

# Munds Wagon Trail – Sedona, AZ

Saturday, April 20<sup>th</sup> @ 7:30 am (DST)

## Transportation:

Please Note: Transportation to the hiking location will not be provided by TCRHCC or Health Promotion Disease Prevention. All participants are responsible for their own transportation to each hiking location.

A \$5 Parking fee is required (Daily Red Rock Pass \$5). We strongly encourage participants to carpool. Can be purchased at: [Coconino National Forest - Recreation \(usda.gov\)](https://www.usda.gov/recreation)

## Physical Requirements:

Must be physically prepared for the hike.

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

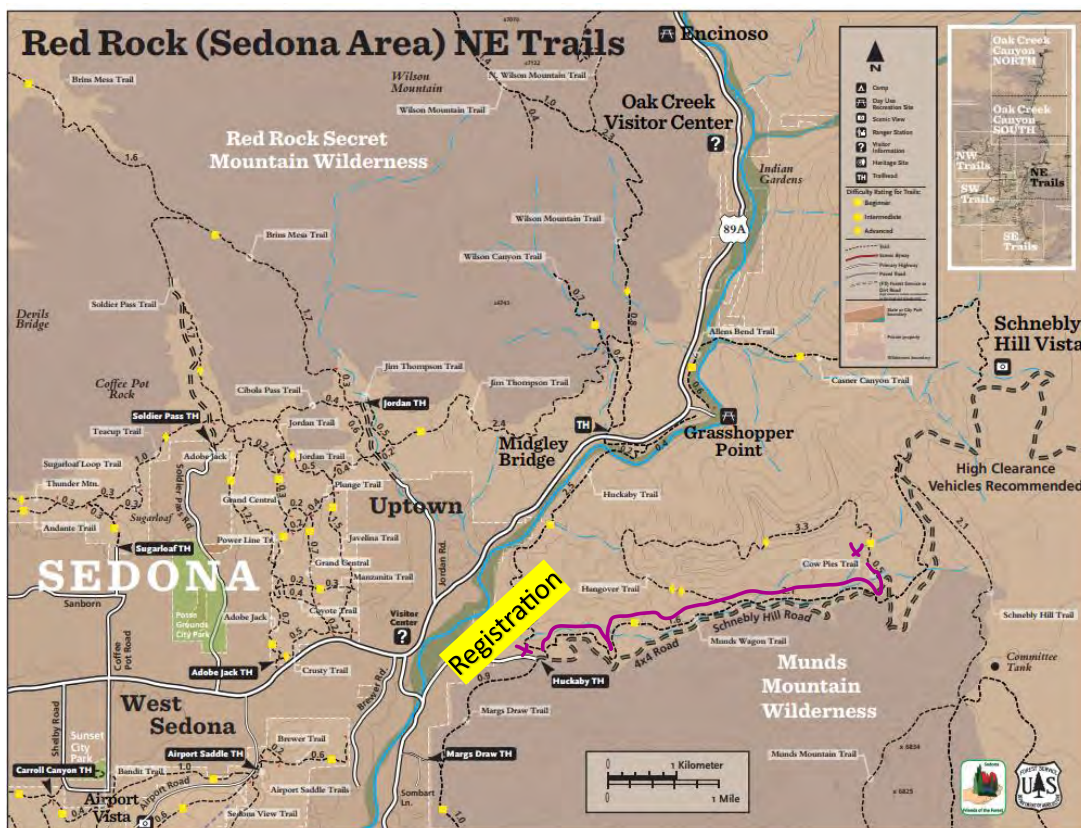
## Hiking Event Site Information:

Hiking Time: 4 hours – ALL HPDP hikes are ONE DAY.

Distance: ~ 3 miles, ~6 miles round trip

Trail Rating: Strenuous/ Moderate (see physical requirements)

Trail: Sedona Munds Wagon Trail



## How to prepare for the hike:

1. Always get a good night rest before the hike. Pack your Items the day before the hike.
2. Hydrate the day before and day of the hike; everyone is required to carry their own water. It can get hot.
3. Wear comfortable light/layered clothing with 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".
- 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, bug repellent spray, & hat.
- Trekking poles or walking stick (not mandatory). HPDP will have trekking poles onsite, participants can check out poles before we hit the trail.
- Camera to capture wonderful memories & beautiful scenery.

## Safety Measures:

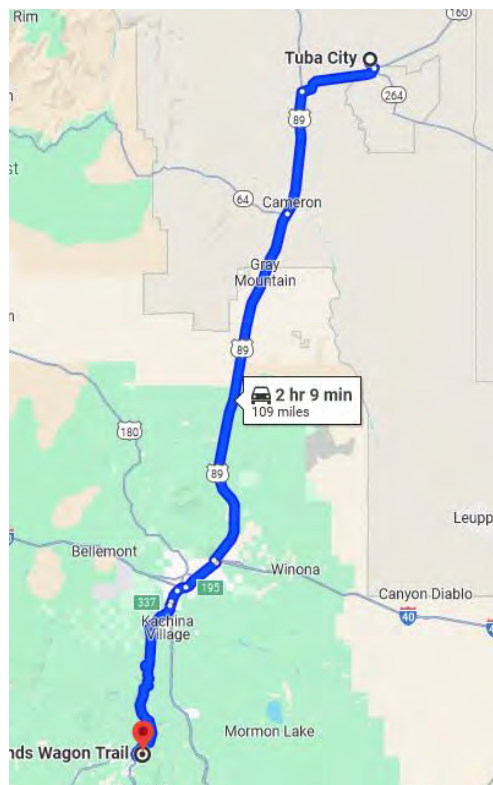
- 1) Please make sure that you are adequately hydrated, in good physical condition, & prepared for this hike.
- 2) Safety monitors will know the route of the course, directions, and know how to contact a medical emergency technician in case of an emergency. 928-204-4100 (Northern Arizona Healthcare- Sedona Emergency Department) NOTE: spotty cell service on trail
- 3) Safety monitors will carry a first aid kit and extra water/electrolytes.
- 4) If any hikers (participants) need to stop the hike, or need to return to the main area, a safety monitor will escort the participant to the trailhead.

**\*\*Meeting Location: 167 Schnebly Hill Rd, Sedona, AZ 86336**

Meet at 7:00 am (DST) at the Huckaby Trailhead parking lot. During this time, we will conduct gear check and make sure that participants packed enough water, electrolytes, and snacks for the hike.

## Directions:

2 hr 2 min (106 mi)	At the traffic circle, take the 1st exit onto AZ-89A
→ Turn right onto US-160 W/Navajo Trail	341 ft
10.2 mi	At the traffic circle, take the 3rd exit onto AZ-89A S/N State Rte 89A
← Turn left onto US-89 S	24.1 mi
15.6 mi	At the traffic circle, continue straight onto N State Rte 89A
↻ At the traffic circle, take the 2nd exit onto US-89 S/N 89	0.4 mi
46.7 mi	At the traffic circle, continue straight to stay on N State Rte 89A
← Use the 2nd from the left lane to turn left onto US-180 E/N Country Club Dr	0.3 mi
0.3 mi	At the traffic circle, take the 3rd exit onto AZ-179 S
↗ Turn right to merge onto I-40 W toward I-17	0.4 mi
5.1 mi	Follow Schnebly Hill Rd to your destination
↗ Use the right 2 lanes to take exit 195 for I-17 S/AZ-89A S toward Phoenix	3 min (1.0 mi)
1.1 mi	At the traffic circle, take the 2nd exit onto Schnebly Hill Rd
↗ Merge onto AZ-89A/I-17 S	0.9 mi
1.6 mi	Turn left
↗ Take exit 337 toward AZ-89A S/Oak Crk Cyn/ Sedona	79 ft
0.4 mi	Turn right
	Destination will be on the right
	125 ft



- HPDP staff will be waiting in the HPDP department vehicle-white Ford diesel truck or Ford Expedition.
- A sign in sheet will be distributed for participants and guests. Sign in & out.
- Extra registration forms will be available onsite. All participants must be registered to take part in the hike.

- All participants will take part in a gear check before the start of the hike to ensure that everyone has plenty of water and snacks.
- A head count will be taken before/after the hike. Hiking group will start the hike at approximately 7:30am (DST).
- 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, TCRHCC HPDP Diabetes Prevention Coordinator

Monica Huber, TCRHCC HPDP Health Coach