

Sandy Canyon Trail to Fishers Point - Flagstaff, AZ

Saturday, May 11th at 7:30 am (DST) - 6:30am (MST)

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.

Hiking Event Site Information:

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

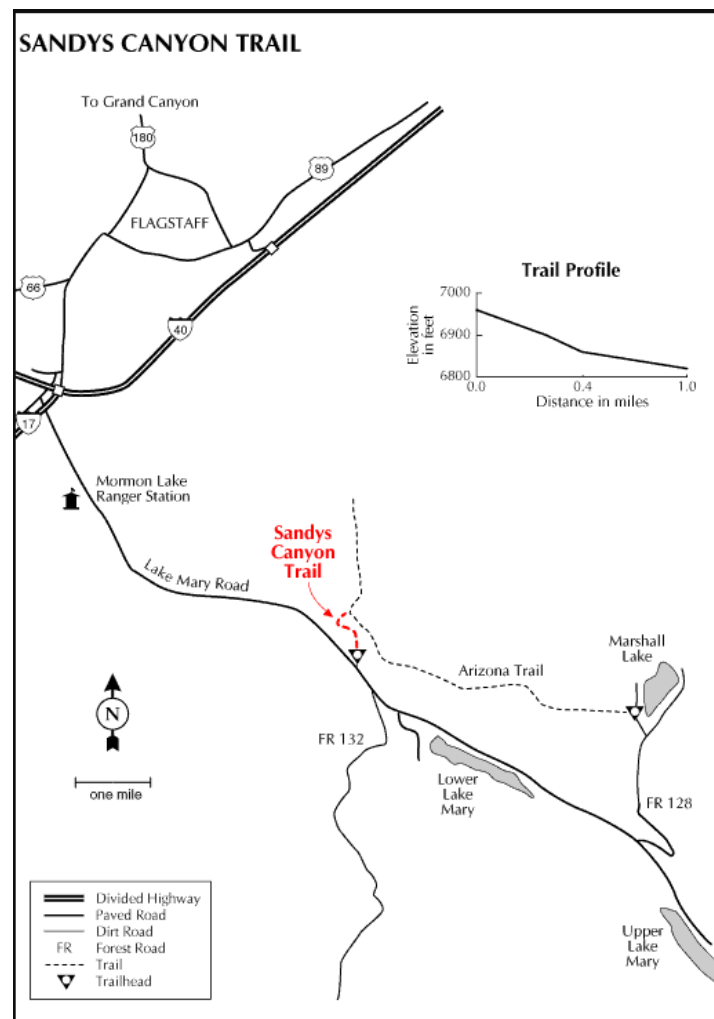
Distance: ~ 6 miles round trip (~2.9 miles one-way)

Trail Rating: **Moderate** - Out & Back trail; will encounter rocky down/uphill climbs. (see physical requirements)

Trail: Sandy Canyon Trail

Elevation Gain: 630 feet

Bathrooms **will not be available**.



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). HPDP will have trekking poles onsite, participants can check out poles prior to the start of the hike.
- 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. 928-283-3111 (Tuba City Police Dept.) 928-283- 3007 (Tuba City Fire & Rescue) or 928-779-3366 (Flagstaff Medical Center ER). 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:

Meet at 7:00 am (DST) at the Sandy Canyon 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.

49HW+8X, Flagstaff, AZ 86001

Directions:

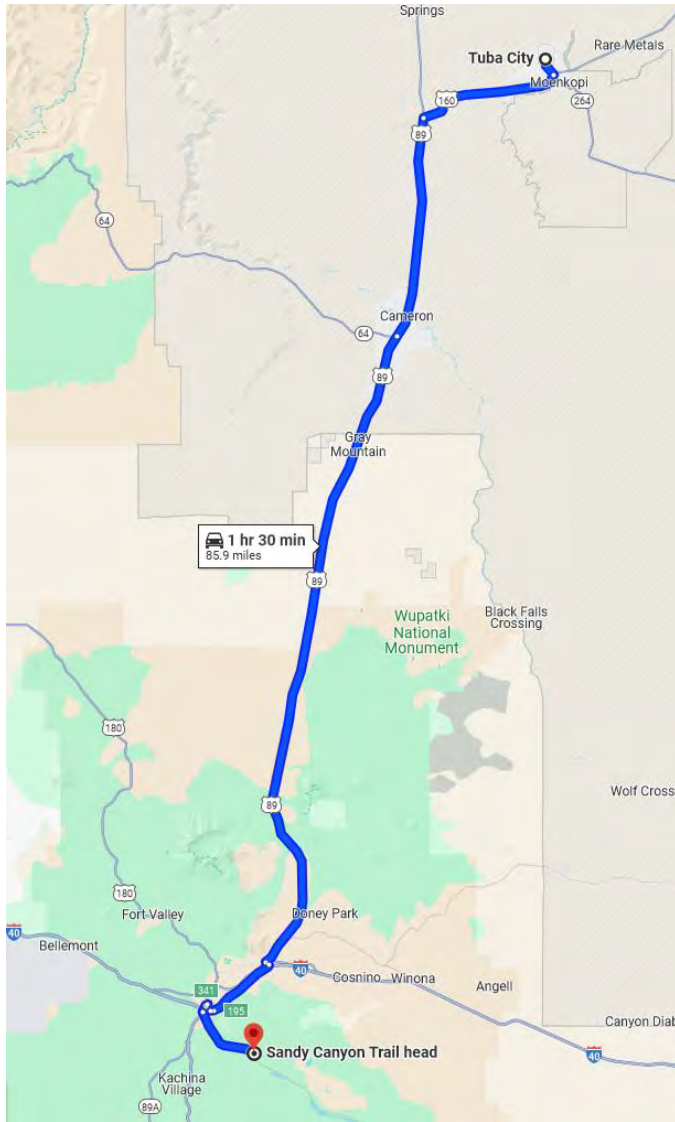
From: Tuba City regional Healthcare Corporation 167 Main St, Tuba City, AZ 86045 **(85.9 miles ~1hour 30 minutes)**

****Please leave Tuba City no later than 5:45am (DST), please plan travel time accordingly****

Tuba City
Arizona 86045

- ↑ Head south on Main St toward W Cedar Ave
3 min (1.3 mi)
- ✓ Follow US-160 W/Navajo Trail and US-89 S to W McConnell Dr in Flagstaff. Take exit 341 from AZ-89A/I-17 N
1 hr 18 min (78.8 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
46.7 mi
- ↶ Use the 2nd from the left lane to turn left onto US-180 E/N Country Club Dr
0.3 mi
- ↗ Turn right to merge onto I-40 W toward I-17
5.1 mi
- ↘ Use the right lane to take exit 195 for I-17 S toward AZ-89A S/Phoenix/AZ-89A N/Flagstaff
0.2 mi
- ↗ Slight right to merge onto AZ-89A/I-17 N toward AZ-89A N/Flagstaff/Grand Canyon
0.4 mi
- ↘ Take exit 341 for Mc Connell Drive
0.2 mi
- ✓ Take Lake Mary Rd to your destination
10 min (5.8 mi)
- ↶ Turn left onto W McConnell Dr
0.2 mi
- ↶ Turn left onto S Beulah Blvd
📍 Pass by Freddy's Frozen Custard & Steakburgers (on the right)
0.5 mi
- ↶ Use the left 2 lanes to turn left onto Lake Mary Rd
4.8 mi
- ↶ Turn left onto Forest Service Rd 9478Y
213 ft
- ↘ Turn right
0.3 mi

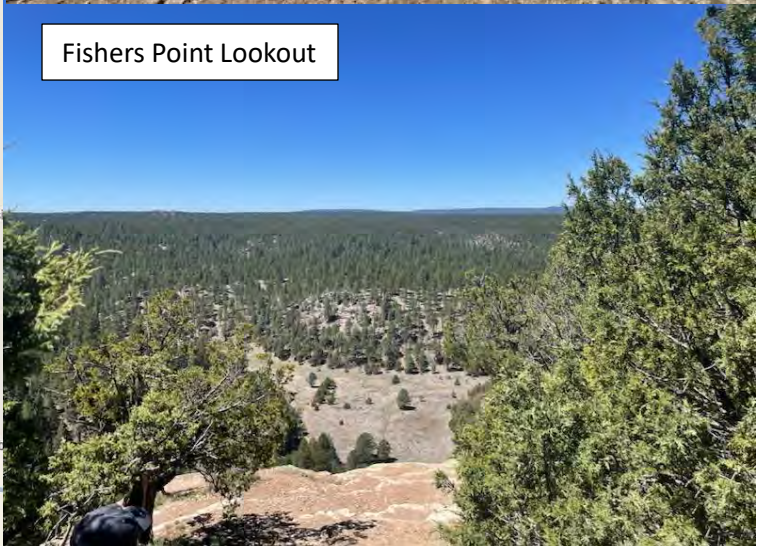
Sandy Canyon Trail head
49HW+8X, Flagstaff, AZ 86001



Parking at trailhead



Fishers Point Lookout



Sandy Canyon trail to Fishers Point trail



- 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. Please sign in & out with HPDP staff.
- 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/Interim Physical Activity Specialist

Monica Huber, TCRHCC HPDP Health Coach