



Most trails in the east section of [Saguaro National Park](#) criss-cross the cactus plains within a few miles of the park boundary, at the foot of Tanque Verde Ridge. Two longer routes climb into the high country; the [Tanque Verde Ridge Trail](#), and the slightly less popular **Douglas Spring Trail**, both of which eventually reach cool, forested land above 6,000 feet, very different to the hot, exposed terrain at the lower elevations.

Of the two trails, Tanque Verde Ridge has generally better views as it runs for most of the way along the crest of the ridge, but Douglas Spring has the added attractions of several small streams, which form seasonal pools and a waterfall.

The two trails encounter a great range of plants including many types of cacti and wildflowers, giving way to yucca, ocotillo, and sotol at the middle elevations, then oak woodland above 5,000 feet.

The scenery is more varied along the Douglas Spring Trail as it alternates between slopes, ravines and flatter areas, and while not many people walk the full distance, 8.8 miles to **Cowhead Saddle** on top of Tanque Verde Ridge, the lowest few miles are quite popular. Intermediate destinations include the edge of the hills after 0.7 miles, a stream and pools after 1.7 miles, Aguila Corral (at the upper edge of the cactus belt) after 2.6 miles, Bridal Wreath Falls after 2.9 miles, and Douglas Camp Spring and a primitive campsite after 6.5 miles. The elevation gain, while steady, is never too steep, so the trail is not particularly difficult, except perhaps in the hottest periods of summer.