



Coalmine Canyon Trail - Coalmine, AZ
Saturday, October 29, 2022 @ 7:30 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:

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

Distance: ~2 miles round trip

Trail Elevation Change: 364 ft.

Trail Rating: **Hard (see physical requirements)**

Trail: Not maintained/ narrow trail, steep, sandy & very rocky areas- we will hike in single file in some parts of the trail. Rope/posts were installed to assist with hiking back up to trailhead.



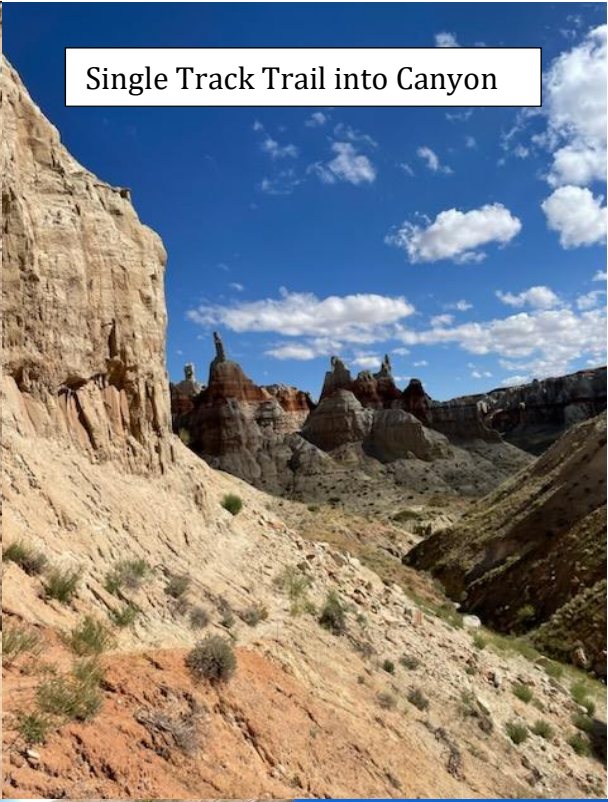
HPDP/JHU Trailhead Sign-in & Gear Check



Decent into Coalmine Canyon



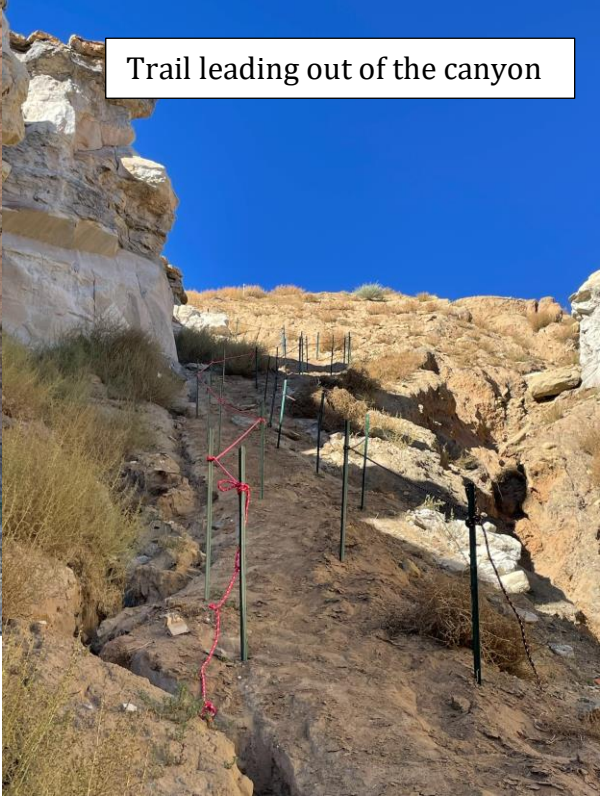
Rocky area after decent into canyon



Single Track Trail into Canyon



Trail leading into Canyon Wash



Trail leading out of the 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. It will get hot and there is no shade.
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 using rope to hike back to the top of the trailhead.
- 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- to go down steep decline & back up steep incline
- Wear long pants....no short cuts- lots of stickers at the bottom of the canyon.
- 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 Coalmine Canyon Trailhead at 7:00 am (DST)

Directions:

- From Tuba City, AZ to Coalmine Canyon Trail, AZ
- 17.3 miles/ 25 min drive.
- Plan to leave Tuba City no later than 6:20 am (DST).
- Head south on Main St toward Cedar Ave. (drive 1.3 mi)
- Continue onto AZ-264 E (drive 15.9 mi)- (towards Moencopi)
- **(Look out for "Hike" signs)** At around 15.9 miles down AZ-264 look to the left and about a half a mile off the road you should see an old windmill, shortly after you pass **green mile marker 337**, look for a turnoff to the left. Turn left.
- The turnoff will be paved until you cross the cattle guard, and then it will be a dirt road from that point on. The road will fork just past the cattle guard. Take the left fork, and aim for the windmill.
- The dirt road will lead to the windmill. Pass the windmill and continue straight for a couple hundred feet.

- A gravel parking area with a couple of concrete picnic tables will be visible. Park here. (About 0.1 mi from paved road)
- HPDP staff will be waiting in the gravel 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 7:30am. 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

Program Partners/Safety Monitors:

Alicia Tsosie, Benjamin Harvey & Jaime Begay - 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.