

Coconino Saddle- Grand Canyon, AZ

Saturday July 13th, 2024 @ 6:00 am

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. (Fee for parking, Non- Native Americans)

(Note: Unattended pay tolls before 7am, plan accordingly)

Physical Requirements:

Must have good physical fitness & lower body strength.

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

***Not recommended for small children to hike this trail/single track narrow trail, not recommended to anyone afraid of heights, many cliff overlooks. (Grand Canyon)**

Hiking Event Site Information:

Trail: Coconino Saddle Trail

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

Distance: ~ 2.2 miles round trip

Trail Rating: Moderate decline, strenuous climb back up (see physical requirements)





How to prepare for 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 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. Grand Canyon National Park- Emergency Services (928) 638-7805, Tuba City Police Department (928) 283-3111, or Tuba City Fire and Rescue (928) 283- 3007. 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 6:00 am (DST) at the Grandview Point parking lot. During this time, we will conduct gear check and make sure that participants packed enough water, electrolytes, and snacks for the hike.

[Grandview Point, Grand Canyon Village, AZ 86023](#)

Directions:

Tuba City
Arizona 86045

- ↑ Head south on Main St toward W Cedar Ave
1.3 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 1st exit onto AZ-64
W/Desert View Dr
⚠ Toll road
43.6 mi
- ↪ Turn right onto Grandview Pt
0.7 mi

Grandview Point
Grand Canyon Village, AZ 86023

- 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 6:15am (DST).
- For the safety of the hiking group. No participant will be allowed to participate if you arrive later than 6:30am. NO EXCEPTIONS!

HPDP Employees/Community Partners Onsite for the Hike:

Elena Curley, TCRHCC HPDP Diabetes Prevention Coordinator

Deandra Slim, TCRHCC HPDP Administrative Assistant