Watch the Weather:
Yes, it's a dry heat - but Arizona's temperature can be deceiving and deadly. Hike when it's cool outside, try early mornings and evenings when there's more shade.

Dress Appropriately:
Wear proper shoes, clothing, hat, and sunscreen.

Bring Water:
Hydrate before you go. Have plenty of water, more than you think you need. Turn around and head back to the trailhead before you drink half of your water.

Keep in Contact:
Carry a mobile phone.

Team Up:
Hike with others. If hiking solo, tell someone your plan, and location.

Be Honest:
Do you have a medical condition? Asthma, heart problems, diabetes, knee or back problems? Don't push yourself! (Even trained athletes have been caught off guard by getting dehydrated on Arizona trails.)

Don't Trailblaze:
Enjoy the Sonoran Desert's beautiful and undeveloped landscape, but please stay on designated trails.

Take Responsibility:
Don't be "that person" - the one who wasn't prepared, shouldn't have been there for health reasons or ignored safety guidelines. Be the responsible hiker, who takes a hike and does it right!

Three Miles (Out & Back)
- Walk: Left out main door, left on Dream draw Rd., right at the sign bike trail enter (3/4 mile)
- Dive: Right out main door, right on 16th St., right on Northern, dead ends to parking
- Summit: Right out main door, left on 16th St., left on Glendale, 2nd left Squaw Peak Dr.
- Canal Run: Right out main door, left on 16th St., pick up canal run on east side

Phoenix Trails

1A PEREY CHARLES MEMORIAL TRAIL
Moderate to difficult, 0.3 miles
High 2,000' Low 1,500'

8 QUARTZ RIDGE TRAIL
Easy to moderate, 2.45 miles
High 1,800' Low 1,500'

8A QUARTZ RIDGE TRAIL
Easy to difficult, 2.7 miles
High 1,800' Low 1,300'

100 CHARLES M. CHRISTIANSEN TRAIL
Easy to moderate, 10.7 miles
High 2,000' Low 1,200'

200 MOHAVE TRAIL
Easy to moderate, 4 mile
High 1,700' Low 1,400'

200A MOHAVE TRAIL
Easy to moderate, 1.5 miles
High 1,500' Low 1,300'

220 DREAMY DRAW NATURE TRAIL
Easy to moderate, 1.5 miles
High 1,300' Low 1,300'

300 SUMMIT TRAIL
Moderate to difficult, 1.2 miles
High 1,600' Low 1,400'

302 FREEDOM TRAIL
Moderate to difficult, 7.74 miles
High 1,700' Low 1,600'

304 NATURE TRAIL
Easy to moderate, 1.52 miles
High 1,700' Low 1,600'

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