



**HPDP Summer Hiking Series, Flagstaff AZ.
Tom Moody Trail (Picture Canyon).**

ALTERNATIVE TRAIL FOR LAVA TUBES HIKE

SUBMITTING HIKING INFORMATION:

- Tom Moody trail is an alternative hiking location for Lava Tubes location, **please complete hike virtually if unable to complete Lava Tubes location.**
- Submit pictures and hiking mileage using tracking app of your choice i.e. Strava, Garmin, Nike, etc.
- Please email your pictures and hiking mileage to JMIregistration@tchealth.org to verify your participation for hiking location #3.

Transportation:

Transportation will not be provided by the Health Promotion and Diabetes Prevention. Participants must drive in their own vehicles.

No fee required.

Must have Fair physical fitness & lower body strength

* As with any outdoor activity please take into consideration your own physical fitness, read all Information needed before attempting any hike.

Hiking Facts:

Hiking Time: 2-3 hours – ALL HPDP hikes are ONE DAY.

Distance: 2.8 miles

Trail Elevation Change: 301 ft.

Trail Rating: **Easy**

Trail: Maintained - some sandy rocky areas so good feet cover required.

Follow green highlighted trail on map below, restroom located on site.

HOW TO GET THERE

From downtown Flagstaff, travel east on Route 66 for 4 miles. Turn right at the Auto Park sign to remain on Historic Route 66. Turn left on El Paso Flagstaff Road and a parking area is located approximately 1 mile down the road on the right side.



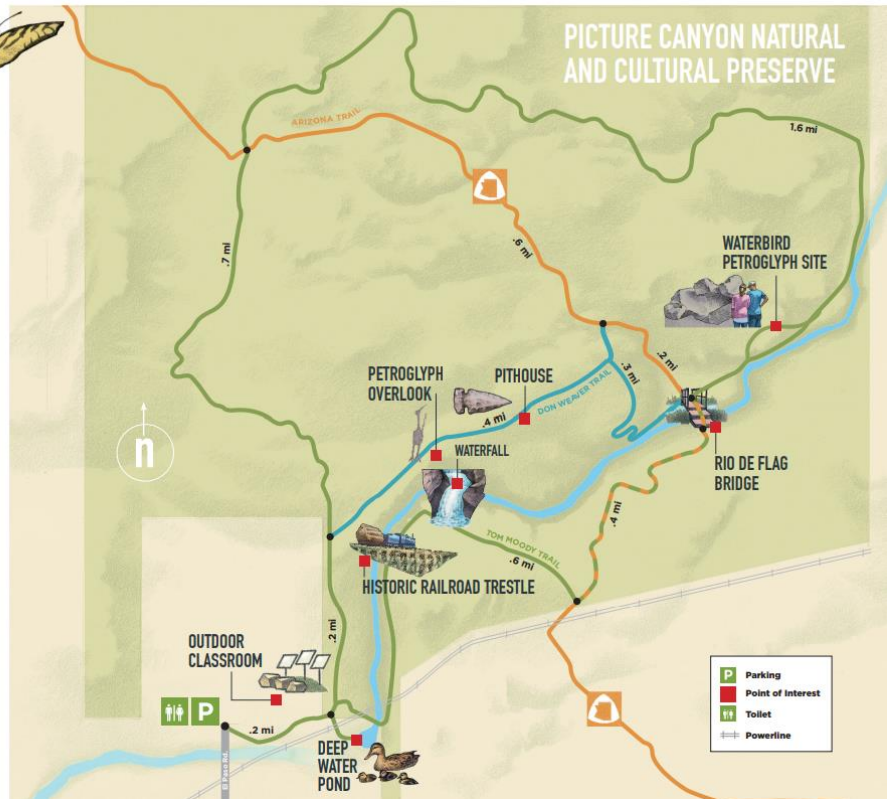
RECREATIONAL OPPORTUNITIES

TOM MOODY TRAIL - 3.9 mile loop trail with canyon vistas, extensive petroglyph panels, and interpretive areas. Travel counter-clockwise for an easy 0.4 mile one-way walk to the waterfall.

DON WEAVER TRAIL - 0.7 mile educational trail that travels through a portion of the canyon and proceeds along a pipeline access road. Provides access to vistas and cultural resource points of interest. To view the spectacular Waterbird petroglyph site, proceed 0.1 miles east on the Tom Moody Trail from the bridge.

ARIZONA TRAIL - 1.2 mile segment of the 800+ mile trail that stretches from Mexico to Utah traverses through the Preserve. Access the Arizona Trail via the Tom Moody Trail.

Scan this QR code to download an interactive map of the Picture Canyon trail system to your smartphone using the Avenza app.



How to prepare for the hike:

1. Always get a good night rest before the hike.
2. Hydrate the day before and day of the hike; everyone is required to carry their own water. It will get hot and there is no shade.
3. Wear comfortable light/layered clothing. Watch weather forecast & dress accordingly.
4. Bring a trash bag. "Pack out, what you pack in!"

Items recommended for hiking:

- Light backpack/day pack.
- Durable hiking shoes or Shoes with good tread, trail shoes.
- Light lunch & salty snacks (Granola bar, trail mix, fruit, crackers, beef jerky, etc.).
- Water (2-3 liters recommended)/ Gatorade, coconut water, NUUN etc.)
- Sun block & hat- THERE'S SOME SHADE.
- Trekking poles or walking sticks
- Wear appropriate layers as the day gets warmer.
- Camera to capture wonderful memories & beautiful scenery.

Safety Measures:

- 1) Participants must make sure they are adequately hydrated, in good physical fitness, & prepared for this hike.

- 2) Safety monitors will know the route of the course, directions, and know how to contact a medical emergency technician in case of an emergency. 928-283-3111 (Tuba City Police Dept.) or 928-283-3007 (Tuba City Fire & Rescue) NOTE: spotty cell service on trail
- 3) Safety monitors will carry a first aid kit.
- 4) If any hikers (participants) need to stop the hike, or return to the main area, a safety monitor will escort the participant to the starting point.

Meeting Location:

****ALTERNATE HIKING LOCATION FOR LAVA TUBES HIKE****

From Tuba City, AZ to Tom Moody Trail - Picture Canyon - Flagstaff, AZ

Head south on Main St toward Cedar Ave

4 min (1.3 mi)

Take US-89 S to N El Paso Flagstaff Rd

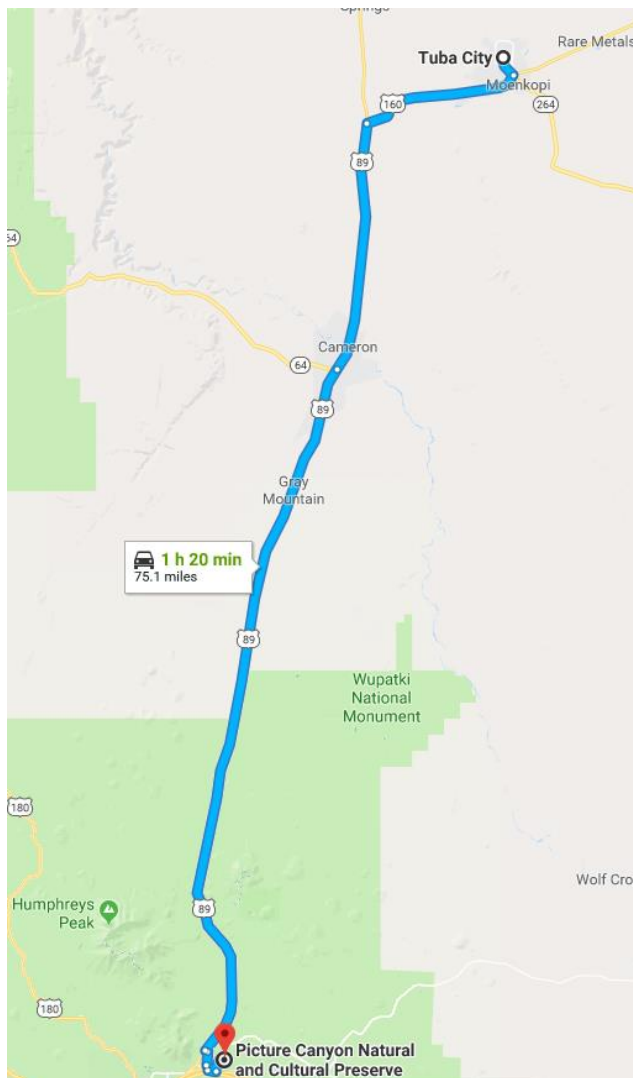
1 h 13 min (72.9 mi)

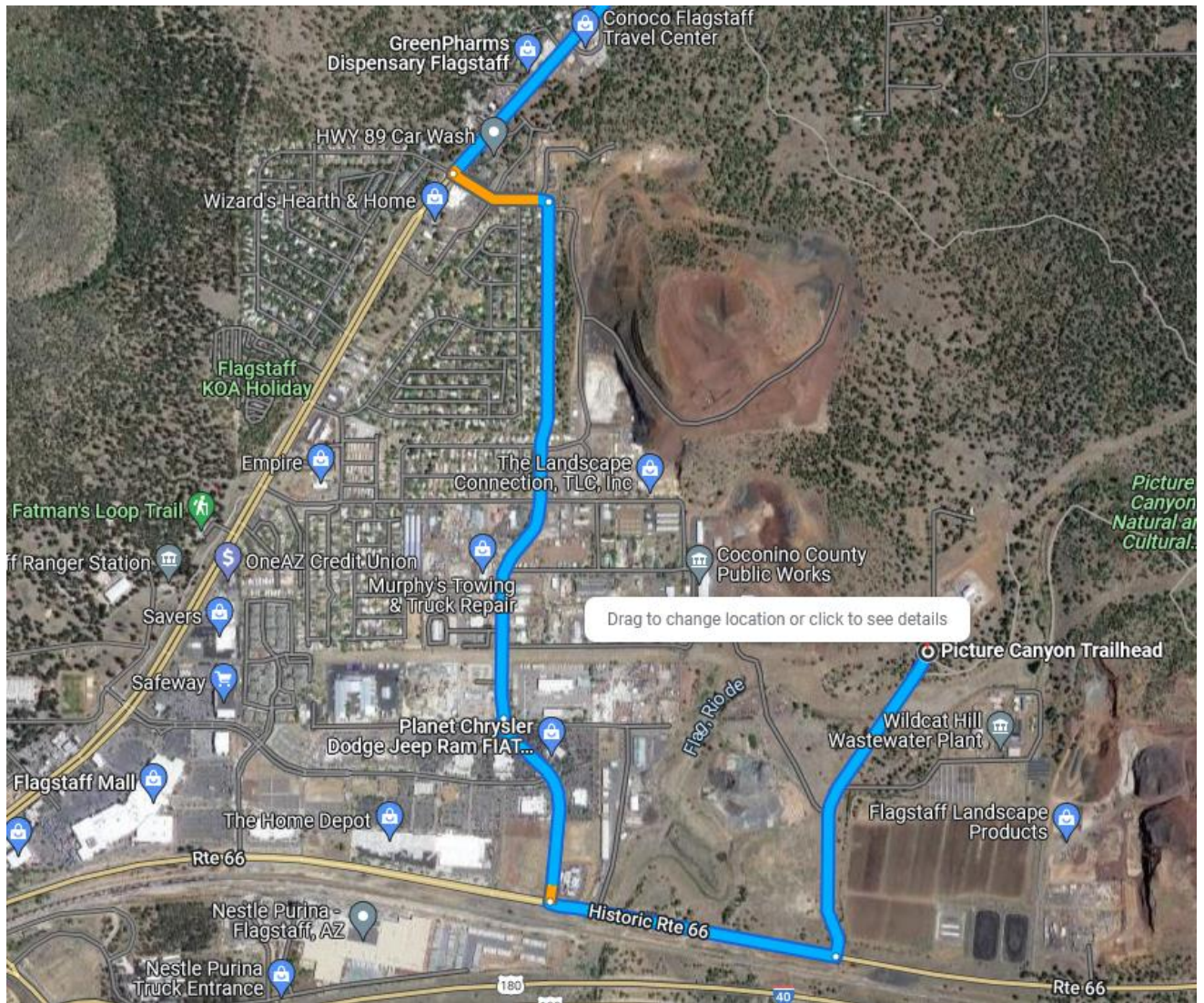
Turn left onto N El Paso Flagstaff Rd

4 min (0.9 mi)

Picture Canyon Natural and Cultural Preserve

Flagstaff, AZ 86004





***For more information regarding HPDP Fall Hiking Series please contact:
Elena Curley, Diabetes Prevention Coordinator @ 928-283-1420 x-20703 or
Elena.Curley@tchealth.org***

Via Tuba City - Hwy 89S
Flagstaff & Rt 66 to Parking Area