike 14, Vineyard Trailhead to Mills Ridge (page 130); and Hike 21, Mormon Lake (page 177). If you don't have two vehicles, you could simply double the mileage by doing an out-and-back—but be sure to take that extra mileage into account when planning your hike.

Loop Like an out-and-back, a loop starts and ends at the same trailhead, but whereas an out-and-back is linear, a loop is more circular (though not perfectly so). The loop hikes in this book incorporate trails that aren't part of the AZT. They are, as follows, Hike 9, Marshall Gulch–Aspen Loop (page 93); the Pine Loop in Hike 17, Highline: Pine Trailhead to Red Rock Spring (page 157); Hike 24, Buffalo Park (page 196); and the Aspen Nature Loop in Hike 25, Aspen Nature Loop to Bismarck Lake (page 205).

Short Hike Option Most of the descriptions also list an alternative turnaround point for shortening the hike. If you're a novice hiker, you don't have a lot of time, or you have kids with you, consider one of these shorter options.

HIKING TIME I estimated hiking times using the calculator at TrailsNH.com: see trailsnh.com/tools/hiking-time-calculator.php. For each hike, I entered the distance and elevation gain in the fields provided, along with estimates for pace (given as a range of Slow–Run), trail surface (Easy–Tough), and pack weight (Light–Very Heavy).

I provide a range of hiking times, as the difficulty of a trail is somewhat subjective and depends on how much time you take for snack and lunch breaks, photography, birding, or any other activity that requires stopping. This book is written with beginners in mind, and the ranges in the hiking times reflect that as well.

ELEVATION GAIN The hike's accumulated elevation gain (AEG) takes into account all ascents along the route. For example, Hike 3, Canelo Pass to Meadow Valley (page 52), has 375 feet of elevation gain and 400 feet of elevation loss on the way out, along with 400 feet of elevation gain and 375 feet of elevation loss on the way back; thus, the total out-and-back AEG equals 775 feet.

OUTSTANDING FEATURES This entry lists the highlights of the hike, including scenic views, historical sites, water features, and seasonal displays such as wildflowers and fall color.

LAND-MANAGEMENT AGENCY The AZT passes through numerous types of public lands—national forests, national and state parks, U.S. Bureau of Land

Management sites, and county and city property—as well as privately owned lands. This entry provides the contact information for the relevant agency that administers the land traversed by a particular hike.

MAPS In addition to the maps included in the book, this entry lists the appropriate USGS 7.5-minute topographic quadrangle (1:24,000-scale) for the area in which the hike is located. Topo maps are available at usgs.gov, sciencebase.gov, topoquest.com, and many other websites, often at no cost.

AZT PASSAGE The AZT consists of 43 *passages*, or sections, which vary in length from 8 to 35 miles. This entry tells you which passage a particular hike travels along. Note that none of the hikes in this book cover a full passage—rather, they make use of the best and most accessible parts of the AZT.

ANCESTRAL LANDS Although the AZT does not directly pass through lands that belong to sovereign tribal nations, it's important to remember that all of Arizona originally belonged to the Indigenous peoples who lived here long before European and American colonization changed their ways of life forever. This entry names the tribe that inhabited the land prior to colonization, as well as current tribes that are connected to the region. See page 17 for a discussion of Indigenous perspectives on the AZT, and see Appendix 1 (page 241) for contact information for tribal nations located near the trail.

SEASON This entry lists the best times of year to hike in terms of accessibility, weather, and seasons for wildflowers and fall color. See "Elevation Is Everything" (page 16) for a discussion of how elevation affects temperatures throughout Arizona, and see "Recommended Hikes" (pages xv and xvi) for a list of hikes by season.

ACCESS Lists applicable entrance fees, permits, trail-access hours, seasonal closures, and restrictions (such as prohibitions on dogs).

THE HEART OF THE HIKE

OVERVIEW This paragraph provides a concise summary of what to expect on the trail.

ON THE TRAIL (DESCRIPTION) This section guides you on the hike route from start to finish, noting important turns and junctions, special sights along the way, and alternative routes.

GATEWAY COMMUNITY Gateway Communities are an essential part of the AZT. When Dale Shewalter established the trail, he considered these communities vital to the user experience. These hiker-friendly cities and towns provide lodging, supplies, attractions, and places to savor the all-important posthike meal and beverage. Gateway Community signs welcome you on the roads into town.

Following "On the Trail," each hike includes a Gateway Community writeup, consisting of basic statistics about the town (its distance from the hike, population, and elevation); a short summary of the community's offerings; and listings for specific points of interest.

As the former Gateway Community Liaison for the ATA, I've spent lots of time in these unique places, and I have lots of recommendations for things to see and do. If you'd like to expand your hike to an overnight or weekend adventure, I've also included suggestions on where to camp in the area, both in developed campgrounds and dispersed backcountry areas nearby.

Finally, please keep in mind that phone numbers, websites, operating hours, and prices that were accurate at the time of publication can change. In light of the ongoing public health emergency, it's especially important to call or check online for the very latest information well in advance of your hike.

GETTING THERE Driving to trailheads on the AZT can be an adventure in and of itself. The good news: none of the hikes in this book require a four-wheel-drive vehicle to reach them—most access roads, in fact, are asphalt- or gravel-paved. All of the roads in this book are suitable for passenger vehicles. (Only three hikes in this book should not be accessed in low-clearance vehicles: Hike 4, page 59; Hike 15, page 139, and Hike 20, page 172.)

Trailhead Here you'll find the trailhead's GPS coordinates and elevation in feet. For point-to-point hikes, information for both the starting and ending trailheads is listed.

Road Conditions Where access roads are dirt instead of paved, I indicate whether they can be accessed by all vehicle types.

Facilities Conveniences are often few and far between on the AZT. Many trail-heads have no restrooms, water, or picnic tables—just a dirt parking pullout. Make sure to bring all the water you need, and then some (see page 29). Keep a couple of gallons of water in the car in case of emergency.

Directions I've included detailed turn-by-turn driving directions as well as information about grades and road conditions for dirt roads. It's best to follow the directions as written, as online mapping services will sometimes take you on a different route.

Note: As a transplant from the flat, paved suburban Midwest, I found that driving up mountains and on dirt roads took some getting used to. Some of these drives are guaranteed to dirty up your vehicle, and a couple may even make your heart race, but in return you'll be rewarded with superb scenery and access to wonderfully remote places. Where the drives involve roads with steep drop-offs and no railings, I've made sure to note it in the directions.

Hiking the Entire AZT

If you're interested in hiking all of the AZT, there are two ways to do it: thru-hiking and section hiking. See Appendix 2 (page 243) for a list of Arizona Trail resources to help plan your hike.

Thru-Hiking

On your AZT hikes, you may encounter people who are doing the whole 800 miles. You'll probably be able to tell who they are by their well-worn gear and insatiable hiker hunger. They may introduce themselves by an unusual trail name, like "Snorkel," "Hiker Box," or "Wonder Woman." These are thru-hikers, and there are two thru-hiking seasons on the AZT. Northbounders (NOBOs) start at the Mexican border in the spring, usually in March or April, and hike toward Utah. Southbounders (SOBOs) set out in the opposite direction, usually in September or October. Thru-hikers use the Gateway Communities to resupply and rest along their journey.

Hiking during these two times of year avoids the cold of the northern passages of the trail and the heat of its southern passages; indeed, thru-hikers are often said to be following the wildflower blooms north and the fall colors south. Completion times vary, but most hikers take anywhere from 45 days to three months from start to finish. When I thru-hiked the AZT in 2014, it took me two and a half months, from mid-March to the end of May.

At the time of this writing, the fastest known time (FKT) for thru-hiking the AZT is 14 days, 12 hours, and 21 minutes, set by Josh Perry in October 2019. That's more than 50 miles a day, and he was self-supported, meaning that

he carried all of his own gear and had to stop in towns to resupply. The self-supported FKT for women is 19 days, 17 hours, and 9 minutes, set by Heather "Anish" Anderson in October 2016.

If you cross paths with thru-hikers, offer them some food—chances are they're hungry from burning up to 5,000 calories a day. Thru-hikers call these acts of kindness *trail magic*.

Section Hiking

Are you interested in taking on the entire AZT but you don't have the time, resources, or desire to hike for months on end? Then section hiking is for you. This has many advantages: you can choose to hike the sections during the best seasons, it's easier to fit in hiking while working a full-time job, you can change your plans if the weather turns bad, and it's gentler on your body than the day-after-day beating you take on a thru-hike.

Section hiking is how I first completed the AZT: I hiked on my days off from work, and occasionally for a week at a time, for 15 months. Some folks take a year, others take a decade. Section hiking lets you go at whatever pace is right for you.

Available through the ATA, *The Arizona Trail Day Hiker's Guide* (\$33) is geared to section hikers. This three-ring-bound book breaks up the 800 miles into 89 day hikes ranging from 3.8 miles to 13.8 miles long, with an average distance of about 9 miles per hike. You can order it online at aztrail.org/product -category/books.

If you complete the whole AZT, you can submit your information and complete a survey to get a finisher's copper belt buckle. You can see a list of finishers on the ATA website: aztrail.org/the-trail/trail-finishers.

Desert Hiking Tips and Tricks

Four Rules to Live by in the Desert

- 1. Don't touch spiny plants or critters.
- 2. Don't put your hands or feet where you can't see them.
- **3.** Kick rocks over before putting your hands on them.
- 4. Bring more water than you think you'll need.

The desert is a very different environment from what most people are used to. Coming to Arizona from the Chicago suburbs, I found it intimidating at first, but the more I learn about this state, the more I appreciate the hardy plants and creatures that call the desert home. I've learned quite a few tips and tricks in my quarter century of living here that go a long way toward staying comfortable on the trail.

Hydrate and Refuel

A good general guideline is to carry 0.5 liter (16 ounces) of water per person, per hour, in cool weather and 1 liter (32 ounces) per person, per hour in warmer weather. If you've already gone through more than half of your water halfway through the hike, consider turning around early. Another good reason to carry plenty of water: high elevations are dehydrating.

It's not enough to just chug water nonstop while you hike—in fact, that can lead to a dangerous condition called hyponatremia. Your body loses salts and minerals when you sweat, though you might not realize how much you're sweating because it evaporates quickly in the desert. You need to replace them while you rehydrate, either by eating salty snacks or by consuming electrolyte-replacement drinks, tablets, chews, or gels.

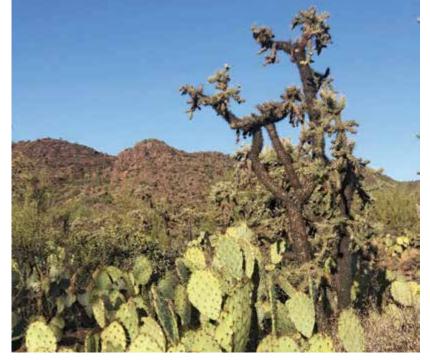
One of the first signs of dehydration is irritability. Are you in a lousy mood? Are you starting to think your hiking partners are a bunch of jerks? If you take a moment to drink and eat, you'll be surprised at how much better you feel. You can even prehydrate by making sure to drink plenty of water the night before.

It's always a good idea to carry snacks in your pack even on short hikes. For longer hikes, pack a lunch to eat on the trail. In hot weather, salty snacks like pretzels or trail mix will help to replace salts lost by sweating (see above).

Spines and Prickles and Barbs, Oh My!

As the first rule in the box opposite indicates, the vegetation of Arizona, especially that in the southern part of the state, is best admired from a distance. Sometimes, however, accidents happen despite your best efforts to avoid them, so it's wise to carry a pair of tweezers in your first aid kit to remove spines. And it's not just the large spines you need to worry about—the small, hairlike glochids (bristles) of prickly pear are just as uncomfortable but harder to find.

Remove as many spines as you can in the field before they have a chance to break off or scrape against your clothing. Back at home, use this trick to



Prickly pear (foreground) and cholla cacti and acacia and mesquite trees are prevalent in the southern part of the state, and all have spines to be avoided.

remove any remaining spines: apply a thin layer of white school glue to affected skin, cover it with gauze, let it dry, and then peel it off.

Sometimes spines get embedded underneath the skin, in which case you should remove them as you would splinters, using one of these techniques: pluck out the spine with tweezers (disinfect it first with rubbing alcohol); cover it with duct tape and then pull it off (and hopefully the spine with it); expose the spine with a needle (again, disinfect it first), then pull it out with tweezers; or try drawing it out with hydrogen peroxide or a mixture of water and baking soda or Epsom salts. When spines can't be removed, the body often encapsulates them in scar tissue, and they may emerge months later.

Some people may experience dermatitis, a rash or bumps on the skin. Spines that get embedded near joints can cause inflammation—in this case, you might need to seek medical treatment instead of trying to remove them yourself.

Cholla cactus (aka jumping cholla) is segmented, with loosely attached spines. These can come off the plant when you brush by, or segments that have fallen on the ground can get kicked up and embed themselves in your skin. The spines are barbed and difficult to remove. The best implement for cholla removal is a comb—place it behind the cholla segment, and pull away from the skin. If

you don't have a comb, use sticks to dislodge the segment, but be careful of flying segments when they come loose.

Wildlife

You could very well complete all of the hikes in this book and never encounter any of the creatures described below. Nevertheless, it's good to know what to do in case of an encounter.

MAMMALS

BLACK BEARS AND MOUNTAIN LIONS Should you have a run-in with a cougar or a bear, face the animal, make yourself seem as large as possible—raise your hands and put up your hiking poles—and either stand your ground or move sideways slowly. Make noise: yell, clack your hiking poles together, or bang a piece of metal with a rock. **Do not run or turn your back**—that triggers the animal's prey response. If you're attacked, fight back with everything at your disposal: sticks, rocks, backpack, or bare hands. Jaguars have also been recorded in the grasslands

of southern Arizona but are so elusive that even researchers hardly ever see them.

JAVELINAS Javelinas (hah-va-LEE-nas) have sharp tusks and may rush toward you if threatened. Though they look like pigs, they are part of the peccary family. They have poor eyesight and generally aren't aggressive toward humans unless you get between them and their babies. Javelinas can be aggressive toward dogs, though, so leash your pets.



Javellia Photo: Dennis W. Donohue/Shutterstock



Diamondback rattlesnake

SNAKES, SCORPIONS, BUGS, AND STINGING INSECTS

SNAKES Arizona has 13 species of rattlesnakes along with numerous nonvenomous species. Observe the second and third rules in the box on page 28, and be aware of your surroundings, as many snakes have incredibly effective camouflage. If you get bitten, call 911 immediately. If you're in an area without cell reception, walk

slowly back to your vehicle, and drive to an area with cell service and or a hospital as soon as possible. Do not tie a tourniquet around the bite or try to slice the wound and suck the poison out.

Tip: If you like to listen to music while you hike, put in just one earbud so you can hear the rattlesnake's signature warning sound. Be aware, however, that rattlers don't always warn before they strike.



The small, light-brown Arizona bark scorpion packs a potent poison.

SCORPIONS At 1–3 inches long, the **Arizona bark scorpion** is the smallest and most venomous of the species found in the state. Follow the second and third rules on page 28 to minimize contact with them. Scorpions are most active during warmer months and at night. They may sting if disturbed while hiding under rocks or branches. Most stings in healthy adults can be managed with first aid at home. Children under age 9, people with high blood pressure, and anyone who is allergic to scorpions should seek immediate medical treatment.

SPIDERS There are several types of spiders to be aware of in Arizona. **Tarantulas** are found across the state and are more prevalent in the summer and fall seasons. Though they look like something out of a horror movie, they're generally docile, although they do have two methods of defense if provoked: (1) the spider waves its legs to release irritating hairs, called urticating hairs, from its abdomen, or (2) in rare cases it will bite, which causes localized pain at the site.

Female **black widow spiders** are identified by a red hourglass shape on the abdomen. Black widows are not aggressive, but their venom is extremely potent. People who are bitten should seek medical attention; be especially aware that black widow bites can be life-threatening in young children.

TARANTULA HAWKS These large (2-inch-long) wasps with black bodies and bright copper- or orange-colored wings don't sting humans very often, but rest assured it's not an experience you want to have. Though their sting is said to be the second most painful in the insect kingdom, the pain is short-lived, and stings don't

require medical attention unless you're allergic to wasps and bees. On the other hand, the pain *can* be distracting enough to make you injure yourself in some other way as you flail around in agony. If you do get stung, immediately drop to the ground and try to tough it out for 5–10 minutes.

Tarantula hawks are named for the prey they seek: they sting a tarantula, paralyzing it without killing it; drag it to their burrow; and lay an egg inside. The larva feeds on the tarantula, grows into an adult, and



Unlike its prey, the tarantula hawk has a sting that lives up to its fearsome appearance. Photo: @N8TRGRL

emerges from it as a wasp. The desert is a tough place indeed.

BEES While the larger and venomous animals in the desert get a lot of attention, bees can be one of the most dangerous encounters, especially if one is allergic to them. Of the many types found in the desert, the Africanized honey bee (AHB), an invasive hybrid species, is especially aggressive. When disturbed, patrolling bees will "bump," or run into, the target. If this occurs, protect your face and run away until you are outside of the defensive area, which can be up to a half mile away from the hive. Do not swat at or try to kill the bees as that will attract more; they tend to sting in greater numbers.

Seek medical attention immediately if you have been stung many times, have a reaction that makes you feel ill, or are short of breath. If you are allergic to bees, carry a kit with Benadryl and an epinephrine auto-injector (such as EpiPen).

BIRDING ON THE AZT

The AZT passes through many birding hot spots and migration corridors. Visit the **Arizona Important Bird Areas Program** website (aziba.org) for more information, including a downloadable map (click "Resources," then "Map Resources").

Desert Environment Tips and Tricks

Sun and Shade

The sun in Arizona is very intense, even when the weather isn't particularly hot. Here's some advice.

It might seem counterintuitive to wear long sleeves and pants on a hike in the desert, but they provide shade, UV protection, and evaporative cooling as you sweat.

Protect the back of your neck and ears from sunburn with a wide-brimmed hat, a neck flap, or a lightweight hoodie paired with a baseball cap or visor. Shirts with thumb holes protect the backs of your hands; you can also wear lightweight UV gloves. Choose sunglasses with UV protection.

When it comes to sunscreen, use a product with an SPF of at least 30 (check the expiration date), and apply it every 2 hours (don't forget your ears) or after you get wet.

One of my favorite pieces of gear is **Gossamer Gear's trekking umbrella** (gossamergear.com)—shade is at a premium in the heat, after all, so why not carry your own? A regular umbrella will do in a pinch, but most aren't made to withstand high winds without turning inside out. Look for a model with a silver reflective surface made from carbon fiber; light and sturdy, it can be carried in your hand or attached to your pack. You can also set it up to shade you while you take a break, and if you carry a trekking umbrella, you don't need to wear a sun hat. Put a wet bandanna on your head and you've got a great way to provide evaporative cooling.

COOLING METHODS

Here's an easy one: wear a wet bandanna on your neck for even more cooling. Make sure to pack extra water for this purpose. This fools your body into thinking it's cooler than it is, because it gets temperature cues from the blood flowing through the carotid artery in your neck. You could buy special cooling towels, but an old-fashioned cotton bandanna works just as well.

A trick for especially hot hikes: wet a long-sleeved cotton T-shirt and put it in a waterproof bag. When you're at your hottest, put on the wet shirt and enjoy the evaporative cooling. (On the other hand, if it's hot enough to use this trick, you might just consider hiking in a cooler, higher elevation instead.) Hiking past water in hot weather? Wet your head and sleeves.

Cold Weather

The desert is a place of extremes—sometimes you can be sweltering in the heat and then shivering from the cold within the space of a couple of hours. Prepare for these temperature swings by packing layers. A lightweight jacket is handy to

have in your pack; for colder weather, pack a down jacket, hat, scarf, and gloves. Don't wear cotton when it's cold or temperatures fluctuate—that fabric stays wet for a long time and can cause hypothermia. Instead, opt for synthetics or fleeces that wick away moisture.

To avoid sweating in cold weather, remove a layer when you warm up—when you're climbing a hill, for instance—and then put it back on later when you've cooled down.

Wind

Arizona can be a windy place, especially in the spring, so check the forecast and pack a wind-blocking layer like a rain jacket or wind shirt. When you take a break, make sure that your stuff is weighted down and garbage is packed away so the wind doesn't scatter it and create a mess. A hat with a chin strap helps you hang on to it in high winds.

Monsoon

This weather phenomenon brings heavy rain and lightning storms to Arizona, generally from July to mid-September. The monsoon has a pattern of building during the heat of the day, with storms occurring in the afternoon. Make sure to check the weather before you hit the trail—it's generally best to be done with your hike by the afternoon during monsoon. See the next two sections for more information about monsoon conditions.

Flash Floods

When it rains heavily in the desert, the ground can't soak it all in, and the rainwater forms runoff streams, which combine in larger drainages to form flash floods. These can be extremely dangerous and can occur even when there is no storm directly overhead.

Avoid crossing flooded waterways—the water is likely thick with sticks, logs, rocks, and other debris that can injure you. Also take flash floods into consideration when driving: do not attempt to drive your vehicle through swift-moving water. As little as 6 inches of water can damage a passenger vehicle.

Lightning

Here are some tips from the National Lightning Safety Institute (see lightning safety.com/nlsi_pls/ploutdoor.htm).

AVOID metallic objects; high ground; solitary tall trees; close contact with others (spread out 15–20 feet apart); contact with dissimilar objects (such as water and land, boat and land, rock and ground, tree and ground); and open spaces.

SEEK clumps of shrubs or trees of uniform height; ditches, trenches, or the low ground; and a low, crouching position, with feet together and hands on ears, to minimize acoustic shock from thunder.

KEEP a high level of safety awareness for 30 minutes after the last observed lightning or thunder.

Other Concerns

Cryptobiotic Soil

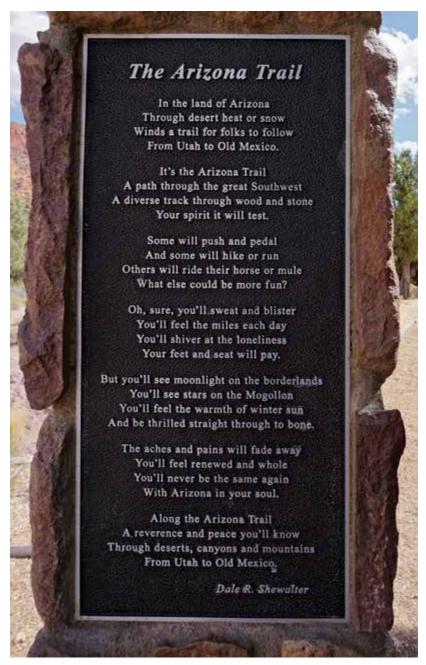
Don't bust the crust! Cryptobiotic soil is composed of living organisms (such as algae and fungi) that form a crust on the dirt that resembles a black, bumpy mat. This crust, which can take hundreds of years to develop, plays a vital role in managing storm runoff and maintaining the structural integrity of the soil underneath. Stay on established trails, and take a look around you before wandering off the trail to take a break, snap photos, or use the restroom.



Avoid disturbing cryptobiotic soil, which is very fragile and important to desert environments.

Mine Shafts

Arizona has a long history of mining, and some of the AZT passes abandoned mine shafts. **Do not disturb them**—not only do mine shafts pose risks of rockfall and collapse, but many also serve as ecologically sensitive spaces for Arizona's diverse bat population.



Dale Shewalter, who conceived the AZT, wrote the poem on this obelisk at the trail's northern terminus.

South (Hikes 1-11)



Gateway Communities are highlighted in yellow.





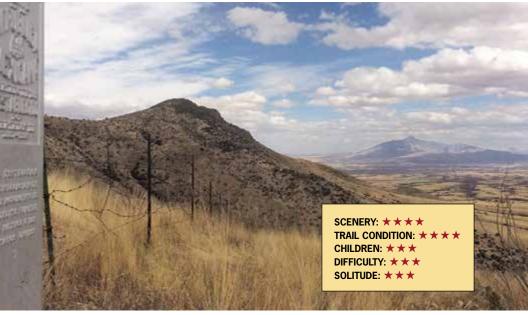
Sunrise on the AZT at High Jinks Ranch (see Hike 10, page 99)

- 1 MONTEZUMA PASS TO MEXICO (p. 40)
- 2 MILLER PEAK (p. 46)
- 3 CANELO PASS TO MEADOW VALLEY (p. 52)
- 4 KENTUCKY CAMP TO GARDNER CANYON (p. 59)
- 5 GABE ZIMMERMAN TRAILHEAD TO RATTLESNAKE MURAL (p. 65)
- 6 GABE ZIMMERMAN TRAILHEAD TO COLOSSAL CAVE (p. 71)
- 7 MOLINO BASIN TO WEST SPRING (p. 79)
- 8 GORDON HIRABAYASHI CAMPGROUND TO SYCAMORE CANYON DAM (p. 87)
- 9 MARSHALL GULCH-ASPEN LOOP (p. 93)
- 10 AMERICAN FLAG RANCH TRAILHEAD TO ORACLE RIDGE (p. 99)
- 11 ORACLE STATE PARK (p. 108)



Montezuma Pass to Mexico

Journey to the Mexico border



A view into Mexico from Border Monument 102

DISTANCE & CONFIGURATION: 3.8-mile out-and-back

HIKING TIME: 2-3 hours

ACCUMULATED ELEVATION GAIN: 900'

SHORT HIKE OPTION: You kind of miss the point of this hike if you shorten it. That said, you can always turn around sooner at any point as your schedule and circumstances dictate.

OUTSTANDING FEATURES: Southern terminus of the AZT at Border Monument 102; views into Mexico

LAND-MANAGEMENT AGENCY: Coronado National Memorial, 520-366-5515.

nps.gov/coro

MAPS: USGS 7.5' Montezuma Pass, AZ

AZT PASSAGE: 1/Huachuca Mountains, aztrail.org/explore/passages/passage-1

-huachuca-mountains

ANCESTRAL LANDS: Tohono O'odham, Pascua Yaqui, Sobaipuri, Chiricahua Apache

SEASONS: Spring, fall, winter

ACCESS: Dogs prohibited in Coronado National Memorial; no fees or permits; open daily,

sunrise-sunset; visitor center open daily, 8 a.m.-4 p.m. except December 25

Advisory

In July 2020 U.S. Customs and Border Protection began work on a road and 30-foot-tall wall through Coronado National Memorial, and the Arizona National Scenic Trail (AZT) is closed at the time of this writing inside the park. The road and wall are expected to block the view south from the southern terminus of the AZT and will travel through a protected habitat for endangered jaguars and ocelots. Projected completion date is June 2021; check the passage page (aztrail.org/explore/passages/passage-1-huachuca-mountains) or Coronado National Memorial (nps.gov/coro) for updates.

Overview

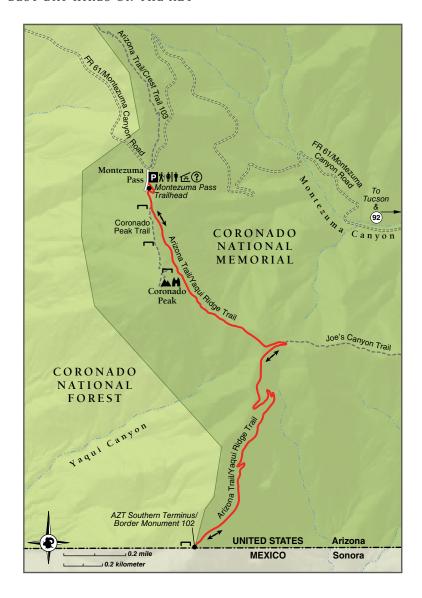
This day hike takes you through grasslands and oaks in Coronado National Memorial to the southern terminus of the AZT at the Mexico border. The AZT at the border has no vehicle access—you can get there only by hiking the 1.9 miles down and back from Montezuma Pass.

On the Trail

From the south end of the trailhead parking area, with the picnic ramada on your left and trail register on your right, follow the Yaqui Ridge Trail/AZT south as it switchbacks up the hill and comes to a junction with the Coronado Peak Trail in 500 feet. Dale Shewalter, "Father of the Arizona Trail," was hiking the Coronado Peak Trail when he got the idea for a trail across Arizona, from Mexico to Utah (see page 1); for this hike, though, take the left (southeast) fork at the junction to stay on the AZT. If you have energy to burn, the route to Coronado Peak is an 0.8-mile, 330-foot ascent with 360-degree views, along with interpretive signs about the Indigenous people of the area and Coronado's expedition.

Francisco Vázquez de Coronado was sent by Antonio de Mendoza, viceroy of New Spain, to find Cíbola, or the Seven Cities of Gold, in 1540. (A Franciscan priest, Fray Marcos de Niza, had returned from New Mexico saying he had seen these cities.) The entrada (expedition) party consisted of priests, 300 Spanish soldiers, several hundred Mexican allies, servants and slaves, and 1,500 stock animals.

The National Park Service website states: "While there is no physical evidence of the expedition in the present memorial, the park offers a sweeping view of the San Pedro River which is widely regarded as the corridor that the expedition used on their way north to the mythical Cíbola." The expedition traveled all the way to Kansas in 1542 before they realized the tales of cities



of gold were fantasy. The entrada resulted in the slaughter of many Indigenous people and forced them to abandon their pueblos—the beginning of a pattern that would continue as Europeans and then Americans continued to colonize the Southwest.

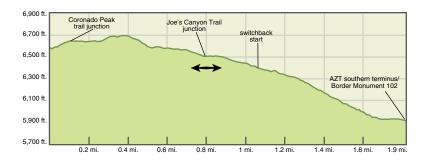
There is a brief climb for 0.3 mile; then the trail descends through grasslands and Gambel oak. The mountain that dominates the view is San Jose Peak, in Mexico (8,858'). In 0.4 mile, reach a junction with Joe's Canyon Trail, which goes left (east) down to the visitor center you passed on your drive up—the AZT heads right (west), then curves south.

The trail begins descending on a series of switchbacks in 0.3 mile and then another switchback in 0.4 mile. It continues descending past rocky outcrops that are part of the Glance Conglomerate, a prehistoric sedimentary layer created from the erosion of small mountains, which filled the valley with rocks of varying types and sizes. Over time, the sediment and inclusions were compacted into what you are seeing today. Keep your eyes open for coatimundi, a raccoonlike creature with a long tail. Bands of coatimundi can consist of up to 30 individuals, and I've seen them on the hillside in this area.

In 0.1 mile the trail trends southwest toward Mexico. The obelisk of Border Monument 102 isn't visible until just before you reach the border. Reach the southern terminus of the AZT at 1.9 miles (5,903'). At the time of this writing, the border is marked by a three-strand barbwire fence; however there is now a border wall under construction. There is a bench nearby to take in the view. Border Monument 102 is one of 258 that mark Mexico's border with the US.

If you're here in March or April, you might see AZT thru-hikers beginning their journey northbound, and in November or December you may see them completing their journey southbound. The seasons for thru-hiking are determined by weather conditions: they follow spring northbound from Mexico and fall southbound from Utah (see "Thru-Hiking," page 27, for more information).

Return the way you came, making a left (west) turn at the Joe's Canyon Trail junction.



Gateway Community: SIERRA VISTA

DISTANCE FROM TRAILHEAD: 24.0 miles POPULATION: 43,888 ELEVATION: 4,633'

Site of the Fort Huachuca Army base, Sierra Vista is also a hot spot for birding that attracts avian enthusiasts from all over the world. The Nature Conservancy's Ramsey Canyon Preserve is home to more than 170 varieties of birds, including 14 species of hummingbirds. The 40.0-mile-long San Pedro Riparian National Conservation Area preserves the rich biodiversity along the San Pedro River, is home to historic and prehistoric sites up to 12,000 years old, and serves as an important habitat for 250 bird species that pass through during migration.

There are plenty of places to eat in Sierra Vista, but one of my favorites is **Bamboo Garden**. Sierra Vista also has German cuisine at **The German Café**, **Angelika's German Imports**, and **Bobke's for Lunch**. A full range of lodging options are available.

RAMSEY CANYON PRESERVE: 27 E. Ramsey Canyon Rd., 520-335-8740, tinyurl.com /ramseycanyonpreserve. Admission: \$8/person, \$5 for Nature Conservancy members. Open Thursday–Sunday, 8 a.m.–5 p.m. March 1–October 31, 9 a.m.–4 p.m. November 1–February 28.

SAN PEDRO RIPARIAN NATIONAL CONSERVATION AREA: 9800 E. AZ 90, 520-508-4445, sanpedroriver.org/wpfspr. Free entry, visitor center open daily, 9:30 a.m.-4:30 p.m.

BAMBOO GARDEN: 1481 E. Fry Blvd., Ste. 3, 520-459-1800, facebook.com/bamboo gardenssv. Open Tuesday–Saturday, 11 a.m.–9 p.m., Sunday, noon–9 p.m.

THE GERMAN CAFÉ: 1232 E. Fry Blvd., 520-456-1705, tinyurl.com/germancafesv. Open Monday–Saturday, 11 a.m.–9 p.m.

ANGELIKA'S GERMAN IMPORTS: 1630 E. Fry Blvd., 520-458-5150, tinyurl.com /angelikassierravista. Open Tuesday–Thursday, 10 a.m.–5 p.m., Friday, 10 a.m.–6 p.m., Saturday, 10 a.m.–3 p.m.

BOBKE'S FOR LUNCH: 355 W. Wilcox Dr., 520-458-8580, tinyurl.com/bobkesforlunch. Open Monday–Friday, 7:30 a.m.–2:30 p.m.

Getting There

MONTEZUMA PASS TRAILHEAD: N31° 21.022′ W110° 17.126′, elevation 6,575′

ROAD CONDITIONS: All vehicles; last 3.3 miles are graded dirt, suitable for passenger vehicles and trailers under 24'

FACILITIES: Restrooms and shaded picnic ramada; no water

DIRECTIONS *From Downtown Tucson:* From Congress Street and I-10, take I-10 East for 44.0 miles to Exit 302 for AZ 90 South (Fort Huachuca/Sierra Vista).



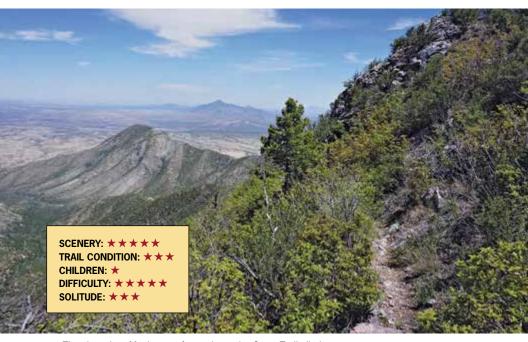
A different view into Mexico, this one from Montezuma Pass

In 32.0 miles keep right (south) to merge onto AZ 92 East; then continue south 14.0 miles to South Coronado Memorial Road. Turn right (south) and follow the road as it curves right (west) and becomes Montezuma Canyon Road; then, in 5.0 miles, reach the Coronado National Memorial Visitor Center, on the right. Stop in here to see the interpretive exhibits, including information about the Indigenous people and natural history of the region, as well as period chain mail and helmets. From the visitor center, continue west and then south 3.3 miles on Montezuma Canyon Road; this final, twisting stretch up to the Montezuma Pass Trailhead is graded dirt road. Look for the parking area on your left just before the road curves sharply right (northwest).

Scenic Route: From I-10 East, take Exit 281 for AZ 83 South, and drive 26.0 miles to Sonoita. Turn left onto AZ 82 East and, in 19.0 miles, turn right (south) onto AZ 90. In 14.6 miles keep right (south) to merge onto AZ 92 East; then continue south 14.0 miles to South Coronado Memorial Road, and proceed as above.

Note: On your return north, there are internal border-patrol checkpoints on AZ 90 at milepost 304 and on AZ 83 at milepost 40.8.

Miller Peak High-elevation haven



The views into Mexico are fantastic as the Crest Trail climbs.

DISTANCE & CONFIGURATION: 10.4-mile out-and-back

HIKING TIME: 6–10 hours

ACCUMULATED ELEVATION GAIN: 3,290'

SHORT HIKE OPTION: 4.2-mile out-and-back to wilderness boundary (1,380' elevation gain) **OUTSTANDING FEATURES:** Spectacular 360-degree views, diverse Sky Island environments

LAND-MANAGEMENT AGENCIES: Coronado National Memorial, 520-366-5515, nps.gov/coro; Coronado National Forest, Sierra Vista Ranger District, 520-378-0311, fs.usda.gov/coronado

MAPS: USGS 7.5' Montezuma Pass, AZ and Miller Peak, AZ

AZT PASSAGE: 1/Huachuca Mountains, aztrail.org/explore/passages/passage-1

-huachuca-mountains

ANCESTRAL LANDS: Tohono O'odham, Pascua Yaqui, Sobaipuri, and Chiricahua Apache

SEASONS: Spring, fall, winter (snow possible well into spring)

ACCESS: Dogs prohibited in Coronado National Memorial; no fees or permits; open daily, sunrise–sunset; visitor center open daily, 8 a.m.–4 p.m. except December 25

Overview

This hike on the AZT is one of the toughest in the book: it's long, steep, remote, and high-elevation. Make sure to check trail conditions before you go, as snow can linger past winter along the shaded parts of the trail. You'll be rewarded for your efforts with incredible views from the Crest Trail and Miller Peak (9,466').

Note: The lower the elevation where you live, the more this hike will affect your breathing. When hiking to a peak, you should set a strict turnaround time for the summit that allows for enough time to return safely before sunset. Watch your water intake as well; you'll want to turn around once you've finished half of your water supply. Temperatures vary widely on this hike due to the change in elevation—layers are key to staying comfortable (see page 33 for a discussion).

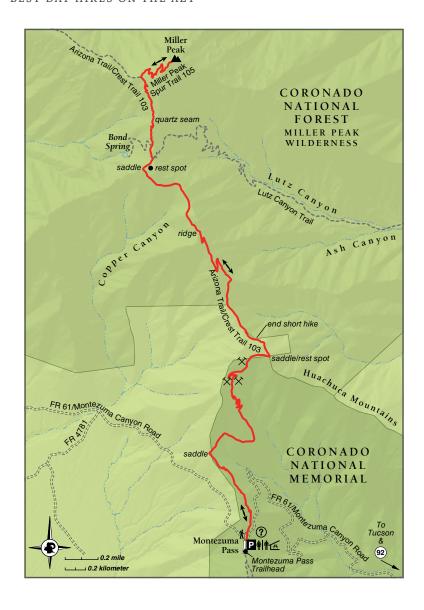
On the Trail

From the parking area (6,548'), cross the road and head right about 30 yards. Just before the cattle guard, the signed Crest Trail 103—which is contiguous with the AZT inside Coronado National Memorial—starts to your left (west). Another sign says FOREST BOUNDARY 2 MILES, MILLER PEAK 5.3 MILES. Miller Peak, which you'll visit shortly, isn't on the AZT, requiring a 1.0-mile round-trip from the junction with the Crest Trail, but the views from the top are worth it.

The trail immediately starts to climb north above the road. At 0.2 mile make two short switchbacks, and the trail continues north. In 0.3 mile make four more short switchbacks, and continue climbing to the crest of the ridge at a small saddle in 0.1 mile, and then another saddle in 0.1 mile. You have views of the San Rafael Valley to the left (southwest) and into Mexico to the south.

At mile 1.0, the trail curves left (northwest), and you can see Montezuma Pass and the Coronado Peak Trail to your right (south). In 0.25 mile the AZT curves right (northeast) and starts a series of switchbacks. You're heading for the saddle, or low point between two hills, that you see ahead. The vegetation is more open and exposed here. The trail passes through oak grasslands dotted with agave and beargrass.

Switchback and climb to reach the first of three mine shafts in 0.4 mile to your left (northwest). The shaft is gated to prevent people from going in but lets bats out. In 0.1 mile pass the second mine shaft on the right (northwest). Continue switchbacking uphill and, in 0.3 mile, pass mine shaft number three, which also has a metal tank, to the left (northwest).

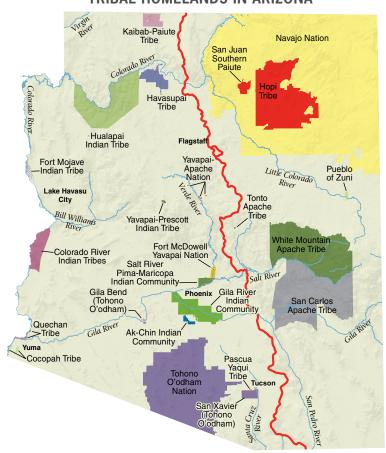


Finally, that saddle you've been eyeing is getting closer; keep climbing east toward the ridgetop. At 2.0 miles reach the saddle and a well-deserved break, just before the AZT heads left (northwest). A windswept alligator juniper to your right (south) makes a good rest spot.

Appendix 1:INDIGENOUS TRIBES

EACH HIKE IN THIS BOOK lists the Indigenous peoples who inhabited a particular adjacent area before Europeans and Americans colonized the United States. (Also see "Ancient Trails Through Ancestral Lands," page 17.) Though the Arizona National Scenic Trail (AZT) does not pass directly through tribal reservations, the places that it does visit remain important to local Indigenous communities to this day. (See the map below and the resources on the following page.)

TRIBAL HOMELANDS IN ARIZONA



Ilustration: Steve Jones; content courtesy of the Inter Tribal Council of Arizona

Arizona has 22 sovereign Indigenous tribes. Below is a list of these communities that are located near the AZT, from south to north, as well as an alphabetical list of 11 tribes—some of them outside of Arizona—that have historical connections to the land that makes up today's Grand Canyon National Park.

For more information, visit the website of the **Inter Tribal Council of Arizona** (itcaonline.com).

TOHONO O'ODHAM NATION

tonation-nsn.gov

PO Box 837 Sells, AZ 85634 520-383-2028

PASCUA YAQUI TRIBE

pascuayaqui-nsn.gov

7474 S. Camino de Oeste Tucson, AZ 85757 520-883-5000

SAN CARLOS APACHE TRIBE

sancarlosapache.com

Apache Gem Road, Marker 2 San Carlos, AZ 85550 928-475-2361

TONTO APACHE TRIBE

itcaonline.com/member-tribes /tonto-apache-tribe

Tonto Apache Reservation Road 30 Payson, AZ 85541 928-474-5000

THE 11 TRADITIONALLY ASSOCIATED TRIBES OF THE GRAND CANYON REGION

Havasupai Tribe

theofficialhavasupaitribe.com

PO Box 10 Supai, AZ 86435 928-448-2731

Hopi Tribe

hopi-nsn.gov

PO Box 123 Kykotsmovi, AZ 86039 928-734-2441

Hualapai Tribe

hualapai-nsn.gov

PO Box 179 Peach Springs, AZ 86434 928-769-2216

Kaibab Band of Paiute Indians

kaibabpaiute-nsn.gov

HC 65, Box 2 Fredonia, AZ 86022 928-643-7245

Las Vegas Band of Paiute Indians Ivpaiutetribe.com

1 Paiute Dr. Las Vegas, NV 89106 702-386-3926

Moapa Band of Paiute Indians

moapabandofpaiutes.com

1 Lincoln St. Moapa, NV 89025 702-865-2787

Navajo Nation

discovernavajo.com

PO Box 663 Window Rock, AZ 86515 928-810-8501

Paiute Indian Tribe of Utah

utahpaiutes.org

440 N. Paiute Dr. Cedar City UT 84721 435-586-1112

The Pueblo of Zuni

ashiwi.org

PO Box 339 Zuni, NM 87327 505-782-7022

San Juan Southern Paiute Tribe

sanjuanpaiute-nsn.gov

50 S. Main St., Ste. 101 Tuba City, AZ 86045 928-212-9794

Yavapai-Apache Nation

yavapai-apache.org

2400 W. Datsi St. Camp Verde, AZ 86322 928-567-3649



LISTED GENERALLY FROM SOUTH TO NORTH, these agencies administer the public lands through which the AZT passes.

CORONADO NATIONAL MEMORIAL nps.gov/coro

4101 E. Montezuma Canyon Rd. Hereford, AZ 85613 520-366-5515

CORONADO NATIONAL FOREST fs.usda.gov/coronado

Sierra Vista Ranger District

5990 S. AZ 92 Hereford, AZ 85615 520-378-0311

Nogales Ranger District

303 Old Tucson Rd. Nogales, AZ 85621 520-281-2296

Santa Catalina Ranger District

5700 N. Sabino Canyon Rd. Tucson, AZ 85750 520-749-8700

BUREAU OF LAND MANAGEMENT blm.gov

Tucson Field Office

blm.gov/office/tucson-field-office

3201 E. Universal Way Tucson, AZ 85756 520-258-7200

Arizona Strip District Office

blm.gov/office/arizona-strip-district-office

345 E. Riverside Dr. St. George, UT 84790 435-688-3200

PIMA COUNTY NATURAL RESOURCES, PARKS AND RECREATION

webcms.pima.gov/recreation

3500 W. River Rd.; Tucson, AZ 85741 520-724-5000

Colossal Cave Mountain Park

colossalcave.com

16721 E. Old Spanish Trail Vail, AZ 85641 520-647-7275

ORACLE STATE PARK azstateparks.com/oracle

3820 E. Wildlife Dr. Oracle, AZ 85623 520-896-2425

TONTO NATIONAL FOREST

fs.usda.gov/tonto

Globe Ranger District

7680 S. Six Shooter Canyon Rd. Globe, AZ 85501 928-402-6200

Mesa Ranger District

5140 E. Ingram St. Mesa, AZ 85205 480-610-3341

Tonto Basin Ranger District

28079 N. AZ 188 Roosevelt, AZ 85545 602-225-5395

Payson Ranger District

1009 E. AZ 260 Payson, AZ 85541 928-474-7900

continued on next page

continued from previous page

COCONINO NATIONAL FOREST fs.usda.gov/coconino

Flagstaff Ranger District

5075 N. US 89 Flagstaff, AZ 86004 928-526-0866

CITY OF FLAGSTAFF flagstaff.az.gov/1786/arizona-trail

211 W. Aspen Ave. Flagstaff, AZ 86001 928-213-2000

ARIZONA SNOWBOWL SKI RESORT snowbowl.ski

9300 N. Snowbowl Rd. Flagstaff, AZ 86001 928-779-1951

GRAND CANYON NATIONAL PARK nps.gov/grca

PO Box 129 Grand Canyon, AZ 86023 928-638-7888

KAIBAB NATIONAL FOREST fs.usda.gov/kaibab

Tusayan Ranger District

176 Lincoln Log Loop Grand Canyon, AZ 86023 928-638-2443

North Kaibab Ranger District

430 S. Main St. Fredonia, AZ 86022 928-643-7395



FOR POST-PUBLICATION UPDATES on the book and to buy a personalized copy from the author, visit sirenarana.com.

For updates on hike conditions, visit the Arizona Trail Association website listed in each hike's description. For reports on trail conditions, visit aztrail .org/the-trail/trail-conditions-form.

To report errors in the book, please e-mail dayhikesazt@gmail.com.



HERE'S A LIST OF RESOURCES, both official and unofficial, that will aid you in researching, navigating, and enjoying this spectacular National Scenic Trail.

ARIZONA TRAIL ASSOCIATION (ATA) aztrail.org

738 N. Fifth Ave., Ste. 201 Tucson, AZ 85705 Voicemail: 602-252-4794

Contact form: aztrail.org/contact

Official AZT Mobile App (Atlas Guides)

Available for Android and iOS; \$9.99. It works in airplane mode after initial setup, thus helping extend your phone's battery life. For more information, see atlasguides.com/arizona-trail and aztrail.org/explore/maps/mobile-app.

Arizona Trail Day Hiker's Guide

by Jake Baechle and the Arizona Trail Association (\$33 or free download with ATA membership)

This guide splits the 800 miles of the AZT into 89 day hikes for people interested in section-hiking the trail. For more information and to order, see aztrail.org/product/arizona-trail-day -hikers-guide

Your Official Guide to the Arizona National Scenic Trail

By Matthew J. Nelson and the Arizona Trail Association (Wilderness Press, \$25.95)

Available at aztrail.org/product-category/books, Amazon, and other retailers nationwide.

ATA Online Resources

ATA Store: aztrail.org/store

Gateway Communities: aztrail.org/explore/gateway-communities

Giving: aztrail.org/get-involved/donate **Interactive Maps:** aztrail.org/explore/maps

Junior Explorer Handbook: aztrail.org/youth/junior-explorers

Passages: aztrail.org/explore/passages

Trail Finishers: aztrail.org/the-trail/trail-finishers

Trail Skills Institute: aztrail.org/get-involved/trail-skills-institute

Trail Stewards: aztrail.org/explore/trail-stewards

MEMBERS-ONLY CONTENT Join the ATA (see aztrail.org/get-involved/join) and get access to exclusive content including GPS data, trail elevation profiles, the *Arizona Trail Databook*, the *Arizona Trail Mountain Bike Databook*, maps for loop routes, topographic maps, and more.

Unofficial Resources

The Arizona Trail Driver's Guide: By Robert Garber, \$5.99 (Kindle); tinyurl.com/aztdriversguide **HikeArizona AZT Forum:** hikearizona.com (click "Connect," choose "HAZ Forums" from the pull-down menu, click the "Forums" tab, and then select "Arizona National Scenic Trail")



Golden quaking aspens light up in October in the San Francisco Peaks.

Index

Aspen Fire, 96

Aspen Nature Loop to Bismarck Lake hike, 199-203 Α Ayothaya Thai Cafe, 149 Acadia Ranch Museum, 105, 106 AZT. See Arizona National Scenic Trail (AZT) access/accessibility, 18-19, 25 A-Diamond Ranch, 119 Agassiz Peak, 198, 204 Babbitt's Backcountry Outfitters, 188 Agua Caliente Hill/Valley, 80, 82 Baboquivari Peak, 49 Agua Verde Castle (Durham Castle), 75 Baker, Johnny, 103 Airmen Peak, 82 Balenguah, Lyle, 19 Alamo Canyon/Wash, 125-127 Bamboo Garden (restaurant), 44 American Flag Hill, 102, 109 Barrio Bread (restaurant), 84, 85 American Flag Ranch Trailhead to Oracle Ridge hike, Bear Spring, 142 99-107 Bear Wallow Roads, 85, 96 ancestral lands, 17, 25, 241-242 Bedrock Canvon, 231 Angelika's German Imports (restaurant), 44 Beeline Guest House, 158, 159 Antelope Canyon, 239 Bellota Ranch, 82 Apache Lake, 130, 134 benched trail, 21 Apache Leap, 127 Bermuda Flat. 136 Apache Peak, 104, 109 Big Daddy's Pizza, 136, 137 Agua Verde Canyon, 76-77 Big Dry Wash, Battle of, 168 Arizona Hops and Vines, 56, 57 Arizona Important Bird Areas Program, 33 Big E Steakhouse & Saloon, 210 Big John's Texas BBQ, 238 Arizona Mineral Belt Railroad, 167 Bighorn Fire, 94, 96, 97, 100, 109 Arizona National Scenic Trail (AZT) Bill Williams Mountain, 203 author's journey on, 4-7 Gateway Community Program, 3-4 Biosphere 2, 104, 105, 107 Bismarck Lake, 202-204 Gear Girls. 4 BK Carne Asada & Hot Dogs (restaurant), 84, 85 Hike Your Own Hike (HYOH), 7 origins of, 1-3 Blanco, Dan, 103 boating, 135-137, 238 resources for, 245 Seeds of Stewardship, 4 Bobke's for Lunch, 44 trail building and maintenance, 3 Boulder Canyon, 149 Boulder Creek, 147, 148, 149 Arizona Pizza Company, 69, 70 bouldering, 128 Arizona Snowbowl Ski Resort, 203, 204, 244 Boulder Mountain, 148 Arizona-Sonora Desert Museum, 84, 85 Arizona Steakhouse, 219, 221 Box 8 Ranch, 128, 129 Boyce Thompson Arboretum, 128-129 Arizona Strip District Office, 243 The Arizona Trail Day Hiker's Guide, 30 Brahma Temple, 218, 226-227 The Arizona Trail Driver's Guide (Garber), 245 Brav Creek, 161 "The Arizona Trail" poem, 37, 237 Bright Angel Bicycles and Café, 219, 221 Arizona Trail, See Arizona National Scenic Trail (AZT) Bright Angel Buffet, 228 Arizona Trail Association (ATA), 2-3, 245 Bright Angel Canyon, 216, 225 Bright Angel Creek, 217 Arizona Trail Day, 199 Bright Angel Lodge, 219, 220 Arizona Winery Tours, 56, 57 Arizona Zipline Adventures, 105, 107 Bright Angel Point, 226-227 Arnett Canyon Trail, 125 Bright Angel Trail, 218 artisans, 218 Brown's Peak, 141

Bryce Canyon, 214, 238

Coronado National Forest, 55, 85, 86, 105, 243 B (continued) Coronado National Memorial, 19, 40-41, 46-47, 243 Buckboard City Cafe & Saloon, 129 Coronado Peak, 50 Buckhorn Mountain, 134 Cottonwood Camp, 225 Buckskin Gulch hike, 238 Coyote Buttes, 238 Buffalo Park hikes, 186, 198-200 Coyote Valley, 237, 238 Bureau of Land Management, 243 cross-country skiing, 180 Bush Fire, 131, 140, 146 Crosswinds Grille, 150, 151 Butcher Hook (restaurant), 136, 137 cryptobiotic crust/soil, 36, 134 butte, 21 Buzzy's Drive-In (restaurant), 120, 121 D Dairy Queen, 69, 70 Dairy Springs Campground, 181-182 Cabin Loop Trail, 173 Dale Shewalter Memorial, 197 cacti. See plants and trees Davidson Canyon, 68 Cafe Poca Cosa, 84, 85 Deadman Mesa, 156 The Cafe, 57 Deepwater Pond, 191 cairn, 21 Deli in the Pines, 227, 228 Canelo Hills, 50 DeMotte Campground, 233 canyon, 21 Desert View Campground, 220, 221 Canyon Vista Campground, 188, 189 Desert View Watchtower, 220, 221 Cape Royal Road, 227 Deva Temple, 226-227 Carr Peak, 50 difficulty level, star ratings for, 22 carsonite post, 21 distances, hiking, 23 Casa Rivera (restaurant), 105 Dog Lake, 232 Catalina Federal Honor Camp, 88-89 dogs, 19-20 Catalina Highway, 80, 82 donations, 245 Catalina Mountains, 88, 96, 104 Dook'o'oosłiid ("Abalone Shell Mountain"), 198, "Catalina tea," 91 205, 226 Cathedral Rock, 91, 96 Double Springs Campground, 179, 181-182 Cedar Ridge, 215, 216 doubletrack, 21 Chalet Village Motel, 105, 106 Dragoon Mountains, 53 children, star ratings for, 22 drainage, 21 The Chimney, 215-216 Dry Lake Hills, 197 Chiricahua Mountains, 49-50 Dutchwoman Butte, 133 Cholla Campground, 134, 135 Cienega Creek/Cienega Creek Natural Preserve, 67, 69, 72, 74, 76, 78 Early Bird Cafe, 158, 159 Civilian Conservation Corps (CCC), 207 East Clear Creek, 165 cliff dwellings, 192 Eastern Grand Canyon, 227 climbing, 128 East Rim Drive, 218 Coconino National Forest, 158, 182, 188, 203, 244 East Rim Viewpoint to Tater Canyon hike, 229-234 Coconino Overlook, 214, 225, 226 East Verde River, 165 Coconino Sandstone, 156, 185, 214, 217, 226 Echo Cliffs, 231 Cody, Buffalo Bill, 100-101, 103 Eddy, James W., 167 Colorado Plateau, 154, 161, 165 Eegee's (restaurant), 84, 85 Colorado River, 215, 216, 239 El Bosquecito (campground), 69, 70 Colossal Cave Mountain Park, 69-70, 74, 76, 243 elevation, 18-21, 23, 25 communication, 14-15 Elden Mountain, 188, 199 conglomerates, 125 Elgin (Gateway Community), 56-57, 63 contour, 21 El Güero Canelo (restaurant), 84, 85 Coolidge Dam, 120 El Rancho Robles, 105 Copper Brothel Brewery, 56, 57 El Toyar Hotel/Dining Room, 219, 220, 221

Empire Ranch, 56–57	Giffords, Gabrielle, 67, 73
Empirita Mountains, 77	Gila River, 117, 119, 120, 197
environment, 35–37	Gila River Canyons hike, 116-122
Equestrian Bypass, 188, 197	Glance Conglomerate, 43
essentials, 7–9	Globe/Globe Ranger District, 167, 243
	glossary, 21
F	Goodfellow Lodge, 151, 158
fall colors, 116, 140, 146-147, 202-204, 225	Gordon Hirabayashi Campground, 85, 90
Fargo's Steakhouse, 150, 151	Gordon Hirabayashi Campground to Sycamore
Felicia's Ice Cream Shop, 128	Canyon Dam hike, 87–92
Fiesta Mexicana, 239	GPS, 12
fires	Grand Canyon: North Kaibab Trail to Coconino
Aspen Fire, 95	Overlook hike, 223–228
campfires, minimizing impact of, 10	Grand Canyon: South Kaibab Trail hike, 212–222
Lone Fire, 141	"Grand Canyon: Access Your Park" brochure,
ponderosa pines and, 209	220, 221
First Friday ArtWalk, 188	Grand Canyon Camper Village/Grand Canyon RV
Fish Canyon, 62	Campground, 210
Fisher Point, 185	Grand Canyon Conservancy Store, 219, 221
Fito's Taco Shop, 69, 70	Grand Canyon Hostel, 189
Flagstaff Ale Trail, 188	Grand Canyon National Park, 19, 204, 207, 209
Flagstaff/Flagstaff Ranger District (Gateway	214–215, 244
	Grand Canyon National Park Lodges, 219–220
Community), 155–156, 167, 174, 188–189, 194, 199, 205, 244	Grand Canyon North Rim (Gateway Community),
	226–227
flash floods, 35	
Florence-Kelvin Highway/Trailhead, 120	Grand Canyon Supergroup Books, 214, 215
Flowing Springs Campground, 152, 158, 159	Grand Canyon Supergroup Rocks, 214–215
Fort Huachuca Army base, 44	Grand Canyon Village (Gateway Community), 217–219
fossilized sand dunes/footprints, 185, 215–216, 225	Grand Canyon Visitor Center, 210
fossils, 232 Four Peaks hike, 139–144	Grand Staircase, 214, 238
Four Peaks Wilderness, 131, 134, 140, 141, 147,	Grandview hike, 206–211
156, 161 Fred Harris Burger, 210, 221	Grandview Lookout Tower, 207
Fred Harvey Burger, 219, 221	granite gneiss, 95
Frog Mountain, 96	Green Valley Park, 151
G	Grey, Zane, 151
	grinding hole (metate), 110
Gabe Zimmerman Memorial, 73	Guthook Guides app, 14–15, 245
Gabe Zimmerman Trailhead to Colossal Cave hike, 71–78	н
Galiuro Mountains, 82, 102, 104, 109	Hart Prairie Meadow, 202–203, 204
Garber, Robert, The Arizona Trail Driver's Guide, 245	Ha:san Bak festival, 75
gates, 13–14	Havasupai Tribe, 192, 241–242
Gateway Community Program, 3–4, 26, 245	Helen's Dome, 82
Gear Girls, 4	Heritage Square, 188
General Hitchcock Campground, 85	Hermit Sandstone rock layer ("Desert Painter"),
General Hitchcock Highway, 91	214, 217
General Kearny Inn, 121	Hidden Canyon Kayak, 238, 239
General Springs Cabin, 167, 173	High Jinks Ranch, 100–105
General Springs Canyon hike, 172–176	Highline: Geronimo Trailhead to Bray Creek hike,
geology, of the Grand Canyon, 214–215	160–163
The German Café, 44	Highline: Pine Trailhead to Red Rock Spring hike,
Geronimo, 168	153–159

H (continued)	Kearny Lake Campground, 121
Highline: Washington Park to General Springs Cabin	Keep Nature Wild, 9
hike, 164–169	Kendrick Peak, 203
Highline National Recreational Trail, 157, 162–163,	
167	L
High Mountain Trail Rides, 181, 182	The Ladle Restaurant, 128
HikeArizona AZT Forum, 245	Lake Powell, 238–239
Hike Your Own Hike (HYOH), 7	Lakeview Campground, 182
Hirabayashi, Gordon, 88–89, 90	land-management agencies, 24–25, 243–244
Hisatsinom ("The People of Long Ago"), 193	La Posta Quemada Ranch, 69, 74, 76, 77
Hopi Tribe, 187, 192, 198–199, 205, 226, 231,	La Selvilla (campground), 69, 70
241–242	La Sierra (restaurant), 150, 151
horses/horseback riding, 18, 69, 124, 179, 181, 182	Las Vegas Band of Paiute Indians, 241–242
Horseshoe Bend, 239	Laurin, Isaac, 101
Hotel Magma, 128	lava flows, 125
Hotel Monte Vista, 188, 189	Layered Paleozoic Rocks, 214, 215
House Rock Valley, 231	Leave No Trace Center for Outdoor Ethics, 9–11
Houston Mesa Campground, 151, 158, 159	Legends of Superior Trails (LOST), 125, 128
Huachuca Mountains, 53	life zones, 17–18, 19, 95
Hualapai Tribe, 192, 241–242	lightning, 35
Humphreys Peak, 198, 203–205, 226–227	limestone, 232
	The Living Rainbow Gift Shop, 97, 98
	Lone Fire, 141
Indigenous tribes, 241–242	The Loop, 84, 85
interactive maps, 245	Los Hermanos (restaurant), 128
International Dark Sky Park, 109	Lower Pineview Trail, 157 Lutz Canyon Trail, 49–50
Inter Tribal Council of Arizona, 242	Luiz Galivoli Irali. 49-50
	,
lvers, Alice, 103	
Ivers, Alice, 103	M
Ivers, Alice, 103	M maps
Vers, Alice, 103 J Jacob Lake (Gateway Community), 232–233	M maps Central hikes, 114
J Jacob Lake (Gateway Community), 232–233 Jacob Lake Inn, 230–231	M maps Central hikes, 114 interactive, 245
J Jacob Lake (Gateway Community), 232–233 Jacob Lake Inn, 230–231 Jacob Lake Recreation Area Campground, 233	maps Central hikes, 114 interactive, 245 North hikes, 170
J Jacob Lake (Gateway Community), 232–233 Jacob Lake Inn, 230–231 Jacob Lake Recreation Area Campground, 233 Jacobson, L. S. "Jake," 122	maps Central hikes, 114 interactive, 245 North hikes, 170 South hikes, 38
J Jacob Lake (Gateway Community), 232–233 Jacob Lake Inn, 230–231 Jacob Lake Recreation Area Campground, 233 Jacobson, L. S. "Jake," 122 Jade Grill, 128	maps Central hikes, 114 interactive, 245 North hikes, 170 South hikes, 38 USGS, 14, 26
J Jacob Lake (Gateway Community), 232–233 Jacob Lake Inn, 230–231 Jacob Lake Recreation Area Campground, 233 Jacobson, L. S. "Jake," 122 Jade Grill, 128 Jake Jacobson Bridge of Unity, 122	maps Central hikes, 114 interactive, 245 North hikes, 170 South hikes, 38 USGS, 14, 26 Marble Canyon, 230–231
J Jacob Lake (Gateway Community), 232–233 Jacob Lake Inn, 230–231 Jacob Lake Recreation Area Campground, 233 Jacobson, L. S. "Jake," 122 Jade Grill, 128	Mmaps Central hikes, 114 interactive, 245 North hikes, 170 South hikes, 38 USGS, 14, 26 Marble Canyon, 230–231 marinas, 135, 238
Vers, Alice, 103 J Jacob Lake (Gateway Community), 232–233 Jacob Lake Inn, 230–231 Jacob Lake Recreation Area Campground, 233 Jacobson, L. S. "Jake," 122 Jade Grill, 128 Jake Jacobson Bridge of Unity, 122 Josephine Peak, 60	Mmaps Central hikes, 114 interactive, 245 North hikes, 170 South hikes, 38 USGS, 14, 26 Marble Canyon, 230–231 marinas, 135, 238 Market Plaza, 219, 221
Vers, Alice, 103 J Jacob Lake (Gateway Community), 232–233 Jacob Lake Inn, 230–231 Jacob Lake Recreation Area Campground, 233 Jacobson, L. S. "Jake," 122 Jade Grill, 128 Jake Jacobson Bridge of Unity, 122 Josephine Peak, 60	Mmaps Central hikes, 114 interactive, 245 North hikes, 170 South hikes, 38 USGS, 14, 26 Marble Canyon, 230–231 marinas, 135, 238 Market Plaza, 219, 221 Marshall Gulch–Aspen Loop hike, 93–98
Vers, Alice, 103 J Jacob Lake (Gateway Community), 232–233 Jacob Lake Inn, 230–231 Jacob Lake Recreation Area Campground, 233 Jacobson, L. S. "Jake," 122 Jade Grill, 128 Jake Jacobson Bridge of Unity, 122 Josephine Peak, 60 K Kachina Lodge, 219, 220	Mmaps Central hikes, 114 interactive, 245 North hikes, 170 South hikes, 38 USGS, 14, 26 Marble Canyon, 230–231 marinas, 135, 238 Market Plaza, 219, 221 Marshall Gulch–Aspen Loop hike, 93–98 Marshall Lake, 187–188
lvers, Alice, 103 J Jacob Lake (Gateway Community), 232–233 Jacob Lake Inn, 230–231 Jacob Lake Recreation Area Campground, 233 Jacobson, L. S. "Jake," 122 Jade Grill, 128 Jake Jacobson Bridge of Unity, 122 Josephine Peak, 60 K K Kachina Lodge, 219, 220 Kaibab Band of Paiute Indians, 241–242	Mmaps Central hikes, 114 interactive, 245 North hikes, 170 South hikes, 38 USGS, 14, 26 Marble Canyon, 230–231 marinas, 135, 238 Market Plaza, 219, 221 Marshall Gulch–Aspen Loop hike, 93–98 Marshall Lake, 187–188 Marshall Saddle, 96
lvers, Alice, 103 J Jacob Lake (Gateway Community), 232–233 Jacob Lake Inn, 230–231 Jacob Lake Recreation Area Campground, 233 Jacobson, L. S. "Jake," 122 Jade Grill, 128 Jake Jacobson Bridge of Unity, 122 Josephine Peak, 60 K K Kachina Lodge, 219, 220 Kaibab Band of Paiute Indians, 241–242 Kaibab Camper Village, 233	Mmaps Central hikes, 114 interactive, 245 North hikes, 170 South hikes, 38 USGS, 14, 26 Marble Canyon, 230–231 marinas, 135, 238 Market Plaza, 219, 221 Marshall Gulch–Aspen Loop hike, 93–98 Marshall Lake, 187–188 Marshall Saddle, 96 Marsh Station Road, 75
lvers, Alice, 103 J Jacob Lake (Gateway Community), 232–233 Jacob Lake Inn, 230–231 Jacob Lake Recreation Area Campground, 233 Jacobson, L. S. "Jake," 122 Jade Grill, 128 Jake Jacobson Bridge of Unity, 122 Josephine Peak, 60 K Kachina Lodge, 219, 220 Kaibab Band of Paiute Indians, 241–242 Kaibab Camper Village, 233 Kaibab Formation, 214, 215, 232	maps Central hikes, 114 interactive, 245 North hikes, 170 South hikes, 38 USGS, 14, 26 Marble Canyon, 230–231 marinas, 135, 238 Market Plaza, 219, 221 Marshall Gulch–Aspen Loop hike, 93–98 Marshall Lake, 187–188 Marshall Saddle, 96 Marsh Station Road, 75 MartAnne's Breakfast Palace, 188, 189
lvers, Alice, 103 J Jacob Lake (Gateway Community), 232–233 Jacob Lake Inn, 230–231 Jacob Lake Recreation Area Campground, 233 Jacobson, L. S. "Jake," 122 Jade Grill, 128 Jake Jacobson Bridge of Unity, 122 Josephine Peak, 60 K Kachina Lodge, 219, 220 Kaibab Band of Paiute Indians, 241–242 Kaibab Camper Village, 233 Kaibab Formation, 214, 215, 232 Kaibab Limestone, 232	maps Central hikes, 114 interactive, 245 North hikes, 170 South hikes, 38 USGS, 14, 26 Marble Canyon, 230–231 marinas, 135, 238 Market Plaza, 219, 221 Marshall Gulch–Aspen Loop hike, 93–98 Marshall Lake, 187–188 Marshall Saddle, 96 Marsh Station Road, 75 MartAnne's Breakfast Palace, 188, 189 Martin, Laurie, 197
J Jacob Lake (Gateway Community), 232–233 Jacob Lake Inn, 230–231 Jacob Lake Recreation Area Campground, 233 Jacobson, L. S. "Jake," 122 Jade Grill, 128 Jake Jacobson Bridge of Unity, 122 Josephine Peak, 60 K Kachina Lodge, 219, 220 Kaibab Band of Paiute Indians, 241–242 Kaibab Camper Village, 233 Kaibab Formation, 214, 215, 232 Kaibab Limestone, 232 Kaibab Lodge, 233	maps Central hikes, 114 interactive, 245 North hikes, 170 South hikes, 38 USGS, 14, 26 Marble Canyon, 230–231 marinas, 135, 238 Market Plaza, 219, 221 Marshall Gulch–Aspen Loop hike, 93–98 Marshall Lake, 187–188 Marshall Saddle, 96 Marsh Station Road, 75 MartAnne's Breakfast Palace, 188, 189 Martin, Laurie, 197 Maswik Food Court, 219, 220
J Jacob Lake (Gateway Community), 232–233 Jacob Lake Inn, 230–231 Jacob Lake Recreation Area Campground, 233 Jacobson, L. S. "Jake," 122 Jade Grill, 128 Jake Jacobson Bridge of Unity, 122 Josephine Peak, 60 K Kachina Lodge, 219, 220 Kaibab Band of Paiute Indians, 241–242 Kaibab Camper Village, 233 Kaibab Formation, 214, 215, 232 Kaibab Limestone, 232 Kaibab Lodge, 233 Kaibab Monocline, 238	maps Central hikes, 114 interactive, 245 North hikes, 170 South hikes, 38 USGS, 14, 26 Marble Canyon, 230–231 marinas, 135, 238 Market Plaza, 219, 221 Marshall Gulch–Aspen Loop hike, 93–98 Marshall Lake, 187–188 Marshall Saddle, 96 Marsh Station Road, 75 MartAnne's Breakfast Palace, 188, 189 Martin, Laurie, 197 Maswik Food Court, 219, 220 Maswik Lodge, 219, 220
J Jacob Lake (Gateway Community), 232–233 Jacob Lake Inn, 230–231 Jacob Lake Recreation Area Campground, 233 Jacobson, L. S. "Jake," 122 Jade Grill, 128 Jake Jacobson Bridge of Unity, 122 Josephine Peak, 60 K Kachina Lodge, 219, 220 Kaibab Band of Paiute Indians, 241–242 Kaibab Camper Village, 233 Kaibab Formation, 214, 215, 232 Kaibab Limestone, 232 Kaibab Lodge, 233 Kaibab Monocline, 238 Kaibab National Forest, 210, 217, 227, 233, 244	maps Central hikes, 114 interactive, 245 North hikes, 170 South hikes, 38 USGS, 14, 26 Marble Canyon, 230–231 marinas, 135, 238 Market Plaza, 219, 221 Marshall Gulch–Aspen Loop hike, 93–98 Marshall Lake, 187–188 Marshall Saddle, 96 Marsh Station Road, 75 MartAnne's Breakfast Palace, 188, 189 Martin, Laurie, 197 Maswik Food Court, 219, 220 Maswik Lodge, 219, 220 Mather Campground, 219, 220
J Jacob Lake (Gateway Community), 232–233 Jacob Lake Inn, 230–231 Jacob Lake Recreation Area Campground, 233 Jacobson, L. S. "Jake," 122 Jade Grill, 128 Jake Jacobson Bridge of Unity, 122 Josephine Peak, 60 K Kachina Lodge, 219, 220 Kaibab Band of Paiute Indians, 241–242 Kaibab Camper Village, 233 Kaibab Formation, 214, 215, 232 Kaibab Limestone, 232 Kaibab Lodge, 233 Kaibab Monocline, 238 Kaibab National Forest, 210, 217, 227, 233, 244 Kaibab Plateau, 230–232, 236–238	maps Central hikes, 114 interactive, 245 North hikes, 170 South hikes, 38 USGS, 14, 26 Marble Canyon, 230–231 marinas, 135, 238 Market Plaza, 219, 221 Marshall Gulch–Aspen Loop hike, 93–98 Marshall Lake, 187–188 Marshall Saddle, 96 Marsh Station Road, 75 MartAnne's Breakfast Palace, 188, 189 Martin, Laurie, 197 Maswik Food Court, 219, 220 Maswik Lodge, 219, 220
J Jacob Lake (Gateway Community), 232–233 Jacob Lake Inn, 230–231 Jacob Lake Recreation Area Campground, 233 Jacobson, L. S. "Jake," 122 Jade Grill, 128 Jake Jacobson Bridge of Unity, 122 Josephine Peak, 60 K Kachina Lodge, 219, 220 Kaibab Band of Paiute Indians, 241–242 Kaibab Camper Village, 233 Kaibab Formation, 214, 215, 232 Kaibab Limestone, 232 Kaibab Lodge, 233 Kaibab Monocline, 238 Kaibab National Forest, 210, 217, 227, 233, 244	Mmaps Central hikes, 114 interactive, 245 North hikes, 170 South hikes, 38 USGS, 14, 26 Marble Canyon, 230–231 marinas, 135, 238 Market Plaza, 219, 221 Marshall Gulch–Aspen Loop hike, 93–98 Marshall Lake, 187–188 Marshall Saddle, 96 Marsh Station Road, 75 MartAnne's Breakfast Palace, 188, 189 Martin, Laurie, 197 Maswik Food Court, 219, 220 Maswik Lodge, 219, 220 Mather Campground, 219, 220 Mazatzal Mountains, 131, 133, 140–142, 147, 150,
J Jacob Lake (Gateway Community), 232–233 Jacob Lake Inn, 230–231 Jacob Lake Recreation Area Campground, 233 Jacobson, L. S. "Jake," 122 Jade Grill, 128 Jake Jacobson Bridge of Unity, 122 Josephine Peak, 60 K Kachina Lodge, 219, 220 Kaibab Band of Paiute Indians, 241–242 Kaibab Camper Village, 233 Kaibab Formation, 214, 215, 232 Kaibab Limestone, 232 Kaibab Lodge, 233 Kaibab Monocline, 238 Kaibab National Forest, 210, 217, 227, 233, 244 Kaibab Plateau, 230–232, 236–238 Kaibab Plateau Visitor Center, 232–233	Mmaps Central hikes, 114 interactive, 245 North hikes, 170 South hikes, 38 USGS, 14, 26 Marble Canyon, 230–231 marinas, 135, 238 Market Plaza, 219, 221 Marshall Gulch–Aspen Loop hike, 93–98 Marshall Lake, 187–188 Marshall Saddle, 96 Marsh Station Road, 75 MartAnne's Breakfast Palace, 188, 189 Martin, Laurie, 197 Maswik Food Court, 219, 220 Maswik Lodge, 219, 220 Mather Campground, 219, 220 Mazatzal Mountains, 131, 133, 140–142, 147, 150, 156, 161
J Jacob Lake (Gateway Community), 232–233 Jacob Lake Inn, 230–231 Jacob Lake Recreation Area Campground, 233 Jacobson, L. S. "Jake," 122 Jade Grill, 128 Jake Jacobson Bridge of Unity, 122 Josephine Peak, 60 K Kachina Lodge, 219, 220 Kaibab Band of Paiute Indians, 241–242 Kaibab Camper Village, 233 Kaibab Comper Village, 233 Kaibab Limestone, 232 Kaibab Limestone, 232 Kaibab National Forest, 210, 217, 227, 233, 244 Kaibab Plateau, 230–232, 236–238 Kaibab Plateau Visitor Center, 232–233 Kanab, 238	Mmaps Central hikes, 114 interactive, 245 North hikes, 170 South hikes, 38 USGS, 14, 26 Marble Canyon, 230–231 marinas, 135, 238 Market Plaza, 219, 221 Marshall Gulch-Aspen Loop hike, 93–98 Marshall Lake, 187–188 Marshall Saddle, 96 Marsh Station Road, 75 MartAnne's Breakfast Palace, 188, 189 Martin, Laurie, 197 Maswik Food Court, 219, 220 Maswik Lodge, 219, 220 Mather Campground, 219, 220 Mazatzal Mountains, 131, 133, 140–142, 147, 150, 156, 161 Maze Rock Art Site hike, 238

mesquite bosque, 120 Natural Restorations, 9 metate (grinding hole), 109 Navajo Mountain, 231 Mica Mountain, 69, 74, 82, 91 Navajo Nation, 192, 198, 205, 226, 231, 239, Milk Ranch Point, 156 241-242 Miller Peak hike, 46-51 navigation, 11-14 Mills Ridge Road, 134 Nelson, Matthew J., Your Official Guide to the Arizona mine shafts/mining, 37, 117 National Scenic Trail, 245 Mission Garden (restaurant), 84, 85 Nogales Ranger District, 243 M&M Reno Creek Cafe, 137 Norm's Hometown Grocery, 120, 121 Moapa Band of Paiute Indians, 241-242 Northbounders (NOBOs), 29 Mogollon Rim, 142, 150-151, 154-156, 158, North Kaibab Ranger District, 244 160–161, 165, 167, 173 North Rim Campground, 227 Molino Basin to West Spring hike, 79-86 North Rim Country/General Store, 227, 233 monsoon, 36 North Rim Lodge, 226-227 Montezuma Canvon, 49 North Yavapai Lodge & Trailer Village RV Park, Montezuma Castle, 187 219, 220 Montezuma Pass. 50 Nuva'tukya'ovi ("Place of Snow on the Very Top"), Montezuma Pass to Mexico hike, 40-45 198-199, 205, 226 Montgomery's Grill and Saloon, 69, 70 Mormon Lake Campground, 182 Mormon Lake (Gateway Community), 180–182 Oak Creek Ranch, 102-104 Mormon Lake hike, 177–183 Oak Flat Campground, 128, 129 Mormon Lake Lodge, 181, 182 Old County Inn (restaurant), 158 mountain bikes, 16, 89-90 Old Time Pizza, 120, 121 Mountaineering: The Freedom of the Hills, 7-8 O'Neill Butte, 218 The Mountaineers, 7–8 Ooh Aah Point, 214, 217 Mount Bigelow, 85 Oracle Cook Shack, 105 Mount Fagan, 70 Oracle (Gateway Community), 104-107, 112 Mount Hayden, 227 Oracle Historical Society, 102, 105, 106 Mount Lemmon, 85, 89-90 Oracle Patio Cafe, 105 Mount Lemmon Cabins, 97, 98 Oracle State Park, 102, 105, 106, 110, 243 Mount Lemmon Community Center, 96, 97 Oracle State Park hikes, 108-114 Mount Lemmon Hotel, 97 The Oracle Patio Cafe and Market, 105 Mount Ord, 142, 148, 156, 161 Oracle Visitor Center, 104, 105 Mount Peeley, 150 Ovens of Patagonia (restaurant), 56 Mount Wrightson, 49, 54-55, 61, 62, 83 movie sets, 103 Mt. Lemmon Cookie Cabin, 97 Page (Gateway Community), 238-239 Mt. Lemmon General Store & Gift Shop, 96, 97 Painted Desert, 227 Mt. Lemmon SkyCenter, 97, 98 Paiute Indian Tribe of Utah, 231, 241-242 mud. 180 Palisades Ranger Residence Cabin, 97, 98 Mule Mountains, 49, 50 Palisades Visitor Center, 96-97 mules, 211, 225 Paria Canyon-Vermilion Cliffs National Monument, mural, WELCOME TO SUPERIOR, 128-129 238, 239 Muren, Ed, III, 68 Parker Canyon Lake, 50 Museum of Northern Arizona, 188, 189 Partnership for the National Trails System, 2 Mustang Mountains, 61 Pascua Yagui Tribe, 241-242 passages, 25, 245 Patagonia (Gateway Community), 55-56, 63 Nate Avery Trail, 197, 199 Patagonia Lake State Park, 55, 56 National Register of Historic Places, 101, 111, 191 Na-ti-o-tish. 167 Patagonia-Sonoita Creek Preserve, 55, 56 natural bridges, 151, 152 Pato Thai Cuisine, 188, 189

P (continued) Payson/Payson Ranger District (Gateway Community),	Prescott Yavapai, 192 Prichard, Dean, 100
148–150, 168	pronunciations, 21
Peppersauce Campground, 105, 106	The Pueblo of Zuni, 192, 241–242
Permian Age, 232	Punkin Center (Gateway Community), 135–137, 143
petrichor, 68, 75	Pusch Ridge Wilderness, 19, 90
petroglyphs, 192-193, 238	0
petting zoo, 69	Q
Phantom Ranch, 219, 220, 225	quartz, 125, 127
Picacho Peak, 104	D
Picketpost hike, 122–129	R
Picture Canyon Loop hike, 190–195	railroad, 180
Picture Canyon Natural and Cultural Preserve, 191	Ramsey Canyon Preserve, 44
Pima County Natural Resources, Parks and	Rancho Milagro Bed & Breakfast, 57
Recreation, 243	ranger talks, 221, 221
Pinal Mountains, 109	Rappel Rock, 91
Pine Canyon Trail, 157	The Ravens, 91
Pine Creek Cabins, 158, 159	ravine, 21
Pine (Gateway Community), 157–159, 168, 175	Ray Mine, 117 Red Feather Lodge, 210
Pine Hollow Fire, 235	Red Mountain, 53
Pine-Strawberry valley, 156	Red Rock Spring, 157
Pink Cliffs, 238	Redwall Bridge, 225
Pink Jeep Tours, 210	Redwall Limestone, 214, 218
planning, importance of, 9	REI, 85, 86
plants and trees	rhyolite, 125
aspen, 97, 204	Rice Peak, 104, 109
banana yucca, 134	Rim Country Museum and Zane Grey Cabin, 151
bigtooth maple, 225	Rincon Mountains, 50, 62, 66, 68–69, 72, 74, 76,
cholla cactus, 29–31, 134	80, 82, 83, 102, 109
compass barrel cactus, 75	Rio de Flag, 191, 192
cottonwood, 117	Roaring Springs Canyon, 225–227
creosote bush, 68, 75	Romero Pass, 91
crested saguaro, 75, 117, 119	Roosevelt (Gateway Community), 135–137, 142
Dudleya agave, 133, 148	Roosevelt Lake and Marina, 135–137, 141–142
dwarf mistletoe, 207	Roosevelt Lake Visitor Center, 136
manzanita, 141	Roosevelt Resort Park, 136, 137
mesquite, 120	Rose Canyon Campground, 85
ocotillos, 68, 75, 133	Roughrider Saloon, 227, 228
poison ivy, 185	
ponderosa pine, 49, 154–156, 173, 174, 207, 209	\$
prickly pear cactus, 29–31	Sabino Basin, 92
saguaro cactus, 75, 76, 83–84, 117, 119, 126,	saddle, 21
130, 135	Saddle Mountain, 53, 148, 150, 231
sotol, 102	Saguaro National Park, 19, 69, 83–85
wildflowers, 117, 120, 133	Salado, 130
yucca, 134	Salt River, 131
plateau, 21	San Carlos Apache Tribe/Reservation, 120, 168,
Plateau Point, 218	241–242
Plaza Bonita (restaurant), 210	San Carlos Lake, 120
Point Imperial Road, 227	sandstone cliffs, 185
Porter's Cafe, 128	Sandy's Canyon to Fisher Point hike, 184–189
Powell Museum, 239	San Francisco Peaks, 174, 197–199, 204, 226

San Jose Peak, 43, 50 The Steak Out (restaurant), 57 San Juan Southern Paiute Tribe. 241-242 Strawberry (Gateway Community), 157–159, 163, San Pedro Riparian National Conservation Area, 44 168, 175 San Pedro River/Valley, 41, 44, 102, 104 Strawberry Inn, 158, 159 Summerhaven (Gateway Community), 96-98, 104 San Rafael Valley, 53 Santa Catalina Mountains, 50, 62, 66, 68-69, 83, Summit Hut, 85, 86 109, 111 Sunflower (town), 150 Santa Catalina Ranger District, 243 Sunset Crater Volcano National Monument, 187 Santa Rita Mountains, 49, 54-55, 68, 77, 82-83 sunsets, 218 Sawmill Run (restaurant), 97, 98 Supai Group rock, 156, 214, 217, 218 scenery, star ratings for, 22 Supai Tunnel, 225 scenic drives, 229 Superior (Gateway Community), 128–129 schist, 127 The Superior Barmacy (restaurant), 128 seasons, 25 Superstition Mountains, 125, 126, 134 Seeds of Stewardship, 4 switchback, 21 7 Mile Lodge, 210 Switzer Canyon Trail, 197 Seven Natural Wonders, 214 Sycamore Canyon/Dam/Reservoir, 91 See also Grand Canyon Sycamore Canyon hike, 145–152 shade, 33-34 Shake Spring, 142 Sheep Mountain, 150, 179 Taco Express, 105 Tanque Verde Peak/Ridge, 69, 82 Shewalter, Dale, 1-2, 99, 117-119, 190, 197, 237 Shoofly Village Archaeological Site, 151, 152 Tater Canyon, 232 Shreve Saddle, 90, 92 Telegraph Canyon, 125 Sierra Ancha, 131, 140, 156 Ten-X Campground, 210–211 Sierra Ancha Mountains, 141 That Brewery and Pub, 158 Sierra Vista/Sierra Vista Ranger District (Gateway Theodore Roosevelt Dam/Lake, 131 Community), 44, 50, 223 Thimble Peak, 92 Sinagua Culture, 187, 188, 191, 192 3C Ranch, 105 singletrack, 21 Three Bridges, 74 Sitgreaves Mountain, 203 Thunderbird Lodge, 219, 220 Skeleton Point, 218 Tia 'Nita's Cantina, 57 Sky Island, 83, 109 Tohono O'odham Nation, 75, 96, 241-242 Sky Island Diner, 57 Tom Moody Loop, 191, 192, 194 SkyNights StarGazing Program, 97 Tonto Apache Tribe, 241-242 Snowbowl Road, 203 Tonto Basin Inn, 136, 137 solar viewing, 97 Tonto Basin Marketplace, 137 solitude, star ratings for, 23 Tonto Basin/Tonto Basin Ranger District (Gateway solo hiking, 11, 12 Community), 135-137, 142, 243 Sonoita & Elgin Tasting Rooms, 57 Tonto National Forest, 128, 135, 151, 158, 243 Sonoita (Gateway Community), 56, 63 Tonto National Monument, 132 Sonoita Inn, 57 Tonto Natural Bridge State Park, 152, 158-159 Southbounders (SBOs), 27 Tonto White Mountain Reservation, 168 South Canyon, 231 topographic maps, 12 South Rim, 226-227 Toroweap Formation, 214, 216 Spencer Canyon Campground, 85 Tortilla Mountains, 119 spines (cactus), 31-32 trail conditions, 3, 15-16, 22, 245 trail maps, 20 Stage Stop Inn, 55, 56 Star Night Parties, 111 Trail Skills Institute, 245 star ratings, 22-23 The Trail of Time interpretive walk, 219, 221 State 48 Tavern, 239 Transept Canyon, 226-227 Stateline Trailhead to Coyote Valley Overlook hike, traverse, 21

trees. See plants and trees

235-240

T (continued)	Whetstone Mountains, 61, 77
trestle, 192	White Mountain Apache, 168
Triangle L Ranch, 105, 106	Wildcat Trail, 102
Tucson Audubon's Paton Center for Hummingbirds,	Wild Horse Restaurant, 56
55, 56	wildlife
Tucson Basin, 96	bees, 33
Tucson Field Office, 243	birds, 33
Tucson (Gateway Community), 83–86, 92	black bears, 31
Tucson Mountains, 69	butterflies, 149
Tusayan General Store (Delaware North), 210	coatimundi, 43
Tusayan Ruin and Museum, 220, 221	commonly seen, 31-33
Tusayan/Tusayan Ranger District (Gateway	hummingbirds, 44, 55, 56, 68, 75
Community), 209-211, 218, 244	javelinas, 31
Tutzigoot National Monument, 187	mountain lions, 31
	rattlesnakes, 31–32, 66
U	respecting, 10
unconformities, 214	scorpions, 32
University of Arizona, 84, 85, 104, 105	snakes, 31–32, 66
U.S. Forest Service campgrounds, 136, 158	spiders, 32
	squirrels, 231
V	tarantula hawks, 32–33
Vail (Gateway Community), 69–70, 78	Wildlife Corridor Trail, 112
Velvet Elvis (restaurant), 56	wind, 35
Verkamp's Visitor Center, 218	windmills, 109
Vermilion Cliffs, 231	Windy Ridge, 215
Vineyard Trailhead to Mills Ridge hike, 130–138	wineries, 56
Vishnu Basement Rocks, 214, 215	Wire Pass Trailhead, 238
Vishnu Trail, 207	women, solo hiking for, 12
	Wupatki, 187
W	
Wagon Wheel Saloon, 56	Υ
Wahweap Marina RV Park and Campground, 238, 239	Yaqui Point, 226–227
Walnut Canyon, 185, 186, 187	Yavapai–Apache Nation/Reservation, 132, 168, 192,
Walnut Canyon National Monument, 186–189, 192	241–242
wash, 21	Yavapai Geology Museum, 218
water, drinking, 29	Yavapai Lodge & Trailer Village RV Park, 217
Waterbird Petroglyph Site, 192	Yesenski, Stephani, 122
waterfalls, 173, 192	Your Official Guide to the Arizona National Scenic Tra
The Wave, 238	(Nelson), 245
weather, 35–37, 213	youth programs, 4
Weavers Needle, 125	_
We Cook Pizza and Pasta, 210	Z
Western Apache tribe, 131	Zimmerman, Gabriel "Gabe," 67, 73
West Spring, 82	Zion National Park, 214
wheelchair accessibility, 18-19	Zoroaster Temple, 218, 227



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Sirena Rana, Founder

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About the Author

SIRENA RANA is an advocate for the outdoors and wildlife. She aims to inspire others by sharing the experiences she has while hiking, backpacking, rafting, and canyoneering. She developed her passion for the outdoors while recovering from an accident that left her with fibromyalgia, a condition that causes chronic pain.

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Sirena has partnered with organizations such as the Arizona Office of Tourism, REI, the Partnership for the National Trails System, the Continental Divide Trail Coalition, and the Florida Trail Association. Her photography, writing, and personal story have been featured in numerous articles, TV programs, and podcasts and radio shows across the country.

Since 2007 Sirena has helped build, maintain, and promote the 800-mile AZT, and she has hiked the entire trail twice, on a section hike in 2008–09 and a thru-hike in 2014. She has an eclectic work history that includes time working in the video-game industry, as an archaeologist, as the Gateway Community Liaison for the Arizona Trail Association, and as a rafting guide on the Colorado River in Grand Canyon.

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