

Fay Canyon Trail – Sedona, AZ

Saturday, April 12th @ 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/land-management/land-ownership/coconino-national-forest)

Physical Requirements:

Must be physically prepared for the hike.

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

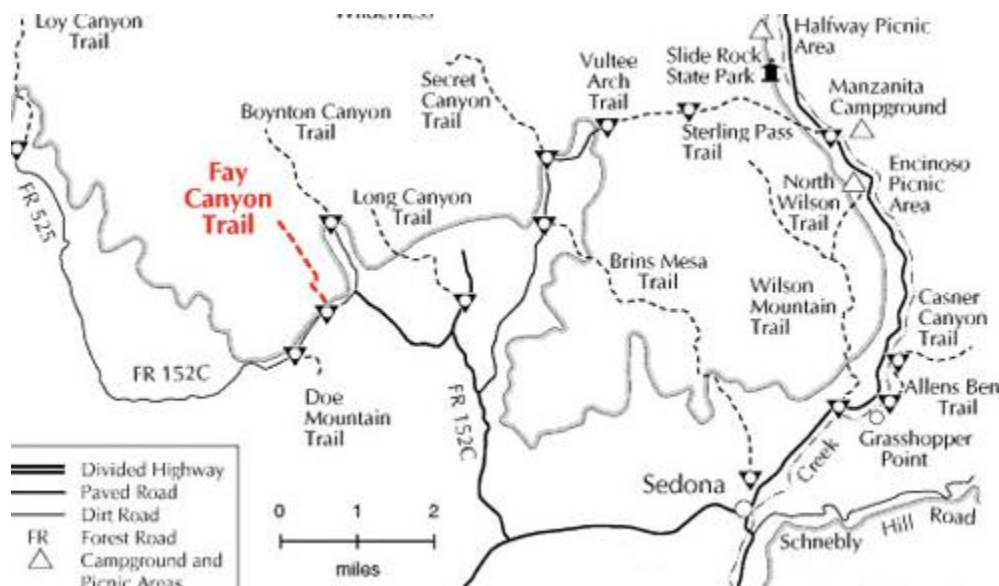
Hiking Event Site Information:

Hiking Time: 2-2.5 hours – ALL HPDP hikes are ONE DAY.

Distance: ~3.5 miles round trip with side trails to explore

Trail Rating: Easy/ Moderate (see physical requirements) Rocky and sandy in some areas with some rock climbing to scenic overlook and to Fay Canyon Arch. Gradual steep incline, use caution coming down from Arch & scenic overlook.

Trail: Fay Canyon 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.

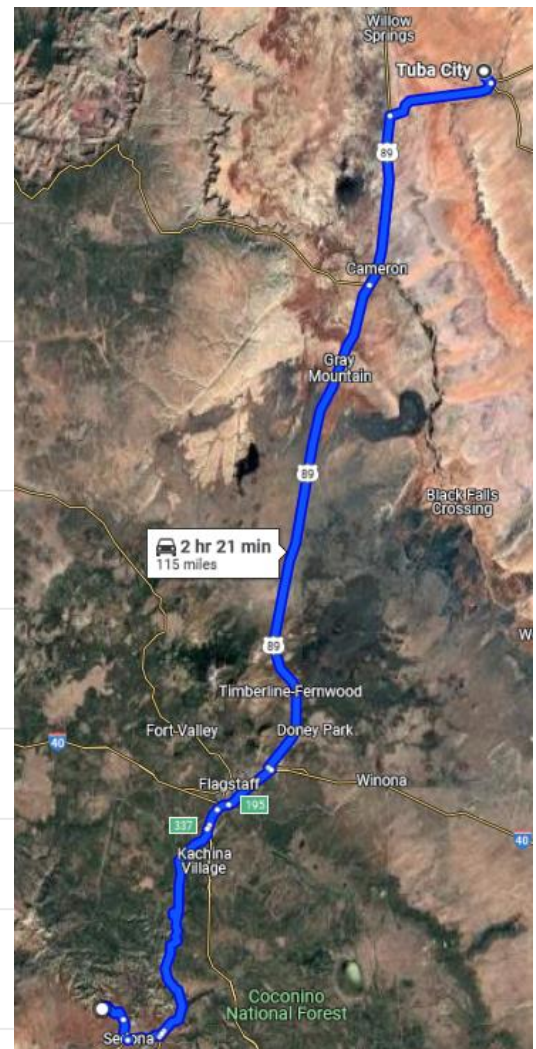
Meeting Location: Fay Canyon Trailhead, Sedona, AZ 86336

Meet at 7:00 am (DST) at Fay 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.

Directions:

- ↑ Head south on Main St toward W Cedar Ave
4 min (1.3 mi)
- ✓ Follow US-160 W/Navajo Trail, US-89 S and N State Rte 89A to W Arizona 89a in Sedona
1 hr 56 min (106 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 I-40BL/N Country Club Dr
0.3 mi
- ⬆ Turn right to merge onto I-40 W
5.1 mi
- ➡ Use the right 2 lanes to take exit 195 for I-1 S/AZ-89A S toward Phoenix
1.1 mi
- ⬆ Merge onto AZ-89A/I-17 S
1.6 mi
- ➡ Take exit 337 toward AZ-89A S/Oak Crk Cyn/Sedona
0.4 mi
- 📍 At the traffic circle, take the 1st exit onto AZ-89A

- 📍 At the traffic circle, take the 3rd exit onto AZ-89A S/N State Rte 89A
24.0 mi
 - 📍 At the traffic circle, continue straight onto N State Rte 89A
0.4 mi
 - 📍 At the traffic circle, continue straight to stay on N State Rte 89A
0.3 mi
 - ✓ Follow W Arizona 89a, Dry Creek Rd and Boynton Pass Rd to Fay Canyon Trail Head in Yavapai County
17 min (8.1 mi)
 - 📍 At the traffic circle, take the 2nd exit onto W Arizona 89a
410 ft
 - 📍 At the traffic circle, continue straight to stay on W Arizona 89a
3.1 mi
 - ➡ Turn right onto Dry Creek Rd
2.0 mi
 - ↑ Continue onto Boynton Pass Rd
2.9 mi
 - ↩ Turn left onto Fay Canyon Trail Head
207 ft
- 📍 Destination will be on the right





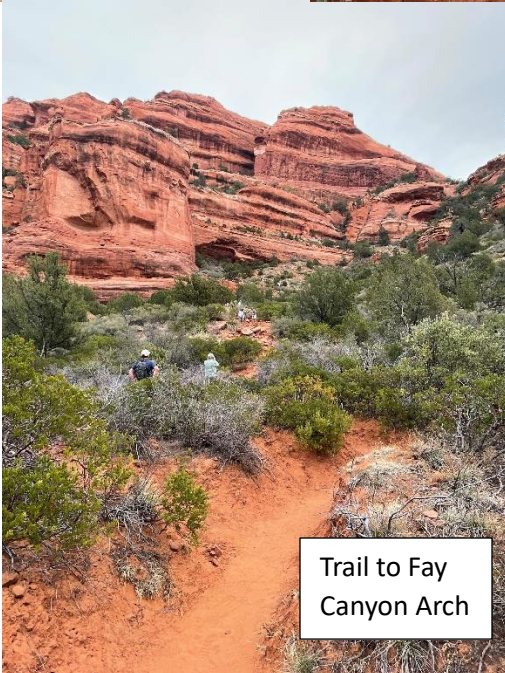
Fay Canyon Trailhead Parking Lot



Fay Canyon Trail



End of trail/Extended trail to scenic overlook



Trail to Fay Canyon Arch



Fay Canyon Arch

- 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 7:30am (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

Deandra Slim, TCRHCC HPDP Administrative Assistant