



Pumphouse Wash Trail- Flagstaff, AZ

Saturday, September 24, 2022 @ 7:30 AM (MST) - 8:30AM DST

****Reminder: Hike can be completed virtually****

Transportation:

Please Note: Transportation to the hiking location will not be provided by TCRHCC or Health Promotion Diabetes Prevention (HPDP). We kindly encourage participants to drive in their own vehicles or carpool with other participants.

Road Condition: Pavement road that will take you through a small neighborhood (please drive slowly), dirt parking lot. **Accessible in all weather.**

****Parking:** **The parking lot area is small, carpooling strongly encouraged. Additional parking available on the opposite side of the Pumphouse. If lot is full participants can complete the hike at a later time throughout the day.**

Travel Time: 1.75 Hours from Tuba City- Please plan ahead, **drive safely.** Do not leave any later than **5:45 AM** DST from Tuba City.

Physical Fitness Requirements:

Must have the lower body strength - to ascend & descend steep hill. You do have the option to turn around at this point.

* Children (6-12yo) are welcome to hike this trail (parent must be with children at all times)

*If you have any joint problems/knee problems, you have the option to turn around before ascending steep hill.

Hiking Event Site Information:

Hiking Time: 1.5 to 2 Hours – **All HPDP hikes are ONE DAY.**

Distance: ~ 2.5 miles, Round Trip

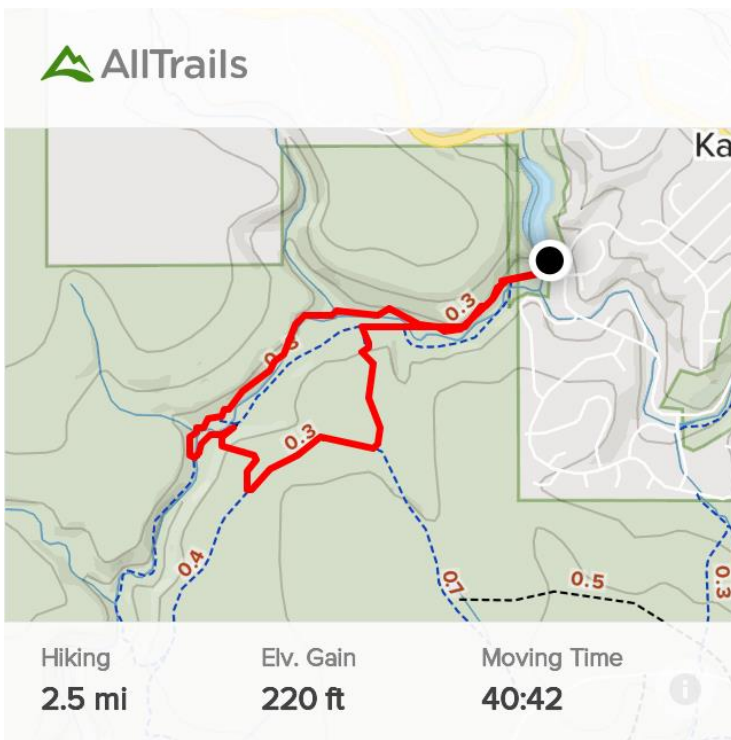
Trail Elevation Change: 220 Feet.

Trail Rating: ***Moderate***

Trail: Rocky in Some Areas, Plant-Brush Along the Trail. Please wear long pants and long sleeve shirt or jacket.

<https://www.alltrails.com/explore/recording/hp-rul-tchpdp-hike-pumphouse-trail-loop-918317b?u=i>

Bring own snacks/meal and plenty of water.



No Restrooms. PLEASE bring a trash bag to properly dispose of tissue/trash used on the trail. **DO NOT leave any trash behind on the trail.**

How to prepare for the hike:

1. Always get a good night of rest before the hike.
2. **Hydrate** and **eat** a full meal the day before and day of the hike; everyone is required to carry their own water. Depending on the weather changes, it may get hot.
3. Wear comfortable light/layered clothing and a hat/sunscreen/bug spray.
4. Watch weather forecast & dress accordingly.
5. Bring a trash bag for all waste. ***"Pack out, what you pack in!"***

Items required for hiking:

- Light backpack/day pack.
- Durable hiking shoes with ankle support or shoes with good tread, "trail shoes".
- Light lunch & salty snacks (ex: Granola bar, trail mix, fruit, crackers, beef jerky, etc.).
- Water (2-3 liters recommended) per person. If needed: Electrolyte sports drink, electrolyte tablets, etc.
- Sunscreen & hat.
- Trekking poles or walking sticks - if needed for support. Some areas along the incline are rocky.
- Comfortable pants - check weather forecast.


Safety Measures:

- 1) Participants must make sure they are adequately **hydrated prior to hike**, are in good physical condition, & prepared for this hike.
- 2) Safety monitors will know the route of the course and know how to contact a medical emergency technician in case of an emergency. NOTE: There is little to no cell service on hiking trail.
- 3) Safety monitors will carry a first aid kit at all times.
- 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/Directions From Tuba City:

- **Plan to arrive at site by 7:30AM MST (8:30AM DST)**
- *Meet at Pumphouse Wash Trailhead @ 7:00 am- 7:30 am (MST)*
- *Hike will begin at approx. 8 AM MST with Prayer/Offering by NACA Behavioral Health Program*

← from Tuba City, Arizona 86045
to Pumphouse Wash, Kachina Village, AZ 86001

1 hr 26 min (87.4 miles) 
via US-89 S/N 89
Fastest route now due to traffic conditions
⚠️ Your destination is in a different time zone.

Tuba City
Arizona 86045

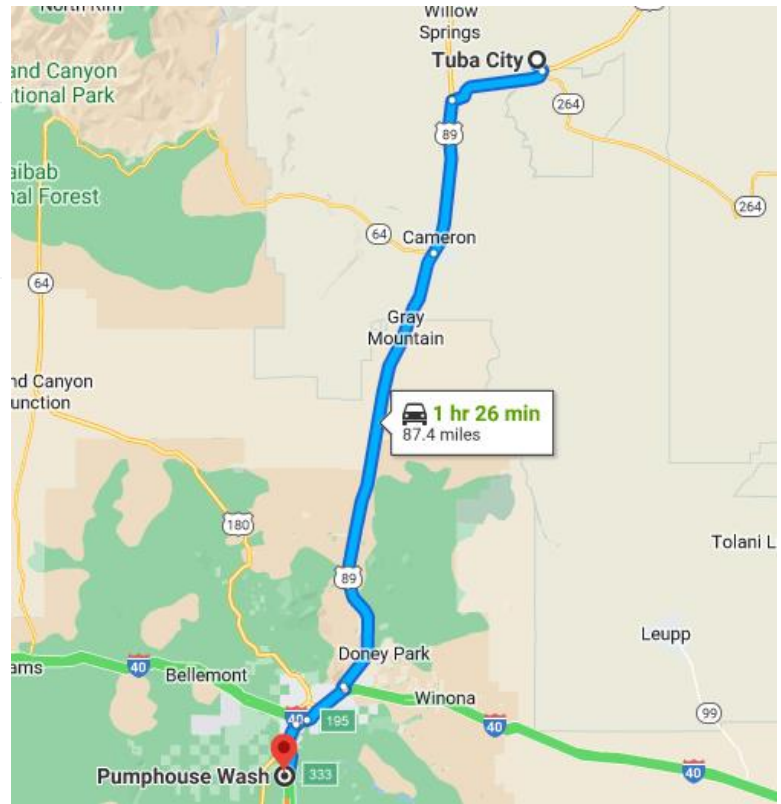
↑ Head south on Main St toward Cedar Ave
3 min (1.3 mi)

> Continue on US-160 W/Navajo Trail. Take US-89 S to Kachina Blvd in Kachina Village. Take exit 333 from I-17 S
1 hr 24 min (84.7 mi)

> Take Canyon Loop to Ancient Trail
4 min (1.4 mi)

Pumphouse Wash
Kachina Village, AZ 86001

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.



- HPDP staff will be waiting at the trail head in a: White Ford F-250 Diesel Truck.
- A sign in sheet will be distributed for all participants. All participants must be registered to take part in the hike.
- Extra registration forms will be available on site. Please make sure you check in and sign waiver.
- 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 hike will begin @ 8:00 am (DST).

HPDP Staff onsite for the Hike:

Elena Curley, Diabetes Prevention Coordinator -

Program Partners/Safety Monitors:

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

Tenillya Cody, Madison Dreifuss, Jordan Mockta, Christopher David, Adrienne Tennant - NACA - 928-773-1245 or nacawellnesscenter@nacainc.org

For more information, please contact Health Promotion Diabetes Prevention, **(928) 283-1420 Ext: 20703** or email **Elena.Curley@tchealth.org**

