



Hiking Notes – Local Hikes

First, we would like to thank you for signing up for one of our local hikes as part of our current season of hiking! There are few things that you need to know to ensure that you have a great time on the trail with us. They are outlined below:

Footwear

Sturdy footwear is a must! Hiking boots or trail running shoes are ideal. Do not wear flip flops, open toed shoes, or anything that wasn't meant to be on a trail.

Clothing/Sun Protection

Check the weather forecast in advance for the valley and plan accordingly. Active, outdoor clothing is best. Dress in a way that protects you from the sun as much as possible and sunscreen anything that is left uncovered.

Water/Snacks

Always bring plenty of water. The most ideal way to do this is by using a hydration pack to carry all of your essentials (food, water, and supplies). Our local hikes start at 7:00am and typically return by 12:00pm, plan your snacks accordingly. Fresh fruit (bananas, oranges, apples, etc.), nuts, and trail mixes make ideal on the go snacks. Remember, if you pack it in, you must pack the trash out.

-Over-

If you have any questions about our hiking program, please contact Stacy Beadle at Stacy.Beadle@peoriaaz.gov or 623-773-5247

