Welcome to Greater Phoenix, America’s sunniest destination.

What sets Phoenix apart from every other big city in the United States is its lush Sonoran Desert ecosystem. These safety tips are crucial to read before embarking on a hike in the desert.

TRAIL ETIQUETTE

- Do not deface, destroy or remove plants, animals, rock art, historical markers or geological sites.
- Take only photos, leave only footprints. Use common sense and courtesy of fellow hikers.
- Always stay on designated trails. It’s the official trail.
- Announce your intentions and slow your pace when passing someone.
- In general, bike riders yield to both hikers and horseback riders; hikers and horseback riders yield to uphill hikers.
- Hikers yield to horseback riders. Downhill is the “offical” temperature.
- Remember your brain is your No. 1 survival tool.
- If you encounter an emergency on the trail, follow the “S.T.O.P.” system.
- Always try to designate trails. It’s the “official” temperature.
- Use common sense and courtesy of others on the trail.
- Do not litter. Leave No Trace. Pack it in, pack it out.

SAFETY TIPS

- Carry a cellphone at all times.
- Avoid putting your hands and feet anywhere you cannot see.
- Wear a hat and sunscreen (SPF 15 minimum).
- Wear light-colored, comfortable clothing.
- During hot-weather months, hike in the early morning or near dusk. Full-sun temperatures can be up to 20 degrees higher than the “official” temperature.
- If on a hot-weather hike, consider whether it’s safe to hike at all. Remember: Even if you are hydrated, you can still suffer from heat-related illness.
- On the cover: @mountain_life20 at Phoenix Mountains Preserve
- Always try to designate trails. It’s the “official” temperature.
- Do not touch any wildflowers, rock art, or rock formations. It’s illegal. In general, biologists and archeologists have spent years, if not decades, studying the native plants and their ecological relationships.
- Always try to designate trails. It’s the “official” temperature.
- Take only photos, leave only footprints.
- For the Greater Phoenix region, check out historical records or geological sites. Look and listen, BUT DO NOT TOUCH Phoenix photography/photography by not touching them in any way. Even a small animal can attack your pets (especially dogs). It’s illegal. In general, biologists and archeologists have spent years, if not decades, studying the native plants and their ecological relationships. It’s illegal. In general, biologists and archeologists have spent years, if not decades, studying the native plants and their ecological relationships.
- If you see a sign, do not pass on.
- Know your location. Look for the nearest trail marker or any noticeable landmark, such as a bench, wash or tree.
- If you see a sign, do not pass on.
- Identify the emergency situation. Be specific regarding the conditions of injury or emergency.
- If you need help in an emergency, call 9-1-1.
- If you need help in an emergency, call 9-1-1.
- What sets Phoenix apart from every other big city in the United States is its lush Sonoran Desert ecosystem. These safety tips are crucial to read before embarking on a hike in the desert.

SEASONS

Mother Nature smiles on some cities more than others. Phoenix, obviously, is blessed in the sunshine department.

Phoenix bask in sunshine more than any other major metropolitan area in the U.S. — during 80 percent of its daylight hours. And the cliché that “It’s a dry heat” rings true. Humidity levels are pleasantly low, even in summer.

The bottom line: Any time is a good time to visit the Sonoran Desert.

WINTER

During the winter months Greater Phoenix enjoys blue skies and light that’s 60s and 70s. Winter nights in the desert can get chilly, though the temperature rarely dips below 50.

SPRING

Phoenix’s weather is consistently perfect during springtime. Daytime temperatures hover around 80 degrees, while evenings are comfortably cool. Spring is when bikers hit the trails to see blooming cactuses and wildflowers, and baseball fans flock to stadiums across the metro area for Cactus League Spring Training.

SUMMER

December 2021 temps routinely reach triple digits, but a 102-degree day in the desert actually feels much more pleasant than 80-degree days in a locale with heavy humidity. The best thing about summer in Phoenix: It’s value season. Prices at resorts, hotels and golf courses plummets as much as 50 percent.

FALL

Autumn days in Phoenix are warm, sunny and exceedingly pleasant. It’s great time for recreational pursuits, off-season sunbathing and serious shopping. Flight costs go up, but patio dining and outdoor events are still comfortable.

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The bottom line: Any time is a good time to visit the Sonoran Desert.

Average Phoenix Temperatures

<table>
<thead>
<tr>
<th>Month</th>
<th>Average High (°F)</th>
<th>Average Low (°F)</th>
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</thead>
<tbody>
<tr>
<td>January</td>
<td>71.3</td>
<td>50.3</td>
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<tr>
<td>February</td>
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<tr>
<td>March</td>
<td>79.4</td>
<td>52.0</td>
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<tr>
<td>April</td>
<td>83.0</td>
<td>56.1</td>
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<tr>
<td>May</td>
<td>83.8</td>
<td>59.8</td>
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<tr>
<td>June</td>
<td>85.7</td>
<td>63.6</td>
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<tr>
<td>July</td>
<td>92.7</td>
<td>72.2</td>
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<tr>
<td>August</td>
<td>95.7</td>
<td>72.8</td>
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<tr>
<td>September</td>
<td>88.4</td>
<td>68.3</td>
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<tr>
<td>October</td>
<td>86.1</td>
<td>61.2</td>
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<tr>
<td>November</td>
<td>78.8</td>
<td>51.3</td>
</tr>
<tr>
<td>December</td>
<td>70.9</td>
<td>48.7</td>
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<tr>
<td>Average</td>
<td>81.0</td>
<td>60.8</td>
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</tbody>
</table>

PHOENIX
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.

**EASY**

Lower Salt River Nature Trail, Phon D Sutton Recreation Area
This interpretive trial is great for families and birdwatchers. It skirts the Salt River’s lush riparian zone and gives hikers plenty of opportunities to see wildlife (including wild horses).

Length: 2.3 miles (loop)

Waterfall Trail, White Tank Mountain Regional Park
This well-maintained trail on Phoenix’s northwest flank takes hikers past an amazing display of ancient Hohokam petroglyphs en route to a seasonal waterfall—a rare site in a desert canyon.

Length: 2.0 miles (out and back)

**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 mesquite bosque and several fishing coves. Summer brings crowds to the lake, but is also the season for a post-hike swim.

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 climbes steadily through a dramatic boulder field that’s blanketed by wildflowers in spring.

Length: 4.6 miles (out and back)

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.

- 360 Adventures
  480-722-0360
  360adventures.com
- REI Co-op Adventure Center-Downtown
  602-612-0101
  destinations.rei.com/arizona
- Arizona Scenic Tours
  602-724-1065
  arizonascenictours.com
- Wild Bunch Desert Guides
  602-663-0842
  www.wildbunchdesertguides.com

MUST-SEE AZ
Phoenix is the jumping-off point to several hiking and sightseeing destinations across the Grand Canyon State.

- Antelope Canyon, Page
  antelopecanyon.com
- Grand Canyon National Park
  nps.gov/grca
- Mount Humphreys, Flagstaff
  fs.usda.gov/coconino
- Siphon Draw Trail, Superstition Wilderness Area
  azstateparks.com/lost-dutchman
- Tonto Natural Bridge, Payson
  azstateparks.com/tonto
- Mount Lemmon, Tucson
  fs.usda.gov/coronado
- Picacho Peak, Tucson
  azstateparks.com/picacho
- Watson Lake, Prescott
  prescott-az.gov
- Antelope Canyon, Page
  antelopecanyon.com
- Grand Canyon National Park
  nps.gov/grca
- Mount Humphreys, Flagstaff
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- Picacho Peak, Tucson
  azstateparks.com/picacho
- Watson Lake, Prescott
  prescott-az.gov
<table>
<thead>
<tr>
<th>Park/Park Preserve</th>
<th>Level of Difficulty*</th>
<th>Length (miles)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Camelback Mountain (McDonald Drive &amp; Tatum Boulevard)</td>
<td>Easy</td>
<td>0.2</td>
</tr>
<tr>
<td>Bobby's Rock Loop</td>
<td>Moderate/Intermediate</td>
<td></td>
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<tr>
<td>Cholla</td>
<td>Moderate/Intermediate</td>
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<tr>
<td>Echo Canyon Trail</td>
<td>Difficult/Strenuous</td>
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<tr>
<td>Cave Creek Regional Park (32nd Street &amp; Carefree Highway)</td>
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<tr>
<td>Overton</td>
<td></td>
<td></td>
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<tr>
<td>Quartz</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Slate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>City of Peoria Trail System (Multiple trailheads, Westwing Parkway &amp; Lake Pleasant Parkway)</td>
<td>Easy</td>
<td></td>
</tr>
<tr>
<td>Calderwood Butte</td>
<td>Easy</td>
<td>1.5</td>
</tr>
<tr>
<td>East Wing Mountain</td>
<td>Easy</td>
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<tr>
<td>Saturi Mountain</td>
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<tr>
<td>West Wing Mountain</td>
<td></td>
<td>2.1</td>
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<tr>
<td>Deem Hills Recreation Area (51st Avenue &amp; Deem Hills Parkway)</td>
<td>Moderate/Intermediate</td>
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<tr>
<td>Overton</td>
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<td></td>
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<tr>
<td>Deem Hills Circumference</td>
<td>Moderate/Intermediate</td>
<td>1.5</td>
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<tr>
<td>Deem Hills Ridgeline Trail</td>
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<tr>
<td>Estrella Mountain Regional Park (Estrella Parkway &amp; Vineyard Avenue)</td>
<td>Moderate/Intermediate</td>
<td>4.5</td>
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<tr>
<td>Buttefiel (Front)</td>
<td>Easy</td>
<td>0.8</td>
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<td>Coldwater</td>
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<tr>
<td>Dysart</td>
<td>Moderate/Intermediate</td>
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<tr>
<td>Quail</td>
<td>Easy</td>
<td>1.0</td>
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<tr>
<td>Lake Pleasant Regional Park (N Castle Hot Springs Road &amp; Lake Pleasant Access Road)</td>
<td>Easy</td>
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</tr>
<tr>
<td>Yavapai Point</td>
<td></td>
<td></td>
</tr>
<tr>
<td>McDowell Mountain Regional Park (McDowell Mountain Road &amp; McDowell Mountain Park Drive)</td>
<td>Easy</td>
<td></td>
</tr>
</tbody>
</table>

*Level of Difficulty: Easy, Moderate/Intermediate, Difficult/Strenuous
## GREATER PHOENIX TRAILS

### Park/Preserves
<table>
<thead>
<tr>
<th>Length (miles)</th>
<th>Difficulty</th>
<th>Map</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>1.0</td>
<td>Easy</td>
<td><img src="image1" alt="Map" /></td>
<td><a href="http://example.com">Website</a></td>
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<tr>
<td>1.5</td>
<td>Moderate</td>
<td><img src="image2" alt="Map" /></td>
<td><a href="http://example.com">Website</a></td>
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<td>2.0</td>
<td>Strenuous</td>
<td><img src="image3" alt="Map" /></td>
<td><a href="http://example.com">Website</a></td>
</tr>
</tbody>
</table>

### Trail Descriptions

**Phoenix Bike Path**
For additional trails, go to phoenix.gov/parks/trails/locations

- **Tom's Thumb Trailhead**
  - N Alma School Rd. & Dynamite Blvd.
  - 9.2 miles

- **Papago Park (Galvin Parkway & Van Buren Street)**
  - N Thompson Peak Pkwy. & N Frank X XX
  - 10.4 miles

- **104th St./Bell Rd. Trailhead**
  - E Rio Verde Dr. & 132nd St.
  - 11.5 miles

- **Elliot Ramada Loop**
  - Lloyd Wright Blvd.
  - 12.6 miles

- **Reach 11 Recreation Area (N Tatum Boulevard & Phoenix Recreation Road)**
  - Barrier Free Nature Trail
  - 13.7 miles

- **Phoenix Mountain Preserve (multiple trailheads, North Mountain Visitor Center 7th Street & E Thunderbird Road)**
  - #150 Lookout Mountain Summit / Sidewinder Trail (Northern Area)
  - 3.8 miles

- **Skyline Regional Park (I-10 and Watson Road)**
  - #8 L.V. Yates Trail / #132 Desert Queen Trail
  - 4.1 miles

- **South Mountain (multiple trailheads, Main: W Dobbins Road & S Central Avenue)**
  - #204 Mule Deer (Maricopa Trail)
  - 5.2 miles

- **White Tank Mountain Regional Park (Olive Avenue & Citrus Road)**
  - #302 Nature / #304 Historic / #306 Shaw Butte / #308 Desert Classic (Southern Area)
  - 6.3 miles

### Additional Trails
- For additional trails, go to maricopacountyparks.net
- For additional trails, go to phoenix.gov/parks/trails/locations
- For additional trails, go to scottsdaleaz.gov/parks/pinnacle-peak-park
- For additional trails, go to phoenix.gov/parks/trails/locations
- For additional trails, go to phoenix.gov/parks/trails/locations

### Difficulties
- Easy: Green icon
- Moderate: Blue icon
- Strenuous: Red icon

### Level of Difficulty:
- Easy
- Moderate
- Strenuous

### Level of Difficulty:
- Bike
- Dog-Friendly
- Horse-Friendly

### ADA-Compliant
- Yes

### Dog-Friendly
- Yes

### Bike-Friendly
- Yes

### Horse-Friendly
- No