

O' Leary Peak Trail – Flagstaff, AZ

Saturday, August 17th, 2024 @ 7:00 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.

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:

Trail: O' Leary Peak Trail – O'Leary's Saddle turnaround point (if participants do not want to go to the top).

Hiking Time: 4-5 hours round trip – ALL HPDP hikes are ONE DAY.

Distance: ~ 9.7 miles roundtrip/out & back trail

Trail Rating: Strenuous (see physical requirements)

Elevation: 6956 at the trailhead. 8,916 at summit point.

Bathrooms not 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 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. Flagstaff Emergency Room (928-779-3366), 928-283-3111 (Tuba City Police Dept.) or 928-283- 3007 (Tuba City Fire & Rescue) 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 6:30 am (DST) at the O' Leary Group Site. During this time, we will conduct gear check and make sure that participants packed enough water, electrolytes, and snacks for the hike.

[O'Leary Group Site, Flagstaff, AZ 86004](#)



Directions:

1 hr 7 min (64.2 miles)

via US-89 S

Fastest route, the usual traffic

⚠️ **Your destination is in a different time zone.**



Continue on Loop Rd to your destination

5 min (2.2 mi)

Turn left onto Fire Rd 545/Loop Rd

📍 Continue to follow Loop Rd

1.8 mi

Turn left onto Forest Service Rd 545A

0.3 mi

Turn left to stay on Forest Service Rd 545A

446 ft

Turn left

75 ft

Turn right

📍 Destination will be on the right

197 ft

Tuba City

Arizona 86045

↑ Head south on Main St toward W Cedar Ave

4 min (1.3 mi)

∨ Take US-89 S to Fire Rd 545/Loop Rd

57 min (60.7 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 and stay on US-89 S

34.8 mi

O'Leary Group Site

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 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 7:00am (DST).
- For the safety of the hiking group. No participant will be allowed to participate if you arrive later than 7:00am. NO EXCEPTIONS!

HPDP Employees/Community Partners Onsite for the Hike:

Elena Curley, TCRHCC HPDP Diabetes Prevention Coordinator

Deandra Slim, TCRHCC Administrative Assistant