

Hiking & Outdoors

Winter/Spring 2021

Kick-off the New Year

Meet at Golden Eagle Trailhead • Ages 18 & up
Saturday • 8:00 am - 2:00 pm • Free
Limit 10 people • Pre-registration is required
Leader: Jim Grajek

Course	Date
5528.....	1/9

Introducing the Ridgeline Trail

Meet at Adero Canyon Trailhead • Ages 18 & up
Friday • 9:00 am - 12:00 pm • Free
Limit 10 people • Pre-registration is required.
Leader: Bill Craig

Course	Date
5529.....	1/15

Little Saddle Mountain

Meet at Library • Ages 18 & up • Friday
8:00 am - 2:00 pm • Free
Limit 10 people • Pre-registration is required.
Leader: Pam Cissik

Course	Date
5530.....	1/29

Dixie Mine Hike

Meet at Golden Eagle Trailhead • Ages 18 & up
Saturday • Free • 8:00 am - 12:00 pm
Limit 10 people • Pre-registration is required.
Leader: Jan Jensen

Course	Date
5531.....	2/6

**Have a questions about a program?
Call us at 480-816-5100**

**Check out our trails online!
www.fh.az.gov**

Register Online

Visit www.fh.az.gov/recreation

Lost in the Goldfields

Meet at Library • Ages 18 & up
Friday • 8:00 am - 2:00 pm • Free
Limit 10 people • Pre-registration is required
Leader: Pam Cissik

Course	Date
5532.....	2/19

How to Take Great Photos with Your Cell Phone

Meet at Adero Canyon Trailhead • Ages 18 & up
Wednesday • 9:00 am - 12:00 pm • Free
Limit 10 people • Pre-registration is required.
Leader: Paul Stark

Course	Date
5533.....	2/24

Wildflower Hike

Meet at Adero Canyon Trailhead • Ages 18 & up
Saturday • 9:00 am - 12:00 pm • Free
Limit 10 people • Pre-registration is required.
Leader: Carol Carriere

Course	Date
5534.....	3/6

Pass Mountain, the Easy Way

Meet at Library • Ages 18 & up
Friday • Free • 8:00 am - 1:00 pm
Limit 10 people • Pre-registration is required.
Leader: Pam Cissik

Course	Date
5535.....	3/12



@FHParksAndRec

@FountainHillsRec

480-816-5100

fh.az.gov/recreation

Fountain Hills Botanical Garden

Walk and Talk Programs

Using iNaturalist to Identify Plants with your Cell Phone

FH Desert Botanical Garden • Ages 18 & up
Saturday • 9:00 - 11:00 am • Free
Limit 10 people • Pre-registration is required

Course	Date
5536.....	1/23

Get to Know your Botanical Garden

FH Desert Botanical Garden • Ages 18 & up
Saturday • 9:00 - 11:00 am • Free
Limit 10 people • Pre-registration is required

Course	Date
5276.....	2/10

What Bird is That? - Using eBird

FH Desert Botanical Garden • Ages 18 & up
Saturday • 7:30 - 10:30 am • Free
Limit 10 people • Pre-registration is required

Course	Date
5538.....	3/20

Sonoran Conservancy of Fountain Hills

Visit www.scfh.org for more information!



Hiking & Outdoors Talks

Community Center • Ages 16 and up • \$5
Pre-registration required

Join us at the Community Center for fun and informative hiking & outdoor talks courtesy of Just Roughin' It owner Ray Hendricks.

Great Hikes in the Phoenix Area - that are not Camelback

Saturday • 10:00 - 11:00 am

Course	Date
5438.....	1/23

Essentials for Desert Hiking

Tuesday • 6:00 - 7:00 pm

Course	Date
5439.....	2/16

Easy to Moderate Phoenix Day Hikes

Saturday • 10:00 - 11:00 am

Course	Date
5440.....	3/27

Favorite Sedona Area Hikes

Tuesday • 6:00 - 7:00 pm

Course	Date
5441.....	4/20



Adero Canyon Trailhead Access

After more than 20-years of planning, land acquisition, and construction, starting Friday, November 6, visitors will be able to drive directly to the Adero Canyon Trailhead entrance on a paved road. The trailhead will be accessible from dawn to dusk each day, seven days a week. To access the Town of Fountain Hills Adero Canyon Trailhead, located at 14800 N. Eagle Ridge Drive, follow N Eagle Ridge Drive from Palisades through the Adero Canyon neighborhoods. Please be reminded that restrooms and drinking fountains at the trailhead remain closed and all hikers are urged to plan accordingly. In addition, many trails are adjacent to homes and communities and all hikers should respect private property and observe social distancing guidelines.

Sonoran Conservancy of Fountain Hills

Visit www.scfh.org for more information!



@[FountainHillsRec](https://www.instagram.com/FountainHillsRec)



@[FHParksAndRec](https://www.facebook.com/FHParksAndRec)

The Health Benefits of Hiking

Physical Exercise

- Building stronger muscles and bones
- Improving your sense of balance
- Improving your heart health
- Decreasing the risk of certain respiratory problems

Mental Health

You don't have to go it alone next time you lace up your hiking boots. Grab a friend, neighbor, or family member for more fun on the trail. Hiking with a partner, or even in a group, can improve the strength and health of your relationships.

“Climb mountains, not so the world can see you, but so you can see the world” – David McCullough Jr

