

Subway Cave via Boynton Canyon Trail – Sedona, AZ

Saturday, April 11th @ 7:00 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-use/land-use-recreation/land-use-recreation-activities/hiking)

Physical Requirements:

Must be physically prepared for the hike.

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

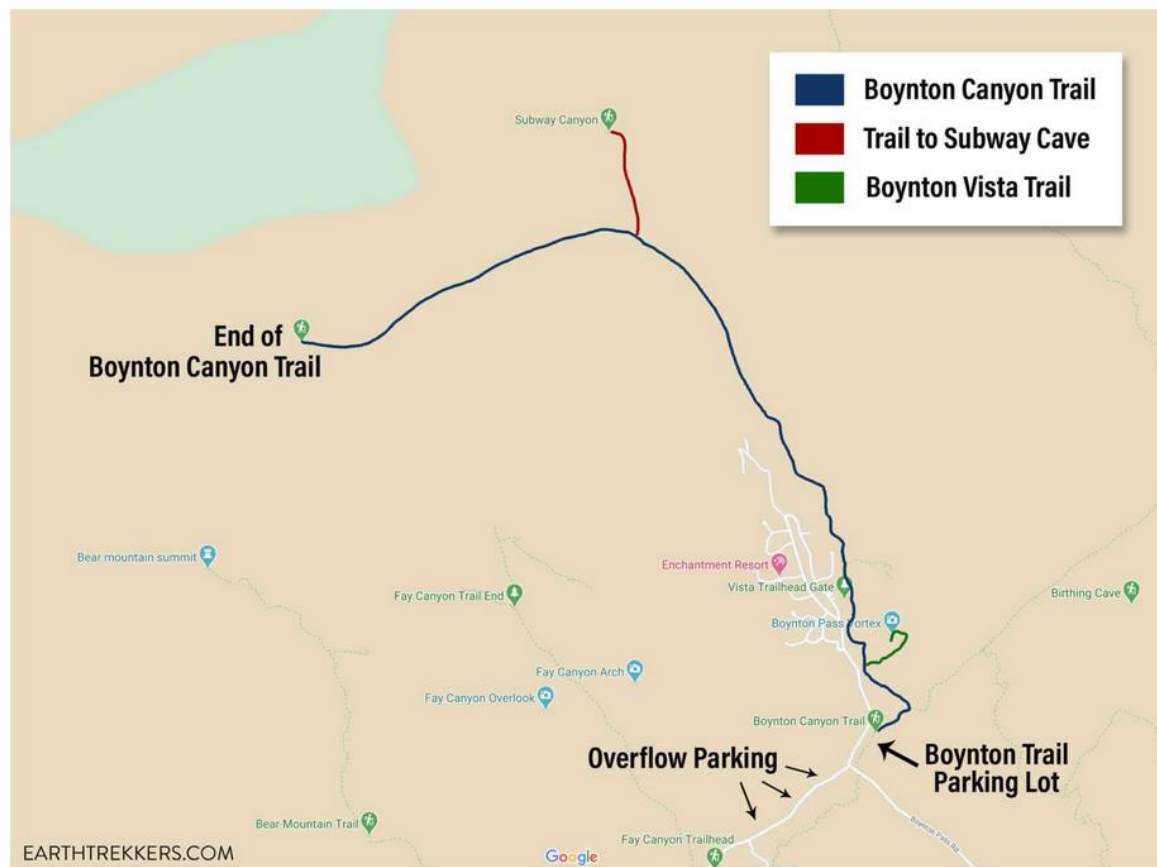
Hiking Event Site Information:

Hiking Time: 3-4 hours – ALL HPDP hikes are ONE DAY.

Distance: ~4.8 miles round trip.

Trail Rating: Moderate (see physical requirements) Rocky and sandy in some areas with some rock climbing to subway cave. Gradual steep incline, use caution coming down from subway cave.

Trail: Boynton Canyon to Subway Cave (West Sedona)



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: Boynton Canyon Trailhead, Sedona, AZ 86336

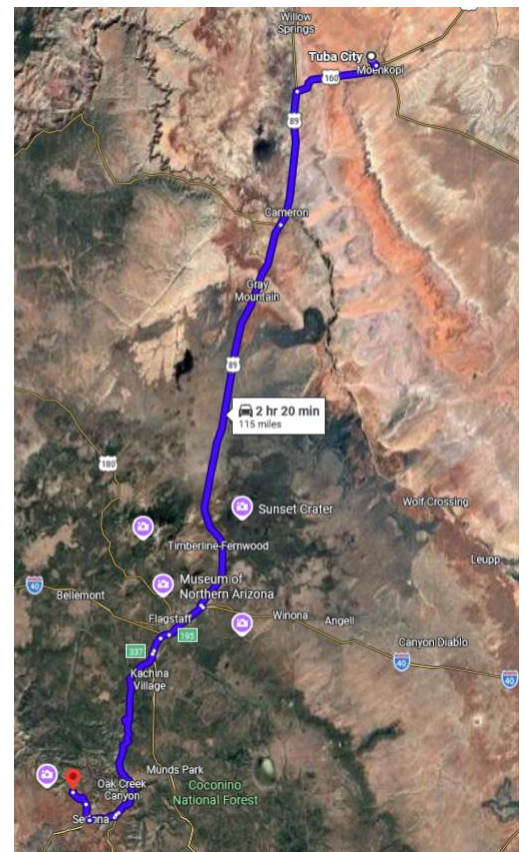
Meet at 7:00 am (DST) at Boynton Canyon Trailhead parking lot. During this time, we will conduct gear check and make sure that participants packed enough water, electrolytes, and snacks for the hike.

Coordinates: <https://maps.app.goo.gl/rPf9X8aA8jKGSpx29>

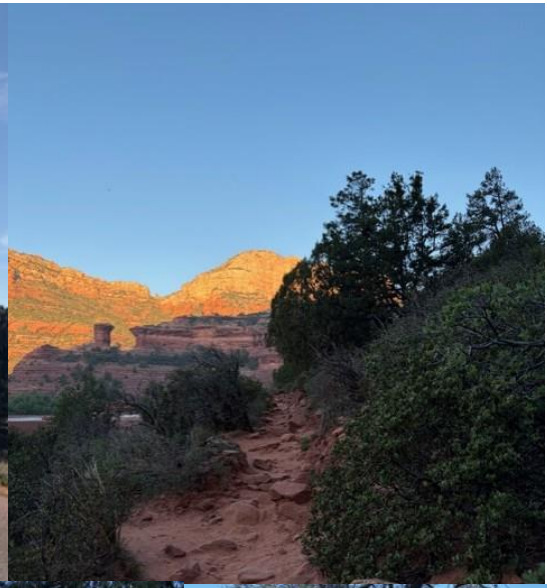
Directions:

- ↑ Head 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 57 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-17 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, 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 Boynton Canyon Trail Head in Yavapai County
16 min (7.8 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
2.5 mi
- ↪ Turn right onto Boynton Canyon Rd
0.1 mi
- ↪ Turn right onto Boynton Canyon Trail Head
217 ft

Boynton Canyon Trail Head
Arizona 86336



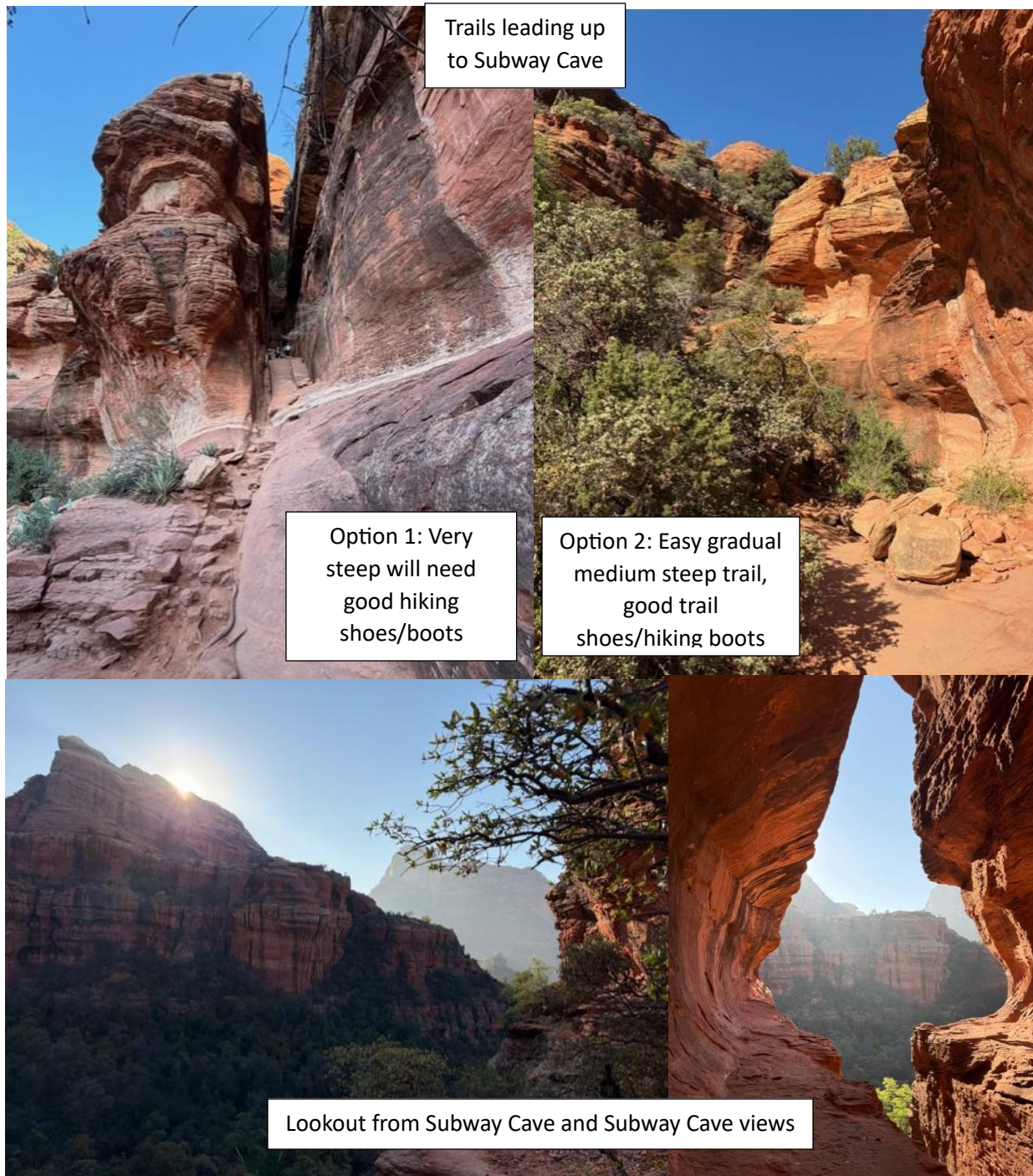
Boynton Trailhead Parking Lot



Boynton Canyon Trail



Trail to the right at 2 mile marker leading to Subway Cave. Keep a lookout for a tree that looks like it has alligator skin.



- 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

Laurynn Talayumtewa, TCRHCC HPDP Health Coach