



**Cathedral Wash - Lee's Ferry/Marble Canyon
Saturday, November 19, 2022 @ 8:30 am (DST)**

Transportation:

Please Note: Transportation to the hiking location will not be provided by TCRHCC or Health Promotion and Diabetes Prevention. We kindly encourage participants to drive in their own vehicles and carpool when available must drive in their own vehicles.

No fee is required.

Physical Requirements:

Must have or be in good physical fitness & lower body strength- to descend and come back up steep hills.

*Not recommended for small children (0-5yo) to hike this trail.

*If you have any knee problems, this hike may not be suitable for you.

*Very steep decline @ the beginning and midway through the hike, some may have to sit and slide down.

Hiking Event Site Information:

Canyon walls rise as you follow a mostly dry wash to the Colorado River. This adventure has no major technical challenges, but scrambling and careful decision-making are needed to choose safe routes over ledges and drop-offs.

Hiking Time: 2.5 to 3 hours – ALL HPDP hikes are ONE DAY.

Distance: 3 miles round trip

Trail Elevation Change: 300+ ft.

Trail Rating: **Moderate - with some rock climbing**

Trail: Mixed terrain includes slickrock and sandy, uneven surfaces. Some scrambling and climbing required.

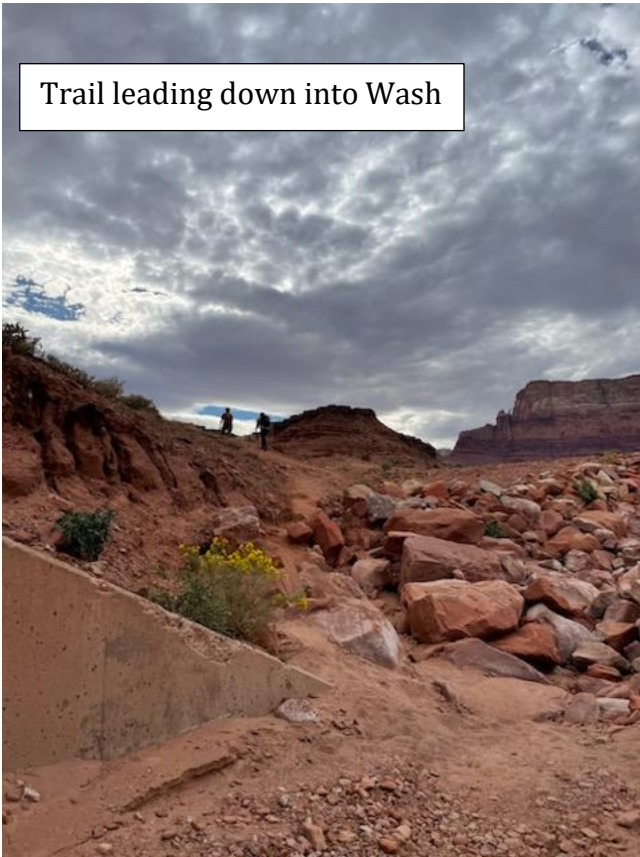
OPTION to turnaround at midpoint before dropping into the wash.

HPDP/JHU Trailhead Sign-in & Gear Check

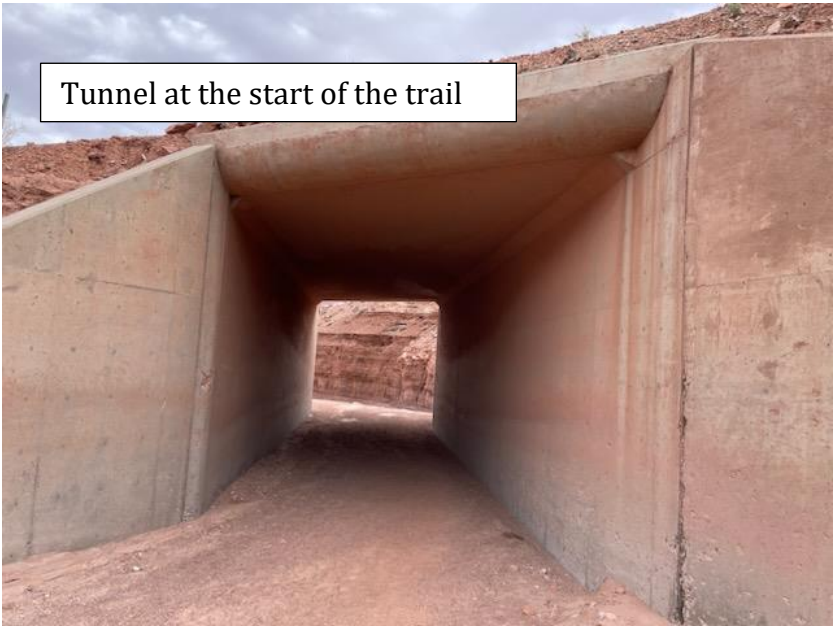


Start of Cathedral Wash Trail

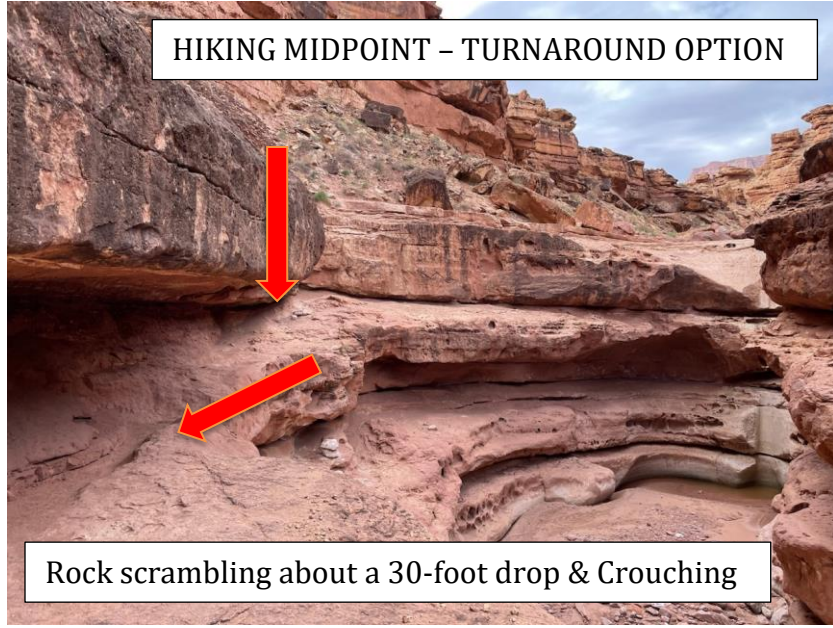




Trail leading down into Wash



Tunnel at the start of the trail



HIKING MIDPOINT - TURNAROUND OPTION

Rock scrambling about a 30-foot drop & Crouching



Rocky areas after decent into wash/slot canyon





No Bathrooms

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.
3. Wear comfortable light/layered clothing and a hat.
4. Watch weather forecast & dress accordingly.
5. Bring a trash bag. "Pack out, what you pack in!"

Items recommended for hiking:

- Light backpack/day pack.
- Durable hiking shoes with ankle support or shoes with good tread, "trail shoes."
- **Hiking gloves** for rock scrambling and grip.
- Light lunch & salty snacks (Granola bar, trail mix, fruit, crackers, beef jerky, etc.).
- Water (2-3 liters recommended)/ electrolyte sports drink, coconut water, electrolyte tablets etc.)
- Sun block & hat- THERE'S NO SHADE.
- Trekking poles or walking sticks for rocky areas.
- Wear long pants....no short cuts.
- Camera to capture wonderful memories & beautiful scenery.

Safety Measures:

- 1) Participants must make sure you 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:

Meet at the Cathedral Wash Trailhead at 8:00 am (DST) for gear check/registration. Leave Tuba City no later than 6:45am.

Directions:

← from Tuba City, Arizona 86045
to Cathedral Wash Trailhead, Lees Ferry Rd, Marbl...

1 hr 8 min (70.0 miles)



via US-89 N

Fastest route now due to traffic conditions

⚠️ Your destination is in a different time zone.

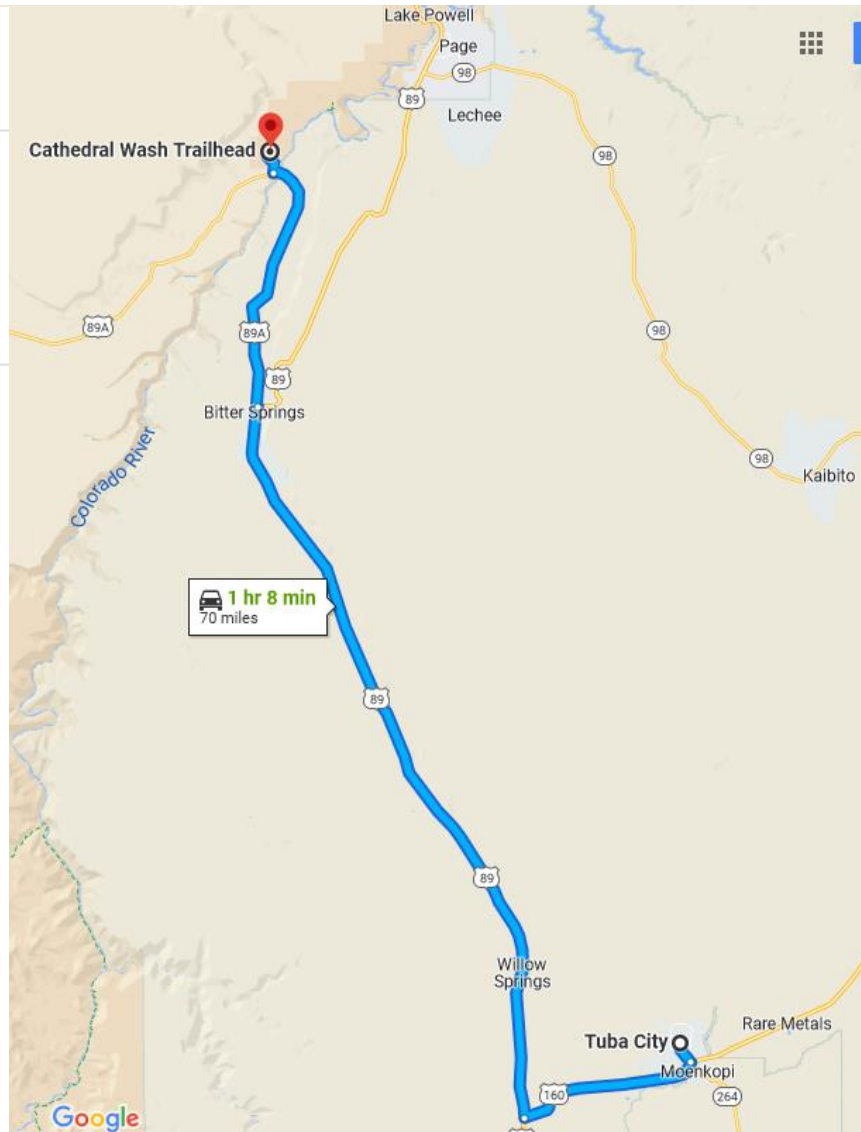
Tuba City

Arizona 86045

- ↑ Head south on Main St toward Cedar Ave
1.3 mi
- ↪ Turn right onto US-160 W/Navajo Trail
10.2 mi
- ↪ Turn right onto US-89 N
42.8 mi
- ↶ Turn left onto US-89A N
14.3 mi
- ↪ Turn right onto Lees Ferry Rd
1.4 mi

Cathedral Wash Trailhead

Lees Ferry Rd, Marble Canyon, AZ 86036



HPDP staff will be waiting in the parking lot in the department vehicle-white Ford diesel truck.

- A sign in sheet will be distributed for participants and guests. Sign in & out.
- Extra registration forms will be available. All participants must be registered to take part in the hike.
- All participants will take part in a gear check before hike starts to ensure that everyone has plenty of water and snacks.
- A head count will be taken (before /after hike) and the hike will begin @ approximately 8:00 am (DST) or earlier.

For the safety of the hiking group. No participant will be allowed to participate if you arrive later than 8:30am. NO EXCEPTIONS!

HPDP Employees/Community Partners Onsite for the Hike:

Elena Curley, Diabetes Prevention Coordinator/Interim Physical Activity Specialist
Monica Huber, Health Coach/Interim Physical Education Specialist
Chad Barlow, Health Promotions Coordinator

Program Partners/Safety Monitors:

Alicia Tsosie & Benjamin Harvey - Johns Hopkins University/Native Vision - 928-283-8221

For More Info or Questions, please contact Health Promotion Diabetes Prevention (928)-283-1420 or email Elena.Curley@tchealth.org.

Visit www.tcrhcc.org website for more hiking tips and information.