SAFETY TIPS

Most of the mountain parks and preserves in Greater Phoenix are undeveloped. Visitors are responsible for their own safety and that of others. Follow posted signs and other guidelines that are in effect. These safety tips are to help keep you safe:

• Be prepared. Bring at least 1 quart for short hikes, and 3-5 quarts for longer hikes. When you've consumed half of your water, take a break.
• Make sure someone knows where you're hiking and what time you expected to return.
• Wear a hat and sunscreen (SPF 15 minimum).
• Wear light-colored, comfortable clothing.
• Wear appropriate footwear, preferably hiking boots or closed-toe trail shoes. Leave the sandals at home.
• Drink plenty of water. Bring at least 1 quart for short hikes, and 3-5 quarts for daylong hikes. When you've consumed half of your water, turn around.
• Avoid putting your hands and feet anywhere you cannot see.
• Bring a basic first-aid kit.
• Never hike alone or with someone you do not know.
• Do not litter.
• Use common sense and courtesy.
• Always stay on designated trails.
• Respect the environment and be mindful of fellow hikers.

TRAIL ETIQUETTE

It’s important to respect the environment and be mindful of other hikers.

TRAIL ETIQUETTE

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AVERAGE PHOENIX TEMPERATURES

SEASONS

Phoenix basks in sunshine more than any other major metropolitan area in the nation. And remember: “It’s a dry heat.” High humidity levels are practically non-existent.

WINTER

Annual rainfall varies in some cities more than others. Phoenix, amount is below the nation’s average. Phoenix bakes in sunshine more than any other major metropolitan area in the nation. And remember: “It’s a dry heat.” High humidity levels are practically non-existent.

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SUMMER

With “It’s a dry heat” rings true: Humidity levels are pleasantly low, even in summer.

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FALL

Autumn days in Phoenix are warm, sunny and exceedingly pleasant. It’s a value season. Prices at resorts, hotels and golf courses plunge as much as 50 percent.

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SUMMER

The desert is the region’s most important tourist attraction. Each spring day peaks in the desert actually reach much more pleasant than an 80-degree day in a house with heat running. The heat wave during summer Phoenix is a nation-wide. Prices of resorts, hotels and golf courses plunge as much as 50 percent.

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EXPERT PICKS

Greater Phoenix is similar in size to the state of Delaware, and its landscape gives rise to nine mountain chains. To help you choose among the region’s innumerable trails, we asked professional guides from some of the city’s top outfitters to share a few of their favorite hikes.

MUST-SEE AZ

Grand Canyon National Park
nps.gov/grca

Devil’s Bridge Trail No. 120, Sedona
fs.usda.gov/coconino

Watson Lake, Prescott
prescott-az.gov

Antelope Canyon, Page
antelopecanyon.com

Picacho Peak, Tucson
azstateparks.com/picacho

Tonto Natural Bridge, Payson
azstateparks.com/tonto

Mount Lemmon, Tucson
fs.usda.gov/coronado

Siphon Draw Trail, Superstition Wilderness Area
azstateparks.com/lost-dutchman

Guided Tours

A great way to learn more about the human and natural history of Arizona’s wild places is to take a guided hiking tour. Local outfitters offer on-trail excursions across the state, from day hikes in Phoenix to multiday trips to the bottom of the Grand Canyon.

MODERATE

Hidden Valley Loop via Mormon Trail, South Mountain Park
This popular hike near downtown Phoenix offers views of the city and Camelback Mountain before looping through a sand-floored “hidden” basin and a rock tunnel called “Fat Man’s Pass.”
Length: 4.0 miles (out and back)

Butcher Jones Trail, Saguaro Lake
This trail winds along the shoreline of Saguaro Lake, passing through a mangrove bosque and several fishing coves. Summer brings crowds to the lake, but it is also the season for prime-bite waters.
Length: 5.0 miles (out and back)

CHALLENGING

Flatiron, Superstition Wilderness Area
This 4,800-foot peak is accessed via a steep, rocky ascent of Siphon Draw Trail. The rugged climb rewards hikers with one of the best 360-degree views in the region.
Length: 6.0 miles (out and back)

Tom’s Thumb Trail, McDowell Sonoran Preserve
Tom’s Thumb is an iconic landmark in the McDowell Mountains. The trail to it climbs steadily through a dramatic boulder field that is blanketed by wildflowers in spring.
Length: 4.6 miles (out and back)

EASY

Lower Salt River Nature Trail, Phon D Sutton Recreation Area
This interpretive trail is great for families and birdwatchers. It skirts the Salt River’s lush riparian zone and gives hikers plenty of opportunities to see wildlife—excluding all horses.
Length: 2.5 miles (loop)

Waterfall Trail, White Tank Mountain Regional Park
This well-maintained trail in Phoenix’s northwest Rank takes hikers past stunning cholla and organ pipe cacti, which are home to a seasonal waterfall—a rare site in a desert canyon.
Length: 2.0 miles (out and back)

GUIDED TOURS

360 Adventures
480-322-8085
360-adventures.com

Rei Co-op Adventure Center–Phoenix
602-455-1601
aoa-adventures.com

ARIZONA

Phoenix is the jumping-off point to several hiking and sightseeing destinations across the Grand Canyon State.
<table>
<thead>
<tr>
<th>Park/Preserve</th>
<th>Level of Difficulty</th>
<th>Bike Friendly</th>
<th>ADA Compliant</th>
<th>Horse Friendly</th>
<th>Length (miles)</th>
<th>Level of Difficulty</th>
<th>Bike Friendly</th>
<th>ADA Compliant</th>
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*The difficulty level listed for each trail is a subjective guideline based on the average hiker's skill and stamina. Not all trails are listed. Please see park websites for full listings.*