

# Buffalo Park - Arizona to Lower Oldham Trail - Flagstaff AZ

Saturday, June 8<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.

No fee is required.

## Physical Requirements:

Must be physically prepared for the hike.

*\*If you have any knee problems, this hike may not be suitable for you due to gradual downhill descent and uphill climbs throughout the trail\**

## Hiking Event Site Information:

**Hiking Time:** ~3 hours – ALL HPDP hikes are ONE DAY.

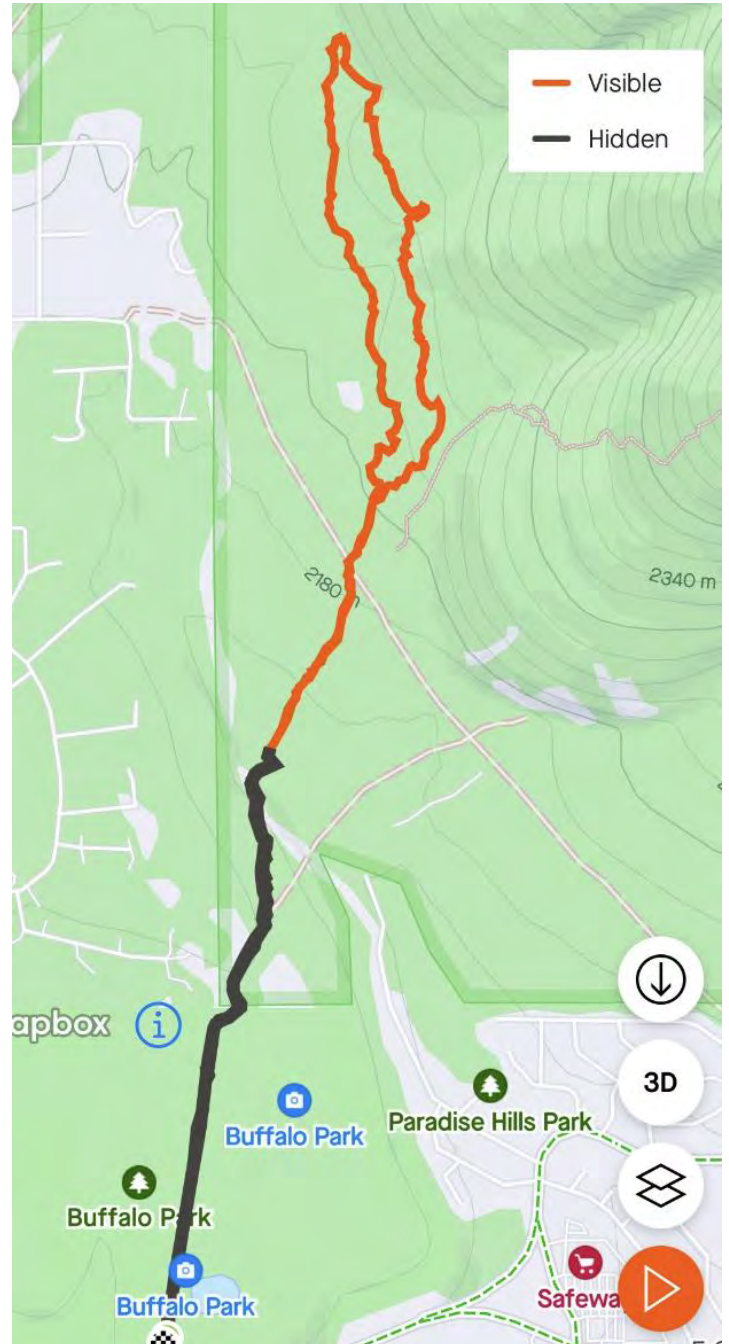
**Distance:** ~ 4.6 miles round trip

**Trail Rating:** Easy/Moderate (see physical requirements)

**Trail:** Arizona Trail to Lower Oldham

**Elevation Gain:** ~450 - 500 feet (gradual uphill/downhill climb)

**Bathrooms available onsite.**





### **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 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.
- 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).
- 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. 928-779-3366 (Flagstaff Medical Center ER), 928-283-3111 (Tuba City Police Dept.) 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 Inner Basin Trail Head at 7:00 am (DST) for check-ins and gear/equipment check.

GPS (Map):

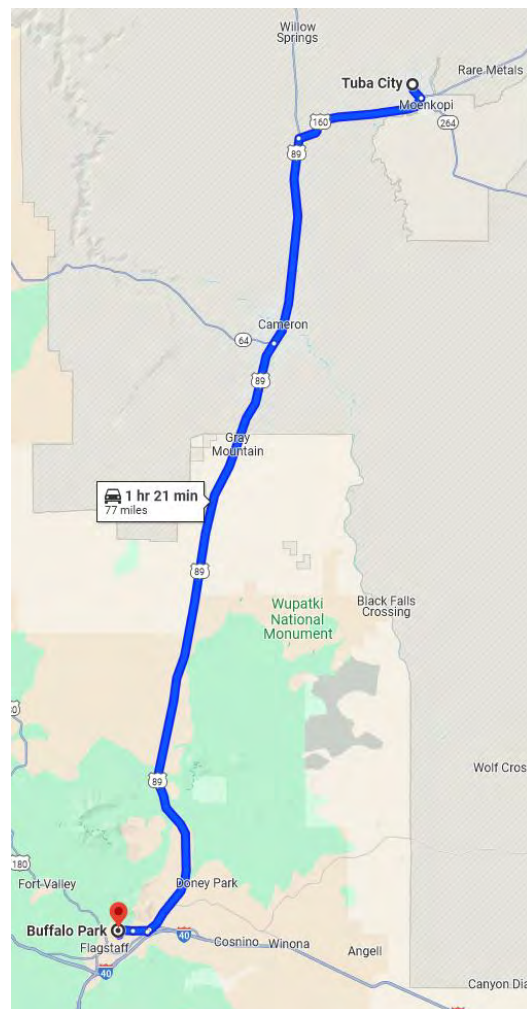
### **Directions:**

- From Tuba City, AZ to Buffalo Park in Flagstaff, AZ.
- Distance: 77 miles from Tuba City – 1 hour 21 minutes

**Tuba City**  
Arizona 86045

- ↑ Head south on Main St toward W Cedar Ave  
3 min (1.3 mi)
- ∨ Take N 89 to E Lockett Rd in Flagstaff  
1 hr 12 min (73.0 mi)
- ↪ Turn right onto US-160 W/Navajo Trail  
10.2 mi
- ↶ Turn left onto US-89 S  
15.6 mi
- 📍 At the traffic circle, take the 2nd exit onto US-89 S/N 89  
Continue to follow N 89  
46.9 mi
- ↑ Continue onto Historic Rte 66/Rte 66  
0.2 mi
- ∨ Continue on E Lockett Rd. Take E Cedar Ave to N Gemini Dr  
7 min (2.7 mi)
- ↪ Turn right onto E Lockett Rd  
1.2 mi
- ↑ Continue onto E Cedar Ave  
1.2 mi
- ↪ Turn right onto N Gemini Dr  
0.3 mi

**Buffalo Park**  
2400 N Gemini Rd, Flagstaff, AZ 86004





- HPDP staff will be waiting in the HPDP department vehicle-white Ford diesel truck or Black Ford Expedition.
- 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 7:30 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

Deandra Slim, Administrative Assistant